# Nashville Unconference 2018

# Feb 23-24 2018 9am-5pm

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**Request to Facilitate (Present)**

**Note: You must attend the conference in person to facilitate a topic. You will receive free admission to the conference for presenting, so this serves as your registration as well.**

**Submit this form in its entirety to** [**dr.snipes@allceus.com**](mailto:dr.snipes@allceus.com) **by December 1, 2017**

**Submission approval will be determined within 7 days of receipt.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

License Number and Type(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Since this is a CEU presentation, you must have at least a Masters degree in counseling or social work or a related field to present.

**Topic you wish to present/facilitate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Is there a particular day you want to present?

Friday Saturday No Preference

Remember this is NOT a straight lecture. Each presentation is 2 hours. You will impart your knowledge on the topic AND elicit interaction and feedback from the group. While the following application may seem long, by the time you finish it, your presentation is all but done ☺

**Example**

1.Participants will learn about current nonpharmacological interventions for depression.

**Informational points:**

a. Neurotransmitters involved in depression can be positively affected by a variety of things including exercise, nutrition, tai chi and getting adequate sunlight. (A list of adjunct therapies will be provided at the conference)

b. Serotonin is made from Tryptophan is an essential amino acid, meaning the body can only get it from the foods eaten. Tryptophan is present in foods such as meat, seafood, cheese, soybeans and pumpkin seeds.

c. Exercise for 30 minutes a day has been shown to improve serotonin levels and energy by increasing oxygenation of the blood. Exercise can be fun such as dancing around the house, playing with the dog or even walking around the mall.

d. Some of the biggest hurdles I have experienced getting clients to embrace non-drug interventions is that they are hoping for a quick fix. While medication is certainly appropriate for some, non-drug interventions can be used both with patients on medication and not. I try to increase motivation and compliance by educating clients about neurotransmitters and the mind-body connection and how different interventions can help them.

**Questions for Participants**

1. What non-drug techniques do you find help your clients with depression the most?
2. What experience have you had with your patients exploring nutritional counseling/dietary changes to address depression?
3. What do you know about the effect of exercise on depression?
4. What are some of your biggest hurdles with clients in getting them to explore non-drug interventions and how have you addressed those?

Topic Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Objectives and participant discussion questions:**

**Objective 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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4 Informational points to share with your audience

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4 Questions to elicit input from your audience

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**Objective 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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4 Informational points to share with your audience

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4 Questions to elicit input from your audience

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**Objective 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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4 Informational points to share with your audience

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4 Questions to elicit input from your audience

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**Objective 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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4 Informational points to share with your audience

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4 Questions to elicit input from your audience

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**Objective 5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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4 Informational points to share with your audience

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4 Questions to elicit input from your audience

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