

APPA 2019 Spring Conference

April 5-7, 2019

Baytowne Conference Center, Sandestin, Fla.
Alabama Academy of Child and Adolescent Psychiatry members welcome!

Agenda

Friday, April 5

12:00 p.m. – 1:00 p.m.

Conference Registration

1:00 p.m. – 1:15 p.m.

Opening General Session and Welcome

1:15 p.m. – 2:15 p.m.

Art and Mental Illness

*Godehard Oepen, MD, PhD, DFAPA,
Grayson & Associates, PC*

2:15- 3:15 p.m.

Deep Brain Stimulation for the Treatment-Refractory Obsessive- Compulsive Disorder

*Rachel A. Davis, MD, Assistant Professor;
Director, OCD Clinic and Co-Director,
Neuromodulation Program, Department
of Psychiatry, University of Colorado
Anschutz Medical Campus*

3:15 p.m. – 3:30 p.m.

Break

3:30 p.m. – 5:00 p.m.

Psychedelic Medicine: Past, Present and Future

*Manuel Morales, MD, Assistant Professor,
Department of Psychiatry, University of
Missouri-Kansas City School of Medicine*

5:00 p.m. – 6:30 p.m.

Reception with Exhibitors

Saturday, April 6

7:00 a.m. – 8:00 a.m.

Breakfast with Exhibitors

8:00 a.m. – 12:00 p.m.

Practice Mangers Mini-Conference

8:00 a.m. – 9:30 a.m.

Beat Burnout with Mindfulness Meditation

*Serena Nimityongskul, MD, Child and
Adolescent Fellow, University of South
Alabama College of Medicine; and
Irena Bukelis, MD, Assistant Professor,
Division of Child and Adolescent Psychiatry
and Behavioral Neurobiology, University of
Alabama-Birmingham*

9:30 a.m. – 10:30 a.m.

When the Joy of Practicing Medicine Turns Against You: Dealing with Compassion Fatigue in the Physician and Caretakers

*Tarak Vasavada, MD, DFAPA, Medical
Director, Behavior Health Services*

10:30 a.m. – 11:00 a.m.

Morning Break with Exhibitors

11:00 a.m. – 12:30 p.m.

Less is More Redux: Rationale for Extended Dosing

*Roger A. Boshes, MD, PhD, Associate
Professor, University of Massachusetts
Medical School*

12:30 p.m. – 12:45 p.m.

Pick up boxed lunch

12:45 p.m. – 1:45 p.m.

Sexual Addiction

*Martin Kafka, MD, DLFAPA, Clinical
Associate Professor of Psychiatry (Retired),
Harvard Medical School*

1:45 p.m. – 2:15 p.m.

Business Meeting and Poster Awards/ Presentations

Sunday, April 7

7:00 a.m. – 8:00 a.m.

Breakfast with Exhibitors

8:00 a.m. – 9:30 a.m.

Disasters in Mental Health

*Richard H. Weisler, MD, PA, Adjunct
Professor of Psychiatry, Duke University
and University of North Carolina; and
Pamela Tucker, MD, Medical Officer,
Agency for Toxic Substances and Disease
Registry*

9:30 a.m. – 9:45 a.m.

Morning Break with Exhibitors

9:45 a.m. – 10:45 a.m.

The Bowen Family Systems Theory and Psychotherapy

*Judith Bowen, MD, Partner, Drs. Bowen
and Kowalksi, LLP*

10:45 a.m. – 11:45 a.m.

The Sad Synapses: Understanding the Synaptic Biology of Depression

*Jenny Dwyer, MD, PhD, Clinical Fellow,
Yale University*

11:45 a.m.

Evaluation/Adjourn

Registration

Register online at www.tinyurl.com/APPA2019SpringConference or print a registration form at www.alabamapsych.com/physicians.

Accommodations

Room rates begin at \$186 per night. Call Sandestin Group Reservations at (800) 320-8115 with group code 23M8OR or reserve a room online at www.Sandestin.com/23M8OR.aspx. Room block closes on March 14, 2019.

EDUCATION

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Association of the State of Alabama through the joint providership of the Medical Foundation of Alabama and the Alabama Psychiatric Physicians Association. The Medical Foundation of Alabama is accredited by the Medical Association of the State of Alabama to provide continuing medical education for physicians.

Designation Statement

The Medical Foundation of Alabama designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OBJECTIVES

At the end of the APPA Spring Conference 2019, participants will be able to:

- Recognize a widening of their conceptual and therapeutic framework regarding trauma and disasters on a large scale. Local rules and programs will be explored.
- Describe at least three different sexual disorders, their differential diagnosis and evidence-based treatments, and re-examine their own stand, concepts, and role in assessing and treating sexual addictions.
- Explain the indications and mechanism of subcortical deep brain stimulation in OCD.
- Identify the therapeutic potential of psychedelic drugs, their risks, and their recent use in research and treatment of mental disorders (MDD, PTSD).
- List the 8 factors of the Bowen Family Systems Therapy, and practical ways to integrate these into their clinical practice.
- Explain the benefits and drawbacks of Intermittent Dosing in Schizophrenia, and how to choose the best treatment options for patients.
- Demonstrate social-contextual and molecular-biological factors in the causation and treatment of MDD in adults and Children & Adolescents, and explain the mechanism of Ketamine treatment.
- Acknowledge the powerful role of art in human life, in patients with mental illness, and their own life; they will be able to explain better assessments of patient's skills, impairments or new creativity, and helpful ways to use art in treatment.
- Cite the main factors of mindfulness, and be able to instruct their patients how to use mindfulness meditation in different psychiatric conditions.
- Recognize at least 3 early signs of burn-out and compassion fatigue, and name two helpful countermeasures.

REGISTRATION

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