



30TH ANNUAL SUMMER SEMINARS

Offered by The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School

WEEKEND SEMINARS

Harbor View Hotel and Resort, Martha's Vineyard, MA

July 12 - 14, 2019 • Friday - Sunday

- **Psychopharmacology 2019**
Ross Baldessarini, MD, DSc (hon.)
- **Meditation and Mindfulness in Clinical Practice:
Enhancing Treatment Effectiveness and Personal Wellbeing**
Susan Pollock, EdD, MTS
- **Exercise and Other Medical and Complementary Ground Breaking Techniques
for the Treatment of ADHD, Addictions, Social Disorder, Pain, Anorexia,
Sleep Disorders, Anxiety and Mood Disorders**
John Ratey, MD

WEEK-LONG SEMINARS

Sea Crest Beach Hotel, Old Silver Beach N. Falmouth, Cape Cod

July 22 - 26, 2019 • Monday - Friday

- **Assessment and Effective Treatment of Alcohol and Substance Use Disorders**
Mark Albanese, MD
- **Treating Couples Well: A Model for Creating Collaborative Couples Treatment**
David Treadway, PhD
- **Essential Psychopharmacology, 2019:
Practice and Update**
*Alan I. Green, MD, Russell G. Vasile, MD,
Roscoe O. Brady, Jr. MD, PhD, & Barbara Coffey, MD, MS*

Sea Crest Beach Hotel, Old Silver Beach N. Falmouth, Cape Cod

July 29 - August 2, 2019 • Monday - Friday

- **Complex Psychological Trauma and Recovery**
Daniel Brown, PhD
- **CBT: A Primer for Psychotherapists**
Robert Goisman, MD, Matcheri S. Keshavan, MD
- **Emerging Strategies in the Assessment and Treatment of Depression and Anxiety:
Integrating Psychopharmacology and Psychotherapy**
Russell Vasile, MD

Harbor View Hotel and Resort, Martha's Vineyard, MA

August 19 - 23, 2019 • Monday - Friday

- **Psychopharmacology: A Master Class**
Charles Nemeroff, MD, PhD
- **Mindfulness: Inside and Outside the Clinical Hour**
Ronald Siegel, PsyD
- **Assessment and Effective Treatment of
Alcohol and Substance Use Disorders**
Roger Weiss, MD

REGISTER ONLINE AT:

capecodsummerseminars.com

The Summer Seminars are a series of seminars of interest to the health professional. Taught by a distinguished faculty, the courses allow participants an opportunity to combine learning and relaxation at a totally renovated, magnificent oceanfront resort on Old Silver Beach, one of Cape Cod's most beautiful beaches, as well as at a stately hotel and resort overlooking Edgartown Harbor on Martha's Vineyard.





SUMMER WEEKEND SEMINARS 2019

EDGARTOWN, MARTHA'S VINEYARD

HARBOR VIEW HOTEL AND RESORT

SEMINAR FORMAT: 4:30-6:30PM FRIDAY, 8:15-12:30PM SATURDAY AND SUNDAY

PSYCHOPHARMACOLOGY: 2019

Ross Baldessarini, MD, DSc (hon.)

July 12 - 14, 2019 • Friday - Sunday

This seminar will address rational, evidence-based clinical practice in the care of patients with schizophrenia and other psychotic disorders, bipolar disorders, major depression, and severe anxiety disorders, based on critical assessment of the research that guides clinical practice. It will review the use of psychotropic medicines used to treat most major psychiatric disorders, considering short- and long-term efficacy and dosing of antipsychotic, mood-stabilizing, antidepressant, and anti-anxiety agents, as well as their adverse-effects. It will consider the effectiveness and clinical value of the various types of antipsychotic drugs, treatment options for the various phases of bipolar disorder, and the treatment of major depressive and anxiety disorders, for both acute episodes and for long-term prophylaxis. Options for enhancing treatment adherence and for dealing with lack or loss of treatment efficacy in various disorders will be considered. The special challenge of mortality in major psychiatric disorders owing to suicide and to co-occurring medical disorders will be addressed. The importance of therapeutic alliance and nonpharmacological aspects of comprehensive clinical care with use of psychotropic medicines will be underscored. The educational presentation will be in seminar format and include lectures, participant discussion, and Q&A.

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

- Describe and critically evaluate the evolution of clinical psychopharmacology over the past half-century, its current status, and future prospects;
- Evaluate evidence supporting short and long-term treatment of patients with schizophrenia and other psychotic disorders;
- Evaluate evidence supporting short- and long-term treatment of various phases and types of bipolar disorder;
- Evaluate evidence supporting short- and long-term treatment of patients with major depressive disorder and severe anxiety disorders;
- Determine when to employ options for treatment-resistant illnesses;
- Appreciate relationships between treatment with psychotropic drugs and risk of suicide and other causes of increased mortality in psychiatric patients;
- Improve skills in avoiding, limiting and managing risk of adverse effects of each class of psychotropic drugs;
- Critically evaluate clinical practices involving psychotropic drugs and develop strategies to improve the effectiveness and satisfaction of clinical practice;
- Critically assess the impact of clinical psychopharmacology on theory, training, research, and practice of contemporary mental health professions.

FACULTY

Ross J. Baldessarini, MD, DSc (hon.) is a Professor of Psychiatry and in Neuroscience at Harvard Medical School and Director of the Psychopharmacology Program and International Consortium for Bipolar Disorder Research at McLean Hospital. Dr. Baldessarini is the recipient of many regional, national, and international research, mentoring, and teaching awards, and is on the Institute of Scientific Information list of most-cited authors in pharmacology and psychiatry. He has authored over 2300 scientific articles and several books, including *Chemotherapy in Psychiatry, third edition*. He also wrote the chapters on psychopharmacology for the standard American textbook of pharmacology, *Goodman and Gilman's Pharmacologic Basis of Therapeutics* for several decades, and serves on editorial boards of leading journals in pharmacology and psychiatry.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

SEMINAR FORMAT: 4:30-6:30PM FRIDAY, 8:15-12:30PM SATURDAY AND SUNDAY

MEDITATION AND MINDFULNESS IN CLINICAL PRACTICE: ENHANCING TREATMENT EFFECTIVENESS AND PERSONAL WELLBEING

Susan M. Pollak, MTS, Ed.D

July 12 – 14, 2019 • Friday – Sunday

Mindfulness meditation is currently one of the most widely researched treatment methods in mental and behavioral health. Clinical research has demonstrated its effectiveness for managing a wide range of conditions associated with emotional distress, including anxiety, depression, hypertension, irritable bowel syndrome, chronic pain, and substance abuse, as well as enhancing physical and psychological wellbeing. Research has also shown that mindfulness meditation can positively change the structure and function of the brain, reduce stress hormones, and enhance the immune system. Mindfulness (awareness of present experience with acceptance) has been intensively researched over the past 20 years and is currently considered the new generation of empirically-supported behavior therapy. Compassion, and now Self-Compassion is a cutting-edge of mindfulness research and training.

