22ND ANNUAL WINTER SEMINARS

FEBRUARY 18 – 22, 2019
Psychopharmacology: A Master Class – Carl Salzman, MD

or

Exercise and Other Medical and Complementary Ground Breaking Techniques for the Treatment of ADHD, Addictions, Social Disorder, Pain, Anorexia, Sleep Disorders, Anxiety and Mood Disorders – John Ratey, MD

FEBRUARY 25 – MARCH 1, 2019
Essential Psychopharmacology, 2019: From Neuroscience to Advances in Treatment – Carl Salzman, MD and Barbara Coffey, MD, MS

or

Meditation for Everyday Living and Peak Performance for Mental Health, Medical, and Surgical Practices – Daniel Brown, PhD, ABPH

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 AAA- four diamond beachfront hotel & golf club.

www.tinyurl.com/WinterSeminars2019
COURSE DESCRIPTION: An updated review of neurobiology and brain function, will take the attendee through neurotransmission sequence from neurotransmitter synthesis to synaptic function and gene transcription. The clinical usefulness of epigenetic mechanisms will be reviewed, and we will discuss whether there is a role for genetic testing in psychiatric diagnosis as well as in the selection of specific psychiatric medications. Specific categories of treatment will include: schizophrenia, bipolar disorder, depression, and anxiety spectrum 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 prodrome and early onset psychotic disorders will be discussed. Bipolar disorder and its treatment will be examined with particular reference to prodrome, early onset illness as well as the diagnosis and treatment of 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 data regarding the interaction between inflammation and mood disorders will be discussed. An up to date review of ketamine for depression will be emphasized as well strategies for treatment resistant depression. The neurobiological mechanisms of anxiety and anxiety-spectrum disorders, as well as their treatment, will be reviewed, including panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), and generalized anxiety disorder. Problems with uses of all psychiatric medications for the elderly will be discussed with clinical examples. Data regarding early life traumatic or separation experiences, as precursors to later-life mood disorders, will be introduced.

This master class will also address the neurobiological theories of addiction and their treatment as well as reviewing the neurobiology and potential clinical use of cannabis. Mechanisms of sleep disorders and their effective psychopharmacologic treatment will be detailed as well as the use psychotropics in women through the course of their lifecycle. The potential usefulness of stimulant medications for adults with ADD, binge eating disorders, and treatment-resistant depression will be noted. 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;
- Determine the role for genetic testing in the selection of specific psychiatric medications;
- Assess and compare current mechanisms and latest treatment of psychotic disorders, schizophrenia and bipolar illness;
- Determine when to implement medical switch versus augmentation strategies for treatment-resistant depression;
- Describe the use of stimulants in adult individuals with psychiatric disorders;
- Analyze and assess the neurobiological mechanism and evidence-based treatment of antidepressants for anxiety and sleep disorders;
- Analyze and assess the neurobiological mechanism and evidence-based treatment of benzodiazepines for anxiety and sleep disorders;
- Review latest findings about inflammation and stress as they apply to the treatment of depression and anxiety-spectrum disorders;
- Determine the use of ketamine with benefits and hazards in treatment resistant depression;
- Identify the mechanisms and evidence based treatments of addictive disorders;
- Review the Neurobiology and potential clinical uses of cannabis;
- Review the role of psychiatric medications during a women's life cycle: pregnancy, delivery, post-partum, nursing, and menopause;
- Update the clinical approach to problems in geriatric psychopharmacology with emphasis on the behavioral and mood disturbance associated with dementia.

For a complete course description, including the daily curriculum, please visit: http://tinyurl.com/732805-1902
EXERCISE AND OTHER MEDICAL AND COMPLEMENTARY GROUND BREAKING TECHNIQUES FOR THE TREATMENT OF ADHD, ADDICTIONS, SOCIAL DISORDER, PAIN, ANOREXIA, SLEEP DISORDERS, ANXIETY, AND MOOD DISORDERS

John Ratey, MD • February 18 – 22, 2019

Seminar format: Monday-Friday 9:00 am - 12:15 pm.

