



Beth Israel Deaconess  
Medical Center



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

# 28<sup>TH</sup> 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 7 – 9, 2017 • Friday – Sunday**

- **Clinical Psychopharmacology: A Master Class**  
*Ross Baldessarini, MD, DSc (hon.)*
- **Treating Couples Well: A Model for Creating Collaborative Couples Treatment**  
*David Treadway, PhD*
- **Introduction to Digital Technology for Clinical Practice: Practical Applications for the Busy Mental Health Clinician**  
*John Torous, MD*

## WEEK-LONG SEMINARS

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

**July 24 – 28, 2017 • Monday – Friday**

- **Psychopharmacology: A Master Class**  
*Charles Nemeroff, MD, PhD*
- **Mindfulness and Compassion: Enhancing Practice and Personal Wellbeing**  
*Susan Pollak, EdD, MTS*
- **Focusing-Oriented Therapy: Using the 'Felt Sense' to Optimize Clinical Effectiveness**  
*Joan Klagsburn, PhD*

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

**July 31 – August 4, 2017 • Monday – Friday**

- **Essential Psychopharmacology, 2017: From Neuroscience to Advances in Treatment**  
*Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD*
- **The Widening Scope of Cognitive Behavioral Therapy**  
*Robert M. Goisman, MD, Matcheri S. Keshavan, MD*
- **Treating Attachment Pathology in Adult Clients**  
*Daniel Brown, PhD, ABPH*

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

**August 21 – 25, 2017 • Monday – Friday**

- **A New Prescription: Exercise and Other Groundbreaking Techniques for the Treatment of ADHD, Aggression, and Autism Spectrum Disorder**  
*John Ratey, MD*
- **Mindfulness: Inside and Outside the Clinical Hour**  
*Ronald Siegel, PsyD*
- **Clinical Psychopharmacology: Principles and Practice**

**REGISTER ONLINE AT:**

**[capecodsummerseminars.com](http://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 2017

## EDGARTOWN, MARTHA'S VINEYARD HARBOR VIEW HOTEL AND RESORT

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

### CLINICAL PSYCHOPHARMACOLOGY: A MASTER CLASS

**Ross Baldessarini, MD, DSc (hon.)**  
July 7 - 9, 2017 • Friday - Sunday

This seminar will address recent clinical research that forms the basis of rational, evidence-based clinical practice in the care of patients with bipolar disorder, major depression, schizophrenia, other psychotic disorders, and severe anxiety disorders. It will emphasize and critically address the evidence base that guides clinical practice in the use of psychotropic medicines to these disorders, considering short-term and long-term efficacy and dosing of antipsychotic, mood-stabilizing, antidepressant drugs, and anti-anxiety agents as well as their adverse-effect risks. Participants are expected to be experienced clinicians (psychiatrists, other physicians, nurse practitioners, psychologists, social workers) with curiosity about the procedures and findings of modern clinical and experimental therapeutics research as a sound basis for improved clinical practice. 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 psychiatric patients;
- Evaluate evidence supporting short- and long-term treatment of patients with bipolar disorders;
- Describe and critically evaluate evidence supporting short- and long-term treatment of patients with major depressive disorder;
- Describe and critically evaluate evidence supporting short- and long-term treatment of patients with severe anxiety disorders;
- Assess potentially severe adverse effects of psychotropic drug treatment;
- Improve skills in avoiding, limiting and managing risk of adverse effects of psychotropic drug treatment;
- Evaluate treatment practices involving psychotropic drugs and develop strategies to improve clinical practice;
- Analyze current relationships between treatment with psychotropic drugs and risk of mortality due to suicide and other aspects of increased mortality risks in psychiatric patients;
- Better integrate psychopharmacology into the comprehensive care of patients;
- Critically assess advantages and limitations of clinical psychopharmacology;
- Critically assess the impact of clinical psychopharmacology on theory, training, research, and practice of contemporary clinical mental health professional.

## 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. He has authored nearly 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](http://capecodsummerseminars.com).

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

## **TREATING COUPLES WELL: A MODEL FOR CREATING COLLABORATIVE COUPLES TREATMENT**

**David Treadway, PhD**  
**July 7 – 9, 2017 • Friday – Sunday**

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 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 activity, participants will be able to:*

- *Describe 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 typical 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 a treatment model for working with couples and addictions;*
- *Identify and learn to work with own counter-transference 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](http://capecodsummerseminars.com).

