

*Seventh Annual University of Louisville*

# DEPRESSION CENTER CONFERENCE

ENHANCING THE TREATMENT  
OF MOOD DISORDERS:  
CHALLENGES AND OPPORTUNITIES



**University of Louisville Depression Center**

**Friday, October 11, 2013**

**The Clifton Center, 2117 Payne Street, Louisville, KY 40206**

**<http://uofl.me/depression2013>**

## GENERAL INFORMATION

### TIME & LOCATION

#### Public Presentation - Free to All Participants:

Wednesday, October 9, 2013 from 6:00 PM - 7:00 PM

#### Professional Conference:

Friday, October 11, 2013 from 8:15 AM - 4:30 PM

**Location:** The Clifton Center, 2117 Payne Street,  
Louisville, KY 40206

### SYMPOSIUM OVERVIEW

Research on mood disorders has been exploring the influence of a wide range of contributions that shape the development and course of these illnesses. Findings from genetic, neuroscience, social, and psychotherapeutic investigations indicate that mood disorders are complex conditions that may be best understood and treated with a comprehensive model. This conference brings together leading experts on genetic, psychopharmacologic, and psychosocial perspectives to provide attendees with up-to-date knowledge of effective treatment of mood disorders and related problems.

### PRESENTED BY

**University of Louisville Depression Center**

### SUPPORTED BY

The Brook Hospitals, Wellcare Inc., Norton, Seven Counties, Our Lady of Peace, and American Foundation for Suicide Prevention.

### TARGET AUDIENCE

#### Public Presentation – Wednesday, October 9, 2013

Persons who suffer from mood disorders and related conditions, family members, mental health advocates, psychiatrists, psychologists, social workers, nurses, and other mental health clinicians.

**Free and open to the public. No registration required.**

#### Professional Conference - Friday, October 11, 2013

Psychiatrists, psychologists, social workers, nurses, other mental health clinicians, and primary care practitioners.

### LEARNING OBJECTIVES

*As a result of participating in this activity, participants should be able to:*

1. Describe family processes and family interventions in the treatment of adults and children with bipolar disorder.
2. Describe recent advances in the genetics of bipolar disorder and their implications for clinical evaluation and treatment.
3. Develop strategies for treatment of aggressive and disruptive behaviors.
4. Recognize the conceptual and clinical impact of DSM-5.

### LEARNING OBJECTIVES (continued)

5. Describe methods for psychopharmacology of mood disorders in children and adolescents.
6. Identify effective strategies for psychopharmacology of bipolar disorder.
7. Describe software applications (apps) that have potential in behavioral medicine and detail methods of incorporating new technologies into mental health practice.
8. Describe major findings from recent studies of borderline and narcissistic personality disorders and outline their application in clinical practice.

### CONTINUING EDUCATION CREDIT

**Physician Credit** - The University of Louisville Office of Continuing Medical Education & Professional Development designates this educational activity for a maximum of 6.0 *AMA PRA Category 1 Credits™*.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing Credit** - This program has been approved by the Kentucky Board of Nursing for 7.2 continuing education credits through University of Louisville Hospital, provider number 4-0068-7-16-773. The Kentucky Board of Nursing approval of an individual nursing education provider does not constitute endorsement of program content.

**AAFP** - Application for credit has been submitted with the American Academy of Family Physicians.  
Determination of Credit is Pending.

### ACCREDITATION

The University of Louisville School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



## CONFERENCE AGENDA

### Public Presentation – Wednesday, October 9, 2013

5:30 PM

#### Registration

6:00 PM

#### Coping with Bipolar Disorder: Eight Practical Strategies for Achieving Wellness

David Miklowitz, Ph.D.

#### Objective:

Learn effective strategies for managing bipolar disorder as an individual and as a family.

6:45 PM

#### Questions and Answers

7:00 PM

#### Public Presentation Adjourns

### Professional Conference - Friday, October 11, 2013

#### Morning Session:

8:15 AM

#### Registration and Continental Breakfast

8:40 AM

#### Welcome

Jesse H. Wright, M.D., Ph.D.

