

31ST ANNUAL SUMMER SEMINARS

WEEK-LONG SEMINARS

Sea Crest Beach Hotel, Old Silver Beach N. Falmouth, Cape Cod
July 20 - 24, 2020 • Monday - Friday

- **Cognitive-Behavioral Therapy: Clinical State of the Art**
Michelle Friedman-Yakobian, PhD and Matcheri S. Keshavan, MD
- **Essential Psychopharmacology, 2020: Practice and Update**
*Roscoe O. Brady, Jr. MD, PhD, Matcheri S. Keshavan, MD,
Russell G. Vasile, MD, and Barbara Coffey, MD, MS*
- **Meditation and Mindfulness in Clinical Practice:
Enhancing Treatment Effectiveness and Personal Wellbeing**
Susan M. Pollak, MTS, EdD

Sea Crest Beach Hotel, Old Silver Beach N. Falmouth, Cape Cod
July 27 - 31, 2020 • Monday - Friday

- **Assessment and Effective Treatment of Alcohol and Substance Use Disorders**
Mark Albanese, MD
- **Complex Psychological Trauma and Recovery**
Daniel Brown, PhD, ABPH
- **A Master Class on Emerging Strategies in the Assessment and Treatment of
Depression and Anxiety: Integrating Psychopharmacology and Psychotherapy**
Russell Vasile, MD

New This Year!

SUMMER WEEK-LONG SEMINARS 2020

Wyndhurst Manor & Club, Lenox, MA
August 17 - 21, 2020 • Monday - Friday

- **Psychopharmacology: A Master Class**
Charles B. Nemeroff, MD, PhD
- **New Frontiers in Mindfulness & Compassion:
Tailoring the Practice to the Person**
Ronald Siegel, PsyD
- **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

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 spectacular oceanfront resort on Old Silver Beach, one of Cape Cod's most beautiful beaches and at a magnificent hotel in the majestic Berkshires Hills of Lenox, Massachusetts.





SUMMER WEEK-LONG SEMINARS 2020

NORTH FALMOUTH, CAPE COD
SEA CREST BEACH HOTEL

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

COGNITIVE-BEHAVIORAL THERAPY: CLINICAL STATE OF THE ART

Michelle Friedman-Yakoobian, PhD and Matcheri S. Keshavan, MD
July 20 – 24, 2020 • Monday – Friday

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.

Topics in this course will include a brief review of the development of behavioral and cognitive treatments as well as an overview of newer, third-wave CBT treatments such as mindfulness and acceptance and commitment therapy (ACT); practical applications of CBT and related treatments for 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 skills. 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 improving functioning and reducing impact of anxiety in patients with anxiety disorders;*
- *Evaluate specific CBT and acceptance/ mindfulness based interventions used in panic disorder, obsessive-compulsive disorder, phobias, and PTSD;*
- *Apply cognitive and behavioral therapy methods and acceptance and commitment therapy in the treatment of patients with unipolar depression and with bipolar disorder;*
- *Review principles and approaches to cognitive behavior therapy for psychotic disorders;*
- *Determine areas of convergence as well as divergence in the relationship between CBT, acceptance and commitment therapy, 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 mindfulness and its use in the treatment of anxiety disorders.*

FACULTY

Michelle Friedman-Yakoobian, PhD is Instructor of Psychology in the Department of Psychiatry, Harvard Medical School and Beth Israel Deaconess Medical Center. She is the Clinical Director of the Center for Early Detection, Assessment and Response to Risk. Dr. Yakoobian has trained scores of graduate students, psychiatry residents, and mental health professionals in CBT. She speaks regionally, nationally, and internationally on CBT, Acceptance, and Commitment Therapy (ACT) and cognitive remediation. She is co-author of the *Cognitive Behavioral Therapy (CBT) and Guide for Case Managers*.

Matcheri S. Keshavan, MD is Stanley Cobb Professor of Psychiatry, Harvard Medical School, and Chairman of Psychiatry at the Beth Israel Deacon Medical Center. Dr. Keshavan is a world class teacher and researcher in schizophrenia. He has authored over 650 peer-reviewed publications as well as having authored four books and 100 reviews/book chapters. He is editor of *Schizophrenia Research* and serves on the editorial board of many respected journals.