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

**\*INTRODUCTION TO DIGITAL TECHNOLOGY FOR CLINICAL PRACTICE: PRACTICAL APPLICATIONS FOR THE BUSY MENTAL HEALTH CLINICIAN**

**John Torous, MD**

**July 7 - 9, 2017 • Friday - Sunday**

Familiarity with technology is increasingly important for the practicing mental health professional. While it can be difficult to keep up with new advances in electronic medical records, telepsychiatry, smartphone apps, social media and more – these technologies are already impacting care delivery. Knowing the risks and benefits of mental health technologies and being able to have informed discussions about such with patients is a valuable skillset, even for those not planning to actively use them. This seminar, aimed at the busy mental health professional, will introduce a wide range of new technologies for mental health care and explore each through the evidence-based literature, hands on examples, interactive demonstrations, and engaging discussions. The attendee of this seminar will also learn what apps are ready to use in practice today and how to implement them. The focus of the seminar will be on delivering fundamental knowledge that will enable learners to be informed about the latest care technologies and be able to employ such with patients in both a useful and safe manner.

*The course is designed so that participants will be able to:*

- *Identify what apps are ready to use in clinical practice today;*
- *Apply the American Psychiatric Association Smartphone App Framework to Identify Useful Mental Health Apps;*
- *Create a 'digital formulary' of tools and smartphone apps useful for your clinical practice;*
- *Be able to assess novel technologies aimed at mental health care;*
- *Assess patient's social media and technology use as related to their mental health;*
- *Identify risks of using digital technologies in clinical practice;*
- *Outline the risks and benefits of telepsychiatry;*
- *Understand how to discuss mental health technology with patients;*
- *Build treatment plans that meaningfully utilize digital technologies.*

**\*Risk Management Credit: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 3.00 credit of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.**

## **FACULTY**

**John Torous, MD**, is co-director of the digital psychiatry program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. He is a leader in investigating the potential of mobile mental health technologies for psychiatry, developing smartphone tools for clinical research, leading clinical studies of smartphone apps for diverse mental illnesses, and publishing on the research, ethical, and patient perspectives of digital psychiatry. Dr. Torous serves as editor-in-chief for the leading academic journal on technology and mental health, JMIR Mental Health and chairs the American Psychiatric Association's work group on the evaluation of smartphone apps. He serves on the advisory committee of the American Psychiatric Association's Registry Project, and co-chairs the Massachusetts Psychiatric Society's Health Information Technology Committee. Dr. Torous is an assistant editor for *The Harvard Review of Psychiatry* and section editor for *The Asian Journal of Psychiatry* as well as *Psychiatric Times*.

For a complete course description, including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com).

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# SUMMER WEEK-LONG SEMINARS 2017

## NORTH FALMOUTH, CAPE COD SEA CREST BEACH HOTEL



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

### PSYCHOPHARMACOLOGY: A MASTER CLASS

Charles Nemeroff, MD, PhD

July 24 – 28, 2017 • Monday – Friday

This seminar will begin with an updated review of neurobiology and brain. Child abuse and neglect on the brain and how it results in increased vulnerability to mood and anxiety disorders will be explored. An update on the pathophysiology of the major psychiatric disorders will be described including the new data on inflammation.

Treatments of schizophrenia, bipolar disorder, depression, anxiety, and women's 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. 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 as well as their treatment will be reviewed, including obsessive-compulsive disorder, panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), and generalized anxiety disorder. Medications for depression in women through the course of their lifecycle will be presented.

The advances in personalized or precision medicine will be a major focus of the course.

The course will emphasize the establishment and importance of 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 the role of genetic testing in the selection of specific psychiatric medications;
- Evaluate the effects of neurotransmitters and genes on psychotropic drug treatment;
- Assess and compare current mechanisms and latest treatment of psychotic disorders, schizophrenia and bipolar illness;
- Analyze and assess the neurobiological mechanism and evidence-based treatment of depressive and anxiety-spectrum disorders;
- Review the appropriate use of medications in the treatment of sleep disorders;
- Review latest findings about inflammation and stress as they apply to the treatment of depressive and anxiety-spectrum disorders;
- Analyze the role of psychopharmacology in the treatment of generalized anxiety disorder, obsessive symptoms, panic symptoms, and traumatic syndromes;
- Describe the interaction between psychiatric and medical illnesses;
- Review the preeminent role of child abuse and neglect on risk for mood and anxiety disorders;
- Update the clinical approach to problems in geriatric psychopharmacology with emphasis on newly emerging medication treatment;
- Make dosage adjustments in the elderly for age, drug interactions, and sensitivity to side effects;
- Review the use of psychiatric medications during a women's life cycle: pregnancy, delivery, post-partum, nursing, and menopause.

## FACULTY

Charles Nemeroff, MD, PhD is Leonard M. Miller Professor and Chairman in the Department of Psychiatry and Behavioral Sciences at the University of Miami Miller School of Medicine. 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 1000 scientific articles and book chapters. He is also editor of *Management of Treatment-Resistant Major Psychiatric Disorders* and Co-editor *Essentials of Clinical Psychopharmacology* and *The Bipolar Book: History, Neurology and Treatment*.

