

PSYCHOPHARMACOLOGY FOR THE PRIMARY CARE PRACTITIONER AND OTHER HEALTH CARE PROFESSIONALS

APRIL 5-6, 2024

FAIRMONT COPLEY PLAZA, BOSTON, MA



Offered as
LIVE IN-PERSON
at
Fairmont Copley Plaza
or
**LIVE INTERACTIVE
STREAMING
PROGRAM!**

SAVE \$100 when you register before January 10, 2024

Course Co-Directors:

Barbara Coffey, MD, MS
Luca Pani, MD
Giuliana Altare DNP, APRN, PMHNP-BC
Panagiota Caralis MD, JD, FACP

Course Moderators:

Paul Summergrad, MD
Panagiota Caralis MD, JD, FACP

Faculty:

Giuliana Altare DNP, APRN, PMHNP-BC
Ross Baldessarini, MD, D.Sc. (hon)
Panagiota Caralis MD, JD, FACP
Barbara Coffey, MD, MS
Elizabeth Crocco, MD
Nicole Derish, MD
Adrianda Forray, MD
Nassir Ghaemi, MD, MPH
Sogol Javaheri, MD, MPH
Charles Montano, MD
Charles Nemeroff, MD, PhD
Luca Pani, MD
Azizi Sexias, PhD
David Sheehan, MD, MBA
Paul Summergrad, MD
Roger Weiss, MD

- Nationally renowned faculty
- Interface of psychiatry and medicine
- Integrating medical and psychiatric care
- Strategies to diagnose and manage mental health symptoms
- Treatment of depression and bipolar disorder
- Suicide in primary care settings
- Generalized anxiety disorder
- OCD and panic disorder
- Sleep disorder
- Alcohol and substance use disorder
- ADHD
- Mood disorders in pregnancy and postpartum
- Digital technologies
- Child, adolescent, and geriatric psychopharmacology
- When, why, how to consult psychiatry

Sponsored by the University of Miami
Miller School of Medicine Department
of Psychiatry and Behavioral Sciences



UNIVERSITY OF MIAMI
**MILLER SCHOOL
of MEDICINE**

COURSE DESCRIPTION

Nationwide, Primary Care Practitioners frequently find themselves at the frontline of mental health care. Increasingly, these medical professionals are tasked with diagnosing and treating not only common but also complex and chronic psychiatric disorders. This conference equips primary care practitioners to confidently diagnose and manage the prevalent mental health conditions and associated comorbidities like cardiovascular disease, arthritis and diabetes. Our focus will be on evidence-based pharmacological interventions and the most recent advancements in the field of psychopharmacology. Upon completion, participants will be better prepared to handle behavioral and emotional health problems in their day-to-day practice.

We will delve into a range of topics including basics of psychopharmacology; antidepressants; anxiolytics; mood stabilizers; antipsychotics; ADHD medications; treatments for substance use disorders; considerations for specific populations like women, children and seniors; and integrating medication with other treatments.

The conference will be presented through a blend of enlightening lectures and engaging interactive discussions, providing participants with a robust foundation in psychopharmacology. Attendees will leave equipped with enhanced confidence to apply this knowledge in their primary practice settings. A special feature of this course is participants can present a case for review and discussion with faculty.

LEARNING OBJECTIVES

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

- Develop a comprehensive understanding of psychopharmacology fundamentals and the pharmacokinetics of frequently prescribed psychotropic medications;
- Recognize depression in clinical practice;
- Understand the role and limitations of standard antidepressant treatments;
- Develop strategies to accurately diagnose and manage important mental health symptoms and disorders, including depression, bipolar disorder, anxiety spectrum disorders, (GAD, OCD, Panic), sleep disorders, ADHD and substance use disorders;
- Identify and manage medication side effects, drug interactions, and potential adverse reactions;
- Assess the significance of pharmacogenomics in customizing psychopharmacological treatments for individual patients;
- Examine the utilization of psychotropic medications in special patient groups, such as children, adolescents, perinatal, pregnant and lactating women, and the elderly, along with patients with comorbid medical conditions;
- Explore non-pharmacological treatment alternatives and the significance of a holistic, patient-centered approach to mental health care;
- Effectively assess, document, and manage suicidality in primary care settings to protect their patients, and themselves medico-legally;
- Assimilate a more balanced perspective on the risks and benefits of benzodiazepine and how to prescribe them correctly and safely;
- Understand the concept and significance of digital psychiatry;
- Recognize the role of digital tools in psychiatric research and clinical care;
- Identify potential challenges and ethical considerations in digital psychiatry;
- Recognize when to consult with or refer to Psychiatry.

