

# APA ANNUAL MEETING COURSE GUIDE

AMERICAN  
PSYCHIATRIC  
ASSOCIATION

**ANNUAL MEETING**  
May 14-18, 2016 • Atlanta



**BY CATHY CRONE, M.D.**  
CHAIR, SCIENTIFIC PROGRAM SUBCOMMITTEE ON COURSES

**YOU MIGHT** ask yourself, “Why take a course at the APA annual meeting?” Whether you wish to prepare for certification exams, enhance your clinical skills, or remain abreast of exciting uses of technology and research advances in psychiatry, the APA Subcommittee on Courses has planned something for you!

Over the years, exceptional continuing medical education courses have become a tradition at APA’s annual meeting. Courses are offered in half-day (four hours) and full-day (six or eight hours) formats. This year’s courses encompass new offerings, highly evaluated repeat courses directed by national and international experts, and improved versions of courses given in the past. We will be covering a wide variety of topics this year, including depressive disorders, addiction

psychiatry, geriatric psychiatry, integrated care, and psychopharmacology.

In addition to me, serving on the Subcommittee on Courses are my vice chair, Linda Worley, M.D., and committee members Anna Dickerman, M.D., Steve Koh, M.D., Michael Myers, M.D., Arnold Moreno, M.D., and Charles Price, M.D. Along with Tiffany Burns, conference CME program manager, we have worked hard to critically evaluate course submissions to provide an exceptional, in-depth educational experience for all.

The Subcommittee on Courses limits course enrollment size to maximize opportunities for participant-faculty interaction. To secure your place in a course, register early! The courses sell out quickly. Registration and enrollment information and forms can be accessed at APA’s Web site at [annualmeeting.psychiatry.org](http://annualmeeting.psychiatry.org). Online meeting and housing registration can also be accessed from this site.

All mailed and faxed registration and pre-enrollment forms must be received at APA on or before **April 14**. After this date, on-site fees are in effect for meeting and course registration. The course enrollment area will be located in the Georgia World Congress Center and the Marriott Marquis. Only those who have registered for the annual meeting may purchase course tickets.

*SEE YOU THERE!*

## Update on Pediatric Psychopharmacology

MC CODE: M6211

**SATURDAY, MAY 14, 9 A.M.-4 P.M.**

**Director:** Christopher Kratochvil, M.D.

The primary objective of this course is to provide practical information to clinicians on the use of psychotropic medications in the treatment of children and adolescents in their practices. This course will provide

an overview and discussion of recent data in pediatric psychopharmacology, with a focus on mood disorders, attention-deficit/hyperactivity disorder, anxiety disorders, and autism spectrum disorders. The role of pharmacotherapy in the treatment of these disorders will be addressed, as will practical clinical aspects of using psy-

chotropic medications in the treatment of children and adolescents. Management of adverse effects will be reviewed as well.

**Marriott Marquis; member: early bird: \$365; advance: \$395; on site: \$425; non-member: early bird: \$465; advance: \$495; on site: \$525; spaces available: 175**

## Assessment and Treatment of Eating Disorders

MC CODE: M6213

**SUNDAY, MAY 15, 9 A.M.-4 P.M.**

**Director:** B. Timothy Walsh, M.D.

This course aims to provide clinicians with an overview of the identification, assessment, and treatment of feeding and eating disorders using *DSM-5* criteria. The course will introduce a new app that can be used

to guide assessment for these conditions. The assessment and treatment of special populations will be emphasized, including children and adolescents, males, and individuals who are overweight or obese. Guidelines for culturally sensitive assessment of feeding and eating disorders will be provided. The course will conclude

with an interactive, case-based discussion that will incorporate core principles reviewed.

**Marriott Marquis; member: early bird: \$365; advance: \$395; on site: \$425; non-member: early bird: \$465; advance: \$495; on site: \$525; spaces available: 150**

## Advances in Treatment of Bipolar Disorder

MC CODE: M6209

**SUNDAY, MAY 15, 9 A.M.-4 P.M.**

**Director:** Terence Ketter, M.D.

Treatment of bipolar disorders is rapidly evolving. This course includes presentations of therapeutic advances as well as number needed to treat (NNT) and number needed to harm (NNH) analyses of

approved pharmacotherapies for various phases (acute mania, acute depression and maintenance) of bipolar disorder to facilitate assessments of risks and benefits of treatments in individual patients. Taken together, the information in this course is hoped to facilitate clinicians’ efforts to translate the latest advances in research

into evidence-based, personalized, state-of-the-art care for patients with bipolar disorder.