Although scientific research on meditation can be traced to the early 1970's, the relatively recent surge of research on mindfulness has left many medical and mental health professionals curious, and perhaps unclear, about what exactly is meant by mindfulness in the present context, how to practice and teach it their patients, and the evidence base to support it.

The purpose of this course is to offer participants an up-to-date review of the theory, research, and practice of mindfulness in health care (including its application to the practice of psychotherapy), to increase the effectiveness of behavioral treatment, enhance the wellbeing of clinicians, and cultivate positive attitudes associated with patient care.

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

- *Explain how mindfulness and acceptance-based treatment is grounded in empirically-supported psychotherapy;*
- *Discuss the mechanisms of action in meditation that appear to underlie positive; therapeutic change, such as attention regulation, emotion regulation, and self-compassion;*
- *Describe new research findings on mind/brain training through mindfulness meditation;*
- *Identify the four main forms of meditation—concentration, mindfulness, compassionate acceptance and equanimity—and know when to apply them in clinical settings;*
- *Discuss the ways mindfulness can be distorted when it enters the mainstream;*
- *Identify common mechanisms in psychological disorders and how mindfulness practices can alter them;*
- *Customize meditation practices for individual patients, i.e., those with anxiety, depression, and trauma, and stress-related medical disorders;*
- *Determine whether Mindful Self Compassion can help those with chronic pain;*
- *Explain how mindfulness and compassion can help with the stress of parenting;*
- *Apply the practices and principles of meditation to enhance the therapeutic relationship and personal wellbeing.*

FACULTY

Susan M. Pollak, MTS, Ed.D is co-founder, senior teacher and advisor at the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School. Dr. Pollak is the President of the Institute for Meditation and Psychotherapy. She is the co-editor of *The Cultural Transition*; contributing author to *Mapping the Moral Domain*; *Evocative Objects*; and *Mindfulness and Psychotherapy*. Dr. Pollak is co-author, with Thomas Pedulla and Ronald Siegel, of *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

REGISTER ONLINE AT:

capecodsummerseminars.com

SEMINAR FORMAT: 4:30-6:30PM FRIDAY, 8:15-12:30PM SATURDAY AND SUNDAY

EXERCISE AND OTHER MEDICAL AND COMPLEMENTARY GROUND BREAKING TECHNIQUES FOR THE TREATMENT OF ADHD, ADDICTIONS, SOCIAL DISORDER, PAIN, ANOREXIA, SLEEP DISORDERS, ANXIETY AND MOOD DISORDERS

John Ratey, MD

July 12 - 14, 2019 • Friday - Sunday

This evidenced based, state of the art course focuses on the latest medical and non-medical approaches and interventions for patients with ADHD, Aggression, Addictions, Social Disorders, Pain, Anorexia, Sleep Disorders, Anxiety and Mood Disorders. The course will explore the results of an ongoing study of balance and coordination training on autistic adolescents and its effect on behavior and social skills. The course will also address the uses and dangers of medical marijuana and look at the growing evidence of the clinical usefulness of Cannabidiol (CBD) the non-psychoactive phytochemical of the hemp plant. The ground-breaking work of using CBD to treat seizures and behaviors in this population will be studied. In addition to new medications, the course will explore the proven effects of exercise, yoga, play, diet, and other alternative strategies that are shown to be effective treatments for psychiatric problems. Special emphasis will be placed on the burgeoning research on exercise and ADHD, with tips on how to integrate exercise prescriptions into your practice. The course will also do a deep dive into the Default Mode Network and how its troubled connectivity within the brain explains ADHD, Autism, and other psychiatric diagnoses better than most models and can point to rational treatments. The course will review the effects of sleep, being in nature, and movement on brain health in general and specifically as treatment for ADHD and Autism Spectrum Disorder. It will review the latest information on the amount and type of movement necessary to attain and maintain optimal brain function. In addition, the course looks at the growing awareness of the "microbiome" when it comes to diet, and the effect of gluten and probiotics on the gut and brain/behavior connection. We will review the latest studies showing the possible link of the microbiome and Parkinson's disease. To put it all together, the course takes a journey into the brain and synapses to fully learn about these conditions. The important area of diagnosis will also be looked at, covering the controversies and challenges associated with properly diagnosing psychological disorders: 1. Bipolar or ADHD or both and what this means for treatment; 2. Asperger's, Autism or Social Dyslexia – are there any relevant medications and behavioral interventions for these developmental differences and do they matter; 3. Relevancies of DSM-5 to the real world and the issue of sub-threshold diagnoses or the "Shadow Syndromes".

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

- *Evaluate new neuroscience information to understand and treat ADHD, Aggression, Autism Spectrum Disorder, fatigue, and stress;*
- *Assess the latest medications and combinations for ADHD, aggression and social disorders;*
- *Utilize knowledge of the effects of a good sleep program as a necessary component of a health promoting lifestyle for caregivers and their patients;*
- *Judge the efficacy of diet changes, the need for gluten-free diets, and the use of probiotics;*
- *Apply the growing knowledge of using medical marijuana for pain, anorexia, mood, and sleep disorders;*
- *Utilize knowledge of the dangers of marijuana and its potential to activate psychosis and produce the amotivational syndrome;*
- *Describe the differences between marijuana and Cannabidiol and to use them when appropriate;*
- *Establish the burgeoning evidence of Cannabidiol for seizure control, anxiety, and insomnia;*
- *Compare the effect of Cannabidiol for control of disruptive behaviors and socialization in autistic children and adolescents;*
- *Appraise the science that has helped to determine the amount and type of exercise needed to maintain optimal brain health;*
- *Negotiate and write an effective exercise prescription for every patient;*
- *Utilize exercise as medicine to treat almost all psychiatric disorders;*
- *Employ exercise and play to help the caregiver and their patients prevent cognitive decline and lower the risk of developing Alzheimer's disease.*

FACULTY

John J. Ratey, MD is an Associate Professor of Psychiatry, part time, Harvard Medical School, Beth Israel Deaconess Medical Center. Dr. Ratey has been a leading teacher and researcher on brain and personality and treatment of aggression and the development of disabilities as well as the psychological and cognitive benefits of exercise and play. He has written extensively on Attention Deficit Disorder, learning disabilities, brain differences that affect social skills and has published *Shadow Syndromes*, a book that has helped broaden our understanding of how the brain affects everyday life. Dr. Ratey is the author or co-author of more than 85 scientific publications and eight books including *Driven to Distraction* and *The User's Guide to the Brain and Spark: The New Revolutionary Science of Exercise and the Brain* and *Go Wild: Free Your Body and Mind From the Afflictions of Civilization*.

