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2nd Annual Innovations in Psychiatry and Behavioral Health: Adult and Child/Adolescent Topics



September 30-October 1, 2016
Frances C. Arrillaga Alumni Center, Stanford, CA

A Continuing Medical Education Conference
Presented by the Department of Psychiatry
and Behavioral Sciences at the
Stanford University School of Medicine.

Sponsored by the Stanford University School of Medicine



Stanford
MEDICINE

Course Director:
Alan K. Louie, MD

Featuring: Keynote Speakers



David Spiegel, MD
“Trauma and Stress
Management: Mindfulness
and Hypnosis”



Philip Zimbardo, PhD
“Zimbardo’s Exploration
of Human Nature in Action:
From Creating Evil to
Inspiring Heroism”
(Author of the Stanford Prison
Experiment)

WELCOME MESSAGE FROM THE COURSE DIRECTOR

Dear Colleagues,

We invite you to register for our 2nd annual conference featuring an exciting array of innovations in psychiatry and behavioral health. These new methods represent our best prediction of advances that will offer the greatest impact into the future. Some topics are quite practical (e.g., psychotherapeutic and psychopharmacologic pearls) while others are more visionary (e.g., neurocircuits, design thinking). Some topics are meant to play off others – interventional psychiatry contrasted with mindfulness and hypnosis; “from creating evil to inspiring heroism” juxtaposed with disruptive mood dysregulation disorder.

The conference format follows the current trend of short and intense talks (each 30 minutes) followed by break-out workshops (each 45 minutes) that engage participants to actively think about the information presented, including an opportunity to share what is being observed and learned in current practices. Each break-out workshop will usually be presented twice, thus an attendee may be able to partake in up to 50% of all workshops.

Please join us and become part of our expanding conference community. We welcome the opportunity to emphasize the creativity, diversity and vitality of our field!

Best,
Alan K. Louie, MD

STATEMENT OF NEED

This symposium seeks to fulfill the need for practicing physicians, psychologists, nurse practitioners, and clinical social workers to increase their knowledge and competence regarding advances in psychiatry and behavioral health. Topics will include: Identification of the changes in DSM-5 from DSM-IV-TR and explaining their rationale, and discussion of innovations and resources that are most likely to change the field including, but not limited to: emerging therapies and devices, impactful psychotherapies, and diagnostic revisions. Notably, teaching techniques at the symposium will include a version of the new “flipped classroom” that many medical schools, Stanford included, are now embracing to optimize interactions with the faculty.

TARGET AUDIENCE

This national conference is designed to meet the specialty and subspecialty needs of internists, family practitioners, primary care physicians, neurologists, psychiatrists, (adult and child & adolescent) psychologists, nurse practitioners, clinical social workers, and interested allied health professionals.

LEARNING OBJECTIVES

At the conclusion of this activity, learners will be able to:

- Evaluate the newest evidence-based treatments, protocols, and practice guidelines to improve the quality of care, for patients presenting with:
 1. Bipolar disorders
 2. Depressive disorders
 3. Sleep disorders
- Implement VA/DoD guidelines for suicide prevention
- Apply the DSM-5 criteria to make psychiatric diagnoses

- Analyze the latest, emerging strategies for:
 1. Management of addiction using pharmacotherapy
 2. Treatment of schizophrenia and psychosis
 3. Stress management
 4. Use of dialectical behavior therapy
 5. Depression
 6. Diagnosis and treatment of hoarding disorder
 7. Use of technology (e.g., mobile apps, computer games) in practice
 8. New laboratory tests in psychiatry
- Apply design thinking to the redesign of mental healthcare and improvement of systems-based practice

ACCREDITATION

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION

The Stanford University School of Medicine designates this live activity for a maximum of 16.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements; as long as the course is certified for *AMA PRA Category 1 Credit*[™] (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

COMMERCIAL SUPPORT ACKNOWLEDGEMENT

This CME activity is supported in part by educational grants (and/or in-kind support). A complete list of commercial supporters will be published in the course syllabus.

All faculty are with the Stanford University School of Medicine unless otherwise noted.

Course Director

Alan K. Louie, MD

Professor, Associate Chair, and Director of Education Department of Psychiatry and Behavioral Sciences, Moderator, and Course Content Validation Reviewer

Keynote speakers

David Spiegel, MD

Jack, Lulu and Sam Willson Professor in the School of Medicine, Associate Chair, Psychiatry and Behavioral Sciences

Philip Zimbardo, PhD

Professor Emeritus of Psychology (Stanford University)

Stanford Faculty

Mahendra Bhati, MD

Clinical Associate Professor of Psychiatry and Behavioral Sciences

J. Andrew Chacko, MD, MSE

Medical Director, Addiction Consultation & Treatment Team, VA Palo Alto Health Care System

Alison Darcy, PhD

Instructor, Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry and Child Development

