

Psychologists, MFT's, Social Workers: The Parkinson's Community Needs You!

We know there is a great need for mental health professionals trained to work with people with Parkinson's and their families.

Neurologists in San Diego County do not have enough psychologists, MFT's, and social workers to refer their patients to.

The Parkinson's Association of San Diego has created an online education program on the intricacies of working with people with Parkinson's disease. The six-hour online course includes six CE credits.

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Everybody with Parkinson's is different because they all have a slightly different genetic form of Parkinson's disease. That's why we always say if you've met a person with Parkinson's, you've met one person with Parkinson's. You cannot generalize it across all the patients that you will be seeing.

Sherrie Gould, NP-C



We know there's a pathological neurological cause for depression and anxiety so it's important for providers to understand that this is not simply a reaction to having a disease, it is actually the disease itself that is causing the depression, the anxiety, and cognitive issues.

Joanne Hamilton, PhD



Parkinson's is truly a multi-systemic disorder. That's why it can be so difficult for those affected and their friends and family because, really, it can be disabling in so many ways. People really lose their former identity of who they were and everything they were able to do.

Brenton Wright, MD



One of my concerns is when people recognize themselves as the caregiver. Joe says, "I have Parkinson's" and Janet says, "I'm his caregiver." This is husband and wife, maybe for 50 years. We're so much more than caregiver and patient – what I'm really focusing on here is the distortion in relationship dynamics that can happen unconsciously when one takes the responsibility as the caregiver and the other as the patient.

Eric Egli, PhD



A lot of families have to make really tough decisions. Maybe they can't use a better medication for their symptoms because even \$100 is too much out of pocket a month to pay. This is where a social worker really comes in, where we can do research into pharmaceutical company programs, coupon codes, or something like that.

Adriana Gonzalez, LCSW

Parkinson's Disease is a complex degenerative, incurable neurological disease which requires a multidisciplinary approach to treatment.

This course consists of engaging video interviews with members of a team of specialists – a neurologist, a nurse practitioner, a neuropsychologist, a clinical psychologist, and a social worker. They describe cognitive decline and other associated neurological conditions that impact mental health treatment, address multidisciplinary needs that affect the entire family, and provide specific guidance on conducting mental health sessions with clients, their care partners and families.



PARKINSON'S
Association
OF SAN DIEGO

www.parkinsonsassociation.org