



HARVARD
MEDICAL SCHOOL



Beth Israel Deaconess
Medical Center

PSYCHOPHARMACOLOGY, 2019: A MASTER CLASS

Offered by

Beth Israel Deaconess Medical Center
Department of Psychiatry

Friday and Saturday • March 29–30, 2019

The Fairmont Copley Plaza Hotel, Boston, MA



COURSE DIRECTORS

Carl Salzman, MD and Lawrence E. Lifson, MD

FACULTY

Ross Baldessarini, MD, DSc (hon)
Barbara Coffey, MD, MS
Donald Goff, MD
Charles Nemeroff, MD, PhD
John Ratey, MD
Carl Salzman, MD
Alan Schatzberg, MD
David Sheehan, MD, MBA
Stephen Stahl, MD, PhD, DSc (hon)
Roger Weiss, MD
John W. Winkelman, MD, PhD
Kimberly Yonkers, MD

**REGISTER EARLY,
THIS COURSE HAS
SOLD OUT EACH
YEAR THAT IT HAS
BEEN GIVEN!**

- World renowned faculty
- Evidence based treatments
- Current and emerging treatments for schizophrenia and bipolar disorder
- Effective use of antidepressants
- Treatment resistant depression
- ADHD
- Psychopharmacologic treatment of anxiety spectrum and sleep disorders
- Management of Treatment Resistant PTSD
- Child, adolescent, and geriatric psychopharmacology
- Psychopharmacology of alcohol and substance abuse disorders
- Psychopharmacologic treatment of women's mental health issues
- Psychopharmacological treatment of ADD and Eating Disorders
- Psychopharmacologic treatment of Borderline Personality Disorder

This program has no industry support.

PLANNING COMMITTEE

Carl Salzman, MD, Lawrence E. Lifson, MD,
Melissa Saxon, BSN, RN, MA, & Daniel Brown, PhD

TARGET AUDIENCE

Experienced clinicians in the field of psychopharmacology drawn from the following disciplines: psychiatry, medicine, nursing, nurse practitioners, and psychology.

ABMS/ACGME COMPETENCIES

This course is designed to meet the following American Board of Medical Specialties (ABMS)/ Accreditation Council for Graduate Medical Education (ACGME) competencies:

- Practice-based Learning and Improvement
- Medical knowledge
- Interpersonal and Communications Skills

ACCREDITATION

Physicians: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 13.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eacme.eu.

Risk Management Credits: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1.25 credits of Risk Management Study. This includes 1.25 credits in Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming these credits.

Psychologists: The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is approved by the American Psychological Association to offer continuing education for psychologists. The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School maintains responsibility for the program. This program offers 13.5 CE hours.

Nurses: This continuing nursing education activity was approved by the American Nurses Association Massachusetts (ANA MASS), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Please call 617-754-1265 or e-mail jflynn2@bidmc.harvard.edu for more information about your credit hours.

ONLINE INFORMATION

To register or view activity information online, visit: <http://www.hms-cme.net/734280-1902/psychopharmacology.html>.

REGISTRATION INFORMATION

Tuition Fee: Physicians and other Doctoral Level Registrants: \$875. Nurses, Master Level Professional, Fellows, Residents and others: \$675. *All fees shown in USD. Add processing fee (non-refundable) \$10. Registration by credit card (VISA, MasterCard or American Express) or check can be made through Harvard Medical School's secure online registration system at <http://www.hms-cme.net/734280-1902/psychopharmacology.html>. Registration by check (draft on a United States bank), please make payable to Harvard Medical School. Learners who choose to pay by check will be prompted to download an online form to send in with a payment. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration, you will receive an email confirmation. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation and certificate. All course participants receive a link to a website where they can download all of the course materials. You can purchase a printed copy of these materials at the time of online registration for \$50. Please note that we will not have hard copies of the syllabus available for purchase at the course.

INQUIRIES

By phone 617-384-8600, Monday-Friday, 9 AM to 5 PM (EST) or by email at: ceprograms@hms.harvard.edu. For Further Information visit: www.cme.hms.harvard.edu or contact 617-754-1265 or email llifson@bidmc.harvard.edu

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

REFUND POLICY

Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

COURSE LOCATION

The Conference will be at the Fairmont Copley Plaza, 138 St. James Ave, Boston, MA. (Telephone: 617-267-5300)

ACCOMMODATIONS/TRAVEL

Hotel rooms in Boston are limited. You are urged to make your reservations early. A limited number of rooms have been reserved at the Fairmont Copley Plaza in Boston, MA for the sessions. Call 617-267-5300 or 800-441-1414 or <https://book.passkey.com/go/psychopharmacology2019> for reservations before **March 5, 2019** for the discounted group rate. Please specify that you are with the **Harvard Medical School Psychopharmacology course 2019**. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration.

