



29TH 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 13 - 15, 2018 • Friday - Sunday

- **Clinical Psychopharmacology: A Master Class**
Ross Baldessarini, MD, DSc (hon.)
- **Organizations and Leadership: Diagnosis and Treatment**
Tim Havens, MD
- **Treating Couples Well: A Model for Creating Collaborative Couples Treatment**
David Treadway, PhD

WEEK-LONG SEMINARS

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

July 23 - 27, 2018 • Monday - Friday

- **Complex Psychological Trauma and Recovery**
Daniel Brown, PhD
- **The Widening Scope of Cognitive-Behavioral Therapy**
Robert Goisman, MD, Matcheri S. Keshavan, MD
- **Emerging Strategies in the Assessment and Treatment of Depression and Anxiety: Integrating Psychopharmacology and Psychotherapy**
Russell Vasile, MD

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

July 30 - August 3, 2018 • Monday - Friday

- **Essential Psychopharmacology, 2018: Practice and Update**
Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD, Roscoe O. Brady, Jr. MD, PhD, & Barbara Coffey, MD, MS
- **Meditation and Mindfulness in Clinical Practice: Enhancing Treatment Effectiveness and Personal Wellbeing**
Susan M. Pollak, EdD, MTS
- **A New Prescription on 2018: Exercise and other Medical and Complementary Ground Breaking Techniques for the Treatment of ADHD, Aggressions and Autism Spectrum Disorders**
John Ratey, MD

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

August 20 - 24, 2018 • Monday - Friday

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

REGISTER ONLINE AT:

capecodsummerseminars.com

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



SUMMER WEEKEND SEMINARS 2018

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 13 – 15, 2018 • 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 patients with schizophrenia and other psychotic disorders;
- Evaluate evidence supporting short- and long-term treatment of patients with bipolar disorder;
- Describe and critically evaluate evidence supporting short- and long-term treatment of patients with major depressive disorder and severe anxiety disorders;
- Analyze current relationships between treatment with psychotropic drugs and risk of mortality due to suicide and other causes of increased mortality risks in psychiatric patients;
- 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;
- 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. Dr. Baldessarini is the recipient of many regional, national, and international research, mentoring, and teaching awards, and is on the Institute of Scientific Information list of most-cited authors in pharmacology and psychiatry. He has authored over 2300 scientific articles and several books, including *Chemotherapy in Psychiatry, third edition*. He also wrote the chapters on psychopharmacology for the standard American textbook of pharmacology, *Goodman and Gilman's Pharmacologic Basis of Therapeutics* for several decades, and serves on editorial boards of leading journals in pharmacology and psychiatry.

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

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

ORGANIZATIONS AND LEADERSHIP: DIAGNOSIS AND TREATMENT

Tim Havens, MD

July 13 - 15, 2018 • Friday - Sunday

This seminar is designed for mental health professionals, physicians, medical directors and other health professionals and all executives who wish to have an understanding of the leadership principles which impact the success of organizations (both large and small) and those who lead. The seminar includes a unique application of both the psychological principles of human behavior (the view from the “inside out”) and the fundamental facets of organization structure and accountability (the view from the “outside in”). These principles have been used successfully in seminars, organizational consultations, and executive coaching to major corporations, government, family businesses, health care, as well as large and small 501C3’s. The concepts from this seminar have proven relevant to health care leaders who have had a variety of experience and seniority. Therefore, this seminar is useful for the following: those with significant experience and seniority in managing complex organizations; those who are new to or have limited experience in leadership roles and could benefit from an understanding of organizational function, including individuals who have been elected by their peers to a leadership position; past participants of The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School courses on *Leadership for Physician Executives* and/or *Accountable Leadership for Healthcare Teams*, and those who provide advice and support to healthcare leaders, including serving on boards.

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

- *Identify methods for enhancing organizational effectiveness;*
- *Develop strategies and practices to be a more effective leader;*
- *Develop a more systematic framework for understanding individual dynamics in organizational systems;*
- *Analyze, clarify, and solve problems pertaining to organizations and roles of their workers;*
- *Evaluate the fundamental principles, which contribute to a bonding between an individual and the organization;*
- *Identify the essential ingredients of a successful leader making significant changes in the organization;*
- *Provide a systematic approach to understanding role of accountability;*
- *Identify techniques, which differentiate corporate from non-corporate issues within the organization;*
- *Optimize the success in giving and receiving managerial assignments;*
- *Develop strategies for both career and leadership success in an evolving healthcare environment.*

FACULTY

Tim Havens, MD is a Lecturer on Psychiatry at Harvard Medical School and Senior Vice President of the Levinson Institute. He has held many medical leadership roles, and directs the Harvard Medical School, Beth Israel Deaconess Medical Center program on Leadership for Physician Executives. He has written about effective organizational leadership and lectures extensively on leadership development, managing organizational change, executive coaching, and building effective management teams.