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SUMMER WEEK-LONG SEMINARS 2019

NORTH FALMOUTH, CAPE COD SEA CREST BEACH HOTEL



SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM

ASSESSMENT AND EFFECTIVE TREATMENT OF ALCOHOL AND SUBSTANCE USE DISORDERS

Mark Albanese, MD

July 22 – 26, 2019 • Monday – Friday

This seminar will provide an overview of the assessment and treatment of both alcohol use disorder and disorders related to other substances of abuse. The focus will be on the chronic disorders (i.e., abuse and dependence). A comprehensive approach to evaluation will be provided, articulating the multiple levels of assessment, starting with screening. Similarly, an overview of treatment elements, including an integrated approach, will be reviewed. Non-medication treatment options including behavioral treatment strategies will be reviewed as well as pharmacological interventions. There will be an emphasis on the role of psychotherapy, referral to AA and SMART Recovery and helping family members of patients with substance use disorders. The seminar will emphasize effective techniques to deal with the denial, ambivalence, and reluctance to change of the unmotivated patient. It will be then demonstrated how to motivate, persuade, and confront effectively. A specific area of focus will be assessment and treatment of patients with co-occurring disorders.

Among the substance use disorders, alcohol disorder will be emphasized – especially the underlying neurobiology and resulting targets of medication intervention. Also emphasized is opioid use disorder with special attention given to medication treatment options and how best to use them as well as to especially risky subpopulations. In addition, among the co-occurring psychiatric disorders, trauma will be a topic of more in-depth review.

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

- Evaluate indications for and use of common substance use disorder medications;
- Develop helpful strategies for family members of those with substance use disorders;
- Determine options for abstinence vs. cutting down;
- Distinguish substance-induced disorders vs. independent psychiatric illness;
- Refer patients knowledgeably to mutual-help groups such as AA or SMART Recovery;
- Evaluate key properties of the common drugs of abuse;
- Practice techniques to deal with denial, ambivalence, and reluctance to change;
- Demonstrate how to motivate, persuade and confront effectively;
- Develop helpful strategies for patients who want to cut down but whom you think should abstain;
- Analyze models of both psychopharmacological and psychotherapeutic treatments for patients with substance use disorders and co-occurring psychiatric illness.

FACULTY

Mark Albanese, MD is an Assistant Professor of Psychiatry, Harvard Medical School; and Director, Adult Outpatient Psychiatry & Addictions Program, Cambridge Health Alliance. Dr. Albanese has published extensively in the area of alcohol and substance use disorders with particular expertise in the area of substance use disorders and co-occurring disorders.

Risk Management Credits: *This activity meets the criteria of the Massachusetts Board of Registration in Medicine for Risk Management Study. This includes 3.0 credits in Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming these credits.*

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM

TREATING COUPLES WELL: A MODEL FOR CREATING COLLABORATIVE COUPLES TREATMENT

David Treadway, PhD

July 22 – 26, 2019 • Monday – Friday

Couples come into treatment presenting a wide array of issues: communication, conflict, sexuality, affairs, parenting, mental illness, substance abuse, multi-generational family problems etc. Couples often struggle with too many of these issues all at the same time. Dr. David Treadway's innovative collaborate model of organizing couples therapy helps the patients design their own treatment plan. This seminar will demonstrate how to give couples choice whether to work on making changes in the here and now, focus on healing from the wounds of their past, or visit the dynamics of their family of origin. Dr. Treadway will demonstrate with video, role play, and discussion how this model helps couples invest in their own treatment, learn how to collaborate respectfully, and tolerate living with unresolved issues while working on changing one aspect of their relationship at a time.

In addition to demonstrating this collaborative model of organizing couples treatment, Dr. Treadway will also present a wide range of therapeutic strategies, protocols, and interventions for the many typical problems that couples present. A special emphasis will be on how to make "homework" work. This seminar will demonstrate how to engage and motivate couples to do homework and show the transformational impact on treatment when couples do follow through.

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

- *Describe workable techniques that help couples contract for a customized approach to therapy;*
- *Present methods that help couples assess their treatment priorities without blame;*
- *Outline strategies to address resistance and motivate couples to do therapeutic homework;*
- *Identify 3 specific therapeutic strategies and protocols applicable to 3 common couples' issues;*
- *Become much more skillful at motivating couples to do "homework" and utilize the couples' experience of their homework in sessions;*
- *Develop comfort and skill working with couples' sexuality and intimacy issues;*
- *Learn how to use the Amends and Forgiveness protocol;*
- *Integrate an effective treatment model for working with couples one or both of whom have an addiction to alcohol or other substances of abuse;*
- *Identify and learn to work with own countertransference issues;*
- *Address effectively couples in crisis;*
- *Utilize the "Therapeutic Separation Protocol for couples needing time apart;*
- *Help couples learn how to balance couple issues with parenting issues.*

FACULTY

David Treadway, PhD is a nationally known therapist and author who has been giving workshops and trainings around the country for the past thirty years. He is the co-author of *Home Before Dark: A Family Portrait of Cancer and Healing*. His previous books are *Intimacy, Change, and other Therapeutic Mysteries: Stories of Clinicians and Clients*, *Dead Reckoning: A Therapist Confronts his own Grief* and *Before It's Too Late: Working with Substance Abuse in the Family*. He is the author of over thirty articles and is a 2002 Psychotherapy Networker award winner for an article selected as one of the best ten pieces in their 25 year history. Dr Treadway has appeared on *Good Morning America*, *20/20* and other television shows as well as hosting his own radio program on family communications.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

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capecodsummerseminars.com

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM
ESSENTIAL PSYCHOPHARMACOLOGY, 2019:
PRACTICE AND UPDATE

**Alan I. Green, MD, Russell G. Vasile, MD,
Roscoe O. Brady, Jr. MD, PhD, & Barbara Coffey, MD**
July 22 – 26, 2019 • Monday – Friday

This seminar will provide an updated review of clinically relevant recent advances in neurobiology with a focus on the pathophysiology and psychopharmacological treatment of the major psychiatric disorders. The seminar will focus on the treatment of schizophrenia, bipolar disorder, depression, and anxiety spectrum disorders. The effectiveness of atypical and conventional antipsychotic drugs, as well as newer medications, will be reviewed. The seminar will address strategies for bipolar patients who are noncompliant or treatment-resistant, approaches to the acutely psychotic, recovering psychotic patient, and the concept of early intervention. Special consideration will be given to ketamine, ECT, TMS and augmentation strategies in treatment-resistant depression. The role of switch versus augmentation and combination strategies for treatment-resistant depression will be reviewed as well as best treatments for subtypes of major depression including atypical depression. The role of psychopharmacology in the treatment of generalized anxiety disorders, OCD, panic, and traumatic syndromes will be highlighted. The latest advances in child and adolescent psychopharmacology will be presented. Throughout the seminar, the establishment and importance of the therapeutic alliance when prescribing all psychotropic medications will be underscored, as will the potential hazards/benefits of polypharmacy drug interactions.