Charles DeBattista, MD, DMH

Professor of Psychiatry and Behavioral Sciences

Amit Etkin, MD, PhD

Associate Professor of Psychiatry and Behavioral Sciences

Rona Hu, MD

Clinical Associate Professor of Psychiatry and Behavioral Sciences

Shashank V. Joshi, MD

Associate Professor of Psychiatry and Behavioral Sciences and (by courtesy) of Pediatrics Child and Adolescent Psychiatry and Child Development

Anna Lembke, MD

Assistant Professor of Psychiatry and Behavioral Sciences

Rafael Pelayo, MD

Clinical Professor of Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

Jennifer Phillips, PhD

Clinical Associate Professor in Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry and Child Development

Laura Weiss Roberts, MD, MA

Chairman and Katharine Dexter McCormick and Stanley McCormick Memorial Professor, Department of Psychiatry and Behavioral Sciences

Carolyn Rodriguez, MD

Assistant Professor of Psychiatry and Behavioral Sciences

Alan Schatzberg, MD (Moderator)

Kenneth T. Norris, Jr. Professor of Psychiatry and Behavioral Sciences

Hans Steiner, MD

Professor Emeritus (Active) of Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry and Child Development; Director, Program in Psychiatry & The Law

Po Wang, MD

Clinical Professor of Psychiatry and Behavioral Sciences

Sanno Zack, PhD

Clinical Assistant Professor of Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry and Child Development

Friday, September 30, 2016

Moderator for the day: Alan F. Schatzberg, MD

- 7:00-7:30am **Registration and Light Breakfast**
 7:30-7:45am **Introduction & Welcome**
 Laura Weiss Roberts, MD, MA
- 7:45-8:00am **Innovations in Psychiatry and Behavioral Health I**
 Alan K. Louie, MD
- 8:00-8:30am **Sleep Disorders and Treatment across the Lifespan: Infants, Child, Adolescents, and Adults**
 Rafael Pelayo, MD
- 8:30-8:35am **Q&A**
 8:35-9:05am **Dialectical Behavioral Therapy Advances**
 Sonno Zack, PhD
- 9:05-9:10am **Q&A**
 9:10-9:40am **Depression: Psychopharmacological Advances**
 Alan F. Schatzberg, MD
- 9:40-9:45am **Q&A**
 9:45am-10:00am **Break 15 min**
 10:00-10:30am **Suicide Prevention in Youth**
 Shashank V. Joshi, MD
- 10:30-10:35am **Q&A**
 10:35-10:40am **Break 5 min, go to break-out rooms**
 10:40-11:25am **4 Breakout/Workshop Sessions**
 Pelayo, Zack, Schatzberg, and Joshi
- 11:25-11:30 am **Break 5 min, go to break-out rooms**
 11:30-12:15pm **4 Breakout/Workshop Sessions**
 Pelayo, Zack, Schatzberg, and Joshi
- 12:15-12:45pm **Break 30 min, pick up box lunch**
 12:45-1:45pm **Keynote Address: Zimbardo's Explorations of Human Nature in Action: From Creating Evil to Inspiring Heroism**
 Philip Zimbardo, PhD
- 1:45-2:15pm **Obsessive-Compulsive Spectrum Disorders: Focus on Hoarding Disorder**
 Carolyn Rodriguez, MD, PhD
- 2:15-2:20pm **Q&A**
 2:20pm-2:50pm **A "Circuits First" Approach to Mental Illness: Opportunities for TMS and Psychopharmacological Treatments**
 Amit Etkin, MD, PhD
- 2:50-2:55pm **Q&A**
 2:55-3:25pm **Addiction Medicine: Pharmacotherapy of Addiction**
 Anna Lembke, MD
- 3:25-3:30pm **Q&A**
 3:30-3:45pm **Break 15 min**

- 3:45-4:30pm **4 Breakout/Workshop Sessions**
 Rodriguez, Etkin, Lembke, and Alison Darcy, PhD on High Tech Treatment of Psychiatric Disorders: Apps and Machine Learning
- 4:30-4:35pm **Break 5 min, go to break-out rooms**
 4:35-5:20pm **4 Breakout/Workshop Sessions**
 Rodriguez, Etkin, Lembke, and Alison Darcy, PhD on High Tech Treatment of Psychiatric Disorders: Apps and Machine Learning
- 5:20pm **Adjourn**

