

## Fairmount Behavioral Health System

is a private behavioral health facility that specializes in treatment for children, adolescents, and adults. Fairmount provides acute inpatient psychiatric and dual diagnosis, residential drug/alcohol detoxification and rehabilitation, and acute partial hospitalization programs.

**Philmont Guidance Center**, recognized as a leading local provider of comprehensive mental health services, dedicates itself to helping children, adolescents, adults, and couples. Our board-certified psychiatrists, psychologists, and psychiatric social workers are well-known throughout the Philadelphia area as warm, compassionate professionals who specialize in goal-directed, practical therapeutic approaches. Treatment is provided in a safe, comfortable, confidential environment. Visit us at [www.philmontguidance.com](http://www.philmontguidance.com) or join Dr. Hartman on his blog [www.thesidewalkpsychiatrist.com](http://www.thesidewalkpsychiatrist.com).

**Foundations Behavioral Health** provides innovative behavioral health treatment to children, adolescents, and young adults. Treatment is delivered in a safe, clinically sound, and nurturing environment. Foundations Behavioral Health provides a full continuum of care including 24/7 Clinical Assessment Center; Inpatient Hospitalization, Residential Treatment, Partial Hospitalization, Behavioral Health Rehabilitative Services, Autism Services, and Lifeworks School. Successful treatment at Foundations provides a full understanding of illnesses, problematic behaviors, and provides individuals with practical tools to navigate life's challenges.

### REGISTRATION FEES

\$55 per Lecture

*if received 10 days before lecture date*

\$80 per Lecture

*late registration and at the door*

\$150 to attend all Lectures

*if paid in advance*

### Lectures to be held at Foundations Behavioral Health

Registration and breakfast- 8:00am-8:30am

All programs will start promptly at 9:00am

#### Make checks payable to:

Philmont Guidance Center:

#### Send payment to:

Fairmount Behavioral Health System

ATTN: Megan Early

561 Fairthorne Avenue, Philadelphia, PA 19128

#### Register on-line:

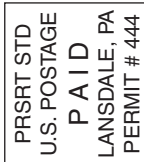
[www.fairmountbhs.com](http://www.fairmountbhs.com)

or by calling (215) 487-4030



**Fairmount**  
Behavioral Health System

561 Fairthorne Avenue, Philadelphia, PA 19128



#### Directions from points South of Foundations

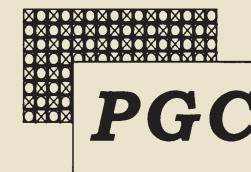
- Take 76 West to Exit 331B to merge onto I-476 N toward Plymouth Meeting
- Take Exit 20 to merge onto I-276 E/Pennsylvania Turnpike toward New Jersey
- Take Exit 343 toward Doylestown • Turn Right at Easton Rd/PA-611
- Take the US-202 S exit toward Norristown
- Keep right at the fork, follow signs for Chalfont and merge onto US-202-S
- At the first light, Burpee Road, make a Right
- At the stop sign, Turn Left at E. Butler Ave
- Follow East, Butler Ave one-quarter mile and Foundations Behavioral Health is on the right side

#### Directions from points North of Foundations

- Take Route 309 South to Route 313 in Quakertown
- Turn left at light and go East on Route 313
- Follow Route 313 for approximately 1.5 miles.
- Turn right onto Route 611 South bypass
- Take the US-202 S exit toward Norristown
- Follow directions above

#### By Public Transportation (SEPTA):

- The SEPTA R5 Train and the SEPTA route 55 bus are also available



**Philmont Guidance Center, P.C.**  
Comprehensive Mental Health Services

## Spring 2010 Lecture Series:

### ESSENTIAL PSYCHOPHARMACOLOGY — Dr. Basem K. Shlewiet, MD

Friday, April 2, 2010 • 9:00am - Noon

### COMPREHENSIVE TREATMENT PLANNING FOR TREATMENT RE- SISTANT DEPRESSION

— Dr. Daniel G. Hartman, MD

Friday, April 23, 2010 • 9:00am - Noon

### DEVELOPING THE SIXTH SENSE — Ruth Hoskins, Ph.D., H.H.S., LCSW

Friday, May 7, 2010 • 9:00am - Noon

#### All lectures to be held at Foundations Behavioral Health

Continuing Education credits have been applied for by the PA APA. Credits will be available to Pennsylvania psychologists, LCSWs, LSWs, LMFTs, and LPCs.

