

Diabetes and Mental Health

February 19, 2021



CE Credits: 3

Time: 9:00 AM - 12:00 PM AKST

Location: Zoom

CE Credit available to licensed psychologists and all masters level behavioral and mental health professionals.

Pricing:

No CE Credits: Free

3 CE Credits: Members \$90

Student Members \$30

Student Non-members \$57

Non-members \$135

Learning Objectives:

- Define the two major types of diabetes.
- Delineate the roles of exercise, food, glucose monitoring, and medication in the treatment of diabetes.
- Define the most common types of mental health disorders that occur more frequently in people with diabetes.

Program Description:

With the spread of the COVID-19 virus, people with diabetes are at high risk for serious illness, and subject to the highest levels of stress. Diabetes is a metabolic disorder that affects over 30 million people in the United States and people with diabetes are twice as likely to suffer from depression or anxiety. Successful treatment of diabetes involves adherence to a regimen involving food, activity, sleep, blood testing, and medication. This workshop reviews the underlying physiology and treatment of Type 1 and Type 2 diabetes, and describes common behavioral issues including health care management, stress, and mental health concerns associated with diabetes, particularly at this time of additional health and mental health sequelae of COVID-19.

Representatives from local diabetes programs will be available to provide information about their resources and services during the Q&A session.

About the Presenter, W. Douglas Tynan, Ph.D.:

W. Douglas Tynan, Ph.D., American Diabetes Association. Dr. Tynan established one of the first comprehensive psycho-social programs for children with diabetes at Childrens National Health System and went on to develop programs in integrated primary care with Nemours Ai duPont system. He is a founding co-editor of Clinical Practice in Pediatric Psychology, and currently coordinates mental health education for the ADA.



Alaska Psychological Association has approved this CE Workshop.



Alaska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Alaska Psychological Association maintains responsibility for this program and its content.