18TH ANNUAL
WINTER SEMINARS

FEBRUARY 23-27, 2015
Essential Psychopharmacology, 2015, Carl Salzman, MD
or
Meditation and Visualization Practices for Everyday Living and to
Enhance Peak Performance, Daniel Brown, PhD, ABPH

MARCH 2-6, 2015
Psychopharmacology: A Master Class, Carl Salzman, MD
or
New Innovations for the Treatment of ADHD and
Psychological Brain Health, John Ratey, MD

NAPLES BEACH HOTEL & GOLF CLUB
Naples, Florida

The Winter Seminars are a series of seminars of interest to the
health professional. Taught by a distinguished faculty, the courses
allow participants an opportunity to combine learning and
relaxation at an exclusive beachfront hotel & golf club.

www.cme.hms.harvard.edu/winter
COURSE DESCRIPTION: This course will provide a simplified and clinically relevant updated review of neurobiology and brain function. Areas of emphasis will be the psychopharmacologic treatment of schizophrenia, bipolar disorder, depression, anxiety, sleep disorders and borderline personality. The effectiveness of atypical and conventional anti-psychotic drugs as well as potential new medications will be reviewed. Augmenting agents for schizophrenia will also be reviewed. The course will address strategies for bipolar patients who are noncompliant or treatment-resistant; approaches to the acutely psychotic, recovering psychotic patient, and the concept of early intervention. The role of medical switch versus augmentation strategies for treatment-resistant depression will be reviewed. Psychiatric medications for the elderly will be reviewed, including dosage adjustments for age, drug interactions, and sensitivity to side effects. The role of psychopharmacology in the treatment of obsessive symptoms, panic symptoms, and traumatic syndromes will be emphasized. The course will emphasize the establishment of therapeutic alliance when prescribing all psychotropic medications, the interplay between pharmacologic and non-pharmacologic treatments, benefits and hazards of prescriber/ non-prescriber co-treatment relationships. Educational presentation will be in seminar format and include lectures, participant discussion and Q & A.

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

- Evaluate psychotropic drug treatment options with particular emphasis on recent advances and practical prescribing information;
- Analyze the latest research in neurobiology and brain function;
- Implement treatment strategies for depressive and bipolar patients, including bipolar patients who are noncompliant or treatment resistant;
- Incorporate evidence-based approaches to treating acutely psychotic and recovering psychotic patients;
- Determine when to implement medical switch versus augmentation strategies for treatment-resistant depression;
- Make dosage adjustments in the elderly for age, drug interactions, and sensitivity to side effects;
- Describe the role of psychopharmacology in the treatment of generalized anxiety disorder, obsessive symptoms, panic symptoms, and traumatic syndromes;
- Describe the interplay between pharmacologic and non-pharmacologic treatments;
- Identify the mechanisms and treatment for alcohol and substance abuse disorders;
- Determine the role of antidepressants in the life cycle of women.

Monday, February 23, 2015 A simplified and clinically relevant review of neurobiology as it applies to clinical psychopharmacology; neurotransmission, synapses, second messengers; gene function and an introduction to gene/environment interaction and prevention; dual diagnosis. Q & A.

Tuesday, February 24, 2015 Biology and treatment of schizophrenia disorders: the new generation of antipsychotic drugs; clinical aspects of treatment: use of typical and atypical neuroleptics; concept of early intervention and prevention; dual diagnosis; treatment of bipolar disorders; Q & A.

Wednesday, February 25, 2015 Depression; Neurobiology of Depression; diagnostic heterogeneity; what constitutes response? value of tricyclics; SSRI’s in perspective; new antidepressants; combination and augmentation strategies; new approaches to the bipolar patient. Q & A.

Thursday, February 26, 2015 Anxiety, + panic, + OCD: which drug, when to use; how much and for how long? rational benzodiazepine use; non-benzodiazepine strategies; use of hypnotics; PTSD. Q & A.

Friday, February 27, 2015 Diagnostic diversity and realistic pharmacologic treatment; geriatrics; personality disorders: is there a role for psychopharmacology?; dual diagnosis: alcohol/substance abuse and psychiatric disorders; psychotherapeutic issues: dynamic, behavioral, supportive; psychodynamics of prescribing; diverse meaning of medications. Q & A.

