The premier educational conference on practical psychopharmacology.
Where Scientific Research is Translated into Practical Application.

Join us in San Diego for the 32nd annual Psych Congress, the premier educational conference on practical psychopharmacology. Psych Congress serves as THE forum to connect members of the entire mental health team—psychiatrists, physician assistants, nurse practitioners, psychologists, primary care physicians, and other mental health professionals—with the foremost experts in mental health to improve patient outcomes through education.

No other mental health conference offers the same breadth and level of comprehensive psychopharmacology education combined with state-of-the-art treatment approaches and emerging research findings.

Download the App

With the HMP Conferences App you can access all Psych Congress session slides and other important conference information.
2019 HIGHLIGHTS

Two Dynamic Pre-Conferences

PRACTICAL PSYCHOPHARMACOLOGY PRE-CONFERENCE: ARE YOU READY FOR THE NEXT WAVE OF TREATMENT OPTIONS?
Kick-off your Psych Congress experience with this two-part psychopharmacology pre-conference, designed to refresh your understanding of receptor pharmacology and pharmacokinetics.

PSYCH CONGRESS SUICIDE PREVENTION
In partnership with the American Foundation for Suicide Prevention, we have designed a dynamic pre-conference focused entirely on training mental health clinicians to effectively identify, manage, and treat patients at risk for suicide.

NEW Maximum Credit Package
The Maximum Credit Package is NOW designed to provide attendees the most value per credit hour by bundling:
› A Psych Congress Pre-Conference (for the first time ever!)
› Live conference learning
› Psych Congress 2019 On-Demand

76 CREDITS

Solve Your Clinical Challenges in San Diego
The “Solving Clinical Challenges” series addresses complex conundrums that are faced by Psych Congress attendees in managing their patients battling different mental health disorders. Expert faculty will address the following topics in the 2019 series:

Treatment-Resistant Depression PRESENTED BY GEORGE PAPAKOSTAS, MD
Substance Use Disorder PRESENTED BY ARWEN PODESTA, MD, ABPN, FASAM, ABHM
DEVELOPED IN COLLABORATION WITH THE NATIONAL CONFERENCE ON ADDICTION DISORDERS
Mixed Episodes in Bipolar Disorder PRESENTED BY JOSEPH GOLDBERG, MD
Generalized Anxiety Disorder PRESENTED BY MURRAY STEIN, MD

Advanced Psychopharmacology Sessions
Psych Congress offers more practical advanced psychopharmacology sessions than any other conference. Presentations designated as Advanced Psychopharmacology go “beyond the basics” to highlight the latest evidence for managing complex cases and psychiatric disorders.

Featured Session Speakers
A Congress staple, our featured sessions address controversial and emerging topics in the field of mental health and are led by true authorities such as Rick Doblin, PhD; Nassir Ghaemi, MD; Adelaide Robb, MD; Phillip Resnick, MD; Arshya Vahabzadeh, MD; and Pamela Wilble, MD.
Steering Committee

Psych Congress is partnering with nine respected minds in the field of mental health to make the 2019 conference a practical and impactful educational experience.

James CANNON
PhD, MS, PA-C, CAQ-PSY, DPAAPA
Associate Professor, A.T. Still University Mesa, Arizona; Associate Professor, Lynchburg College, Lynchburg, Virginia; Managing Partner, Assure Wellness Group; Southside Behavioral Health, Chesapeake, Virginia

James DRAUD
MD, MS
Clinical Professor of Psychiatry and Nursing, The University of Illinois at Chicago; Institute for Juvenile Research, Chicago, Illinois

Katrina JUDD
MS, PA-C, CAQ-PSY, DPAAPA
Clinical Assistant Professor, Department of Physician Assistant Studies, University of Texas Southwestern Medical Center, School of Health Professions, Physician Assistant Program, and Behavioral Medicine, Parkland Health and Hospital System, Dallas, Texas

Vladimir MALETIC
MD, MS
Clinical Professor of Psychiatry and Behavioral Science, University of South Carolina School of Medicine, Greenville, South Carolina

