



8402 Cross Park Drive, Austin, TX 78754

512.215.3900

Ethics of Care: A Discussion of Recent Treatment Guidelines for PTSD

August 8, 2018

11:00 a.m. to 1:00 p.m.
2 CEU Hours

Please RSVP to:
Events@CrossCreekHospital.com

Lunch will be provided.

Presented by

Dr. Kimberly Arlinghaus

Course Objective:

This presentation will provide an update on clinical practice guidelines in the management of PTSD. The epidemiology of trauma will be discussed along with its biopsychosocial impact on the body, mind, and soul. Recognizing that individual, trauma-specific psychotherapies have emerged as first-line treatment for PTSD, we will discuss the need for mental health care delivery systems entrenched in the traditional "group + med management" paradigm to shift to evidence-based approaches.

DR. ARLINGHAUS



Dr. Kimberly Arlinghaus, is a board-certified general adult psychiatrist with a wealth of experience as a clinician, educator, administrator, and leader. She is a graduate of the University of Texas at Austin where she earned a Bachelor of Arts in 1982. After receiving her medical degree in 1986 from Baylor College of Medicine, Dr. Arlinghaus completed a general adult psychiatry residency in 1990 at Baylor College of Medicine Affiliated Hospitals Program.

With over 25 years in the behavioral health field, Dr. Arlinghaus' previous roles include serving as the Deputy Mental Health Care Line Executive/Associate Chief of Psychiatry at the Michael E. DeBakey VA Medical Center as well as the Medical Director of Behavioral Health at Lone Star Circle of Care.

Dr. Arlinghaus launched Cedar Park Psychiatry in the Austin area in March 2014 where she specializes in adult psychiatry and psychotherapy as well as offering forensic psychiatry services. She continues to teach medical students as Professor of Psychiatry and Behavioral Science at Texas A&M Health Science Center-College of Medicine in Round Rock, Texas.

Dr. Arlinghaus' academic interests include the neuropsychiatry of traumatic brain injury, mind-body medicine, and the impact of trauma on mental and physical health.

Cross Creek Hospital is Continuing Education Provider for the Texas State Board of Social Work Examiners, Texas State Board of Examiners of Professional Counselors, Texas Certification Board of Addiction Professionals, Texas State Board of Examiners of Psychologists and Texas State Board of Licensed Marriage & Family Therapists.

For more information about the hospital, please call 512.215.3900



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MONTH	TITLE	DATE	TIME	SPEAKER
February	Suicide Prevention and Intervention	02/23/2018	11AM – 1PM	Katherine Rose, Psy.D
March	The Young Mind and the Impacts of Social Media	03/23/2018	10AM – 12PM	Julie Moss, LPC
	Understanding Trauma Informed Care & the Therapeutic Benefits of Tai Chi Therapy	04/20/2018	10AM – 12PM	Tony Frank, LCDC
April	Co-Occurring Disorders: When Substance Use & Mental Health Disorders Collide	04/25/2018	10AM – 12PM	Dr. Broadus
May	Where is Behavioral Health Headed in Texas	05/24/2018	11AM – 1PM	Will Francis
	Chemical Dependency and DSM V: Diagnostic Updates In Acute & Chronic Substance Use Disorders	06/01/2018	11AM – 1PM	Joseph Dias, LPC-S
June	Therapeutic Benefits of Music in Substance Treatment	6/22/2018	11AM -1PM	Joseph Gorordo, LCDC
July	Military Cultural Awareness	07/27/2018	10AM – 12PM	Robin Johnson, LMSW
	PTSD	08/08/2018	11AM – 1PM	Dr. Kimberly Arlinghaus
August	Behind The Label: Guiding Patients in Managing Side Effects of Psychiatric Medications	08/17/2018	11AM – 1PM	Aaron Cummins, RN, LCSW
September	Positive Recovery	09/27/2018	10AM – 12PM	Casey Arrillaga
October	Spirituality and Ethics: Applications to Counseling Practice Workshop	10/26/2018	10AM – 12PM	Awa Jangha, PhD
November	Avoiding Burnout In Clinical Practice	11/21/2018	10AM – 12PM	Marissa Mendietta, LCSW
December	Self Care Strategies for Professionals: Interactive Course on Tai Chi	12/13/2018	10AM – 12PM	Tony Frank, LCDC