

# APA 168<sup>TH</sup> ANNUAL MEETING COURSE GUIDE

## HOW TO REGISTER

There are three easy ways to register for APA's 2015 annual meeting and courses. The deadline for advance registration is **April 17**; save even more by registering before the early bird deadline of **February 24**. Annual meeting information can be accessed from APA's Web site at <http://annualmeeting.psychiatry.org/home>.

**REGISTER ONLINE:** Go to the URL above and go to the "Registration" menu on the right.

**FAX REGISTRATION FORM:** Fax your completed registration form with credit card information to (703) 907-1097. There is a \$10 processing fee for faxed forms.

**MAIL REGISTRATION FORM:** Mail your completed registration form and payment (by credit card or check made payable to APA) to American Psychiatric Association Annual Meeting, P.O. Box 418237, Boston, Mass. 02241-8237. There is a \$10 processing fee for mailed forms.

After April 17, you may register online only (on-site fees apply), not by mail or fax. You can also register on site.



# TORONTO, MAY 16-20, 2015

MC CODE: 0787

### Transference-Focused Psychotherapy for Borderline Personality Disorder

SUNDAY, MAY 17, 9 A.M.-4 P.M.

**Director:** Otto F. Kernberg, M.D.

**Co-Director:** David J. Kupfer, M.D.

**Faculty:** Frank E. Yeomans, M.D., Ph.D., John F. Clarkin, Ph.D.

Transference-focused psychotherapy (TFP) is a manualized, evidence-based treatment for severe personality disorders, in particular borderline and narcissistic personality disorders. This course will offer a discussion of a diagnostic system for personality disorders based on psychological structure; an overview of the essential concepts of object relations theory; presentation of the principles and techniques of TFP; and discussion of case material, including video material that illustrates how TFP is practiced.

**Sheraton Centre; early bird: \$355; advance: \$385; on site: \$415; spaces available: 250**

MC CODE: 2766

### Update on Pediatric Psychopharmacology

WEDNESDAY, MAY 20, 9 A.M.-4 P.M.

**Director:** Christopher Kratochvil, M.D.

**Faculty:** John T. Walkup, M.D., Karen D. Wagner, M.D., Ph.D., Christopher J. McDougall, M.D.

The primary objective of this course is to provide practical information to clinicians on the use of psychotropic medications in the treatment of children and adolescents in their practices. This course will provide an overview and discussion of recent data in pediatric psychopharmacology, with a focus on mood disorders, attention-deficit/hyperactivity disorder, anxiety disorders, and autism spectrum disorders. The role of pharmacotherapy in the treatment of these disorders will be addressed, as will practical clinical aspects of using psychotropic medications in the treatment of children and adolescents.

**Toronto Convention Centre; early bird: \$355; advance: \$385; on site: \$415; spaces available: 250**

MC CODE: 0517

### DSM-5: What You Need to Know

MONDAY, MAY 18, 9 A.M.-4 P.M.

**Director:** William Narrow, M.D., M.P.H.

**Faculty:** Darrel A. Regier, M.D., M.P.H., Wilson Compton, M.D., M.P.E., Katharine Phillips, M.D., Rajiv Tandon, M.D., Robert J. Ursano, M.D.

The focus of this master course is to educate clinicians and researchers on the major changes from *DSM-IV* to *DSM-5*, including diagnosis-specific changes (e.g., criteria revisions) as well as broader, manualwide changes (e.g., revised chapter ordering, use of dimensional assessments, integration of neuroscience, and developmental material across the manual). The primary emphasis is on ensuring that clinicians understand how these changes might impact patient care and what modifications might be necessary to implement these revisions in their practice. Presentations will be provided by members of select *DSM-5* work groups.

**Sheraton Centre; early bird: \$355; advance: \$385; on site: \$415; spaces available: 250**

MC CODE: 2769

### Board Review Course

MONDAY, MAY 18, 9 A.M.-4 P.M.

**Director:** Robert Boland, M.D.

Essential psychiatric and neurology topics will be reviewed and discussed using multiple-choice questions (MCQ). After a brief introduction covering the basic structure and format of MCQs typically used in psychiatric examinations, participants will review and answer MCQs in various formats using an audience response system. After viewing a summary of the audience responses, faculty members will lead and facilitate a review and discussion of the topic covered by the MCQs.

**Sheraton Centre; early bird: \$355; advance: \$385; on site: \$415; spaces available: 150**

MC CODE: 2768

### Psychopharmacology

TUESDAY, MAY 19, 9 A.M.-4 P.M.

**Director:** Alan F. Schatzberg, M.D.

**Faculty:** Charles DeBattista, M.D.

This master course will cover new material on the pharmacologic treatment of major psychiatric disorders. This course will discuss in detail approaches to the treatment of autism, review recent studies on pharmacogenetics of antidepressant response, provide a rational basis for selection of medications for bipolar disorder, and discuss efficacy and side effects of antipsychotic agents.

