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# Psych Congress® 1-DAY REGIONAL MEETINGS



Powerful, evidence-based mental health  
education to improve patient care

**Saturday, April 2, 2016**

Omni Providence Hotel  
Providence, RI

[www.psychcongress.com/psychregionals](http://www.psychcongress.com/psychregionals)



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Psych  
Congress®  
**NETWORK**

APRIL 2, 2016 – PROVIDENCE, RI

# 1-DAY Psych Congress® REGIONAL MEETINGS

BRINGING THE *U.S. PSYCHIATRIC AND MENTAL HEALTH CONGRESS* TO A CITY NEAR YOU



The Psych Congress 1-Day Regional Meeting Series is built off the reputation and first-rate education offered by the *U.S. Psychiatric and Mental Health Congress*, the nation's largest independent continuing mental health education conference. The meetings are designed for mental health and primary care clinicians looking to advance their psychopharmacology, psychotherapy and wellness knowledge in a location near their practice. The Psych Congress 1-Day Regional Meeting offers:



- Up to 6.5 CME/CE credit hours
- High-quality CME and non-CME educational offerings presented by some of the nation's top mental health researchers and educators
- Reduced rates for early and group registration
- Networking opportunities with regional colleagues



Each Psych Congress 1-Day Regional Meeting provides practical, relevant education that clinicians can apply in practice immediately upon their return to the office. Dynamic educational sessions aim to share current and emerging treatment strategies by highlighting the latest advances in psychopharmacology, and teaching attendees how to implement measurement-based care in everyday clinical practice.

Register early and save at [www.psychcongress.com/psychregionals](http://www.psychcongress.com/psychregionals)

## Psych Congress 1-Day Regional Meeting Faculty



**Eric Arauz, MLER**

President, Trauma Institute of New Jersey, LLC  
Adjunct Instructor  
UMDNJ/Robert Wood Johnson Medical School  
Department of Psychiatry  
New Brunswick, New Jersey



**Jon W. Draud, MD, MS**

Clinical Professor of Psychiatry  
University of Tennessee College of Medicine, Memphis, Tennessee  
Medical Director of Psychiatry  
Trust Point Psychiatric Hospital, Nashville, Tennessee  
Saint Thomas Rutherford Hospital, Nashville, Tennessee  
Medical Director and Principal  
Evelyn Frye Associates  
Private Practice, Adult and Adolescent Psychiatry  
Nashville, Tennessee



**Rakesh Jain, MD, MPH**

Clinical Professor  
Department of Psychiatry  
Texas Tech Health Sciences Center School of Medicine  
Midland, Texas



**Saundra Jain, MA, PsyD, LPC**

Adjunct Clinical Affiliate, University of Texas at Austin, School of Nursing  
Executive Director, Mental Aerobics Project  
Austin, Texas



**Vladimir Maletic, MD, MS**

Clinical Professor of Psychiatry and Behavioral Science  
University of South Carolina School of Medicine, Greenville, South Carolina  
Consulting Associate, Division of Child and Adolescent Psychiatry  
Department of Psychiatry  
Duke University  
Durham, North Carolina



**Charles Raison, MD**

Professor, School of Human Ecology  
Professor, Department of Psychiatry  
School of Medicine and Public Health  
University of Wisconsin, Madison  
Madison, Wisconsin

To view full faculty bios, visit [www.psychcongress.com/psychregionals/faculty](http://www.psychcongress.com/psychregionals/faculty)

# 1-DAY Psych Congress® REGIONAL MEETINGS

## Program Agenda\*

7:00 a.m. – 7:15 a.m.

Registration

7:15 a.m. – 7:30 a.m.

### Kickoff Speaker: Eric Arauz, MLER Effective Therapeutic Alliance: How to Utilize Trauma-Informed Therapeutic Tools (non-accredited)

Eric Arauz, MLER, is an international behavior health consumer advocate, trainer, and a person with the lived experience of bipolar I disorder, PTSD, addiction, and suicidality.

7:30 a.m. – 8:40 a.m.

### Innovation Theater (non-CME)\*

*Breakfast will be served.*

8:40 a.m. – 8:45 a.m.

Break

8:45 a.m. – 9:30 a.m.

### Walk on the WILD Side: In Pursuit of Mental Wellness

Learning Objectives

- Discuss the power of wellness as an effective clinical intervention
- Examine the data supporting exercise, mindfulness, sleep, social connectedness, and nutrition as effective wellness interventions
- Review a 30-day pilot study consisting of 5 wellness elements

9:30 a.m. – 10:15 a.m.

### The Emerging Role of the Immune System in Depression

Learning Objectives

- Explain how an immune-based understanding of depression provides explanations for many aspects of the disorder not addressed by other theories
- Describe pathways by which the peripheral immune system induces depressogenic changes in the central nervous system
- Describe how the immune system may provide novel treatments for major depression

10:15 a.m. – 11:00 a.m.

