

# **Understanding Lyme Disease: Diagnostic and Treatment Implications for Behavioral Health Providers\***

**Fri May 5, 2017 8:30 AM**

This full day workshop is designed to help behavioral health clinicians understand the current and historical aspects of the controversy surrounding Lyme disease and other tick-borne illnesses, how this potentially affects patients' experience of their illness, and the implications for behavioral health diagnoses and treatment of this population. The complexities of these illnesses, their potential overlap or misdiagnosis with other disorders, such as Chronic Fatigue Syndrome and Fibromyalgia, and the psychiatric implications of Lyme disease (Neuroborreliosis) will be addressed. This workshop will also cover specific diagnostic issues related to DSM-5.

Additionally, the pros and cons of various psychological treatment modalities will be discussed and a case will be made for the usefulness of Acceptance and Commitment Therapy to meet the needs of this population. Clinicians will gain a better understanding of this complex illness, their patients' experience, and how best to serve them. These are critical diagnostic and treatment issues for any behavioral health practitioner, especially for those practicing in Lyme-endemic areas.

**\* Disclaimer:** Dr. Trunzo is a clinical psychologist, not a medical professional. Nothing presented in this workshop should be construed as medical advice. All suggestions, recommendations, and decisions regarding the medical diagnosis and treatment of Lyme disease, or any medical illness, should only be made under the supervision of a licensed medical professional.

Presented by:

**Joseph J. Trunzo, Ph.D.** is a professor of psychology in the Department of Applied Psychology at Bryant University. A licensed psychologist in Rhode Island, he is also an active clinician who treats patients with a variety of diagnoses, including Lyme disease, in his private practice at Providence Psychology Services in Providence, R.I. His research and clinical interests include developing and applying psychotherapy protocols for chronic medical illness. He is currently focused on using Acceptance and Commitment Therapy in helping people with Lyme disease and tick borne illnesses cope with their disease and improve their quality of life. He is a member of the Rhode Island Psychological Association, American Psychological Association, the International Lyme and Associated Diseases Society, and the Behavioral Health POD of the Rhode Island Primary Care Physician's Corporation. He earned his Ph.D. at Drexel University, completed his pre-doctoral internship at the University of Vermont, and completed his postdoctoral training at the Centers for Behavioral & Preventive Medicine at Brown University's Warren Alpert Medical School. He has published several peer-reviewed journal articles, presented his research nationally and internationally, and has a forthcoming book, tentatively titled "Living Beyond Lyme," (Changemakers Books).

**(6 CE Credits)**

## **LEARNING OBJECTIVES:**

At the conclusion of the workshop, participants will be able to:

1. Understand the history and prevalence of Lyme disease and tick borne illnesses in the U.S. and abroad
2. Understand the basic symptoms, competing diagnostic criteria and treatment philosophies between the two medical groups addressing Lyme disease, and the implications for behavioral health treatment
3. Understand the relationships and diagnostic complexities between Lyme disease and other illnesses, such as Chronic Fatigue Syndrome and Fibromyalgia, as related to the behavioral health practitioner
4. Understand the neuropsychiatric implications of Lyme disease (Neuroborreliosis)
5. Explore the advantages and disadvantages of various psychological treatment approaches with patients who have Lyme and other tick-borne diseases
6. Increase knowledge of Acceptance and Commitment Therapy and its applicability to this population
7. Gain practical diagnostic and treatment strategies for helping Lyme disease patients cope with their illness and advocate for their wellness