

TENTH ANNUAL UNIVERSITY OF LOUISVILLE

# Depression Center Conference

*Expanding Horizons*  
for Treatment of Mental Disorders

University of Louisville Depression Center

**October 19-21, 2016**

The Clifton Center, Louisville, Kentucky  
2117 Payne Street

<http://bit.ly/16depression>

## Conference Overview

The aim of this conference is to expand participant's knowledge of effective treatments for mood disorders and related conditions. With a special focus on methods that go beyond symptom relief to foster well-being and promote human potential, the Tenth Annual Conference of the UofL Depression Center will provide a rich learning experience for clinicians.

## Faculty

### Keynote Speakers:



#### **Dilip V. Jeste, M.D.**

A past-president of the American Psychiatric Association and Senior Associate Dean at the University of California, San Diego (UCSD), Dr. Dilip Jeste is a leading geriatric psychiatrist who specializes in successful aging, neurobiology of wisdom, as well as schizophrenia and other disorders in older adults. He has published 12 books, including *Successful Cognitive and Emotional Aging, Prevention in Mental Health*, and *Positive Psychiatry*. His work has been featured in popular media including The New York Times, The Washington Post, The Wall Street Journal, PBS and National Public Radio.

Dr. Jeste is the director of the Stein Institute for Research on Aging, the Hartford Center for Excellence in Geriatric Psychiatry and the newly launched UCSD Center for Healthy Aging. He has received many awards including those from the NIMH and the National Alliance on Mental Illness (NAMI). An inspiring speaker, Dr. Jeste challenges audiences to work toward maximizing the human experience.



#### **Willem Kuyken, Ph.D.**

Dr. Kuyken is Professor of Clinical Psychology at the University of Oxford and Director of the Oxford Mindfulness Centre, Oxford England. He learned cognitive-behavior therapy as a Fellow at the Center for Cognitive Therapy, University of Pennsylvania, working with Aaron Beck, and has had extensive training and research experience in mindfulness-based cognitive therapy (MBCT). He was awarded the May Davidson award for making an outstanding contribution to the development of clinical psychology within the first ten years of his work.

Professor Kuyken's research has focused on how MBCT can prevent depression and enhance human potential across the lifespan. His book on compassion in mindfulness-based treatment will be published by Guilford Press in 2017. Professor Kuyken's research has been supported by the National Institute for Health Research, Wellcome Trust, NHS, Medical Research Council, and the British Academy.



#### **Jennifer Le, M.D.**

Dr. Jennifer Le is an Associate Professor of Pediatrics in the Division of Child and Adolescent Psychiatry and Psychology. She is the Medical Director of the Ackerly Child and Adolescent Psychiatry Inpatient Unit and the Medical Director of Emergency Services at Kosair Children's Hospital. She currently serves as the President-elect of the Kentucky Academy of Child and Adolescent Psychiatry and is on the executive council of the Kentucky Psychiatric Medical Association. Dr. Le has been recognized in the community and the school of medicine for her contribution to clinical care, teaching, and leadership.



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

Dr. Wright is the Kolb Endowed Chair for Outpatient Psychiatry and Director of the Depression Center at the University of Louisville. As the lead author of a trilogy of books from American Psychiatric Publishing, Inc., Dr. Wright has explored ways to integrate text and video to help readers learn the key methods of cognitive-behavior therapy (CBT).

Currently, he is the Principal Investigator of an NIH-sponsored study of computer-assisted CBT for depression in primary care. A Founding President of the Academy of Cognitive Therapy and Fellow of the American College of Psychiatrists, he lectures widely on mood disorders, CBT, psychopharmacology, and computer-aided psychotherapy. Among other honors, Dr. Wright has received the Distinguished Educator of the Year Award from the University of Louisville.

### Additional Faculty:

**Catherine Batscha, DNP, RN** – Assistant Professor, University of Louisville School of Nursing

**Christopher K. Peters, M.D.** – Associate Professor, University of Louisville Department of Pediatrics, Division of Child and Adolescent Psychiatry and Psychology

**Stephen O'Connor, Ph.D.** – Assistant Professor, University of Louisville Department of Psychiatry and Behavioral Sciences

**Emma Sterrett, Ph.D.** – Assistant Professor, Kent School of Social Work, University of Louisville

**A very special "Thank You" to our generous sponsors**



## Conference Schedule

### Public Presentation

October 19, 2016, 6-7 p.m., The Clifton Center

**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. Identify basic principles of mindfulness
2. Describe ways mindfulness can train and retrain the brain
3. Recognize mindfulness-based treatment methods for depression and other mental health problems