**Marriott Marquis; member: early bird: \$365; advance: \$395; on site: \$425; nonmember: early bird: \$465; advance: \$495; on site: \$525; spaces available: 150**

## 2016 Psychiatry Review

MC CODE: M6210

**MONDAY, MAY 16, 9 A.M.-4 P.M.**

**Director:** Robert Boland, M.D.

Essential psychiatric and neurology topics will be reviewed and discussed using multiple-choice questions (MCQ). After an introduction covering the basic

structure and format of MCQs typically used in psychiatric examinations, participants will review and answer MCQs in various formats using an audience response system. After viewing a summary of the audience responses, faculty members will lead and facilitate a review

and discussion of the topic covered by the MCQs.

**Marriott Marquis; member: early bird: \$365; advance: \$395; on site: \$425; nonmember: early bird: \$465; advance: \$495; on site: \$525; spaces available: 175**

## Essential Psychopharmacology

MC CODE: M6212

**TUESDAY, MAY 17, 8 A.M.-5 P.M.**

**Director:** Alan F. Schatzberg, M.D.

This master course will cover new mate-

rial on the pharmacologic treatment of major psychiatric disorders. The course will involve presentation of data, questions and answers, and case discussions.

**Marriott Marquis; member: early bird: \$365; advance: \$395; on site: \$425; nonmember: early bird: \$465; advance: \$495; on site: \$525; spaces available: 300**



Sean Pavone/Shutterstock

## HOW TO REGISTER

There are three easy ways to register for APA’s 2015 annual meeting and courses. The deadline for advance registration is April 14; save even more by registering before the early bird deadline of February 4. Annual meeting information can be accessed at APA’s Web site at [annualmeeting.psychiatry.org/home](http://annualmeeting.psychiatry.org/home).

- ▶ **Register online:** Go to the URL above and go to the “Registration” menu on the right.
- ▶ **Fax registration form:** Fax your completed registration form with credit card information to (703) 907-1097. There is a \$10 processing fee for faxed forms.
- ▶ **Mail Registration form:** Mail your completed registration form and payment (by credit card or check made payable to APA) to American Psychiatric Association Annual Meeting, P.O. Box 418237, Boston, Mass. 02241-8237. There is a \$10 processing fee for mailed forms.

After April 14, you may register online only (on-site fees apply), not by mail or fax. You can also register on site.

# APA ANNUAL MEETING COURSE GUIDE

## SATURDAY MAY 14

### C CODE: C6194

#### Buprenorphine and Office-Based Treatment of Opioid Use Disorder

Director: Petros Levounis, M.D. Educational objectives: (1) Understand the rationale and need for opioid pharmacotherapy in the treatment of opioid dependence and describe buprenorphine protocols for all phases of treatment and for optimal patient treatment; (2) understand specific information on the legislative and regulatory history of office-based opioid pharmacotherapy; (3) understand the pharmacological characteristics of opioids and identify common comorbid conditions associated with opioid dependence; (4) understand treatment issues and management of opioid dependence in adolescents, pregnant women, and patients with acute and/or chronic pain; and (5) describe the resources needed to set up office-based treatment with buprenorphine for patients with opioid use disorder. Course level: basic 8-5; 8 hours; Marriott Marquis; this course is offered free of charge, but seating is limited; spaces available: 75

### C CODE: C6191

#### Cognitive-Behavior Therapy for Severe Mental Disorders: Building Treatment Skills That Work

Director: Jesse Wright, M.D., Ph.D. Educational objectives: (1) Describe empirical evidence for the effectiveness of cognitive-behavior therapy (CBT) for severe mental disorders; (2) detail methods for developing effective anti-suicide plans with CBT; (3) describe key strategies for using CBT to modify delusions; (4) describe key strategies for using CBT to modify hallucinations; and (5) detail methods for behavioral interventions for patients who are stuck in chronic and severe depression. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

