



Stanford | MEDICINE

3rd Annual Innovations in Psychiatry and Behavioral Health: Virtual Reality and Behavior Change

October 6-7, 2017

Li Ka Shing Center for Learning and Knowledge, Stanford, CA
Sponsored by the Stanford University School of Medicine

Dear Course Participants,

On behalf of Course Directors Alan K. Louie, MD and Kim Bullock, MD, it is our pleasure to welcome you to the *3rd Annual Innovations in Psychiatry and Behavioral Health: Virtual Reality and Behavior Change*, a Continuing Medical Education Conference presented by the Department Psychiatry and Behavioral Sciences at the Stanford University School of Medicine.

STATEMENT OF NEED

This symposium seeks to fulfill the need for physicians, psychologists, nurse practitioners, and clinical social workers to increase their knowledge and competence regarding innovations in the application of virtual reality (including augmented reality) in psychiatry and behavioral health, including appropriate referral of patients for these treatments. Topics will also include discussions of virtual and augmented reality innovations and resources that are most likely to change the field including, but not limited to: emerging therapies and devices, impactful combinations of existing treatments with virtual reality, and models for how clinicians may collaborate on these innovations with computer scientists and engineers. Notably, teaching techniques at the symposium will include speakers, posters, and an innovation lab, in which attendees may apply to present solutions to challenge problems in an award contest and engage in experiential learning to improve upon ideas in real-time through expert feedback and interaction.

TARGET AUDIENCE

This is an international program, designed for physicians, psychologists, nurse practitioners, and clinical social workers practicing in the following specialties:

- Family Practice
- Primary Care
- Neurology
- Psychiatry
- Anesthesiology
- Pediatrics
- Neurosurgery

Also welcomed are people interested in VR/AR from fields like medicine, engineering, computer science, business, education, law etc.

CME LEARNING OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Evaluate and appropriately refer patients for the newest virtual and augmented reality treatments for health behaviors and mental health including: addiction, anxiety disorders, functional neurological disorder, mood disorders, post-traumatic stress disorder, pain/pain disorders, and other psychiatric disorders.
- Evaluate and appropriately refer patients for the newest virtual and augmented reality treatments for the management of pain/pain disorders.
- Effectively collaborate with interdisciplinary teams of physicians, computer scientists, engineers, and business people to provide optimal psychiatric and behavioral care to patients.

CE LEARNING OBJECTIVES

As a consequence of attending the sessions outlined below, participants will be better able to:

OCT 6 7:45 am- 12:30 pm	<u>Session I: Introduction to VR/AR in Healthcare</u> <ul style="list-style-type: none"> • Describe three treatment situations where utilizing VR might be more cost-effective or clinically powerful than in traditional approaches to care • Discuss the evolution of telepsychiatry and telehealth over the last 20 years. • Discuss the neuroscience of virtual reality and behavior change. 	4.25 CE hours
OCT 6 1:00 pm- 5:45 pm	<u>Session II: Treatment Specific Problems</u> <ul style="list-style-type: none"> • Describe how VR can help create “corrective learning experiences” for individuals suffering from depression. • Describe how technical innovations in VR/AR allow healthcare professionals to create clinical experiences that are both more powerful and safer for everyone involved. • Discuss training programs currently in use to help professionals utilize VR simulations in the treatment of PTSD and other trauma-related problems. • Describe how the use of immersive VR technology can help professionals establish a more powerful emotional connection with their patients. 	4.25 CE hours
OCT 7 8:00 am- 12:15 pm	<u>Session IIIA: Innovation Lab</u> <ul style="list-style-type: none"> • Discuss how the utilization of a group learning experience such as the <i>Innovation Lab</i> could enhance learning experiences held at their own educational facilities. • Describe 3 unique ideas you got from attending the <i>Lab</i> at this conference, and how you might continue to develop one of them in your own research, teaching, or practice setting • List 3 ways that the delivery of healthcare in the future might reflect ideas shared during the Brainstorm Innovations Lab • Discuss one idea or VR-related technical innovation that you expected to be reported on in the Innovations Lab, but was not. 	3 CE hours
OCT 7 8:00 am- 12:15 pm	<u>Session IIIB – Advanced Applications I</u> <ul style="list-style-type: none"> • Describe how VR/AR technology may be used more effectively/efficiently in the treatment of psychosis. • Describe how VR/AR technology may be used more effectively/efficiently in the treatment of ADHD and related clinical problems • Discuss 3 ways in which VR/AR interventions are being used in the treatment of 	2.75 CE hours

