

NINTH ANNUAL UNIVERSITY OF LOUISVILLE

Depression Center Conference

Building Skills
in the Treatment of Mood and Anxiety Disorders

University of Louisville Depression Center

November 5-6, 2015

The Clifton Center, Louisville, Kentucky
2117 Payne Street

<http://bit.ly/depression15>

Conference Overview

This conference is aimed at helping participants build knowledge and skills of effective treatment of mood and anxiety disorders. A special focus is on understanding and using advances in the neurobiology of anxiety, psychotherapy of depression and comorbid disorders, and treatment of depression in the elderly. Participants will have the opportunity to learn from leading experts in biological and psychosocial treatment approaches.

Faculty

Keynote Speakers:



Glen O. Gabbard, M.D.

Dr. Gabbard is one of the world's leading experts on psychodynamic psychotherapy. He is the author or editor of 27 books, including *Psychodynamic Psychiatry in Clinical Practice*, an all-time best seller for American Psychiatric Publishing that has been translated into 11 languages. Formerly Director of the Menninger

Hospital in Topeka, Kansas and Director of the Baylor Psychiatry Clinic, he is now Clinical Professor of Psychiatry at Baylor College of Medicine and Training and Supervising Analyst at the Center for Psychoanalytic Studies in Houston. He also sees private patients in The Gabbard Center, where he and his team do three day multi-disciplinary evaluations of professionals and treatment-refractory individuals. Dr. Gabbard has won numerous honors and awards, including the APA/NIMH Vestermark Award as outstanding psychiatric educator in 2010. He served as President of the American College of Psychiatrists in 2006. Dr. Gabbard is widely known as a master educator who gives highly entertaining and clinically useful presentations.



Suzanne Meeks, Ph.D.

Currently Professor and Chair of the Department of Psychological and Brain Sciences at the University of Louisville, Dr. Meeks is internationally known for her work in developing psychosocial treatment for late life depression. Her research (funded by AARP and NIMH) has focused primarily on psychopathology

and well-being in late life. Her conceptual studies have been directed toward understanding the structure and phenomenology of depression, anxiety, and affect in elders. At the University of Louisville, Dr. Meeks teaches undergraduate abnormal psychology, seminars in clinical gerontology at the undergraduate and graduate levels, and introduction to assessment for clinical graduate students. She is a Past-President of the Society of Clinical Geropsychology; and is a member of the American Association of Geriatric Psychiatry, and is on the executive committee of the Behavioral and Social Sciences Section of the Gerontological Society of America.



Thomas Uhde, M.D.

Dr. Uhde is recognized as one of the world's top experts in the study and treatment of anxiety and mood disorders. He has been the recipient of many scientific honors and awards and has authored or co-authored over 320 scientific papers. A distinguished graduate of the University of Louisville Medical School, Dr. Uhde

obtained his general psychiatry training and a research fellowship in behavioral neuroscience at Yale University and the National Institute of Mental Health where he was senior tenured scientist and served as the founding Chief of the Section on Anxiety and Mood Disorders. Dr. Uhde was appointed to his current positions (Chair, Department of Psychiatry & Behavioral Sciences; Executive Director, Institute of Psychiatry) at the Medical University of South Carolina (MUSC) in 2007. He was Editor-in-Chief of the scientific journal *Depression & Anxiety* for over a decade. Dr. Uhde's primary area of research is the investigation of anxiety, mood, and sleep disorders.

Additional Faculty:

Becky Antle, Ph.D. – Associate Professor, University of Louisville Kent School of Social Work

David A. Casey, M.D. – Professor and Interim Chair, University of Louisville Department of Psychiatry and Behavioral Sciences

Mary Helen Davis, M.D. – Clinical Associate Professor, University of Louisville Department of Psychiatry and Behavioral Sciences

Virginia Cox Evans, LCSW – Private Practice, Louisville, KY

Barbara Fitzgerald, M.D. – Associate Professor Emeritus, Associate Director, Residency Training Program, University of Louisville Department of Psychiatry and Behavioral Sciences

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Conference Schedule

Public Presentation

November 5, 2015, 6-7 p.m.

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 the science of sleep
2. Describe sources of sleep disruption
3. Recognize effective methods for treating sleep problems

Professional Conference

November 6, 2015, 8:30 a.m.-4:30 p.m.

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

Learning Objectives

1. Describe advances in the treatment of panic disorder
2. Identify empirically supported, psychosocial methods for late life depression that can be applied in clinical practice
3. Apply psychodynamic principles in treatment of the obsessive compulsive patient, depression, and burnout
4. Describe a comprehensive approach to treating eating disorders with comorbid depression
5. Recognize effective biological treatment strategies for geriatric depression
6. Describe useful methods of treating depression in patients with cancer
7. Recognize the psychological sequelae of abuse and be able to plan effective treatment for those who suffer from abuse and/or make appropriate referral for such treatment
8. Detail newer findings in sleep research that can guide clinical practice

5:30-6 PM

6-6:45 PM

6:45-7 PM

Registration

Unlocking the Mysteries of Sleep
Thomas Uhde, M.D.

Questions and Answers

Morning Session:

7:45-8:20 AM

8:20-8:30 AM

8:30-9:20 AM

9:20-9:45 AM

9:45-10:35 AM

10:35-11:35 AM

11:35 AM-12 Noon

Noon-1 PM

Afternoon Session:

1 -2:30 PM

2:30-2:50 PM

2:50-4:20 PM

4:20-4:30 PM

4:30 PM

Registration and Continental Breakfast

Welcome

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

Advances in the Understanding and Treatment of Panic Disorder

Thomas Uhde, M.D.

Break

Treating Depression in Late Life: There's More in the Tool Box than Medications

Suzanne Meeks, Ph.D.

The Obsessive-Compulsive Patient, Depression, and Burnout

Glen O. Gabbard, M.D.

Panel Discussion

Drs. Uhde, Meeks, and Gabbard

Lunch

Workshop I (See Schedule below; Participants choose one workshop for each time slot [1-2:30 PM and 2:50-4:20 PM])

Break

Workshop II

Course evaluation

Conference adjourns

Workshops:

1-2:30 PM

1. **From the Research Lab to Clinical Practice: Using New Findings in PTSD and Sleep Paralysis**
Thomas Uhde, M.D.
2. **Working with Resistance in Dynamic Therapy**
Glen O. Gabbard, M.D.
3. **When Eating Disorders and Depression Coexist: Practical Strategies for Clinicians**
Barbara Fitzgerald, M.D. and Virginia Cox Evans, LCSW

2:50-4:20 PM

1. **The Biology of Depression in Late Life: Comprehensive Assessment and Treatment**
David A. Casey, M.D.
2. **When Lightning Strikes Twice: Cancer and Depression, Navigating the New Normal**
Mary Helen Davis, M.D.
3. **Helping Victims of Abuse**
Becky Antle, Ph.D.

Registration Information – Deadline: October 31, 2015

How to register

Online: <http://bit.ly/depression15>

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 on or before Friday, October 23, 2015. Requests received on or before Friday, October 23, 2015 will receive a full refund less a \$25 processing fee. No refund will be given for requests received after Friday, October 23, 2015.

Special Services

All individuals are encouraged to participate. To request disability arrangements, contact us at 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

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 4-0068-7-16-877. 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.