Saturday, October 1, 2016

Moderator for the day: Alan K. Louie, MD

- 7:00-7:40am **Registration and Light Breakfast**
 7:40-7:45am **Introduction & Announcements:** Alan K. Louie, MD
 7:45-8:00am **Innovations in Psychiatry and Behavioral Health II**
 Alan K. Louie, MD
- 8:00-8:30am **Bipolar Disorder, Psychopharmacological Advances**
 Po Wang, MD
- 8:30-8:35am **Q&A**
 8:35-9:05am **Schizophrenia and Psychosis, Psychopharmacological Advances**
 Rona Hu, MD
- 9:05-9:10am **Q&A**
 9:10-9:40am **Design Thinking and Redesigning Mental Healthcare**
 J. Andrew Chacko, MD, MSE
- 9:40-9:45am **Q&A**
 9:45am-10:00am **Break 15 min**
 10:00-10:30am **Impulsive and Disruptive Mood Dysregulation Disorders in Children and Adolescents**
 Hans Steiner, MD
- 10:30-10:35am **Q&A**
 10:35-10:40am **Break 5 min, go to break-out rooms**
 10:40-11:25am **4 Breakout/Workshop Sessions**
 Wang, Lembke, Chacko, and Steiner
- 11:25-11:30am **Break 5 min, go to break-out rooms**
 11:30-12:15pm **Breakout/Workshop Sessions**
 Wang, Lembke, Chacko, and Steiner
- 12:15-12:45pm **Break 30 min, pick up box lunch**
 12:45-1:45pm **Keynote Address: Trauma and Stress Management: Mindfulness and Hypnosis**
 David Spiegel, MD
- 1:45-2:15pm **Autism Spectrum Disorder and Asperger's Disorder**
 Jennifer Phillips, PhD
- 2:15-2:20pm **Q&A**
 2:20pm-2:50pm **Neuromodulation, Brain Stimulation, and Interventional Psychiatry**
 Mahendra Bhati, MD
- 2:50-2:55pm **Q&A**
 2:55-3:25pm **New Laboratory Tests in Psychiatry and New Drug Development**
 Charles DeBattista, MD, DMH
- 3:25-3:30pm **Q&A**
 3:30-3:45pm **Break 15 min**
 3:45-4:30pm **4 Breakout/Workshop Sessions**
 Spiegel, Phillips, Bhati, and DeBattista
- 4:30-4:35pm **Break 5 min, go to break-out rooms**
 4:35-5:20pm **Panel Session**
 Spiegel, Phillips, Bhati, and DeBattista
- 5:20pm **Adjourn**



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**Frances C. Arrillaga Alumni Center
Stanford, CA**



Phone: 650-497-8554 • Fax: 650-497-8585
cme.stanford.edu

Registration

REGISTRATION

Registration fee includes course materials, certificate of attendance, Continental breakfast, lunch and refreshment break.

If you prefer to pay by check or need assistance, please call **650-497-8554** or email stanfordcme@stanford.edu. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Register online with a Visa or Master Card by visiting cme.stanford.edu/psychiatry. Be sure to include an email address that you check frequently.

ATTENDEE TYPE	FEES	
	Early Bird Rate	After September 6, 2016
Physicians:	\$550	\$600
Nurses and Allied Health Professionals:	\$350	\$400

CONFERENCE LOCATION

Frances C. Arrillaga Alumni Center
326 Galvez Street, Stanford, CA
Phone: 650-723-2021

For an interactive campus map visit <http://ucomm.stanford.edu/map/>.

Conference parking is available in Galvez lot (L-96) on Friday, September 30. The discounted conference parking rate is \$8.00/day. One week before the conference, parking information will be emailed to all registered attendees. A parking code for Galvez lot will be provided at that time. The parking code allows for a \$8.00 conference rate. Parking is available in Galvez lot (L-96) on Saturday, October 1 at no charge.

ACCOMMODATIONS

Excellent family accommodations are available at a special conference rate of \$289 (Thursday, September 29th) and \$149 (Saturday, September 30th through Sunday October 2nd) at the **Sheraton Palo Alto Hotel** located within a five-minute drive of the conference location. Please mention **Stanford Psychiatry Course 2016** to

receive the group rate. The Sheraton Palo Alto Hotel is located at 625 El Camino Real, Palo Alto, CA 94301.

The Marguerite, Stanford's free weekday shuttle service, has a bus stop a short walk from the Sheraton. Please note the Marguerite does not run on weekends.

For reservations call 1-800-325-3535 or 650-328-2800. Rooms will be guaranteed at a special rate until September 8, 2016 (subject to availability). Thereafter, the Sheraton will provide rooms on a space available basis and the group rate will no longer be guaranteed.

DIRECTIONS

For driving directions and maps to the Sheraton Palo Alto, please visit sheraton.com/paloalto

CANCELLATION POLICY

Cancellations received in writing no less than 30 days before the course will be refunded, less a 13% administrative fee. No refunds will be made on cancellations received after that date. Please send cancellation requests to stanfordcme@stanford.edu.

Stanford University School of Medicine reserves the right to cancel this program; in the event of cancellation, course fees will be fully refunded.


CONTACT INFORMATION

For questions about the symposium, please contact **Yolanda Cervantes**, CME Conference Coordinator, **650-724-9549** or email ycervant@stanford.edu.

Stanford Center for Continuing Medical Education

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Phone: 650-497-8554 • Email: stanfordcme@stanford.edu • Web: cme.stanford.edu

 Stanford University School of Medicine is fully ADA compliant. If you have needs that require special accommodations, including dietary concerns, please contact the CME Conference Coordinator.

Please register early – space is limited!