Andrew PENN
RN, MS, NP, APRN-BC
Associate Clinical Professor, School of Nursing, University of California, San Francisco, California

Marc A. Agronin, MD
Senior Vice President, Behavioral Health; Chief Medical Officer, MIND Institute, Miami Jewish Health, Miami, Florida

Judith S. Beck, PhD
President, Back Institute for Cognitive Behavior Therapy; Clinical Professor, University of Pennsylvania, Philadelphia, Pennsylvania

Amanda Bannett, MD, MPH
Director, Autism Treatment Network Philadelphia; Clinical Chair, Autism Integrated Care Committee, Developmental and Behavioral Pediatrics, The Children’s Hospital of Philadelphia, Philadelphia, Pennsylvania

James K. Bohmlein, MD
Professor of Psychiatry, Oregon Health and Science University, Portland, Oregon

Colleen Carney, PhD
Associate Professor, Pearson University, Toronto, Ontario, Canada

Leslie Citrome, MD, MPH
Clinical Professor of Psychiatry and Behavioral Sciences, New York Medical College, Valhalla, New York

Anita H. Clayton, MD
David C. Wilson Professor and Chair, Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, Charlottesville, Virginia

C. Edward Coffey, MD
Professor of Psychiatry & Behavioral Sciences, and Psychiatry, Baylor College of Medicine, Houston, Texas

Christoph U. Cornell, MD
Professor of Psychiatry and Molecular Medicine, The Zuck Center for MindBrain Health, Mount Sinai, New York

Mark De Santis, MS, PsyD
Clinical Professor of Psychiatry, University of San Francisco School of Medicine, San Francisco, California

Mary Sue and Mike Shannon Chair for Healthy Minds, Children & Families; Professor, Human Development and Family Studies, School of Human Ecology; Professor, Department of Psychology, School of Medicine and Public Health, University of Wisconsin-Madison, Director, Center for Clinical and Translational Research, Uosna Institute, Madison, Wisconsin

For full steering committee and faculty bios, please visit national.psychcongress.com/steeringcommittee.
We All Have Mental Health Issues: Our Inner Worlds in Public

Wednesday, October 2 4:30 PM–6:00 PM

Psych Congress invites you to join us for a raw and personal presentation as world-renowned artist and urban designer Candy Chang shares her personal experiences with grief and depression and how she has channeled her emotional struggles into her participatory public art experiments, including spaces for anonymous confessions. By exposing more of our interior world in public, she hopes that attention to mental health becomes less stigmatized.

Cocktail and hors d’oeuvres reception precedes Ms. Chang’s address.

Complimentary with registration.
PRE-CONFERENCES

CHOOSE FROM TWO PRE-CONFERENCES

WEDNESDAY, OCTOBER 2
7:00 AM-4:30 PM | Credits: 6.0 | $199
Please visit national.psychcongress.com/pre-conferences for additional information
Additional fees apply. Limited seating. Pre-registration is required to attend a pre-conference.

Practical Psychopharmacology:
Are You Ready for the Next Wave of Treatment Options?
Kick-off your Psych Congress experience with this two-part psychopharmacology pre-conference, designed to refresh your understanding of receptor pharmacology and pharmacokinetics before giving you a preview into two neurotransmitters that are poised to rock the world of psychiatry in the near future: GABA and glutamate. You will leave this pre-conference energized and ready to take on the next 4 days of continued psychopharmacology education, one step ahead of your peers. Topics to be covered include:

- Receptor Pharmacology Update
- Pharmacokinetics Concepts
- Exploring the World of Micro/Macro Neuroanatomy and Its Clinical Implications
- A Clinical Update on GABA
- Exploring the Science and Clinical Applications of Glutamate

Suicide Prevention
In partnership with the American Foundation for Suicide Prevention, we have designed a dynamic pre-conference focused entirely on training mental health clinicians to effectively identify, manage, and treat patients at risk for suicide. Training modules include safety planning, risk assessment, psychopharmacology, and psychotherapy. Topics to be covered include:

- Skills Development and Risk Assessment
- Safety Planning and Means Restriction
- VA Patients With Comorbid PTSD/SUD
- Training: CAMS and CBT
- Psychopharmacology

Also, uncover the latest information, data, and research findings with disease-state or product-specific presentations in two Innovation Theater sessions where breakfast and lunch will be provided. Innovation Theater presentations are not intended or eligible for CME/CE credit.

THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION
Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death.

Scientific Program
The 2019 Psych Congress scientific program covers a broad spectrum of topics and formats, providing close to 50 sessions, each designated by track to assist in selecting sessions that best match your educational needs.
THURSDAY, OCTOBER 3

7:00 AM–8:45 AM

WELCOME SESSION WITH BREAKFAST
Join us as we kick off the 32nd Annual Psych Congress with a welcome address. BREAKFAST SERVED BETWEEN 7:00 AM AND 7:30 AM

FUTURE PSYCHIATRY: A TECHNOLOGICAL AND NEUROSCIENTIFIC CONVERGENCE
What will psychiatry look like a decade from now? Will apps replace our appointments? In the coming years, a convergence of technology and science will radically transform how we assess and treat our patients. The promise and pitfalls of digital tools such as smartphone apps, virtual reality, digital phenotyping, and artificial intelligence must be understood. Business-led development of new mental health technologies may begin to impact clinical practice, research, and patient expectations. Join us as we kick-off Psych Congress 2019 with this engaging session presented by technology expert and psychiatrist, Dr. Arshya Vahabzadeh.

SPEAKER(S): ARSHYA VAHABZADEH, MD

WHAT YOU NEED TO KNOW ABOUT BUPRENORPHINE TREATMENT FOR OPIOID USE DISORDER
The Drug Addiction Treatment Act of 2000 enables clinicians to qualify to treat opioid dependency with buprenorphine products if they meet certain requirements and complete the necessary training. The use of medication-assisted treatment (MAT), such as buprenorphine, has proven to be an effective intervention, substantially reducing mortality and increasing retention in treatment. In this session, expert faculty will review what you need to know about buprenorphine training in order to help you determine whether or not it is something you want to explore.

TRACKS: SUBSTANCE ABUSE; ADDICTION; AND DETERRENCE; PSYCHOPHARMACOLOGY

9:00 AM–10:15 AM

TOP 5 COMPLEX PATIENTS WITH OCD
This session will review the clinical presentation and treatment of OCD and how that presentation is often more difficult in reality than in textbooks. Five complex patients with OCD, including those with difficult-to-treat comorbidities and those who have been refractory to first- and second-line treatments, will be discussed.

SPEAKER: JON GRANT, MD

TRACKS: OBSESSIVE-COMPULSIVE AND RELATED DISORDERS; PSYCHOPHARMACOLOGY; PSYCHOTHERAPY

GOOD PSYCHIATRIC MANAGEMENT (GPM): A “GOOD ENOUGH” APPROACH TO TREATING BORDERLINE PERSONALITY DISORDER
Good psychiatric management (GPM) is a pragmatic and easy to implement approach to the management and treatment of patients with borderline personality disorder (BPD). It is flexible enough to be adapted to a number of clinical environments and does not require the same level of intensive resources and training required by other evidence-based treatments for BPD. This session aims to provide an overview of the GPM model to boost clinical practice and set a “good enough” standard of care that all psychiatrist can quickly and easily implement into their current practice.

SPEAKER: JAMES A. JENKINS, MD

TRACKS: PERSONALITY DISORDERS; PSYCHOTHERAPY

WHO YOU NEED TO KNOW ABOUT BUPRENORPHINE TREATMENT FOR OPIOID USE DISORDER

10:30 AM–11:45 AM

BEHAVIORAL AND PHARMACOLOGIC APPROACHES TO AGITATION AND DEMENTIA ASSOCIATED WITH MAJOR NEUROCOGNITIVE DISORDERS
This session will describe the various manifestations of agitation and psychosis that are commonly associated with Alzheimer’s disease and other forms of major neurocognitive disorders, and review how best to assess their causes. Dr. Agronin will discuss the benefits and challenges of treatments that include both behavioral and pharmacologic approaches.