CARL SALZMAN, MD is a Professor of Psychiatry, Harvard Medical School. He has served as Chairman, American Psychiatric Association Benzodiazepine Task Force. He has been awarded the Elvin V. Semrad Award for Outstanding Teaching in Psychiatry at the Massachusetts Mental Health Center, Vestermark Award from the American Psychiatric Association for Outstanding Contribution to Psychiatric Education, Heinz E. Lehmann Award from the New York State Department of Mental Hygiene for his contribution to psychiatric research, Teacher of the Year Award from CME and Outstanding Psychiatrist of the Year for Education by the Massachusetts Psychiatric Society. He has also been on numerous editorial boards including The American Journal of Psychiatry. Dr. Salzman is author of over 300 publications and 7 books. His latest book is Clinical Geriatric Psychopharmacology, 4th edition.

Please Note: Program changes/substitutions may be made without notice.

To register, visit www.cme.hms.harvard.edu/winter
MEDITATION AND VISUALIZATION PRACTICES FOR EVERYDAY LIVING AND TO ENHANCE PEAK PERFORMANCE
Daniel Brown, PhD, ABPH February 23-27, 2015
Seminar format: Monday-Friday 9:00 am-12:15 pm

COURSE DESCRIPTION: This evidence-based seminar integrates the practical spiritual wisdom from the Eastern meditation traditions, and self-hypnosis and visualizations, and other methods from positive psychology from the Western traditions to address staying in the ‘flow’ and bringing one’s best self to everyday living. These methods include: visualizations for developing optimal performance states; positive states of mind to potentiate mastery of being in everyday life; training the mind to develop everyday well-being and happiness; concentration training to cultivate continuous and complete focus on whatever you are doing at the moment; insight meditation to reduce reactivity and develop a non-reactive openness to experience; and visualizations to develop sensitivity, gratitude, forgiveness, and compassion for others. The outcome of participation in this seminar will be the enhancement of everyday living, wellbeing and performance excellence. Teaching in this workshop is by lecture and experiential visualization and meditation practices.

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

- Review how meditation and visualization practices are evidence-based treatments;
- Identify meditative, concentration methods and visualization practices in order to apply them to applications in clinical settings and everyday living;
- Utilize meditative, concentration, and visualization practices to help enhance peak performance;
- Identify the three main forms of meditation, concentration, mindfulness, and compassion and know when to apply them in clinical settings;
- Teach concentration in meditative practices for stabilization of your patient's mind so that they stay focused on tasks without major distractions;
- Employ meditative and visualization practices to benefit the psychological health of your patients and yourself.

Monday, February 23, 2015 Introduction: Ordinary mind and everyday unhappiness; relationship between peak performance, optimal states, flow states, and everyday self-contentment and happiness; conditions which hinder or potentiate optimal states; integrative approach to the development of optimal states; visualization practices to develop and draw upon optimal states. Q & A

Tuesday, February 24, 2015 Cultivating attitudes that potentiate optimal states; zone of optimal functioning; practices to develop the right level of energy. Q & A

Wednesday, February 25, 2015 Basic Concentration Training: goals of concentration training; directing and intensifying attention; dealing with problems of concentration, e.g. distracting thought, imbalanced energy states, dullness. Q & A

Thursday, February 26, 2015 Advanced Concentration Training: the 9 states of concentration training; awareness [mindfulness] training to awaken the senses. Q & A

Friday, February 27, 2015 The Applications of Mindfulness to Everyday Living: full presence and happiness; transforming negative states through pure, non-reactive awareness; cultivating well-being through insight meditations; developing sensitivity to and compassion for others. Q & A

DANIEL BROWN, PHD is an Associate Clinical Professor of Psychology at Harvard Medical School. He has taught Meditation and Peak Performance workshops for over 40 years both nationally and internationally. He is the author of over a dozen books including a textbook on hypnotherapy, Hypnotherapy and Hypnoanalysis, a health psychology book, Hypnosis and Behavioral Medicine, 4 books on meditation including Transformations of Consciousness and Pointing Out the Great Way, and two books in collaboration with H.H The Dalai Lama. Dr. Brown’s background in both Western and Eastern meditation traditions offers a unique integration of the contemporary Western research on peak performance and positive psychology and the classical Buddhist meditation lineage traditions.