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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 13 - 15, 2018 • 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 innovative collaborate model of organizing couples therapy helps the patients design their own treatment plan. This seminar will demonstrate how to give couples choice whether to work on making changes in the here and now, focus on healing from the wounds of their past, or visit the dynamics of their family of origin. Dr. Treadway will demonstrate with video, role play, and discussion how this model helps couples invest in their own treatment, learn how to collaborate respectfully, and tolerate living with unresolved issues while working on changing one aspect of their relationship at a time.

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

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

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

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SUMMER WEEK-LONG SEMINARS 2018

NORTH FALMOUTH, CAPE COD SEA CREST BEACH HOTEL



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

COMPLEX PSYCHOLOGICAL TRAUMA AND RECOVERY

Daniel Brown, PhD, ABPH

July 23 – 27, 2018 • Monday – Friday

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

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

- Differentiate simple from complex trauma;
- Discuss the core features of complex trauma in adults;
- Identify 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;
- Describe the concept of recovery stages;
- Identify the three main stages of phase-oriented trauma-treatment;
- Describe how attachment disorganization, sadistic abuse, and factitious behavior complicate phase-oriented trauma treatment;
- Give examples of how to remedy attachment disorganization, sadistic abuse and factitious behavior;
- Identify the markers of successful treatment-outcome;
- Identify 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. 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.

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

THE WIDENING SCOPE OF COGNITIVE-BEHAVIORAL THERAPY

Robert Goisman, MD, Matcheri S. Keshavan, MD

July 23 – 27, 2018 • 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 seminar, 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;*
- *Compose a basic understanding of cognitive deficits and impaired neuroplasticity in schizophrenia;*
- *Identify 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 (part-time) at Harvard Medical School, Beth Israel Deaconess Medical Center and the former Director of Medical Student Education at Massachusetts Mental Health Center. His research interests have included behavioral therapy, anxiety disorders, and psychosocial rehabilitation in chronic mental illness. Dr. Goisman is a past recipient of the Elvin V. Semrad Award for Excellence in Teaching at the Massachusetts Mental Health Center. He is a past recipient of the “Outstanding Psychiatrist Award” from the Massachusetts Psychiatric Society for Public Sector Service. He is a Founding Fellow of the Academy of Cognitive Therapy, a Distinguished Life Fellow of the American Psychiatric Association, and a Fellow of the Association for Behavioral and Cognitive Therapies. In 2011 he received the Special Faculty Prize for Sustained Excellence in Teaching from Harvard Medical School.

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

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

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

Russell Vasile, MD

July 23 – 27, 2018 • Monday – Friday

The objective of this seminar is to familiarize the clinician with emerging strategies in the assessment and treatment of major depression, bipolar illness and anxiety disorders. The course will also highlight key comorbid conditions associated with mood and anxiety disorders, including axis II personality disorders, management of patients with medical conditions and management of the geriatric patient. An essential theme of the seminar will be formulating an integrated psychopharmacologic and psychotherapeutic treatment approach. The psychotherapy of the mood and/or anxiety disorder patient, including those with comorbid personality disorder will be examined in detail. Issues around the choice of specific antidepressants, mood stabilizers and anti-anxiety medications and psychopharmacologic management of the treatment resistant patient will be highlighted with a discussion of the use of augmenting medication strategies and combinations of psychopharmacologic agents. Psychotherapeutic approaches to mood and anxiety disorders will be studied with a focus on differing strategies including psychodynamic psychotherapy, cognitive and behavioral therapy, interpersonal psychotherapy for depression and other psychotherapeutic approaches. The seminar will update the clinician on recent developments in neuropsychiatry, including brain imaging and therapeutic stimulation techniques. Issues related to the clinical efficacy of transcranial magnetic stimulation (TMS) and its role as an alternative to electroconvulsive therapy (ECT) will be explored. Emerging data on which subgroups of depressive disorders may respond to TMS will be presented. The role of Ketamine infusion in the treatment of acute depression and suicidal ideation will be presented; the risks and benefits of this controversial treatment will be examined. Emerging issues in the assessment and treatment of depression and anxiety disorders will be discussed including the new DSM V diagnosis of Complicated Grief Disorder; Neuro-psychiatric presentations of depression secondary to head trauma, post-concussive syndrome, post-stroke depression and ischemic brain disease as a source of depression will be discussed. The range of anxiety disorders to be reviewed will include anxiety disorders in the Obsessive Compulsive Disorder Spectrum including skin-picking disorder, trichotillomania and body dysmorphic disorder; anxiety disorders related to trauma including posttraumatic stress disorder will be reviewed in detail. Emphasis will be placed on the integration of psychopharmacology and cognitive behavioral therapy in the treatment of anxiety disorders including generalized anxiety disorder, post-traumatic stress disorder and panic disorder.