	<p>chronic pain.</p> <ul style="list-style-type: none"> • Describe the clinical relationship between pain management and addiction, and discuss research indicating that emerging VR technology may provide powerful ways to treat this common comorbid condition 	
<p>OCT 7 12:45 pm- 5:30 pm</p>	<p><u>Session IV – Advanced Applications II</u></p> <ul style="list-style-type: none"> • Describe at least 2 research articles articulating the promise of VR/AR interventions to treat chronic pain in children. • Discuss VR interventions that have been designed to address the specific needs of burn pain patients. • Describe what is meant by a “virtual human” • Summarize one research protocol that suggests virtual humans may play a vital role in the treatment of PTSD • List at least three clinically-relevant ideas presented/discussed during the closing panel on technology for pain management 	<p>4.5 CE hours</p>

Take this opportunity to network with colleagues and to spend time with the faculty. Please contact us if we may be of assistance.

Your Stanford Center for Continuing Medical Education Conference Team,

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FACULTY

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

COURSE DIRECTORS & PLANNING COMMITTEE

Alan K. Louie, MD

Course Director

Professor, Associate Chair, and Director of Education

Department of Psychiatry and Behavioral Sciences;

Course Content Validation Reviewer

Kim Bullock, MD

Co-Course Director

Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, Director

Virtual Reality-Immersive Technology Lab

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MGH & McLean Hospital, Boston MA

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Professor, Department of Psychiatry and Behavioral Sciences

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Psychiatry Resident, Icahn School of Medicine

Mount Sinai, NYC, NY

Walter Greenleaf, PhD

Visiting Scholar, Virtual Human Interaction Lab, Stanford

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Emeritus Adjunct Clinical Associate Professor,

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Cody J. Rall, MD

US Navy Psychiatrist

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Commercial Support Reviewer

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

STANFORD FACULTY

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Department of Psychiatry and Behavioral Sciences

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Kim Bullock, MD

*Clinical Associate Professor; Department of Psychiatry and Behavioral Sciences, Director
Virtual Reality-Immersive Technology Lab*

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Department of Anesthesiology

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Professor, Department of Pediatrics

(Pediatric Cardiology)

Kate Hardy, Clin. Psych. D

Clinical Assistant Professor, Department of

Psychiatry and Behavioral Sciences

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Instructor, Department of

Psychiatry and Behavioral Sciences

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Course Content Validation Reviewer

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Department of Anesthesiology

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Chief, Psychiatry Service, Stanford Hospital and Clinics

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Department of Psychiatry and Behavioral Sciences

Sam Rodriguez, MD

Clinical Assistant Professor,

Department of Anesthesiology

Leanne Williams, PhD
*Professor, Department of
Psychiatry and Behavioral Sciences*

KEYNOTE SPEAKERS

Walter Greenleaf, PhD
Visiting Scholar, Virtual Human Interaction Lab, Stanford

Giuseppe Riva, PhD
*Professor, ICE-NET Lab, Università Cattolica, Milan, Italy
& ATN-P Lab, Istituto Auxologico, Milan, Italy*

Albert "Skip" Rizzo, PhD
*Research Professor, Department of Psychiatry;
Director, Medical Virtual Reality; University of Southern California*

GUEST FACULTY

Jessica Bendinger, BA
American Screenwriter

Patrick Bordnick, PhD, MPH, LCSW
*Dean, School of Social Work,
Tulane University, New Orleans, LA*