SPEAKER: MARC E. AGRONIN, MD

TRACKS: DEMENTIA AND COGNITIVE DISORDERS; GERIATRIC PSYCHIATRY; PSYCHOPHARMACOLOGY

12:00 PM–2:00 PM

INDUSTRY-SUPPORTED SYMPOSIA
LUNCH WILL BE SERVED. SEATING IS LIMITED.

TD360: PRACTICAL STRATEGIES FOR PATIENT FOLLOW-UP AND LONG-TERM VMTA2 INHIBITOR TREATMENT
An estimated 20% of patients taking an antipsychotic medication will develop the iatrogenic disorder tardive dyskinesia (TD), marked by abnormal involuntary movements and imposing a substantial negative impact on patient quality of life and clinical outcomes. In 2017, the first pharmacotherapies for the treatment of TD—the vesicular monoamine transporter 2 (VMAT2) inhibitors valbenazine and deutetrabenazine—were approved, rendering routine diagnosis and monitoring of TD more essential than ever in order to support timely and effective treatment with these agents. But what do you do once you initiate treatment for TD? In this session, expert faculty will lay out comprehensive follow-up plans that incorporate individualized monitoring and dose adjustment recommendations and strategies to overcome common challenges encountered over the course of care, so you achieve optimal treatment outcomes with your patients.

SPEAKER(S): RAKESH JAIN, MD, MPH

TRACKS: PSYCHOPHARMACOLOGY; PSYCHOTIC DISORDERS

MAXIMIZE YOUR PSYCH CONGRESS EDUCATION!
The NEW Maximum Credit Package is designed to provide attendees the most value per credit hour by bundling live conference learning with a Psych Congress Pre-Conference and Psych Congress On-Demand 2019. Take advantage of this registration package and earn up to 76 CME/CE credit hours.*

TOTAL NUMBER OF CREDITS SUBJECT TO CHANGE.

*Earliest start and latest end dates vary. Registration deadline is October 1, 2019.

BORDERPOLAR: DIAGNOSIS AND TREATMENT OF PATIENTS WITH BIPOLAR DISORDER AND BORDERLINE PERSONALITY DISORDER
The distinction between borderline personality disorder (BPD) and bipolar disorder is important because they suggest different treatment emphases. This session will discuss the importance of recognizing both bipolar disorder and BPD in patients who have both disorders (i.e., borderpolar) and to review the literature on the treatment of patients with both disorders. Dr. Zimmerman will also review studies of the diagnostic concordance between bipolar disorder and BPD, studies comparing patients with borderpolar and BPD (without bipolar disorder), and studies comparing patients with borderpolar and bipolar (without BPD) on demographic, clinical, family history, and biological variables.

SPEAKER: MARK ZIMMERMAN, MD

TRACK: MOOD DISORDERS
2:15 PM–3:30 PM

WHEN DOES A DIFFERENCE MAKE A DIFFERENCE? EVERYTHING YOU NEED TO KNOW ABOUT EFFECT SIZES, BUT WERE AFRAID TO ASK

Clinicians often assume that if a P-value is below 0.05 then the result must be important. Moreover, there is often the false belief that a P-value of less than 0.0001 denotes an even more impressive difference. Dr. Citrome will discuss how simple to calculate measures of effect size such as number needed to treat (NNT) and number needed to harm (NNH) can help clinicians place study outcomes in a more relevant clinical context.

Speaker: Leslie Citrome, MD, MPH
Tracks: Psychopharmacology

TOP 5 ISSUES CLINICIANS SHOULD KNOW ABOUT KETAMINE THERAPY

This session will update clinicians on the latest evidence for the use of ketamine and esketamine (the 5-isomer of ketamine) for treatment-resistant mood disorders. This session will include a discussion of ketamine’s pharmacology, hypothesized mechanisms of action, routes of administration, and risks and benefits.

