

## NEW YORK City

MAY 4-8



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## Why a Course?

BY DAVID BECKERT, M.D.

Course Subcommittee Chair  
APA Scientific Program Committee

**W**ant an option for an intensive learning experience? Don't want to fight the crowds when you head to a popular talk by a national or international expert? Want a chance to ask more than one brief question at the end of one of the many general sessions? Want an opportunity to talk to an expert, learn a new skill, or sharpen your current skills with the latest information?

If you answer "yes" to any of these questions, then consider taking a course at APA's Annual Meeting! These are four-hour, in-depth offerings on a wide variety of subjects including psychotherapy, cannabis, neuropsychiatry, global mental health, technology, forensic psychiatry, transcranial magnetic stimulation, and public speaking.

Want something more? Try a master course, an eight-hour intensive learning experience that will hone your skills in areas such as psychopharmacology, motivation interviewing, suicide assessment, management of first-episode psychosis, and office-based buprenorphine treatment. Each of these includes receipt of an APPI-published book on the course's topic by the experts teaching the master courses.

Due to their popularity, courses fill fast, so don't delay. Register for the Annual Meeting today and be sure to get a seat in your first-choice courses. See box at next page for registration information. **PN**

### MASTER COURSES

PART 1: SATURDAY, MAY 4, 2024 | PART 2: SUNDAY, MAY 5, 2024

**Course Code: 8140 | Psychiatry Review**

**Course Director:** Vishal Madaan, M.D.

**Educational Objectives:** (1) Identify gaps in knowledge in psychiatry as part of an exercise in individual learning; (2) Review core concepts in psychiatry and high-yield subspecialty topic areas; (3) Analyze multiple-choice questions and vignettes pertinent to clinical topics.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

SUNDAY, MAY 5, 2024

**Course Code: 8097 | Clinical Psychopharmacology**

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

**Educational Objectives:** (1) Develop an evidence-based treatment plan for depressive disorders, bipolar disorders, anxiety disorders, and psychotic disorders among older adults; (2) have a working knowledge on the status of antidepressants in development—e.g., psychedelics; (3) select optimal treatment approaches for patients with insomnia and other sleep disorders; (4) implement treatment strategies for bipolar disorder, schizophrenia, and childhood and adolescent disorders.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

**Course Code: 8130 | Consultation-Liaison Psychiatry**

**Course Director:** Mark Oldham, M.D.

**Educational Objectives:** (1) Discuss the elements of delirium that invite clinical intervention, including cognitive resilience, delirium causes, unique types of pathophysiology, and specific neuropsychiatric disturbances; (2) Describe evidence-based interventions for addressing behavioral health emergencies in acute medical settings; (3) Explain the diagnostic and treatment implications of detecting catatonia, especially in the general hospital; (4) Describe best practices for screening, assessment, and treatment of perinatal mental health and substance use disorders in perinatal care settings;

(5) Describe key examples of substance-related challenges in the transplant center and practical guidance on addressing them as part of an interdisciplinary team.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

MONDAY, MAY 6, 2024

**Course Code: 8151 | Child and Adolescent Psychiatry**

**Course Director:** John Walkup, M.D.

**Educational Objectives:** (1) Critically review and analyze cases to improve outcomes from pharmacotherapy in children and adolescents with autism; (2) Critically review and analyze cases to improve outcomes for children and adolescents with anxiety disorders; (3) Critically review and analyze cases to improve outcomes for children and adolescents with mood disorders; (4) Critically review and analyze cases to improve quality and safety of patient care in management of gender dysphoria; (5) Critically review and analyze cases to improve outcomes for children and adolescents with obsessive-compulsive-related disorders and tic disorders.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