8:50 AM

#### The Role of the Family in the Course and Treatment of Bipolar Disorder

David Miklowitz, Ph.D.

9:40 AM

#### Break

10:00 AM

#### The Genetics of Bipolar Disorder: Where We Are and Where We Are Going

John Nurnberger, M.D.

10:50 AM

#### Aggressive Treatment of Aggression

Chris Peters, M.D., Rif S. El-Mallakh, M.D., and Jin Shi Amon, M.D.

11:40 AM

#### Panel Discussion

Doctors Miklowitz, Nurnberger, El-Mallakh, and Peters

12:00 PM

#### Lunch

#### Afternoon Session:

1:00 PM

#### Workshop I (See Schedule below; Participants choose one workshop for each time slot [1-2:30 PM and 2:50-4:20 PM])

2:30 PM

#### Break

2:50 PM

#### Workshop II

4:20 PM

#### Course Evaluation

4:30 PM

#### Conference Adjourns

#### Workshop I Schedule:

1:00-2:30 PM

##### 1. Bipolar Disorder: A Family-focused Treatment Approach

David Miklowitz, Ph.D.

##### 2. Deciphering DSM-5

Kathy Vincent, M.D. and Sarah Johnson, M.D.

##### 3. Psychopharmacology of Mood Disorders in Children and Adolescents

David Lohr, M.D. and Jusleen Kendhari, M.D.

#### Workshop II Schedule:

2:50-4:20 PM

##### 1. Advances in the Psychopharmacology of Bipolar Disorder

John Nurnberger, M.D.

##### 2. There's an App for That

Robert Caudill, M.D., Thuy-Trang Nguyen, M.D., and Suzanne Franki, M.D.

##### 3. Assessment and Treatment of Personality Disorders

Eric Russ, Ph.D.

## PROGRAM FACULTY

### KEYNOTE SPEAKER



#### **David Miklowitz, Ph.D.**

Professor of Psychiatry  
Director, Child and Adolescent Mood Disorders Program  
UCLA Semel Institute, Division of Child and Adolescent Psychiatry  
David Geffen School of Medicine at UCLA  
Los Angeles, California

Dr. Miklowitz is one of the world's leading researchers, writers, and lecturers on bipolar disorder. His book, **The Bipolar Disorder Survival Guide**, is currently the best-selling book on bipolar disorder with over 225,000 copies in print. His book with Michael Goldstein, **Bipolar Disorder: A Family-Focused Treatment Approach**, won the Outstanding Research Publication Award from the American Association for Marital and Family Therapy. His research work has helped establish the effectiveness of psychosocial interventions as adjuncts to medication in the treatment of bipolar disorder.

Dr. Miklowitz is Professor of Psychiatry in the Division of Child and Adolescent Psychiatry at the UCLA Semel Institute, and a Senior Clinical Research Fellow in the Department of Psychiatry at Oxford University. He has received numerous awards for his research and writings including the Distinguished Investigator Award from NARSAD, the Mogens Schou Award for Research from the International Society for Bipolar Disorders, the Clinical Researcher of the Year award from Emory University, and the Gerald L. Klerman Senior Research Investigator Award from the Depressive and Bipolar Support Alliance. He is the current awardee of the Bipolar Mood Disorder Research Award from the Brain and Behavior Research Foundation. Dr. Miklowitz has received multiple grants for his research from the National Institute of Mental Health, the John D. and Catherine T. MacArthur Foundation, the Robert Sutherland Foundation, and the Danny Alberts Foundation.