For a complete course description, including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com).

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

## MINDFULNESS AND COMPASSION: ENHANCING PRACTICE AND PERSONAL WELLBEING

Susan Pollak, EdD, MTS  
July 24 – 28, 2017 • Monday – Friday

Meditation is a systematic method of regulating attention and emotion—beneficial skills for alleviating mental and physical disorders in patients, and for enhancing the wellbeing of clinicians and cultivating positive attitudes associated with patient care.

“Mindfulness” is the term currently used in the scientific literature to describe diverse forms of meditation, including focused attention, open monitoring, and compassion training. Most recently, compassion training is being carefully studied and supported by neuroscientific and clinical research. What is mindfulness, really? What is compassion? How do we integrate mindfulness and compassion training into psychotherapy, especially in the treatment of anxiety, depression, and destructive emotions? Can it help with pain? How can we apply it to daily life? What scientific evidence supports its use and what are the contraindications? This seminar is an up-to-date review of the theory and practice of mindfulness, compassion, and self-compassion from its ancient origins to modern brain science and psychotherapy.

Participants with no meditation experience, as well as seasoned practitioners, will find this course helpful in their clinical work and in their daily lives. More and more psychotherapists and their patients are interested in bringing the power of mindfulness, compassion, and self-compassion into their clinical work. But how does one actually do that? This seminar shows the way. This seminar will introduce a variety of mindfulness practices that clinicians and their clients can use to develop the core skills of concentration, open monitoring, and compassionate acceptance. Emphasis will be on working with common issues such as anxiety, depression, pain, trauma, and working with destructive thoughts and emotions. It will include lectures, experiential exercises, Q & A, and case discussion. This seminar is designated for anyone with an interest in the integration of meditation and psychotherapy, either personally or professionally.

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

- *Identify the four main forms of meditation—concentration, mindfulness, compassion and equanimity—and know when to apply them in clinical settings and in daily life;*
- *Explain how mindfulness and acceptance-based treatment is grounded in empirically-supported psychotherapy;*
- *Evaluate new research findings on mind/brain training through mindfulness and compassion meditation;*
- *Customize meditation practices for individual patients and specific populations, i.e., those with anxiety, depression, pain, trauma, and destructive thoughts and emotion;*
- *Apply the practices and principles of meditation to enhance the therapeutic relationship and personal wellbeing;*
- *Discuss the ways mindfulness can be distorted when it enters the mainstream;*
- *Discuss how mindfulness meditation can change the brain;*
- *Evaluate the benefits of Mindful Self Compassion as the newest Mindfulness-Based Intervention;*
- *Explain how Mindfulness and Compassion has helped with destructive emotions and behavior, decreasing suicidal risk;*
- *Determine whether Mindful Self Compassion can help those with chronic pain;*
- *Explain how Mindfulness and Compassion can help with the stress of parenting.*

### 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](http://capecodsummerseminars.com).

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

## FOCUSING-ORIENTED THERAPY: USING THE 'FELT SENSE' TO OPTIMIZE CLINICAL EFFECTIVENESS

Joan Klagsbrun, PhD

July 24 – 28, 2017 • Monday – Friday

Focusing is an introspective mind-body method developed by Eugene Gendlin out of psychotherapy research he did with Carl Rogers. They found that investigating the body's experience of an emotional issue was particularly effective for achieving personal change. Focusing helps patients access their "felt sense" or implicit body wisdom—which lies right at the edge of conscious awareness. Patients speak from their feelings instead of about them, and are often released from "stuck" places. By turning attention to the 'felt sense', something fresh emerges into conscious awareness, bringing clarity, coherence, and new possibilities for change. By accessing the felt sense, issues surface rapidly and become clearer and more amenable to change. Focusing is also a form of psychotherapeutic mindfulness practice that accesses emotional intelligence through the messages of one's body.

This seminar will teach the Focusing process and how it can augment any form of psychotherapy. It will include didactic lectures, experiential exercises, case presentations, and discussions. You will also learn how to utilize this six-step introspective process for your own well-being as well as in supervision. Participants with no knowledge of Focusing as well as those with some background in this method will benefit from the seminar.

