

# ONETALK

A Sansum Diabetes Research Institute & JDRF collaboration to bring type 1 diabetes support to the Santa Barbara community.

## Tools to Face the Psychological Demands of Diabetes: Special Presentation by Dr. Bill Polonsky

Dr. Polonsky will be addressing the real-life emotional aspects of diabetes, and how to help better identify, understand, and tackle these problems.

**April 23, 2019**

**5:30-7:00PM**

**CenCal, 4050 Calle Real, Santa Barbara, CA 93110**

*Dr. Bill Polonsky is Associate Clinical Professor in Psychiatry at the University of California San Diego. He received his PhD in clinical psychology from Yale University and has served as Senior Psychologist at the Joslin Diabetes Center in Boston, faculty member at Harvard Medical School and Chairman of the National Certification Board for Diabetes Educators. A licensed clinical psychologist and certified diabetes educator, Dr. Polonsky is a distinguished national and international lecturer on behavior diabetes issues. An active researcher in the field of behavioral diabetes, he has served on the editorial boards of Diabetes Care, Diabetes Forecast, Clinical Diabetes, Diabetes Self-Management and Diabetes Health. His most recent research projects have focused on quality of life in diabetes, diabetes-related distress and depression, hypoglycemic fear, blood glucose monitoring behavior and attitudes in people living with diabetes, physician and lay attitudes towards insulin and oral medications, group-based behavior change programs, the influence of continuous glucose monitoring on quality of life, and emotional and behavioral responses to the diagnosis of diabetes. Dr. Polonsky is the President at the Behavioral Diabetes Institute (BDI). BDI is dedicated to helping people with diabetes live long, healthy and happy lives.*

*In addition to his many diabetes-related professional publications, he has authored several books for the lay audience (e.g., Diabetes Burnout: What to Do When You Can't Take it Anymore) and co-edited several others for health care professionals (e.g., A CORE Curriculum for Diabetes Education).*

**Please RSVP to Katie Haq @ [khaq@sansum.org](mailto:khaq@sansum.org)**

Meetings are led by Katie Haq. OneTalk sessions will include exciting updates on and information related to type 1 diabetes. In addition, there will be an opportunity for members to share their ideas, experiences and explore ways to enhance their health and lifestyle.



**We extend our sincerest gratitude to the following outreach sponsors.**



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*Joan Gellert-Sargen*