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

- *Evaluate emerging strategies in the use of psychotropic medications in the treatment of major depression and anxiety disorders and integrate psychopharmacologic treatments into patient care;*
- *Integrate psychodynamic assessment, psychotherapy and psychopharmacology into the management of depression and anxiety disorders;*
- *Describe strategies for the psychopharmacological and psychotherapeutic management of treatment resistant depression;*
- *Evaluate new developments in the treatment of depression in bipolar patients; Describe an evidence based approach to suicide risk assessment and prevention of suicide;*
- *Develop psychopharmacologic management strategies for geriatric depression and anxiety including in patients with cognitive deficits; Determine the specific role for vigorous exercise in the treatment of mood disorders;*
- *Evaluate emerging brain stimulation antidepressant treatment techniques, including transcranial magnetic stimulation; Describe new psychopharmacological and psychotherapeutic techniques in the treatment of PTSD;*
- *Discuss the treatment of depression and anxiety in patients with personality disorders including Borderline Personality Disorder;*
- *Explore the role of novel enhancements to treatment of mood disorders including omega-3 fatty acids, 1-methylfolate and zinc;*
- *Formulate an integrated psychopharmacological and psychotherapeutic approach to personality disordered patients in the borderline and severely narcissistic spectrum presenting with depression and anxiety;*
- *Manage anxiety disorders in patients vulnerable to alcohol abuse and psychological dependence on marijuana;*
- *Finding relaxation and meditation applications on your cell phone and computer for treatment of anxiety disorders.*

FACULTY

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

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

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

ESSENTIAL PSYCHOPHARMACOLOGY, 2018: PRACTICE AND UPDATE

**Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD,
Roscoe O. Brady, Jr. MD, PhD, & Barbara Coffey, MD
July 30 – August 3, 2018 • 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 Molecular and Systems Biology and Chair of the Department of Psychiatry at Geisel School of Medicine/Dartmouth-Hitchcock, as well as Director of SYNERGY, The Dartmouth Clinical and Translational Science Institute. He is an internationally recognized teacher, expert and investigator in the clinical neuropharmacology of schizophrenia and substance abuse. Dr. Green is the author of over 300 papers and abstracts. He has received numerous awards, including the “Outstanding Psychiatrist Award for Research” from the Massachusetts Psychiatry Society and the “Outstanding Teaching Award” at the Brockton VA Medical Center.

Russell G. Vasile, MD bio is on page 9.

Roscoe O. Brady Jr. MD, PhD is an Assistant Professor in the Department of Psychiatry at Harvard Medical School and Director of Psychopharmacology at the Beth Israel Deaconess Medical Center. He is also the director of the Research Concentration in the Beth Israel Deaconess Medical Center Harvard Psychiatry Residency Training Program. He is the

recipient of the Jonathan F. Borus Outstanding Early Educator Award at Harvard Medical School. His academic interests include mood state switching in bipolar disorder and he is the Principal Investigator of a NIH funded longitudinal neuroimaging study.

Barbara J. Coffey, MD, MS is a Division Chief, Child and Adolescent Psychiatry, University of Miami Miller School of Medicine; Professor, Department of Psychiatry and Research. She is a Professor, in the Department of Psychiatry and Research Psychiatrist at Nathan Kline Institute for Psychiatric Research; Dr. Coffey is a Former Director of the Tics and Tourette's Clinics at McLean and Massachusetts General Hospitals, and former Director of Pediatric Psychopharmacology at McLean Hospital. She is an Associate Editor, *Advanced Pediatric Psychopharmacology* and *Journal of Child and Adolescent Psychopharmacology*.

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

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

Susan Pollock, EdD, MTS

July 30 – August 3, 2018 • 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 Neuro-scientific 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 activity, 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 help 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, EdD, MTS 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.