### C CODE C3978

#### Conversion Disorder: Update on Evaluation and Management

Director: Gaston Baslet, M.D. Educational objectives: (1) Perform a clinical evaluation in patients with conversion disorder, in collaboration with a neurologist, and communicate the diagnosis in a way that reinforces engagement in treatment; (2) recommend, seek advice on, or execute the most appropriate treatment plan based on the current evidence from medical literature; and (3) understand the complexity and heterogeneity of this

population and recognize various modifiable risk factors that should be considered targets for treatment. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

### C CODE C4611

#### Management of Psychiatric Disorders in Pregnant and Postpartum Women

Director: Shaila Misri, M.D. Educational objectives: (1) Have increased awareness about mood and anxiety disorders that occur in pregnant and postpartum women; (2) be familiar with management of bipolar I and II disorders in the perinatal population; and (3) have an improved ability to manage perinatal psychiatric disorders with pharmacological and nonpharmacological treatments. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

### C CODE C4181

#### Mood Disorders in Later Life: Achieving Accurate Diagnosis and Effective Treatment

Director: James Ellison, M.D., M.P.H. Educational objectives: (1) Describe and explain an evidence-based approach to the recognition and effective management of late-life mood disorders; (2) differentiate between the cognitive effects of normal aging, depression, and dementia syndrome of depression; (3) recognize the common and unique features of bipolar disorder in later life and understand the elements of assessment and evidence-based management; and (4) describe psychotherapy's role in treating late-life mood disorders, list evidence-based approaches, and understand modifications that facilitate

treatment of older adults. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

### C CODE C4006

#### Updates in Geriatric Psychiatry

Director: Rajesh Tampi, M.D., M.S. Educational objectives: (1) Discuss the epidemiology, neurobiology, assessment, and management of neurocognitive disorders and behavioral and psychological symptoms of dementia; (2) describe the epidemiology, neurobiology, assessment, and management of substance use disorders in late life; (3) enumerate the epidemiology, neurobiology, assessment, and management of mood disorders in late life; (4) elaborate on the epidemiology, neurobiology, assessment, and management of anxiety disorders in late life; and (5) describe the epidemiology, neurobiology, assessment, and management of psychotic disorders in late life. Course level: basic; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225, advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 80

### C CODE C4196

#### Transgender and Intersex for the Practicing Psychiatrist

Director: William Byne, M.D. Educational objectives: (1) Define and discuss the relevant terminology, including gender dysphoria, disorders of sex development with and without somatic intersexuality, gender variance, transgender, and transsexuality; (2) describe the components of culturally and clinically competent assessment, diagnosis and care of those with gender concerns, including those seeking hormones and/or surgery for gender transition; (3) draw into their clinical work the relevant

documents for psychiatrists, including *DSM-5*, the AACAP Practice Parameter on GLBT Youth, and the Standards of Care of the World Professional Association for Transgender Health; (4) distinguish *DSM-5* gender dysphoria from gender concerns arising as epiphenomena of other psychiatric disorders; and (5) understand how research and society's evolving attitudes toward gender variance have influenced policies that impact access to transgender health services, including hormonal, surgical, and mental health care. Course level: basic; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 60

### C CODE C5265

#### Sleep Medicine: A Review and Update for Psychiatrists

Director: Thomas Hurwitz, M.D. Educational objectives: (1) Recognize the major sleep disorders that can affect patients in their practices; (2) determine which patients should be referred to a board-certified sleep physician; (3) help patients with obstructive sleep apnea pursue therapy; (4) determine if patients experience excessive daytime sleepiness; and (5) facilitate use of CBT principles to treat insomnia. Course level: basic; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 100

### C CODE C5338

#### Neuropsychiatric Masquerades: Medical and Neurological Disorders That Present With Psychiatric Symptoms

Director: Jose Maldonado, M.D. Educational objectives: (1) Recognize the most common clues of presentation suggesting an "organic cause" for psy-



photo.ia/Shutterstock

The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The APA designates this live activity, the 2016 Annual Meeting, for a maximum of 40 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# APA ANNUAL MEETING COURSE GUIDE

chiatric symptoms; (2) understand the prevalence, epidemiology, and clinical features of the most common endocrine, metabolic, infectious, autoimmune, and neurological disorders masquerading as psychiatric illness; (3) review commonly used pharmacological agents causing behavioral disturbances as common adverse effects; (4) review diagnostic techniques and evidence-based treatment modalities to address the most common medical disorders masquerading as psychiatric illness; (5) understand the neurobiology, diagnosis, and novel delirium and alcohol withdrawal management techniques. Course level: advanced; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 100