### Addressing Adherence Challenges Across the Life Cycle of Schizophrenia

Learning Objectives

- Review practical approaches to assess adherence to antipsychotic medication, and how the assessment can inform treatment recommendations
- Utilize strategies that focus on collaborative and respectful conversations about adherence with your patients
- Develop more effective clinical approaches to using long-acting injectable (LAI) antipsychotic formulations as an alternative to oral antipsychotics by matching performance expectations for an LAI medication with specific patient profiles
- Outline the safety, efficacy, and clinical role of currently available older and newer LAI antipsychotic formulations, and considerations for selection throughout the life cycle of the illness

11:00 a.m. – 11:10 a.m.

Break

11:10 a.m. – 11:55 a.m.

### Improving Outcomes in Major Depression: A Focus on Cognitive Symptoms

Learning Objectives

- Describe the prevalence and quality of life impact of cognitive symptoms in patients with major depressive disorder (MDD)
- Routinely utilize assessment tools to identify cognitive symptoms in patients with MDD
- Outline the receptor pharmacology of available MDD agents and the evidence-based impact on therapeutic decision-making
- Optimize outcomes in patients with MDD who are experiencing cognitive symptoms

11:55 a.m. – 12:00 p.m.

Break

12:00 p.m. – 1:10 p.m.

### Innovation Theater (non-CME)\*

*Lunch will be served.*

1:10 p.m. – 1:15 p.m.

Break

1:15 p.m. – 2:00 p.m.

### What You Need to Know About Transcranial Magnetic Stimulation for Your Patients

#### Learning Objectives

- Review the science behind transcranial magnetic stimulation (TMS)
- Assess the efficacy of TMS so that the clinician is comfortable establishing a TMS practice or referring appropriate patients
- Discuss emerging data that may extend the use of TMS beyond therapy for treatment-resistant depression

2:00 p.m. – 2:45 p.m.

### Ensuring Early Identification and Intervention for Alzheimer's Disease: Guidance for Mental Health Professionals

#### Learning Objectives

- Describe the pathophysiological processes of Alzheimer's Disease (AD) and the implications for treatment selection and timely symptom management
- Distinguish between the multiple etiologies of dementia, cognitive impairment, and depressive symptoms that often manifest as clinician presentations of AD
- Utilize guidelines criteria and validated screening tools for the early detection and diagnosis of AD and its related behavioral and psychotic symptoms
- Translate clinical data of current and emerging therapies within the AD armamentarium to the mental health management of patients with AD

2:45 p.m. – 3:30 p.m.

### How to Fix the Mix: Diagnosis and Treatment of Mixed Mood States

#### Learning Objectives

- Describe the ways of differentiating mixed mood states in the context of bipolar disorders vs. major depressive disorder (MDD)
- Discuss the risks involved in delaying the correct diagnosis and treatment
- Review appropriate treatment strategies for addressing mixed mood symptoms in the context of bipolar disorders and MDD

3:30 p.m. – 3:35 p.m.

Break

3:35 p.m. – 4:35 p.m.

### Innovation Theater (non-CME)\*

4:35 p.m. – 4:40 p.m.

Break

4:40 p.m. – 5:25 p.m.

### "Facing the Stealthy Intruder" – An Update on Generalized Anxiety Disorder

#### Learning Objectives

- Examine the adverse impact of generalized anxiety disorder (GAD) on the functioning and physical health of patients
- Review the art and science of GAD detection in a busy clinical practice
- Utilize screening tools for GAD in clinical practice and examine current nonpharmacologic and pharmacologic treatment options

5:25 p.m. – 5:55 p.m.

### Wrap-up and Panel Discussion

*\*Agenda subject to change.*



# 1-DAY Psych Congress® REGIONAL MEETINGS

## Marketing & Management Company

HMP Communications, LLC, an HMP Communications Holdings Company  
70 E. Swedesford Road, Suite 100  
Malvern, Pennsylvania 19355  
Toll Free: 800-237-7285  
Fax: 610-560-0502  
[www.hmpcommunications.com](http://www.hmpcommunications.com)

## CME/CE Accreditor

North American Center for Continuing Medical Education, LLC (NACCME), an HMP Communications Holdings Company  
104 Windsor Center Drive, Suite 200  
East Windsor, New Jersey 08520  
Phone: 609-371-1137  
Fax: 609-371-2733  
[www.naccme.com](http://www.naccme.com)

### Accreditation Information

#### Intended Learners

This activity is intended for psychiatrists, primary care physicians, psychologists, nurse practitioners, physician assistants, psychiatric nurses, and other healthcare professionals who seek to improve the care of patients with mental health disorders.

#### Learning Objectives

- Use scales, screeners, and measurement-based care to improve efficiencies and outcomes in patients with mental disorders
- Review the neurobiological basis of mental illness and how the latest scientific findings impact clinical practice
- Integrate nonpharmacologic strategies into personalized treatment regimens for patients with mental disorders
- Assess clinical data on current and emerging psychopharmacology and incorporate these agents into treatment strategies

#### Accreditation

North American Center for Continuing Medical Education, LLC (NACCME) is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

#### CME

NACCME designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### CNE

This continuing nursing education activity awards 6.5 contact hours.