**Sheraton Centre; early bird: \$355; advance: \$385; on site: \$415; spaces available: 300**

BY CATHY CRONE, M.D.

Chair, Scientific Program Subcommittee on Courses

**YOU MIGHT** ask yourself, "Why take a course at the APA annual meeting?" Whether you wish to prepare for certification exams, enhance your clinical skills, or remain abreast of exciting uses of technology and research advances in psychiatry, the APA Subcommittee on Courses has planned something for you!

Over the years, exceptional continuing medical education courses have become a tradition at APA's annual meeting. Courses are offered in half-day (four hours) and full-day (six or eight hours) formats. This year's courses encompass new offerings, highly evaluated repeat courses directed by national and international experts, and improved versions of courses given in the past. We will be covering a wide variety of topics this year, including depressive disorders, addiction psychiatry, geriatric psychiatry, integrated care, and psychopharmacology.

In addition to me, serving on the Subcommittee on Courses are my vice chair, Linda Worley, and committee members Anna Dickerman, M.D., Steve Koh, M.D., Michael Myers, M.D., Arnold Moreno, M.D., and Charles Price, M.D. Along with Tiffany Burns, conference CME program manager, we have worked hard to evaluate course submissions critically to provide an exceptional, in-depth educational experience for all.

The Subcommittee on Courses limits course enrollment size to maximize opportunities for participant-faculty interaction. To secure your place in a course, register early! The courses sell out quickly. Registration and enrollment information and forms can be accessed at APA's Web site at <http://annualmeeting.psychiatry.org>. Online meeting and housing registration can also be accessed from this site.

All mailed and faxed registration and pre-enrollment forms must be received at APA on or before **April 17**. After this date, on-site fees are in effect for meeting and course registration. The course enrollment area is located in the Toronto Convention Centre and the Sheraton Centre. Only those who have registered for the annual meeting may purchase course tickets.

SEE YOU THERE!



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## SATURDAY MAY 16

### C CODE 0392

#### CONVERSION DISORDER: UPDATE ON EVALUATION AND MANAGEMENT

**Director:** John J. Barry, M.D. **Faculty:** Gaston Baslet, M.D., Andres Kanner, M.D., W. Curt LaFrance Jr., M.D., M.P.H. **Educational objectives:** (1) Perform a clinical evaluation in patients with conversion disorder, in collaboration with a neurologist; (2) communicate the diagnosis to the patient, his/her family, and the collaborating physician in a way that reinforces engagement in treatment; (3) recommend, seek advice, or execute the most appropriate treatment plan based on the current evidence from the medical literature; and (4) understand the complexity and heterogeneity of this population and recognize various modifiable risk factors that should be considered targets for treatment. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 125**

### C CODE 0691

#### ADHD IN ADULTS: FROM CLINICAL SCIENCE TO CLINICAL PRACTICE

**Director:** Craig Surman, M.D. **Faculty:** Paul Hammerness, M.D. **Educational objectives:** (1) Identify when it is appropriate to diagnose ADHD; (2) apply efficient methods for assessing ADHD symptoms and impairment; (3) practice methods of personalizing treatment for ADHD patients, including optimal pharmacologic and nonpharmacologic supports; (4) recognize the evidence and limits of that evidence for pharmacologic and nonpharmacologic therapies; and (5) apply principles for managing common complex presentations, includ-

ing patients with non-attention executive function deficits, mood disorders, anxiety disorders, and substance abuse disorders. **Course level: intermediate; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 200**

### C CODE 0328

#### INTERPERSONAL PSYCHOTHERAPY

**Director:** John C. Markowitz, M.D. **Educational objectives:** (1) Understand the basic rationale and techniques of interpersonal psychotherapy (IPT) for depression; (2) understand key research validating its use; and (3) understand some of the adaptations of IPT for other diagnoses and formats. **Course level: intermediate; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

### C CODE 0209

#### UPDATES IN GERIATRIC PSYCHIATRY

**Director:** Rajesh R. Tampi, M.D. **Faculty:** Ilse Wiechers, M.D., M.H.S., M.P.P., Louis Trevisan, M.D., M.Ed., Kristina Zdanys, M.D. **Educational objectives:** (1) Describe the epidemiology of mood disorders, anxiety disorders, psychotic disorders, and substance use disorders in late life; (2) elaborate the neurobiology of mood disorders, anxiety disorders, psychotic disorders, and substance use disorders in late life; (3) enumerate the assessment of mood disorders, anxiety disorders, psychotic disorders, and substance use disorders in late life; and (4) discuss the latest evidence-based treatments for mood disorders, anxiety disorders, psychotic disorders, and substance use disorders in late life. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

**Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 100**

### C CODE 0831

#### EVIDENCE-BASED PSYCHODYNAMIC THERAPY: A CLINICIAN'S WORKSHOP

**Director:** Jacques P. Barber, Ph.D. **Faculty:** Richard F. Summers, M.D. **Educational objectives:** (1) Become aware of the substantial evidence base supporting psychodynamic psychotherapy; (2) improve treatment selection by applying a contemporary framework for conceptualizing psychodynamic therapy; (3) diagnose core psychodynamic problems and develop a psychodynamic formulation for appropriate patients; and (4) understand how to develop an effective therapeutic alliance and employ techniques for facilitating change. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 50**

### C CODE 0346

#### TREATMENT OF SCHIZOPHRENIA

**Director:** Stephen R. Marder, M.D. **Faculty:** Phillip G. Janicak, M.D., Rajiv Tandon, M.D., Morris Goldman, M.D. **Educational objectives:** (1) Describe the psychopathological dimensions, recent DSM-5 diagnostic criteria, and neurobiological underpinnings of schizophrenia; (2) appreciate the growing emphasis on early recognition and interventions to favorably alter the prognosis of high-risk individuals; (3) describe the clinically relevant pharmacological aspects of first- and second-generation antipsychotics, as well as novel therapies; (4) better understand the efficacy, safety, and tolerability of antipsychotics when used for acute and long-term manage-

ment of schizophrenia; and (5) describe recent approaches to integrating medication strategies with psychosocial and rehabilitation programs. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 100**

### C CODE 0357

#### BUPRENORPHINE AND OFFICE-BASED TREATMENT OF OPIOID USE DISORDER

**Director:** John Renner, M.D. **Faculty:** Petros Levounis, M.D., M.A., Andrew J. Saxon, M.D. **Educational objectives:** (1) Understand the rationale and need for opioid pharmacotherapy in the treatment of opioid dependence and describe buprenorphine protocols for all phases of treatment and for optimal patient/treatment; (2) understand specific information on the legislative and regulatory history of office-based opioid pharmacotherapy; (3) understand the pharmacological characteristics of opioids and identify common comorbid conditions associated with opioid dependence; (4) understand treatment issues and management of opioid dependence in adolescents, pregnant women, and patients with acute and/or chronic pain; and (5) describe the resources needed to set up office-based treatment with buprenorphine for patients with opioid use disorder. **Course level: basic; 8-5; 8 hours; Sheraton Centre; early bird: \$260; advance: \$310; on site: \$310; spaces available: 75**

### C CODE 1721

#### INTEGRATING BEHAVIORAL HEALTH AND PRIMARY CARE: PRACTICAL SKILLS FOR THE CONSULTING PSYCHIATRIST

**Director:** Lori Raney, M.D. **Faculty:** Anna Ratzliff, M.D., Ph.D., Robert J. Hilt, M.D., John Kern, M.D. **Educational objectives:** (1) Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care; (2) discuss principles of integrated behavioral health care; (3) describe the roles for a primary care consulting psychiatrist in an integrated care team; and (4) apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 70**

### C CODE 1658

#### ESSENTIALS OF ASSESSING AND TREATING ADHD IN ADULTS AND CHILDREN

**Director:** Thomas E. Brown, Ph.D. **Faculty:** Anthony Rostain, M.D., M.A. **Educational objectives:** (1) Recognize impairments caused by ADHD in adults or children; (2) understand an updated model of ADHD as developmental impairment of executive functions; (3) assess and diagnose adults or children





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for ADHD using appropriate instruments and methods; (4) select appropriate medications for treatment of ADHD and comorbid disorders; and (5) design multimodal treatment for adults or children with ADHD. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 80**

## C CODE 0471

### MENTALIZATION-BASED TREATMENT FOR BORDERLINE PERSONALITY DISORDER

**Director:** Peter Fonagy, Ph.D. **Faculty:** Anthony Bateman, M.D. **Educational objectives:** (1) Demonstrate an understanding of the mentalizing problems of borderline personality disorder; (2) recognize mentalizing and non-mentalizing interventions; (3) develop and maintain a mentalizing therapeutic stance; and (4) use some basic mentalizing techniques in everyday clinical work. **Course level: intermediate; 1-5; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 150**

## C CODE 0672

### MELATONIN AND LIGHT TREATMENT OF SAD, SLEEP, AND OTHER BODY-CLOCK DISORDERS

**Director:** Alfred J. Lewy, M.D., Ph.D. **Educational objectives:** (1) Use the salivary dim light melatonin onset and sleep time to phase type circadian sleep and mood disorders as to whether they are phase advanced or phase delayed; (2) treat a patient with appropriately timed bright-light exposure (evening or morning) and/or low-dose melatonin administration (morning or afternoon) using the patient's phase type; (3) monitor treatment response using the DLMO/mid-sleep interval, targeting six hours. **Course level: basic; 1-5; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 200**

