



# 2018

## Annual Meeting

Preliminary Program and  
Registration Information



Join the conversation: **#APAAM18**

**[psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting)**

AMERICAN  
**PSYCHIATRIC**  
ASSOCIATION

**ANNUAL MEETING**

May 5-9, 2018 • New York City





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2018 Annual Meeting Theme

# Building Well-Being Through Innovation

**Join your colleagues** from across the U.S. and around the world for the psychiatry event of the year!

More than half of physicians in the United States report feeling at least one symptom of burnout, with emotional exhaustion topping the list. Advancements in technology continue apace, offering new opportunities and challenges in the delivery of quality care.

This year's APA Annual Meeting in New York City will explore these pressing topics through the theme Building Well-Being Through Innovation, with an array of session formats and opportunities to discover. But that's just some of the quality educational content available at the 2018 Annual Meeting, which will include more than **500 sessions, 37 courses, eight tracks** and more than **13,000 attendees**.

## Well-Being and Burnout

A December 2015 report in Mayo Clinic Proceedings found that in 2014, roughly **54 percent of physicians had at least one symptom of burnout**. Compared to 2011, rates of burnout among physicians were higher in 2014 and satisfaction with work-life balance was lower (41 percent versus 49 percent).

Excessive productivity quotas and limits on the time physicians can spend with each patient are major sources of dissatisfaction. Many physicians have felt some degree of compassion fatigue. At times, some may have even experienced deep and pervasive episodes of burnout that impacted their practice and on their home lives as well. On the other hand, when physicians experience collegiality, fairness and respect, they feel more satisfied with their work.

The **Physician Well-Being and Burnout Track** at the 2018 Annual Meeting explores strategies for promoting physician wellness and interventions that can help both our specialty and our colleagues in other branches of medicine.

For more information on APA's recent work on the topic of physician well-being and burnout, visit [psychiatry.org/burnout](http://psychiatry.org/burnout).

## Innovation

The 2018 Annual Meeting features scientific sessions and special activities highlighting the intersection of psychiatry, innovation and technology.

Last year, the **Mental Health Innovation Zone** made its debut in San Diego, exploring the question, "What's next in mental health technology?" This year's Innovation Zone will be bigger and better, addressing the ever-changing landscape of technology in mental health services. Don't miss the MHIZ, where you'll find the Psychiatry Innovation Lab (a "shark tank"-style competition) and curated educational activities exploring new ideas, technology, digital medicine, entrepreneurship, networking opportunities, and more. Find out more at [psychiatry.org/innovation](http://psychiatry.org/innovation).

Lectures, workshops and courses will also explore the potential for innovation to help us address pressing issues in psychiatry. Programming at the meeting will include an exploration of teaching with digital video, what telepsychiatry and mobile apps can do to improve well-being, and an in-depth survey of the integration of technology and psychiatry.



# Building Well-Being Through Innovation

## About APA's Annual Meeting

APA's Annual Meeting is the premier psychiatry event of the year. With over 500 educational sessions and courses, there is no better event to help you expand your knowledge, network, and meet certification and licensure requirements.

- Learn from renowned psychiatry thought-leaders.
- Earn CME and MOC credit toward licensing and crediting requirements.
- Discover innovative treatment options and new technologies.
- Connect with your colleagues from around the U.S. and 50+ other countries.

## Why Attend?

**A Great Value** — With 40 *AMA PRA Category 1 Credits™* available, earn MOC and CME credits by attending.

**Interactive Learning** — The Annual Meeting's learning labs, sessions, courses and posters represent the best in engaging psychiatric education. Plan your own path with 8 tracks and 53 topics available at the meeting.

**Networking** — Connect with thousands of your peers at the largest psychiatry event in the world.

## Events and Resources at the Meeting:

- Opening Session
- Convocation of Distinguished Fellows
- APA Bookstore
- MindGames Residents Competition
- Career Fair
- Publishers Book Fair
- International Pavilion
- Exhibits
- Learning Labs
- Mental Health Innovation Zone

## Who Should Attend?

The Annual Meeting is designed for all mental health professionals and advocates, including practicing, administrative and consultative psychiatrists; psychiatric researchers and educators; residents; and students. Whether you work in a private hospital, state mental health facility or private practice, APA's Annual Meeting has something to offer.

## APA's Annual Meeting by the Numbers



**13,000+**  
Attendees



**500+ Scientific**  
Sessions



**200+**  
Exhibitors



**37**  
Courses



**Up to**  
**40 CME\***

See page 16 for accreditation information.

## Annual Meeting Tracks:

- Addiction Psychiatry
- Child and Adolescent Psychiatry
- Forensic Psychiatry
- Geriatric Psychiatry
- Physician Well-Being and Burnout
- Consultation Liaison Psychiatry
- NIMH
- Residents, Fellows and Medical Students

See a full list and descriptions of topical tracks on page 13 of this document.



# Schedule-at-a-Glance

All events held at the Javits Center unless otherwise noted

Friday, May 4, 2018	
Noon – 6:00 p.m.	Registration Open
Saturday, May 5, 2018	
7:30 a.m. – 5:00 p.m.	Registration Open
8:00 a.m. – 5:00 p.m.	Courses and Master Courses, Scientific Sessions and Education Center ( <i>Javits Center or Marriott Marquis where noted</i> )
9:00 a.m. – 4:00 p.m.	APA Central, APA JobCentral, APA Bookstore, Career Fair and Publishers Book Fair
10:00 a.m. – 4:00 p.m.	Poster Sessions
5:15 p.m. – 6:15 p.m.	MindGames
5:30 p.m. – 7:00 p.m.	Special Piano Performance by Richard Kogan, M.D. ( <i>Marriott Marquis</i> )
6:00 p.m. – 9:00 p.m.	American Psychiatric Association Foundation Benefit ( <i>Broadway Lounge, Marriott Marquis</i> )
Sunday, May 6, 2018	
7:30 a.m. – 5:00 p.m.	Registration Open
8:00 a.m. – 5:00 p.m.	Courses and Master Courses, Scientific Sessions and Education Center ( <i>Javits Center or Marriott Marquis where noted</i> )
10:00 a.m. – 4:00 p.m.	Exhibits, including APA Central, APA JobCentral, APA Bookstore, Career Fair, International Pavilion, Product Theaters and Publishers Book Fair
10:00 a.m. – 4:00 p.m.	Poster Sessions
12:30 p.m. – 1:30 p.m.	APA Business Meeting and Forum— <b>APA members only</b> ( <i>Marriott Marquis</i> )
4:30 p.m. – 6:45 p.m.	Opening Session

# Schedule-at-a-Glance

## Monday, May 7, 2018

7:30 a.m. – 5:00 p.m.	Registration Open
8:00 a.m. – 5:00 p.m.	Courses and Master Courses, Scientific Sessions and Education Center ( <i>Javits Center or Marriott Marquis where noted</i> )
10:00 a.m. – 4:00 p.m.	Exhibits, including APA Central, APA JobCentral, APA Bookstore, Career Fair, International Pavilion, Product Theaters and Publishers Book Fair
10:00 a.m. – 4:00 p.m.	Poster Sessions
5:30 p.m. – 6:30 p.m.	Convocation of Distinguished Fellows, William C. Menninger Memorial Lecture

## Tuesday, May 8, 2018

7:30 a.m. – 5:00 p.m.	Registration Open
8:00 a.m. – 5:00 p.m.	Courses and Master Courses, Scientific Sessions and Education Center ( <i>Javits Center or Marriott Marquis where noted</i> )
10:00 a.m. – 4:00 p.m.	Exhibits, including APA Central, APA JobCentral, APA Bookstore, Career Fair, International Pavilion, Product Theaters and Publishers Book Fair
10:00 a.m. – 4:00 p.m.	Poster Sessions

## Wednesday, May 9, 2018

7:30 a.m. – 5:00 p.m.	Registration Open
8:00 a.m. – 5:00 p.m.	Scientific Sessions, Education Center

# General Information

## APA Annual Meeting On Demand

### Special Discounts Available for APA Meeting

**Attendees.** Select the Gold Registration package when you register for the meeting, which includes APA Annual Meeting on Demand.

