

## Conference Learnings

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# CONFERENCE LEARNINGS

American Psychiatric Association  
San Francisco, CA  
May 18<sup>th</sup>-22<sup>nd</sup> 2013



**Nicole Urban-Miller RN, BSN**  
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# 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*

