



## 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 2023 Annual Depression Conference. A final listing of supporters and exhibitors will be available at the conference.



## 17th Annual Depression & Mood Disorders Conference

### *Advances in Biological and Psychosocial Treatments for Mood Disorders*

November 16, 2023 6:00-7:00 PM  
Free and open to the public  
UofL ShelbyHurst Conference Center,  
Founders Union

November 17, 2023  
Professionals Conference  
7:45 AM - 4:30 PM  
UofL ShelbyHurst Conference Center,  
Founders Union

**Register at:**  
<https://bit.ly/UofLDCC23>

## Let's Connect!

### UofL Health Outpatient Center

**Phone**  
502.588.4450

**Website**  
[www.louisville.edu/depression](http://www.louisville.edu/depression)

**Address**  
401 East Chestnut St., Ste. 610  
Louisville, KY 40202

## Registration Information

### Registration Deadline:

Deadline for online registration is 12 Noon, November 10. On-site registration also accepted on day of conference.

### How to register online:

<https://bit.ly/UofLDCC23>

### Registration Fees

Non UofL Healthcare professionals: \$135  
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, November 3, 2023. Requests received on or before November 3, 2023 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, November 3, 2023.

### Special Services:

All individuals are encouraged to participate. To request disability arrangements, contact [laura.burchfield@louisville.edu](mailto:laura.burchfield@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

### Designation Statement

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

### 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.

**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 4-0068-12-24-1346. 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** - This course has been approved for 6.25 Kentucky Board of Social Work credits - Approval Number: KBSW 2023107

**Psychologists** – Pending approval by Board of Examiners of Psychology.

## Learning Objectives

1. Identify proposed mechanisms of action and potentials of newer treatments for depression.
2. Describe a comprehensive method for evaluating and managing difficult-to-treat depression.
3. Recognize the core principals of interpersonal psychotherapy, identify the evidence for its effectiveness, and give examples of the diverse and wide-spread applications of this treatment method.
4. Identify major biological, neuroendocrine, and psychosocial influences on mood disorders in women during the teenage and perimenopausal years and recognize how these influences can impact treatment outcome.
5. Describe key findings from recent research on suicide risk and how these findings can be used to enhance evaluation and treatment of patients with risk for suicide.
6. Identify core methods for assessing and treating cognitive impairment in mood disorders and mood disturbances in dementia.
7. Detail evidence-based treatment strategies for depression related to trauma.
8. Describe mood symptoms and evidenced-based interventions for improving coping and promoting well-being in patients with life-limiting illnesses.
9. Detail evidence-based treatment strategies for depression related to trauma.

## Speakers



**Michael E. Thase, M.D.** is a Professor of Psychiatry in the Department of Psychiatry of the Perelman School of Medicine of the University of Pennsylvania, where he is a member of the medical staffs of the Hospitals of the University of Pennsylvania and the Philadelphia Veterans Affairs Medical Center and Director of Penn Psychiatry's Mood and Anxiety Section.



**Jennifer Wood, M.D.** is an Instructor in the Department of Psychiatry and Behavioral Sciences at the University of Louisville. She currently sees patients at the outpatient clinic and the Emergency Psychiatry Services site. She is a current member of the American Psychiatric Association.



**Ben Schoenbachler, M.D.** is an Associate Professor and Director of the Memory Disorders Program and the Outpatient Clinic. He received a Bachelor of Science in Zoology and Medical Doctorate from the University of Kentucky. He completed a combined residency in Psychiatry and Neurology at Tulane University. He has been on the faculty of the University of Louisville since 2002.



**Myrna M. Weissman, Ph.D.** is a Professor of Epidemiology and Psychiatry, Vagelos College of Physicians and Surgeons and the Mailman School of Public Health at Columbia University and Chief of the Division of Translational Epidemiology at New York State Psychiatric Institute.



**Rif S. El-Mallakh, M.D.** is a Professor, Director of the Mood Disorders Research Program, and Interim Director of the UofL Depression Center.



