PTSD Summit:
Best Practices for Mental Health Providers

Friday, February 8, 2008
VA Pittsburgh Healthcare System - Highland Drive Division
Auditorium, Building 8
7180 Highland Drive
Pittsburgh, PA  15206

Friday, February 29, 2008
Philadelphia VA Medical Center
LVA Auditorium, Building 2, 7th Floor
University and Woodland Avenues
Philadelphia, PA  19104

Course Directors:
Aaron Jacoby, PhD
Sara Salmon-Cox, MS, OTR/L
PTSD Summit: Best Practices for Mental Health Providers

Introduction

The purpose of these conferences is to disseminate information about VA best practices for the treatment of posttraumatic stress disorder (PTSD). The conferences will present a brief overview of symptoms and diagnosis, and will emphasize clinical treatment approaches and specific areas of focus within PTSD such as military sexual trauma and traumatic brain injury.

Who Should Attend

These conferences are intended for healthcare clinicians from all disciplines who provide PTSD treatment services.

Educational Objectives

At the conclusion of the program, the participants should be able to:

- Describe symptoms and methods of evaluating PTSD;
- Identify clinical treatment approaches for individuals suffering from PTSD;
- Discuss specific areas of focus to consider when treating individuals with PTSD.
COURSE DIRECTORS

Aaron M. Jacoby, PhD
Psychologist, Posttraumatic Stress Disorder Clinical Team
VISN 4 Mental Health Point of Contact for PTSD services
VA Pittsburgh Healthcare System
Pittsburgh, Pennsylvania

Sara Salmon-Cox, MS, OTR/L
Program Coordinator, MIRECC
VA Pittsburgh Healthcare System
Pittsburgh, Pennsylvania

FACULTY

Edna Foa, PhD
Professor of Clinical Psychology in Psychiatry
Director of the Center for the Treatment and Study of Anxiety
University of Pennsylvania
Philadelphia, Pennsylvania

Roksana Korchynsky, PhD
Staff Psychologist
VISN 4 MST Point of Contact
VA Pittsburgh Healthcare System
Pittsburgh, Pennsylvania

Lisa Najavits, PhD
Associate Professor of Psychiatry
Harvard Medical School
Director, Trauma Research Program
Alcohol and Drug Abuse Treatment Center
McLean Hospital
Boston, Massachusetts

Patricia Resick, PhD
Director, Women's Health Sciences Division
National Center for PTSD
VA Boston Healthcare System
Boston, Massachusetts
Susan Rogers, PhD
Assistant Director
PTSD Program
VA Medical Center
Coatesville, Pennsylvania

Steven Southwick, MD
Director, PTSD, Psychiatry Service
VA New England Healthcare System
West Haven, Connecticut

David Yusko, PsyD
Counseling Psychotherapist
Center for the Treatment of Anxiety
University of Pennsylvania School of Medicine
Philadelphia, Pennsylvania

Traumatic Brain Injury (TBI): TBD

Substance Abuse: TBD

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interest (if any) will be included in materials which will be distributed at the time of the conference.
Continuing Education Credit:

Physicians
Physicians: The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 7.0 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 7.0 continuing education credits.

Certified Addictions Counselors: CAC
Western Psychiatric Institute and Clinic/Office of Education and Regional Programming is certified by the Pennsylvania Certification Board (PCB) to provide Certified Addiction Counselor (CAC) continuing education credits for those participants attending the entire program. 7.0 PCB hours have been approved for participation in this conference.

Counselors
Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines. This program is being offered for 7.0 continuing education credits.

Certified Psychiatric Rehabilitation Practitioners: CPRP
A total of 7.0 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner

Certified Rehabilitation Counselors: CRC
Western Psychiatric Institute and Clinic is approved by the Commission on Rehabilitation Counselor Certification (CRCC) and accredited by the National Commission for Certifying Agencies to provide continuing education credits to certified rehabilitation counselors (CRC). WPIC adheres to the CRCC Continuing Education guidelines; 7.0 hours have been approved for participation in this conference.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
7.0 clock hours of continuing education are provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Council on Social Work Education. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For information of social work continuing education, call (412) 624-3711.