### KEYNOTE SPEAKER



#### **John Nurnberger, M.D.**

Joyce and Iver Small Professor of Psychiatry and Vice-Chair for Preclinical Research  
Professor, Medical Neuroscience and Medical and Molecular Genetics  
Director, Institute of Psychiatric Research  
Indiana University-Purdue University  
Indianapolis  
Indianapolis, Indiana

An expert in psychiatric genetics and psychopharmacology, Dr. Nurnberger has developed methods for the identification of genes important in human behavior. Currently he is involved in national and international collaborative efforts to localize and identify genes involved with mood disorders, alcohol dependence, and autism. He is the

Joyce and Iver Small Professor of Psychiatry and Vice Chair for Preclinical Research at Indiana University. Prior to moving to Indiana University to become the Director of the Institute of Psychiatric Research, he was a tenured neuroscientist and Acting Chief of the Section on Clinical Genetics at NIMH.

Dr. Nurnberger's research has been continuously funded by both NIMH and NIAAA since 1989 and his publications are widely cited as important contributions to the understanding of the genetics of mental illness. He serves as a member of the Board of Directors of the International Society of Psychiatric Genetics and is founding editor of the international journal *Psychiatric Genetics*. He received the Exemplary Psychiatrist Award from the National Alliance for the Mentally Ill and is currently listed as a Top Doctor in *US News and World Report*.

### KEYNOTE SPEAKER



#### **Chris Peters, M.D.**

Assistant Professor  
Director, Child and Adolescent Psychiatry Residency Training Program  
University of Louisville Department of Pediatrics  
Division of Child and Adolescent Psychiatry  
Louisville, Kentucky

Dr. Peters has extensive experience in assessment and management of aggression and disruptive behavior and has published scientific articles on effective treatment of these problems. He is an Assistant Professor and Director of the Child and Adolescent Psychiatry Residency Training Program in the University of Louisville Department of Pediatrics, and was previously Medical Director for the Pediatric Crisis Stabilization Unit at Seven Counties Services in Louisville. He is past director of the Ackerly Child and Adolescent Psychiatric Inpatient Unit at Kosair Children's Hospital. Dr. Peters is also a consultant to the University of Louisville Athletic Department. He is a popular speaker who is recognized as a key educator at the University of Louisville.



## PROGRAM FACULTY

### KEYNOTE SPEAKER



#### Rif El-Mallakh, M.D.

Professor, Director, Mood Disorders Clinical and Research Program  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

Dr. El-Mallakh is the author of the book, **Bipolar Depression: A Comprehensive Guide**, and is an internationally recognized expert in the treatment of bipolar disorder. He was a co-investigator in the STEP-BD trial, the largest research study ever conducted on pharmacotherapy and psychotherapy for bipolar disorder. His research has identified a series of hormones which may be under produced in bipolar disorder and present opportunities for improved understanding and treatment of this condition. His team is also performing innovative research on abnormalities in nerve signal transmission in the brain of bipolar patients.

A Professor in the Department of Psychiatry and Behavioral Sciences at the University of Louisville, Dr. El-Mallakh helped introduce Crisis Intervention Training (CIT) to Louisville police officers in 2000 and has continued his work with the CIT program to the present time. He will tap his clinical work in emergency psychiatry and his research and writings on treatment of aggression and agitation for his presentation at the 2013 Annual Conference of the University of Louisville Depression Center.

### ADDITIONAL FACULTY

#### Jin Shi Amon, M.D.

PGY-2 Resident  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

#### Robert Caudill, M.D.

Associate Professor, Director, Ambulatory Care Building Psychiatry Clinic and Telemedicine/Information Technology Programs  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

#### Suzanne Franki, M.D.

Addiction Fellow  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

#### Sarah Johnson, M.D., MSc

Assistant Professor, Director, University of Louisville Hospital Inpatient Psychiatric Services  
Associate Director of Medical Student Education  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

### COURSE DIRECTOR



#### Jesse H. Wright, M.D., Ph.D.

Professor, Vice-Chair for Academic Affairs  
Director of University of Louisville  
Depression Center  
Department of Psychiatry and Behavioral Sciences  
University of Louisville School of Medicine  
Louisville, Kentucky

Dr. Wright is the first author of eight books including a trilogy of volumes on CBT that include extensive video illustrations of therapy methods. The first book in this series, **Learning Cognitive-Behavior Therapy: An Illustrated Guide**, is a standard text for training programs throughout the world. Another book in this series, **Cognitive –Behavior Therapy for Severe Mental Illness** won the British Medical Association Mental Health Book of the Year Award in 2009. His most recent book, **Breaking Free from Depression**, written with his daughter, Laura Wright McCray, M.D., is designed to help patients and families use empowering self-help strategies from 6 evidence-based paths to wellness.