## ESSENTIAL PSYCHOPHARMACOLOGY

**Friday, April 2, 2010**  
**9:00am – Noon**



**Basem K. Shlewiet, MD, Medical Director at Foundations Behavioral Health,** received his adult psychiatry training at Albert Einstein Medical Center, and child and adolescent training at Children's Hospital of Philadelphia and the University of Pennsylvania Hospital.

Dr. Shlewiet's expertise extends from Psychopharmacological treatment to Psychodynamic Psychotherapy, and he has completed a two-year fellowship at the Philadelphia Psychoanalytic Institute. In addition to being Board Certified by the American Board of Psychiatry and Neurology he is also licensed as a family therapist. Areas of expertise include Anxiety Disorders, ADHD, Depression, Bipolar Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Asperger's Disorder, and Autistic Spectrum Disorders. He has a special expertise in medication management and psycho-pharmacological treatment, including the use of herbal supplements, and vitamin/mineral supplements.

Please join us for this very important course on Psychopharmacology. This course is specifically designed for clinicians who are not generally prescribers of medications but want to learn about different medication classes and their use in psychiatric treatment. During this course Dr. Shlewiet will present a comprehensive look at the current Psychotropic Medications. Specific categories of treatment will include treatment of Schizophrenia, Bipolar disorder, Depression, Anxiety Disorders, OCD, PTSD, ADHD, and Autistic Spectrum Disorders.

The Philmont Guidance Center is approved by the American Psychological Association to offer continuing education to psychologists. The Philmont Guidance Center maintains responsibility for the program. The program is offered for three (3) hours of continuing education for psychologists. According to the Rules and Regulations for Continuing Education (49 PA Code 48.36) promulgated by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors on December 23, 2006. The Philmont Guidance Center, as an approved American Psychological Association training provider, is approved to offer this program for three (3) hours of continuing education for social workers and counselors.

## COMPREHENSIVE TREATMENT PLANNING FOR TREATMENT RESISTANT DEPRESSION

**Friday, April 23, 2010**  
**9:00am – Noon**



**Daniel G. Hartman MD, Medical Director and CEO of Philmont Guidance Center,** is Board Certified in Adult, Child and Adolescent Psychiatry. He has lectured on topics such as Pediatric Bipolar Disorder, ADHD, adolescent addiction issues, school safety, Panic Disorder, PTSD and

Depression to parent, teacher, and professional groups.

Treatment resistant depression is one of the most difficult mental health issues that we face as clinicians. Join Dr. Hartman for this review of Major Depression and its treatment. In addition to the standard treatments, he will cover innovative medication approaches, nutritional interventions, the role of spirituality in healing, and the use of transcranial magnetic stimulation.

Continuing Education credits have been applied for by the PA APA. Credits will be available to Pennsylvania psychologists, LCSWs, LSWs, LMFTs, and LPCs.

### Cancellation Policy

Refunds minus a \$15.00 processing fee will be given up to 48 hours prior to the start of the seminar. No refunds will be made subsequent to that time. Refunds are not provided for individuals who do not cancel and do not attend. If a seminar cannot be held for reasons beyond the control of the sponsor, the registrant will receive free admission to a rescheduled seminar or a voucher, good for one year, for admission to a future seminar.

### Special Accommodations

If you require special accommodations due to a disability, contact our office at least three weeks prior to the seminar. We will do our best to respond to your request.

## DEVELOPING THE SIXTH SENSE

**Friday, May 7, 2010**  
**9:00am – Noon**

**Enrich and Heal Life Through Dream Exploration, Dream Incubation, Effortless Meditation, and Hypnosis Techniques.**

*Connecting with deceased loved ones in the dream world*



**Ruth Hoskins, PhD., HHS (Holistic Health Sciences) LCSW, BCD,** is a licensed psychotherapist, trained hypnotherapist, stress management consultant, and Director of Relaxation International. For over thirty years she has been counseling individuals and couples teaching Effortless Meditation

Therapy (EMT) and dream exploration techniques. She completed her Doctorate and research on Dream Incubation solving problems in your sleep. She is the author of *The Voice in Your Dreams* and *No Time for Down Time*.

Dream Incubation techniques applied consistently at night before sleep helps a person become more aware of negative patterns, addictions, expanding the psychological and spiritual self, developing the sixth sense.

In this workshop participants will learn how to expand intuition and develop the unconscious mind preparing the dreaming mind for the application of dream incubation techniques to solve problems during sleep. Effortless Meditation Therapy (EMT), hypnosis, and dream incubation steps, techniques that deepen ones inner experience, helping to solve problems during sleep will be presented. An overview and clinical application of the healing benefits of connecting with deceased loved ones healing grief, longing, and loneliness, will be presented.