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

- *Evaluate psychotropic drug treatment options with particular emphasis on recent advances and practical prescribing information;*
- *Apply the latest research in neurobiology and genetics to clinical decision-making;*
- *Incorporate evidence-based approaches to treating schizophrenia;*
- *Implement clinical practice with mood stabilizers based on the best randomized clinical trials for bipolar disorder and depression;*
- *Implement treatment strategies for depressive and bipolar patients, including bipolar patients who are noncompliant or treatment-resistant;*
- *Determine effective use of antidepressants in depressed patients;*
- *Determine when to implement medical switch versus augmentation strategies for treatment-resistant depression;*
- *Evaluate the use of ketamine with its benefits and hazards in treatment-resistant depression;*
- *Determine the role of antidepressants in the life cycle of women;*
- *Analyze the role of psychopharmacology in the treatment of generalized anxiety disorder, OCD, panic, and traumatic syndromes;*
- *Identify mechanisms of sleep disorders and their effective psychopharmacologic treatment;*
- *Learn the latest advances in child and adolescent psychopharmacology;*
- *Consider the interplay between pharmacologic and non-pharmacologic treatments;*
- *Utilize recent advances in treatment of psychiatric disturbances into practical prescribing information.*

FACULTY

Alan I. Green, MD is the Raymond Sobel Professor of Psychiatry, Professor of Molecular and Systems Biology and Chair of the Department of Psychiatry at Geisel School of Medicine/Dartmouth-Hitchcock, as well as Director of SYNERGY, The Dartmouth Clinical and Translational Science Institute. He is an internationally recognized teacher, expert and investigator in the clinical neuropharmacology of schizophrenia and substance abuse. Dr. Green is the author of over 300 papers and abstracts. He has received numerous awards, including the “Outstanding Psychiatrist Award for Research” from the Massachusetts Psychiatry Society and the “Outstanding Teaching Award” at the Brockton VA Medical Center.

Russell G. Vasile, MD bio is on page 7.

Roscoe O. Brady Jr. MD, PhD is an Assistant Professor in the Department of Psychiatry at Harvard Medical School and Director of Psychopharmacology at the Beth Israel Deaconess Medical Center. He is also the director of the Research Concentration in the Beth Israel Deaconess Medical Center Harvard Psychiatry Residency Training Program. He is the recipient of the Jonathan F. Borus Outstanding Early Educator Award at Harvard Medical School. His academic interests include mood state switching in bipolar disorder and he is the Principal Investigator of a NIH funded longitudinal neuroimaging study.

Barbara J. Coffey, MD, MS is a Division Chief, Child and Adolescent Psychiatry, University of Miami Miller School of Medicine; Professor, Department of Psychiatry and Research. She is a Professor, in the Department of Psychiatry and Research Psychiatrist at Nathan Kline Institute for Psychiatric Research; Dr. Coffey is a Former Director of the Tics and

Tourette's Clinics at McLean and Massachusetts General Hospitals, and former Director of Pediatric Psychopharmacology at McLean Hospital. She is an Associate Editor, *Advanced Pediatric Psychopharmacology and Journal of Child and Adolescent Psychopharmacology*.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM

COMPLEX PSYCHOLOGICAL TRAUMA AND RECOVERY

Daniel Brown, PhD, ABPH

July 29 – August 2, 2019 • Monday – Friday

The essential features of psychological trauma are disempowerment and disconnection from others. The recovery process, therefore, is based on empowerment of the survivor and restoration of secure attachment and adult secure intimate relationships. This seminar will review the long-term sequelae of: the combination of neglect and early childhood attachment disorganization; childhood trauma and abuse; later repeated trauma. To the core features of complex trauma in adults. The seminar will therefore delineate the complex symptoms frequently seen in patients with neglect and traumatic histories. We will then describe the principles upon which a collaborative therapeutic alliance may be established including a delineation of the three necessary components or “three pillars” for the treatment of the disorganized attachment component of complex trauma, three phases of phase-oriented trauma treatment for the trauma and abuse component of complex trauma. The seminar will also address certain complication in the treatment of complex trauma, such as the contribution of sadistic abuse and factitious behavior to the overall response to treatment. Emphasis is given to learning step-by-step protocols for the treatment of complex trauma in adults. Teaching format includes didactic lectures, live demonstration of techniques, and audio-recorded case vignettes illustration to main treatment methods.

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

- Differentiate simple from complex trauma;
- Discuss the core features of complex trauma in adults;
- Explain accurately the difference between secure, dismissing, anxious/preoccupied, and disorganized attachment
- Describe the important contribution of attachment disorganization to adult complex trauma;
- Recognize the trauma-related signs and symptoms of complex posttraumatic stress disorder;
- Explain the “three pillars” necessary for the treatment of disorganized attachment;
- Identify the main components of the treatment of disorganized attachment;
- Summarize the concept of recovery stages;
- Identify the three main stages of phase-oriented trauma-treatment;
- Discuss how attachment disorganization, sadistic abuse, and factitious behavior complicate phase-oriented trauma treatment;
- Give examples of how to remedy attachment disorganization, sadistic abuse and factitious behavior;
- Identify the markers of successful treatment-outcome;
- Define strategies for personal and professional support to manage vicarious traumatization.

FACULTY

Daniel Brown, PhD, ABPH is an Associate Professor of Psychology, part time, Harvard Medical School, Beth Israel Deaconess Medical Center. Dr. Brown is one the country's leading thinkers and teachers of psychological trauma and has taught workshops on psychological trauma both nationally and internationally. He is the author of 15 books including two on developmental psychopathology, *Human Feelings and Transformation of Consciousness* and *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*, which is his latest book.

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capecodsummerseminars.com

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM

CBT: A PRIMER FOR PSYCHOTHERAPISTS

Robert Goisman, MD, Matcheri S. Keshavan, MD

July 29 – August 2, 2019 • Monday – Friday

The influence of cognitive-behavioral therapy (CBT) is widening. From its beginnings as a treatment for specific phobias, CBT is now indicated as primary or adjunctive treatment for a wide range of mood, anxiety, and psychotic disorders. Simultaneously, cognitive impairments are increasingly being viewed as core disturbances in several neuropsychiatric disorders and are benefited by a cognitive approach such as cognitive remediation.

At the same time, psychodynamic and other forms of psychotherapy remain extremely popular and sought-after methods of treatment. CBT and psychodynamic psychotherapy represent two powerful methods of treatment. The purpose of this course is to help dynamically oriented psychotherapists navigate the field of CBT, understand its methodology, and select interventions which may be of use in their current clinical work.

