

2013 February Newsletter Article by Cathy Skrip

RECOGNIZING LYME DISEASE

The MWP Professional Development Committee proudly presents Elizabeth L. Maloney, MD, as our next Growth Series speaker. Please join us on Thursday, February 28, 2013, from 6:00 – 9:15 pm at the New Brighton Community Center, 400 10th Street NW, New Brighton, to hear Dr. Maloney discuss the psychological and neurocognitive side of Lyme disease. Lyme and other forms of tick-borne illness are often misdiagnosed because their symptoms can mimic other conditions and because tests can be inconclusive. As informed psychotherapists, we can learn to identify symptoms associated with Lyme, make appropriate referrals for medical assessment and treatment, and educate our clients about preventive measures.

Dr. Maloney is an engaging and well prepared presenter, who was very enthusiastically received by

MWP members at a Brown Bag lunch on Lyme disease last summer. Many of those participants have already rsvp'd to attend this event as well. Dr. Maloney is board-certified in family medicine and has become a frequent speaker on Lyme disease, both for professional audiences and the general public. She serves as an unpaid medical advisor to the Minnesota Lyme Association, has published papers on Lyme disease in peer-reviewed journals, and has created an educational DVD series on Lyme.

In our therapy practices, many of us have probably seen clients, who experience symptoms such as mood swings, panic attacks, difficulty with sleep and concentration, tearfulness, unexplained changes in weight, or obsessive-compulsive features. While we already know how to observe and interpret such symptoms psychologically, Dr. Maloney will help us understand how these same symptoms, in combination with other physical symptoms or perhaps with atypical presentations, may be indicative of Lyme disease.

While we used to associate Lyme disease with northern Minnesota or rural areas of the state, it is now

clear that deer ticks are an issue in all seven of our metro counties as well. No one is immune, so don't miss this unique opportunity to learn more, both for your own wellbeing and that of your clients.

While MWP does not request board log numbers and does not guarantee continuing education credits for our programs, this event will be eligible for participants to submit for three hours of credit. Light refreshments and beverages will be served. Seating is limited so please rsvp to Cathy Skrip by sending \$30 with checks payable to MWP to 20 N. Lake Street, Suite 308, Forest Lake, MN 55025.

-Cathy L. Skrip, MS, LP