

EIGHTH ANNUAL UNIVERSITY OF LOUISVILLE

Depression Center Conference

Improving
the Treatment of Mood and Anxiety Disorders

University of Louisville Depression Center

November 13-14, 2014

The Clifton Center, Louisville, Kentucky
2117 Payne Street

<http://bit.ly/depression14>

Conference Overview

This conference is aimed at deepening participant's knowledge of the causes, course, and most effective treatments for commonly occurring mood and anxiety disorders. There will be a special focus on building skills for enhancing the resilience of patients, applying the most useful psychopharmacologic strategies in challenging treatment situations, and relieving psychological distress that women encounter during the life cycle. Participants will have the opportunity to learn from leading experts in biological and psychosocial treatment approaches.

Faculty



Keynote Speakers:

Jonathan E. Alpert, M.D., Ph.D.

Dr. Alpert is Associate Chief and Clinical Director of the Department of Psychiatry at the Massachusetts General Hospital and Director of the MGH Depression Clinical and Research Program. As the Joyce R. Tedlow Chair in Depression Studies at Harvard Medical School, he is pursuing pharmacological and

other innovative approaches to treatment-resistant major depressive disorder. Dr. Alpert is author or co-author of over 185 publications and co-editor of the Handbook of Chronic Depression, is cited in The Best Doctors in America and has received several teaching and mentoring awards, including the Harvard Medical School Cynthia N. Kettle Teaching Award and the APA Nancy C.A. Roeske Certificate for Medical Student Education.



Joyce A. Spurgeon, M.D.

Dr. Spurgeon is Associate Professor and Director of the Residency Training Program for the University of Louisville Department of Psychiatry and Behavioral Sciences. She serves as Director of Women's Mental Health and chairs the Residency Education Committee and the Residency Advancement Committee.

Dr. Spurgeon completed her psychiatric residency training at the University of Louisville where she was Chief Resident. During her residency, she received numerous awards and honors, including the Norton Psychiatric Center Award, the Laughlin Foundation Merit Award, and Pfizer Inpatient Award. Dr. Spurgeon is a member of many national and regional committees and currently serves as the Early Career Psychiatrist Representative to the Board of Trustees of the American Psychiatric Association.



Donald Meichenbaum, Ph.D.

Voted "one of the ten most influential psychologists of the 20th century," Dr. Meichenbaum is one of the founders and principal developers of cognitive-behavior therapy. He is a Distinguished Professor Emeritus from the University of Waterloo in Ontario, Canada and is presently Research Director of the Melissa Institute for Violence

Prevention and Treatment of Victims of Violence in Miami, Florida. His website (www.melissainstitute.org) has had over two million visits worldwide this year. He is noted for a series of books on behavioral methods that have transformed the treatment of mood and anxiety disorders. His presentations at this conference are based on his latest book, *Roadmap to Resilience*.

Additional Faculty:

John E. Gallehr, M.D. – Assistant Professor, University of Louisville Department of Pediatrics, Division of Child and Adolescent Psychiatry and Psychology

Amanda B. Hettinger, M.D. – Assistant Professor, Associate Director, Residency Training Program, University of Louisville Department of Psychiatry and Behavioral Sciences

Sarah B. Johnson, M.D., MSc – Assistant Professor, Director, University of Louisville Hospital Inpatient Psychiatric Services, Director, Medical Student Education, University of Louisville Department of Psychiatry and Behavioral Sciences

Jonathan W. Weeks, M.D. – Associate Professor, University of Louisville Department of Obstetrics, Gynecology and Women's Health, Maternal-Fetal Medicine

Jesse H. Wright, M.D., Ph.D. – Professor and Vice-Chair for Academic Affairs, Director, UofL Depression Center, University of Louisville Department of Psychiatry and Behavioral Sciences

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Conference Schedule

Public Presentation

November 13, 2014, 6-7 p.m.

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.

5:30-6 PM

Registration

6-6:45 PM

Bouncing Back: Six Keys to Psychological Strength

Donald Meichenbaum, Ph.D.