### Features Include:

- ▶ Convenient online access to the meeting on demand library with approximately 300 hours of content
- ▶ Media player with enhanced browse and search capabilities
  - Search any word on the slides and immediately navigate to that part of the presentation
  - Bookmark favorite presentations
  - View most watched and most liked presentations
- ▶ Compact USB drive for offline access
- ▶ Downloadable MP3 files for convenient on-the-go audio
- ▶ Continuing medical education (CME) credit

## APA Bookstore

Javits Center  
Exhibit Halls 3A/3B, Level 3

**Saturday, May 5** 9:00 a.m. – 4:00 p.m.  
**Sunday, May 6 – Tuesday, May 8** 10:00 a.m. – 4:00 p.m.

Stop by the APA Bookstore to see the latest books, journals and online content. You'll find new, bestselling titles and classical references on every area of psychiatry, including the *DSM-5*. APA members receive a 20% discount and APA resident-fellow members receive a 25% discount on all book products. Special member prices are available on subscription products.

## APA Central

Visit the APA Central booth in the Exhibit Hall and discover the value of APA membership and the many benefits and programs the APA has to offer, including APA Foundation, advocacy and practice management resources. If you are not already a member, we invite you to join the APA through the rebate program, saving you money on dues.

## APA Foundation Benefit

Broadway Lounge at the Marriott Marquis

**Saturday, May 5** 6:00 p.m. – 9:00 p.m.

### Advance Tickets:

\$150/person prior to April 30th, \$175/person after.

The APA Foundation is your Foundation, focused on advancing the profession of psychiatry, promoting mental health, and supporting the causes you care about. Join 450+ of your colleagues at the place to be on Saturday night—the Broadway Lounge. Dress in your favorite "Broadway bling" as we celebrate the sights and sounds of New York's theater district and enjoy glitzy cocktails, delectable hors d'oeuvres and lively entertainment. You won't want to miss the spectacular view of Times Square as you mingle with your APA friends in a glamorous two-story space and on the two private balconies.

The Benefit raises funds for professional and public education on psychiatry. This event fills up fast—reserve your \$150 discounted tickets at [apafdn.org](http://apafdn.org) or by calling 202-559-3888. Ticket prices increase to \$175 on May 1.





# General Information (continued)

## APA JobCentral

Visit the APA JobCentral booth located in APA Central in the Exhibit Hall. A representative will be available to demonstrate JobCentral, as well as assist you with posting your available position or resume. Using the Event Connection tool, candidates and employers can flag their resume and/or posting to show attendance at this year's meeting. For more information, visit APA JobCentral online at [jobs.psychiatry.org](http://jobs.psychiatry.org).

## APA News Room

This room is for the use of registered and credentialed press and registered public relations representatives only. Press registration will open in February 2018.

To register as media, contact Erin Connors at [econnors@psych.org](mailto:econnors@psych.org).

## Exhibits

Javits Center  
Exhibit Halls 3A/3B, Level 3

**Saturday, May 5** 9:00 a.m. - 4:00 p.m.

APA Central, APA Bookstore, APA JobCentral, Career Fair, and Publishers Book Fair. (Commercial Exhibits, International Pavilion and Product Theaters not open on Saturday.)

**Sunday, May 6–Tuesday, May 7** 10:00 a.m. - 4:00 p.m.

Commercial Exhibits, International Pavilion and Product Theaters open Sunday – Tuesday (including APA Central, APA Bookstore, APA JobCentral, Career Fair, and Publishers Book Fair).

Explore the **Exhibit Hall** to learn what's new in psychiatric products and services. View the latest developments in treatment technologies, training and career opportunities, as well as treatment options. Browse APA Publishing products and those of other publishers. Product Theaters and New Research Poster Sessions can also be found in the Exhibit Hall.

See who is exhibiting: [2018 Exhibitors List](#).

**APA Cafés** are located in the Exhibit Hall. Access free Wi-Fi and charging stations while you enjoy coffee and refreshments and network with colleagues.

## Meeting Locations

Scientific sessions will be held in the Javits Center and the Marriott Marquis. Courses will be held in the Javits Center.

### Javits Center

- APA Administration Offices
- APA Bookstore
- APA Central
- APA Foundation Booths
- APA JobCentral
- APA PAC Booths
- CME Certificate of Attendance
- Convocation of Distinguished Fellows
- Courses
- Education Center
- Exhibits
- Media Workshops (Scientific Session)
- New Research Poster Sessions
- Opening Session
- Mental Health Innovation Zone
- Product Theaters
- Publishers' Book Fair
- Registration

### Marriott Marquis

- Allied Group Meetings
- APA Component Meetings
- Assembly
- Board of Trustees Meeting
- Business Meeting
- Education Center

### Sheraton Times Square

- Allied Group Meetings
- APA Component Meetings

### New York Hilton

- Allied Group Meetings



# General Information (continued)

## MindGames

Javits Center

### Remember College Bowl? Are you a Jeopardy fan?

MindGames is the APA's national residency team competition.

This competition is a fun, educational challenge on patient care and medical knowledge for residents. Cheer on your resident team and see who takes home the national trophy.

## Shuttle Bus Routes

The Javits Center will serve as the hub for all shuttle bus routes. See page 58 for daily schedule and shuttle bus routes.

## Special Services

If you have a disability and require special materials or services during the meeting, please email [chinton@psych.org](mailto:chinton@psych.org) by March 23.

## Sunshine Act

The Physician Payment Sunshine Act is a federal law that requires pharmaceutical and device manufacturers under certain circumstances to publicly report any complimentary gift, food, beverage, non-CME-certified education or other item of value given to physicians. Some of the food, product theaters and trinkets that may be available to you at this meeting have been sponsored by companies that may be required to report your receipt of that gift. The APA recommends that you ask the person providing the complimentary item whether your name will be reported under the Act before accepting complimentary products or food so that you can make an independent and educated decision to accept or not accept it.



# General Information (continued)

## Recording Policy

Audio recording is permitted only for personal use. Registrants are welcome to use their own small, portable audio recorders to record any session, unless prohibited by the presenters. Larger professional recorders are not permitted except for use by registered members of the working press in accordance with APA press policies. Media will be identified with appropriate badges, and approved equipment will be identified with APA newsroom stickers. The APA has authorized a professional recording firm, which will be clearly identified, to record sessions. Registrants are not permitted to photograph or video record any session, as the intrusive nature of recording may be disruptive. This includes photographs taken with cell phone cameras.

## Therapeutic Updates

To provide more opportunities for physicians attending APA meetings to benefit from industry information, the APA is offering special Therapeutic Updates developed by industry in conjunction with APA meetings. These programs include informational activities and focus groups and are considered informational, non-CME programs. Therapeutic Updates developed by industry are offered after the scientific program is completed for the day, are scheduled by the APA at meeting hotels, and are for meeting registrants only. Activities are reviewed by the American Psychiatric Association Foundation staff.

## Product Theaters

These sessions will take place in a separate theater area built in the Exhibit Hall. There will be a total of twelve 60-minute promotional product presentation sessions available. Sessions will seat 250 participants in a theater-like setting.

*"Therapeutic Updates and Product Theaters are informational events provided by industry. Participants cannot claim CME credit for attending these events, and participation may be subject to reporting under the Sunshine Act. The content and views expressed therein are those of the supporting company and not of the APA or APAF."*



# Program Format Descriptions

## Advances in Psychiatry

These sessions highlight important new advances occurring in the field of psychiatry. Attendees should expect to cover topics at the intersection of research, clinical care, and other areas of medicine.

## Case Conferences

During these 90-minute sessions, clinical material is presented by videotape or the treating therapist. One or more experts then discuss the case. These sessions are open to APA members only.

## Courses/Master Courses

Courses are designed to 1) emphasize learning experiences that actively involve participants, 2) include the opportunity for informal exchange with the faculty, and 3) provide a deeper exploration of a topic than would be found in the general meeting program. Offered in four-hour (half-day), six-hour (full-day) and eight-hour (full-day) sessions, courses either review basic concepts in a special subject area or present advanced material on a circumscribed topic. Courses require an additional fee for enrollment.

## FOCUS Live

These 90-minute sessions allow participants to test their knowledge using an interactive audience response system (ARS). Experts, who served as guest editors of *FOCUS*, will lead lively multiple-choice question-based discussions, and the audience will enter their answers with their mobile devices. Results are instantly tallied and projected on the screen, providing participants with immediate feedback. Attendees are expected to bring their own devices for use during the session.