**Course Code: 8105 | Update in Reproductive Psychiatry: Clinical, Research, Education, and Advocacy Perspectives**

**Course Director:** Lucy Hutner, M.D.

**Educational Objectives:** (1) Appreciate clinical advances in the field of reproductive psychiatry, including updates in psychopharmacology; (2) Understand major education and research initiatives underway in the field; (3) Describe methods of developing culturally responsive perinatal mental health care for patients from marginalized populations; (4) Appreciate the importance of optimizing reproductive mental health care for patients across the gender and sexuality spectrum; (5) Discuss the clinical approach for patients with substance use disorders in the perinatal population.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

**Course Code: 8136 | Buprenorphine and Office-Based Treatment of Opioid Use Disorder**

**Course Director:** John Renner, M.D.

**Educational Objectives:** (1) Discuss the rationale and need for medications for opioid use disorder: buprenorphine, methadone, naltrexone, and naloxone; (2) Discuss the pharmacological characteristics of opioids used in clinical practice; (3) Describe buprenorphine protocols for all phases of treatment and for optimal patient/treatment matching; (4) Discuss the management of opioid use disorder in adolescents, pregnant women, and patients with acute and/or chronic pain.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$74

TUESDAY, MAY 7, 2024

**Course Code: 8131 | ECT Clinical Practice Update**

**Course Director:** Keith Rasmussen, M.D.

**Educational Objectives:** (1) Learn how to select ECT patients; (2) Learn how to supervise a series of ECT treatments; (3) Learn how to conduct ECT treatments.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

**Course Code: 8058 | Pharmacotherapy for Complex Substance Use Disorders**

**Course Director:** Thanh Thuy Truong, M.D.

**Educational Objectives:** (1) Analyze the unique considerations and challenges in treating individuals with multiple substance use disorders, particularly minority populations; (2) Incorporate medications in the management of multiple substance use disorders and its integration with psychosocial interventions; (3) Develop strategies for patient engagement and shared decision-making in the context of pharmacotherapy for substance use disorders; (4) Incorporate medications for pregnant patients with SUD that do not respond to nonpharmacologic interventions.

| Time: 8 a.m. – 5 p.m.; Registration cost: \$390

### HOW TO REGISTER

Because most of the spaces in APA's courses fill early, you are encouraged to enroll in advance to ensure you get a space in the course or courses of your choice. Course enrollment must be completed through the meeting registration form, which can be accessed at [www.psychiatry.org/annualmeeting](http://www.psychiatry.org/annualmeeting). Only registered meeting attendees may purchase course tickets. Take advantage of discounted rates by registering by **April 3**; late advance registration rates (online only) are in effect from **April 4 to May 3**. On-site registration and course enrollment will be available at Registration in the Javits Center main lobby.

If you have already registered for the meeting, you can add a paid course by visiting the Registration Resource Center at <http://apapsy.ch/Resource-Center>.

Register online at

[www.psychiatry.org/annualmeeting](http://www.psychiatry.org/annualmeeting)

Questions? Call 202-459-9731

### SATURDAY, MAY 4, 2024

Course Code: 3054

#### Motivational Interviewing 4 - Updates in Motivational Interviewing for Behavior Change

**Director:** Caridad Ponce Martinez, M.D.

**Educational Objectives:** (1) Define and summarize updated terminology, concepts, and approaches for the recently released motivational interview (MI) textbook; (2) Apply the elements of the spirit of motivational interviewing to clinical interactions with patients; (3) Recognize, respond, and evoke change talk, and know how to respond to sustain talk; (4) Apply the core skills of MI in clinical conversations with patients.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3032

#### Bias at the Bedside Train-the-Trainer Program for Psychiatrists: Addressing Bias and Discrimination From Patients and Families

**Director:** Veronica Faller, M.D.

**Educational Objectives:** (1) Describe the impact that bias incidents can have on trainees, institutional culture, and patient care; (2) Recognize the different types of bias and mistreatment that might occur in a clinical setting; (3) Use specific strategies to respond to microaggressions and overt derogatory language from patients and families in a professional manner, in real time, and after the event; (4) Conduct Bias at the Bedside workshops to educate colleagues and teams about skills learned in this course; (5) Identify barriers against and strategies for implementing bystander skills training to specific clinical practice settings.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 3029

#### Understanding and Treating Borderline Personality Organization: Transference-Focused Psychotherapy

**Director:** Frank Yeomans, M.D.

**Educational Objectives:** (1) Recognize and assess the psychological structures that are the core of borderline personality; (2) Know how to discuss a personality disorder diagnosis with his or her

patient; (3) Know the conditions of treatment that need to be agreed to before starting therapy with a borderline patient; (4) Better able to recognize and use emotional reactions to the patient in a therapeutic way; (5) Know the steps of interpreting with borderline patients.

