

Conference Learnings

Nicole Urban-Miller RN, BSN

Lehigh Valley Health Network, Nicol_J.Urban-Miller@lvhn.org

Follow this and additional works at: <http://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

Published In/Presented At

Urban-Miller, N. (2013, May 18-22). *Conference learnings*. Presented at: The American Psychiatric Association, San Francisco, CA.

This Presentation is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

CONFERENCE LEARNINGS

American Psychiatric Association
San Francisco, CA
May 18th-22nd 2013



Nicole Urban-Miller RN, BSN
Registered Nurse, Patient Care Coordinator

Conference Topics

- Evidence group and individual and psychosocial treatments for adult ADHD
- Post Traumatic Stress Disorder (PTSD) military servicemen

Learning to Consider for LVHN

- Evidence-based group and individual psychosocial treatments for adult ADHD
 - Individualized cognitive and behavioral therapy
 - Relaxation training and stress management
 - Goal setting and organization skills for work/home life
- Post traumatic stress disorder military/servicemen
 - Cognitive behavioral therapy-increase education with staff
 - Prolonged exposure therapy
 - Eye movement desensitization and reprocessing

Group Discussion

ACTION ITEMS

Where the rubber meets the road