Topics in this course will include a brief review of the development of behavioral and cognitive treatments; anxiety disorders, including panic, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder; mood disorders; principles underlying the development of cognitive remediation for schizophrenia, mood disorders, ADHD, mild cognitive impairments, and autism; social skills training and cognitive restructuring for psychotic disorders; and the relationship of CBT to psychodynamic psychotherapy. We will also review efficacy data and therapeutic mechanisms for cognitive remediation approaches and discuss cognitive therapy approaches for bipolar disorder and for the treatment of delusions, hallucinations, and negative symptoms of schizophrenia. We will in part utilize a case presentation format, in which a case illustrating the subject matter of that morning will be presented and then discussed using the principles just developed. Live role-playing exercises will also be used to illustrate the application of social skills training principles and methods for induction of the relaxation response. Participants will be invited to present their own cases for consultation.

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

- *Use specific techniques for anxiety reduction in patients with anxiety disorders;*
- *Evaluate specific CBT interventions used in panic disorder, obsessive-compulsive disorder, phobias, and PTSD;*
- *Apply cognitive and behavioral therapy methods in the treatment of patients with unipolar depression and with bipolar disorder;*
- *Review principles and approaches to cognitive restructuring as they apply to the serious and persistently mentally ill;*
- *Determine areas of convergence as well as divergence in the relationship between CBT and psychodynamic psychotherapy;*
- *Recognize cognitive deficits and impaired neuroplasticity in schizophrenia;*
- *Apply approaches to cognitive remediation in schizophrenia;*
- *Describe the Cognitive Triad of depression and its relationship to treatment;*
- *Explain similarities and differences in the cognitive-behavioral treatment of unipolar depression and bipolar disorder;*
- *Define the Relaxation Response and its use in the treatment of anxiety disorders;*
- *Discuss how psychotic disorders are on a continuum with neurotic disorders;*
- *Integrate CBT into the Clinical Practice of Psychodynamic Psychotherapy.*

FACULTY

Robert M. Goisman, MD is an Associate Professor of Psychiatry (part-time) at Harvard Medical School, Beth Israel Deaconess Medical Center and the former Director of Medical Student Education at Massachusetts Mental Health Center. His research interests have included behavioral therapy, anxiety disorders, and psychosocial rehabilitation in chronic mental illness. Dr. Goisman is a past recipient of the Elvin V. Semrad Award for Excellence in Teaching at the Massachusetts Mental Health Center. He is a past recipient of the “Outstanding Psychiatrist Award” from the Massachusetts Psychiatric Society for Public Sector Service. He is a Founding Fellow of the Academy of Cognitive Therapy, a Distinguished Life Fellow of the American Psychiatric Association, and a Fellow of the Association for Behavioral and Cognitive Therapies. In 2011 he received the Special Faculty Prize for Sustained Excellence in Teaching from Harvard Medical School.

Matcheri S. Keshavan, MD is Stanley Cobb Professor of Psychiatry, Department of Psychiatry, Harvard Medical School and Vice Chair, Public Psychiatry, Department of Psychiatry, Beth Israel Deaconess Medical Center.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM

EMERGING STRATEGIES IN THE ASSESSMENT AND TREATMENT OF DEPRESSION AND ANXIETY: INTEGRATING PSYCHOPHARMACOLOGY AND PSYCHOTHERAPY

Russell Vasile, MD

July 29 – August 2, 2019 • Monday – Friday

The objective of this seminar is to familiarize the clinician with emerging strategies in the assessment and treatment of major depression, bipolar illness and anxiety disorders. The course will also highlight key comorbid conditions associated with mood and anxiety disorders, including axis II personality disorders, management of patients with medical conditions and management of the geriatric patient. An essential theme of the seminar will be formulating an integrated psychopharmacologic and psychotherapeutic treatment approach. The psychotherapy of the mood and/or anxiety disorder patient, including those with comorbid personality disorder will be examined in detail. Issues around the choice of specific antidepressants, mood stabilizers and anti-anxiety medications and psychopharmacologic management of the treatment resistant patient will be highlighted with a discussion of the use of augmenting medication strategies and combinations of psychopharmacologic agents. Psychotherapeutic approaches to mood and anxiety disorders will be studied with a focus on differing strategies including psychodynamic psychotherapy, cognitive and behavioral therapy, interpersonal psychotherapy for depression and other psychotherapeutic approaches. The seminar will update the clinician on recent developments in neuropsychiatry, including brain imaging and therapeutic stimulation techniques.

Issues related to the clinical efficacy of transcranial magnetic stimulation (TMS) and its role as an alternative to electroconvulsive therapy (ECT) will be explored. Emerging data on which subgroups of depressive disorders may respond to TMS will be presented. The role of Ketamine infusion in the treatment of acute depression and suicidal ideation will be presented; the risks and benefits of this controversial treatment will be examined.

Neuropsychiatric presentations of depression secondary to head trauma, post-concussive syndrome, post-stroke depression and ischemic brain disease as a source of depression will be discussed. The range of anxiety disorders to be reviewed will include anxiety disorders in the Obsessive-Compulsive Disorder Spectrum including skin-picking disorder, trichotillomania and body dysmorphic disorder; anxiety disorders related to trauma including posttraumatic stress disorder. Emphasis will be placed on the integration of psychopharmacology and cognitive behavioral therapy in the treatment of anxiety disorders including generalized anxiety disorder, posttraumatic stress disorder and panic disorder.

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

- Evaluate emerging strategies in the use of psychotropic medications in the treatment of major depression and anxiety disorders and integrate psychopharmacologic treatments into patient care;
- Integrate psychodynamic assessment, psychotherapy and psychopharmacology into the management of depression and anxiety disorders;
- Describe strategies for the psychopharmacological and psychotherapeutic management of treatment resistant depression;
- Examine new developments in the treatment of depression in bipolar patients with a focus on newer medications including lurasidone and cariprazine;
- Identify an evidence-based approach to suicide risk assessment and prevention of suicide;
- Analyze the latest epidemiological data on changing patterns of suicide risk;
- Develop psychopharmacologic management strategies for geriatric depression and anxiety including in patients with cognitive deficits;
- Assess the role of Cognitive Behavioral Therapy (CBT) in the treatment of depression and anxiety disorders;
- Critique recent developments in the implementation of CBT, including Commitment and Acceptance Therapy and inclusion of exposure therapy in CBT;
- Determine the specific role for vigorous exercise in the treatment of mood disorders;
- Explain emerging brain stimulation antidepressant treatment techniques, including transcranial magnetic stimulation;
- Describe new psychopharmacological and psychotherapeutic techniques in the treatment of PTSD;
- Manage the tapering and discontinuation of chronic benzodiazepine usage in an evidence-based manner;
- Discuss the treatment of depression and anxiety in patients with personality disorders including Borderline Personality Disorder;
- Explore the role of novel enhancements to treatment of mood disorders including omega-3 fatty acids, 1-methylfolate and zinc;
- Formulate an integrated psychopharmacological and psychotherapeutic approach to personality-disordered patients in the borderline and severely narcissistic spectrum presenting with depression and anxiety;
- Manage anxiety disorders in patients vulnerable to alcohol abuse and psychological dependence on marijuana;
- Differentiate strategies for treating patients with marijuana abuse disorder;
- Give examples of relaxation and meditation applications on smart phone and/or computer for treatment of anxiety disorders.

