

*The Delaware Psychological Association  
presents:*

## ***Diabetes and Mental Health***

*Friday, October 23<sup>rd</sup>, 9AM-11:10AM  
Virtual GoToWebinar*

*Presented by Dr. Doug Tynan  
2 CE Credits*

Register at [depsych.org](http://depsych.org)

## PROGRAM DESCRIPTION

With the spread of the COVID19 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 COVID19.

## WORKSHOP OBJECTIVES

At the completion of this workshop, you will be able to:

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

## TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

## ABOUT THE PRESENTER

Dr. 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 Al duPont system. He is a founding co-editor of Clinical Practice in Pediatric Psychology, and currently coordinates mental health education for the ADA.



*Dr. Doug Tynan*

## PLEASE TAKE NOTE...

***“Diabetes and Mental Health”*** sponsored by the Delaware Psychological Association, has been approved for 2 CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

## IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE TWO CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE SIGNING IN TO THIS WEBINAR MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR SIGNING OFF BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT.

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# REGISTRATION

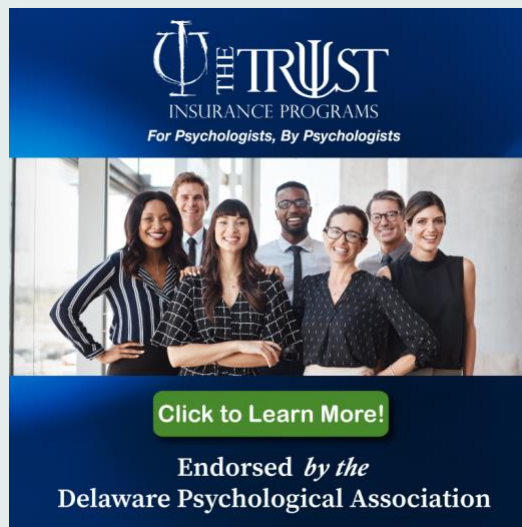
Please register online at [depsych.org](https://depsych.org). If you have registration questions, please email [delpsycho@gmail.com](mailto:delpsycho@gmail.com) or call us at 302-475-1574.

## Registration Fees:

DPA Members	\$50
Non-Members	\$70
Students	\$30

## Cancellation Policy

Cancellations received by October 20, 2020 will be refunded in full. No refunds will be granted after October 20, 2020.



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