Provider approved by the California Board of Registered Nursing.  
Provider #13255 for 6.5 contact hours.

#### APA

North American Center for Continuing Medical Education, LLC (NACCME) is approved by the American Psychological Association to sponsor continuing education for psychologists. NACCME maintains responsibility for this program and its content.

**Instructional level:** Advanced

#### Requirements for Credit

To be eligible for documentation of credit, participants must attend

the educational activity and complete the evaluation form. After successful completion of the evaluation form online at [www.psychcongress.com/psychregionals](http://www.psychcongress.com/psychregionals), participants may immediately print their documentation of credit. Physician assistants and nurse practitioners may participate in this educational activity and earn a certificate of completion, as AAPA and AANP accept AMA PRA Category 1 Credits™ through their reciprocity agreements. Other health care professionals treating patients with mental health disorders should check with their state licensing and certification boards to determine if Psych Congress 1-Day Regional Meetings meet their continuing education requirements.

#### Contact Information

For questions regarding this educational activity, please call 609-630-6252.

#### ADA Statement

North American Center for Continuing Medical Education complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please call 609-371-1137.

#### \*Innovation Theaters (non-CME)

These are promotional programs and no CE credits are offered. Food and beverage is provided by North American Center for Continuing Medical Education, LLC, an HMP Communications Holdings Company. Attendees pay for their meal as part of their conference registration fee. Your name badge will be scanned for admittance into Innovation Theater Presentations, which gives the presenting company access to your email address. To opt-out, please speak with a Psych Congress representative.

#### Cancellation Policy

Please note that payment for the Psych Congress 1-Day Regional Meeting series is **non-refundable**.

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PROVIDENCE REGISTRATION

SUPER SAVER \$69 (UNTIL 2/12)

EARLY BIRD \$99 (2/13-3/11)

STANDARD RATE \$119 (3/12-4/2)

To register by phone, call 609-630-6252 or fax your registration to 609-371-2733.

|                 |                |                  |        |
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| MAILING ADDRESS |                | CITY             | STATE  |
| ZIP CODE        | COUNTRY        | INSTITUTION NAME |        |
| DEPARTMENT      |                | POSITION         |        |

PROFESSIONAL CATEGORY:

☐ Psych MD ☐ Psych DO ☐ PCP MD ☐ PCP DO ☐ Psychologist ☐ Nurse Practitioner ☐ Advanced Practice Nurse

☐ Physician Assistant ☐ Registered Nurse ☐ Social Worker ☐ Therapist ☐ Pharmacist ☐ Other MD/DO

☐ Other Nurse ☐ Other Allied Professionals ☐ Fellow/Resident/Student ☐ Industry

☐ Other: \_\_\_\_\_

PRIMARY SPECIALTY:

☐ Psychiatry ☐ General Practice ☐ Family Practice ☐ Internal Medicine ☐ Neurology ☐ Psychology

☐ Other: \_\_\_\_\_

NPI/LICENSE #: \_\_\_\_\_

PRACTICE SETTING:

☐ Office-based – Solo Practice ☐ Office-based – Group Practice ☐ Hospital Staff – Private Hospital

☐ Hospital Staff – State/VA ☐ Hospital Staff – Community ☐ Hospital Staff – Other \_\_\_\_\_

☐ Teaching ☐ Research ☐ Other: \_\_\_\_\_

What is your primary subspecialty/area of clinical focus? \_\_\_\_\_

What is your secondary subspecialty? \_\_\_\_\_

How many years have you been in practice? \_\_\_\_\_

How many mental health patients do you see on a weekly basis?

☐ 10 or fewer ☐ 11 to 29 ☐ 30 to 39 ☐ 40 to 49 ☐ 50 or more

How did you find out about this Psych Congress 1-Day Regional Meeting? ☐ Direct mail ☐ Google/search engine ☐ Email promotion

☐ Print advertisement ☐ Colleague/employer ☐ Psych Congress sales rep

☐ Professional Association \_\_\_\_\_

METHOD OF PAYMENT:

☐ VISA ☐ MC ☐ AMEX ☐ DISCOVER ☐ CHECK\*

*\*Make checks payable to NACCME. All checks must be drawn on a U.S. bank in U.S. funds. Mail to 104 Windsor Center Drive, Suite 200, East Windsor, NJ 08520*

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Psych Congress®

1-DAY

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MEETINGS

104 Windsor Center Drive, Suite 200  
East Windsor, NJ 08520

**Saturday, April 2, 2016**

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1 West Exchange Street  
Providence, RI 02903

**Register online at**

[www.psychcongress.com/psychregionals](http://www.psychcongress.com/psychregionals)  
or call 609-630-6252

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