***Morris County Psychological Association***



**Morris County Psychological Association**

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**2/14/2024**

**It’s Not Just About Blood Sugar: The Psychological Impact of Living with Diabetes**

Presented by Amanda Kirpitch, MA, RDN, CDCES, CDN, and Sarah Dougherty, PsyD, EdM, MS

**Announcements**: Next meeting will be 3/13/24 from 9-1030 at St. Elizabeth’s University. Program is “There is Still an App for That” presented by Francine Rosenberg, Psy.D.

**Meeting Attendees:**

Sarah Dougherty

Amanda Kirpitch

Richard Brewster

Aaron Welt

Hayley Hirschmann

Irene Fisher

Ken Langlieb

John George

Mary Larson

Anne Reese

Barbara Rosenberg

Ilana Lev-El

Debra Pacheco

Lidia Abrams

Laura Eisdorfer

Rod Bennett

Paul Yampolsky

Marilyn Lyga

Eric Herschman

Ron Silkovitz

Fran Rosenberg

Shoshana Sperling

Melissa Klika Mack

Tamsen Thorpe

Ken Gates

Isabel Lerman

Susan Neigher

Johanna Oliel

Nydia Rolon

Jayne Schachter

Jenna Tedesco

Beverly Tignor

**Presenter Bio:**

Amanda Kirpitch is a dietitian, diabetes educator, and founder of Nutrition Perspective, LLC.  For over 20 years, Amanda has been empowering patients with diabetes, eating disorders, and cardiometabolic conditions to simplify their approaches to nutrition and improve their relationships with food.

Sarah Dougherty is a NJ/NY licensed psychologist in private practice in Morristown, NJ.  She is the daughter of a parent who lived with Type 1 diabetes for 85 years.

**Overview and Objective of Today’s Talk**

Typically viewed as a primarily physical disorder, diabetes can be fraught with social, emotional, cultural, and psychological repercussions. Comorbidities including anxiety, depression, OCD, and disordered eating occur at increased rates among this patient population; however, diabetes-informed mental health care can be of real benefit. A breadth of case examples will underscore the intersection between issues of diversity and living well with diabetes.

***Learning Objectives:  By the end of the session, participants will be able to:***

* 1.     Describe the basic differences between Type 1 and Type 2 diabetes, and why they matter.
* 2.     Name four ways Type l and Type 2 diabetes foster similar/different psychosocial and cultural stressors.
* 3.     Identify four developmental milestones that may be complicated by having diabetes.
* 4.     Become familiar with three strategies for managing “diabetes burnout.”

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**