## Forums

Forums are flexible 90-minute presentations that afford participants the opportunity to highlight and select timely topics that are of interest to psychiatrists. Speakers and panel members are chosen for their expertise and leadership in the field.

## Learning Lab

The Learning Lab introduces an exciting new way to learn at the Annual Meeting. Each session in the Learning Lab transforms learning through collaboration, rich discussion around issues impacting psychiatry and hands-on learning.



# Program Format Descriptions (continued)

## Lectures

Lectures feature a small number of distinguished speakers discussing scientific and cultural topics, many of which will extend our understanding beyond the usual limits of clinical psychiatry. The Scientific Program Committee invites lecturers. Many award recipients, selected by the various APA award boards, also present lectures at the meeting.

## Poster Sessions

This format allows for presentations of very recent findings. Posters are visual, self-explanatory presentations offered in three categories: International, Medical Student/Resident Competition and New Research.

## Meet the Author

This small format session allows attendees to interact with authors and editors of APA publications. Participants will discuss their books and engage their audience with clinical case materials or discussion related to their area of expertise.

## Symposia

Symposia are three-hour sessions consisting of four to six thematically linked presentations that focus on a specific topic relevant to clinical psychiatry. This format is designed to provide comprehensive treatment of a topic or discussion of the topic from several points of view and stimulate discussion with the audience.

## Workshops

Workshops are 90-minute sessions that typically involve brief presentations from individual panel members, followed by the opportunity for lively and informative discussion. This format provides for substantial audience participation and is highly interactive.

## Media Workshops

Media Workshops are three-hour sessions in which a feature-length film is shown and discussed.







# Track Descriptions

With over 500 sessions and courses, the Annual Meeting covers the full range of psychiatry and mental health. This year's topical tracks include:

## Addiction Psychiatry

This track will explore the evaluation and treatment of individuals with alcohol, drug and other substance-related disorders. Sessions will discuss critical issues, assessment techniques and possible solutions to advance scientific developments in addiction psychiatry.

## Child and Adolescent Psychiatry

The child and adolescent psychiatry track will provide an in-depth review of the most common childhood disorders and the role of psychiatry as it pertains to the healthy development of children and young adults. Sessions in this track will cover topics such as cyberbullying, depression, and tools and resources for teens and parents.

## Consultation Liaison Psychiatry

Effectively diagnosing and treating comorbid psychiatric disorders is a critical function of psychiatric care. Sessions in this track explore how consultation liaison psychiatry can help streamline care for patients with even the most complex and difficult cases.

## Forensic Psychiatry

This track will provide a broad examination of the history of psychiatric care in correctional settings and how the law has driven and shaped this care. Attendees of these sessions will also discuss available and practical preventive interventions when persons with mental illness present increased risk of violence and will review facets of a comprehensive public health strategy to help maximize treatment and minimize morbidity and mortality associated with firearms.

## Geriatric Psychiatry

With the ever-increasing population of adults over the age of 65, the number of elderly patients in a general psychiatry practice is growing exponentially. This track will review current strategies as well as new research in geriatric psychiatry that provide more effective ways to detect, treat and prevent major and minor psychiatric disorders of late life.

## Physician Well-Being and Burnout

Burnout is a serious concern for residents and physicians alike. As mental health providers, we must take care of our own needs as well as those of our patients. This track will provide the clinician with useful strategies for combatting burnout and enhancing their own mental and physical well-being.

## NIMH Research Track

The APA is pleased to feature a special research track organized by the National Institute of Mental Health. The six sessions in this track are presented by some of the leading researchers in the field to bring the latest research findings to the practicing clinician.

## Residents, Fellows and Medical Students

The APA recognizes that learning and professional development are more important than ever and therefore has assembled sessions tailored specifically for residents and their professional growth. Sessions in this track will educate residents on addressing diversity, gaining leadership skills, and working in mental health hospitals and clinics.





# Learning Labs

## Learning Labs

The Learning Lab incorporates hands-on learning, collaboration and rich discussion around issues impacting psychiatry. Register for these sessions through general event registration.

### A Leadership Boot Camp for Residents and Early Career Psychiatrists

Join us in the Learning Lab as the APA Annual Meeting hosts a leadership boot camp for residents, fellows and early career psychiatrists. Laura Roberts, M.D., M.A., will discuss topics such as leadership and networking skills, self-advocacy, giving feedback, negotiation, work-life balance and practical habits for success. This boot camp offers attendees the opportunity to practice all these skills and more through highly interactive and engaging activities such as role plays, group discussion, interactive learning exercises and Q&A, enabling all residents and early career psychiatrists to develop the skills they need to achieve success in their careers in academic medicine.

**SATURDAY, MAY 5, 2018**

**1:30 a.m. – 4:30 a.m.**

### Microaggressions, Macroeffects: Navigating Power and Privilege in Psychiatry

Implicit bias and microaggressions affect all levels of medical care. Far from being subtle or small, an emerging literature suggests these phenomena can have big effects on access to care, care effectiveness, and even stigma. Manifestations can range widely, from assumptions about patient socioeconomic status or personality to recommending a different treatment depending on a patient's ethnicity, gender, or disability status, not to mention countless mental health-related disparities among racial and sexual minority and underrepresented groups that suggest these populations have worse prognoses. These injustices are not new and can have a significant impact on health, both physical and mental, at the individual and population levels. They are among the

forces that contribute to burnout and compassion fatigue among so many in the health professions. This can erode patient trust, undermine therapeutic alliances, discourage patients from seeking care, and potentially worsen outcomes. A recent study found that a black, working-class man would have to call 16 times as many therapists before finding care. This is unacceptable. Providers also experience these biases and microaggressions, which undermine their ability to provide excellent care. Interestingly, minority and underrepresented psychiatrists may self-select to work in underserved community clinics, and even there find discrimination from their peers and patients due to the subtle microaggressions of an oppressive health system. Experiences of discrimination based on gender, race, or identity may contribute to burnout and worsen provider well-being. Indeed, many academic institutions struggle to foster diversity at the highest levels of their organizations. An understanding of these factors is essential to increasing access to care, providing quality care, and fostering well-being among providers and patients. This highly interactive workshop will involve participants engaging in exercises to understand power, privilege, and microaggressions that occur on a daily basis in our offices, clinics, and hallways. A panel of facilitators will lead group discussion regarding the types of microaggressions, common reactions, and how they might affect our interpersonal interactions. Participants will be provided with resources to examine their own implicit biases, and we will conclude with strategies both individually and systemically to combat microaggressions and implicit biases in our daily practices and become allies with those who are oppressed. Questions and discussion will be encouraged.

### Preventing a Crisis Before It Happens: Principles of Non-Violent Crisis Intervention

Too often, in both the inpatient and outpatient settings, psychiatrists and staff are confronted with individuals demonstrating verbally and physically disruptive and violent behavior. Understanding how a potential crisis develops and learning responses designed to





# Learning Labs

de-escalate a tense situation before it escalates can help improve overall communication patterns, reduce physical interventions, help improve problem-solving, build stronger staff confidence, and result in less injury, turnover, and liability. This learning lab, provided by risk management for the APA-endorsed liability carrier, will introduce the concepts and principles involved with non-violent crisis interventions. Participants will learn to recognize and respond to the stages of crisis development as well as recognize the behaviors that may indicate an escalation toward aggressive and violent behavior. Additionally, participants will begin to understand and appreciate how the various components of communication (verbal and non-verbal) can impact the role that communication plays in escalating/de-escalating a developing crisis. Participants will have the opportunity to demonstrate and practice verbal and non-verbal skills designed to defuse tense situations before they develop into a full-blown crisis.