## C CODE 0831

### LATE-LIFE MOOD DISORDERS: ACHIEVING ACCURATE DIAGNOSIS AND EFFECTIVE TREATMENT

**Director:** James M. Ellison, M.D., M.P.H. **Faculty:** Donald A. Davidoff, Ph.D., Brent Forester, M.D., M.Sc., Grace C. Niu, Ph.D. **Educational objectives:** (1) Appreciate the varied and sometimes obscure presentations of late-life mood disorders (unipolar and bipolar) and describe an organized approach to differential diagnosis and treatment; (2) list and describe evidence-based approaches to psychotherapy of late-life mood disorders including the newly developed ENGAGE protocol; (3) plan and implement an evidence-based treatment program for late-life mood disorders, integrating psychosocial and somatic

therapies; and (4) explain the complex and reciprocal relationship between late-life mood disorders and cognitive impairment. **Course level: intermediate; 9-4; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

## C CODE 0260

### A PSYCHIATRIST'S GUIDE TO PATIENTS WITH SEVERE OBESITY: ASSESSMENT AND BEYOND

**Director:** Sanjeev Sockalingam, M.D. **Faculty:** Stephanie E. Cassin, Ph.D., Timothy D. Jackson, M.D., M.P.H., Jessica L. Van Exan, Ph.D. **Educational objectives:** (1) Describe predisposing psychosocial factors to obesity and psychiatrists' role in medical and surgical interventions for weight loss; (2) identify patient characteristics prebariatric surgery that inform patients' post-surgery psychosocial interventions; and (3) apply psychopharmacology protocols and brief psychological interventions that improve psychiatric care after massive weight loss. **Course level: basic; 1-5; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 100**

## SUNDAY, MAY 17

## C CODE 2350

### STREET DRUGS AND MENTAL DISORDERS: OVERVIEW AND TREATMENT OF DUAL-DIAGNOSIS PATIENTS

**Director:** John W. Tsuang, M.D. **Faculty:** Karim Reef, D.O., Larissa Mooney, M.D., Timothy W. Fong, M.D. **Educational objectives:** (1) Understand the issues relating to the treatment of dual-diagnosis patients; (2) know the popular street drugs and club drugs; and (3) know the available pharmacological agents for treatment of dual-diagnosis patients. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 100**

## C CODE 0390

### GOOD PSYCHIATRIC MANAGEMENT (GPM) FOR BORDERLINE PERSONALITY DISORDER (BPD): WHAT EVERY PSYCHIATRIST SHOULD KNOW

**Director:** Paul Links, M.D. **Faculty:** John G. Gunderson, M.D., Brian Palmer, M.D., M.P.H. **Educational objectives:** (1) Explain the diagnosis to patients and families and establish reasonable expectations for change (psychoeducation); (2) manage the problem of recurrent suicidality and self-harm while limiting personal burden and liability; (3) expedite alliance-building via use of medications and homework; and (4) know when to prioritize the treatment



Ripley's Aquarium of Canada

of BPD and when to defer until a comorbid disorder is resolved. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 125**

## C CODE 1407

### MANAGEMENT OF THE COGNITIVE AND NEUROPSYCHIATRIC SYMPTOMS OF DEMENTIA

**Director:** Mark Rapoport, M.D. **Faculty:** Nathan Herrmann, M.D., Andrew S. Wiens, M.D., Tarek K. Rajji, M.D. **Educational objectives:** (1) Develop an approach to the diagnosis of dementia, including the flexible use of bedside cognitive testing; (2) understand the latest evidence for pharmacological management of the cognitive and neuropsychiatric symptoms in dementia and appreciate tools for implementing the evidence in practice; and (3) learn about nonpharmacological strategies for treating neuropsychiatric symptoms in dementia and develop an approach to assessing and advising about risks associated with driving in dementia. **Course level: intermediate; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 100**

## C CODE 0169

### EVALUATION AND TREATMENT OF BEHAVIORAL EMERGENCIES

**Director:** Kimberly Nordstrom, M.D., J.D., **Faculty:** Kimberly Nordstrom,

M.D., J.D., Leslie Zun, M.D., M.B.A., Jon S. Berlin, M.D. **Educational objectives:** (1) Understand goals of emergency triage and medical assessment for the psychiatric patient; (2) complete an emergency psychiatric evaluation and perform a comprehensive risk assessment; (3) manage and treat the agitated patient with both de-escalation techniques and medications; and (4) create alliances with patients and families in crisis. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 120**

## C CODE 0867

### DIALECTICAL BEHAVIOR THERAPY (DBT) FOR PSYCHIATRISTS: USING DBT STRATEGIES IN YOUR PSYCHOTHERAPY AND PSYCHOPHARMACOLOGICAL PRACTICE

