



BEHAVIORAL DIABETES INSTITUTE

WORKSHOP REGISTRATION:

Workshops are limited to adults with diabetes and their loved ones. Register early!

LOCATIONS:

Workshops will be held at the following locations:

The Whittier Institute for Diabetes
Scripps Memorial Hospital
9894 Genesee Avenue
La Jolla, CA, 92037

The AMCR Institute
700 West El Norte Parkway, Suite 201
Escondido, CA 92026

Sharp Building at the Spectrum Center
8695 Spectrum Center Court
San Diego, CA 92123

HOW TO REGISTER:

Tuition is payable by check or money order to the Behavioral Diabetes Institute. Registration and payment must be completed before the day of your workshop.

Registration is required for all programs, unless noted.

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.

To register, call us at: **858-336-8693**
or email
michelle@behavioraldiabetes.org

www.behavioraldiabetes.org

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

register today:

858-336-8693



Our 2009 Programs

Save the Date and Register Now!

Celebration of Strength

The 2nd Annual BDI Luncheon Honoring Women with Type 1 Diabetes

Saturday, October 10, 2009 from 11:00 am-2:00 pm

Anyone who has ever been touched by Type 1 diabetes knows that it profoundly changes how one thinks about health and wellness. Women with Type 1 have unique concerns ranging from complex emotional challenges (how to juggle the demands of relationships, motherhood, work, home and diabetes) to the more practical, day-to-day issues which may be taken for granted by those without the disease. This luncheon is designed to honor women from all walks of life who have Type 1 diabetes. Only women with Type 1 may attend, and all guests are considered "honorees". There is NO COST for this program, but seating is limited. Registration is required, and participation is restricted to women with Type 1 diabetes only. Check our website for further details regarding Location and Keynote Speaker.

Getting on Track

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.

DATES (select one):

- Sat, Jun 13, 2009** (for all people with diabetes)
- Sat, Sep 26, 2009** (for all people with diabetes)
- Sat, Nov 21, 2009** (for people with Type 1 diabetes only)

TIME: 9:00 am-4:30 pm, **8:30 am registration**

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

WHO: Limited to adults who are struggling with their diabetes management (for example, an A1C greater than 8.0%, problems with hypoglycemia, or very erratic blood sugars).

LOCATION: **Jun 13 Class:** Whittier Institute
Sep 26 Class: AMCR Institute
Nov 21 Class: Whittier Institute

REGISTRATION NOTE: *Diabetes education is a prerequisite for this workshop. The BDI does not offer classes or training in diabetes education.*

OUR CORE PROGRAM

NEW FOR 2009

Special Lecture! "Men with Diabetes: Sexual Concerns"

Presented by a physician and behavioral psychologist, both leaders in this field who will review and discuss causes, prevention strategies, medical treatments and behavioral strategies for addressing sexual issues commonly experienced by 35-75% of men with diabetes. Problems like these can cause depression, discouragement, embarrassment, aggravation, relationship strain and more if left untreated.

WHO: Men with Type 1 and Type 2 diabetes

DATE: **Tue, Aug 3, 2009**

TIME: 6:30 pm-8:30 pm

COST: FREE - No registration required

LOCATION: Whittier

Defeating the Depression/ Diabetes Connection

Introductory Lecture

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.

WHO: All are Welcome
DATE: Tue, Sep 22, 2009
TIME: 6:30 pm-8:30 pm
COST: FREE - Registration Required
LOCATION: Sharp Spectrum

Defeating the Depression/ Diabetes Connection

Six-Week Workshop

A six-week group program that tackles diabetes and depression 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 for treating depression.

DATE: 6 consecutive Tuesdays
Tue, Sep 29-Nov 3, 2009
TIME: 6:30 pm-8:30 pm
COST: \$10/person
LOCATION: Sharp Spectrum
NOTE: Introductory Lecture is a Prerequisite

Alumni Group

For all graduates of the above workshop series.

DATE: Four consecutive Tuesdays
June 23-July 7 and
December 1st - 22nd, 2009
COST: FREE - Registration Required

Living WELL with Complications

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 will have an opportunity to share their diabetes story and to 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, July 24-25, 2009
TIME: Fri, 1:00-5:00 pm
Sat, 9:00 am-4:30 pm
COST: \$10/person - Registration required
LOCATION: Whittier Institute

Roundtable Discussion: Diabetes & Addiction

Living with diabetes and struggling with an alcohol or drug problem? Sadly, this combination is common and dangerous. Problems with hypoglycemia & hyperglycemia are more likely and may contribute to long-term complications. Addiction can add to feelings of isolation and loneliness that sometimes goes with diabetes. And people with diabetes may not feel comfortable discussing drug and alcohol problems with their doctors, family or friends. Please join us for some honest discussion and hear from others who have struggled with this problem.

DATES (select one):
 Thu, Jun 11, 2009 Thu, Oct 22, 2009
TIME: 6:30 pm-8:30 pm
COST: Free - Registration required.
LOCATION: Sharp Spectrum

The Just for Parents Program

When your child has diabetes, family stresses and strains are likely. Conflicts can lead to "diabetes burnout" in everyone – parents, kids & siblings. Learn new ways for coping and improve long-range metabolic outcomes.

DATES (select one):
 Sat, Aug 8, 2009 Sat, Nov 14, 2009
TIME: 10:00 am-1:00 pm
COST: \$10/person - Registration required.
LOCATION: Whittier Institute
NOTE: Parents only please; BDI does not offer childcare during this program.

The Just for Spouses Program

This interactive group discussion will provide the chance to meet other spouses of people with diabetes, and share the unique challenges and solutions that those of us living with this situation share.

WHO: The spouses or partners of individuals with Type 1 or Type 2 diabetes
DATE: Tue, Aug 18, 2009
TIME: 6:30 pm-8:30 pm
COST: FREE - Registration required
LOCATION: Sharp Spectrum

Men with Diabetes: Time for Some Honest Discussion

This small group focuses on the issues and complications of diabetes specifically as they relate to men. Come and share those "undiscussables" in a friendly, men-only forum. Space is limited.

DATE: Mon, Jun 16, 2009
TIME: 6:30 pm-8:30 pm
COST: FREE - No registration required
LOCATION: Sharp Spectrum

Tips, Tricks and Strategies for Managing Diabetes Day-to-Day *What You Didn't Learn in Diabetes Education*

Despite your best intentions, it can be tough to fit diabetes into a busy, complicated life. In this interactive program, we will review surprisingly simple behavioral strategies for improving your diabetes management. We will also invite participants to share their own creative solutions for coping with the small and large challenges that come up regularly.

DATE: Sat, Jun 27, 2009
TIME: 10:00 am to 1:00 pm
COST: Free - Registration is NOT required.
LOCATION: Whittier Institute