JoAnn Difede, PhD
*Professor, Psychology in Psychiatry,
Cornell University, Ithaca, NY*

Noah Falstein
Freelance Game Designer & Producer

Diane Gromala, PhD
*Professor, School of Interactive Arts and Technology,
Simon Fraser University, British Columbia, Canada*

Hunter Hoffman, PhD
*Professor, Mechanical Engineering,
University of Washington, Seattle, WA*

David Thomas, PhD
*National Institute of Drug Abuse (NIDA),
Washington DC*

Matt Vogl, MPH
*Executive Director, National Behavioral Health Innovation Center,
University of Colorado, Denver, CO*

BRAINSTORM INNOVATION LAB TEAM

Gowri Aragam, MD

*Psychiatry Resident, Massachusetts General Hospital
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Kenechi Ejebe, MD

*Resident, Icahn School of Medicine
Mount Sinai, New York, NY*

Cody J. Rall, MD

*US Navy Psychiatrist
Rosalind Franklin University of Medicine and Science
Chicago, IL*

Nina Vasan, MD

*Psychiatric Resident, Department of
Psychiatry and Behavioral Sciences*

BRAINSTORM INNOVATION LAB JUDGES

Patrick Bordnick, PhD, MPH, LCSW

Kenechi Ejebe, MD
Walter Greenleaf, PhD

Alan K. Louie, MD

Nina Vasan, MD

BRAINSTORM INNOVATION LAB FINALISTS

Vanessa Anderson

Amador Valley High School

Mahika Nayak

Amador Valley High School

Brandon Birckhead, MD

Medical College of Wisconsin

Susan E. Rivers, PhD

DePaul University

Faranak Farzan, PhD

Simon Fraser University

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Singularity University

Pauline Yang

Amador Valley High School

Sylvain Moreno, PhD

Simon Fraser University

Madeleine Yip

Stanford University

INTRODUCTION OF OCTOBER 7TH AFTERNOON SESSIONS

Christina M. Spellman, PhD

Executive Director, The Mayday Fund, New York, NY

COMMERCIAL INTEREST AFFILIATIONS DISCLOSURE TO LEARNERS

COMMERCIAL INTEREST AFFILIATIONS AND DISCLOSURE TO LEARNERS

In accordance with the standards of the Accreditation Council for Continuing Medical Education (ACCME), all persons who can influence CME content must disclose their financial relationships with commercial interests providing products or services that will be discussed. If they have no relevant financial relationships, persons who can influence CME content must specify that they have nothing to disclose.

COMMERCIAL SUPPORT REVIEWER

Sepideh N. Bajestan, MD, PhD

No relevant financial relationships

PLANNING COMMITTEE MEMBERS

The following planning committee members have indicated they have *no relationships with industry* to disclose relative to the content of this CME activity.

**Alan K. Louie, MD
(Content Reviewer)
Kim Bullock, MD
Gowri Aragam, MD**

**Bruce Arnow, PhD
Kenechi Ejebe, MD
Gerry W. Piaget, PhD
Cody J. Rall, MD**

The following planning committee members have indicated they *do have relationships with industry* to disclose relative to the content of this CME activity.

Walter Greenleaf, PhD

Consulting Fees:

Applied VR

Nina Vasan, MD

Fees for Speaker

Bureaus:

Do Good Well

Book Fees:

John Wiley & Sons

FACULTY and GUEST SPEAKERS

The following speakers, panelists and brainstorm innovation lab finalists have indicated they have *no relationships with industry* to disclose relative to the content of this CME activity.