Speaker: Sanjay J. Mathew, MD
Tracks: Psychopharmacology, Mood Disorders

Solving Clinical Challenges

GENERALIZED ANXIETY DISORDER

Solving Clinical Challenges addresses complex conundrums that are faced by Psych Congress attendees in managing their patients with generalized anxiety disorder. Dr. Stein will discuss and respond to real cases and real issues from attendees who were surveyed prior to the conference. Challenges that may be covered include: 1) diagnostic nosology, accurate diagnosis, and screening; 2) pharmacologic treatments; 3) side effect management; and 4) non-pharmacologic treatments.

Speaker: Murray B. Stein, MD, MPH
Tracks: Psychopharmacology, Anxiety Disorders, Psychotherapy

3:45 PM–5:00 PM

THE THERAPEUTIC RELATIONSHIP IN COGNITIVE BEHAVIOR THERAPY

Clinicians generally know about the importance of using good counselling skills with patients, but often have difficulty preventing or dealing effectively with ruptures in the relationship, which can lead to early drop-out from treatment. This session will help clinicians establish and maintain strong therapeutic relationships with their patients and effectively deal with problems that can arise in the therapeutic alliance.

Speaker: Judith S. Beck, PhD
Tracks: Psychotherapy, Anxiety Disorders

5:15 PM–6:15 PM

FEATURED SESSION

MDMA-ASSISTED PSYCHOTHERAPY FOR PTSD: TO PHASE 3 AND BEYOND

Based on data from studies with MDMA, the US Food and Drug Administration has designated MDMA-assisted psychotherapy for PTSD as a Breakthrough Therapy. This session will explore the FDA drug development process for MDMA-assisted psychotherapy for PTSD, including mechanism of action, the results of Phase 2 clinical trials, the design and conduct of Phase 3 studies seeking approval for prescription use, Expanded Access/Compassionate use, potential post-approval regulations requiring trained therapists operating in treatment clinics, settings, and cost-effectiveness measures to obtain insurance coverage.

Speaker: Rick Doblin, PhD
Tracks: Psychopharmacology, Psychotherapy, PTSD, Trauma, and Abuse

6:30 PM–8:30 PM

OPENING NIGHT RECEPTION IN THE EXHIBIT HALL

FRIDAY, OCTOBER 4

7:00 AM–9:00 AM

INDUSTRY-SUPPORTED SYMPOSIA

Breakfast will be served. Seating is limited.

9:15 AM–10:30 AM

THE NEW CLINICAL SCIENCE OF ECT

The general mental health professional may not be familiar with the recent advances in the clinical science of electroconvulsive therapy (ECT), some of which are quite technical. This session will inform the participant of recent advances in the clinical science of ECT in order to facilitate the safe and effective use of this important treatment.

Speaker: C. Edward Coffey, MD
Track: Neuromodulation

PERINATAL PSYCHOPHARMACOLOGY

Decisions about the treatment of pregnant and post-partum women with psychotropics are challenging, as human pregnancy and lactation data are often lacking or incomplete. The challenges and implications of a refined risk-benefit approach to the treatment of psychiatric disorders during pregnancy and post-partum will be discussed.

Speaker: Marlene F. Freeman, MD
Tracks: Women’s Mental Health, Psychopharmacology, Mood Disorders

CONFUSED ABOUT CANNABIDIOL (CBD)? A SCIENTIFIC AND RATIONAL EXAMINATION OF ITS RISKS AND BENEFITS IN PSYCHIATRY

Clinicians are increasingly encountering patients using cannabis to treat their own symptoms, using cannabis to treat their own symptoms, leaving many clinicians unsure how to proceed. The non-intoxicating cannabinoid cannabidiol (CBD) has received considerable acclaim in the popular press and among patients. This session will critically examine the evidence for the claims of anxiolytic, antidepressant, and antipsychotic benefits of CBD; explore what still needs to be studied and provide pragmatic advice for clinicians who are working with patients who are already using CBD.

Speaker: Andrew Penn, MS, NP
Track: Psychopharmacology
As a young psychiatrist, this conference was a perfect bridge between academic and the real world. Attending Psych Congress annually is sure to keep my skills and knowledge base at the forefront of psychiatry for years to come.