Other Health Care Professionals
Other health care professionals are awarded 0.7 Continuing Education Units (CEU’s) which are equivalent to 6 contact hours.
## Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:15 am</td>
<td>Opening Remarks</td>
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<td></td>
<td>Aaron Jacoby, PhD</td>
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<tr>
<td>8:30 am</td>
<td>PTSD Overview and Special Issues</td>
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<td>Aaron Jacoby, PhD</td>
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<td>9:00 am</td>
<td>Cognitive Processing Therapy</td>
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<td>Patricia Resick, PhD</td>
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<tr>
<td>9:45 am</td>
<td>Prolonged Exposure Therapy</td>
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<td>Edna Foa, PhD (Philadelphia)</td>
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<td></td>
<td>David Yusko, PsyD (Pittsburgh)</td>
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<tr>
<td>10:30 am</td>
<td>Break</td>
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<tr>
<td>10:45 am</td>
<td>Eye Movement Desensitization and Reprocessing (EMDR)</td>
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<td></td>
<td>Susan Rogers, PhD</td>
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<tr>
<td>11:30 am</td>
<td>Pharmacotherapy</td>
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<td>Steven Southwick, MD</td>
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<tr>
<td>12:15 pm</td>
<td>Lunch</td>
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<td>1:00 pm</td>
<td>Breakout Sessions I (Choose one)</td>
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<td><em>An In-depth Presentation of the Clinical Treatment Approaches</em></td>
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<td><em>Introduced in the Morning</em></td>
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<tr>
<td>A.</td>
<td>Cognitive Processing Therapy (CPT)</td>
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<td>Patricia Resick, PhD</td>
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<td>B.</td>
<td>Prolonged Exposure Therapy (PE)</td>
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<td>Edna Foa, PhD</td>
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<td>C.</td>
<td>Eye Movement Desensitization and Reprocessing (EMDR)</td>
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<td>D.</td>
<td>Pharmacotherapy</td>
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<td>Steven Southwick, MD</td>
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<tr>
<td>2:30 pm</td>
<td>Break</td>
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</table>
2:45 pm  **Breakout Sessions II (Choose one)**
*Areas of Focus within PTSD*

1. **Military Sexual Trauma (MST)**
   Roksana Korchynsky, PhD

2. **Traumatic Brain Injury (TBI)**
   TBD

3. **Substance Abuse**
   TBD

4. **Group Interventions**
   Lisa Najavits, PhD

4:15 pm  **Wrap-up and Evaluations**
Aaron M. Jacoby, PhD

4:30 pm  **Adjournment**
Locations:

February 8, 2008:  Pittsburgh

VA Pittsburgh Healthcare System - Highland Drive Division
Auditorium, Building 8
7180 Highland Drive
Pittsburgh, PA  15206

February 29, 2008:  Philadelphia

Philadelphia VA Medical Center
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University and Woodland Avenues
Philadelphia, PA  19104

Registration Information:

Tuition:

- VA Employees: $20
- VA Residents and Interns: Free
- Non-VA Employees: $75
- Non-VA Residents and Interns: $25

Tuition Includes:

- All registration and conference materials
- Refreshments
- Continuing education credits

Full Tuition must accompany the form. A $10 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by January 25, 2008.

Please make your check payable to OERP/WPIC and send it with the registration form to:

Nancy Mundy
Western Psychiatric Institute and Clinic
Office of Education and Regional Programming
4601 Baum Building, Room 166
Registration Form:
PTSD: Best Practices for Mental Health Providers

Course Codes: MA71 February 8, 2008 Pittsburgh
MA 72 February 29, 2008 Philadelphia

(Please type or print; photocopy for additional registrants. Telephone registrations cannot be accepted.)

Registration Deadline: January 25, 2008

Social Security Number: (Last five digits only)

Name:

Last First

Institutional Affiliation:

Address:

City State: Zip:

County:

Day Telephone (        )

E-Mail Address:

Degree(s) for Name Badge (i.e. MD, PhD):

Please indicate which session you plan to attend (Please check one):

_____ February 8, 2008 Pittsburgh
_____ February 29, 2008 Philadelphia

Please indicate which workshop you plan to attend (Please circle one choice for each session):

1:00 p.m. A B C D
2:45 p.m. 1 2 3 4

For Continuing Education Purposes, please check if you are:

□ NBCC Counselor (NBCC Number____________) □ Nurse □ Physician/MD
□ Social Worker □ Psychologist □ CAC □ CPRP

Tuition:___________________
Method of Payment:
☐ UPMC Account Transfer  ☐ American Express
☐ MasterCard  ☐ Discover  ☐ Visa  ☐ Check #__________

Card Number: ____________________________________________________

Expiration Date: ____________________ Security Code (3 Digit ID): ________

Signature: __________________________________________________________________

To be completed for UPMC account transfers only:

Business Unit and Department ID: _________________________________________

Administrator’s Name: ____________________________________________________

Administrator’s Signature: ________________________________________________

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(Handicapped Logo)
We encourage participation by all individuals. Advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program.