## **Theatrical Vignettes as an Educational Tool to Improve Communication in Asian-American Families**

Palo Alto, California (PA), is a Bay Area community that has experienced two separate suicide clusters—defined as a group of three or more suicides in close time or geographic proximity—since 2009. In a community that is demographically 60% white and 27% Asian, Asian-American male adolescents have been disproportionately represented in these suicides. Following the second suicide cluster in 2014-15, the Stanford Department of Psychiatry and Behavioral Sciences conducted a set of focus groups to better understand the community's perception of current mental health needs and possible solutions. Participants included parents and adolescents of both Asian and non-Asian descent. Participants identified stigma against mental health as a significant barrier to accessing mental health services and voiced a need for more community education, resources, and support. Adolescents discussed feeling intense pressure from

schools, parents, and peers to achieve personal and academic success. Asian adolescents additionally identified cultural expectations of success and cultural stigma against mental health as barriers to openly communicating with their parents and seeking help for their struggles. Among Asian participants, both parents and adolescents identified generational and cultural gaps in understanding mental health issues that affect youth. In subsequent workshops, parents identified difficulty discussing emotional topics with their adolescents and specifically requested a more “hands-on” way of learning alternative approaches to communicate with their adolescents. In response, Dr. Rona Hu, a Stanford psychiatry faculty and Chinese American, developed several vignettes as a tool for educating parents on effective communication. The vignettes, which will be performed in this workshop, simulate difficult, real-life scenarios that parents face, with specific emphasis on challenges that may arise in Asian-American households. These vignettes have been performed at several local schools and conferences in the past few years and have been produced into a TV series called Parent Playbook, now available on the web. Through unexpected media attention, lively and rich discussions have been generated among parents, school administrators, and mental health professionals in the region. As part of this learning lab, we will be discussing how the project may be replicated in different communities and will be high yield for clinicians at the APA who are looking for novel methods for outreach in their diverse communities.



# Continuing Medical Education

## Accreditation

The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide CME for physicians.

The APA designates this live activity for a maximum of 40 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The APA provides an online CME certificate for physicians and a certificate of participation for non-physicians. The overall scientific program provides a broad range of CME presentations, which include courses and master courses, lectures, rapid-fire talks (formerly scientific and clinical reports), symposia, and workshops, plus many other sessions. For further information, please refer to the preliminary program schedule listed in this guide and review the CME information in the APA Meetings App and the final *Program Guide* on site. The preliminary program will be published in the February 16, 2018, issue of *Psychiatric News*.

All physician registrant categories are eligible for CME credits.

## Statement on Disclosure

For all program planners and presenters at CME activities, the American Psychiatric Association requires disclosure of all relevant financial relationships with any commercial interest in any amount occurring within the past 12 months, including those of spouse/partner. A commercial interest is an entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria

for promotional speakers' bureau, ownership interest, or other financial benefit. An "affiliation" may include holding a position on an advisory committee, speakers' bureau, or some other role or benefit to a supporting organization.

In compliance with the ACCME's Standards for Commercial Support, the APA has a management of conflict of interest (MCI) process for all CME activities. The process ensures that all conflicts of interest are identified, managed and resolved prior to the educational activity. All presenters and planners must complete a disclosure in order to participate in an APA CME activity.

## CME Evaluation

Participants will be given the opportunity to evaluate and provide feedback on the quality and value of their learning experience. Course directors and program planners will use this information for future activities. CME credit for APA members completing the evaluation will be recorded at [education.psychiatry.org](http://education.psychiatry.org). Credits must be claimed by August 24, 2018.

## Educational Objectives

By participating in this meeting, you will:

- ▶ Describe new research findings in psychiatry and neuroscience and how they may impact practice.
- ▶ Apply quality improvement strategies to improve clinical care.
- ▶ Provide culturally competent care for diverse populations.
- ▶ Describe the utility of psychotherapeutic and pharmacological treatment options.
- ▶ Integrate knowledge of current psychiatry into discussions with patients.
- ▶ Identify barriers to care, including health service delivery issues.



# Course Introduction

The American Psychiatric Association (APA) Scientific Program Committee for the Annual Meeting works in collaboration with the Department of Continuing Medical Education to develop quality educational programs at the Annual Meeting. One aspect of this effort has been the development of short courses covering a single topic in depth and detail. Attendance is limited to allow participants greater opportunities for active participation.

Each of the courses described in this catalog was reviewed by the Scientific Program Committee and is judged to be of high educational quality. Each course also meets the requirements for *AMA PRA Category 1 Credits™*.

Courses provide an excellent opportunity for learning the essential skills of the psychiatric profession. They equip the participant with knowledge and practical skills to meet the challenges of his or her daily practice. Courses are designed for their educational content and accepted for the quality of their presentation, which provides for direct participant/faculty interaction in a small-group setting.

## Master Courses

These in-depth courses are designed to broaden and enhance your professional skills and knowledge in special areas and include applicable publications from American Psychiatric Association Publishing.

## Course Materials and Certificates

Attendees who register in advance will be sent a link to access and download the course materials prior to the meeting. At the conclusion of the course, and upon completion of an online evaluation, course attendees will receive a certificate of participation specific to the course attended. Course CME is included in the overall meeting CME credit claim.

## Enrollment

Because most of the available spaces in courses fill early, you are encouraged to enroll in advance

to ensure the availability of space in the course(s) of your choice. Course spaces cannot be reserved; you must purchase a ticket. The maximum number of participants for each course is stated in the description, along with the date, time, location, and fee. The subcommittee on courses has endeavored to develop a balanced course program to cover all aspects of psychiatry so that courses will be available to participants regardless of their specific interests. The courses have been scheduled throughout the meeting to minimize conflicts with other program offerings.

## Fees

**Courses require an additional fee. Please see course listings for rates.** Specific fees are listed with each course description. Please take time to ensure that the proper fees for both registration and your course selection(s) are included when completing your registration.

## Pre-Enrollment

- ▶ Pre-enrollment for courses is open to ALL Annual Meeting registrants.
- ▶ The maximum number of participants for each course is stated in the description, along with the date, time, location, and fee.
- ▶ To enroll in a course, please visit the meeting registration site.
- ▶ Course spaces cannot be reserved; you must purchase a ticket..



# Master Course Listings

**SATURDAY, MAY 5, 2018**

## Buprenorphine and Office-Based Treatment of Opioid Use Disorder

**Topic:** Addiction Psychiatry

**Director:** John Renner, M.D.

**Course Code:** M8083

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Discuss the rationale and need for medication-assisted treatment (MAT) of opioid use disorder; 2) Apply the pharmacological characteristics of opioids in clinical practice; 3) Describe buprenorphine protocols for all phases of treatment and for optimal patient/treatment matching; 4) Describe the legislative and regulatory requirements of office-based opioid pharmacotherapy; and 5) Discuss treatment issues and management of opioid use disorder in adolescents, pregnant women, and patients with acute and/or chronic pain.

**Description:** This course will describe the resources needed to set up office-based treatment with buprenorphine for patients with opioid use disorder (OUD) and review DSM-5 criteria for opioid use disorder and the commonly accepted criteria for patients appropriate for office-based treatment of OUD; 2) confidentiality rules related to treatment of substance use disorders; 3) Drug Enforcement Administration requirements for recordkeeping; 4) billing and common office procedures; 5) the epidemiology, symptoms, and current treatment of anxiety, common depressive disorders, and ADHD and how to distinguish independent disorders from substance-induced psychiatric disorders; and 6) common clinical events associated with addictive behavior. Special treatment populations, including adolescents; pregnant addicts; and geriatric, HIV-positive, and chronic pain patients, will be addressed, and small-group case discussions will be used to reinforce learning.

**8:00 a.m. - 5:00 p.m. | 8 hours**

### Javits Center

**Member Early Bird:** \$74 | **Advance:** \$74 | **Onsite:** \$74

**Nonmember Early Bird:** \$74 | **Advance:** \$74 | **Onsite:** \$74

**Spaces Available:** 150 | **Code:** M8083

**SUNDAY, MAY 6, 2018**

## Pediatric Psychopharmacology

**Topic:** Psychopharmacology

**Director:** Karen Wagner, M.D.

**Course Code:** M8042

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Provide an update on recent advances in psychopharmacology for major disorders; 2) Discuss in detail approaches to the treatment of autism; 3) Review recent studies on the pharmacogenetics of antidepressant response; 4) Provide a rational basis for selection of medications for bipolar disorder; and 5) Discuss the efficacy and side effects of antipsychotic agents.

**Description:** The primary objective of this course is to provide practical information to clinicians on the use of psychotropic medications in the treatment of children and adolescents in their practices. This course will provide an overview and discussion of recent data in pediatric psychopharmacology, with a focus on mood disorders, attention-deficit/hyperactivity disorder, anxiety disorders, and autism spectrum disorder. The role of pharmacotherapy in the treatment of these disorders will be addressed, as will practical clinical aspects of using psychotropic medications in the treatment of children and adolescents. Management of adverse effects will be reviewed as well. Awareness of recent research data will help to facilitate an understanding of the basis for current clinical guidelines for the treatment of these psychiatric disorders. Clinically relevant research will be reviewed, within the context of clinical treatment. Awareness of recent research and practice parameters on the use of pediatric psychopharmacology, and the application of this information to clinical practice, can inform and positively impact patient care.

