



UNIVERSITY OF
LOUISVILLE

CONTINUING MEDICAL
EDUCATION & PROFESSIONAL
DEVELOPMENT

Depression Center Conference - Moving Ahead: Treating Depression 2020 and Beyond November 5-6, 2020

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

- Recognizing the impact of Covid-19 on their patients and themselves.
- Identifying the newer research on the application of psychedelics on depression.
- Identifying the best practices of use of social media and telemedicine.
- Receiving specific skills in mindfulness treatment approaches and helping patients benefit from them.
- Utilizing the most useful and effective methods to treat patients who are grieving losses.

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. [55-3.75]	(0)	(0)	(14) 25.45%	(41) 74.55%
Participating in this educational activity changed your COMPETENCE in the professional practice gaps listed above. [55-3.58]	(0)	(1) 1.82%	(21) 38.18%	(33) 60.00%
Do you feel participating in this educational activity will change your PERFORMANCE in the professional practice gaps listed above? [55-3.62]	(0)	(2) 3.64%	(17) 30.91%	(36) 65.45%

2. Please elaborate on your previous answers. (39)

Useful overview of covid

Great information presented.

Hope has always been apart of treatment but adapting it to a CBT platform will be useful.

NA

None

I love Cognitive Behavior Therapy and found the information useful -- a great reminder that can help clients

New approaches to guiding clients to build hope in their lives. Also, new strategies for guiding clients to incorporate movement into their journey to wellness.

More expert on Adaptive mode of CBT

excellent speakers, very informative!

my knowledge, competence, and performance will vary depending the specific area.

better appreciation of ways to cultivate hope, importance of mindful movement as a therapeutic modality and the psychedelic talk was signif. informative.

new assessment information I can use

As always this was an outstanding and relevant workshop. There are multiple strategies I learned which I will incorporate in my work.

Good refresher including current information.

I learned new data. I can research more or directly apply.

Very useful information on social media.

newest research to facilitate usefulness of psychedelic drugs and how it helps. importance of movement during this time in practicing and in helping others and simple ways to achieve remove barriers grief and its applications during covid. instilling HOPE very helpful to reinforce solution and goal oriented practice skills

Very informative presentations, though the amount of material presented made it difficult to 'digest' and really translate the knowledge acquired into clinical practice. However as a form of 'consciousness raising' the overall program was excellent.

It's hard to teach an old dog new tricks.

The presentation presented some very technical information much too fast, needed less detail more conclusions.

Better understanding or treatment of depression including nondrug therapy

Reaffirmed and expanded my understanding. Look forward to putting into practice.

I plan to share the idea of the Virtual Hope Box app mentioned by Judy Beck

Yes, this educational activity changed my performance in the professional practice.

I appreciated how the conference addressed the current pandemic in addition to CBT and how it's a viable resource in combating problematic behaviors resulting from the current health crisis.

DR. Beck's portion, specifically, reminded me of the value of setting clear goals and shifting questions to facilitate mindful change.

Fairly basic information.

I loved exploring psychedelics in depression. It seems we are so often restricted in the medications we can provide; it is nice to see the exploration of another option, even if it's application is in the distant future.

Yes, any professional information pertaining

The speakers provided a scientific, comprehensive review of the subjects, enhanced my knowledge about it, is very much appreciated

Having gained more knowledge in the topics above, I will be able to effectively implement what I learned in my work with clients. I was especially interested in learning more about treatment interventions when working with clients who are grieving and I appreciate the incorporation of how COVID has created grief and loss in terms of societal change.

Having gained more knowledge through the presentations, I will implement what I learned in my work with my clients. I was interested in learning more about working

with clients who are experiencing grief and loss. I also appreciated learning more about how COVID has impacted society and created grief through societal change.

Telehealth tips and info was very helpful.

The education I received during the conference was beneficial and applicable to my work.

great update for treatment of depression and electronic visits

Much new information about the effect of a pandemic on mental health

Interesting data on the use of social media in youth Interesting data on the potential benefits of psychedelics

This was a wonderful set of presentations. The psychedelics lecture was fascinating and shows us a way forward and the telehealth lecture was very practical

Learned helpful new information

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
Judith S. Beck, PhD [53-3.77]	(0)	(0)	(12) 22.64%	(41) 77.36%
David A. Casey, MD [36-3.69]	(0)	(0)	(11) 30.56%	(25) 69.44%
Robert Caudill, MD [35-3.66]	(0)	(0)	(12) 34.29%	(23) 65.71%
Boadie W. Dunlop, MD, MS [46-3.80]	(0)	(0)	(9) 19.57%	(37) 80.43%
Jodene Miller, LCSW [36-3.33]	(1) 2.78%	(4) 11.11%	(13) 36.11%	(18) 50.00%
Christopher Peters, MD [30-3.70]	(0)	(0)	(9) 30.00%	(21) 70.00%
Paul Salmon, PhD [36-3.50]	(0)	(2) 5.56%	(14) 38.89%	(20) 55.56%
Kathy M. Vincent, MD [37-3.43]	(0)	(4) 10.81%	(13) 35.14%	(20) 54.05%

4. Please elaborate on your previous answers. (36)

I participated in Dr. Beck and Dr. Salmon's presentations.