COURSE DESCRIPTION: This evidenced based state of the art course focuses on the latest medical and non-medical approaches and interventions for patients with ADHD, Aggression, the Addictions, Social Disorders, Pain, Anorexia, Sleep Disorders, Anxiety and Mood Disorders. There is a special section on autism, based on new research and the instructor’s experience with disruptive adolescents with Autism Spectrum Disorder. The course will explore the results of an ongoing study of balance and coordination training on autistic adolescents and its effect on behavior and social skills. The course will also address the uses and dangers of medical marijuana and look at the growing evidence of the clinical usefulness of Cannabidiol, the non-psychoactive phytochemical of the hemp plant. The ground breaking work of using CBD to treat seizures and behaviors in this population will be studied. In addition to new medications, the course will explore the proven effects of exercise, yoga, play, diet, and other alternative strategies that are shown to be effective in these psychiatric problems. Special emphasis will be placed on the burgeoning research on exercise and ADHD, with tips on how to integrate exercise prescriptions into your practice. The course will also do a deep dive into the Default Mode Network and how its troubled connectivity within the brain explains ADHD, Autism, and other psychiatric diagnoses better than most models and can point to rational treatments. The course will review the effects of sleep, being in nature, movement on brain health in general and specifically with ADHD and Autism Spectrum Disorder. It will review the latest information on the amount and type of movement necessary to attain and maintain optimal brain function. In addition, the course looks at the growing awareness of the “microbiome” when it comes to diet, and the effect of gluten and probiotics on the gut and brain/behavior connection will be emphasized. We will follow the latest studies showing the possible link of the microbiome and Parkinson’s disease. To put it all together, the course takes an understandable journey into the brain and the synapse to fully learn about these conditions. The important area of diagnosis will also be looked at, covering the controversies and challenges associated with making the right call with psychological disorders: 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. Relevancies of DSM-5 to the real world and the issue of sub-threshold diagnoses or the “Shadow Syndromes”.

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

- Evaluate the new neuroscience information to understand and treat ADHD, Aggression, Autism Spectrum Disorder, fatigue, and stress;
- Assess the latest medications and combinations for ADHD, aggression and social disorders;
- Utilize knowledge of the effects of a good sleep program as a necessary component of a health promoting lifestyle for the care giver and their patients;
- Judge the efficacy of diet changes, the need for gluten free, and the use of probiotics;
- Apply the growing knowledge of using medical Marijuana for pain, anorexia, mood, and sleep disorders;
- Utilize the knowledge of the dangers of marijuana and its potential to activate psychosis and produce the amotivational syndrome;
- Access the differences between marijuana and Cannabidiol to use them when appropriate;
- Utilize our growing understanding of the Default Mode Network and the concept of “functional connectivity” that is important for all our psychiatric diagnoses;
- Establish the burgeoning evidence of Cannabidiol for seizure control, for anxiety, and for insomnia;
- Compare the effect of Cannabidiol for control of disruptive behaviors and socialization in autistic children and adolescents;
- Appraise the science that has helped to determine the amount and type of exercise needed to maintain optimal brain health;
- Negotiate and write an effective exercise prescription for every patient;
- Utilize exercise as medicine to treat almost all psychiatric disorders;
- Employ exercise and play to help the caregiver and their patients to prevent cognitive decline and lower the risk of developing Alzheimer’s disease.

For a complete course description, including the daily curriculum, please visit: http://tinyurl.com/734375-1902
COURSE DESCRIPTION: This seminar will provide a clinically relevant updated review of neurobiology and brain function. Areas of emphasis will be the psychopharmacologic treatment of schizophrenia, bipolar disorder, depression, anxiety, substance abuse, addictions, sleep disorders, borderline personality and the treatment of children/adolescents and the geriatric patient. The latest advances in the psychopharmacologic treatment of children, adolescents, adult and geriatric patients will be presented. Early interventions, treatment of the acute psychosis and treatment of the recovering psychotic will be emphasized. The seminar will identify strategies for treating bipolar patients who are treatment resistant. Approaches to treatment resistant depression including use of the ketamine will be underscored. The role of switch versus augmentation and combination strategies for treatment-resistant depression will be reviewed as well as best treatments for subtypes of major depression including atypical depression. The role of psychopharmacology in the treatment of generalized anxiety disorders, obsessive-compulsive symptoms, panic symptoms, traumatic syndromes and ADD will be highlighted. Throughout the course 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.

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;
• Incorporate evidence-based approaches to treating acutely psychotic and recovering psychotic patients;
• Implement treatment strategies for depressive and bipolar patients, including bipolar patients who are noncompliant or treatment resistant;
• Determine when to implement medical switch versus augmentation strategies for treatment resistant depression;
• Evaluate the use of ketamine with its benefits and hazards in treatment resistant depression;
• Review latest findings about inflammation and stress as they apply to the treatment of depression and anxiety spectrum disorders;
• Analyze the role of benzodiazepines and antidepressants in the treatment of generalized anxiety disorder obsessive symptoms, panic symptoms, traumatic syndromes;
• Identify mechanisms of sleep disorders and their effective psychopharmacologic treatment;
• Evaluate the mechanisms and treatment for alcohol and substance abuse disorders;
• Determine the role of antidepressants in the life cycle of women;
• Evaluate latest advances in child and adolescent psychopharmacology;
• Update the clinical approach to problems in geriatric psychopharmacology with emphasis on newly emerging medication treatment.

For a complete course description, including the daily curriculum, please visit: http://tinyurl.com/734270-1902

*Carl Salzman, MD will be teaching Monday through Thursday with Barbara Coffey, MD, MS teaching Friday morning from 9 am – 10:15 am and Carl Salzman, MD, teaching Friday morning from 10:30 am – 12:15 pm
**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 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.