Time: 8 a.m. - Noon; Registration cost: \$190

### SUNDAY, MAY 5, 2024

Course Code: 3046

#### Essentials of Telepsychiatry, Digital Mental Health, and Online Practice

**Director:** Steven Chan, M.D.

**Educational Objectives:** (1) Understand telepsychiatry laws and regulations for clinical practice; (2) Assess novel technologies—such as artificial intelligence, large language models, and virtual reality/mobile apps—to determine their role in patient care; (3) Monitor and maintain your professional identity, privacy, and security; (4) Integrate online practice management tools in education, communication, documentation, screening, and evaluation; (5) Utilize online resources for lifelong learning, patient care, and collaboration.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3005

#### Talking With (and Listening to) Your Patients about Cannabis

**Director:** Henry Levine, M.D.

**Educational Objectives:** (1) Be familiar with cannabinoid physiology; (2) Know how to address cannabinoid use with patients; (3) Be familiar with potential medical uses of cannabinoids in psychiatric and in medical, nonpsychiatric conditions; (4) Know the history and current status of laws regarding cannabinoid use in the U.S.; (5) Be familiar with data on hazards and contraindications to patients' cannabinoid use.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 3016

#### Psychiatric Oncology Bootcamp: A Basic Course for the General Psychiatric Practitioner and Other Advanced Practice Clinicians

**Director:** Antolin Trinidad, M.D.

**Educational Objectives:** (1) Outline the fundamentals of psychiatric consultation unique to patients in oncology; (2) Be familiar with common and updated psychopharmacological treatments of disorders presenting in oncology patients with a mental health problem; (3) Be familiar with fundamental psychotherapeutic facets of cancer patients and of cancer patients presenting as end stage; (4) Be knowledgeable about the growing need for institutions to serve the mental health care needs of more cancer patients in survivorship.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 8125

#### Neurology Update for the Psychiatrist

**Director:** Sanjay Singh, M.D.

**Educational Objectives:** (1) Know the basics of neurological diagnosis; (2) Learn about updates in the diagnosis and treatment of neurological disorders; (3) Be familiar with the current and future state of neurology.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 8148

#### Neuromodulation of Major Psychiatric Disorders: An Overview

**Director:** Nicola Cascella, M.D.

**Educational Objectives:** (1) Learn that major psychiatric disorders are circuit based and amenable to neuromodulation; (2) Learn how TMS is applied to treat depression and OCD; (3) Learn that a magnet-based seizure-induced modulation of depressive disorders; (4) Learn about DBS as a novel treatment for auditory hallucinations in schizophrenia.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 8117

#### MindGames Masters: Subspecialty Review for the General Psychiatrist

**Director:** Vishal Madaan, M.D.

**Educational Objectives:** (1) Demonstrate an understanding of basic topics in forensic psychiatry; (2) Demonstrate an understanding of topics in addiction psychiatry; (3) Demonstrate an understanding of topics in child and adolescent psychiatry; (4) Demonstrate an understanding of topics in consultation-liaison psychiatry; (5) Demonstrate and understanding of topics in geriatric psychiatry.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

### MONDAY, MAY 6, 2024

Course Code: 3019

#### Breath-Centered Mind-Body Treatment/Prevention for Provider Self-Care, Addiction, and Disasters With Experiential Training