Vanessa Anderson
Gowri Aragam, MD
Jessica Bendinger, BA
Brandon Birkhead, MD
Patrick Bordnick, PhD, MPH, LCSW
Kim Bullock, MD
Tom Caruso, MD, MEd
Anne Dubin, MD
Kenechi Ejebe, MD
Noah Falstein
Faranak Farzan, PhD
Kate Hardy, Clin. Psych. D
Hunter Hoffman, PhD
Hadi Hosseini, PhD
Sakthi Preethi Kumaresan, MS
Alan K. Louie, MD
Sean Mackey, MD, PhD
Sylvain Moreno, PhD

Mahika Nayak
Cody J. Rall, MD
Giuseppe Riva, PhD
Albert "Skip" Rizzo, PhD
Laura W. Roberts, MD, MA
Susan E. Rivers, PhD
Sam Rodriguez, MD
Doris C. Rusch, PhD
Kiranmaye Sirigineni, MS
David Thomas, PhD
Nina Vasani, MD
Matt Vogl, MPH
Leanne Williams, PhD
Pauline Yang
Madeleine Yip

The following speakers, panelists and brainstorm innovation lab finalist have indicated they *do have relationships with industry* to disclose relative to the content of this CME activity.

Elias Aboujaoude, MD, MA

Advisory Board: *Limbix*
Ownership Interest: *eTherapi*

Jacob Ballon, MD

Contracted Research: *Vanguard, Alkermes*
Consulting Fees: *Pear Therapeutics*

JoAnn Difede, PhD

Advisory Board: *Pear Therapeutics*
Contracted Research: *Applied VR*

Walter Greenleaf, PhD

Advisory Board: *OBEN, NBHIC, Pear Therapeutics*
Ownership Interest: *OBEN, Cognitive Leap, Pear Therapeutics*
Consulting Fees: *OBEN, NBHIC*

Diane Gromala, PhD

Contracted Research: *Age-Well*

EDUCATIONAL GRANTS

COMMERCIAL SUPPORT ACKNOWLEDGEMENT

In-Kind Support

This activity received in-kind support from the following:

1. High Fidelity, Inc. –Durable Equipment
2. *PowisVR –Disposable Equipment*

NON-COMMERCIAL IN-KIND SUPPORT ACKNOWLEDGEMENT

This activity received non-commercial support from University of Colorado Anschutz Medical Campus.

GENERAL INFORMATION

Conference registration desk hours: October 6th from 7:00AM – 5:45PM
October 7th from 7:00AM – 5:30PM

HOW TO RECEIVE CE/CME CREDIT

The ACCME requires that CME Providers have a mechanism in place to verify physician participation in CME activities. For this conference, please be certain to sign in each morning at the Registration Desk. Thank you!

NOTICE TO SOCIAL WORKERS

Social Workers attending the conference have additional sign in requirements. Please pick up the Social Worker Attendance Tracking form at the registration table upon arrival to the conference. This form must be completed in full and returned to conference staff at the conclusion of the conference in order to earn credit.

CME COURSE EVALUATION & CERTIFICATES

Participants will receive an email one business day after the course with a link to an online evaluation survey. Please complete the survey within 1 week from receipt of this email. Upon completion of the online evaluation survey and attesting to the number of hours of participation in the educational activity, you can download a printable certificate for your records.

CE COURSE EVALUATION & CERTIFICATES

Credit for other health care practitioners is offered through a joint-providership between Stanford CME and the Institute for Better Health (IBH), a local nonprofit educational organization. This conference is approved for CE credit hours for psychologists, nurses, social workers, and other health care professionals. A post-conference evaluation tool and CE certificates for CE participants will be available on the IBH website.

CE participants must attend the conference sessions in full, sign in daily, complete the online evaluation and submit the affidavit in order to access your CE Certificate of Completion.

For more information on how to complete the IBH evaluation and certificate process, please pick up the CE Handout available at the registration desk. Detailed instructions and important CE information will be outlined here. In addition, please visit <http://www.iahb.org/stanfordce/> for a step-by-step walk through of how to complete the evaluation and certificate process.

If you experience difficulty, simply call the Institute for Better Health's technical staff between 9AM and 6PM Eastern Time at (800) 258-8411 for assistance.

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.

