

# ***You're Invited to Attend a Day of Mental Health Training with ~~~~~ Michael Farnsworth, M.D. ~~~~~***

Dr. Farnsworth is a Board Certified General Adult and Forensic Psychiatrist. He graduated from the University of Vermont College of Medicine; Internship at Hennepin County Medical Center in Minneapolis, MN, and the University of MN Department of Psychiatry Residency Program. Dr. Farnsworth completed fellowships in Consultation-Liaison psychiatry and Forensic Psychiatry at St. Paul Ramsey (now Regions) Hospital and the MN Security Hospital (MSH).

For 17 years Dr. Farnsworth worked in State Operated Services and served as a Senior Forensic Psychiatrist, Clinical Director and Medical Director of the MN Security Hospital and St. Peter Regional Treatment Center and as the State Forensic Medical Director. In addition to his general clinic practice, Dr. Farnsworth provides both criminal and civil forensic consultation throughout the upper mid-west.

**Date:** Wednesday, December 5, 2018

**Location:** Tuscan Center Ballroom inside Midtown Square

**Cost:** \$15 per person (includes lunch!)

3333 W. Division St., Suite 116, St. Cloud, MN 56301

**9:00 to 10:30 a.m.** ~ Session #1 – Bipolar Mood Disorder

**10:30 to 10:45 a.m.** ~ Break

**10:45 to 12:00 p.m.** ~ Session #2 - Schizophrenia

**12:00 to 1:00 p.m.** ~ Lunch Break (included)

**1:00 to 2:15 p.m.** ~ Session #3– Complementary Medicine & Behavioral Health

**2:25 to 2:30 p.m.** ~ Q & A

**Attendees must register online at link below by Friday, November 30<sup>th</sup>:**  
**<https://www.eventbrite.com/e/full-day-of-mental-health-training-tickets-51076949531>**

## **Session #1: Bipolar Mood Disorder**

- Understanding epidemiology of bipolar illness.
- Acquire an appreciation of the complexity of the bipolar illness, co-morbidities and the challenges of identifying, and managing the stages of bipolar illness.
- Review role of psychotherapy and community services in managing bipolar illness.
- Review classes of medication, side effects, risks, and benefits of psychopharmacology in bipolar illness.

## **Session #2: Schizophrenia**

- Understanding epidemiology and course of schizophrenia.
- Review impact of psychotherapy, assertive community treatment, structured workshop activities, and other community based services on outcomes of schizophrenia.
- Review classes of medication utilized in the management of schizophrenia and review the newest agents approved by the FDA to treat schizophrenia.

## **Session #3: Complementary Medicine & Behavioral Health**

- Review best practice standards in management of psychiatric illness from non-traditional practices.
- Review studies on use of yoga, meditation, mindfulness-based stress reduction, dietary supplements, and other treatment modalities in managing chronic psychiatric illness.
- Appreciate combining the best of tradition medical practice with emerging evidence of complementary treatment in mental illness management.

This event is brought to you by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns, Wright Counties*

*A Certificate of Attendance will be provided for CEUs*