Dr. Wright's computer program, **Good Days Ahead**, coauthored with Drs. Andrew Wright and Aaron Beck, has been demonstrated to be effective in the treatment of depression. He is currently a principal investigator for a large NIMH sponsored, multi-center trial of computer-assisted therapy for depression. Dr. Wright lectures widely on CBT, computer-assisted therapy, and treatment of mood disorders.

#### Jusleen Kendhari, M.D.

Child Fellow  
Department of Pediatrics, Division of Child and Adolescent Psychiatry and Psychology  
Louisville, Kentucky

#### David Lohr, M.D.

Assistant Professor, University of Louisville Department of Pediatrics  
Division of Child and Adolescent Psychiatry and Psychology  
Louisville, Kentucky

#### Thuy-Trang Nguyen, M.D.

PGY-3 Resident  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

#### Eric Russ, Ph.D.

Assistant Professor  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

#### Kathy Vincent, M.D.

Associate Professor and Vice-Chair for Education  
University of Louisville Department of Psychiatry and Behavioral Sciences  
Louisville, Kentucky

## REGISTRATION FORM

### REGISTRATION INFORMATION

Name & Degree \_\_\_\_\_

Organization \_\_\_\_\_ Specialty \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ Fax # \_\_\_\_\_

E-mail Address \_\_\_\_\_ Profession \_\_\_\_\_

### REGISTRATION FEES (check one)

- UofL Physicians, Faculty, Nurses, Students, and Residents/Fellows: **Free**  
 Non-UofL Physicians, Nurses, and All Others: **\$90.00**

### METHOD OF PAYMENT

Check Enclosed; Payable to UofL CME & PD

- MasterCard  Visa  Discover  American Express

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on Card (please print) \_\_\_\_\_

Cardholder Signature (required) \_\_\_\_\_

### PLEASE MAIL TO:

University of Louisville  
Continuing Medical Education & Professional  
Development  
MedCenter One .  
501 E. Broadway, Suite 370  
Louisville, KY 40202

**OR FAX FORM TO:** 502-852-6300

**OR REGISTER ONLINE AT:**

<http://uofl.me/depression2013>

### CANCELLATION POLICY

Requests for cancellation must be e-mailed to  
[cmepd@louisville.edu](mailto:cmepd@louisville.edu) by 09/27/13.  
Requests received by 09/27/13 will receive a full  
refund less a \$25 processing fee.

### SPECIAL SERVICES

To request disability arrangements, contact  
Continuing Medical Education & Professional  
Development at [cmepd@louisville.edu](mailto:cmepd@louisville.edu) at least  
14 days prior to the date of this program. CME  
& PD fully complies with the legal requirements  
of the ADA and the rules and regulations  
thereof.

## ACKNOWLEDGMENT

The University of Louisville Depression Center acknowledges, with special thanks, the following supporters: The Brook Hospitals, Wellcare Inc., Norton, Seven Counties, Our Lady of Peace, and American Foundation for Suicide Prevention.



### Further Acknowledgment



The National Network of Depression Centers (NNDC) is comprised of more than 20 leading depression centers and academic medical centers dedicated to advancing research, treatment and public education regarding depression and bipolar disorder through comprehensive, multidisciplinary collaboration and national-scale networking of resources. The mission of the NNDC is to advance scientific discovery and access to evidence-based care by developing knowledge and translating it into patient care through the collaboration of centers of excellence. The University of Louisville Depression Center is proud to be a charter member of the National Network of Depression Centers.