**Director:** Richard Brown, M.D.

**Educational Objectives:** (1) Enumerate three ways that simple, effective, evidence-based mind-body programs can be helpful in the prevention and

treatment of addictions; (2) Apply Polyvagal Theory to understanding how Voluntarily Regulated Breathing Practices (VRPs) help shift the organism from states of defensive disconnection toward a state of safety and connectedness; (3) Describe initiatives using mind-body techniques to relieve stress and trauma among survivors of war and terrorism in Ukraine and Rwanda; (4) Practice Coherent Breathing and other Voluntarily Regulated Breathing Practices (VRPs) for self-care and to reduce stress, anxiety, insomnia, depression, and symptoms of trauma; (5) Acquire tools and resources to integrate breath and movement techniques experienced in this course into clinical practice.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3011

#### Integrative Treatment of Anxiety Disorders

**Director:** Edward Silberman, M.D.

**Educational Objectives:** (1) Know the comparative prevalence of primary anxiety disorders vs. primary depressive illness and be able to name four factors distinguishing the former from the latter; (2) Name three appropriate target symptoms for medications and three appropriate target symptoms for psychotherapies in treating anxiety disorders; (3) Name five classes of medications that are effective for anxiety disorders and summarize the evidence about their use; (4) Name three types of psychotherapy that are effective for anxiety disorders and list the major indications for each; (5) Summarize the evidence about benzodiazepine abuse, tolerance, withdrawal, and side effects and list five principles for their safe and effective use.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 3010

#### Essential Skills in Psychiatric Leadership

**Director:** Tobias Wasser, M.D.

**Educational Objectives:** (1) Identify various components of leadership in psychiatry; (2) Outline important career dynamics to consider when presented with leadership opportunities in psychiatry; (3) Improve capacity to function as a psychiatric leader; (4) Identify avenues for further career development; (5) Apply physician leadership techniques, including negotiation, quality improvement, financial management, and leadership theory to daily work and future career as a physician in leadership.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 8128

#### Optimizing Pharmacology for People With SMI: Spotlight on Clozapine and Long-Acting Injectable Antipsychotics

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

**Educational Objectives:** (1) Recall the APA Practice Guideline for the Treatment of Patients With Schizophrenia

statements on clozapine and long-acting injectable antipsychotic medications; (2) Discuss strategies for how to identify persistent positive symptoms of psychosis when one is prescribed a long-acting injectable antipsychotic medication; (3) Apply practical strategies for initiating long-acting injectable (LAI) antipsychotics in patients with schizophrenia, with an emphasis on understanding their pharmacokinetic properties; (4) Develop a comprehensive plan for the practical use of clozapine in treating schizophrenia, including strategies for managing potential hematologic, gastrointestinal, and cardiac side effects; (5) Demonstrate effective communication techniques to engage patients in discussions about the use of clozapine and LAI treatments, aiming to enhance patient understanding and improve treatment outcomes.

Time: 8 a.m. - Noon; Registration cost: \$190

Course Code: 8132

**Shifting Horizons in Psychiatry:  
Navigating Challenges to  
Integration and Implementation of  
Psychedelic-Assisted Therapies**

Director: Franklin King, M.D.

**Educational Objectives:** (1) Critically appraise the potential role of psychedelic-assisted therapies in addressing treatment-resistant mental health conditions within psychiatric care settings; (2) Utilize neuroscientific knowledge of psychedelics' impact on brain networks to assess potential therapeutic applications in psychiatric care; (3) Evaluate the methodological strengths and weaknesses of clinical trials involving psychedelics, enhancing critical analysis skills for interpreting research outcomes; (4) Employ risk-benefit analysis models to assess the potential advantages, drawbacks, and safety considerations of psychedelic use in psychiatric treatment; (5) Develop communication skills to educate patients and stakeholders about the evolving landscape of psychedelic-assisted therapies in psychiatric care.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 8071

**Updates in Geriatric Psychiatry**

Director: Rajesh Tampi, M.D., M.S.