Aleema Zakers, MD
ATLANTA, GA
Psych Congress 2019 features a dynamic Exhibit Hall including more than 100 companies. Research and advances in mental health are increasingly changing the way patients are treated, and healthcare clinicians are under increasing pressure to improve patient outcomes.

On the exhibit hall floor, you will find the latest offerings from academic book publishers, meet with pharmaceutical companies, check out innovation showcases to further enhance your knowledge and confidence through disease-state or product-specific discussions, speak with employee recruiters, and receive valuable giveaways.
4:45 PM–5:45 PM

FEATURED SESSION

THE GREAT DEBATE IN CONTEMPORARY PSYCHIATRY: IS BIPOLAR DISORDER UNDER-DIAGNOSED OR OVER-DIAGNOSED?

This debate features internationally recognized clinicians, researchers, and experts in the field of bipolar disorders. Drs. Robb and Ghaemi will debate on the issue of whether bipolar disorder is under-diagnosed or over-diagnosed in the United States. Attendees will have the opportunity to vote on the winning argument.

SPEAKERS: ADELAIDE S. ROBB, MD; NASSIR GAHEMI, MPH

TRACKS: MOOD DISORDERS; ASSESSMENT AND ADHERENCE

As a Psych Congress attendee, you are encouraged to take in the Poster Pavilion to review relevant, cutting-edge research, keep up-to-date on innovative projects and programs, and learn from your colleagues in this peer-to-peer educational format.

Presentations are featured throughout the exhibit hall on both days, so visit daily for insightful discourse with the presenters.

Poster presentations are not intended or eligible for CME/CE credit.

6:00 PM–7:30 PM

• EXHIBIT HALL RECEPTION
• POSTER GALA

6:00 PM–6:30 PM & 7:00 PM–7:30 PM

INNOVATION SHOWCASE IN THE EXHIBIT HALL

Innovation Showcase presentations (non-CME) are intimate, 30-minute, informational sessions designed to complement your educational experience by further enhancing knowledge and confidence through disease-state and/or product-specific discussions.

7:45 PM–9:00 PM

INNOVATION THEATER

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives and assess the value to your patient care. Seating is limited and available on a first-come, first-served basis. Innovation Theater presentations are not intended or eligible for CME/CE credit.

7:00 AM–9:00 AM

SUNRISE BREAKFAST: PHARMACOLOGY AND PSYCHOPHARMACOLOGY OVERVIEW

9:15 AM–10:30 AM

ADOLESCENTS

• TRACKS: MOOD DISORDERS; ANXIETY DISORDERS; SUBSTANCE ABUSE, ADDICTION, AND DETERRENCE

10:45 AM–12:00 PM

ALL GROWN UP: AUTISM SPECTRUM DISORDERS IN ADULTS

• TRACKS: AUTISM SPECTRUM/DEVELOPMENTAL DISORDERS

10:45 AM–12:00 PM

WORLDS COLLIDE

CHRONIC PAIN AND SUD: WHEN WORLDS COLLIDE

The poor accessibility of access to both comprehensive integrative care for chronic pain and mental illness often results in patients who have relied on opioids for symptom relief but may be at increased risk of adverse outcomes related to aberrant behaviors related to controlled substances. The mindful clinician must balance the therapeutic imperative with the patient’s comorbid condition(s), keeping in mind the reality of available clinical resources. This session will explore protocols that offer clear-cut pathways for rational care in complex cases.

SPEAKER: W. CLAY JACKSON, MD, DIPTH

TRACKS: PSYCHOPHARMACOLOGY; SUBSTANCE ABUSE, ADDICTION, AND DETERRENCE

WHAT'S NEW IN ADHD? FOCUS ON NEW MEDICATIONS

ADHD continues to be the most prominent neurobehavioral disorder presenting for treatment in childhood, with an increase in the presentation for treatment of adults with ADHD. A large influx of new stimulant preparations has confused practitioners as to the similarities, differences, and best-served patient populations for the various preparations.

This session will provide timely empirically based and clinically relevant updates on the use of new medications (and combinations) in the treatment of ADHD across the lifespan.