FACULTY

Russell G. Vasile, MD is an Associate Professor of Psychiatry, Harvard Medical School and Director of the Affective Disorders Consultation Program at the Beth Israel Deaconess Medical Center. Dr. Vasile has published in diverse areas related to the assessment and treatment of anxiety and affective disorders. Dr. Vasile is also a graduate of the Boston Psychoanalytic Society and Institute. He is a past recipient of the Elvin V. Semrad Award for Excellence in Teaching at the Massachusetts Mental Health Center. For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

Risk Management Credits: *This activity meets the criteria of the Massachusetts Board of Registration in Medicine for Risk Management Study. This includes 3.0 credits in Marijuana Education and Pain Management training. Please check your individual state licensing board requirements before claiming these credits.*

SUMMER WEEK-LONG SEMINARS 2019

MARTHA'S VINEYARD THE HARBORVIEW HOTEL AND RESORT



SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM
PSYCHOPHARMACOLOGY: A MASTER CLASS

Charles Nemeroff, MD, PhD
August 19 – 23, 2019 • Monday – Friday

This seminar will begin with an updated review of modern neurobiology ranging from genomics, epigenetics and neurotransmitters systems to brain circuitry and imaging. The seminal role of child abuse and neglect in increased vulnerability to mood and anxiety disorders will be explored with a focus on the long-term persistent effects of early life trauma on the brain and the body. An update on the pathophysiology of the major mood and anxiety disorders will be described including new data on inflammation. The latest data on suicide will be presented including risk factors and strategies for prevention.

Treatment of schizophrenia, bipolar disorder, depression, anxiety, and women's psychiatric disorders will be described. The evidence-based effectiveness of antipsychotic medications will be emphasized in psychotic disorders and as augmenting agents in major depression. Newer agents and augmenting medications for the treatment of mood disorders will be discussed with an emphasis on treatment-resistant depression. The benefits and risks of ketamine will be explored as well as the uses of ECT and TMS. Bipolar disorder and its treatment will be examined with particular emphasis on bipolar depression. The use of lithium as the gold standard of treatment will be emphasized. A comprehensive review of primary depression as well as depression co-morbid with medical illnesses will be highlighted, particularly the role of depression in cardiovascular illness and the necessity for treatment.

The neurobiological mechanisms of anxiety and anxiety-spectrum disorders (including GAD, OCD, and panic disorders) as well as their treatment will be reviewed with a focus on management of treatment resistant post-traumatic stress disorder (PTSD). Medications for depression in women through the course of their lifecycle will be presented.

Advances in personalized or precision medicine will be a major focus of the course including both pharmacotherapy and psychotherapy. The controversy concerning the use of pharmacogenomic tests to predict antidepressant treatment response will be discussed in detail.

The seminar will emphasize the establishment and importance of the therapeutic alliance when prescribing all psychotropic medications.

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

- *Apply the latest advances in the neurobiology of psychiatric disorders and understand the potential role of genetic testing in the selection of specific psychiatric medications;*
- *Assess and compare current mechanisms and latest treatment of psychotic disorders, schizophrenia and bipolar illness;*
- *Evaluate treatment options for treatment resistant bipolar and unipolar depression;*
- *To assess the neurobiological mechanism and evidence-based treatment of depressive and anxiety-spectrum disorders including GAD, OCD and panic disorder;*
- *Identify the mechanisms and evidence based treatments of addiction disorders;*
- *Determine when to implement medical switch versus augmentation strategies for treatment resistant depression;*
- *Analyze the use of ketamine with benefits and hazards in treatment resistant depression;*
- *Demonstrate when to use ECT and TMS for the treatment of depression;*
- *Review the data on risk factors for suicide and suicide presentation strategies;*
- *Summarize latest findings about inflammation and stress as they apply to the treatment of depression and anxiety-spectrum disorders;*
- *Recognize the role of psychiatric medications during a woman's life cycle: pregnancy, delivery, post-partum, nursing and menopause;*
- *Analyze the role of psychopharmacology and psychotherapy in the treatment of PTSD.*

FACULTY

Charles Nemeroff, MD, PhD is a Professor of Psychiatry and Director, Institute of Early Life Adversity Research, Dell Medical School, The University of Texas at Austin; He is the past President of the American College of Psychiatrists, International Society of Psychoneuroendocrinology and the American College of Neuropsychopharmacology. Dr. Nemeroff is a member of the Institute of Medicine. He is the author of over 1,110 scientific articles and book chapters. He is also editor of *Management of Treatment-Resistant Major Psychiatric Disorders*, Co-editor of *Textbook of Psychopharmacology*, now in its fifth edition, *The Bipolar Book: History, Neurology and Treatment*, and a new book, *Post-Traumatic Stress Disorder*.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

MINDFULNESS: INSIDE AND OUTSIDE THE CLINICAL HOUR

Ronald Siegel, PsyD

August 19 – 23, 2019 • Monday – Friday

Mindfulness and compassion practices are among the most rapidly expanding and widely researched psychotherapeutic interventions today. They hold great promise not only for clinicians' own personal development, but also as remarkably powerful tools to augment virtually every form of treatment. Mindfulness and compassion are not, however, one-size-fits-all remedies. Practices need to be tailored to fit the needs of particular individuals. And to really reap the benefits of mindfulness and compassion, it's important for clinicians to personally experience their effects.

This seminar provides an up-to-date review of the theory and practice of mindfulness meditation and compassion practices from their ancient origins to modern brain science and psychotherapy, along with opportunities for participants to cultivate their own personal practice. After reviewing how they work to alleviate psychological distress, we will explore which practices are best suited to different patient populations.

You'll learn how to use mindfulness and compassion practices to help resolve anxiety, depression, and stress-related medical disorders, as well as to gain freedom from self-esteem concerns and to develop deeper, more rewarding, therapeutic and personal relationships. Participants with no meditation experience, as well as seasoned practitioners, will find this course helpful both personally and clinically (you'll also find that Martha's Vineyard is a wonderful natural environment in which to develop and enjoy mindful awareness).