#### Session

5:45-6 PM

**Registration**

6-6:45 PM

**Mindfulness Unpacked**  
Willem Kuyken, Ph.D.

6:45-7 PM

**Questions and Answers**

### Professional Conference

October 21, 2016, 8:30 a.m.-4:30 p.m., The Clifton Center

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

#### Learning Objectives

1. Recognize the impact of life phases, from childhood to old age, on diagnosis and treatment of bipolar disorder
2. Describe key concepts and methods for mindfulness-based cognitive therapy for depression across the lifespan
3. Identify positive biopsychosocial influences on well-being and longevity that can shape routine clinical practice
4. Describe methods for promoting successful versus accelerated aging in schizophrenia and detail useful therapeutic strategies for older patients with schizophrenia
5. Recognize core issues in treating mental health problems in LGBTQ youth
6. Describe effective suicide risk reduction methods for clinical practice
7. Identify practical strategies for integrating CBT and psychopharmacology in treatment of delusions and hallucinations
8. Identify practical strategies for integrating CBT and concepts of recovery in treatment of persons with psychotic disorders
9. Detail the neurobiological and psychological effects of concussions in youth
10. Review for mental health clinicians what is known regarding concussions and the impact on the developing brain with emphasis on psychiatric symptoms

#### 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 **Bipolar Disorder in the Life Cycle: Dilemmas and Opportunities**  
Jennifer Le, M.D. and  
Jesse H. Wright, M.D., Ph.D.
- 9:20-9:45 AM **Break**
- 9:45-10:35 AM **Mindfulness-based Cognitive Therapy for Depression Across the Lifespan**  
Willem Kuyken, Ph.D.
- 10:35-11:35 AM **Positive Psychiatry: Its Time has Come**  
Dilip V. Jeste, M.D.
- 11:35 AM–Noon **Panel Discussion**  
Drs. Jeste, Kuyken, Le, 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. **Schizophrenia and Aging: Surprises and Paradoxes**  
Dilip V. Jeste, M.D.
2. **Mental Health Needs of LGBTQ Youth**  
Emma Sterrett, Ph.D.
3. **Saving Lives: Evidence-based Treatment for Reducing Suicide Risk**  
Stephen O'Connor, Ph.D.

2:50-4:20 PM

1. **Compassion**  
Willem Kuyken, Ph.D.
2. **CBT and Pharmacotherapy for Psychosis: A Combined Approach**  
Catherine Batscha, DNP, RN
3. **Concussed? Understanding Head Injuries and Their Aftermath in Children and Adolescents**  
Christopher K. Peters, M.D.

### UofL Depression Center Benefit Dinner

"Successful Aging: Fountain of Wisdom and Well-Being"

(No CME credits offered)

Guest speaker

**Dilip V. Jeste, MD**

Past-President, American Psychiatric Association, and Senior Associate Dean, University of California-San Diego

**Thursday, October 20, 2016**

Humana Tower, 25th floor  
6:00-9:00 p.m.

**\$125/person**

\$100 for conference attendees  
Reserve tickets now by calling  
502-588-4886 or emailing  
carol.wahl@louisville.edu

## Registration Information

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**Online Deadline: Noon, October 20, 2016**

### How to register

Online: <http://bit.ly/16depression>

### Registration fees

Non UofL Healthcare professionals: \$100

UofL Physicians, Nurses, Residents and students: Free

### Refund policy

Requests for cancellation must be submitted to [cmepd@louisville.edu](mailto:cmepd@louisville.edu) on or before Friday, Oct. 7, 2016. Requests received on or before Friday, Oct. 7, 2016 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, Oct. 7, 2016.

### Special Services

All individuals are encouraged to participate. To request disability arrangements, contact us at [CME&PD@louisville.edu](mailto:CME&PD@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

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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

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**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*<sup>™</sup>. 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 4-0068-7-16-877. The Kentucky Board of Nursing approval of an individual nursing education provider does not constitute endorsement of program content.

**Social workers** – Credit has been applied for through the Kentucky Board of Social Work. Determination of credit is pending.

**Psychology Credit** – Credit has been applied for through The Kentucky Board of Psychology. Determination of credit is pending.

**LMFT Credit** – Credit has been applied for through the Kentucky Board of Licensure for Marriage and Family Therapists. Determination of credit is pending.