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

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

ESSENTIAL PSYCHOPHARMACOLOGY, 2020: PRACTICE AND UPDATE

**Roscoe O. Brady, Jr. MD, PhD, Matcheri S. Keshavan, MD,
Russell G. Vasile, MD and Barbara Coffey, MD, MS
July 20 - 24, 2020 • 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 seminar, 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

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.

Matcheri S. Keshavan, MD is Stanley Cobb Professor of Psychiatry, Harvard Medical School, and Chairman of Psychiatry at the Beth Israel Deaconess Medical Center. Dr. Keshavan is a world class teacher and research in schizophrenia. He has authored over 650 peer-reviewed publications as well as having authored four books and 100 reviews/book chapters. He is Editor-in-Chief of *Schizophrenia Research* and serves on the editorial board of many journals.

Barbara J. Coffey, MD, MS is Professor and Chair, Department of Psychiatry and Behavioral Sciences, and Division Chief, Child and Adolescent Psychiatry, at the University of Miami Miller School of Medicine. An Associate Editor, *Advanced Pediatric Psychopharmacology* for the *Journal of Child and Adolescent Psychopharmacology*, she is the author of more than 200 manuscripts, chapters and abstracts. Dr. Coffey received the Virginia Q. Anthony Award in October 2019 for outstanding woman leader in the American Academy of Child and Adolescent Psychiatry.

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.

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

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

Susan M. Pollak, MTS, EdD

July 20 – 24, 2020 • Monday – Friday

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, EdD 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*. Her most recent book is *Self-Compassion for Parents: Nurture Your Child By Caring for Yourself*.

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



SUMMER WEEK-LONG SEMINARS 2020

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 27 - 31, 2020 • Monday - Friday

This seminar will provide an overview of the assessment and treatment of alcohol use disorder and other chronic substance use disorders. 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 use disorder will be emphasized – especially the underlying neurobiology and associated 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 especially at-risk subpopulations. Finally, 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;*
- *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 who you think should abstain;*
- *Analyze models of both psychopharmacological and psychotherapeutic treatments for patients with substance use disorders and co-occurring psychiatric illness.*

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.*

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.

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 27 - 31, 2020 • Monday - Friday

The essential features of psychological trauma are disempowerment and disconnection from others; therefore, it follows that the recovery process is based on empowerment of the survivor and restoration of 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; and the core features of complex trauma in adults. The seminar will 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 components of complex trauma. The seminar will also address certain complications in the treatment of complex trauma, such as the contribution of sadistic abuse and factitious behavior to the overall response to treatment. Emphasis will be 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 seminar, 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;*
- *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;*
- *Summarize the concept of recovery stages;*
- *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 of 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.

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

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

A MASTER CLASS ON EMERGING STRATEGIES IN THE ASSESSMENT AND TREATMENT OF DEPRESSION AND ANXIETY: INTEGRATING PSYCHOPHARMACOLOGY AND PSYCHOTHERAPY

Russell Vasile, MD

July 27 - 31, 2020 • Monday - Friday

This seminar will 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.

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. Emerging data on the role of exercise in the treatment of depressed mood and data on nutraceuticals as a supplement to antidepressant treatment will be examined.

The seminar will update the clinician on recent developments in neuropsychiatry, including brain imaging and therapeutic stimulation techniques.

Recent data on the therapeutic efficacy of TMS, and different TMS modalities will be presented; emerging data on the therapeutic efficacy and risks associated with different modalities of ketamine administration will be presented as well as ketamine's effects on suicidality.

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.

Management of anxiety in patients vulnerable to abuse of alcohol and psychological dependence on marijuana will be examined and the role of non-benzodiazepine anti-anxiety medications, such as pregabalin, will be explored in detail.