**Director:** Barbara Stanley, Ph.D. **Faculty:** Beth S. Brodsky, Ph.D. **Educational objectives:** (1) Use DBT interventions for outpatient management of suicidal and nonsuicidal self-injurious behaviors and medication management, particularly for patients with borderline personality disorder (BPD); (2) apply basic DBT interventions in psychotherapy and psychopharmacology practice to increase treatment retention and engagement and reduce symptoms in emotionally and behaviorally dysregulated patients; and (3) understand the skills patients learn in DBT, how to apply them, and how to "think" in a DBT framework about dif-



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difficult-to-manage patients, particularly those with BPD. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 175**

## C CODE 0315

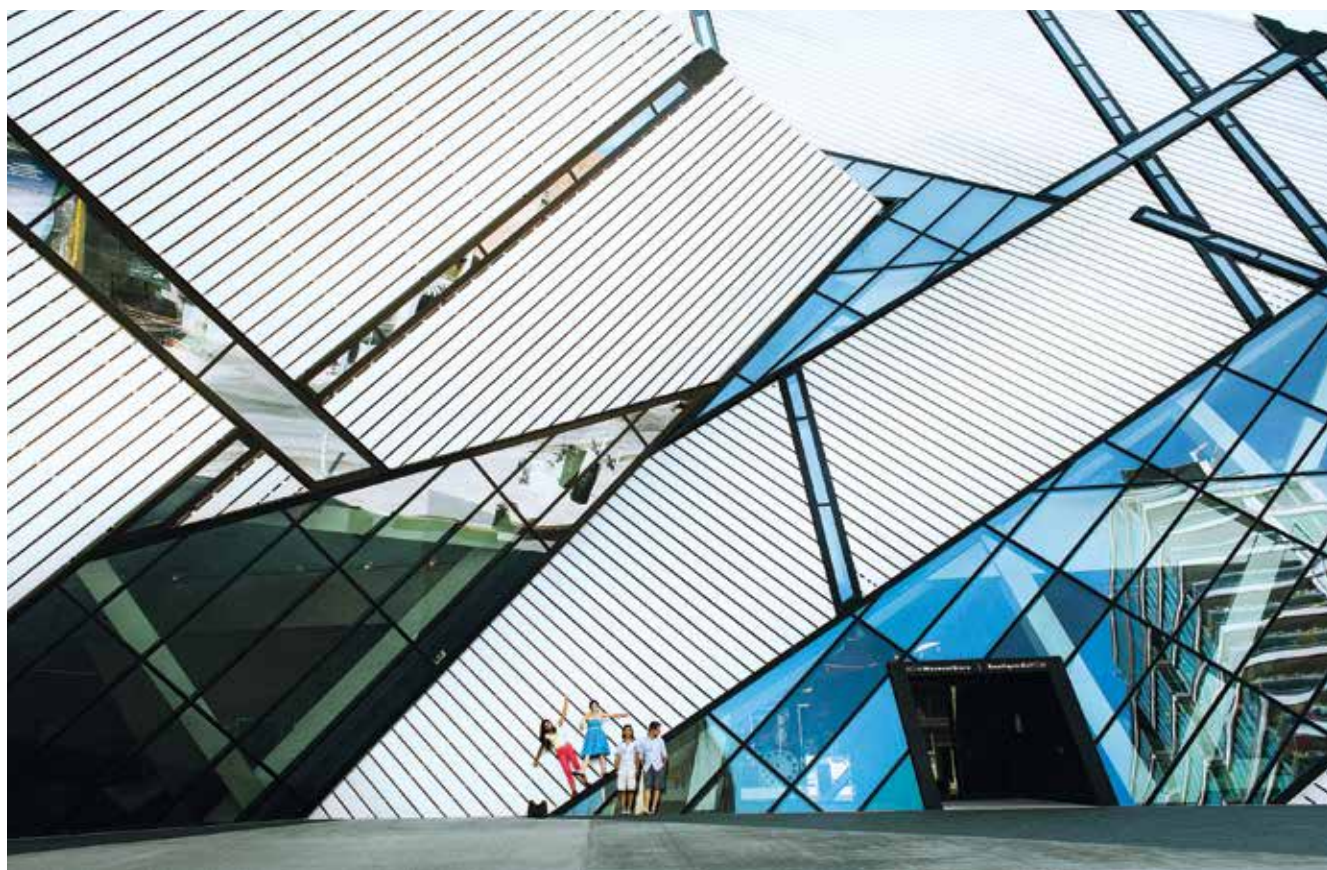
### TRANSGENDER AND INTERSEX FOR THE PRACTICING PSYCHIATRIST

**Director:** William Byne, M.D., Ph.D. **Faculty:** Jack Pula, M.D., Richard R. Pleak, M.D., A. Evan Eyer, M.D., M.P.H. **Educational objectives:** (1) Define and discuss the relevant terminology, including gender variance, gender dysphoria, transgender, transsexuality, and disorders of sex development with and without somatic intersexuality; (2) describe the components of culturally and clinically competent assessment, diagnosis, and care of those with gender concerns including those seeking hormones and/or surgery for gender transition; (3) distinguish *DSM-5* gender dysphoria from gender concerns arising as epiphenomena of other psychiatric disorders; (4) use the relevant documents for psychiatrists including *DSM-5*, the AACAP Practice Parameter on GLBT Youth, and the Standards of Care of the World Professional Association for Transgender Health; and (5) understand how research and evolving attitudes toward gender variance have influenced policies that affect access to transgender health services including hormonal, surgical, and mental health care. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 50**

## C CODE 1020

### PRACTICAL ASSESSMENT AND TREATMENT OF BEHAVIOR DISTURBANCE IN PATIENTS WITH MODERATE TO SEVERE DEMENTIA

**Director:** Maureen Nash, M.D., M.S. **Faculty:** Sarah Foidel, Maria L. Shindler, M.S.N., R.N. **Educational objectives:** (1) Have a working knowledge of how to assess and differentiate among varying types of dementia and delirium; (2) list common causes of delirium in the elderly and identify high-risk factors, causes, and prevention strategies; (3) understand the current literature and practical applications of current pharmacological and nonpharmacological interventions for people with dementia; (4) describe evidence-based treatment for effective symptom management of behaviors in common types of dementia; and (5) recognize and encourage use of appropriate interventions to improve the quality of life in those with advanced dementia. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 125**



Canadian Tourism Commission