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

A NEW PRESCRIPTION ON 2018: EXERCISE AND OTHER MEDICAL AND COMPLEMENTARY GROUND BREAKING TECHNIQUES FOR THE TREATMENT OF ADHD, AGGRESSIONS AND AUTISM SPECTRUM DISORDERS

John Ratey, MD

July 30 – August 3, 2018 • Monday – Friday

This 2018 updated course focuses on the latest medical and non-medical approaches and interventions for patients with ADHD, Aggression, the Addictions, and Social disorders, We have included a special section on autism, based on new research and the instructor's experience with disruptive adolescents with Autism Spectrum Disorder. We will also address the uses and dangers of medical marijuana and look at the growing evidence of the clinical usefulness of Cannabidiol, the non-psychoactive phytochemical of the hemp plant. 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. 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 with ADHD and Autism Spectrum Disorder. 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. 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 DSM-5 to the real world and the issue of sub-threshold diagnoses or the "Shadow Syndromes".

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

- *Evaluate the neurobiology of ADHD;*
- *Evaluate new neuroscience information to understand and treat ADHD, Aggression, Autism Spectrum Disorder, fatigue, and stress;*
- *Utilize our growing understanding of the Default Mode Network and the concept of "functional connectivity" that is important for all our psychiatric diagnoses;*
- *Evaluate 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;*
- *Evaluate the efficacy of diet changes, the need for gluten free diets, and the use of probiotics;*
- *Utilize the growing knowledge of using medical Marijuana for pain, anorexia, mood, and sleep disorders;*
- *Utilize knowledge of the dangers of marijuana and its potential to activate psychosis and produce the amotivational syndrome;*
- *Describe the differences between marijuana and Cannabidiol to use them when appropriate;*
- *Evaluate the burgeoning evidence of Cannabidiol for seizure control, anxiety, and insomnia;*
- *Utilize the principles of exercise science to guide adult and pediatric patients.*

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.

SUMMER WEEK-LONG SEMINARS 2018

MARTHA'S VINEYARD THE HARBORVIEW HOTEL AND RESORT



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

Charles Nemeroff, MD, PhD
August 20 – 24, 2018 • Monday – Friday

This seminar will begin with an updated review of neurobiology ranging from neurotransmitters to neuroendocrinology to 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. An update on the pathophysiology of the major psychiatric disorders will be described including new data on inflammation. The latest data on suicide will be presented including risk factors and strategies for prevention.

Treatment of schizophrenia, bipolar disorder, depression, anxiety, and women's psychiatric disorders will be described. The evidence-based effectiveness of antipsychotic medications will be emphasized in psychotic disorders and as augmenting agents in major depression. Newer agents and augmenting medications for the treatment of mood disorders will be discussed with an emphasis on treatment-resistant depression. 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.

Advances in personalized or precision medicine will be a major focus of the course including both pharmacotherapy and psychotherapy.

The course 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 the role of genetic testing in the selection of specific psychiatric medications;*
- *Evaluate the mechanisms of action of 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 latest findings about inflammation and stress as they apply to the treatment of depression and anxiety-spectrum disorders;*
- *Review the data on risk factors for suicide and suicide presentation strategies;*
- *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, postpartum, 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 of *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.

MINDFULNESS: INSIDE AND OUTSIDE THE CLINICAL HOUR

Ronald Siegel, PsyD

August 20 - 24, 2018 • 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 onesize-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. You'll learn how to use mindfulness practices to help resolve anxiety, depression, and stress-related medical disorders, as well as to gain freedom from self-esteem concerns and to develop deeper, more rewarding, therapeutic and personal relationships. Participants with no meditation experience, as well as seasoned practitioners, will find this course helpful both personally and clinically (you'll also find that Martha's Vineyard is a wonderful natural environment in which to develop and enjoy mindful awareness).

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

- *Identify the three main components of meditation—concentration, mindfulness, and acceptance—and know when to apply each in clinical settings;*
- *Discuss the mechanisms of action in meditation that appear to underlie positive therapeutic change, such as metacognitive awareness, emotion regulation, and self-compassion;*
- *Articulate the empirical support for mindfulness 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 patient populations and disorders;*
- *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, 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: 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.



REGISTER ONLINE AT:

capecodsummerseminars.com

ALCOHOL AND SUBSTANCE ABUSE TREATMENT

Roger Weiss, MD

August 20 - 24, 2018 • Monday - Friday

Substance use disorders are common in both general psychiatric and medical practice. Because clinicians often do not have the knowledge about how to treat these disorders, it is common for clinicians to not screen for them. This often leads to poor outcomes for these patients. This course will review key issues that clinicians need to know about the diagnosis and treatment of patients with alcohol and drug abuse problems. The course will consist of lecture and frequent audience interaction, including discussion of cases. The course will review diagnosis, pharmacologic and behavioral treatment strategies, treatment of patients with co-occurring psychiatric illness, a review of the common drugs of abuse, including prescription drug abuse, recent trends in drug abuse, and strategies to help family members of those with substance use disorders.