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

- *Identify the three main components of meditation—concentration, mindfulness, and acceptance—and know when to apply each in clinical settings;*
- *Discuss the mechanisms of action in meditation that appear to underlie positive therapeutic change, such as metacognitive awareness, emotion regulation, and self-compassion;*
- *Articulate the empirical support for mindfulness, acceptance, and compassion-based treatments;*
- *Evaluate new research findings on the neurobiological effects of meditation;*
- *Identify common mechanisms in psychological disorders and how mindfulness and compassion practices can alter them;*
- *Customize meditation practices for specific patient populations and disorders;*
- *Foresee potential adverse effects and contraindications for mindfulness and compassion practices;*
- *Adapt mindfulness and compassion practices to work with trauma survivors;*
- *Tailor practices to individuals from varied cultural backgrounds;*
- *Give examples of specific practices to treat anxiety, depression self-esteem concerns, and stress-related medical disorders;*
- *Use mindfulness techniques to enhance empathic attunement and therapeutic presence;*
- *Apply the practices and principles of meditation to support personal wellbeing.*

FACULTY

Ronald D. Siegel, PsyD, is an Assistant Professor of Psychology, part time, Harvard Medical School. He serves on the Board of Directors and faculty, Institute for Meditation and Psychotherapy and is author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, co-author of *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy* and *Back Sense*; and co-editor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*. He is a long-time student of mindfulness meditation and teaches internationally about the application of mindfulness practice in psychotherapy and other fields.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

ASSESSMENT AND EFFECTIVE TREATMENT OF ALCOHOL AND SUBSTANCE USE DISORDERS

Roger Weiss, MD

August 19 – 23, 2019 • Monday – Friday

This seminar will provide an overview of the assessment and treatment of both alcohol use disorder and disorders related to other substances of abuse. The focus will be on the chronic disorders (i.e., abuse and dependence). A comprehensive approach to evaluation will be provided, articulating the multiple levels of assessment, starting with screening. Similarly, an overview of treatment elements, including an integrated approach, will be reviewed. Non-medication treatment options including behavioral treatment strategies will be reviewed as well as pharmacological interventions. There will be an emphasis on the role of psychotherapy, referral to AA and SMART Recovery and helping family members of patients with substance use disorders. The seminar will emphasize effective techniques to deal with the denial, ambivalence, and reluctance to change of the unmotivated patient. It will be then demonstrated how to motivate, persuade, and confront effectively. A specific area of focus will be assessment and treatment of patients with co-occurring disorders. Among the substance use disorders, alcohol disorder will be emphasized – especially the underlying neurobiology and resulting targets of medication intervention. Also emphasized is opioid use disorder with special attention given to medication treatment options and how best to use them as well as to especially risky subpopulations. In addition, among the co-occurring psychiatric disorders, trauma will be a topic of more in-depth review.

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

- Evaluate indications for and use of common substance use disorder medications;
- Determine options for abstinence vs. cutting down;
- Distinguish substance-induced disorders vs. independent psychiatric illness;
- Refer patients knowledgeably to mutual-help groups such as AA or SMART Recovery;
- Evaluate key properties of the common drugs of abuse;
- Develop helpful strategies for family members of those with substance use disorders;
- Evaluate effective techniques to deal with denial, ambivalence, and reluctance to change;
- Demonstrate how to motivate, persuade and confront effectively;
- Develop helpful strategies for patients who want to cut down but whom you think should abstain;
- Analyze models of both psychopharmacological and psychotherapeutic treatments for patients with substance use disorders and co-occurring psychiatric illness.

FACULTY

Roger Weiss, MD is a Professor of Psychiatry at Harvard Medical School and Chief of the Division of Alcohol and Drug Abuse at McLean Hospital. He is the author over 300 scientific publications including, *Integrated Group Therapy for Bipolar Disorder and Substance Abuse*. Dr. Weiss is on the editorial board of many journals including *American Journal of Drug and Alcohol Abuse* and *Journal of Clinical Psychiatry*, and the *American Journal on Addiction*.

For a complete course description, including the daily curriculum, please visit: capecodsummerseminars.com.

Risk Management Credits: *This activity meets the criteria of the Massachusetts Board of Registration in Medicine for Risk Management Study. This includes 3.0 credits in Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming these credits.*



REGISTER ONLINE AT:

capecodsummerseminars.com

ACCREDITATION

Physicians

Weekend Seminars

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

The Harvard Medical School designates this live activity for a maximum of 10 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Week-long Seminars

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

The Harvard Medical School designates this live activity for a maximum of 15 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eaccme.eu.

Psychologists

The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is approved by the American Psychological Association to offer continuing education for psychologists. The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School maintains responsibility for this program and its content.

The Weekend programs offers 10 CE credits

The Week-long programs offer 15 CE credits

Counselors

The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School continuing education is an NBCC Approved Continuing Provider (ACEP) and may offer NBCC approved clock hours for events that meet NBCC requirements. The Week-Long Summer Seminars for a maximum of 15 clock hours and the Weekend Summer Seminars for a maximum of 10 clock hours. The ACEP solely is responsible for all aspects of the program.

Social Workers

For information on the status of the application to the Massachusetts Chapter of the National Association of Social Workers, please call 617-754-1265.

State of New York Social Workers

The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School 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. The Week-long Seminars are approved for 15 CE hours and the Weekend Seminars are approved for 10 CE hours.

Nurses

The following programs have been submitted for approval to the Massachusetts Association of Registered Nurses Inc. an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Psychopharmacology 2019, Ross J. Baldessarini, MD, DSc (hon)

Emerging Strategies in the Assessment and Treatment of Depression and Anxiety: Integrating Psychopharmacology and Psychotherapy, Russell Vasile, MD

Essential Psychopharmacology, 2019: Practice and Update, Alan I. Green, MD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD

Psychopharmacology: A Master Class, Charles Nemeroff, MD, PhD

INQUIRIES

By phone 617-384-8600, Monday-Friday, 9 AM to 5 PM (EST) or by email at: ceprograms@hms.harvard.edu.

ONLINE INFORMATION

To register or view activity information online, visit: capecodsummerseminars.com.

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

REGISTRATION INFORMATION

All course participants will receive a link to a website where they can download the course materials. You can purchase a printed copy at the time of online registration for \$35 for Drs. Albanese, Brown, Pollock, Rately, Treadway, Goisman/Keshavan, Siegal, and Weiss and \$50.00 for Baldessarini, Nemeroff, Vasile, and Green/Vasile/Brady/Coffey. Please note we will not have hard copies of the syllabus available for purchase at the conference.

Summer Weekend

All Professionals \$695 (USD), Residents/Fellows in Training/Students \$495 (USD)

Early registration through April 18, 2019:

All Professionals \$645 (USD), Residents/Fellows in Training/Students \$475 (USD)

Summer Week-long

All Professionals \$875 (USD), Residents/Fellows in Training/Students \$625 (USD)

Early registration through April 18, 2019:

All Professionals \$775 (USD), Residents/Fellows in Training/Students \$550 (USD)

Each additional week \$625 (USD) Registration by credit card (AMEX, VISA or MasterCard) can be made at: capecodsummerseminars.com. Program changes/substitutions may be made without notice including the daily curriculum, please visit: capecodsummerseminars.com.

REFUND POLICY

Refunds, less an administrative fee of \$75, 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. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

SEMINAR FORMAT

WEEKEND SEMINARS

Earn Up to 10 *AMA PRA Category I Credits*[™]

Friday: 4:30pm-6:30pm

Saturday: 8:15am-12:30pm

Sunday: 8:15am-12:30pm

Please note coffee is available before program begins and a continental breakfast will be served at 10:15 am on Saturday and Sunday.