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COURSE DESCRIPTION: An updated review of neurobiology and brain function will be presented, taking the attendee through neurotransmission sequence from synthesis to gene transcription. Specific categories of treatment will include treatment of schizophrenia, bipolar disorder, depression, anxiety, and sleep disorders. The evidence-based effectiveness of conventional antipsychotic medications and atypical antipsychotic medications will be emphasized. Newer, useful agents and augmenting medications for the treatment of psychotic disorders will be discussed. Bipolar disorder and its treatment will be examined with particular reference to bipolar depression. The use of lithium will be emphasized. A comprehensive review of depression in psychiatric patients as well as co-morbid with medical illnesses will be emphasized along with the use of antidepressants of all treatment classes for co-morbid depressions. The role of depression in cardiovascular illness and the necessity for treatment as well as the interaction between endocrine disorders (especially diabetes) and depression will be highlighted. New understanding of the interaction between inflammation and mood disorders will be discussed. Problems with uses of psychiatric medications for the elderly will be discussed with clinical examples. Psychiatric medications for the elderly will be presented. The neurobiological mechanisms of anxiety and anxiety-spectrum disorders as well as their treatment will be reviewed, including obsessive-compulsive disorder, panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), and general anxiety disorder. Medications for depression in women through the course of their lifecycle will be presented. The course will emphasize the establishment and importance of therapeutic alliance when prescribing all psychotropic medications. Educational presentation will be in seminar format and include lectures, participant discussions and Q & A. This seminar is designed for the experienced clinician. 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.

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

- Apply the latest advances in the neurobiology of psychiatric disorders and the role of genetic testing in the selection of specific psychiatric medications;
- Assess and compare current mechanisms and latest treatment of psychotic disorders, schizophrenia and bipolar illness;
- Analyze and assess the neurobiological mechanism and evidence-based treatment of depressive and anxiety-spectrum disorders;
- Review latest findings about inflammation and stress as they apply to the treatment of depressive and anxiety-spectrum disorders;
- Update the clinical approach to problems in geriatric psychopharmacology;
- Identify the mechanisms and evidence based treatments of addictive disorders;
- Review the role of psychiatric medications during a women's life cycle: pregnancy, delivery, post-partum, nursing, and menopause.

Monday, March 2, 2015 An updated and clinically relevant review of neurobiology as it applies to the etiology and pathology of psychiatric illness, and psychotropic drug treatment effects; the neurobiology of “attachment”

Tuesday, March 3, 2015 Biology and treatment of psychotic disorders including schizophrenia, bipolar illness, psychotic depression, and psychosis associated with neurologic conditions; current standards of practice; new uses for atypical antipsychotic drugs; special emphasis on evidence-based treatments of bipolar depression; CATIE study and other recent clinical trials of new antipsychotic drugs.

Wednesday, March 4, 2015 Neurobiological mechanisms of depression and its psychopharmacological treatments, including major depression, bipolar depression, and dysthymia; depression associated with medical illnesses, especially cardiovascular and endocrine disorders; treatments of medically related depressions; STAR*D study and other evidenced based clinical trials.

Thursday, March 5, 2015 Anxiety and anxiety-spectrum disorders; neurobiological mechanisms of anxiety, and the appropriate role of treatments with benzodiazepines, antidepressants, and new approaches; role of anxiety and stress mechanisms as an etiologic factor in psychiatric illness with suggestions for treatment and prevention.

Friday, March 6, 2015 Psychotropic drug treatment of psychiatric disorders common in late life; treatment of addictive disorders, pregnancy and lactation and eating disorders; presentation of interesting/difficult cases from attendee's practice for discussion and review.

CARL SALZMAN, MD Dr. Salzman's bio is under Essential Psychopharmacology, 2015.

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NEW INNOVATIONS FOR THE TREATMENT OF ADHD AND PSYCHOLOGICAL BRAIN HEALTH

John Ratey, MD March 2-6, 2015
Seminar format: Monday-Friday 9:00 am-12:15 pm

COURSE DESCRIPTION: This course will focus on specific approaches and interventions to patients with ADHD, Aggression and Mood, the Addictions, and Social disorders, “including a special section on autism and the instructor’s research and experience with disruptive adolescents with autism.” Treatment issues will be emphasized and we will explore new medications and alternative strategies that are shown to be effective in these psychiatric problems. We will take brief journeys into the brain and at the synapse to help understand what conditions we are aiming to change and why. We will discuss the use of combination of treatments, both medical and non-medical. We will study controversies of diagnosis: 1. Bipolar or ADHD or both and what this means for treatment; 2. Asperger’s or Autism or Social Dyslexia – does it matter and are there any relevant medications and behavioral interventions for these developmental differences; 3. relevances of DSM-5 to the real world and the issue of subthreshold diagnoses of the “Shadow Syndromes”; and 4. The effect of exercise and other environmental factors on the brain and psyche.