COURSE SCHEDULE

FRIDAY | APRIL 5, 2024

Moderator: Paul Summergrad, MD

8:15 a.m.- 8:30 a.m.	Welcome and Course Overview Paul Summergrad, MD and Luca Pani, MD
8:30 a.m.- 9:00 a.m.	Historical Perspectives of Psychopharmacology for General Practitioners Luca Pani, MD
9:00 a.m.- 9:45 a.m.	Interface of Psychiatry and Medicine Charles Nemeroff, MD, PhD
9:45 a.m.- 10:30 a.m.	Diagnosis and Treatment of Depression Nassir Ghaemi, MD, MPH
10:30 a.m.- 11:00 a.m.	Coffee Break
11:00 a.m.- 12:00 p.m.	Bipolar Disorders: Diagnosis and Treatment Ross Baldessarini, MD, D.Sc, (hon)
12:00 p.m.- 12:45 p.m.	Questions and Answers, Challenging Cases and Discussions with Faculty and Audience: Giuliana Altare DNP, APRN, PMHNP-BC, Ross Baldessarini, MD, D.Sc, (hon), Nassir Ghaemi, MD, MPH, Luca Pani, MD, Charles Nemeroff, MD, PhD, & Paul Summergrad, MD
12:45 p.m.- 2:00 p.m.	Lunch (on your own)
2:00 p.m.- 2:45 p.m.	Recognition and Treatment of Substance Use Disorders in the Primary Care Setting Roger Weiss, MD
2:45 p.m.- 3:30 p.m.	Suicidality in Primary Care: Assessment, Documentation, Conceptual Understanding, and Management. David Sheehan, MD, MBA
3:30 p.m.- 3:45 p.m.	Coffee Break
3:45 p.m.- 4:30 p.m.	Psychopharmacology of Sleep Disorders Sogol Javaheri, MD, MPH
4:30 p.m.- 5:15 p.m.	Questions and Answers, Challenging Cases and Discussions with Faculty and Audience: Ross Baldessarini, MD, D.Sc, (hon), Sogol Javaheri, MD, MPH David Sheehan, MD, MBA and Paul Summergrad, MD

SATURDAY | APRIL 6, 2024

Moderator: Panagiota Caralis MD, JD, FACP

8:15 a.m.- 9:00 a.m.	Integrating Medical and Psychiatric Care: From Schizophrenia to Bipolar to Depression to Anxiety Disorders and Beyond Paul Summergrad, MD
9:00 a.m.- 9:45 a.m.	Child and Adolescent Psychopharmacology: How to Treat ADHD, Depression and Anxiety (and more) Barbara Coffey, MD, MS
9:45 a.m.- 10:30 a.m.	Mood Disorders in Pregnancy and Postpartum: What Every Primary Care Provider Needs to Know Ariadna Forray, MD
10:30 a.m.- 11:00 a.m.	Coffee Break
11:00 a.m.- 11:45 a.m.	Alzheimer's Disease and Neurocognitive Disorders: Psychopharmacological Treatment of Behavioral Disturbances and Beyond Elizabeth Crocco, MD
11:45 a.m.- 12:30 p.m.	Psychopharmacological Treatment of Anxiety Spectrum Disorders: Generalized Anxiety Disorders (GAD), OCD and Panic Disorders Charles Montano, MD
12:30 p.m.- 1:15 p.m.	Questions and Answers, Challenging Cases and Discussions with Faculty and Audience: Panagiota Caralis MD, JD, FACP, Barbara Coffey, MD, MS, Elizabeth Crocco, MD, Ariadna Forray, MD & Charles Montano, MD
1:15 p.m.- 2:15 p.m.	Lunch (on your own)
2:15 p.m.- 3:00 p.m.	Risks, Benefits, and Use of Benzodiazepines: A Balanced Perspective for Primary Care Providers David Sheehan, MD, MBA
3:00 p.m.- 3:45 p.m.	Introduction to Digital Psychiatry Azizi Seixas, PhD
3:45 p.m.- 4:00 p.m.	Coffee Break
4:00 p.m.- 5:15 p.m.	When/Why/How to Consult Psychiatry? Questions and Answers and Discussions with Faculty and Audiences: Panagiota Caralis MD, JD, FACP, Barbara Coffey, MD, MS, Luca Pani, MD David Sheehan, MD, MBA, Azizi Seixas, PhD
5:15 p.m.	Special Bonus lecture featuring Nicole Derish, MD Premenstrual Syndrome and Premenstrual Dysphoric Disorder: Diagnosis and Management (this talk will be pre-recorded, and participants will be able to watch it as with the other lectures for 30 days following the course)
5:15 p.m.	Adjourn