CME CREDIT DESIGNATION

Physicians

The Stanford University School of Medicine designates this live activity for a maximum of 16.00 *AMA PRA Category I Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional CE Credit Types

IAHB maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below. This conference is approved for up to 16.00 CE credit hours for psychologists, nurses, social workers, and other health care professionals. Sessions must be completed in full to obtain CE credit.

Nurses

The Institute for the Advancement of Human Behavior (IAHB) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Attendees may earn up to 16.00 credits.

IAHB is approved by the California Board of Registered Nursing, BRN Provider CEP#2672 for up to 16.00 contact hours.

Educators

IAHB has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

Psychologists

IAHB is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

Social Workers

Institute for the Advancement of Human Behavior, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 1 clinical continuing education clock hour per hour attended. As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Institute for the Advancement of Human Behavior SW CPE 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 #0091.

PLEASE NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

ACCESS ELECTRONIC PRESENTATION SLIDES

You may access PDF versions of the presentations of participating faculty online. To access these files, please go to the following website: <https://app.2shoes.com/stanfordvrpsych>.

SECURITY STATEMENT

Please do not leave any personal belongings unattended in the meeting room during breaks. We are not responsible for lost or stolen items.

CULTURAL AND LINGUISTIC COMPETENCY

California Assembly Bill 1195 requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. It is the intent of the bill, which went into effect July 1, 2006, to encourage physicians and surgeons, CME providers in the State of California and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population through appropriate professional development. The planners and speakers of this CME activity have been encouraged to address cultural issues relevant to their topic area.

The Stanford University School of Medicine Multicultural Health Portal also contains many useful cultural and linguistic competency tools including culture guides, language access information and pertinent state and federal laws. You are encouraged to visit the portal:

<https://lane.stanford.edu/portals/cultural.html>

PROGRAM (Subject to change)

Friday - October 6, 2017

7:00-7:45am	Registration and Breakfast
7:45-8:00am	VR and Behavior Change: Day 1 (NO CME) <i>Alan Louie, MD; Kim Bullock, MD; Laura Roberts, MD, MA</i>
8:00-8:40am	Keynote: Overview of Medical VR <i>Walter Greenleaf, PhD</i>
8:40-8:55am	<i>Q&A</i>
8:55-9:35am	Telepsychiatry: From Computerized CBT to Virtual Reality <i>Elias Aboujaoude, MD, MA</i>
9:35-9:50am	<i>Q&A</i>
9:50-10:05am	<i>Break</i>
10:05-10:45am	VR, Trauma, and Anxiety <i>JoAnn Difede, PhD</i>
10:45-11:00am	<i>Q&A</i>
11:00-11:25am	Translation of Technology into Clinical Care <i>Matt Vogl, MPH</i>
11:25-12:15pm	Keynote: Neuroscience of VR and Behavioral Change <i>Giuseppe Riva, PhD</i>
12:15-12:30pm	<i>Q&A</i>
12:30-1:00pm	<i>Lunch</i>
1:00-1:10pm	Announcements <i>Alan Louie, MD and Kim Bullock, MD</i>
1:10-2:00pm	VR and Functional Neurological Disorder <i>Kim Bullock, MD</i>
2:00-2:15pm	<i>Q&A</i>
2:15-2:55pm	VR: The Future of Substance Abuse Research and Treatment <i>Patrick Bordnick, PhD, MPH, LCSW</i>
2:55-3:10pm	<i>Q&A</i>
3:10-3:25pm	<i>Break</i>
3:25-4:05pm	VR, Brain Circuits and Precision Psychiatry – Targeting Depression <i>Leanne Williams, PhD</i>
4:05-4:20pm	<i>Q&A</i>