## C CODE C4163

### A Psychiatrist's Guide to Patients With Severe Obesity: Assessment and Beyond

Director: Sanjeev Sockalingam, M.D. Educational objectives: (1) Describe predisposing psychosocial factors to obesity and potential medical and surgical interventions; (2) identify patient characteristics prebariatric surgery that inform patients' postsurgery psychosocial interventions; and (3) apply pharmacology protocols and brief psychological interventions that improve psychiatric care after bariatric surgery. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C4369

### Identifying and Helping Older Adults With Mild Neurocognitive Disorders

Director: James Ellison, M.D., M.P.H. Educational objectives: (1) Describe the spectrum of cognitive changes that accompany normal aging, subjective cognitive impairment, and mild neurocognitive disorder; (2) appreciate the role that neuropsychology has played in understanding, assessing, and monitoring the progression of milder forms of cognitive impairment associated with typical and pathological aging; (3) list and appreciate the value of the neuroimaging techniques that have clarified the pathology and differential diagnostic issues associated with mild neurocognitive disorders; and (4) prepare helpful recommendations for a person with mild cognitive changes, including lifestyle factors, medical issues, physical and social activity, cognitive stimulation, and sleep hygiene. Course level: intermediate; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance:

\$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C6192

### Melatonin and Light Treatment Of SAD, Sleep, and Other Body Clock Disorders

Director: Alfred Lewy, M.D. Educational objectives: (1) Use the salivary dim light melatonin onset and sleep time to phase type circadian sleep and mood disorders as to whether they are phase advanced or phase delayed; (2) treat a patient with appropriately timed bright light exposure (evening or morning) and/or low-dose melatonin administration (morning or afternoon) using the patient's phase type; and (3) monitor treatment response using the dim light melatonin onset/mid-sleep interval, targeting six hours. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C6195

### Mentalization-Based Treatment for Borderline Personality Disorder

Director: Anthony Bateman, M.D. Educational objectives: (1) Demonstrate an understanding of the mentalizing problems of borderline personality disorder; (2) recognize mentalizing and nonmentalizing interventions; (3) develop and maintain a mentalizing therapeutic stance; and (4) use some basic mentalizing techniques in everyday clinical work. Course level: intermediate; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

## C CODE C4012

### What Every Psychiatrist Needs to Know About Epilepsy

Director: Rochelle Caplan, M.D. Educational objectives: (1) Apply knowledge about the bidirectional relationship between epilepsy and psychiatric disorders to improve interdisciplinary collaboration and the outcomes of the treatment of patients with epilepsy; (2) perform a comprehensive evaluation in patients with seizures and successfully navigate challenging clinical manifestations that require careful diagnostic clarification; and (3) design a treatment plan that follows current evidence and that integrates the neurobiological and psychosocial contributions that epilepsy and its treatment have in various psychiatric presentations. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60



Sean Pavone/Shutterstock

## SUNDAY, MAY 15

## C CODE C4090

### Interpersonal Psychotherapy

Director: John Markowitz, M.D. Educational objectives: (1) Understand the basic indications, rationale, and techniques of interpersonal psychotherapy (IPT) for depression; (2) appreciate key research supporting the use of IPT for depression and other disorders; and (3) recognize some of the adaptations or IPT for other psychiatric diagnoses and formats. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C4225

### Understanding and Treating Narcissistic Personality Disorder

Director: Frank Yeomans, M.D. Educational objectives: (1) Understand and diagnose the range of narcissistic pathology; (2) understand the concept of the pathological grandiose self and how to approach this psychological structure clinically; (3) understand treatment techniques that address narcissistic resistances and help the patient look beyond his or her rigid narcissistic stance and begin to engage meaningfully with others; and (4) understand how to help the patient gain awareness of and deal with the anxieties that the pathological grandiose self defends against. Course level: basic; 8-noon; 4 hours;

Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

## C CODE C4759

### Good Psychiatric Management for Borderline Personality Disorder: What Every Psychiatrist Should Know

Director: John Gunderson, M.D. Educational objectives: (1) Explain the diagnosis to patients and families and establish reasonable expectations for change (psychoeducation); (2) manage the problem of recurrent suicidality and self-harm while limiting personal burden and liability; (3) expedite alliance-building via use of medications and homework; and (4) know when to prioritize BPD treatment and when to defer until a comorbid disorder is resolved. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C4057