INFORMATION

TARGET AUDIENCE

Primary Care Physicians, Nurse Practitioners, Pediatricians, Psychiatrists, Researchers in Psychopharmacology and Neuroscience, Substance Abuse and Mental Health Clinicians and Researchers, Specialty Physicians Psychologists and Physician Assistants

ABMS/ACGME COMPETENCIES

This course is designed to meet the following American Board of Medical Specialties (ABMS)/ Accreditation Council for Graduate Medical Educational (ACGME) competencies: Medical Knowledge

ACCREDITATION

Physicians: Pri-Med Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Pri-Med Institute designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Canadian Accreditation: 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.

European Accreditation: The American Medical Association (AMA) has an agreement of mutual recognition of continuing medical education (CME) credit with the European Union of Medical Specialties (UEMS). Additional information regarding this agreement may be found here: <https://www.uems.eu/areas-of-expertise/cme-cpd/eaccme>

Physician Assistants: The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*[™] are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

Psychologists: The University of Miami Leonard M. Miller School of Medicine is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Miami Leonard M. Miller School of Medicine maintains responsibility for this program and its content. 14.00 CE credits will be awarded to psychologists for attendance at this conference.

Nurse Practitioners and Registered Nurses:

Oakstone Publishing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Contact Hours: 14.00

ONLINE INFORMATION

To register or view activity information online, visit: <https://rb.gy/5vsgf>

REGISTRATION INFORMATION

Tuition Fees: Physicians and other doctoral level registrants: early-bird rate is \$895. After Jan. 10, 2024, registration fee is \$995. Nurses, Master Level Professionals, Fellows, Residents and others: early-bird rate \$695. After Jan. 10, 2024, registration fee is \$795.

*All fees shown in USD. Add processing fee (non-refundable) of \$10. Registration by credit card (VISA, Mastercard or American Express), 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.*

The tuition fee is the same if you attend virtually or in person at the Fairmont Copley Plaza. All course participants receive a link to a website where they can download all of the course materials. You can purchase a printed copy at the time of online registration for \$65 (**in-person attendees only; we cannot ship course materials**). Please note we will not have hard copies of the syllabus available for purchase at the conference.

Register online: <https://rb.gy/5vsgf>

INQUIRIES

Please email Tonia Attard at psychcme@miami.edu or call 941.932.2671, 10:00 a.m.- 4:00 p.m. (EST) Monday - Friday.

SPECIAL REQUESTS

If special arrangements are required for an individual with a disability to attend this conference, contact Tonia Attard at psychcme@miami.edu at least 15 days prior to the conference.

REFUND POLICY

Refunds, less an administrative fee of \$100, 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.

INFORMATION CONTINUED

COURSE LOCATION FOR IN-PERSON REGISTRANTS

The conference will be at the Fairmont Copley Plaza, 138 St. James Ave., Boston, Mass. (Phone: 617.267.5300)

ACCOMMODATIONS/TRAVEL

In keeping with public health recommendations, hotel occupancy in Boston may be restricted. The number of rooms reserved for attendees at the Fairmont Copley Plaza is limited. Please make your hotel reservation early. Call 617.267.5300 or 800.441.1414 for reservations before **March 9, 2024**, for the discounted group rate. Specify that you are with the University of Miami Miller School of Medicine Psychopharmacology course 2024. **Please do not purchase non-refundable airline ticket(s)** until you have received an email from our office confirming your paid registration.

<https://book.passkey.com/go/Psychopharm2024>

COURSE FACULTY

Giuliana Altare, DNP, APRN, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner, Department of Psychiatry & Behavioral Sciences; University of Miami Miller School of Medicine.

Ross Baldessarini, MD, DSc (hon) Professor of Psychiatry and Neuroscience, Harvard Medical School; Director of the Psychopharmacology Program and International Consortium for Mood & Psychotic Disorder Research at McLean Hospital; Author of nearly 3,300 scientific publications and several books, including *Chemotherapy in Psychiatry*, and for several decades, the chapters on psychopharmacology in the standard American textbook of pharmacology, *Goodman and Gilman's The Pharmacological Basis of Therapeutics*; Member of editorial boards of several leading clinical and neuroscience journals.