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

• Evaluate the neurobiology of ADHD, fatigue, stress, the social brain and its variances and application in the clinical setting;
• Utilize newer treatments and medications available for treating ADHD, aggression, and social disorders;
• Analyze holistic and “non-medical” treatments and their effects on the brain;
• Integrate exercise into management of psychological brain health.

Monday, March 2, 2015 Overview: the concept of the “shadow syndromes” and their relevance to psychiatric problems; biology and treatment of ADHD; New data on ADHD; review the effect on simple but consistent lifestyle changes on severely compromised adolescents with autism. Q & A

Tuesday, March 3, 2015 Diagnosis of ADHD and bipolar illness: the addictions and how they are often co-morbid with so many other psychiatric syndromes; use of the new medications for ADHD. New long-acting stimulant preparation, atomoxetine, and modafinil; contribution of norepinephrine and fatigue to our understanding of the attention system and its clinical implications and directions for treatments, Q & A, case discussions

Wednesday, March 4, 2015 Biology and treatment of stress and aggression: how the brain reacts and deals with stress; changing appreciation for stress hormone and its impact on mood, memory, learning, and brain function. Aggression and newer concepts in anger management, Q & A

Thursday, March 5, 2015 Treatment issues I: evidence supporting the effectiveness of physical exercise and movement on the brain and the psyche; neuroscience of exercise; Exercise forestalling the aging process; how having our body in tune helps ensure that we remain cognitively and emotionally enabled as we age, Q & A, case discussions

Friday, March 6, 2015 Treatment issues II: medications and holistic interventions; ‘non-medical’ treatments and how they impact the brain and psyche; Food supplements and humor and their effects on the brain and the psyche; ways to integrate into clinical use; new innovations for the treatment of ADHD and psychological brain health, Q & A

JOHN J. RATEY, MD is an Associate Professor of Psychiatry, Harvard Medical School. Dr. Ratey has been a leading teacher and researcher on brain and personality and treatment of aggression and development disabilities as well as the psychological and cognitive benefits of exercise and play. He has written extensively on Attention Deficit Disorder, learning disabilities, brain differences that affect social skills and has published Shadow Syndromes, a book that has helped broaden our understanding of how the brain affects everyday life. Dr. Ratey is the author of coauthor of more than 75 scientific publications and nine books: Mental Retardation: Developing Pharmacotherapies and The Neuropsychiatry of Personality Disorders and Driven to Distraction and Answers to Distraction and Shadow Syndromes and The User’s Guide to the Brain, and Delivered from Distraction and SPARK: The Revolutionary New Science of Exercise and the Brain. His latest book is Go Wild: Free Your Body and Mind from the Afflictions of Civilization.

To register, visit www.cme.hms.harvard.edu/winter
Physicians: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 15 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. AMA PRA Category 1 Credits™ claimed by physicians attending live events certified and organized in the United States for AMA PRA Category 1 Credits™ can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the European Continuous Medical Education Credits (ECMEC©) granted by the UEMS. One AMA PRA Category 1 Credit™ is equivalent to one (1) hour of European EACCME Credit (ECMEC©), therefore up to 15 ECMEC© Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Psychologists: The Continuing Education Program at Beth Israel Deaconess Medical School, 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 School, a major teaching hospital of Harvard Medical School, maintains responsibility for this program.

Counselors: The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School, is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP™ solely is responsible for all aspects of the program.” The winter seminar programs meet the criteria for 15 clock hours.

Social Workers: Application for social work continuing education credits has been submitted.

Nurses: The following programs have been approved by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. The Ohio Nurses Association is accredited as an approver of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. These educational activities have been awarded 15.0 contact hours:

- Essential Psychopharmacology, 2015, Carl Salzman, MD; Psychopharmacology: A Master Class, Carl Salzman, MD; New Innovations for the Treatment of ADHD and Psychological Brain Health, John Ratey, MD
- The Florida Board of Nursing has approved Meditation and Visualization Practices for Everyday Living and to Enhance Peak Performance for 15 contact hours

Educators: Application has been made to Commonwealth of Massachusetts to offer Professional Development Points (PDP’s).

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

Comments from Previous Seminars

“"It was the best course experience I have ever had."

“The topic was taught with a unique blend of academic presentation and personal experience. Both were excellent!”

“It was personally inspiring and professionally eye-opening”

“The instructor can take VERY complex ideas and information and present them in a way which is easily understood”

To register, visit www.cme.hms.harvard.edu/winter
ACGME COMPETENCIES:
This course is designed to meet one or more of the following Accreditation Council of Graduate Medical Education competencies:

- Patient care
- Practice-based learning and improvement
- Medical knowledge
- Interpersonal and communication skills

TARGET AUDIENCE:
The winter seminars are a series of seminars of interest to health professionals in the field of psychiatry, psychology, medicine, surgery, nursing, social work, and counseling.