**8:00 a.m. - 4:30 p.m. | 8 hours**

### Javits Center

**Member Early Bird:** \$380 | **Advance:** \$410 | **Onsite:** \$440

**Nonmember Early Bird:** \$480 | **Advance:** \$510 | **Onsite:** \$540

**Spaces Available:** 300 | **Code:** M8042

**MONDAY, MAY 7, 2018**

## Transcranial Magnetic Stimulation: Clinical Applications for Psychiatric Practice

**Topic:** Depressive Disorders

**Director:** Richard Bermudes, M.D.

**Course Code:** M8041

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Explain the mechanism of action of TMS; 2) Identify appropriate patients for TMS; 3) Identify the risks and side effects of TMS; 4) Review the specifications of FDA-cleared TMS systems; and 5) Discuss innovations in TMS therapy.

**Description:** Psychiatric disorders represent a significant and growing problem for society. While many patients are effectively treated with pharmacotherapy, psychotherapy, or a combination of the two, up to 30% of patients with mood and anxiety conditions do not respond to these standard treatments. In October 2008, the first transcranial magnetic stimulation (TMS) system was cleared by the U.S. Food and Drug Administration (FDA) for the treatment of adult patients with major depression who had not responded to one antidepressant medication. This marked the beginning of the most important treatment development for psychiatry in the last decade. Now, patients have access to this groundbreaking form of neuromodulation at numerous centers in the United States, and there is broadening clinical research as well as expansion in insurance coverage. Despite the growing





# Master Course Listings

availability of this innovative option, many psychiatrists are unsure about how to best utilize TMS. This course provides practitioners with practical information for the management of patients who are candidates for TMS therapy. The course speakers are clinician-researchers with extensive knowledge about the clinical applications of TMS, as well as other forms of neuromodulation. The course reviews TMS mechanism of action, applications for depressed patients and other neuropsychiatric conditions, patient selection for TMS, as well as a thorough review of the current FDA-cleared TMS therapy systems. Teaching techniques will include didactics, case discussion, device demonstration, and panel discussion. Each attendee will receive a copy of Transcranial Magnetic Stimulation: Clinical Applications for Psychiatric Practice. In summary, this course provides both an update on the present clinical role of TMS and a road map to its potential future.

**8:00 a.m. - 5:00 p.m. | 8 hours**

## Javits Center

**Member Early Bird:** \$380 | **Advance:** \$410 | **Onsite:** \$440

**Nonmember Early Bird:** \$480 | **Advance:** \$510 | **Onsite:** \$540

**Spaces Available:** 150 | **Code:** M8041

## TUESDAY, MAY 8, 2018

### Essential Psychopharmacology

**Topic:** Psychopharmacology

**Director:** Alan Schatzberg, M.D.

**Course Code:** M8084

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Provide an update on recent advances in psychopharmacology for major disorders; 2) Discuss in detail approaches to the treatment of autism; 3) Review recent studies on the pharmacogenetics of antidepressant response; 4) Provide a rational basis for selection of medications for bipolar disorder; and 5) Discuss the efficacy and side effects of antipsychotic agents.

**Description:** This master course in psychopharmacology will present new material on the pharmacological treatment of major psychiatric disorders. The course will involve presentation of data, Q&A, and case discussions.

**8:00 a.m. - 5:00 p.m. | 8 hours**

## Javits Center

**Member Early Bird:** \$380 | **Advance:** \$410 | **Onsite:** \$440

**Nonmember Early Bird:** \$480 | **Advance:** \$510 | **Onsite:** \$540

**Spaces Available:** 300 | **Code:** M8084

## WEDNESDAY, MAY 9, 2018

### Practical Cognitive Behavior Therapy

**Topic:** Psychotherapy

**Director:** Jesse Wright, M.D.

**Course Code:** M8061

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Describe the core principles of cognitive behavior therapy (CBT); 2) Detail methods for structuring and pacing sessions to enhance the effectiveness of CBT; 3) Recognize CBT methods for spotting and changing dysfunctional automatic thoughts; 4) Describe behavioral strategies for depression and anxiety; and 5) Identify CBT methods for reducing suicide risk.

**Description:** Cognitive behavior therapy (CBT) is the most heavily researched psychotherapy and is recommended in treatment guidelines for a wide range of disorders. This course will present the core principles of CBT with a focus on learning practical skills for clinical practice. Using an interactive learning format, experts in CBT will explain and demonstrate some of the most useful methods of this approach. Specific skills will include how to structure and pace sessions, detect and modify dysfunctional automatic thoughts, use behavioral methods to treat low energy and difficulty completing tasks, perform effective exposure therapy and other CBT interventions for anxiety, detect and change maladaptive core beliefs, and employ cognitive and behavioral strategies for reducing suicide risk.

**8:00 a.m. - 5:00 p.m. | 8 hours**

## Javits Center

**Member Early Bird:** \$380 | **Advance:** \$410 | **Onsite:** \$440

**Nonmember Early Bird:** \$480 | **Advance:** \$510 | **Onsite:** \$540

**Spaces Available:** 150 | **Code:** M8061



# Course Listings

**SATURDAY, MAY 5, 2018**

## The Clinical Assessment of Malingered Mental Illness

**Topic:** Forensic Psychiatry

**Director:** Phillip Resnick, M.D.

**Course Code:** C1099

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Detect clues to malingered psychosis; 2) Identify factors that distinguish genuine from faked hallucinations and genuine and faked delusions; and 3) Be more skillful in detecting deception and malingering, especially in defendants pleading not guilty by reason of insanity.

**Description:** This course is designed to give psychiatrists practical advice about the detection of malingering and lying. The latest research on malingered hallucinations will be covered. Psychotic hallucinations will be distinguished from nonpsychotic hallucinations. Suspect auditory hallucinations are less likely to be associated with delusions. Persons faking auditory hallucinations may say they have no strategies to diminish malevolent voices and claim that all command hallucinations must be obeyed. Malingerers are more likely to report extreme severity and intensity of their hallucinations. Suspect visual hallucinations are more likely to be reported in black and white rather than in color, be dramatic, and include miniature or giant figures. Resolution of genuine hallucinations and delusions with antipsychotic treatment will be delineated. Participants will learn 12 clues to detect malingered psychosis and four clues to detect malingered insanity defenses. Videotapes of several defendants describing hallucinations will enable participants to assess their skills in distinguishing between true and feigned hallucinations.

**8:00 a.m. - Noon | 4 hours**

### Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1099

## Motivational Interviewing as a Core Communication Style for Psychiatrists

**Topic:** Treatment (other non-pharmacological)

**Director:** Michael Flaum, M.D.

**Course Code:** C2220

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Describe what is meant by “the paradoxical effect of coercion” and why it is a central tenant of motivational interviewing; 2) Improve their ability to formulate simple and complex reflections; 3) Demonstrate at least three techniques to elicit change talk; 4) Explain the “elicit-provide-elicited” model of guiding a change plan; and 5) Describe how the spirit of MI relates to the core elements of mental health recovery.

**Description:** Motivational interviewing (MI) is a method and style of interpersonal communication initially developed for the treatment of substance use disorders. Perhaps the key feature that distinguishes MI from other counseling styles is that with MI, the clinician intentionally tries to arrange the conversation so that it is the patient, rather than the clinician, who voices the argument for changing problematic behaviors. This actually proves to be a fairly radical departure from traditional helping conversations. Since its introduction in the early '80s, the utility and effectiveness of MI has been recognized and demonstrated in a wide variety of areas—both within health care and beyond—yet its utilization in psychiatry remains relatively limited to its application for patients with substance abuse problems. We feel its potential is markedly broader. Specifically, we suggest that the utilization of MI as a default communication style and way of being with patients is an ideal way to promote a “recovery-oriented” approach to mental health care. Additionally, MI can promote a “positive psychiatry” approach across the full spectrum of patients. In this course, the core elements of both the technique and so called “spirit” of MI will be introduced, discussed, and demonstrated, as well as the rationale behind them. The course will include experiential learning, i.e., participants will actively practice core MI skills via simulations, role plays, and/or “real plays.” This will include practice aimed at improving reflective listening, strategies to elicit and reinforce “change talk” and respond to “sustain talk” and discord. We will also discuss, demonstrate and practice exchanging information and doing initial assessments and routine follow-up visits in an MI-consistent manner. The course is designed for learners of MI at all levels, including those who have had little to no exposure to MI.