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

- Describe 3 essential aspects of Focusing—the felt sense, the felt shift, and the Focusing Attitude—and understand when to use them in clinical practice;
- Explain the psychotherapy research that supports the Focusing process;
- Describe two ways Focusing can be integrated with your current therapeutic approach in order to expand patients' access to their nonverbal somatic awareness;
- Apply Focusing and facilitative language to enhance patients' capacity for insight;
- Discover gentle ways to work with emotional issues that don't overwhelm the patient;
- Implement Focusing with various types of cases, including patients dealing with serious illness, anxiety or depression;
- Apply Focusing methods when working with couples and groups;
- Utilize Focusing to enhance your own self-care and well-being as a therapist;
- Apply the practice of Focusing for the supervision of other therapists and to peer supervisory groups;
- Explain the first movement of the Focusing process called 'Clearing a Space';
- Describe the research studies that demonstrate the effectiveness of the 'Clearing a Space' process;
- Describe how Focusing reduces the stress response and increases well-being in individuals and groups;
- Explain how Focusing can facilitate a better therapist/patient relationship.

### FACULTY

Joan Klagsbrun, PhD is an Adjunct Professor of Psychology at Lesley University. She is a Certifying Coordinator for the International Focusing Institute and has taught Focusing to therapists and health care professionals internationally for over three decades. Dr. Klagsbrun is widely published in the area of Focusing, she is the recipient of The Alice Ladas Research Award from the US Association for Body Psychotherapy for her research on Focusing with women with breast cancer.

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

## ESSENTIAL PSYCHOPHARMACOLOGY, 2017: FROM NEUROSCIENCE TO ADVANCES IN TREATMENT

Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD,  
Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD

July 31 – August 4, 2017 • Monday – Friday

This seminar will provide an updated review of recent advances in neurobiology with a focus on the pathophysiology of the major psychiatric disorders. Specific categories of treatment will include 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. 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, obsessive-compulsive symptoms, panic symptoms, and traumatic syndromes will be highlighted. The latest advances in child and adolescent psychopharmacology will be presented. Throughout the course 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 acutely psychotic and recovering psychotic patients;*
- *Implement clinical practice with mood stabilizers based on the best randomized clinical trials for bipolar disorder and depression;*
- *Implement clinical practice with antidepressants based on the best randomized clinical trials for depression and bipolar disorder;*
- *Implement treatment strategies for depressive and bipolar patients, including bipolar patients who are noncompliant or treatment resistant;*
- *Determine the role of antidepressants in the life cycle of women;*
- *Determine when to implement medical switch versus augmentation strategies for treatment resistant depression;*
- *Analyze the role of psychopharmacology in the treatment of generalized anxiety disorder, obsessive symptoms, panic symptoms, and traumatic syndromes;*
- *Identify mechanisms of sleep disorders and their effective psychopharmacologic treatment;*
- *Consider the interplay between pharmacologic and non-pharmacologic treatments;*
- *Learn the latest advances in child and adolescent psychopharmacology;*
- *Utilize recent advances in treatment of psychiatric disturbances into practical prescribing information.*

## **FACULTY**

**Carl Salzman, MD** is a Professor of Psychiatry, Harvard Medical School, Beth Israel Deaconess Medical Center. He has served as Chairman, American Psychiatric Association Benzodiazepine Task Force. He has been awarded the Elvin V. Semrad Award for Outstanding Teaching in Psychiatry at the Massachusetts Mental Health Center, Vestermark Award from the American Psychiatric Association for Outstanding Contribution to Psychiatric Education, Heinz E. Lehmann Award from the New York State Department of Mental Hygiene for his contribution to psychiatric research, Teacher of the Year Award from CME and “Outstanding Psychiatrist Award for Education” by the Massachusetts Psychiatric Society. He has also been on numerous editorial boards including The American Journal of Psychiatry. Dr. Salzman is author of over 300 publications and 7 books including *Clinical Geriatric Psychopharmacology, 4th edition*.

**Alan I. Green, MD** is the Raymond Sobel Professor of Psychiatry, Professor of Pharmacology and Toxicology, and Chairman of the Department of Psychiatry at Dartmouth Medical School. An internationally recognized teacher, expert and investigator in the clinical neuropharmacology of schizophrenia and substance abuse, Dr. Green is currently the Principal Investigator of 4 NIH grants. He has published over 150 scientific articles and has received numerous awards, including the “Outstanding Psychiatrist Award for Research” from the Massachusetts Psychiatric Society and the “Outstanding Teaching Award” at the Brockton VA Medical Center.

**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.

**Roscoe Brady Jr. MD, PhD** is an Assistant Professor in the Department of Psychiatry at Harvard Medical School and Director of Psychopharmacology Education 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 Professor of Psychiatry and Director of Residency Education in Child and Adolescent Psychiatry, Icahn School of Medicine at Mount Sinai. 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](http://capecodsummerseminars.com).