COURSE DESCRIPTION

This unique two-day conference is designed for the experienced clinician. The objectives of this conference are to provide, in a lecture and question and answer format, a review of the mechanisms of psychiatric disorders as well as the clinical applications of psychotropic drug treatments. Presentations will focus on the typical psychiatric patient who presents for treatment with particular emphasis on difficult-to-treat patients. Course participants will be expected to have had clinical experience, familiarity with the neurobiological and genetic contributions to psychiatric illnesses as well as an understanding of the basic therapeutic mechanisms of psychotropic medications. There will be considerable opportunity for interaction with the presenters.

This conference will focus on the following topics: An updated review of neurobiology and brain function will be presented, taking the attendee through neurotransmission sequence from the central role of neurotransmitter circuits, transmitters and receptors, synaptic function and gene transcription. The interaction between genes and the environment will be emphasized. The drug treatment of schizophrenia and bipolar disorder will be presented with a focus on prodromal symptoms and first episode patients. New antipsychotic medications, and treatment augmentation will be reviewed along with potential new uses for mood stabilizers. The neurobiologic mechanisms of depression with a discussion of both the genetic and epigenetic contribution will be highlighted. Modern use of antidepressants will be based on the latest research and clinical findings. Special consideration will be given to ketamine, ECT, TMS and augmentation strategies in treatment resistant depression. Treatment of Bipolar Depression will be emphasized. There will also be a presentation and focus on the diagnosis and treatment of adult attention deficit disorder with an emphasis on the use of stimulants in their treatment of adults with this disorder as well as the use of stimulants in the treatment of eating disorders and enhancement of antidepressant treatment.

The neurobiological mechanisms of stress as well as anxiety and anxiety-spectrum disorders and their pharmacological treatment will be presented, including panic disorder, social anxiety disorder, and generalized anxiety disorder. An entire lecture will be devoted to the management of treatment resistant PTSD. New concepts and treatments of obsessive compulsive disorder will be included along with the pharmacologic treatment of the Borderline Personality Disorder. The importance of the evaluation and psychopharmacological treatment of women's mental health issues will be addressed with particular emphasis on PMS, perinatal, and postpartum disorders with new information regarding the impact of maternal moods on the developing fetal brain. The conference will also include a review of the role of psychopharmacology in the treatment of sleep disorders. Advances in the neurobiology and treatment of alcohol and substance use disorders will also be highlighted. The latest advances in child, adolescent and geriatric psychopharmacology will be emphasized. Throughout the conference the establishment and importance of the therapeutic alliance when prescribing all psychotropic medications will be underscored, as will the potential hazards/benefits of polypharmacy drug interactions.

LEARNING OBJECTIVES

Upon completion of this course, participants will be able to:

- Evaluate the effects of neurotransmitters and genes on psychotropic drug treatment;
- Describe the pharmacologic treatment of schizophrenia with particular reference to the prodromal period and first episode;
- Outline the emerging theories and treatments of bipolar disorder, depression, treatment resistant depression, bipolar depression, stress and anxiety disorder;
- Demonstrate when to utilize ECT and TMS for the treatment of depression;
- Identify the benefits and risks of ketamine;
- Identify effective pharmacologic treatment for patients with difficult-to-treat OCD and/or Borderline Personality Disorder;
- Manage patients with treatment-resistant PTSD;
- Discuss the role of psychotropic medications in women's mental health with an emphasis on PMS, pregnancy, nursing, and the postpartum period;
- Evaluate the appropriate use of medications in the treatment of sleep disorders;
- Review the appropriate use of stimulants in the treatment of attention and ADHD disorders as well as their use as an adjunct to antidepressant treatment and in the treatment of anorexia;
- Assess the role of psychopharmacology in the treatment of substance use disorders with particular emphasis on alcohol, opiates, and cannabis;
- Describe the latest advances and problems associated with treatment approaches in the child, adolescent and geriatric populations;
- Review standard psychopharmacologic treatments that have now been proven to be ineffective;
- Use "tricks of the trade" in treatment of treatment-resistant psychiatric disorders.

