

## CONFERENCE SCHEDULE

### PUBLIC PRESENTATION, THURSDAY, NOVEMBER 3, 2022, 6-7 PM

(Free and open to the public; No CME credits offered) Location TBD

5:45-6:00 PM Registration

6:00-6:45 PM

#### ***A First-Rate Madness: World Leaders and Mental Illness***

S. Nassir Ghaemi, M.D.

6:45-7:00 PM Questions and Answers

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

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### PROFESSIONAL CONFERENCE, FRIDAY, NOVEMBER 4, 2022

#### Morning Session:

7:45-8:20 AM

Registration and Continental Breakfast

8:20-8:30 AM

**Welcome**

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

8:30-9:20 AM

#### ***Truths and Fallacies of Psychopharmacology***

S. Nassir Ghaemi, M.D.

9:20-9:45 AM

---Break---

9:45-10:35 AM

#### ***Cognitive-behavior Therapy for Difficult-to-Treat Depression***

Donna Sudak, M.D.

10:35-11:25 AM

#### ***Family Therapy for Mood Disorders***

Laura Frey, Ph.D.

11:25 AM–12 Noon

#### ***Panel Discussion***

Drs. Frey, Ghaemi, Sudak, and Wright

Noon-1:00 PM

---Lunch---

#### Afternoon Session:

See schedule of workshops; at conference, participants will be able to choose one workshop to attend for each time slot. (1:00-2:30 PM and 2:50-4:20 PM)

**1:00-2:30 PM**

**Group I, Workshops**

2:30-2:50 PM

---Break---

**2:50-4:20 PM**

**Group II, Workshops**

4:20-4:30 PM

Course evaluation

4:30 PM

Conference adjourns

#### Workshops, Group I, 1:00-2:30 PM

#### ***Practicum in Advanced Psychopharmacology***

S. Nassir Ghaemi, M.D.

#### ***Breaking through Chronicity: Using Cognitive Behavior Therapy to Overcome Barriers to Change***

Donna Sudak, M.D., Katharina Perlin, M.D., and Jesse H. Wright, M.D., Ph.D.

#### ***Depression, Suicidality, & the Covid-19 Pandemic: Supporting Youth in Our Evolving Environment***

Kristie Schultz, Ph.D.

#### Workshops, Group II, 2:50-4:20 PM

#### ***Tips for Family Therapy with Depressed and Suicidal People***

Laura Frey, Ph.D.

#### ***Clinician Well-being Post Covid-19***

Peter Yellowlees, M.D.

#### ***Van Gogh: The Madness and the Genius. A Psychiatric Inquiry***

David A. Casey, M.D.

Register: <https://bit.ly/depressioncenter22>

## FEATURED SPEAKERS

**S. Nassir Ghaemi, M.D.**, is a world-renowned psychiatrist and psychopharmacologist who is a professor at Tufts University and a lecturer on psychiatry at Cambridge Health Alliance Harvard Medical School. He is the author of multiple influential books including *Clinical Psychopharmacology* (Oxford University Press, 2019) and is winner of the Association of American Publishers 2020 PROSE award for excellence in the biological and life sciences. His book on leadership and mental illness, *A First-Rate Madness*, was a New York Times best seller. He has published over 300 scientific articles or book chapters and is a Distinguished Life Fellow of the American Psychiatric Association and a Fellow of the Royal Society of Medicine.



**Donna M. Sudak, M.D.**, is an inspiring teacher and expert in cognitive-behavior therapy who is Professor and Vice Chair for Education in the Department of Psychiatry at Drexel University and Director of Residency and Psychotherapy Training at Tower Health. She has played a major role in



developing curricula and guidelines for training in cognitive-behavior therapy and is an engaging workshop and course leader. Dr. Sudak is the author or co-author of many acclaimed books that are used in psychotherapy education and has served as President of the Academy of Cognitive Therapy and the American Association of Directors of Psychiatric Residency Training.

**Laura M. Frey, Ph.D., LMFT**, is a Licensed Marital and Family Therapist and an Associate Professor in the Kent School of Social Work & Family Science at the University of Louisville where she is the Program Director of the Couple & Family Therapy Program. Dr. Frey has extensive clinical experience providing suicide risk assessments and crisis intervention with individuals and their families. She studies the intersection of family processes and mental health. Previously funded by the American Foundation for Suicide Prevention, she researches family dynamics after a family member attempts suicide.