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

## THE WIDENING SCOPE OF COGNITIVE BEHAVIORAL THERAPY

Robert Goisman, MD and Matcheri S. Keshavan, MD

July 31 – August 4, 2017 • 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. 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 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 activity, participants will be able to:*

- *Utilize 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, and what we know about the efficacy of these interventions;*
- *Determine areas of convergence as well as divergence in the relationship between CBT and psychodynamic psychotherapy;*
- *Gain a basic understanding of cognitive deficits and impaired neuroplasticity in schizophrenia;*
- *Learn principles of cognitive remediation as applied to schizophrenia and related disorders;*
- *Apply approaches to cognitive remediation in schizophrenia and evidence for their efficacy;*
- *Describe the Cognitive Triad of depression and its relationship to treatment;*
- *Discuss the Relaxation Response and its use in the treatment of anxiety disorders;*
- *Describe similarities and differences in the cognitive-behavioral treatment of unipolar depression and bipolar disorder;*
- *Discuss how psychotic disorders are on a continuum with neurotic disorders.*

## FACULTY

**Robert M. Goisman, MD** is an Associate Professor of Psychiatry 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](http://capecodsummerseminars.com).

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

## TREATING ATTACHMENT PATHOLOGY IN ADULT CLIENTS

Daniel Brown, PhD, ABPH

July 31 – August 4, 2017 • Monday – Friday

Whereas sophisticated assessment tools are available to identify attachment pathology in adults, less attention has been paid to the development of effective ways to treat insecure attachment pathology, primarily in personality and dissociative disorder patients. This seminar will review an approach to attachment-based treatment that utilizes three main interventions, the Three Pillars of Treatment: 1. Positive re-mapping of internal working models (IWMs) of attachment using the ideal parent figure method; 2. Fostering a range of meta-cognitive skills designed to increase overall coherence of mind in patients with severe attachment pathology; and 3. Enhancing behavioral, nonverbal and verbal collaborative behavior within and outside of treatment. Additionally, this seminar will review very specific treatment methods for each of the three main prototypes of insecure attachment— dismissing attachment, anxious preoccupied attachment, and disorganized attachment.

Teaching format includes lecture, live demonstration of treatment methods, and illustration of main treatment methods through audio and video recordings of actual treatment sessions.

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

- *Learn about the standardized interview and self-report assessment instruments for measuring attachment in adults;*
- *Understand the research on how attachment status is associated with relational disturbances and psychopathology in children and adults;*
- *Learn attachment-based treatment using the three pillars approach;*
- *Learn the range of interventions associated with the Ideal Parent Figure Protocol;*
- *Foster collaborative verbal and nonverbal behavior;*
- *Learn to foster a range of metacognitive skills that lead to coherence of mind, reflective capacity;*
- *Learn the treatment protocols specific to each attachment prototype: dismissing; anxious preoccupied attachment; and disorganized attachment;*
- *Apply the main ways to assess treatment outcome of attachment-based treatment;*
- *Learn key concepts in the history of the developing attachment field;*
- *Learn the main clinical and social behavioral indicators of the four main prototypes of attachment;*
- *Learn the strengths and weaknesses of each treatment approach to attachment disorders;*
- *Learn the treatment protocol specific to dismissing insecure attachment;*
- *Gain knowledge of the treatment for anxious preoccupied insecure attachment;*
- *Understand disorganized insecure attachment.*

### FACULTY

Daniel Brown, PhD, ABPH is an Associate Professor of Psychology, part time, Harvard Medical School, Beth Israel Deaconess Medical Center. 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*.

For a complete course description, including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com).

# SUMMER WEEK-LONG SEMINARS 2017

## MARTHA'S VINEYARD THE HARBORVIEW HOTEL AND RESORT



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

### A NEW PRESCRIPTION: EXERCISE AND OTHER GROUNDBREAKING TECHNIQUES FOR THE TREATMENT OF ADHD, AGGRESSION, AND AUTISM SPECTRUM DISORDER

John Ratey, MD

August 21 – 25, 2017 • Monday – Friday

This seminar focuses on the latest medical and non-medical approaches and interventions for patients with ADHD, Aggression, the Addictions, and Social disorders, including a special section on Autism Spectrum Disorder. 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 in these 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. In addition, the seminar 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. The seminar will also introduce the psychiatric use of Marijuana and Cannabidiol (CBD) and its possible risks and benefits. To put it all together, the course takes an understandable journey into the brain and the synapse to fully understand these conditions. The important area of diagnosis will also be looked at, covering the controversies and challenges associated with making the right call with psychological disorders: 1. Bipolar or ADHD or both and what this means for treatment; 2. Asperger's or Autism or Social Dyslexia – does it matter and are there any relevant medications and behavioral interventions for these developmental differences; 3. Relevancies of DSM5 to the real world and the issue of diagnoses of the “Shadow Syndromes”.