**Kate Adelstein, PhD, ANP-BC, PMHNP-BC** is an Assistant Professor at the UofL School of Nursing. Her research focuses on improving psychosocial well-being and reducing distress in the young adult oncology population, including their primary caregivers.



**Stephen O'Connor, Ph.D.** is Chief of the Suicide Prevention Research Program in the National Institute of Mental Health (NIMH) Division of Services and Intervention Research. He serves a Federal Subject Matter Expert in suicide prevention and contributes to U.S. Department of Health & Human Services initiatives on the topic. He has a small private practice where he provides individual psychotherapy.



**Jennifer Mootz, Ph.D.** is a licensed psychologist, Assistant Professor of Clinical Medical Psychology (in Psychiatry) at Columbia University, and Research Scientist at the Research Foundation for Mental Hygiene/New York State Psychiatric Institute. She specializes in digitization of evidence-based treatments for task-shifted delivery by nonspecialized providers among marginalized populations.



**Becky Antle, Ph.D., MSSW, LMFT** is a Professor & University Scholar at the UofL Raymond A. Kent School of Social Work and Family Science. Her research focuses on evidence-based practice and implementation science issues, prevention programs (child maltreatment, domestic and dating violence, high risk sexual behavior, mental health and trauma), and workforce and training issues in human services.

## Public Presentation – November 16, 2023

(No CME/CEU credits)

UofL ShelbyHurst Conference Center, 4200  
Whittington Parkway, Louisville, Kentucky

5:30-6:00 PM Registration (free and open to  
the public)

**6:00-6:45 PM** *New Hope for Treatment of  
Depression: Finding Novel Therapies that  
Work*

Michael E. Thase, M.D.

Objective: Identify newer treatments for  
depression and examine their potential  
for improving outcomes.

6:45-7:00 PM Questions and Answers



## Conference Schedule

### Professional Conference – November 17, 2023

(CME and Continuing Education credits offered)

UofL ShelbyHurst Conference Center, 4200  
Whittington Parkway, Louisville, Kentucky

#### Morning Session:

**7:45-8:20 AM** Registration and Continental  
Breakfast

**8:20-8:30 AM** Welcome, Rif El-Mallakh, M.D.

**8:30-9:20 AM** *New Therapies for Depression:  
Is Help Really on the Way*  
Michael E. Thase, M.D.

**9:20-9:45 AM** ---Break---

**9:45-10:35 AM** *Interpersonal Psychotherapy:  
It's Global Reach*  
Myrna Weissman, Ph.D.

**10:35-11:25 AM** *Menarche, Menopause, and  
Mood: An Exploration of Mood Disorders in  
Women During the Teenage and  
Perimenopausal Years*  
Jennifer Van Luntern Wood, M.D.

**11:25 AM–12 Noon** Panel Discussion  
Drs. Thase, Weissman, Wood, and El-Mallakh

**Noon-1:00 PM** ---Lunch---

#### Afternoon Session:

**1:00 -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])

*Interpersonal Psychotherapy for Depression,  
Distress, and Loneliness*  
Jennifer Mootz, Ph.D., New York Psychiatric  
Institute (with Myrna  
Weissman, Ph.D.)

*Putting the Best Together: A Comprehensive  
Method of Care for Difficult-to-Treat  
Depression*  
Michael E. Thase, M.D.

*Understanding the Role of Childhood and  
Adult Trauma in the  
Development and Treatment of Depression*  
Becky Antle, Ph.D.

**2:30-2:50 PM** ---Break---

**2:50-4:20 PM Workshop II**  
*Strategies for Reducing Suicide Risk Across  
the Lifetime*  
Stephen O'Connor, Ph.D.

*Depression and Cognition: A Two-way Street*  
Ben Schoenbachler, M.D.

*Living Well with Life-altering Illnesses*  
Kate Adelstein, Ph.D., ANP-BC, PMHNP-BC

**4:20-4:30 PM** Course evaluation

**4:30 PM** Conference adjourns