SPEAKER: TIMOTHY WILENS, MD

TRACKS: ADHD; PSYCHOPHARMACOLOGY

PSYLOCYBIN-ASSISTED PSYCHOTHERAPY FOR PSYCHIATRIC ILLNESS: RESEARCH UPDATE

Psychedelic compounds, while still highly regulated, are showing highly promising results in modern clinical trials. There are currently efforts to obtain pivotal efficacy data on these compounds in order to justify their rescheduling by the FDA. This session will provide an overview of the field of psilocybin-assisted psychotherapy for psychiatric illness, including discussions of published and unpublished data from modern clinical trials for depression, anxiety, and substance use disorders. We will also provide an update on our open-label trial of psilocybin-assisted group therapy for demoralization in long-term AIDS survivors.

SPEAKER: JOHN WOOLEY, MD, PHD

TRACKS: PSYCHOPHARMACOLOGY; PSYCHOTHERAPY; MOOD DISORDERS; ANXIETY DISORDERS; SUBSTANCE ABUSE, ADDICTION, AND DETERRENCE

10:45 AM–12:00 PM

WORLDS COLLIDE

CUTTING-EDGE THERAPEUTIC APPROACHES TO PSYCHOTHERAPY: INNOVATION SHOWCASE IN THE EXHIBIT HALL

7:00 AM–9:00 AM

SUNRISE BREAKFAST: PHARMACOLOGY AND PSYCHOPHARMACOLOGY OVERVIEW

9:15 AM–10:30 AM

Controversies and opportunities

While highly publicized in popular media, mental health professionals in practice today have little contact and experience with a unique and underserved patient population. This session will include participants to current controversies surrounding psychosocial and medical treatments of transgender minors. Dr. Drescher will also discuss the clinical distinctions between DSM-5 gender dysphoria and non-pathological cases of gender variance in children and adolescents, and how to make appropriate referrals.

SPEAKER: JACK DRECHER, MD

TRACKS: CHILD AND ADOLESCENT PSYCHIATRY; ETHICS; ASSESSMENT AND ADHERENCE

10:45 AM–12:00 PM

ALL GROWN UP: AUTISM SPECTRUM DISORDERS IN ADULTS

Controversies and opportunities

Autism spectrum disorders (ASD) are diagnosed at a rate of 1 in 57 children (1.7%), and symptoms of ASD persist throughout the lifespan. This session will discuss the medical, behavioral, educational, and functional needs of transition-aged youth and young adults with ASD. Evidence-based interventions will be reviewed as well as promising new interventions being currently explored.

SPEAKER: AMANDA BENNETT, MD, MPH

TRACK: AUTISM SPECTRUM/DEVELOPMENTAL DISORDERS

7:00 AM–9:00 AM

Industry-Supported Symposia

Breakfast will be served. Seating is limited.

9:15 AM–10:30 AM

Controversies in the Treatment of Transgender Children and Adolescents

9:00 AM–10:00 AM

Poster Gala

Poster presentations are not intended or eligible for CME/CE credit.

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2:45 PM–4:00 PM

WHAT TO DO WHEN AN ANTIDEPRESSANT IS EFFECTIVE, BUT YOUR PATIENT HAS SEXUAL DYSFUNCTION

The most commonly used antidepressants are associated with treatment-emergent sexual dysfunction (TESD). Dr. Clayton will discuss factors contributing to sexual dysfunction with major depression and antidepressant treatment and the impact of sexual dysfunction on adherence and quality of life. This session will also review mitigation strategies of management of modifiable factors, switching antidepressants, or using antidepressant agents. 

Speaker: Anita H. Clayton, MD

Tracks: Mood Disorders: Assessment and Adherence; Psychopharmacology

COMPLEX PATIENTS IN INSOMNIA: TOP 5 DOS AND DON'TS WHEN A PATIENT FAILS FIRST-LINE INSOMNIA THERAPY

Despite the presence of evidence-based guidelines for the treatment of insomnia disorder, managing sleep complaints is often a clinical challenge. The diversity of therapeutic approaches, heterogeneity of patient populations, and evolving pharmacopoeia necessitate ongoing educational programming on sleep disorders. This session will highlight practical advice on the management of complex insomnia cases.

