



BEHAVIORAL DIABETES INSTITUTE

WORKSHOP REGISTRATION:

Workshops are limited to people with diabetes and their loved ones. Please note age ranges. Register early!

LOCATIONS:

Call BDI or visit our website for locations. Workshops are held at various locations around San Diego County: La Jolla, Kearny Mesa, El Cajon, La Mesa, San Marcos and Mira Mesa.

HOW TO REGISTER:

Tuition is payable by check, money order, or using PayPal on our website. Registration and payment must be completed before the day of your workshop.

Send payment to:

Behavioral Diabetes Institute
P.O. Box 501866
San Diego, CA 92150-1866

**Registration is required
for all classes.**

To register, call us at:
858-336-8693

or email
register@behavioraldiabetes.org

ABOUT US:

The Behavioral Diabetes Institute (BDI) is the world's first organization dedicated to tackling the unmet psychological needs of people with diabetes. BDI, a 501(c)(3) non-profit organization, offers an array of evidence-based programs, all designed to help people overcome the emotional and behavioral obstacles to living well with diabetes. BDI programs help participants develop greater confidence, hope, and control over diabetes.

Get notified of schedule changes by signing up for our free e-newsletter on our website.

www.behavioraldiabetes.org

register today:

858-336-8693



Our 2012 Programs

January-July

Getting on Track for Adults

This one-day workshop focuses on diabetes "burnout" and the stresses of living with diabetes. Learn about the emotional pitfalls linked to diabetes, determine your own pattern of diabetes stresses, and develop personalized strategies for mastering the challenges of diabetes. If you know what to do, but are having a hard time doing it, *Getting on Track* is for you.

DATE: (select one): Sat, Jan 14, 9:00am-4:30pm
 Sat, Mar 10, 9:00am-4:30pm
 Sat, May 5, 9:00am-4:30 pm

WHO: These programs are limited to adults who are struggling with their diabetes management (for example: A1C greater than 8, problems with hypoglycemia, or very erratic blood glucose levels).

COST: \$10 per person (lunch is included).

NOTE: *Diabetes education (meal planning, blood testing) is a prerequisite for this class.*

Defeating the Depression/ Diabetes Connection

FREE Introductory Lecture is open to all

An evening workshop to identify and begin addressing the unique problems of people with diabetes struggling with depression. Depression is more common in people with diabetes, can be tougher to treat, and makes diabetes harder to manage. In this program, you will develop a personalized action plan for overcoming this negative cycle.

DATE: (select one): Tues, Jan 10, 6:30-8:30pm
 Tues, May 15, 6:30-8:30pm

Defeating the Depression/ Diabetes Connection

Six-Week Workshop Series open only to those with diabetes

This class tackles depression and diabetes together, helping participants develop new skills for managing depression and diabetes more effectively. In this action-oriented program, participants will learn and practice the cognitive behavioral approach to treating depression. **Must attend FREE Introductory Lecture to enroll.**

DATES: Six-Week Workshop Series: (select one):
 Tues, Jan 17, 24, 31, Feb 7, 14, 21, 6:30pm-8:30pm
 Tues, May 22, 29, Jun 5, 12, 19, 26, 6:30pm-8:30pm

COST: \$10/person for the series

Defeating the Depression/ Diabetes Alumni Group

Four-Week Evening Follow-up Series

Free for graduates of the Defeating the Depression Workshop Series

DATES: Four-Week Follow-up Series: (select one):
 Tues, Mar 13, 20, 27, Apr 3, 6:30pm-8:30pm
 Tues, Jul 17, 24, 31, Aug 7, 6:30pm-8:30pm

Because we understand



Tackling Binge Eating in Diabetes is changing to Wednesday

Six-Week Workshop Series

Eating serves many more purposes than just nourishing our bodies. But sometimes eating becomes a way of escape and of avoiding uncomfortable feelings. This program will focus on practical solutions to manage emotions without opening the fridge. It is possible!

DATE: 6 consecutive Wednesday evenings
Wed, Feb 1, 8, 15, 22, 29, Mar 7
6:30pm-8:30pm

WHO: Type 1 and Type 2 adults

COST: \$10/person for series

Binge Eating Alumni Group

Four-Evening Follow-up Series

Free for all graduates of the Binge Eating Program

Wed, Mar 28, Apr 4, 11, 18
6:30pm-8:30pm



Insulin Omission and Diabulimia

Intensive One-Day Workshop

Struggling with an eating disorder can add to the feelings of isolation, loneliness and denial that sometimes go along with diabetes. People with Type 1 diabetes are at higher risk for eating disorders, including omitting or restricting insulin to lose weight, also called "diabulimia". This combination is often associated with depression, shame and an intense fear of gaining weight. Discussing these issues with doctors, family or friends can be difficult. Join us for an honest discussion and learn strategies for overcoming these problems.

DATE: **Sat, Mar 10**
10:00am-4:00pm

WHO: People with Type 1 diabetes who are omitting insulin for weight purposes

COST: \$10/person - Includes lunch



Getting on Track for Teens and Parents

Teens: Fed up with being nagged?

Parents: Tired of feeling like you have to nag?

This workshop focuses on practical strategies for reducing family conflict around diabetes, helping parents and teens get on the same page regarding diabetes self-care and providing a jumpstart to getting back on track.

The first half of the workshop, teens and parents meet in different rooms in separate discussion groups to honestly share issues from their viewpoints. The second half of the workshop, teens and parents come together to find workable plans to address issues.

DATE: **Sat, Apr 28**, 10:00am-4:00pm

COST: \$10 per person (includes lunch and snacks)

WHO: For teens with Type 1 diabetes and at least one parent

NOTE: *Diabetes education (meal planning, blood testing) is a prerequisite for this class.*

The Just for Parents Program

Quarterly Discussion Series

Stresses and strains in the family are likely when you have a child with diabetes. Family worries and conflicts can lead to "diabetes burnout" in everyone-- parents, kids, siblings and more. Meet with other parents and share your concerns and issues. In this quarterly discussion, a series of topics will be reviewed to help you learn new ways for coping with diabetes and your children. You can get on track with the disease, improve long-range metabolic outcomes and make peace with diabetes in your family.

DATE: (select one):

- Sat, Jan 28**, 10:00am-12:00 noon
- Sat, Apr 14**, 10:00am-12:00 noon
- Sat, Jul 14**, 10:00am-12:00 noon

WHO: Parents of children and teens with Type 1 diabetes

NOTE: This program is designed for parents only, BDI does not offer childcare during this program.

Living WELL with Complications

Two-Day Workshop

This two-day interactive workshop is for those who are adjusting to life with complications of diabetes. On Friday afternoon, the members of this small group have an opportunity to share their diabetes story and get to know each other. Discussions will acknowledge grief and loss and work towards finding acceptance. On Saturday, the workshop will focus on building new coping skills to enhance the sense of wellness. This will include ways to cope with uncertainty, self-advocacy skills, identifying personal strengths and finding purpose in daily life.

DATE: **Fri-Sat, Jul 20-21**, Fri: 1:00pm-5:00pm; Sat:10:00am-4:30pm

WHO: People with diabetes who are living with more serious complications

COST: \$10/person