### Practical Assessment and Management of Behavior Disturbance in Patients With Moderate to Severe Dementia

Director: Maureen Nash, M.D., M.S. Educational objectives: (1) Understand how to evaluate persons with symptoms and differentiate the common types of dementia: Alzheimer's, vascular, Lewy body, Parkinson's, and frontal temporal lobe; (2) understand the overlap between

# APA ANNUAL MEETING COURSE GUIDE

delirium and dementia with behavior disturbance and how to differentiate and treat those suffering from these two maladies; (3) have a framework for person-centered assessment and treatment planning, including nonpharmacological interventions; (4) understand risks, benefits, and alternatives of evidence-based treatments for the common types of dementia with behavior disturbance; and (5) understand the challenges of identifying pain and the terminal nature of advanced dementia. Course level: intermediate; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; non-member: early bird: \$275; advance: \$310; on site: \$360; spaces available: 60

## C CODE C4664

### Integrating Behavioral Health and Primary Care: Practical Skills for the Consulting Psychiatrist

*Supported by the CMS Transforming Clinical Practice Initiative (TCPI) APA Support and Alignment Network (SAN)*  
Director: Anna Ratzliff, M.D., Ph.D. Educational objectives: (1) Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care; (2) discuss principles of integrated behavioral health care; (3) describe the roles for a primary care consulting psychiatrist in an integrated care team; and (4) apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations. This session was supported by Funding Opportunity Number CMS-1L1-15-002 from the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. Course level: basic; 9-4; 6 hours; Marriott Marquis; this course is offered free of charge, but seating is limited; spaces available: 80

## C CODE C4774

### Psychodynamic Psychopharmacology: Applying Practical Psychodynamics to Improve Pharmacologic Outcomes With Treatment-Resistant Patients

Director: David Mintz, M.D. Educational objectives: (1) Describe the evidence base linking meaning factors and medication response; (2) develop an integrated biopsychosocial treatment frame; (3) diagnose common psychodynamics underlying pharmacologic treatment resistance; (4) use psychodynamic interventions in pharmacotherapy to ameliorate psychodynamic contributors to medication issues; and (5) recognize and contain countertransference contributions to pharmacologic treatment resistance. Course level: intermediate; 9-4; 6 hours;



f1photo/Shutterstock

Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; non-member: early bird: \$275; advance: \$310; on site: \$360; spaces available: 100

## C CODE C4300

### Street Drugs and Mental Disorders: Overview and Treatment of Dual Diagnosis Patients

Director: John Tsuang, M.D. Educational objectives: (1) Understand the issues relating to the treatment of dual-diagnosis patients; (2) know the popular street drugs and club drugs; and (3) know the available pharmacological agents for treatment of dual-diagnosis patients. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

MONDAY, MAY 16

## C CODE C4165

### The Clinical Assessment of Malingered Mental Illness

Director: Phillip Resnick, M.D. Educational objectives: (1) Demonstrate skill in detecting deception; (2) detect malingered psychosis; (3) identify four signs of malingered insanity defenses; and (4) identify five clues to malingered PTSD. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; non-member: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

## C CODE C5154

### Emergency Psychiatry: The Basics and Beyond

Director: Kimberly Nordstrom, M.D., J.D. Educational objectives: (1) Identify psychiatric emergencies; (2) feel more comfortable in creating alliances with patients who may be in a decompensated state; (3) complete a suicide risk assessment; (4) treat agitation with de-escala-

tion techniques and medications; and (5) discuss treatments that can be used in emergency situations. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C5259

### Exploring Technologies in Psychiatry

Director: Robert Kennedy, M.D. Educational objectives: (1) Review the various current and emerging technologies and connections that are possible in psychiatry and medicine; (2) evaluate the emerging technologies and how they impact clinical practice today and tomorrow; and (3) recognize the pros and cons of electronic physician-patient communication. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C5307