Speaker: David N. Neubauer, MD

Track: Sleep Disorders

FADED LOVE: A CRITICAL LOOK AT THE STRENGTHS AND WEAKNESSES OF ANTIDEPRESSANTS FOR THE TREATMENT OF MAJOR DEPRESSION

Everyone who attends this session has spent his or her professional life in the age of standard antidepressants. Initially seen as miracle drugs, the passing years have—many subsequent studies—revealed not just their strengths, but their many weaknesses. This session will synthesize all that is known about these agents regarding several key issues, including: 1) how well they work; 2) optimal strategies following an initial antidepressant failure; and 3) the benefits and dangers of chronic antidepressant use. Clinicians attending this session will leave with a clear grasp of how to best use antidepressant agents while being wary of their pitfalls.

Speaker: Charles Raivon, MD

Tracks: Psychopharmacology; Mood Disorders

NOVEL APPROACHES TO IMPROVING MEDICATION FOLLOW-THROUGH AND OUTCOMES

Despite multiple advances in medication treatments for behavioral health conditions, outcomes continue to be poor for many given that on average only 50% of prescribed medication is actually taken. This session will provide information on the latest technologies to improve medication adherence and follow-through. Drs. Velligan and Sajatovic will outline problems with poor adherence, describe the latest technologies and how they can be applied in real-world settings, and identify caveats in the use of the new technologies.

Speakers: Martha Sajatovic, MD; Dawn J. Velligan, PhD

Tracks: Assessment and Adherence; Mood Disorders; Psychotic Disorders

SOLVING CLINICAL CHALLENGES

Solving Clinical Challenges addresses complex conundrums that are faced by Psych Congress attendees in managing their patients with substance use disorders. Dr. Podesta will discuss and respond to real cases and real issues from attendees who were surveyed prior to the conference. Challenges that may be covered include: 1) diagnostic nosology, accurate diagnosis, and screening; 2) pharmacologic treatments; 3) side effect management; and 4) non-pharmacologic treatments.

Speaker: Arwen Podesta, MD, ARNP, FASAM, ABHM

Tracks: Psychopharmacology; Substance Abuse, Addiction, and Deterrence; Psychotherapy

INNOVATION THEATERS

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives and assess the value to your patient care. Seating is limited and available on a first-come, first-served basis. Innovation Theater presentations are not intended or eligible for CME/CE credit.

Track: Forensic Psychiatry; Child and Adolescent Psychiatry; Assessment and Adherence

Non-CME. Dinner will be served. Seating is limited.
In support of improving patient care, North American Center for Continuing Medical Education (NACCME) is jointly 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 healthcare team members.

CME Physicians
NACCME has designated this live activity for a maximum of 25.25 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Physician Assistants
NACCME has been authorized by the American Academy of Physician Assistants (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA-CME Criteria. This activity is designated for 25.25 AAPA Category 1 credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CME
This continuing nursing education activity awards 27.25 contact hours. Provider approved by the California Board of Registered Nursing, Provider Number CEP 13850, for 27.25 contact hours.

Psychologists
As a jointly accredited organization, 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. Variable credit for partial attendance may not be awarded. Full attendance is required for all CE activities.

Instructional Level: Advanced
This activity will award 27.25 continuing education credits.

Social Work (ASWB-ACE)
NACCME is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual social workers, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual social worker may be accepted for continuing education credit. NACCME maintains responsibility for this course. Social workers completing this course receive 27.25 Advanced Continuing Education credits.

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, participants may immediately print their documentation of credit.

Healthcare professionals should check with their state licensing and certification boards to determine if Psych Congress meets their continuing education requirements.

*Accreditation information pertains only to the main conference; accreditation information for the pre-conference program and Psych Congress On-Demand will be provided separately. Attendees should claim credit for time spent at the pre-conference program and Psych Congress On-Demand. Total credit hours are subject to change.

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 609.571.1127.

Contact Information
For questions regarding this educational activity, please call 800.205.8233.

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