**8:00 a.m. - Noon | 4 hours**

### Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 70 | **Code:** C2220

## Evidence-Based Psychodynamic Therapy: A Pragmatic Clinician's Workshop

**Topic:** Psychotherapy

**Director:** Richard Summers, M.D.

**Course Code:** C2528

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Become aware of the substantial evidence base supporting psychodynamic psychotherapy; 2) Improve treatment selection by applying a contemporary and pragmatic framework for delivering psychodynamic therapy; 3) Diagnose core psychodynamic problems and develop a psychodynamic formulation for appropriate patients; and 4) Understand how to develop an effective therapeutic alliance and employ techniques for facilitating change.

**Description:** This pragmatically oriented course will help clinicians provide focused and evidence-based psychodynamic



# Course Listings

therapy to a wide range of appropriate patients. By providing a clear and consistent model, connected to evidence and technique, we simplify and clarify the psychodynamic approach and help clinicians feel they are providing a contemporary and state-of-the-art treatment. Many video clips of therapy with participant discussion about technique, using interactive audience response technology and a group exercise on defining the core psychodynamic problem of a presented patient will make the course lively and participatory. The course follows the arc of therapy by discussing the central concepts of therapeutic alliance, core psychodynamic problem, psychotherapy focus, and strategies for change. Presentation of the empirical evidence base is paired with the model and techniques to bolster the clinician's confidence in the effectiveness of the method.

**8:00 a.m. - Noon | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 70 | **Code:** C2528

## Sleep Medicine: A Review and Update for Psychiatrists

**Topic:** Sleep-Wake Disorders

**Director:** Thomas Hurwitz, M.D.

**Course Code:** C1403

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Become knowledgeable with the diagnostic features of the major sleep disorders; 2) Understand the meaning of data reported from sleep laboratory studies their patients undergo; 3) Become familiar with recommended evidence-based therapies for the major sleep disorders; 4) Recognize the importance of sleep disorders that are comorbid with psychiatric illnesses; and 5) Become confident in their abilities to propose sleep medicine consultation for patients who will benefit from specialist evaluation.

**Description:** This course will present information about various sleep disorders important to practicing psychiatrists. The introduction will review basic principles of sleep-wake physiological regulation and a description of polysomnographic features of sleep stages. Clinical vignettes that could be seen in a psychiatric clinic will introduce presentations. Primary and comorbid insomnia will be discussed, as well as pharmacological and cognitive-behavioral approaches to therapy. Restless legs syndrome will be dealt with additionally. Obstructive sleep apnea, a very prevalent disorder, will be presented as a major source of morbidity for psychiatric patients who are at additional risk because of weight gain associated with psychotropic drugs. Other hypersomnia conditions such as narcolepsy and idiopathic hypersomnia will be addressed to further assist participants to distinguish excessive daytime sleepiness from fatigue and apathy. Discussion of parasomnias will describe behavioral disorders of sleep that can be mistaken for nocturnal manifestations of psychiatric disorders. The course will close with a discussion of sleep disorders associated with various psychiatric disorders.

**8:00 a.m. - 5:00 p.m. | 8 hours**

**Javits Center**

**Member Early Bird:** \$285 | **Advance:** \$335 | **Onsite:** \$355

**Nonmember Early Bird:** \$385 | **Advance:** \$435 | **Onsite:** \$455

**Spaces Available:** 150 | **Code:** C1403

## Neuropsychiatric Masquerades: Medical and Neurological Disorders That Present With Psychiatric Symptoms

**Topic:** Consultation Liaison Psychiatry

**Director:** Jose Maldonado, M.D.

**Course Code:** C3028

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Recognize the most common clues of presentation suggesting an "organic cause" for psychiatric symptoms; 2) Understand the incidence, epidemiology, and clinical features of the most common endocrine disorders masquerading as psychiatric illness; 3) Understand the incidence, and clinical features of the most common metabolic disorders masquerading as psychiatric illness; 4) Understand the incidence, and clinical features of the most common Infectious disorders masquerading as psychiatric illness; and 5) Understand the incidence, and clinical features of the most common CNS disorders masquerading as psychiatric illness.

**Description:** It is important for psychiatrists to recognize the variety of central nervous system (CNS) disorders that present with neuropsychiatric symptoms, thus masquerading as a mental illness. A high level of suspicion and the correct identification of the underlying process are paramount to initiate adequate treatment. This course will focus on the important differential of such disorders, common presentations, and guidelines for treatment. Psychiatric masquerades are medical and/or neurological conditions that present primarily with psychiatric or behavioral symptoms. The conditions included in this category range from endocrine disorders (e.g., thyroid, adrenal, parathyroid, pancreatic), to metabolic disorders (e.g., Wilson's disease, hepatic encephalopathy, porphyria, nutritional deficiencies), to infectious diseases (e.g., syphilis, herpes, Lyme disease, PANDAS, HIV), to autoimmune disorders (e.g., SLE, MS, fibromyalgia, paraneoplastic syndromes), to a variety of neurological disorders (e.g., epilepsy, NPH, dementia, Huntington's), to various toxins and substances our patients may be exposed to. In this course, we will discuss the presentation and symptoms of the most common endocrine, metabolic, infectious, autoimmune, and neurological disorders that can present with psychiatric symptoms. The presenters will focus on pearls for timely diagnosis and discuss potential management and treatment strategies. The proper workup and correct identification of the underlying process relies on accurate history taking, careful mental status examination, neurological exam, obtaining collateral information, and supporting laboratory and imaging data.

**8:00 a.m. - 5:00 p.m. | 8 hours**

# Course Listings

## Javits Center

Member **Early Bird**: \$285 | Advance: \$335 | Onsite: \$355  
 Nonmember **Early Bird**: \$385 | Advance: \$435 | Onsite: \$455  
 Spaces Available: 150 | Code: C3028

### Disaster Psychiatry Review and Updates: Terrorist Mass Killing, Climate Change, and Ebola

**Topic:** Community Psychiatry  
**Director:** Joshua Morganstein, M.D.  
**Course Code:** C1220

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Review contemporary critical principles in disaster psychiatry including behavioral and psychological responses, preparation and response, early interventions, crisis and risk communication.; 2) Discuss the mental health effects of mass violence and disruption with special consideration of mass killings in “safe havens”, such as churches, schools, and healthcare settings.; 3) Describe the impacts of climate related disaster events on human health and how to apply critical principles in disaster psychiatry to enhance community preparedness and resilience.; and 4) Understand unique psychological and behavioral responses to pandemics and important aspects of preparedness and response to these events using contemporary media content.

**Description:** Understanding fundamental principles of disaster psychiatry and how to apply these principles enhances the ability of health care personnel to prepare and respond to disasters in a manner that reduces distress and enhances well-being of affected populations. Many individuals impacted by disasters experience distress reactions, health risk behaviors, and psychiatric disorders, which produce significant morbidity and mortality. Critical interventions following disasters include effective health risk and crisis communication as well as individual and community biopsychosocial support utilizing the principles of psychological first aid. Certain populations are particularly vulnerable to adverse mental health effects of disasters and benefit from targeted behavioral health interventions. Behavioral health consultation and support to leaders who are managing the disaster will help sustain their effectiveness and optimize overall response and recovery efforts. Building on the fundamental principles of disaster psychiatry, optimal preparedness and response require an understanding of the unique psychological and behavioral effects of various natural and human-generated disasters. Mass killings, climate-related natural disasters, and pandemic infectious outbreaks represent increasingly significant global health threats. The shootings at the Pulse nightclub in Orlando and Emanuel church in Charleston, coordinated multisite attacks in France and Barcelona, and deadly vehicle crashes in Nice and Charlottesville are among the growing list of mass killings around the globe. Mass killings are well-established elements of terrorism that result in particularly severe and lasting psychological effects. Climate-related natural disasters such as Hurricane Harvey in the South; Hurricane Matthew on the East Coast; and floods in India, Nepal, and Bangladesh result in significant injury, death, and economic costs. These extreme

weather events are occurring with increasing frequency and severity around the globe. Increased global mobility allows for more rapid and widespread movement of infectious diseases. Pandemics result in unique and extreme psychological and behavioral fear-based responses, which markedly exceed actual threat. The requirement for isolation and quarantine associated with pandemics exacerbate adverse mental health effects. Adverse psychological and behavioral responses to all types of disasters are amplified by excessive exposure to traditional news and social media. Enhanced preparedness and response efforts can significantly mitigate the adverse psychological and behavioral impact on individuals and communities affected by a broad range of disasters. This course will begin with a review of fundamental principles in disaster psychiatry. Using case examples drawn from contemporary disaster events, attendees will be engaged in application of those principles within an active learning environment utilizing polling, panel discussions, and Q&A.