### Restoring Professionalism: Integrating Mind, Brain, and Body for Distressed Physicians

Director: A.J. Reid Finlayson, M.D. Educational objectives: (1) Recognize the continuum of care for problematic physician behavior and health from suicide to healthy lifestyle; (2) describe the components of a comprehensive fitness-for-duty evaluation for unprofessional physician behavior; (3) review and discuss three case examples of unprofessional behavior that may undermine patient safety, including disrupting the optimal functioning of clinical teams, sexual boundary violations, and dangerous prescribing practices; (4) explain the effects of disruptive physician behavior on other members of clinical teams; and (5) identify a variety of psychoeducational approaches to remediate problematic physician behaviors and enhance

professionalism. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C7209

### Integrating Behavioral Health and Primary Care: Practical Skills for the Consulting Psychiatrist

*Supported by the CMS Transforming Clinical Practice Initiative (TCPI) APA Support and Alignment Network (SAN)*  
Director: Anna Ratzliff, M.D., Ph.D. Educational objectives: (1) Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care; (2) discuss principles of integrated behavioral health care; (3) describe the roles for a primary care consulting psychiatrist in an integrated care team; and (4) apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations. This session was supported by Funding Opportunity Number CMS-1L1-15-002 from the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. Course level: basic; 9-4; 6 hours; Marriott Marquis; this course is offered free of charge, but seating is limited; spaces available: 80

## C CODE C4121

### Psychodynamic Principles With Treatment-Resistant Mood Disorders: Breaking Through Treatment Resistance by Focusing on Comorbidity

Director: Eric Plakun, M.D. Educational objectives: (1) Describe evidence that psychosocial factors play a role in the cause and effective treatment of treatment-resistant mood disorders; (2) explain the contribution to treatment resistance of personality disorders, including associated immature defenses like splitting and projective identifica-

# APA ANNUAL MEETING COURSE GUIDE

tion; (3) define the practice of “psychodynamic psychopharmacology” and explain its role in effective treatment of treatment-resistant mood disorders; and (4) utilize specific psychodynamic principles to improve outcomes in patients with treatment-resistant mood disorders. Course level: basic; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 60

## C CODE C4306

### Mind-Body Programs: Stress, Anxiety, Depression, PTSD, Military Trauma, and Mass Disasters: Lecture and Experiential (Replaces Yoga of the East and West)

Director: Patricia Gerbarg, M.D. Educational objectives: (1) Describe how heart rate variability and sympatho-vagal balance contribute to overall well-being and stress resilience; (2) apply Polyvagal Theory to understanding how voluntarily regulated breathing practices (VRBPs) help shift the organism from states of defensive disconnection toward a state of safety and connectedness; (3) discuss the vagal-gamma-aminobutyric acid theory of inhibition and its potential relevance to treatment of stress, anxiety, and trauma-related disorders; (4) experience coherent breathing for stress reduction and learn how VRBPs can be used to reduce anxiety, insomnia, depression, and symptoms of PTSD; and (5) experience open-focus attentional training for stress reduction, improved attention and relief of physical and psychological distress for clinicians and their patients. Course level: intermediate; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 80

## C CODE: C4354

### Risk Assessment for Violence

Director: Phillip Resnick, M.D. Educational objectives: (1) Specify four types of paranoid delusions that can lead to homicide; (2) identify the relative risk of violence in schizophrenia, bipolar disorder, and substance abuse; and (3) indicate three factors that increase the likelihood that violent command hallucinations will be obeyed. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C4376

### Neuroanatomy of Emotions

Director: Ricardo Vela, M.D. Educational objectives: (1) Identify the principal brain structures involved in emotional

expression; (2) name the main functional neural circuitry of the limbic system; (3) discuss abnormal brain structures in autism; (4) discuss neurodevelopmental brain abnormalities in schizophrenia; and (5) discuss the role of the subcallosal gyrus in depression. Course level: intermediate; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

## C CODE C4139

### Evaluation and Treatment of Sexual Dysfunctions

Director: Waguih IsHak, M.D. Educational objectives: (1) Acquire practical knowledge and skills in evaluation of sexual disorders; (2) acquire practical knowledge and skills in treatment of sexual disorders; and (3) learn to apply gained knowledge/skills to real examples of sexual disorders. Course level: intermediate; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C5357

### Acute Brain Failure: Neurobiology, Prevention, and Treatment of Delirium

Director: Jose Maldonado, M.D. Educational objectives: (1) Identify the strengths and weaknesses of various screening and diagnostic instruments used for the detection of delirium; (2) recognize the main risk factors for the development of delirium in the clinical setting; (3) describe the evidence regarding the use of nonpharmacological techniques (e.g., light therapy, early mobilization) in delirium prevention and treatment; (4) define the evidence behind the use of antipsychotic agents in the prevention and treatment of delirium; and (5) recognize the evidence behind the use of nonconventional agents (e.g., alpha-2 agonist, melatonin, anticonvulsant agents) in the prevention and treatment of delirium. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## TUESDAY, MAY 17