WEEK-LONG SEMINARS

Earn Up to 15 *AMA PRA Category I Credits*[™]

Meet Monday-Friday: 9:00am-12:15pm

Please note coffee is available before program begins and a continental breakfast will be served daily at 10:15 am.

ABMS/ACGME COMPETENCIES

All seminars designed to meet the following American Board of Medical Specialties (ABMS)/ Accreditation Council for Graduate Medical Educational (ACGME) competencies:

- *Patient care*
- *Medical knowledge*
- *Practice-based learning and improvement*
- *Interpersonal and communication skills*
- *Professionalism*
- *Systems-based practice*

TARGET AUDIENCE

The summer seminars are a series of seminars of interest to health professionals in the fields of psychiatry, psychology, nursing, social work, counseling, medicine, pediatrics and surgery.

COURSE DIRECTOR OF THE 30TH ANNUAL SUMMER SEMINARS

Lawrence E. Lifson, MD, is a Lecturer on Psychiatry, Harvard Medical School. He is the Director of the Continuing Education Program at Beth Israel Deaconess Medical Center and is a faculty member at Boston Psychoanalytic Society and Institute. He is a co-chair for Continuing Education Program at Boston Psychoanalytic Society and Institute. Dr. Lifson is a Distinguished Life Fellow of the American Psychiatric Association and the 2012 recipient of the Massachusetts Psychiatric Society's "Outstanding Psychiatrist in Education Award". He is the 2016 Recipient of Tufts Medical Alumni Association Dean's Award and has received the 2018 American Psychoanalytic Association Edith Sabshin Teaching Award. He is editor of *Understanding Therapeutic Action: Current Concepts of Cure* and *The Mental Health Practitioner and the Law* and *The Psychology of Investing*.

COURSE LOCATIONS

All July 12 – 14, 2019 courses and August 19 – 23, 2019 courses will be held at Harbor View Hotel and Resort, Martha's Vineyard, MA (Telephone 800-225-6005). All July 22 – 26, 2019 and July 29-August 2, 2019 courses will be held at Sea Crest Beach Hotel, North Falmouth, MA (Telephone Lauren for reservations at 508-356-1259; 508-540-9400 for other questions.).

ACCOMMODATIONS/TRAVEL

A limited number of rooms have been reserved at Harbor View Hotel and Resort (Telephone: 800-225-6005) until June 1, 2019 for the July 12-14, 2019 weekend programs and by June 18, 2019 for the August 19 – 23 week-long programs. A limited number of rooms have been reserved at the Sea Crest Beach Hotel (Call Lauren for reservations at 508-356-1259) or email ltyler@delawarenorth.com) until June 5, 2019 for the July 22 – 26 and July 29-August 2, 2019 week-long programs. Please specify that you are enrolled in this course to receive a reduced room rate. Hotel arrangements can also be made online at: harbor-view.com or seacrestbeachhotel.com. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll free 1-877-4-HARVMD (1-877- 442-7863) Monday – Friday 9 AM – 8 PM (EST). From outside the U.S., Canada and Virgin Islands, please call 617-559-3764.

THE HARBORVIEW HOTEL AND RESORT

The majestic stately Harbor View Hotel overlooks Edgartown Harbor and the Lighthouse and is just minutes from downtown Edgartown, within walking distances to shops, galleries, the beach, restaurants and more. The hotel offers a supervised children's program, a water sports department, full concierge service and more. The hotel has two water vessels – a classic Bunker and Ellis picnic yacht, as well as a 31-foot Center Console boat. These are available to guests for private charter.

For information and reservations, contact Harbor View Hotel at 800-225-6005 or harbor-view.com. Please advise that you are with the Harvard Medical School Conference. **Reservations must be made by June 1, 2019 to receive the reduced rates for the July 12 – 14, 2019 weekend and by July 18, 2019 for the August 19 – 23, 2019 week-long program.** Reservations made after that date are subject to availability. Martha's Vineyard is easily accessible by boat via the Steamship Authority (508-477-8600) or Hy-Line Cruises (508-778-2600), within a 45-minute sailing time from Hyannis or Falmouth. Parking is available at lots associated with boat lines. While a car is not necessary, if you are planning on bringing your car, **it is necessary to make car ferry reservations as soon as possible with the Steam Ship Authority.**

SEA CREST BEACH HOTEL, NORTH FALMOUTH

Located in North Falmouth, Cape Cod, on Old Silver Beach, The Sea Crest Beach Hotel underwent a 22 million dollar renovation creating a beautiful, classic Cape Cod resort hotel. It is located on 700 feet of private beach on one of the Cape's finest and warmest white-sand beaches. Recreational facilities at Sea Crest include indoor and outdoor pools, fitness center, and dining. Golf is nearby and all the charm of Falmouth and other Cape Cod attractions are minutes away. **A limited number of rooms will be reserved until June 4, 2019 for course participants at a discounted rate.** For information and reservations, contact Sea Crest Beach Resort, Old Silver Beach, 350 Quaker Road, N. Falmouth, MA 02556-2903. Contact Lauren at 508-356-1259 or email ltyler@delawarenorth.com and for other questions 508-540-9400 or seacrestbeachhotel.com. **Discounted rooms are limited and early reservations are strongly recommended.** Please state that you are with the Harvard Medical School Conference.

THE HARBORVIEW HOTEL AND RESORT



SEA CREST BEACH HOTEL, NORTH FALMOUTH



REGISTER ONLINE AT:

[capecodsummerseminars.com](https://www.capecodsummerseminars.com)

UPCOMING PROGRAMS

22nd Annual Winter Seminars
Naples, Florida

FEBRUARY 18 – 22, 2019

Psychopharmacology: A Master Class – Carl Salzman, MD

or

Exercise and Other Medical and Complementary Ground Breaking Techniques for the Treatment of ADHD, Addictions, Social Disorder, Pain, Anorexia, Sleep Disorders, Anxiety and Mood Disorders – John Ratey, MD

FEBRUARY 25 – MARCH 1, 2019

Essential Psychopharmacology, 2019: From Neuroscience to Advances in Treatment – Carl Salzman, MD and Barbara Coffey, MD, MS

or

Meditation for Everyday Living and Peak Performance for Mental Health, Medical, and Surgical Practices – Daniel Brown, PhD, ABPH

MARCH 29–30, 2019

Psychopharmacology, 2019: A Master Class

Fairmont Copley Plaza, Boston, MA

DECEMBER 6-7, 2019

Risk Management Update for Physicians, Nurse Practitioners, and other Healthcare Professionals

Fairmont Copley Plaza, Boston, MA

DECEMBER 6-7, 2019

Meditation for Everyday Living and Peak Performance for Mental Health, Medical, and Surgical Practices – Daniel Brown, PhD, ABPH

Fairmont Copley Plaza, Boston, MA

For more information

email: jflynn2@bidmc.harvard.edu or call 617-754-1265.