**1:00 p.m. - 5:00 p.m. | 4 hours**

## Javits Center

Member **Early Bird**: \$180 | Advance: \$200 | Onsite: \$225  
 Nonmember **Early Bird**: \$205 | Advance: \$225 | Onsite: \$250  
 Spaces Available: 70 | Code: C1220

### Emergency Psychiatry: The Basics and Beyond

**Topic:** Emergency Psychiatry  
**Director:** Kimberly Nordstrom, M.D.  
**Course Code:** C1459

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Understand the goals of emergency triage and medical assessment; 2) Learn practical ways of engaging patients in crisis; 3) Learn practical risk assessment and mitigation strategies; 4) Understand the thought process behind choosing between meds and when medications may not be appropriate; and 5) Learn practical de-escalation principles that will serve in any environment.

**Description:** Emergency psychiatry, as a distinct practice, has existed since the mid-1950s and has grown exponentially with deinstitutionalization. Now there are many forms of services on and off of hospital campuses. No matter the type of environment in which you practice psychiatry, you will experience patients who are in crisis. Behavioral emergencies may occur in any setting—outpatient, inpatient, and emergency departments, as well as in the community. When psychiatric emergencies do occur, psychiatrists should be prepared to deal with surrounding clinical and system issues. One of the most important challenges is the initial assessment and management of a psychiatric crisis/emergency. This includes differentiating a clinical emergency from a social emergency. This course can serve as a primer or as an update for psychiatrists in the evaluation and management of psychiatric emergencies. The course faculty offer decades of experience in both emergency psychiatry and emergency medicine. The participants will learn about the role of medical and psychiatric evaluations and the use of risk assessment of patients in crisis. The course faculty will delve into when laboratory or other studies may

# Course Listings

be necessary and note instances when this information does not change treatment course. Tools, such as protocols, to aid in collaboration with the emergency physician will be examined. The art of creating alliances and tools for engaging the crisis patient will be discussed. The participants will also learn about the management of agitation (de-escalation and medication use), and special emphasis will be given to psychopharmacological treatments in the emergency setting, including novel treatments such as ketamine. The course is divided into two parts; the first focuses on evaluation and the second on treatment. A combination of lectures and case discussion cover fundamental and pragmatic skills to identify, assess, triage, and manage a range of clinical crises. Course faculty includes emergency psychiatrists and an emergency medicine physician to help provide various viewpoints and allow for rich discussion. The course will close with the course director leading a debate with faculty over best treatments for specific case scenarios. This exercise serves to demonstrate that there is not one “right” answer and to exhibit the thought process behind treatment decisions.

**1:00 p.m. - 5:00 p.m. | 4 hours**

## Javits Center

Member **Early Bird**: \$180 | Advance: \$200 | Onsite: \$225  
 Nonmember **Early Bird**: \$205 | Advance: \$225 | Onsite: \$250  
 Spaces Available: 70 | Code: C1459

**SUNDAY, MAY 6, 2018**

## Treating Narcissistic Personality Disorder: Transference-Focused Psychotherapy

Topic: Personality Disorders

Director: Frank Yeomans, M.D.

Course Code: C1234

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Achieve an understanding of the range of narcissistic pathology; 2) Diagnose the pathological grandiose self and understand its role at the center of narcissistic personality disorder; 3) Learn treatment techniques that address narcissistic resistances and help engage the patient in therapy; 4) Learn treatment techniques that help patient and therapist work with the anxieties beneath the grandiose self; and 5) Identify and work with the typical attachment styles of narcissistic patients.

**Description:** Narcissistic disorders are prevalent and can be among the most difficult clinical problems to treat. Narcissistic patients tend to cling to a system of thought that interferes with establishing relations and successfully integrating into the world. Furthermore, these patients can engender powerful feelings in the therapist of being incompetent, bored, disparaged, and dismissed or, at the other extreme, massively and unnervingly idealized. This course will present a framework for conceptualizing, identifying, and treating individuals diagnosed with narcissistic personality disorder (NPD) or with significant narcissistic features. Narcissism encompasses normative strivings for perfection, mastery, and wholeness as well as pathological and defensive distortions of these strivings.

Such pathological distortions may present overtly in the form of grandiosity, exploitation of others, or retreat to omnipotence or denial of dependency, or covertly in the form of self-effacement; inhibition; and chronic, extreme narcissistic vulnerability.

Adding to the difficulties in diagnosing and treating narcissistic disorders is the fact that they can manifest themselves in multiple presentations depending on the level of personality organization, subtype, or activated mental state. In this course, we will review the levels of narcissistic pathology. We will go on to discuss a specific theoretical and clinical formulation of narcissism and a manualized psychodynamic psychotherapy, transference-focused psychotherapy (TFP), that has been developed to treat patients with narcissistic disorders. We will review therapeutic techniques that can help clinicians connect with and treat patients with narcissistic pathology at different levels.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

Member **Early Bird**: \$180 | Advance: \$200 | Onsite: \$225  
 Nonmember **Early Bird**: \$205 | Advance: \$225 | Onsite: \$250  
 Spaces Available: 150 | Code: C1234

## Sex Compulsivity and Addiction: Research, Diagnosis, and Treatment

Topic: Sexual Dysfunctions

Director: Kenneth Rosenberg, M.D.

Course Code: C1372

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Learn the history, clinical instruments, diagnostic controversies, and diagnostic criteria associated with the diagnosis of sexual compulsivity; 2) Become familiar with the common terminologies and treatments particular to sexual addiction and compulsivity; 3) Use their skill set as psychiatrists to assess and initiate treatment for sexual addictions; 4) Distinguish between normal and pathological clinical presentations and discuss the differential diagnosis when compulsive sexual desire is a presenting complaint; and 5) Treat patients with compulsive sexual behaviors.

**Description:** Most clinicians, even those trained in sexual disorders or addiction medicine, have little to no training in treating sexual compulsivity and cybersex addiction. This course presents historical context, proposed diagnostic criteria, evaluation protocols, comorbid disorders, speculations about the neuroscience, impact of compulsive infidelity on the family, and extensive treatment recommendations. Our discussion dates back to the 1812 book *Medical Inquiries and Observations Upon the Diseases of the Mind*, where Dr. Benjamin Rush recounted a case of a man whose “excessive” sexual appetite caused him psychological distress to the point of requesting that he be medically rendered impotent. In 1886, German psychiatrist Dr. Richard von Kraft-Ebbing argued that pathological sexuality was a bona fide psychiatric illness. We will review the more recent diagnostic approaches proposed by Ariel Goodman, M. D., Martin Kafka, Patrick Carnes, Ph.D., and others, who identified ten clinical signs of compulsive behavior: loss of control; unsuccessful efforts to

# Course Listings

stop; preoccupation; inability to fulfill obligations; continuation despite consequences; escalation; social, occupational, and recreational losses; and withdrawal. This course delves into the research and will detail the diagnostic interview, testing, and instruments used to diagnosis sexual compulsivity. We will present a comprehensive treatment approach, with multimodal treatment, that is required to address the biopsychosocial aspects of the addiction. Adjunct therapies such as Twelve Step Facilitation will be discussed. We will review the patient's arousal template and engaging the patient's family and/or partner. We will discuss the various phases of short- and long-term recovery. As we will explain, there is no one-size-fits-all treatment approach, but rather, psychiatrists will be encouraged to practice good psychiatric, medical, and psychological care while focusing on the addictive cycle in order to restore the patient's mental, physical, and sexual health.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 70 | **Code:** C1372

## Cognitive Behavior Therapy for Severe Mental Disorders: Building Treatment Skills That Work

**Topic:** Psychotherapy

**Director:** Jesse Wright, M.D.

**Course Code:** C1562

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Identify modifications of CBT for severe mental disorders; 2) Describe CBT methods for reducing suicide risk; 3) Detail CBT methods for treatment-resistant and severe depression; 4) Recognize CBT methods for psychosis; and 5) Describe CBT methods for promoting medication adherence.