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

- Utilize non-medical approaches to complement traditional treatment approaches for ADHD;
- Aggression, Autism Spectrum Disorder and other social disorders;
- Integrate exercise into management of psychological brain health;
- Evaluate the latest medications and combinations for ADHD, aggression and social disorders, including social anxiety disorder and performance anxiety disorder;
- Review the effects of sleep, being in nature, movement and diet on brain health in general and specifically with Autism Spectrum Disorder;
- Evaluate the neurobiology of ADHD, Aggression, Autism Spectrum Disorder, fatigue, stress, the social brain and its variances and application in the clinical setting;
- Review the pros and cons of marijuana and its byproducts for use or warnings for our patients and ourselves;
- Analyze holistic and “non-medical” treatments and their effects on the brain.
- Evaluate the subsyndromal syndromes or “shadow syndromes” that are quite common in our practices and review ways to treat them;
- Utilize the knowledge of marijuana to help discuss its efficacy and problems in treating ADHD;
- Review the burgeoning science in using cannabidiol or cbd as a treatment for anxiety, sleep disorders, and possibly seizure control;
- Utilize the latest treatment approaches on non-medical treatment of ADHD- specifically emphasizing the “strength based” approach with patients and therapists;
- Review the evidence for the use of betablockers in treating aggression and self-abusive behavior in the autism spectrum disorders;
- Utilize our knowledge of specific exercise programs that will allow inclusion into the busy lives of many mental health providers.

## 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 of 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](http://capecodsummerseminars.com).

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM - CONTINENTAL BREAKFAST AT 10AM DAILY

## MINDFULNESS: INSIDE AND OUTSIDE THE CLINICAL HOUR

Ronald Siegel, PsyD

August 21 - 25, 2017 • Monday - Friday

Mindfulness meditation is one of the most rapidly expanding and widely researched psychotherapeutic interventions today. It holds great promise not only for clinicians' own personal development, but also as a remarkably powerful tool to augment virtually every form of treatment. Mindfulness is not, however, a one-size-fits-all remedy. Practices need to be tailored to fit the needs of particular individuals. And to really reap the benefits of mindfulness, it's important for clinicians to personally experience its effects.

This seminar provides an up-to-date review of the theory and practice of mindfulness meditation from its 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. Through lecture, demonstration, Q&A, and experiential exercises, you'll learn how to use mindfulness practices to help resolve anxiety, depression, stress-related medical disorders, and interpersonal conflicts in both adults and children. 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 and culinary 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 and acceptance-based treatments;*
- *Evaluate new research findings on the neurobiological effects of meditation;*
- *Identify common mechanisms in psychological disorders and how mindfulness practices can alter them;*
- *Customize meditation practices for specific populations including high and low functioning adults, children, and adolescents;*
- *Identify potential adverse effects and contraindications for mindfulness practices;*
- *Adapt mindfulness practices to work with trauma survivors;*
- *Tailor practices to individuals from varied cultural backgrounds;*
- *Choose specific practices to treat anxiety, depression, and psychophysiological 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](http://capecodsummerseminars.com).

REGISTER ONLINE AT:

[capecodsummerseminars.com](http://capecodsummerseminars.com)

SEMINAR FORMAT, MONDAY-FRIDAY 9AM-12:15PM - CONTINENTAL BREAKFAST AT 10AM DAILY

## CLINICAL PSYCHOPHARMACOLOGY: PRINCIPLES AND PRACTICE

**Nassir Ghaemi, MD, MPH**

**August 21 - 25, 2017 • Monday - Friday**

This seminar will address the clinically important science of psychopharmacology as applied to treatment of schizophrenia, bipolar disorder, major depression, and anxiety disorders, with a focus on topics of importance for practicing clinicians. The principles of clinical psychopharmacology will be examined, emphasizing basic pharmacology of drug classes, including mechanisms of action, pharmacokinetics, and side effects. We will examine the conceptual and statistical basis for interpreting the above pharmacology and clinical trial evidence. The practice of clinical psychopharmacology will be discussed, emphasizing clinical trial results of efficacy in the major clinical settings of depression, anxiety, mania, and psychosis. We will explore concepts in making clinical decisions about when to treat and when not to treat with medications. This seminar will provide essential principles helpful to all practicing clinicians.