COURSE SCHEDULE

Friday, March 29, 2019

7:45 – 8:15 am	Registration
8:15 – 8:30 am	Welcome Remarks <i>Carl Salzman, MD</i>
8:30 – 9:15 am	Neurobiology for the Practicing Clinician <i>Carl Salzman, MD</i>
9:15 – 10:00 am	Psychopharmacological Treatment of the Difficult to Treat Patients with OCD and Borderline Personality Disorder <i>Stephen Stahl, MD, PhD, DSc (hon)</i>
10:00 – 10:30 am	Coffee Break
10:30 – 11:15 am	Current Pharmacological Strategies for the Treatment of Sleep Disorders <i>John W. Winkelman, MD, PhD</i>
11:15 am – 12:00 pm	New and Current Psychopharmacological Treatment of Schizophrenia: Prodrome, First Episode, Relapse <i>Donald Goff, MD</i>
12:00 – 12:45 pm	Panel Discussion <i>Carl Salzman, MD, John W. Winkelman, MD, PhD, Stephen Stahl, MD, PhD, DSc (hon), Donald Goff, MD</i>
12:45 – 2:00 pm	Lunch (on your own)
2:00 – 2:45 pm	Effective Treatment of Bipolar Mania and Bipolar Depression <i>Ross Baldessarni, MD, DSc (hon)</i>
2:45 – 3:30 pm	Use of Stimulants in the Treatment of Adult ADD, Eating Disorders, and the Augmentation of Antidepressant Treatment <i>John Ratey, MD</i>
3:30 – 3:45 pm	Coffee Break
3:45 – 4:30 pm	Newest “Tricks of the Trade”: What To Do When Nothing Works For the Treatment of Resistant Psychiatric Disorders <i>Stephen Stahl, MD, PhD, DSc (hon)</i>
4:30 – 5:15 pm	Panel Discussion <i>Ross Baldessarni, MD, DSc (hon), John Ratey, MD, Stephen Stahl, MD, PhD, DSc (hon)</i>

Saturday, March 30, 2019

8:30 – 9:15 am	Management of Treatment Resistant PTSD <i>Charles Nemeroff, MD, PhD</i>
9:15 – 10:00 am	The Risks and Benefits of Benzodiazepines in Clinical Practice <i>David Sheehan, MD, MBA</i>
10:00 – 10:30 am	Coffee Break
10:30 – 11:15 am	Advances in Treatment Resistant Depression: Pharmaceuticals, Augmentation Strategies, Ketamine, ECT, TMS, and Newer Technologies <i>Alan Schatzberg, MD</i>
11:15 am – 12:00 pm	Child and Adolescent Psychopharmacology <i>Barbara Coffey, MD, MS</i>
12:00 – 12:45 pm	Panel Discussion <i>Charles Nemeroff, MD, PhD, David Sheehan, MD, Barbara Coffey, MD, MS, Alan Schatzberg, MD</i>
12:45 – 2:00 pm	Lunch
2:00 – 2:45 pm	Safe and Rational Pharmacological Treatment of Opioids, Alcohol and other Substance Use Disorders <i>Roger Weiss, MD</i>
2:45– 3:15 pm	Safe and Effective Medications for DSM 5 Disorders in Women Across the Life Cycle <i>Kimberly Yonkers, MD</i>
3:15– 3:30 pm	Coffee Break
3:30 – 4:15 pm	Geriatric Psychopharmacology: Clinical and Research Update <i>Carl Salzman, MD</i>
4:15 – 5:00 pm	Panel Discussion <i>Roger Weiss, MD, Kimberly Yonkers, MD, Carl Salzman, MD</i>
5:15 pm	Adjourn

Changes and substitutions may be made without notice.

COURSE FACULTY

Ross J. Baldessarini, MD, DSc. (hon) Professor of Psychiatry and in Neuroscience, Harvard Medical School; Director of the Psychopharmacology Program and International Consortium for Bipolar Disorder Research at McLean Hospital; Author of over 2300 scientific publications and several books, including *Chemotherapy in Psychiatry* and for several decades, the chapters on psychopharmacology in the standard American textbook of pharmacology, *Goodman and Gilman's The Pharmacological Basis of Therapeutics*; Member of editorial boards of several leading clinical and neuroscience journals.

Barbara Coffey, MD, MS Division Chief, Child and Adolescent Psychiatry, University of Miami Miller School of Medicine; Professor, Department of Psychiatry and Behavioral Sciences; Associate Editor, *Advanced Pediatric Psychopharmacology*; *Journal of Child and Adolescent Psychopharmacology*.

Donald Goff, MD Marvin Stern Professor of Psychiatry, Vice Chair for Research, Department of Psychiatry, NYU Langone Medical Center; Director of the Nathan Kline Institute for Psychiatric Research; Author of over 200 scientific articles primarily in the field of schizophrenia.

