Advances in the Treatment of Mood Disorders: 2010

Friday, March 12, 2010
Sheraton Station Square
300 West Station Square Drive
Pittsburgh, Pennsylvania

Course Directors:
Edward S. Friedman, MD
Robert H. Howland, MD
Introduction:

This annual mood disorders conference has provided professional education for the southwestern Pennsylvania region over the last decade. Depression and bipolar illness are leading causes of disability worldwide. They are illnesses that often have significant social and functional impact and frequently result in substantial mortality and morbidity. The pathology and different treatments for the mood disorders need to be understood by both mental health specialists as well as primary care physicians. Fortunately, each year new therapies are introduced; however, the wealth of new treatment options may be confusing to the practitioner. This conference will offer a succinct way for clinicians to assimilate recent advances in mood disorder treatment. The speakers will discuss neurostimulation therapies, neuroscience, and new integrative approaches in the treatment of depression and bipolar disorder. In addition, this conference will include a series of workshops, which will offer an intimate didactic learning opportunity for advanced psychopharmacologic and psychotherapeutic techniques.

Who Should Attend:

Primary care physicians, psychiatrists, psychologists, mental health nurses, counselors, and other health professionals who treat patients with mood disorders.

Educational Objectives:

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

- Interpret the latest findings from studies investigating effective treatment for mood disorders.
- Outline the newest medication management protocols for mood disorders.
- Acquire training in advanced psychotherapeutic techniques.
- Receive expert feedback for difficult psychotherapy and pharmacotherapy cases.
- Integrate the above objectives into their current practice as to effectively and efficiently treat mood disorders.
Course Directors:

Edward S. Friedman, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Mood Disorders Treatment Research Program  
Western Psychiatric Institute and Clinic

Robert H. Howland, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Mood Disorders Treatment and Research Program  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Faculty:

Daniel J. Buysse, MD  
Professor of Psychiatry, and Clinical and Translational Science  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Alexandre Y. Dombrovski, MD  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Peter L. Franzen, PhD  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Robert H. Howland, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Mood Disorders Treatment and Research Program  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Sander J. Kornblith, PhD  
Clinical Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Mood Disorders Treatment and Research Program  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

David A. Lewis, MD  
Chairman and UPMC Endowed Professor in Translational Neuroscience  
Department of Psychiatry  
Medical Director and Director of Research  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Greg J. Siegle, PhD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Director, Program in Cognitive Affective Neuroscience (PICAN)  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Dorothy K.Y. Sit, MD  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Women’s Behavioral HealthCARE  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

Holly A. Swartz, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic  
Pittsburgh, Pennsylvania

In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials which will be distributed at the time of the conference.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
</tr>
</tbody>
</table>
| 9:00 a.m.| Introduction  
Edward S. Friedman, MD                                      |
| 9:05 a.m.| Opening Remarks  
David A. Lewis, MD                                             |
| 9:15 a.m.| Deep Brain Stimulation for Treatment Resistant Depression  
Robert H. Howland, MD                                           |
| 10:00 a.m.| What Parts of Depression Are We Treating? Emerging Neuroscience  
Greg J. Siegle, PhD                                             |
| 10:45 a.m.| Break                                                                |
| 11:00 a.m.| Decision Processes in Suicidal Behavior  
Alexandre Y. Dombrovski, MD                                     |
| 11:45 a.m.| Lunch (on your own)                                                  |
| 1:15 p.m.| Workshop Session I:                                                   |
| A.      | Pharmacology Consultation  
Edward S. Friedman, MD and Robert H. Howland, MD                   |
| B.      | Light Therapy for Depression  
Dorothy K.Y. Sit, MD                                               |
| C.      | Assessment and Pharmacological Treatments of Insomnia  
Daniel J. Buysse, MD                                              |
| 2:30 p.m.| Break                                                                |
| 2:45 p.m.| Workshop Session II:                                                 |
| 1.      | Behavioral Treatment of Insomnia  
Peter L. Franzen, PhD                                               |
| 2.      | Bipolar II Disorder in Clinical Practice: Diagnosis and Treatment Strategies  
Holly A. Swartz, MD                                               |
| 3.      | How to Apply Cognitive Therapy with Difficult Patients  
Who Have Major Depressive Disorders and Failed Other Treatments  
Sander J. Kornblith, PhD                                         |
| 4:00 p.m.| Adjournment                                                          |
A block of rooms has been reserved at the Sheraton Station Square where the conference will be held. The room rate is $159, plus tax, for a single and $169, plus tax, for a double room. When calling for reservations, please identify yourself as being with the conference on "Advances in the Treatment of Mood Disorders: 2010" to benefit from these reduced rates. Reservation requests received after February 26, 2010 will be honored on a space available basis.

Registration Information

Fee Schedule (Please circle the appropriate fee)

<table>
<thead>
<tr>
<th></th>
<th>Before 2/26/10</th>
<th>After 2/26/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Tuition</td>
<td>$90</td>
<td>$100</td>
</tr>
<tr>
<td>UPMC, WPIC, and PA</td>
<td>$45</td>
<td>$55</td>
</tr>
<tr>
<td>State Hospital Employees</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tuition includes:

· Registration and course materials
· Refreshments
· Continuing education credit

Full tuition must accompany the registration form. Please return your registration form by February 26, 2010. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.

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

Maria Pena-Jordan  
Western Psychiatric Institute and Clinic  
Office of Education and Regional Programming  
4601 Baum Building, Room 179  
3811 O'Hara Street  
Pittsburgh, PA 15213  
Telephone: (412) 802-6917  
FAX: (412) 802-6910  
E-mail: penajordanmi@upmc.edu  
http://www.wpic.pitt.edu/oerp

We encourage participation by all individuals. If you have a disability, 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.
Continuing Education Credit

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 5.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of his or her 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 5.0 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. 5.0 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 5.0 continuing education credits.

Certified Psychiatric Rehabilitation Practitioners: CPRP
A total of 5.0 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner (CPRP).

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; 5.0 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
This program is offered for 5.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Act 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Other Healthcare Professionals
Other health care professionals are awarded 0.5 Continuing Education Units (CEU's), which are equivalent to 5.0 contact hours.
Registration Form:
Advances in the Treatment of Mood Disorders: 2010
Course Code: MC17
March 12, 2010
(Please type or print; photocopy for additional registrants; Telephone registrations cannot be accepted.)
Registration Deadline: February 26, 2010

Social Security Number: (Last five digits only)

Name:
__________________________
Last

__________________________
First

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

Institutional Affiliation:

Address:

City

State:

Zip:

County:

Day Telephone (          )

E-Mail Address:

Please indicate which workshops you plan to attend (Please circle):

Workshop Session I:
A     B     C

Workshop Session II:
1     2     3

For Continuing Education Purposes, please check if you are:

□ CAC/CCDP  □ CPRP  □ CRC

□ Educator/Act 48 (Professional Personnel ID Number ________________)

□ LSW/LCSW/LPC/LMFT

□ NBCC Counselor (NBCC Number__________)  □ Nurse  □ Psychologist  □ Physician/MD

Tuition Enclosed:____________

Method of Payment:

□ Check  (Payable to OERP/WPIC - Check# ____________)

□ Visa  □ MasterCard  □ AMEX  □ Discover  □ UPMC Account Transfer

To be completed by credit card users only:

Card Number: __________________________ Expiration Date: __________________________

Signature: __________________________ Security Code: __________________________
(three digits on back of card)

To be completed for UPMC account transfers only:

Business Unit: __________________________ Department ID: __________________________

Administrator’s Name: __________________________

Administrator’s Signature: __________________________
The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University’s mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860.