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.eaccme.eu](http://www.eaccme.eu).

**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 and its contents. The Week-long programs offers 15 CE credits.

**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 (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEPTM 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.

**State of New York Social Workers:** The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is recognized by the New York State Education Department’s State Board for Social Work as an Approved Provider of continuing education for licensed social workers. 15 contact hours have been approved for these programs.

**Nurses:** These continuing nursing education activity were approved by ANA Massachusetts, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

**TARGET AUDIENCE**

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

**SEMINAR FORMAT**

Meets Monday–Friday: 9 AM–12:15 PM

Please note coffee is available during registration and a continental breakfast will be served at 10:15 am.

**REGISTRATION**

Physician, Nurse Practitioner, and Allied Health Professional fees: early bird pricing is $995, after 12/15/18 registration is $1,095. Residents, Fellows in Training, and Full-time Student fees are $695. Additional weeks $750. 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.

There are 2 different registration sites for each week of the seminars:

- **Week 1:** [https://cmeregistration.hms.harvard.edu/winter2019week1](https://cmeregistration.hms.harvard.edu/winter2019week1)
- **Week 2:** [https://cmeregistration.hms.harvard.edu/winter2019week2](https://cmeregistration.hms.harvard.edu/winter2019week2)

Registration by check (draft on a United States bank), please make payable to Harvard Medical School. 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 fees shown in USD.*
All course participants will receive a link to a website where they can download the course materials. You can purchase a printed copy at the time of online registration for $35 for Drs. Ratey and Brown’s courses and $50.00 for both of Dr. Salzman’s courses. Please note we will not have hard copies of the syllabus available for purchase at the conference.

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

ONLINE INFORMATION
To register or view activity information, go to:

 Week 1: https://cmeregistration.hms.harvard.edu/winter2019week1
 Week 2: https://cmeregistration.hms.harvard.edu/winter2019week2

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
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 an exclusive AAA-four Diamond beach front hotel that 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 beach front resort with a newly reopened spectacular Jack Nicklaus designed golf course on site as well as tennis, spa, and water recreation. The last few years over $50 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. Please advise them that you are with the Harvard Medical School Conference. Reservations must be made by January 19, 2019 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.
It was the best course experience I have ever had.
The topic was taught in a way which is easily understood.
Both the personal experience and the academic presentation were excellently presented.
Dr. Salzman can take very complex ideas and information and present them in a way that is easily understood.
It was personally inspiring and professionally eye-opening.
The topic was taught with a unique blend of academic and personal experience.
It was the best course experience I have ever had.
MEDITATION FOR EVERYDAY LIVING AND PEAK PERFORMANCE FOR MENTAL HEALTH, MEDICAL, AND SURGICAL PRACTICES
Daniel Brown, PhD, ABPH • February 25 – March 1, 2019
Seminar format: Monday-Friday 9:00 am-12:15 pm.

COURSE DESCRIPTION: This evidenced-based course addresses a gap in the Western psychotherapy traditions which emphasize the eradication of negative emotional states by instead focusing on the implications of various positive emotional states for psychological and physical health. This course provides an up-to-date review of the theory and practice of meditation from its ancient origins to modern brain science to how it works to alleviate psychological and physical distress as well as providing opportunities for attendees to cultivate their own personal meditation practices. This course holds great promise not only for clinicians’ own personal development, but also is a remarkably powerful tool to augment virtually every form of psychotherapeutic and medical treatment.

Through lecture, demonstration, Q&A and experiential exercises, you’ll learn how to use mindfulness practices to help resolve anxiety, depression, stress related medical disorders, and interpersonal conflicts in both adults and children. Participants with no meditation experience, as well as seasoned practitioners, will find this course helpful both personally and clinically.

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

- Review how meditation and visualization practices are evidence-based treatments;
- Utilize meditative, concentration, and visualization practices to help enhance peak performance;
- Evaluate new research findings on mind/brain training through mindfulness and compassion meditation;
- Integrate Eastern meditation traditions with visualization practices and Western psychotherapy to benefit patients and yourself;
- Choose specific practices to treat anxiety, depression, and psychophysiological disorders;
- Develop meditation practices in order to bring optimal energy states to everyday living;
- Use concentration meditation to stabilize the mind so that it stays focused on whatever you intend it to stay on without distraction;
- Choose specific practices to treat anxiety, depression, self-esteem concerns and stress-related medical disorders;
- Apply insight meditation training to cultivate continuous and complete presence to whatever you are doing at the moment;
- Incorporate visualization practices to develop sensitivity to and compassion for others;
- Apply the practices and principles of meditation to support personal wellbeing;
- Identify common mechanisms in psychological disorders and psychophysiological disorders and how mindfulness practices can alter them;
- Apply the practices and principles of meditation to enhance the therapeutic relationship and personal wellbeing;

For a complete course description, including the daily curriculum, please visit: http://tinyurl.com/734345-1902