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 psychotherapy strategies in treating depressed and anxious patients;*
- *Describe strategies for the psychopharmacological and psychotherapeutic management of treatment resistant depression;*
- *Summarize the emerging role of ketamine in the treatment of major depression and suicidal behavior;*
- *Explore the role of novel enhancements to treatment of mood disorders including omega 3 fatty acids, 1 methylfolate and zinc;*
- *Discuss the role of electroconvulsive therapy and Transcranial Magnetic Stimulation in treatment resistant depressive disorders;*
- *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;*
- *Appreciate the role of lithium carbonate in combination with other mood stabilizing agents;*
- *Give examples of recent developments in psychotherapeutic approaches to treating Bipolar patients, including cognitive, behavioral and expressive psychotherapy techniques;*
- *Integrate psychodynamic assessment, psychotherapy and psychopharmacology into management of depression and anxiety disorders;*
- *Assess the role of Cognitive Behavioral Therapy (CBT) in the treatment of depression and anxiety disorders;*
- *Compare recent developments in the implementation of CBT, including Commitment and Acceptance Therapy and inclusion of exposure therapy in CBT;*
- *Report on the latest applications for computer- based treatment of OCD and other anxiety disorders;*
- *Describe new psychopharmacological and psychotherapeutic techniques in the treatment of PTSD including exposure and response prevention and virtual reality techniques utilized to treat PTSD secondary to exposure to combat;*
- *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, including the use of non-benzodiazepine anti-anxiety agents such as pregabalin and bupirone;*
- *Formulate strategies for treating patients with marijuana abuse disorder, including discussion of newly emerging psychopharmacological and psychotherapeutic techniques.*

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.

Risk Management Credits: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 3.00 credits of Risk Management Study. This includes 3.00 credits of Marijuana Education and Pain Management Training. Please check your individual state licensing board

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SUMMER WEEK-LONG SEMINARS 2020

LENOX, MASSACHUSETTS WYNDHURST MANOR & CLUB

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

PSYCHOPHARMACOLOGY: A MASTER CLASS

Charles B. Nemeroff, MD, PhD

August 17 - 21, 2020 • 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 such as brexanolone and augmenting medications including pramipexole for the treatment of mood disorders will be discussed with an emphasis on treatment-resistant depression. The benefits and risks of ketamine and esketamine 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 comorbid 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 pharmacogenomic 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 including psychotherapies;*
- *To assess the neurobiological mechanism and evidence-based treatment of depressive and anxiety spectrum disorders including PTSD;*
- *Determine when to implement 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 B. Nemeroff, MD, PhD is a Professor and Chair of the Department 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 his most recent book, *Post-Traumatic Stress Disorder*.

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

capecodsummerseminars.com.

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

NEW FRONTIERS IN MINDFULNESS & COMPASSION: TAILORING THE PRACTICE TO THE PERSON

Ronald D. Siegel, PsyD
August 17 - 21, 2020 • 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. While potentially powerfully therapeutic, practices can create adverse effects when not used appropriately. They therefore 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 individuals of different ages, cultural background, and personality organization, including those suffering from trauma. 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, 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 the Berkshires is a wonderful natural environment in which to develop and enjoy mindful awareness).

Upon completion of this seminar, 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;*
- *Identify 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;*
- *Choose 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 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 and 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.

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

**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

August 17 – 21, 2020 • Monday – Friday

This evidence-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 a motivational 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*.

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

REGISTER ONLINE AT:

capecodsummerseminars.com



ACCREDITATION

Physicians

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

The Week-long seminars offer 15 CE credits.

Counselors

The Department of Psychiatry at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School is an NBCC Approved Continuing Provider (ACEP) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The Week-long seminars offer 15 clock hours

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 Department of Psychiatry at Beth Israel Deaconess Medical Center, a 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.

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.

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

Essential Psychopharmacology, 2020: Practice and Update, Matcheri S. Keshavan, MD, PhD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD, MS

Psychopharmacology: A Master Class, Charles B. 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 \$50 for:

- * **A Master Class on Emerging Strategies in the Assessment and Treatment of Depression and Anxiety: Integrating Psychopharmacology and Psychotherapy**, Russell Vasile, MD
- * **Essential Psychopharmacology, 2020: Practice and Update**, Matcheri S. Keshavan, MD, PhD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, and Barbara Coffey, MD, MS
- * **Psychopharmacology: A Master Class**, Charles B. Nemeroff, MD, PhD

For all other summer courses the hard copy syllabus cost is \$35.

