



Depression Center Conference 2019: Is There a Better Way? Explorations in Mental Health Treatment

November 8, 2019

This activity was created to address the professional practice gaps listed below:

- Using principles of motivational interviewing (MI) in mental health treatment.
- Identifying evolutionary influences on mood and how such insights can enrich psychiatric understanding and treatment.
- Recognizing and using new, current practices for medical and psychiatric treatment of eating disorders and obesity in mental health treatment.
- Identifying the meaning of dreams and the potential for dream analysis in psychiatric treatment.
- Utilizing the rapidly expanding research that shows efficacy of computer-assisted psychotherapy and mobile apps.
- Applying core principals of assisting patients and families after a suicide attempt.

1. Please respond regarding how much you agree or disagree that the gaps listed above were addressed.

	Disagree		Agree	
Participating in this educational activity changed your KNOWLEDGE in the professional practice gaps listed above. [48-3.63]	(0)	(2) 4.17%	(14) 29.17%	(32) 66.67%
Participating in this educational activity changed your COMPETENCE in the professional practice gaps listed above. [48-3.58]	(0)	(3) 6.25%	(14) 29.17%	(31) 64.58%
Do you feel participating in this educational activity will change your PERFORMANCE in the professional practice gaps listed above? [48-3.58]	(0)	(2) 4.17%	(16) 33.33%	(30) 62.50%

2. Please elaborate on your previous answers. (32)

not really new

Excellent conference

This was a great conference

I am now retired but the skills gained in Motivational Interviewing can be used in every day life in all relationships to encourage change. It was nice to learn there is a new medication to use for binge eating so I can inform anyone who asks.

It sharpened my skills at getting patient buy-in.

Motivational interviewing practice and evaluating depressed Pts in this format I feel would be very much effective in outcome of treatment.

Motivational interview techniques will help me motivate patients to be more compliant with treatment , stay sober or quit street drugs.

Particularly in the use of motivational interviewing and in evolutionary influences on mood.

motivational interviewing topic was educational, and effective.

Helpful.

Always learn relevant and helpful info at this conference.

learned about motivational interviewing and eating disorders

Better pharmacotherapy of Binge Eating Disorder as well as dietary recommendations. Improve communication skills. New evolutionary perspective on depression.

updates on treatment options

I may have chosen the wrong afternoon workshops. I appreciated the morning sessions but did not get much out of the PM sessions.

NA

Thinking about depression and related disorders from an evolutionary perspective is helpful and will inform the way I gather information during psychological evaluations.

Much of the information I was already aware of, however the presentations offered a new perspective on especially on Mental Health and Evolution

In an administrative role and not currently practicing, but very much appreciated the evolutionary perspective on mood and would like to explore this further.

I felt the Motivational Interviewing Talk was pretty basic so although it wasn't helpful for me, I think it was beneficial for my student. The dream workshop was very good. I will definitely incorporate what I learned into my practice. The afternoon workshop with Dr. Nesse was very disappointing. The content of the workshop didn't match the description at all. The content itself also wasn't helpful except to perhaps a student.

I continue to learn more about MI, also dream work is new to me

Provided good food for thought.

I enjoyed Dr McElroy's talk on obesity.

Increased knowledge means I learned something new.

Will incorporate Brief Motivational interviewing into routine questions about substance use.

New technology was discussed and medications

The MI education was particularly helpful.

I found the motivational interviewing talk to be too basic and introductory for licensed mental health clinicians.

MI is an approach not a treatment. Dream "hack"

Very helpful for social work practice

Helped enhance knowledge/ideas for patient approach

3. Please evaluate the effectiveness of the following speakers in improving your knowledge, competence and/or performance. (Poor = 1, Excellent = 4)

Poor Fair Good Excellent

Susan L. McElroy, MD [48-3.38]	(0)	(3) 6.25%	(24) 50.00%	(21) 43.75%
Laura Frey, PhD, LMFT [32-3.47]	(0)	(0)	(17) 53.13%	(15) 46.88%
Erik Goodwyn, MD [39-3.41]	(1) 2.56%	(1) 2.56%	(18) 46.15%	(19) 48.72%
Randolph M. Nesse, MD [48-3.63]	(0)	(2) 4.17%	(14) 29.17%	(32) 66.67%
Stephen S. O'Connor, PhD [32-3.44]	(0)	(2) 6.25%	(14) 43.75%	(16) 50.00%
Linda Carter Sobell, PhD, ABPP [48-3.50]	(0)	(3) 6.25%	(18) 37.50%	(27) 56.25%
Jesse H. Wright, MD, PhD [42-3.60]	(0)	(1) 2.38%	(15) 35.71%	(26) 61.90%

4. Please elaborate on your previous answers. (27)

Loved the psychopharmacology!

left blank workshop presenters that weren't attended

All of them were very clear and articulate and helpful in gaining new information. I did not hear Dr. Goodwyn

Speakers gave relevant examples.

