



2013 Psychiatric Nursing Conference

The Many Facets of Trauma



Wednesday, July 31, 2013

Mayo Clinic • Rochester, Minnesota

**INCLUDES CALL FOR
POSTER ABSTRACTS**

Mayo Continuing Nursing Education

Conference description and goals

The 2013 *Psychiatric Nursing Conference* will explore the many facets of trauma, including biological, chemical, and behavioral, along with methods to treat and/or ameliorate the effects from the trauma. Long term follow-up for recovery in the aftermath of traumas will be discussed. Other highlights to be addressed are the language of recovery, self-care, and using literature to discuss depression.

The goals of the conference are to:

- Provide an overview of the many types of trauma and the effects on the brain and behavior.
- Highlight the individual's response to illness and treatment.
- Apply individualized methods for recovery.

Guest faculty



Kris D. Lambert, PhD, RN, is an associate professor of nursing at Point Loma Nazarene University in San Diego, California, where she has had the opportunity to share her passion for mental health nursing with undergraduate and graduate nursing students for the past several years. She is a member of the American Psychiatric Nurses Association and serves as co-chair of the Recovery Council at the national level, co-chair of the Undergraduate Educational Task Force national level, and the San Diego representative of the California chapter. Lambert holds a master of science in nursing in executive nurse leadership and a doctor of philosophy in nursing research from the University of San Diego. Her areas of interest include the study of interpersonal violence and depression, the integration of the recovery model of care into the inpatient setting, post-traumatic stress disorder in military service members, and the power of hope.



Louis A. Martinelli is a poet, playwright, essayist, and educator. He has developed a medical ethics curriculum, recently completed a book of poems about the life and work of Vincent Van Gogh, and written a dramatic monologue, *Wild Iris*, in which a grieving woman tells the story of losing her infant daughter to sudden infant death syndrome. His play, *Take My Hand*, won a National Endowment for the Arts Outstanding Achievement Award and he has been nominated for a MacArthur Fellowship for his work in helping create sustainable communities. The literary executor of author Paul Gruchow's estate, he is the executive director of The Paul Gruchow Foundation, a Minnesota-based, non-profit organization whose mission is to foster awareness of the relationship between nature, creativity, community, and mental health.

Date and location

The conference will be held Wednesday, July 31, 2013, in Phillips Hall, first floor, Siebens Building, Mayo Clinic, 100 Second Avenue SW, Rochester, Minnesota.

Intended audience

This conference is designed for registered nurses, mental health professionals, social workers, clergy, wellness coaches, and all other interested healthcare professionals.

Conference schedule

- 7:00 a.m. Registration, Breakfast, Posters, and Exhibits
- 7:45 a.m. Welcome and Announcements
- 8:00 a.m. **The Many Facets of Trauma and the Common Paths to Recovery**
William V. Bobo, MD, Mayo Clinic, Rochester, Minnesota
- 9:15 a.m. Break, Posters, and Exhibits
- 9:45 a.m. **The Language of Recovery**
Kris D. Lambert, PhD, RN, Point Loma Nazarene University, San Diego, California
- 10:45 a.m. **Individualized Treatment: SSRI Pharmacogenomics and Pharmacometabolomics**
Richard M. Weinshilboum, MD, Mayo Clinic, Rochester, Minnesota
- 11:45 p.m. Posters, Exhibits, and Dessert
(Lunch on your own)
- 1:15 p.m. **Concurrent Sessions**
- 11 **Critical Incident Stress Management for Professionals**
John (Jaxon) E. Hodgson, MA, LP, and Connie A. Luedtke, MAN, MA, RN-BC, Mayo Clinic, Rochester, Minnesota
- 12 **Mental Illness and the Creative Mind**
Louis A. Martinelli, Paul Gruchow Foundation, Minneapolis, Minnesota
- 13 **Patient Trauma in the Healthcare Setting**
Kris D. Lambert, PhD, RN, Point Loma Nazarene University, San Diego, California
- 2:00 p.m. Break, Posters
- 2:30 p.m. **Letter to the World: One Person's Experience of Mental Illness**
Louis A. Martinelli, Paul Gruchow Foundation, Minneapolis, Minnesota
- 3:30 p.m. **How to Survive the Stress of Providing Care in the 21st Century: Proven Insider Tips**
Edward T. Creagan, MD, Mayo Clinic, Rochester, Minnesota
- 4:15 p.m. Summary
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Conference planning committee