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

- *Understand the biological mechanisms of action of the major psychotropic drug classes;*
- *Understand the basic neuroanatomy of the brain that is relevant to clinical psychopharmacology;*
- *Describe the evidence supporting short-term and long-term treatment of patients with psychotic, bipolar, major depressive, and anxiety disorders;*
- *Implement clinical practices with antianxiety meds and hypnotics based on best randomized clinical trials for generalized anxiety disorder and insomnia;*
- *Implement clinical practice with antipsychotics based on the best randomized clinical trials for schizophrenia, bipolar disorder and depression;*
- *Implement clinical practice with mood stabilizers based on the best randomized clinical trials for bipolar disorder and depression;*
- *Implement clinical practice with antidepressants based on the best randomized clinical trials for depression and bipolar disorder;*
- *Explain basic risks and side effects of major drug classes;*
- *Assess potentially severe adverse effects of psychotropic drug treatment, and improve skills in limiting risk and avoiding adverse events;*
- *Employ medications with understanding of pharmacokinetic interactions;*
- *Identify relevant factors in medication use in children and the elderly and in medical illnesses such as cardiovascular disease;*
- *Better integrate psychopharmacology into comprehensive care of psychiatric patients;*
- *Critically assess advantages and limitations of psychopharmacology and its impact on the theory and practice of contemporary clinical psychiatry.*

## FACULTY

**Nassir Ghaemi, MD, MPH** is Professor of Psychiatry, Tufts University School of Medicine and Lecturer on Psychiatry, Harvard Medical School. Dr. Ghaemi is also the recipient of a Master of Arts Degree in Philosophy and a Master of Public Health in the Clinical Effectiveness Program of Harvard School of Public Health. He is Director, Mood Disorders Program, Tufts Medical Center. Dr. Ghaemi has authored over 100 scientific articles or book chapters and serves on the editorial boards of numerous journals. He is the author of 4 books including, *Mood Disorders: A Practical Guide*. His most recent book (a New York Times Best Seller) is, *A First Rate Madness: Uncovering the Links between Leadership and Mental Illness*.

For a complete course description, including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com).

## ACCREDITATION

### Physicians

pmiCME is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

pmiCME designates this live activity **Week-long Seminars 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.

pmiCME designates this live activity **Weekend Seminars 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.

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. *AMA PRA Category 1 Credits™* claimed by physicians attending live events certified and organized in the United States for *AMA PRA Category 1 Credits™* can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the **European Continuous Medical Education Credits (ECMEC®)** granted by the UEMS. One *AMA PRA Category 1 Credit™* is equivalent to one (1) hour of European EACCME Credit (ECMEC®), therefore up to 15 ECMEC® Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

### 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 Week-long programs offers 15 CE credits**

**The Weekend programs offer 10 CE credits**

### Counselors

The Continuing Education Program at Beth Israel Deaconess Medical Center, a major 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 Week-Long Seminars meet a maximum of 15 clock hours and the Weekend Summer Seminars meet 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 or email: miele6288@gmail.com.

## **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 approved by the Massachusetts Association of Registered Nurses Inc. an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Clinical Psychopharmacology: A Master Class**, Ross J. Baldessarini, MD, DSc (hon)

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

**Essential Psychopharmacology, 2017: From Neuroscience to Advances in Treatment**, Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD

**Clinical Psychopharmacology: Principles and Practice**, Nassir Ghaemi, MD, MPH

All other summer programs meet the specifications for the Board of Registration in Nursing (244 CMR)

## **INQUIRIES**

By phone 617-754-1265, Monday-Friday, 10 AM to 5 PM (EST) or by email at: [miele6288@gmail.com](mailto:miele6288@gmail.com).

## **ONLINE INFORMATION**

To register or view activity information online, visit: [capecodsummerseminars.com](http://capecodsummerseminars.com).

## **DISCLOSURE POLICY**

pmiCME adheres to all ACCME Essential Areas, Standards, and Policies. It is pmiCME 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 pmiCME 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

### Summer Weekend

All Professionals \$645 (USD), Residents/Fellows in Training/Students \$445 (USD)

#### Early registration through April 17, 2017:

All Professionals \$595 (USD), Residents/Fellows in Training/Students \$445 (USD)

### Summer Week-long

All Professionals \$795 (USD), Residents/Fellows in Training/Students \$545 (USD)

#### Early registration through April 17, 2017:

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

Each additional week \$545 (USD) Registration by credit card (AMEX, VISA or MasterCard) can be made at: [capecodsummerseminars.com](http://capecodsummerseminars.com). or mail in registrations to: CEP/BIDMC, 75 Fenwood Road, 4th Floor, Boston, MA 02115

## 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 postal mail, email, or fax. 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

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

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

Please note coffee is available before program begins and a continental breakfast will be served daily at 10:30am.

## ACGME COMPETENCIES

All seminars are designed to meet one or more of the following Accreditation Council of Graduate Medical Education 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 28TH 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 on the faculty of the 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 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 7 – 9, 2017 courses and August 21 – 25, 2017 courses will be held at Harbor View Hotel and Resort, Martha's Vineyard, MA (Telephone 800-225-6005). All July 24 – 28, 2017 and July 31 – August 4, 2017 courses will be held at Sea Crest Beach Hotel, North Falmouth, MA (Telephone 508-540-9400 or 800-225-3110).