NA

Very informative

None

Having specific guidelines for assessing clients level of hopelessness and engendering paths to regain hope in their lives and put movement into their lives in a mindful way.

Drs. Beck, Dunlop, and Vincent were excellent in their knowledge and ability to share it. excellent presenters

all presenters did an excellent job, information was good.

Excellent "blitzkrieg" on psychedelics. Would love to hear more about this

These were the speakers at the workshops I attended

I especially appreciate the information in Dr. Dunlop's presentation. It was new to me.

The speakers I attended sessions with were knowledgeable, well organized and communicated clearly.

Great information from Dr. Dunlop! Also, good applicable material from ALL of the others! I would have liked More from everyone! Hungry during Covid!

all well spoken and easy to understand and engaging

Rated only those presenters whose sessions I attended. They were informative, well organized, and stimulating

Only Dr. Dunlop covered material that was mostly new to me.

The Grief presentation was superficial and there was too much slide reading. The presenters did not seem to have expertise in this area.

well prepared effective presentations

I felt Jodene Miller read from the slides. Also, Hosparus may be one referral for grief counseling, what are the others?

More recognition of potentially powerful benefits of psychedelics and ecstasy, coordinated with therapy.

All showed exceptional knowledge in their respective areas

Each speaker provided new information that can be utilized in the field.

I felt the two presenters that I gained the most amount of knowledge from were Beck and Casey

I did not attend Dr. Vincent's workshop, but it accidentally clicked and I am unable to unclick. I rated those speakers whom I witnessed.

Some read from slides which is not super engaging although I know this is a hard modality to use too!

Dr. Beck offered a meaningful discussion.

All the speakers had informative presentations.

All speakers' presentations of whom I was in attendance, were very thorough and knowledgeable of their topics. I feel I gained much information that will help me improve in these areas professionally. I am especially interested in learning more about CBT after Dr. Beck's presentation and would like to become certified in the practice.

All speakers' presentations of whom I was in attendance, were very thorough and knowledgeable of their topics. I feel that I gained much more knowledge in CBT practices and will implement this knowledge when utilizing CBT with clients.

I did not attend the Dunlop/Salmon presentations. Jodene Miller had technical issues that impacted her presentation.

good content and presentations

Dr. Beck is an excellent presenter. Gives great tips using case presentations to illustrate the point.

already knew much of what Kathy and Jodi spoke about due to my role as a grief counselor

Every session was excellent.

All talks were excellent; I especially enjoyed Dr. Beck

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

(47)

the best time in my life strategy and the ink drop in a bowl of water that Judith Beck discussed

Using the ink drop into a bowl of water metaphoer

I will use what I learned in this seminar in my practicum placement and where I work. I work with teens that suffer from depression. This seminar was very usefull.

mindfulness

None

More CBT techniques

Asking clients about a more hopeful time in their lives and encouraging movement in a session.

Explain process of CBT and hopefulness with patients

closer attention to upcoming psychedelic research

Better understanding of utilizing CBT. Dr. Dunlop provided info that can be shared with patient or for referral.

increased awareness

New assessment information in CBT emphasizing positivity

Use of apps with therapy

better understanding on the impact of Covid in family dynamics

using "movement" rather than "exercise" with patients

Learning more about how to best do telehealth was helpful. I haven't started yet, but as this virus evolves it is something that may be considered later.

Immediately reviewing my " electronic self", my presentation etc.

Better understanding of social media and use of technology in practice

HOPE box, case conceptualization, determining ct. and ongoing session goals

More highly attuned to the inevitability of utilizing online methods for communicating with clients and colleagues

Read more about use of psychedelics in psychiatric treatment.

Not certain.

Mindfulness and CBT strategies

More skillful w technology (where to look and how to wave.)

Doing more work with families of clients experiencing hopelessness.

Mindful movement

AAs a result of Judy Beck's presentation, I will add some questions with re to relevant life history, use her drop of ink in a bowl of water analogy with re to mistakes

I will take into consideration the different forms of grief and teach my clients to lean into the grief.

Will explore further the use of alternative psychotropic drugs in treating chronic depression.

protocols

Assisting clients to process through core beliefs to new beliefs.

shift in goal setting, socratic questioning reminder of telehealth interactions- eye contact

More cutting edge info versus basic.

I look forward to focusing on instilling hope in the inpatient setting.