4:20-5:05pm	<p>Panel on VR from Bench to Clinic</p> <ul style="list-style-type: none"> • <i>Kim Bullock</i> • <i>JoAnn Difede</i> • <i>Walter Greenleaf (Facilitator)</i> • <i>Giuseppe Riva</i> • <i>Leanne Williams</i>
5:05-5:45pm	<p>Panel on Transforming Mental Healthcare with VR: Impact beyond the Clinic</p> <ul style="list-style-type: none"> • Jessica Bendinger • Noah Falstein • Matt Vogl (Facilitator)
5:45pm	<p>Adjourn</p>

Saturday - October 7, 2017

7:00-7:45am	Light Breakfast		
7:45-8:00am	VR and Behavior Change: Day 2 (NO CME) <i>Alan Louie, MD and Kim Bullock, MD</i>		
Track 1: Brainstorm VR Innovation Lab Room LK130 (First Floor)		Track 2: Lectures Berg Hall A & B (Second Floor)	
8:00-8:15am	Innovation Lab: Introduction (NO CME) <i>Gowri Aragam, MD and Cody Rall, MD</i>	8:00-8:35am	VR and Attention Deficit/Hyperactivity Disorder <i>Hadi Hosseini, PhD</i>
8:15-9:25am	Innovation Lab: Part I, Finalists' Oral Presentations <i>Gowri Aragam, MD and Cody Rall, MD</i>	8:35-9:10am	VR and Psychosis <i>Jacob Ballon, MD and Kate Hardy, Clin. Psych.D</i>
9:25-9:35am	Innovation Lab: Part I, Panel and Q&A <i>Gowri Aragam, MD and Cody Rall, MD</i>	9:10-9:45am	VR, Anxiety Reduction, and Pain <i>Sam Rodriguez, MD and Tom Caruso, MD, MEd</i>
9:35-9:45am	<i>Break</i>	9:45-9:55am	<i>Break</i>
9:45-10:45am	Innovation Lab: Part II, Collaboration Zone <i>Gowri Aragam, MD and Cody Rall, MD</i>	9:55-11:00am	Virtual Reality Poster Presentations (NO CME) Berg Hall C
10:45-11:05am	Innovation Lab: Part III, Finalists' Oral Presentations <i>Gowri Aragam, MD and Cody Rall, MD</i>	11:00-11:05am	Introduction of Afternoon (NO CME) <i>Christina Spellman, PhD</i>
11:05-11:50am	Virtual Reality Poster Presentations (NO CME) Berg Hall C	11:05-11:40am	VR and Pain Management/Addiction <i>David Thomas, PhD</i>
11:50-12:15pm	Innovation Lab: Part IV, Debrief and Recap <i>Gowri Aragam, MD and Cody Rall, MD</i>	11:40-12:15pm	Advances in Pain Management <i>Sean Mackey, MD</i>
12:15-12:45pm	<i>Lunch</i>		
12:45-1:35pm	Keynote: Virtual Reality Goes to War: Advances in the Prevention, Assessment, and Treatment of Posttraumatic Stress <i>Albert "Skip" Rizzo, PhD</i>		

1:35-1:50pm	<i>Q&A</i>
1:50-2:30pm	VR and Burn Pain <i>Hunter Hoffman, PhD</i>
2:30-2:45pm	<i>Q&A</i>
2:45-3:00pm	<i>Break</i>
3:00-3:40pm	VR and Chronic Pain <i>Diane Gromala, PhD</i>
3:40-3:55pm	<i>Q&A</i>
3:55-4:35pm	VR and Anxiety with Painful Procedures in Children <i>Anne Dubin, MD</i>
4:35-4:50pm	<i>Q&A</i>
4:50-5:30pm	<p>Panel on Technology for Pain Management</p> <ul style="list-style-type: none"> • <i>Anne Dubin</i> • <i>Diane Gromala</i> • <i>Hunter Hoffman</i> • <i>Skip Rizzo (Facilitator)</i> • <i>Sam Rodriguez</i> • <i>David Thomas</i>
5:30pm	Adjourn <i>Alan Louie, MD and Kim Bullock, MD</i>

Opportunities for Q&A will be provided at the conclusion of each presentation