Lawrence E. Lifson, MD Lecturer on Psychiatry, Harvard Medical School; Director, Continuing Education Program, Department of Psychiatry, Beth Israel Deaconess Medical Center; Distinguished Life Fellow, American Psychiatric Association; Recipient, Massachusetts Psychiatric Society's, 2012 Outstanding Psychiatrist in Education Award; 2016 Recipient, Tufts Medical Alumni Association Dean's Award; 2018 recipient American Psychoanalytic Association Edith Sabshin Teaching Award; Editor, *Understanding Therapeutic Action: Current Concepts of Cure* and co-editor, *Mental Health Practitioner and the Law and Psychology of Investing*.

Charles Nemeroff, MD, PhD Professor of Psychiatry and Director, Institute of Early Life Adversity Research, Dell Medical School, The University of Texas at Austin; past Leonard M. Miller Professor and Chairman, Department of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine; past President of the American College of Psychiatrists, International Society of Psychoneuroendocrinology and the American College of Neuropsychopharmacology; member of the National Academy of Medicine; author of over 1100 scientific articles and book chapters, Co-editor, *Textbook of Psychopharmacology*.

John Ratey, MD Associate Professor of Psychiatry, (part-time) Harvard Medical School and Beth Israel Deaconess Medical Center; Author of over 85 scientific publications and eight books including *Driven to Distraction* and *The User's Guide to the Brain and Spark: The New Revolutionary Science of Exercise and the Brain* and *Go Wild: Free Your Body and Mind From the Afflictions of Civilization*.

Carl Salzman, MD Professor of Psychiatry, Harvard Medical School and Beth Israel Deaconess Medical Center; Award-winning teacher of psychiatry and
continued

psychopharmacology; Editorial board or past editorial board of several journals including *The American Journal of Psychiatry*; Author of over 300 publications and several books including *Clinical Geriatric Psychopharmacology*, 4th edition.

Stephen M. Stahl, MD, PhD, DSc (hon) Professor of Psychiatry, University of California, San Diego; Honorary Visiting Senior Fellow, University of Cambridge, UK; recipient of many national and international awards; Author of over 500 publications; Author of 39 books including *Essential Psychopharmacology* and *Prescriber's Guide*; Editor of 13 books; Editorial board of several journals including Editor-in-Chief, *CNS Spectrums*.

Alan F. Schatzberg, MD Kenneth Norris Jr. Professor, Department of Psychiatry and Behavioral Sciences, Stanford University; past Chair of Psychiatry, Stanford University School of Medicine; Past-President, American Psychiatric Association; Editorial board of many journals; Author of over 600 publications; Co-author, *Manual of Clinical Psychopharmacology*; Co-editor of *Textbook of Psychopharmacology*.

David Sheehan, MD, MBA Distinguished University Health Professor at the University of South Florida College of Medicine, Director of the Depression and Anxiety Disorder Research Institute at the University of South Florida College of Medicine; past consultant to the World Health Organization and the U.S. Federal Drug Administration; Author of over 500 abstracts and 250 publications; Editorial board of 8 publications; author, *The Anxiety Disease*.

Roger Weiss, MD Professor of Psychiatry, Harvard Medical School and Chief of the Division of Alcohol and Drug Abuse at McLean Hospital. Author, over 300 scientific publications including, *Integrated Group Therapy for Bipolar Disorder and Substance Abuse*; Editorial board of many journals including *American Journal of Drug and Alcohol Abuse*, *Journal of Clinical Psychiatry*, and the *American Journal on Addictions*.

John W. Winkelman, MD, PhD Professor of Psychiatry, Harvard Medical School; Past Chair of the Nosology committee of the American Academy of Sleep Medicine and of the Restless Legs Syndrome Treatment Guidelines Committee for the American Academy of Neurology; Author of over 150 publications in the field of Sleep Medicine; Editorial boards of *Sleep Medicine*, *CNS Drugs*; Editor, *Foundations of Psychiatric Sleep Medicine*.

Kimberly Yonkers, MD Professor in the Department of Psychiatry and Obstetrics, Gynecology and Reproductive Sciences at the Yale School of Medicine; past President of the North American Society of Psychosocial Ob-Gyn; Author, *Depression in Women*, Editor, *Psychiatric Research and Clinical Practice*; and Co-editor of *Mood Disorders in Women and Management of Psychiatric Disorders in Pregnancy*.



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P.O. Box 825
Boston, MA 02117-0825
www.cme.hms.harvard.edu

COMMENTS FROM PAST CONFERENCES

"Best Psychopharmacology conference that I have been to."

"Very applicable to daily practice. Good information challenging some common practice misconceptions"

"The speakers were internationally and nationally renowned"

"Honestly, the whole course was really, really exceptional!"

"I feel as if I took a painting course with Michaelangelo, Monet, and Renoir"

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