Panagiota Caralis MD, JD, FACP Professor of Medicine, University of Miami School of Medicine; Integrated Ethics Program Officer for the Miami VHS and Women Veterans Health Medical Director; Director of the Health Law pathway at the University of Miami Medical School.

Barbara Coffey, MD, MS Professor and Chair, Department of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine; Program Chair, American Academy of Child and Adolescent Psychiatry; Pediatric Psychopharmacology lead, Canadian International OCD Foundation Accreditation Task Force; Director, Tourette Association of American (TAA) Center of Excellence at UHealth; Former Co-Chair, TAA Medical Advisory Board; TAA Scientific Advisory Board;

Associate Editor, *Journal of Child and Adolescent Psychopharmacology*, Author of more than 150 manuscripts in peer-reviewed journals, abstracts, and book chapters.

Elizabeth Crocco, MD Clinical Professor, Chief of Geriatric Psychiatry, Department of Psychiatry and Behavioral Sciences at the University of Miami (UM) Miller School of Medicine; Medical Director, UM Memory Disorders Clinic, Center for Cognitive Neuroscience & Aging (CNSA); Geriatric Psychiatry Training Director, UM/Jackson Memorial Hospital; Author. numerous publications and book chapters and clinical research contributions within the scientific field of Geriatric Psychiatry, including Alzheimer's and related dementias, late-life depression, cognition and geriatric psychopharmacology.

Nicole Derish, MD Voluntary Assistant Professor of Psychiatry, the University of Miami Miller School of Medicine; Perinatal, Child, Adolescent, and Adult Psychiatrist; double board-certified child, adolescent, and adult psychiatrist; her specialties are women's mental health, parenting, & invisible disabilities

Ariadna Forray, MD Associate Professor of Psychiatry, Yale School of Medicine; Section Chief of Psychological Medicine, Yale New Haven Hospital; Director of the Center for the Wellbeing of Women and Mothers, Yale School of Medicine; Yale Director of the ACCESS Mental Health for Moms program in Connecticut; principal investigator in multiple clinical trials focused on women's mental health; author, numerous publications and book chapters on reproductive psychiatry, including *Antidepressant Use in Perinatal Depression, Psychiatry 4th Edition*.

Nassir Ghaemi, MD, MPH Professor of Psychiatry, Tufts University School of Medicine and Lecturer on Psychiatry, Harvard Medical School; Director of the Psychopharmacology Consultation Clinic at Tufts Medical Center; Distinguished Life Fellow of the American Psychiatric Association, Fellow of the Royal Society of Medicine (UK), and President-Elect of the Massachusetts Psychiatric Society; Author, over 300 scientific articles or book chapters. Author of 6 books including *A First Rate Madness: Uncovering the Links between Leadership and Mental Illness*, as well as *Clinical Psychopharmacology: Principles and Practice*, among others; Associate Editor of *Acta Psychiatrica Scandinavica*, and Founding Editor of the journal, *New Psychiatry*.

Sogol Javaheri, MD, MPH Assistant Professor of Medicine, Harvard Medical School; Associate Program Director, Sleep Medicine Fellowship, Brigham and Women's Hospital; Director of the Atrial Fibrillation Center of Excellence Sleep Clinic; Associate Program Director of the Mass General/Brigham & Women's Clinical Sleep Fellowship Program.

Lawrence E. Lifson, MD (Consultant), Voluntary Associate Professor, Department of Psychiatry and

Behavioral Sciences; University of Miami Miller School of Medicine; Lecturer on Psychiatry, Harvard Medical School, Beth Israel Deaconess Medical Center; Past Director, Continuing Education Program, Harvard Medical School Department of Psychiatry at Massachusetts Mental Health Center and Beth Israel Deaconess Medical Center (1989- 2022); Past Chairman, Continuing Medical Education Committee, Massachusetts Psychiatric Society; Chair, Continuing Medical Education Committee, Boston Psychoanalytic Society & Institute; Faculty, Boston Psychoanalytic Society & Institute; Distinguished Life Fellow, American Psychiatric Association; Recipient, Massachusetts Psychiatric Society's 2012 Outstanding Psychiatrist in Education Award; 2016 Recipient, Tufts Medical Alumni Association Dean's Award; 2018 recipient American Psychoanalytic Association Edith Sabshin Teaching Award; Editor, *Understanding Therapeutic Action: Current Concepts of Cure and The Mental Health Practitioner and the Law*; and *Psychology of Investing*.