**Peter Yellowlees, M.D., BSc, MBBS**, is a psychiatrist and Distinguished Emeritus Professor of Psychiatry at UC Davis, where he directs the Fellowship Program in Clinician Wellbeing. He is also CEO of AsyncHealth Inc, a telemedicine company he co-



founded. Previously he was the inaugural Chief Wellness Officer at UC Davis Health (2018-22) and held the Alan Stoudemire Endowed Wellbeing Chair in Psychiatry. He was President of the American Telemedicine Association (2017-18) and has conducted research in the areas of psychiatry, telemedicine, and physician health. Dr. Yellowlees is the author of seven books and over 250 scientific articles.

## ADDITIONAL FACULTY/SPEAKERS

**David A. Casey, M.D.**, Professor and John J. and Ruby B. Schwab Endowed Chair in Social, Community, and Family Psychiatry, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine.

**Katharina Perlin, M.D.**, PGY-4 resident, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine.

**Kristie Schultz, Ph.D.**, Assistant Professor, Department of Pediatrics, Division of Child and Adolescent Psychiatry and Psychology, University of Louisville School of Medicine.

**Jesse H. Wright, M.D., Ph.D.**, Professor and Gotfried and Gisela Kolb Endowed Chair in Outpatient Psychiatry, Department of Psychiatry and Behavioral Sciences, University of Louisville.

## REGISTRATION INFORMATION

Registration Deadline: Deadline for online registration is 12 Noon, October 28. On-site registration also accepted on day of conference.

### How to register

Online: <https://bit.ly/depressioncenter22>

### Registration Fees

Non UofL Healthcare professionals: \$125

UofL Faculty, Residents, Fellows, and Students: Free

### Refund Policy

Requests for cancellation must be submitted to [cmepd@louisville.edu](mailto:cmepd@louisville.edu) on or before Friday, October 21, 2022. Requests received on or before October 21, 2022 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, October 21, 2022.

### Special Services

All individuals are encouraged to participate. To request disability arrangements, contact Carol Wahl ([carol.wahl@louisville.edu](mailto:carol.wahl@louisville.edu)) at least 14 days prior to the conference. Continuing Medical Education and Professional Development fully complies with the legal requirements of the ADA and the rules and regulations thereof.

## ACCREDITATION

### Accreditation Statement



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.

### CONTINUING EDUCATION CREDIT

### Designation Statement



The University of Louisville School of Medicine designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses - This program has been approved by the Kentucky Board of Nursing for 7.5 continuing education credits through University of Louisville Hospital, provider number 4-0068-12-22-1297. The Kentucky Board of Nursing approval of an individual nursing education provider does not constitute endorsement of program content. Completion criteria to obtain CEUs: Attend entire session and complete the evaluation.

Social Work – The Kentucky Board of Social Work has approved this course for 6.5 continuing education credit hours. Provider number **KBSW 202299**.

Psychology – Credit has been applied for with the Ky Board of Examiners for Psychology. Determination of credit is pending.

## LEARNING OBJECTIVES

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

- 1) Identify evidence-based options for pharmacotherapy of treatment-resistant depression.
- 2) Develop CBT formulations to address barriers to effective treatment.
- 3) Describe the role of cognitive-behavior therapy for difficult-to-treat depression.
- 4) Identify potential advantages and challenges in using family therapy for mood disorders.
- 5) Describe useful methods for enhancing clinician well-being and coping with the aftermath of Covid-19 pandemic.
- 6) Discuss the impacts of Covid-19 pandemic on mental health for children and adolescents.
- 7) Identify ways to support youth through continued adjustments, depression, and thoughts of suicide.
- 8) Describe the impact of an artist's mental health on the creative process.

## CONFERENCE OVERVIEW

The aim of this conference is to expand participant's knowledge and skills in the treatment of psychiatric disorders. With a focus on some of the most promising developments in mental health treatment, participants will learn about advanced methods for challenging clinical problems.



The University of Louisville is a founding member of the National Network of Depression Centers

## CONFERENCE SUPPORT

We thank our supporting and exhibiting companies for their participation in the 2022 Annual Depression. A final listing of supporters and exhibitors will be available at the meeting.



UofL Health Outpatient Center  
401 East Chestnut St., Ste. 610  
Louisville, KY 40202  
502.588.4450  
[www.louisville.edu/depression](http://www.louisville.edu/depression)



## 16<sup>th</sup> Annual Depression and Mood Disorders Conference

### *Overcoming Dilemmas in the Treatment of Mood Disorders*

*November 3, 2022, 6-7 PM  
Free and open to the public  
(Location TBD)*

*November 4, 2022  
Professionals Conference  
8 AM-4:30 PM  
UofL ShelbyHurst Campus*

Register at:

<https://bit.ly/depressioncenter22>