## C CODE C6193

### ECT Practice Update for the General Psychiatrist

Director: Peter Rosenquist, M.D. Educational objectives: (1) Consider the indications and risk factors for ECT and estimate likely outcomes based upon patient characteristics; (2) define the physiologic and neurocognitive effects of ECT as they relate to specific and

potentially high-risk patient populations; (3) review the evidence related to ECT stimulus characteristics and summarize the differences between brief and ultra-brief pulse width stimuli; and (4) define strategies for optimizing treatment outcomes during the ECT course and maintaining remission over time. Course level: basic; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75

## C CODE C4220

### Evidence-Based Psychodynamic Therapy: A Pragmatic Clinician's Workshop

Director: Rick Summers, M.D. Educational objectives: (1) Become aware of the substantial evidence base supporting psychodynamic psychotherapy; (2) improve treatment selection by applying a contemporary and pragmatic framework for delivering psychodynamic therapy; (3) diagnose core psychodynamic problems and develop a psychodynamic formulation for appropriate patients; and (4) understand how to develop an effective therapeutic alliance and employ techniques for facilitating change. Course level: intermediate; 8-noon; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C6201

### DSM-5 Changes: Overview and Practical Applications (Including the Transition to ICD-10-CM)

Director: Michael First, M.D. Educational objectives: (1) Be familiar with the new organization structure of the *DSM-5*; (2) be familiar with rationale and implications for the incorporation of a more dimensional approach to *DSM-5*; (3) be familiar with the relationship with the ICD-10-CM and *DSM-5*; and (4) be familiar with the changes being made throughout *DSM-5*, including their rationale and practical implications. Course level: basic; 9-4; 6 hours; Marriott Marquis; member: early bird: \$225; advance: \$260; on site: \$295; nonmember: early bird: \$275; advance: \$310; on site: \$360; spaces available: 100

## C CODE C7210

### Integrating Behavioral Health and Primary Care: Practical Skills for the Consulting Psychiatrist

Supported by the CMS Transforming Clinical Practice Initiative (TCPI) APA Support and Alignment Network (SAN) Director: Anna Ratzliff, M.D., Ph.D. Edu-

cational objectives: (1) Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care; (2) discuss principles of integrated behavioral health care; (3) describe the roles for a primary care consulting psychiatrist in an integrated care team; and (4) apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations. This session was supported by Funding Opportunity Number CMS-1L1-15-002 from the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. Course level: basic; 9-4; 6 hours; Marriott Marquis; this course is offered free of charge, but seating is limited; spaces available: 80

## C CODE C4091

### Talking With Your Patients About Marijuana Use: What Every Psychiatrist Should Know

Director: Henry Levine, M.D. Educational objectives: (1) Discuss the CNS activity of cannabis and the physiologic actions of cannabis and the cannabinoid system; (2) discuss the medical usefulness and hazards of cannabis, particularly pertaining to psychiatric and substance abuse disorders; (3) discuss the medico-legal climate regarding cannabis and legal restrictions on the medical use of cannabis; and (4) take a relevant history from, listen to, educate, and counsel patients who wish to use or are using cannabis for medical treatment, or who are using it recreationally while in psychiatric treatment. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 60

## C CODE C4948

### Motivational Interviewing for the Routine Practice of Psychiatry

Director: Steven Cole, M.D., M.A. Educational objectives: (1) Describe three questions and four skills of Brief Action Planning (BAP); (2) explain how BAP aligns with the “Spirit of Motivational Interviewing”; (3) discuss the three levels and 13 separate skills of Stepped Care Advanced Skills for Action Planning (SAAP) for patients with persistent unhealthy behaviors; (4) use the eight core competencies of BAP and 13 advanced skills of SAAP in routine psychiatric practice; and (5) gain skill to demonstrate/train students, team members, and colleagues in BAP/SAAP. Course level: basic; 1-5; 4 hours; Marriott Marquis; member: early bird: \$165; advance: \$185; on site: \$210; nonmember: early bird: \$190; advance: \$210; on site: \$235; spaces available: 75 **PM**