Charles Montano, MD Director and Principal Investigator, Connecticut Clinical Research; attending physician Middlesex Hospital, private practice in internal medicine, specializing in preventative medicine and psychiatry; principal investigator, over hundred clinical trials; Author, numerous peer-reviewed manuscripts, MDD, bipolar disorder, sleep disorders, binge-eating disorder, and ADHD.

Charles Nemeroff, MD, PhD Matthew P Nemeroff Professor and Chair Department of Psychiatry and Behavioral Sciences; Mulva Clinic for the Neurosciences; Director, Institute for Early Life Adversity Research; Co-Director of the Center for Psychedelic Research and Therapy, The University of Texas at Austin Dell Medical School; past Leonard M. Miller Professor and Chairman, Department of Psychiatry and Behavioral Sciences, The University of Miami Miller School of Medicine; President, Anxiety and Depression Association of America; past President of the American College of Psychiatrists, International Society of Psychoneuroendocrinology and the American College of Neuropsychopharmacology; member of the National Academy of Medicine; author of over 1,200 scientific articles and book chapters; Co-editor, Textbook of Psychopharmacology; Co-editor, Post Traumatic Stress Disorder.

Luca Pani, MD Professor of Clinical Psychiatry Department of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine; Professor of Pharmacology and Clinical Pharmacology, University of Modena and Reggio Emilia, Italy; Past Director General of the Italian Medicines Agency (AIFA) and member of key committees within the European Medicines Agency (EMA) in London; Author, over 200 scientific peer-reviewed publications and 26 books, specializing

in pharmacology, regulatory science, and health technology assessments.

David Sheehan, MD, MBA Distinguished University Health Professor Emeritus, South Florida Morsani College of Medicine; former Director of the Depression and Anxiety Disorders Research Institute and Professor of Psychiatry; Distinguished Life Fellow American Psychiatric Association; past consultant to the World Health Organization and the U.S. Food & Drug Administration; Author of over 500 abstracts and 300 publications, 11 books/monographs.

Azizi Sexias, PhD Associate Professor of Behavioral Health and Psychology at the University of Miami Miller School of Medicine, Interim Chair of the Department of Informatics and Health Data Science, Director of The Media and Innovation Lab (The MIL), Associate Director of the Center for Translational Sleep and Circadian Sciences (TSCS) and Director of Population Health Informatics at The University of Miami's Frost Institute for Data Science and Computing; Selected, Education Champion by Amazon Web Services for his innovative work using cloud computing technology and his advocacy for improving education; Recognized, Cell Press, top 100 most inspiring Black scientists in America.

Paul Summergrad, MD Professor of Psychiatry and Medicine Tufts University School of Medicine and Tufts Medical Center; Board Certified in both Psychiatry and Internal Medicine; Secretary for Finances; member Executive Committee, World Psychiatric Association; Past Dr. Frances S. Arkin Professor and Chairman of the Department of Psychiatry, Tufts University School of Medicine and psychiatrist-in-chief Tufts Medical Center; Past 141st president of the American Psychiatric Association, past president of the American Association of Chairs of Departments of Psychiatry. Recipient, Distinguished Faculty Award, Tufts University School of Medicine in 2015; Recipient, Leadership award American Association of Chairs of Departments of Psychiatry in 2018; Elected to the Honorary Fellowship of the Royal College of Psychiatrists; Recipient, Massachusetts Psychiatric Society Outstanding Psychiatrist Lifetime Achievement Award. Author of more than 150 manuscripts in peer-reviewed journals, abstracts, and book chapters; Editor, three books: *The Textbook of Medical Psychiatry*, *Integrated Care in Psychiatry*, and *Primary Care Psychiatry*. Served, editorial board, *World Psychiatry*.

Roger Weiss, MD Professor of Psychiatry, Harvard Medical School and Chief of the Division of Alcohol, Drugs, and Addiction at McLean Hospital. Author, over 400 scientific publications including, *Integrated Group Therapy for Bipolar Disorder and Substance Abuse*; Editorial board of many journals including *American Journal of Drug and Alcohol Abuse*, *Journal of Clinical Psychiatry*, and the *American Journal on Addictions*.

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Department of Psychiatry and
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