## ACCOMMODATIONS/TRAVEL

A limited number of rooms have been reserved at Harbor View Hotel and Resort (Telephone: 800-225-6005) until June 6, 2017 for the July 7 – 9 weekend programs and by July 8, 2017 for the August 22 – 26 week-long programs. A limited number of rooms have been reserved at the Sea Crest Beach Hotel (Telephone: 508-540-9400 or 800-225-3110) until June 6, 2017 for the July 24 – 28 and June 17 for the July 31 – August 4 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](http://harbor-view.com) or [seacrestbeachhotel.com](http://seacrestbeachhotel.com).*

## 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](http://harbor-view.com)*. Please advise that you are with the 2017 Summer Seminars.

**Reservations must be made by June 6, 2017 to receive the reduced rates for the July 7 – 9, 2017 weekend and by June 6, 2017 for the August 21 – 25, 2017 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 brining your car, **it is necessary to make car ferry reservations as soon as possible with the Steam Ship Authority. Reservations can be made beginning in January 12, 2017 for our summer programs.**

## 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 6, 2017** 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. Phone: 508-540-9400; 800-225-3110 or *[www.seacrestbeachhotel.com](http://www.seacrestbeachhotel.com)*. **Discounted rooms are limited and early reservations are strongly recommended.** Please state that you are with the 2017 Harvard Medical School, Beth Israel Deaconess Medical Center Summer Seminars.

## THE HARBORVIEW HOTEL AND RESORT



## SEA CREST BEACH HOTEL, NORTH FALMOUTH

REGISTER ONLINE AT:

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

## 28TH ANNUAL SUMMER SEMINARS

I wish to attend the following seminar(s) - check all that apply

### Martha's Vineyard Weekend Seminars

July 7 - 9, 2017  
Friday - Sunday

- Clinical Psychopharmacology: A Master Class
- Treating Couples Well: A Model for Creating Collaborative Couples Treatment
- Introduction to Digital Technology for Clinical Practice: Practical Applications for the Busy Mental Health Clinician

Program changes/substitutions may be made without notice including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com)

### North Falmouth, Cape Cod, Week-long Seminars

July 24 - 28, 2017  
Monday - Friday

- Psychopharmacology: A Master Class
- Mindfulness and Compassion: Enhancing Practice and Personal Wellbeing
- Focusing-Oriented Therapy: Using the 'Felt Sense' to Optimize Clinical Effectiveness

July 31 - August 4, 2017  
Monday - Friday

- Essential Psychopharmacology, 2017: From Neuroscience to Advances in Treatment
- The Widening Scope of Cognitive Behavioral Therapy
- Treating Attachment Pathology in Adult Clients

Program changes/substitutions may be made without notice including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com)

### Martha's Vineyard Week-long Seminars

August 21 - 25, 2017  
Monday - Friday

- A New Prescription: Exercise and Other Groundbreaking Techniques for the Treatment of ADHD, Aggression, and Autism Spectrum Disorders
- Mindfulness: Inside and Outside the Clinical Hour
- Clinical Psychopharmacology: Principles and Practice

Program changes/substitutions may be made without notice including the daily curriculum, please visit: [capecodsummerseminars.com](http://capecodsummerseminars.com)

Summer Weekend Fees	Regular Registration After 4/17/17	Early Registration Through 4/17/17	Additional Week Fees
All Professionals Residents/Fellows in Training/Full-time Students	<input type="checkbox"/> \$645 <input type="checkbox"/> \$445	<input type="checkbox"/> \$595 <input type="checkbox"/> \$445	<input type="checkbox"/> \$___ x \$545 # of weeks
Summer Week-long Fees	Regular Registration After 4/17/17	Early Registration Through 4/17/17	Additional Week Fees
All Professionals Residents/Fellows in Training/Full-time Students	<input type="checkbox"/> \$795 <input type="checkbox"/> \$545	<input type="checkbox"/> \$695 <input type="checkbox"/> \$495	<input type="checkbox"/> \$___ x \$545 # of weeks

## REGISTRATION INFORMATION

**REGISTER ONLINE:** [capecodsummerseminars.com](http://capecodsummerseminars.com)

Print Name Clearly - All Fields Required

Full Name      First      Middle Initial      Last

Mailing Address    Street      City      State      Zip

Daytime Phone      Fax Number

**Please note:** Your email address is used for critical information about the course including: registration confirmation, evaluation and certificate. Please be sure to include an email address you check daily or frequently.

Email Address

Profession      Degree