Dorothy F. Bell, MS, RN-BC
Susan M. Ellenbecker, MS, RN, CNS
Chad A. Garrett, MA, BSN, RN
Doris G. Greene, BSN, RN
Megan E. Hylland, BS
Emily A. Jazdzewski, BSN, RN
Diane L. McNally Forsyth, PhD, RN

Mary Jo Moore, MAN, RN-BC
Carol Mueske, PHN, RN
Mary E. Overvold-Ronningen, PhD, MSN, APRN-BC
Mariett Rawson, BSN, RN
Victoria M. Robison, BAN, RN
Phyllis J. Schmid, MS, RN-BC

Poster call for abstracts

You are invited to submit an abstract (350 word limit) for a poster related to the conference theme. **Completed abstracts must be submitted by Wednesday, May 1, 2013.**

The primary presenter is responsible for the abstract content. Submission signifies the intent of the submitter(s) to present the poster at the *2013 Psychiatric Nursing Conference* in Rochester, Minnesota. Conference participants are expected to assume costs related to travel, accommodations, and registration.

To submit an abstract, you must register for the conference at <http://calendar.cne-registration.com>. Attach the abstract and all presenters' curriculum vitae.

Notification of accepted abstract and commitment for presentation at the conference will be made by Wednesday, May 29, 2013. If selected, abstracts will be printed in the conference syllabus.

Continuing education credit

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 6.25 nursing contact hours (accredited) for the conference.

Mayo Clinic Section of Social Work has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for 6.25 continuing education hours.

This conference has been designed to provide 6.25 CCEs for certified chaplains with the National Association of Catholic Chaplains, Association of Professional Chaplains, and the Association of Clinical Pastoral Education.

Register before July 9, 2013

The conference registration fee of \$155 includes instructional materials, breakfast, and break refreshments. Lunch will be on your own. A student rate of \$85 is available. *Please bring proof of current student status to the conference (for example, a copy of your student identification card).* Pre-registration is required and preferred by **Tuesday, July 9, 2013**. Registrations received after Tuesday, July 9, 2013 will be accepted on a space-available basis.

Visit <http://calendar.cne-registration.com> to register.

Out of respect for conference participants, children are restricted from the conference.

Cancellations

If you cancel your participation in this conference, your registration fee, less an administrative fee, will be refunded when notification is received by Mayo Continuing Nursing Education before July 9, 2013 (fax#: 507-266-6910 or e-mail: cne@mayo.edu). **No refunds will be made on or after July 9, 2013.**

Mayo Continuing Nursing Education reserves the right to cancel or postpone any conference due to unforeseen circumstances. In the unlikely event Mayo Continuing Nursing Education must cancel or postpone this conference, Mayo Continuing Nursing Education will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

Lodging and parking

Rooms have been reserved for conference participants and their guests at the **Doubletree by Hilton Hotel Rochester – Mayo Clinic Area** (507-281-8000) at a rate of \$129 per night by July 9, 2013 and the **Rochester Marriott – Mayo Clinic Area** (877-623-7775 or 507-280-6000) at a rate of \$149 per night by July 9, 2013. The rates listed may be extended before and after the conference based on availability. Reservation requests received after the listed date will be accepted on a space available basis.

Visit www.mayoclinic.org/travel-rst/maps.html for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

About Mayo Clinic

Mayo Clinic's mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education, and research.

Mayo Continuing Nursing Education conducts educational conferences that will advance nursing practice.

Mayo Clinic in Rochester, Minnesota, has been granted **Magnet® Recognition for Nursing Excellence** by the American Nurses Credentialing Center.



For more information

Contact Mayo Continuing Nursing Education at 800-545-0357 or 507-266-1007, fax 507-266-6910, or e-mail cne@mayo.edu. Visit our web site at <http://calendar.cne-registration.com>.

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