I enjoyed the topic of Pharmacotherapy of eating disorders by Dr. McElroy as well as MI by Linda .

Did not attend breakout sessions by Goodwyn, Wright, and O'Connor. However Wright did a nice job in facilitating and guiding the panel

All the speakers conveyed their message across effectively.

Did not attend sessions by O'Conner or Frey.

all were excellent but some better than others

Dr McElroy's lecture showed rigorous research and data finding. She was confident and effective in conveying her work and knowledge. Dr Nisse was very engaging with charisma and could convincingly convey to a mostly naive audience regarding a new perspective on depression and mental health. Dr Wright's lecture is a step in the future of mental health delivery, but needed a little more practical orientation. Dr Sobell, was slightly disorganized but the knowledge was conveyed.

very focused and updated information

I did not hear Dr. Goodwyn so please ignore my score. I couldn't change it once I marked it.

NA

Dr. Nesse was engaging, energetic and informative.

Everyone was effective in delivery of information but Dr. Nesse made it interesting

Excellent speakers of diverse topics; were not apparently topics that belonged together.

Motivational Interviewing talk was fine but it didn't improve my knowledge at all. Dr. Nesse's morning talk was information however the afternoon workshop wasn't helpful at all.

Linda Sobell, PhD lectured on empathy and MI, but was extremely dysphoric and uncooperative during the panel discussion.

3 dynamic speakers

Dr. Nesse's presentation was quite interesting. Good public speaker.

All the speakers were excellent. the discussion after the keynote speakers was the highlight of the conference.

All speakers were knowledgeable and effectively delivered information pertaining to their professional areas. Definitely enhanced knowledge .

I did not attend lectures by Frey, Goodwyn, or O'Connor.

All speakers were very good

I found each presenter to be very knowledgeable in their subject matter

5. Please identify a change that you will implement into practice as a result of attending this educational activity (new protocols, different medications, etc.) (41)

Evolutionary approach

Glp1 agonist for wt loss in psych patients

new approach with ambivalent patients

use motivational interviewing and think more about evolution in my patient interviews

1. Expand my motivational interviewing skills. 2. Add a new way to assess and build a treatment plan. 3. People with BED can have normal weight, a healthy lifestyle and can binge on anything, including healthy foods.

Be very intentional about not asking why in assessing a problem and instead work on engaging the person seeking change to articulate what is good and less good about their current behavior and how motivated they are to change it on a scale of 1 to 10.

The skill of asking various questions to get patient buy-in.

Treat weight gain more aggressively

A better interview and communication style.

MI

Integrate MI in interviewing. Seeking to better understand the evolutionary influences on behavior and mood when dealing with those in my care.

Change in motivational interviewing techniques.

Paying more attention to dream experience in TX. Being more mindful of rights of client to determine their own path toward change, better evaluating techniques.

Plan to pay more attention to both motivational interviewing practices and ask about and pay attention to dreams more.

will utilize motivational interviewing with patients, other than those with addictions

Techniques of motivational interviewing

Improve communication skills (motivational). Readjust my Pharmacotherapy skills in Binge Eating Disorders. Read about evolutionary psychiatry.

will try modification in treatment

Depression can be reframed to help the client.

Greater interest in pursuing learning on dream analysis in psychotherapy.

I will ask more questions about family psychiatric history and what medications have and have not worked in the past, and more questions detailed questions about lifestyle.

I would explore more into the spirit of MI so I could practice a more effective way of communicating with my clients.

Always good idea to consider motivational interviewing communication style in interacting with colleagues, staff, and clients.

Will pay more attention to patient's dream content.

read more about dream work by Dr Goodwyn Use more language congruent with MI
Screening for BED.

MI with all therapeutic interactions

Consideration of new txs for obesity.

Plan to be more proactive with those who have obesity

Using motivational interviewing techniques

i have a fair number of binge eating patients, now feel more confident using the medications knowing about evidence and FDA indications.

A Shift in clinical Perspective involving how much anxiety maybe optimal.

discussion of eating disorders and evaluations of bipolar versus depression

I will integrate MI techniques into my practice.