PLEASE NOTE:

We will not have hard copies of the syllabus available for purchase at the conference.

Summer Week-long

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

Early-bird registration through June 15, 2020:

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

Full refunds, 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

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 31ST 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 20-24, 2020 and July 27-31, 2020 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.). All August 17-21, 2020 courses will be held at Wyndhurst Manor and Club in Lenox, MA. For information and reservations contact reservations at 1-800-272-6935.

ACCOMMODATIONS/TRAVEL

A limited number of rooms have been reserved at the Sea Crest Beach Hotel. (Call Lauren for reservations at 508-356-1259) or email lyler@delawarenorth.com) until June 2, 2020 for the July 20 – 24 and July 27- 31, 2020 for 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 www.seacrestbeachhotel.com using the discount code **BIDMC2020**. A limited number of rooms have been reserved at Wyndhurst Manor & Club for the August 17 – 21, 2020 week-long program. For information and reservations contact reservations at 1-800-272-6935. Discounted rooms are limited and early reservations are strongly recommended. Please state that you are with the BIDMC Summer seminars 2020.

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, call 617-559-3764.

SEA CREST BEACH HOTEL, NORTH FALMOUTH JULY 20 – 24 AND JULY 27 – 31, 2020

Located in North Falmouth, Cape Cod, on Old Silver Beach, The Sea Crest Beach Hotel 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 2, 2020 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 lyler@delawarenorth.com and for other questions 508-540-9400 or online at www.seacrestbeachhotel.com using the discount code **BIDMC2020**.

NEW THIS YEAR!
WYNDHURST MANOR & CLUB, LENOX, MA
AUGUST 17-21, 2020

Located in the majestic Berkshire Hills of Lenox, Massachusetts, the newly 80 million dollar renovated Wyndhurst Manor and Club (formerly the Cranwell Resort and Spa) sit on 380 acres with breathtaking views, fitness centers, several pools, 18 hole spectacular golf course, and three restaurants. Lenox is renowned for its cultural and fun activities for both children and adults. Tanglewood, the summer home of the Boston Symphony Orchestra is in Lenox.

Lenox features Shakespeare and Company, the Edith Wharton Mansion, and other popular activities. The Berkshire Playhouse and Norman Rockwell Museum are in nearby Stockbridge and the oldest internationally acclaimed summer dance festival in the United States, Jacob's Pillow, is a short drive away in Otis, Massachusetts. It presents dance performances of differing genres on its three stages. Hiking and biking trails are everywhere!

Discounted rooms are limited and early reservations are strongly recommended.

Please state that you are with the BIDMC Summer seminars 2020. A limited number of rooms will be reserved until June 2, 2020, for course participants at a discounted rate. For information and reservations, contact Wyndhurst Manor & Club at 55 Lee Road | Lenox, MA | 01240. Contact reservations at 1-800-272-6935, please note the hotel is in the process of changing their name from Cranwell Resort and Spa to Wynhurst Manor & Club this is the correct number for reservations. Discounted rooms are limited and early reservations are strongly recommended.





Beth Israel Lahey Health
Beth Israel Deaconess Medical Center



HARVARD
MEDICAL SCHOOL

31ST ANNUAL SUMMER SEMINARS

WEEK-LONG SEMINARS

Sea Crest Beach Hotel, Cape Cod

July 20 - 24, 2020 • Monday - Friday

- Cognitive-Behavioral Therapy: Clinical State of the Art
- Essential Psychopharmacology, 2020: Practice and Update
- Meditation and Mindfulness in Clinical Practice:
Enhancing Treatment Effectiveness and Personal Wellbeing

Sea Crest Beach Hotel, Cape Cod

July 27 - 31, 2020 • Monday - Friday

- Assessment and Effective Treatment of Alcohol and Substance Use Disorders
- Complex Psychological Trauma and Recovery
- A Master Class on Emerging Strategies in the Assessment and Treatment of Depression and Anxiety

New This Year!

SUMMER WEEK-LONG SEMINARS 2020

Wyndhurst Manor & Club, Lenox, MA

August 17 - 21, 2020 • Monday - Friday

- Psychopharmacology: A Master Class
- New Frontiers in Mindfulness & Compassion
- 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

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