N/A

In general it would help me in my practice .

As stated previously, I would like to become certified in CBT after Dr. Beck's presentation. I utilize CBT daily in my work with clients and would love to gain even more knowledge in that area.

I would like to become certified in CBT. I utilize it daily with clients and would like to continue learning more in this area.

Incorporating mindful movement into practice

Awareness is something that I will implement into my practice.

appreciate tips for video visits, practical and helpful

Mindfulness when helping patients with anxiety

doing some centering/calming exercises in session

Will incorporate aspects of fostering Hope in the CBT treatment of pts in the context of COVID pandemic

More focus on mindfulness

Will adjust communication strategies with telehealth.

New grief resources and referrals

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

(54)

Certain ⁽²⁰⁻
37.04%)

Maybe ⁽⁶⁻
11.11%)

Very Certain ⁽²⁵⁻
46.30%)

N/A ⁽³⁻
5.56%)

7. What topics do you want to hear more about, and what issues(s) in your practice will they address? (40)

How to join more effectively with clients while using Telehealth

Anxiety

Na

CBT

How to persevere through fatigue.

I liked hearing about the psychedelic treatment, so more discussions around less-talked about treatment options.

more on psychedelics

Spiritual implications of psychiatry/psychology.

treatment for individuals with severe and persistent mental illness and co-occurring substance use disorder

psychedelics

None at tis time

Alternative medicine comparison - eg use of breath work with anxiety compared to medications

I would love to hear about medications used in a behavioral health setting for children & adolescents.

All....

More on treatment of SUDs

always like hearing tangible tools and examples of providing therapy for cts.

More in-depth information about broadening the practice of psychotherapy to incorporate movement as a highly valuable therapeutic resources

Bipolar disorder treatments

Research findings on new treatments, hands on approaches to treatment for depression and anxiety.

child and adolescent depression

More of same: new drug therapies and technology in particular. Plus more on neuroscience.

Treatment resistant bipolar disorder, treatments & medications in the pipeline

Alternative medication to treat PTSD and depression.

Geriatric Psychiatric issues related to existential issues and aging.

covid and mental health

I would like to learn more about EMDR therapy and Hypnosis as tool in change.

all areas

therapeutic advances in bipolar disorder

Assisting families with COVID-19

New biological researches to identify etiology of psychiatric disorders and mechanism of healings.

I want to hear more about the use of psychedelics in treatment resistant depression.

Many of my clients have tried many different types of SSRI'S to treat their depression but they have not been effective. Therapy has not achieved complete remission of their symptoms either. I would like to be able to refer my clients to this treatment when it comes available.

I want to hear more about the use of psychedelics in treatment resistant depression. I have many clients who have tried many SSRI's that have not achieved complete remission of symptoms along with therapy. I would like to be able to refer clients to this option when it comes available.

The topics presented were relevant. COVID is an important topic to stay up-to-date on.

Behavior and mental health in pediatric primary care including use of SSRIs and antipsychotics

more on psychotherapy, more therapist discussing their actions

I would like more information on current psychotropic medications and their effectiveness

ketamine new evidence data on TRD

working with people with avoidant personality disorder.

eating disorder treatment is not focused on in training and they are frequently difficult cases and there can be quite a bit of morbidity and mortality associated.

More about the evolving situation regarding COVID-19 and mental health

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

(53)

Yes ⁽⁵²⁻
98.11%)

No ⁽¹⁻
1.89%)

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

None

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

(52)

Yes ⁽⁵²⁻
100.00%)

12. Please provide any additional comments you may have about this educational activity. (24)

Excellent morning.

NO

Very informative and I appreciate updates

Thank you for this opportunity to learn about effective practices.

wonderful conference--would have preferred it to be in person, but great virtual conference.

Good seminars.

Thank you again for an amazing 2 days

Thank you for having this conference virtually!

I think it was a good virtual conference. Thanks for doing this even though COVID has changed things so much!

Thank you for doing this conference this year. So appreciated. The navigation was seamless.

Good CME Program

none

done very well in light of covid and the way it was scheduled.

Excellent program, I appreciate the opportunity to participate

Good presentatqions

Excellent material.

Thank you for this virtual presentation during the pandemic.

I prefer Judy Beck's style of using slides but mostly talking about her methods rather than just reading from slides.

Often times as a presenter/speaker is discussing their findings and or expertise in the field they don't offer opportunities for questions during their presentation only after, at times I feel the relevance might be missed.

Thank you for providing webinar format this year

This was a nice presentation given that it was online. I feel like I do get a lot more out of the presentations in person, but I am grateful that the conference was not canceled this year.

Thank you for the information even in the midst of COVID 19 we still have a lot to learn

.

Thank you for allowing me to participate in the conference.

thank you! a real challenge to put together an electronic conference, it was great

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.