Professional Conference

November 14, 2014, 8:30 a.m.-4:30 p.m.

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

Learning Objectives

1. Recognize factors that impede response to antidepressants and identify approaches to next-step treatments.
2. Discuss pharmacological advances, including promising targets for novel medications, for addressing residual symptoms in key disorders including anxiety, bipolar disorder, depression, and schizophrenia
3. Utilize an understanding of sociocultural, biological, and psychological contexts to enhance treatment of depression in women
4. Identify factors that contribute to the development of PTSD and comorbid disorders in trauma-exposed individuals and compare these with characteristics of persons who develop resilience, and in some instances, post-traumatic growth
5. Implement specific strategies to help patients bolster their resilience
6. Detail methods from well-being therapy that can help patients overcome treatment resistance and promote personal growth.
7. Identify effective psychotherapeutic and psychopharmacologic interventions for generalized anxiety disorder
8. Recognize key methods for evidence-based treatment of anxiety disorders in children and adolescents
9. Identify treatment options available to women with substance abuse disorders

Morning Session:

8:15-8:40 AM

Registration and Continental Breakfast

8:40-8:50 AM

Welcome

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

8:50-9:40 AM

Advances in the Psychopharmacology of Depression: Stubborn Challenges, Promising Leads

Jonathan E. Alpert, M.D., Ph.D.

9:40-10:00 AM

Break

10:00-10:50 AM

The Context of A Woman's Life: Does It Affect the Treatment of Her Depression?

Joyce A. Spurgeon, M.D.

Learning Objectives

1. Identify factors that promote resilience or the ability to “bounce back” in the aftermath of traumatic experiences.
2. Bolster attendees’ resilience in six specific domains: physical, interpersonal, emotional, thinking behavioral, and spiritual.

6:45-7 PM

Questions and Answers

10:50-11:40 AM

Roadmap to Resilience: Helping Patients Cope with Trauma

Donald Meichenbaum, Ph.D.

11:40 AM–12 Noon

Panel Discussion

Doctors Alpert, Spurgeon, and Meichenbaum

Noon-1 PM

Lunch

Afternoon Session:

1 -2:30 PM

Workshop I (See Schedule below;

Participants choose one workshop for each time slot [1-2:30 PM and 2:50-4:20 PM])

2:30-2:50 PM

Break

2:50-4:20 PM

Workshop II

4:20-4:30 PM

Course evaluation

4:30 PM

Conference adjourns

Workshops:

1-2:30 PM

1. Better but not Well: On the Psychopharmacology of Residual Symptoms

Jonathan E. Alpert, M.D.

2. Cognitive-Behavioral Treatment Strategies for Individuals with PTSD and Prolonged and Complicated Grief

Donald Meichenbaum, Ph.D.

3. Treating Anxiety Disorders in Children and Adolescents

John E. Gallehr, M.D.

2:50-4:20 PM

1. Well-being Therapy: From Symptom Relief to Personal Growth

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

2. Building Skills in Treating Generalized Anxiety Disorder

Amanda B. Hettinger, M.D.

3. Women and Substance Use Disorders: Update on Trends and Treatment Options

Jonathan W. Weeks, M.D., Sarah B. Johnson, M.D., MSc,

Joyce A. Spurgeon, M.D.

Registration Information – Deadline: October 31, 2014

How to register

Online: <http://bit.ly/depression14>

Registration fees

Non UofL Healthcare professionals: \$100

UofL Physicians, Nurses, Residents and students: Free

Cancellation policy

Requests for cancellation must be submitted to cmepd@louisville.edu on or before Friday, October 31, 2014. Requests received on or before Friday, October 31, 2014 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, October 31, 2014.

Special Services

To request disability arrangements, contact us at CME&PD@louisville.edu at least 10 days prior to the conference.

Continuing Health Sciences Education fully complies with the legal requirements of the ADA and the rules and regulations thereof.

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

Physician Credit – The University of Louisville Office of Continuing Medical Education & Professional Development designates this live 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.

Social workers – This program has been approved for 6 continuing education credit hours by the Kentucky Board of Social Work, provider number KBSW2014085.