

Depression Center THIRTEENTH ANNUAL UNIVERSITY OF LOUISVILLE **Conference**

REGISTRATION INFORMATION

Registration Deadline: Deadline for online registration is 12 Noon, Friday, November 1. Day of, walk-in registration is also accepted.

How to register

Online: <http://bit.ly/depression2019>

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 on or before Friday, October 25, 2019. Requests received on or before Friday, October 25, 2019 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, October 25, 2019.

Special Services

All individuals are encouraged to participate. To request disability arrangements, contact Carol Wahl (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 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 Continuing Medical Education office designates this live activity for a maximum of *6.25 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 7.5 continuing education credits through University of Louisville Hospital, provider number 4-0068-7-20-1133. The Kentucky Board of Nursing approval of an individual nursing education provider does not constitute endorsement of program content. Completion criteria to obtain CE's: Attend entire session and complete the evaluation.

Social Work - Credit has been applied for with the Kentucky Board of Social Work. Determination of credit is pending.

Psychology - Credit has been applied for with the Kentucky Board of Licensure for Psychology. Determination of credit is pending.



November 7, 2019

Second Presbyterian Church

(Fellowship Hall)
3701 Old Brownsboro Road
Louisville, KY 40207

<http://bit.ly/depression2019>

November 8, 2019

Muhammad Ali Center

144 North Sixth Street
Louisville, KY 40202

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.

KEYNOTE SPEAKERS:

Linda Carter Sobell, PhD, ABPP

President's Distinguished Professor
Board Certified in Behavioral & Cognitive Psychology
Co-Director, Healthy Lifestyles Guided Self-Change Program
College of Psychology
Nova Southeastern University



Dr. Sobell is the President's Distinguished Professor of Excellence at Nova Southeastern. A leading expert in motivational interviewing, she is recognized internationally for her research on addictions, is a fellow in 7 divisions of the American Psychological Association divisions, and is Board Certified in Behavioral and Cognitive Psychology by the American Board of Professional Psychology.

Randolph M. Nesse, M.D.

Professor and Director
Arizona State University Center for Evolution and Medicine



Dr. Nesse is Professor of Life Sciences and Founding Director of the Center for Evolution Medicine at Arizona State University. His book, *Why We Get Sick*, coauthored with the evolutionary biologist George Williams, initiated much new work in evolutionary medicine with explanations for why natural selection has left us vulnerable to so many diseases.

Susan L. McElroy, MD

Professor of Psychiatry
Department of Psychiatry & Behavioral Neuroscience
Chief Research Officer, Lindner Center of HOPE
Director of Psychopharmacology Research, Lindner Center of HOPE
University of Cincinnati College of Medicine



Dr. McElroy is Professor, Chief Research Officer, and Director of Psychopharmacology Research at the Lindner Center of Hope, University of Cincinnati College of Medicine. She is widely recognized for her research in bipolar disorder, eating disorders, obesity, and impulse control disorders, and in her role as Chief Research Officer, she oversees multiple ongoing studies in mood, anxiety, eating and impulse control disorders, genetics and psychopharmacology.

ADDITIONAL FACULTY/SPEAKERS:

Laura Frey, Ph.D.

Assistant Professor
Kent School of Social Work
University of Louisville

Erik Goodwyn, M.D.

Assistant Professor
Department of Psychiatry & Behavioral Sciences
University of Louisville

Stephen O'Connor, Ph.D.

Assistant Professor
Department of Psychiatry & Behavioral Sciences
University of Louisville

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

Kolb Endowed Chair and Director, UofL Depression Center,
Department of Psychiatry & Behavioral Sciences
University of Louisville
Course Director



We thank our supporting and exhibiting companies for their participation in the "2019 Annual Depression Conference: "Is There a Better Way? Explorations in Mental Health Treatment"

A final listing of supporters and exhibitors will be available at the meeting.

CONFERENCE SCHEDULE

Public Presentation (Free and open to the public; No CME Credits Offered)

November 7, 2019, 6:00 p.m. – 7:00 p.m., Second Presbyterian Church-Fellowship Hall, Louisville, Kentucky

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.

Learning Objectives

1. Learn an effective way of communicating with others.
2. Learn how to avoid communication breakdowns.

Session

Session	Registration
5:45-6 PM	
6-6:45 PM	Improve Your Communication Skills Linda Carter Sobell, Ph.D.
6:45-7 PM	Questions and Answers

Professional Conference (Registration fee, \$125; free for non-UofL faculty residents, students, staff)

November 8, 2019, 8:30 a.m. – 4:30 p.m., Muhammad Ali Center, Louisville, Kentucky

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

Learning Objectives

1. Identify motivational interviewing techniques that can be used to influence patients' receptiveness to consider changing.
2. Use a decisional balance exercise and readiness ruler to help patients consider changing without evoking resistance.
3. Identify the kinds of life situations that escalate ordinary low mood into clinical depression.
4. Describe pharmacotherapy and new developments for medical treatment of binge eating disorder and bulimia nervosa.
5. Recognize medication options for the treatment of obesity, psychiatric-drug induced weight gain, and binge eating.
6. Identify methods for understanding the meaning of dreams reported in therapy sessions, along with guidelines on how to use them to aid therapeutic goals.
7. Identify computer-assisted therapy methods and mobile apps for use in clinical practice.
8. Describe strategies that address areas of concern involving family/interpersonal dynamics for suicidal patients.

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	Using Motivational Interviewing to Help Patients Explore and Resolve Ambivalence to Change Linda Carter Sobell, Ph.D.
9:20-9:45 AM	Break
9:45-10:35 AM	Why does depression exist at all? Evolution and the origins of mood Randolph M. Nesse, M.D.
10:35-11:35 AM	Pharmacotherapy of Binge Eating Susan McElroy, M.D.
11:35 AM–Noon	Panel Discussion Drs. Sobell, Nesse, McElroy, and Wright
Noon-1 PM	Lunch

Afternoon Session:

1-2:30 PM	Workshop I (schedule at right); 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
4:30 PM	Conference adjourns

Workshops:

- 1-2:30 PM**
1. **Pharmacotherapy of Obesity in Individuals with Psychiatric Disorders**
Susan McElroy, M.D.
 2. **Motivational Interviewing: An Empathic, Nonjudgmental Style of Communicating with Patients**
Linda Carter Sobell, Ph.D.
 3. **Working with Dream Material in Psychotherapy: 7 Principles and 9 Dream Characteristics**
Erik Goodwyn, M.D.
- 2:50-4:20 PM**
1. **How an Evolutionary Understanding of Emotions can Improve Depression Treatment**
Randolph M. Nesse, M.D.
 2. **Computer-assisted Psychotherapy and Mobile Apps: Using Technology in Treatment of Depression**
Jesse H. Wright, M.D., Ph.D.
 3. **Addressing Family Dynamics to Support Patients Following a Recent Suicide Crisis**
Stephen O'Connor, Ph.D. and Laura Frey, Ph.D.



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