SEMINAR FORMAT:
Meets Monday–Friday: 9 AM–12:15 PM
Registration fees postmarked by 12/15/14 $875 (USD) • Registration Fees Postmarked after 12/15/14 $975 (USD) • Residents, Fellows in Training, and Full-time Students $545 (USD). Additional weeks $495 (USD). Registration by credit card (VISA, MasterCard or American Express) can be made at: www.cme.hms.harvard.edu/winter. Registration by check (draft on a United States bank), please make payable to Harvard Medical School and mail with registration form to Harvard Medical School—Department of Continuing Education, PO Box 417476, Boston, MA 02241-7476. Telephone or fax registration is not accepted. Upon receipt of your paid registration an email confirmation from the HMS-DCE office will be sent to you. 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.

INQUIRIES – By phone 617-384-8600, Monday–Friday, 9 AM to 5 PM (EST) or by email at: hms-cme@hms.harvard.edu.

ONLINE INFORMATION – To register or view activity information online, visit: www.cme.hms.harvard.edu/winter.

DISCLOSURE POLICY – Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, 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 – A handling fee of $60 is deducted for cancellation. Refund requests must be received by postal mail, email or fax one week prior to this activity. No refunds will be made thereafter.

COURSE LOCATION – All sessions for this course will be held at Naples Beach & Golf Hotel, 851 Gulf Shore Boulevard North, Naples, Florida 34102 (Telephone: 239-261-2222).

NAPLES BEACH & GOLF HOTEL – The Naples Beach Hotel & Golf Club is built on a rich tradition of hospitality that began in 1946. Owned and operated by the Watkins family, the Beach Club is Naples’ only beachfront resort with on-site golf, tennis, spa, and water recreation. The last few years over $30 million has been invested in the resort offering 317-newly remodeled accommodations; new beachside pool complex; retail shopping; restaurants/bars; complimentary Kids Club; and renovated greens & tees. Additional shopping and dining can be found in downtown Naples, just minutes away. The Naples Zoo, Botanical Gardens, and Everglades are other attractions within driving distance.

ACCOMMODATIONS/TRAVEL – A limited number of rooms have been reserved at Naples Beach & Golf Hotel. For information and reservations, contact 1.800.237.7600 or the RESORT: 1.239.261.2222 or www.naplesbeachhotel.com/reservations or www.naplesbeachhotel.com/node/1986. Please advise them that you are with the Harvard Medical School Conference. Reservations must be made by January 20, 2015 to reserve a reduced room rate. Reservations made after that date are subject to availability. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll free 1-877-4-HARVMD (1-877-442-7863) Monday–Friday 9 AM–8 PM (EST). From outside the U.S., Canada and Virgin Islands, please call 617-559-3764.

To register, visit www.cme.hms.harvard.edu/winter
18TH ANNUAL WINTER SEMINARS

I Wish To Attend The Following Seminar(s) – Check All That Apply

WEEK 1: FEBRUARY 23-27, 2015 • NAPLES, FLORIDA
- 3524270 Essential Psychopharmacology, 2015
- 3524345 Meditation and Visualization Practices for Everyday Living and to Enhance Peak Performance

WEEK 2: MARCH 2-6, 2015 • NAPLES, FLORIDA
- 352805 Psychopharmacology: A Master Class
- 3524375 New Innovations for the Treatment of ADHD and Psychological Brain Health

WINTER SEMINAR FEES

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Please Print Clearly. All Fields Required.

First Name  MI  Last Name

Street Address  City

State/Province  Zip Code  Country

(_______) _____________________________ (_______) _____________________________
Daytime Phone  Fax Number

Email Address  Please check if you want to be excluded from receiving email notices of future HMS-DCE programs.

Please note: Your email address is used for critical information about the course including; registration confirmation, evaluation and certificate. Please be sure to include an email address you check daily or frequently.

Profession  Degree

Primary Specialty (Physicians Only)  Board Certified: ☐Yes ☐No

Professional School Attended __________________________ Year of graduation________

Of the associations below which one do you most identify with:
- American Psychiatric Association
- American Medical Association
- American Psychological Association
- National Association of Social Workers
- American Nursing Credentialing Center
- National Board of Certified Counselors
- Other __________________________

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