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

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

FACULTY

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

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

ACCREDITATION

Physicians

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACME) to provide continuing medical education for physicians. The Harvard Medical School designates the weekend live activity for a maximum of 10 *AMA PRA Category Credit*[™] and the weeklong live activity for 15 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The **Royal College of Physicians and Surgeons of Canada** recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

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

Psychologists

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

The Weekend programs offers 10 CE credits

The Week-long programs offer 15 CE credits

Counselors

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

Social Workers

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

State of New York Social Workers

The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is recognized by the New York State Education Department's State Board for Social Work as an Approved Provider of continuing education for licensed social workers. The Week-long Seminars are approved for 15 CE hours and the Weekend Seminars are approved for 10 CE hours.

Nurses

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

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

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

Essential Psychopharmacology, 2018: Practice and Update, Carl Salzman, MD, Alan I. Green, MD, Russell G. Vasile, MD, Roscoe G. Brady, Jr. MD, PhD, & Barbara Coffey, MD

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

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

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

Summer Weekend

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

Summer Week-long

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

Each additional week \$545 (USD) Registration by credit card (AMEX, VISA or MasterCard) can be made at: capecodsummerseminars.com. Program changes/ substitutions may be made without notice including the daily curriculum, please visit: capecodsummerseminars.com.

REFUND POLICY

Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by 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

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

Friday: 4:30pm-6:30pm

Saturday: 8:15am-12:30pm

Sunday: 8:15am-12:30pm

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

WEEK-LONG SEMINARS

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

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 29TH 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 13 – 15, 2018 courses and August 20 – 24, 2018 courses will be held at Harbor View Hotel and Resort, Martha's Vineyard, MA (Telephone 800-225-6005). All July 23 – 27, 2018 and July 30-August 3, 2018 courses will be held at Sea Crest Beach Hotel, North Falmouth, MA (Telephone Lauren for reservations at 508-356-1259; 508-540-9400 for other questions.).

ACCOMMODATIONS/TRAVEL

A limited number of rooms have been reserved at Harbor View Hotel and Resort (Telephone: 800-225-6005) until June 1, 2018 for the July 13-15, 2018 weekend programs and by June 18, 2018 for the August 20 – 24 week-long programs. A limited number of rooms have been reserved at the Sea Crest Beach Hotel (Call Lauren for reservations at 508- 356-1259) or email lyler@delawarenorth.com) until June 5, 2018 for the July 23 – 27 and July 30-August 3, 2018 week-long programs. Please specify that you are enrolled in this course to receive a reduced room rate. Hotel arrangements can also be made online at: harbor-view.com or seacrestbeachhotel.com. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll free 1-877-4-HARVMD (1-877- 442-7863) Monday – Friday 9 AM – 8 PM (EST). From outside the U.S., Canada and Virgin Islands, please call 617-559-3764.

THE HARBORVIEW HOTEL AND RESORT

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

For information and reservations, contact Harbor View Hotel at 800-225-6005 or harbor-view.com. Please advise that you are with the Harvard Medical School Conference. **Reservations must be made by June 1, 2018 to receive the reduced rates for the July 13 – 15, 2018 weekend and by July 18, 2018 for the August 20 – 24, 2018 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.**

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 5, 2018 for course participants at a discounted rate.** For information and reservations, contact Sea Crest Beach Resort, Old Silver Beach, 350 Quaker Road, N. Falmouth, MA 02556-2903. Contact Lauren at 508-356-1259 or email ltyler@delawarenorth and for other questions 508-540-9400 or seacrestbeachhotel.com. **Discounted rooms are limited and early reservations are strongly recommended.** Please state that you are with the Harvard Medical School Conference.

THE HARBORVIEW HOTEL AND RESORT



SEA CREST BEACH HOTEL, NORTH FALMOUTH

REGISTER ONLINE AT:

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



UPCOMING PROGRAMS

DECEMBER 7-8, 2018

Meditation for Everyday Living and Peak Performance for Mental Health, Medical and Surgical Practices Well-Being and to Enhance Peak Performance

Fairmont Copley Plaza, Boston, MA

DECEMBER 7-8, 2018

Risk Management Update for Physicians and other Health Care Professionals

Fairmont Copley Plaza, Boston, MA

FEBRUARY 18-22, 2019

FEBRUARY 25- MARCH 1, 2019

Winter Seminars, Naples, Florida

MARCH 29-30, 2019

Psychopharmacology: A Master Class 2019

Fairmont Copley Plaza, Boston, MA

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600 (Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or to The Continuing Education Program at Beth Israel Deaconess Medical Center at 617-754-1265.