**Educational Objectives:** (1) Discuss the epidemiology of depressive disorders, bipolar disorders, anxiety disorders, and psychotic disorders among older adults; (2) Describe the assessment of depressive disorders, bipolar disorders, anxiety disorders, and psychotic disorders among older adults; (3) Develop an evidence-based treatment plan for depressive disorders, bipolar disorders, anxiety disorders, and psychotic disorders among older adults.

Time: 8 a.m. - Noon; Registration cost: \$190



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**TUESDAY, MAY 7, 2024**

Course Code: 3041

**Neuropsychiatric Masquerades**

Director: Jose Maldonado, M.D.

**Educational Objectives:** (1) Recognize the most common clues of presentation suggesting an "organic cause" for psychiatric symptoms; (2) Recognize the most common medical disorders presenting as a mood or anxiety disorder; (3) Understand the incidence, epidemiology, and clinical features of the most common endocrine disorders masquerading as psychiatric illness; (4) Understand the incidence, epidemiology, and clinical features of the most common metabolic disorders masquerading as psychiatric illness; (5) Understand the incidence, epidemiology, and clinical features of the most common infectious disorders masquerading as psychiatric illness.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3051

**Disasters and Mental Health: Building Your Skills to Care for Patients Through Wildfires, Chemical Spills, Pandemics, Climate Change, and Beyond**

Director: Joshua Morganstein, M.D.

**Educational Objectives:** (1) Review the range of behavioral and psychological responses, risk and protective factors, and interventions to protect mental health during disaster response and recovery; (2) Engage in an evolving and case-based disaster tabletop exercise scenario in collaboration with other participants to enhance critical thinking and real-world application; (3)

Implement various role-play actions for patients, providers, responders, and community leaders throughout the disaster scenario using evidence-based interventions; (4) Discuss strategies for approaching challenges in patient care delivery and other measures to protect public mental health for individuals and communities during and after disasters.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3004

**Interpersonal Psychotherapy**

Director: John Markowitz, M.D.

**Educational Objectives:** (1) Allow participants to differentiate among different treatment approaches to PTSD; (2) Help clinicians understand the evidence basis for interpersonal psychotherapy for PTSD and when to apply it; (3) Comprehend and apply an interpersonal psychotherapy approach to PTSD.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3001

**Psychodynamic Psychopharmacology: Patient-Centered Techniques to Address Pharmacologic Treatment Resistance**

Director: David Mintz, M.D.

**Educational Objectives:** (1) Describe the evidence base linking meaning factors and medication response; (2) Construct a biopsychosocially integrated and patient-centered treatment frame; (3) Explain how pharmacotherapy and the meanings of medications can either support or interfere with development; (4) Diagnose common psychodynamics underlying pharmacologic treatment resistance; (5) Use basic psychodynamic interventions in pharmacotherapy to

ameliorate psychological and interpersonal contributors to inadequate medication response.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3013

**Imminent Suicide Risk Assessment in High-risk Individuals Denying Suicidal Ideation or Intent: Introduction and Training**

Director: Igor Galynker, M.D.

**Educational Objectives:** (1) Appreciate the difference between long-term and imminent suicide risk; (2) Learn the nuts and bolts of NCM- and MARIS-based approaches to the assessment of imminent suicide risk; (3) Apply the NCM- and MARIS-based approaches to assess imminent suicide risk in test cases.

Time: 1 p.m. - 5 p.m.; Registration cost: \$190

Course Code: 3024

**Diagnosing and Managing Treatment-Resistant Depression (TRD): What's Available and What's on the Horizon?**

Director: Manish Jha, M.D.

**Educational Objectives:** (1) Diagnose treatment-resistant depression (TRD) using systematic collection of prior treatment history and measurement-based care; (2) Review state-of-science regarding biomarkers of TRD and antidepressant treatment response; (3) Explain the role of second-generation antipsychotics in treatment of major depressive disorder; (4) Summarize the use of TRD-specific pharmacological and neuromodulation interventions; (5) Discuss experimental treatments for TRD.

Time: 8 a.m. - Noon; Registration cost: \$190