## C CODE 0649

### SLEEP MEDICINE—A REVIEW AND UPDATE FOR PSYCHIATRISTS

**Director:** Imran Khawaja, M.B.B.S. **Faculty:** Thomas D. Hurwitz, M.D., Elliott K. Lee, M.D., Max Hirshkowitz, Ph.D. **Educational objectives:** (1) Recognize the major sleep disorders that can affect patients; (2) determine which patients should be referred to a board-certified sleep physician; (3) help patients with obstructive sleep apnea pursue therapy; (4) determine whether patients experience excessive daytime sleepiness; and (5) facilitate use of cognitive-behavior therapy principles to treat insomnia. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 100**

## C CODE 2361

### YOGA OF THE EAST AND WEST EXPERIENTIAL FOR STRESS, ANXIETY, POSTTRAUMATIC STRESS DISORDER (PTSD), MASS DISASTERS, MILITARY, SCHIZOPHRENIA, AND STRESS-RELATED MEDICAL CONDITIONS

**Director:** Patricia L. Gerbarg, M.D. **Faculty:** Richard P. Brown, M.D., Patricia L. Gerbarg, M.D. **Educational objectives:** (1) Describe how heart rate variability and sympatho-vagal balance contribute to overall well-being and stress resilience; (2) identify patients who could benefit from voluntarily regulated breathing practices, determine when to introduce this option, and be able to discuss this treatment augmentation with patients; (3) experience coherent breathing for stress reduction and learn how vol-

untarily regulated breathing practices can be used to reduce anxiety, insomnia, depression, and symptoms of PTSD; (4) experience open-focus attentional training for stress reduction, improved attention, and relief of physical and psychological distress for clinicians and their patients; and (5) develop a program of further learning about breath and meditative practices that are accessible and that will improve clinical outcomes in psychiatric practice. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 80**

## C CODE 1595

### RADICALLY OPEN DIALECTICAL BEHAVIOR THERAPY (RO-DBT) FOR DISORDERS OF OVERCONTROL: REMEMBERING OUR TRIBAL NATURE

**Director:** Thomas R. Lynch, Ph.D. **Educational objectives:** (1) To be introduced to a new biosocial theory for overcontrol (OC) and new RO-DBT treatment strategies designed to enhance willingness for self-inquiry and flexible responding; (2) to be introduced to new approaches for engaging and maintaining OC clients in therapy, manage therapeutic-alliance ruptures, and develop individualized treatment targets for OC; and (3) learn skills to activate specific neural substrates by directly activating its antagonistic autonomic nervous system—in particular the ventral vagal complex linked to social safety. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 50**

## MONDAY, MAY 18

## C CODE 1661

### ADVANCED ASSESSMENT AND TREATMENT OF ADHD

**Director:** Thomas E. Brown, Ph.D. **Faculty:** Anthony Rostain, M.D., M.A. **Educational objectives:** (1) Explain the new model of ADHD as developmental impairment of executive functions and its implications for assessment and treatment; (2) describe research that supports this new model of ADHD; (3) use research-based criteria to select and fine-tune medications for ADHD, modifying as needed for various comorbid disorders; (4) design and monitor treatment for patients with ADHD that uses effective integrated medication and psychosocial approaches; and (5) consider strategies for effective treatment of ADHD complicated by other medical or psychosocial problems. **Course level: advanced; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 175**