I would like to implement information learned on dream interpretation with clients.

greater use of MI approach

Screen for eating

Will use motivational interview techniques

Changes in my approach to treatment of eating disorders

To use motivational interview techniques constantly in my work

6. How certain are you that you will implement this change?

(44)

Maybe ⁽³⁻
6.82%)

Very Certain ⁽¹⁹⁻
43.18%)

Certain ⁽²²⁻
50.00%)

7. What topics do you want to hear more about, and what issues(s) in your practice will they address? (34)

Dreams

Treatment resistant depression

Process addictions. Self medication. Mindfulness.

The interaction between depression and diabetes.

Treatment of individuals with schizo-affective disorder and how to effectively communicate with them and get buy-in.

Biological /genetic/organic issues in etiology of mental health problems and how pharmacotherapy / psychotherapy can change it organically .

Psychosis

Effective and safe medication use during pregnancy.

Always helpful to hear about cutting edge treatments by renowned practitioners.

Am open to any new, helpful info.

like more panel discussions about topics Want more case discussions

Dementia, Alzheimer's diagnosis & treatment.

Telepsychiatry including legalities (across state lines etc.); Traumatic brain injury and depression; Dementia and depression. Anxiety and depression.

bipolar depression

Alternative therapies - more on mindfulness and neuroscience

NA

Assessing for the various types of depression, including unipolar depression, and medical factors which directly (physiologically) affect mood.

Mental health issues and spirituality

I would like to hear more about Mental Health and its effects on the brain so I could properly assess and refer clients

Evolutionary perspective to mental health and illness.

I'd like more information about how to do therapy with adults who have mild eating disorders that are being treated on an outpatient basis.

Non medication treatment

PTSD

pediatric psychopharmacology and child mental health issues in general; vaping effects.

Acceptance and Commitment Therapy is an interest i am always wanting to learn more about.

Evolutionary psychiatry.... how needed research is just beginning

treating adolescent bipolar

??

Personality disorders and effective treatment of them

new treatments for persistent bipolar depression

Depression and Suicide issues are needed.

Eating disorders and body dysmorphic

The brain and how it functions with specific disorders. to be better with educating pts.

8. Were the patient recommendations based on acceptable practices in medicine?

(45)

Yes ⁽⁴⁵⁻
100.00%)

9. If you answered No on the question above, please explain which recommendation(s) were not based on acceptable practices in medicine? (1)

na

10. Do you think the presentation was without commercial bias?

(46)

Yes (40-
86.96%)

No (6-
13.04%)

11. If you answered No on the above question, please list the topics that were biased? (5)

eating disorders presentation was overenthusiastic about vyvanse, presenter funded for research and consulting by Shire.

The noon lecturer certainly had a commercial bias

Dr. McElroy's morning talk felt like an advertisement for the drug treatment

Some of the presentations seemed to be marketing medications

na

12. Please provide any additional comments you may have about this educational activity. (23)

It was great and I plan to return next year, thank you!

Excellent range of topics, as usual

The venue contributed to excellent presentations. Top-notch presenters and interesting topics. Thank you!

Thanks for always having information packed conferences that are well organized.

The venue was EXCELLENT!

It is an excellent educational activity where we can learn of new findings to improve our patient care . I very much appreciate effort of Dr wright and others helping this conference happens .

Though it was a commercial for Vraylar, I did appreciate the presentation given during lunch time about the research done on the effectiveness of this drug.

Location was lovely but the room for the main presentations was awkward, with the presenters not centered in relation to the audience.

great overall

Nice location. Good food.

I did not find the group activities in the workshops the best use of time.

Very much liked the Muhammad Ali location. Consider lunch boxes to speed up lunch line.

I liked the Ali Center but the chairs in the main room were VERY uncomfortable. Also, in the future, it would be helpful to have signs telling people the floors on which different rooms were located. Thank you so much for putting on this conference. I look forward to it every year!

The lunch speaker was presenting because the company supported the conference that should have been made clear beforehand. Also not a useful talk for non-prescribers

I was most impressed by Dr. Sobell's brief and clear cut explanations of motivational interviewing.

I appreciate that you offer this each year. A lot of work goes into it.

Great conference, Great Venue, Great Speakers

None

na

Enjoyed this conference very much! It was nice to be downtown at Ali Center too.

It was nice to have the lunchtime lecture, however, sitting all day was difficult, even more so because a lot of the seating was hard.

I was very pleased with the speakers and the topics.

As one of the participants of this educational activity, we want to encourage you to implement those ideas that were appropriate to your healthcare environment.

This evaluation is confidential and no individual will be identified by this office (Continuing Medical Education and Professional Development). It will only be used for quality improvement.

We look forward to seeing you at future University of Louisville events. Thank you very much.