## C CODE 0783

### TRANSFERENCE-FOCUSED PSYCHOTHERAPY FOR NARCISSISTIC PERSONALITY DISORDER

**Director:** Otto F. Kernberg, M.D. **Faculty:** Frank E. Yeomans, M.D., Ph.D., Eve Caligor, M.D., Diana Diamond, Ph.D. **Educational objectives:** (1) Appreciate and understand the range of narcissistic pathology; (2) understand the psychological structure referred to as the pathological grandiose self and its role as the core of narcissistic personality disorder; (3) understand treatment techniques that address narcissistic resistances



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and help engage the patient in therapy and in the process of looking beyond his or her rigid narcissistic stance; and (4) learn treatment techniques that help the patient and therapist work with the anxieties beneath the grandiose self. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 175**

## C CODE 0629

### TEACHING PSYCHOTHERAPY? LET HOLLYWOOD (AND CABLE TV) HELP!

**Director:** Prameet Singh, M.D. **Faculty:** Steven E. Hyler, M.D., Rachna Kenia, M.D. **Educational objectives:** (1) Learn how to use selected film and TV clips as adjunctive aids to teach psychiatry residents and medical students about psychotherapy; (2) view scenes from multiple vantage points and consider therapeutic technique, psychopathology, diagnostic issues, controversies, and popular cultural issues; and (3) learn how to find an appropriate film or TV clip to illustrate just about any aspect of the therapy. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

## C CODE 2340

### EXPLORING TECHNOLOGIES IN PSYCHIATRY

**Director:** John Luo, M.D.; **Faculty:** Robert Kennedy, M.A., Carlyle Chan, M.D. **Educational objectives:** (1) Review the various current and emerging technologies and connections that are possible in psychiatry and medicine; (2) evaluate the emerging technologies and how they impact clinical practice today and tomorrow; and (3) recognize the pros and cons of electronic physician-patient communication. **Course level: intermediate; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 60**

## C CODE 0229

### IDENTIFYING AND HELPING OLDER ADULTS WITH MILD NEUROCOGNITIVE DISORDERS

**Director:** James M. Ellison, M.D., M.P.H. **Faculty:** Courtney Carroll Spilker, Psy.D., Donald A. Davidoff, Ph.D., David C. Hsu, M.D. **Educational objectives:** (1) Describe the spectrum of cognitive changes that accompany normal aging, subjective cognitive impairment, and mild neurocognitive disorder; (2) recommend health-promoting interventions for a person with mild cognitive changes, taking into account lifestyle factors, medical issues, physical activity, social activity, and cognitive stimulation; and (3) help caregivers to optimize their support for a person with mild cognitive decline. **Course level: intermediate; 8-noon; 4 hours; Sheraton Cen-**

**tre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

## C CODE 2338

### ELECTROCONVULSIVE THERAPY (ECT) PRACTICE UPDATE FOR THE GENERAL PSYCHIATRIST

**Director:** Peter B. Rosenquist, M.D. **Educational objectives:** (1) Consider the indications and risk factors for ECT and estimate likely outcomes based upon patient characteristics; (2) define the physiologic and neurocognitive effects of ECT as they relate to specific and potentially high-risk patient populations; (3) review the evidence related to ECT stimulus characteristics and summarize the differences between brief and ultra-brief pulse width stimuli; and (4) define strategies for optimizing treatment outcomes during the ECT course and maintaining remission over time. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 60**

## C CODE 0433

### PSYCHODYNAMIC PSYCHOPHARMACOLOGY: APPLYING PRACTICAL PSYCHODYNAMICS TO IMPROVE PHARMACOLOGIC OUTCOMES WITH TREATMENT-RESISTANT PATIENTS

**Director:** David Mintz, M.D. **Faculty:** David Mintz, M.D., David F. Flynn, M.D., Samar Habl, M.D. **Educational objectives:** (1) Describe the evidence base linking meaning factors and medication response; (2) construct an integrated biopsychosocial treatment frame; (3) diagnose common psychodynamics underlying pharmacologic treatment resistance; (4) use psychodynamic interventions in pharmacotherapy to ameliorate psychodynamic contributors to medication issues; and (5) recognize and contain countertransference contributions to pharmacologic treatment resistance. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 100**

## C CODE 1557

### AUTISM SPECTRUM DISORDER: DIAGNOSTIC CONSIDERATIONS, GENETIC RESEARCH, AND TREATMENT REVIEW

**Director:** Jennifer Yen, M.D. **Faculty:** Alice R. Mao, M.D., Matthew N. Brams, M.D., James Sutcliffe, Ph.D. **Educational objectives:** (1) Provide a review of advances in genetic, behavioral/educational, and pharmacological interventions for children with autism; (2) increase awareness of the multiple domains in diagnosis and treatment that will help the child and adolescent or general psychiatrist to develop a realistic plan for helping a patient with ASD; and (3) review current research advances in autism and discuss the impact of future directions of study on diagnosis

and treatment. **Course level: intermediate; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 100**

## C CODE 2062

### MOTIVATIONAL INTERVIEWING FOR THE ROUTINE PRACTICE OF PSYCHIATRY

**Director:** Steven Cole, M.D. **Educational objectives:** (1) Describe the three questions and five skills of brief action planning (BAP); (2) explain how BAP aligns with the core processes and the spirit of motivational interviewing; (3) discuss the three levels and 13 separate skills of stepped care advanced skills for action planning (SAAP) for patients with persistent unhealthy behaviors; (4) use the eight core competencies of BAP and 13 advanced skills of SAAP in routine psychiatric practice; and (5) gain skill to demonstrate/train BAP/SAAP to students, team members, and colleagues. **Course level: basic; 1-5; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 150**

## C CODE 1141

### EVALUATION AND TREATMENT OF SEXUAL DYSFUNCTIONS

**Director:** Waguih W. IsHak, M.D. **Educational objectives:** (1) Acquire practical knowledge and skills in evaluation of sexual disorders; (2) acquire practical knowledge and skills in the treatment of sexual disorders; and (3) learn to apply gained knowledge/skills to real examples of sexual disorders. **Course level: intermediate; 1-5; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 75**

THURSDAY MAY 19

## C CODE 0186

### RESTORING PROFESSIONALISM: INTEGRATING BODY AND MIND, HEART AND SOUL FOR DISTRESSED PHYSICIANS

**Director:** Linda L.M. Worley, M.D. **Faculty:** Alistair J.R. Finlayson, M.D., William H. Swiggart, M.S., Ron Neufeld, L.A.D.A.C. **Educational objectives:** (1) Recognize the reasons why physicians may be referred for comprehensive fitness-for-duty evaluations, the common diagnoses made and the remedial recommendations that are offered; (2) identify and practice specific strategies and techniques to restore resilience and help physicians avoid trouble with medical boards and colleges; and (3) self-evaluate their individual Flooding Score and have practiced at least one grounding skill. **Course level: intermediate; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 50**

## C CODE 0520

### THE CLINICAL ASSESSMENT OF MALINGERED MENTAL ILLNESS

**Director:** Phillip Resnick, M.D. **Educational objectives:** (1) Demonstrate skill in detecting deception; (2) detect malingered psychosis; (3) identify four signs of malingered insanity defenses; and (4) identify five clues to malingered post-traumatic stress disorder. **Course level: basic; 8-noon; 4 hours; Sheraton Centre; early bird: \$155; advance: \$175; on site: \$200; spaces available: 75**

## C CODE 0370

### A PSYCHODYNAMIC APPROACH TO TREATMENT-RESISTANT MOOD DISORDERS: BREAKING THROUGH TREATMENT RESISTANCE BY FOCUSING ON COMORBID PERSONALITY DISORDERS

**Director:** Eric Plakun, M.D. **Faculty:** Edward R. Shapiro, M.D., David Mintz, M.D. **Educational objectives:** (1) Describe evidence that psychosocial factors play a role in the cause and effective treatment of treatment-resistant mood disorders; (2) explain the contribution to treatment resistance of personality disorders, including immature defenses like splitting; (3) define the practice of psychodynamic psychopharmacology and explain its role in effective treatment of treatment-resistant mood disorders; and (4) use specific psychodynamic principles to improve outcomes in patients with treatment-resistant mood disorders. **Course level: basic; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 50**

## C CODE 2767

### NEUROPSYCHIATRIC MASQUERADES: MEDICAL AND NEUROLOGICAL DISORDERS THAT PRESENT WITH PSYCHIATRIC SYMPTOMS?

**Director:** Jose R. Maldonado, M.D. **Faculty:** Yelizaveta I. Sher, M.D., Jose R. Maldonado, M.D. **Educational objectives:** (1) Understand the incidence, epidemiology, and clinical features of the most common CNS disorders masquerading as psychiatric illness; (2) understand the incidence, epidemiology, and clinical features of the most common endocrine disorders masquerading as psychiatric illness; (3) understand the incidence, epidemiology, and clinical features of the most common metabolic disorders masquerading as psychiatric illness; (4) understand the incidence, epidemiology, and clinical features of the most common infectious disorders masquerading as psychiatric illness; and (5) understand the incidence, epidemiology, and clinical features of the most common autoimmune disorders masquerading as psychiatric illness. **Course level: advanced; 9-4; 6 hours; Sheraton Centre; early bird: \$215; advance: \$250; on site: \$285; spaces available: 150**