**Description:** This course helps clinicians apply pragmatic CBT methods for severe mental disorders. Specific skills to be learned include using CBT for suicide risk reduction; 2) chronic and severe depression; 3) delusions; 4) hallucinations; and 5) enhancing adherence. Role plays, videos, and other demonstrations are used to illustrate key strategies and methods. Participants are encouraged to discuss their own experiences in working with patients with severe mental disorders.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1562

## Mind-Body and Breath Techniques for Stress, Anxiety, Depression, PTSD, Military Trauma, and Mass Disasters: Lecture and Experiential

**Topic:** Integrative Medicine (CAM)

**Director:** Patricia Gerbarg, M.D.

**Course Code:** C1120

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Describe how increased heart rate variability and sympathy-vagal balance contribute to overall well-being and stress resilience; 2) Apply polyvagal theory to understanding how voluntarily regulated breathing practices (VRPs) help shift the organism from states of defensive disconnection toward a state of safety and connectedness; 3) Discuss the vagal-GABA theory of inhibition and its potential relevance to treatment of stress, anxiety, and trauma-related disorders; 4) Experience coherent breathing for stress reduction and learn how VRPs can be used to improve emotion regulation as well as reduce anxiety, insomnia, and depression; and 5) Learn how to teach coherent breathing in clinical settings and access tools to increase this skill.

**Description:** This update of last year's Mind-Body Techniques for Stress, Anxiety, Depression, PTSD, Military Trauma and Mass Disasters adds an expanded module on treatment of active duty military and veterans. Neurophysiology, Research, Integration with Psychotherapy: Breath-Body-Mind (BBM) uses simple practices, primarily voluntarily regulated breathing practices (VRBPs) with coordinated movements, mindfulness, and attention focus derived from yoga, qigong, martial arts, and neuroscience. Easily learned techniques provide rapid relief of stress, anxiety, depression, and PTSD; are accepted across diverse cultures; and can be modified for different settings—office, clinic, hospital, family and group therapy, school, military base, and disaster sites. Breath practices improve attention and cognitive functions. Models show how VRBPs may rapidly improve sympathy-vagal balance, emotion regulation, and symptom resolution in numerous disorders, including in children and adults. The evolving neurophysiological theory incorporates polyvagal theory (Stephen Porges), interception, interactions between the autonomic nervous system, gamma-aminobutyric acid (GABA) pathways, emotion regulatory circuits, neuroendocrine response, and social engagement networks. Physiological states characterized by increased vagal influence on heart rate variability (HRV) support social engagement/bonding and inhibit defensive limbic activity. Specific mind-body practices reduce fear and anger while restoring connectedness. Dr. Gerbarg updates evidence that VRBPs in combination with other practices lead to rapid improvements in psychological and physical symptoms in GAD, veteran PTSD, inflammatory bowel disease, and survivors of mass disasters: 2004 Southeast Asian tsunami, 9/11 World Trade Center attacks, war and slavery in Sudan, caregiver stress (gulf Horizon oil spill), and Middle Eastern refugees in Berlin. PTSD cases illustrate the use of VRBPs to enhance psychotherapy. Dr. Streeter presents a RCT in depressed patients showing effects of yoga plus coherent breathing on psychological measures, heart rate variability, and brain GABA levels (mass resonance spectroscopy). Experiential: Dr. Brown leads rounds of movement with VRBPs, qigong movements, and open focus attention training. Gentle movements can be done standing or sitting. Awareness/mindfulness of breath and mental/physical state are cultivated. Group processes enhance learning. Military Module: Dr. Abrams reviews BBM VRBPs used at the Albany VA inpatient



# Course Listings

psychiatric unit, medical departments, and clinics. Dr. Gerbarg reviews a Breath-Body-Mind program in active duty troops.  
**8:00 a.m. - 4:30 p.m. | 8 hours**

## Javits Center

Member **Early Bird**: \$285 | Advance: \$335 | Onsite: \$355  
Nonmember **Early Bird**: \$385 | Advance: \$435 | Onsite: \$455  
Spaces Available: 150 | Code: C1120

## Assessment and Management of Autism and Associated Psychopathology

**Topic:** Autism Spectrum Disorders

**Director:** Gagan Joshi, M.D.

**Course Code:** C2175

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Provide a review and update of the diagnostic and genetic workup and treatment perspectives for clinicians treating psychiatrically referred populations with ASD and associated psychopathology; 2) Review the diagnostic criteria for ASD and evaluation strategies for coming to an appropriate diagnosis; 3) Recognize the clinical presentation of frequently co-occurring psychiatric conditions in youth with ASD; 4) Appreciate the recent advances in the role of genetic workup for ASD in the clinical setting and the need for biomarkers in ASD to better understand the heterogeneity of the disorder; and 5) Gain an up-to-date understanding of evidence-based pharmacotherapy in ASD.

**Description:** This course provides a practical review and update on the assessment and diagnosis, with special focus on the genetic workup, and management of autism spectrum disorder (ASD) and frequently associated psychopathology in psychiatrically referred populations. This program was developed specifically for mental health providers who are providing diagnoses and ongoing treatment to psychiatrically referred populations with ASD. Clinicians will learn about common psychiatric disorders associated with ASD. Review of evidence-based psychopharmacological and behavioral interventions for ASD and commonly associated psychopathology will be provided. This course is broadly divided in two modules. Each module has presentations pertaining to the overarching theme, followed by panel discussion moderated by the course director in order to provide adequate time for the audience to address questions with presenters.

**8:00 a.m. - 4:30 p.m. | 8 hours**

## Javits Center

Member **Early Bird**: \$285 | Advance: \$335 | Onsite: \$355  
Nonmember **Early Bird**: \$385 | Advance: \$435 | Onsite: \$455  
Spaces Available: 70 | Code: C2175

## The National Neuroscience Curriculum Initiative (NNCI): Integrating Neuroscience Into the Clinical Practice of Psychiatry—a Practicum

**Topic:** Neuroscience and Genetics

**Director:** Melissa Arbuckle, M.D.

**Course Code:** C1191

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Appreciate the value of incorporating a neuroscience framework into the everyday clinical practice of psychiatry; 2) Feel confident and empowered that, with or without a neuroscience background, they can integrate cutting-edge neuroscience knowledge in routine clinical settings; and 3) Access and use new and innovative methods to educate patients, relatives, and trainees about clinically relevant neuroscience findings.

**Description:** Psychiatry is in the midst of a paradigm shift. The diseases we treat are increasingly understood in terms of the complex interactions between genetic and environmental factors and the development and regulation of neural circuitry, yet most psychiatrists have relatively minimal knowledge of neuroscience. This may be due to many factors, including the difficulty of keeping pace with a rapidly advancing field or a lack of access to neuroscience teaching faculty. In addition, neuroscience has generally not been taught in a way that is engaging and accessible. The focus of this session will be on strategies to incorporate a modern neuroscience perspective into clinical care and bring the bench to the bedside. Attendees will be exposed to new learning activities to further integrate neuroscience into their psychiatric practice in ways that are both accessible and engaging and which encourage lifelong learning. The session will include several workshops: 1) Basic Neuroscience: Understanding the major areas of the brain and their basic functions provides a necessary foundation for any neuroscience curriculum—in this session, participants will review the functional neuroanatomy of the brain through several interactive approaches intended to reinforce learning; 2) Clinical Neuroscience Conversations: This session is loosely modeled on the idea of the one minute preceptor—i.e., neuroscience teaching that can be done in the moment, with minimal preparation, and directly linked to a clinical case; 3) Neuroscience in the Media: In this session, a recent media psychiatric neuroscience article is reviewed, and structured format is used to critique the media coverage of the piece, find and appraise relevant literature, and then role play how one might communicate about this; 4) Talking Pathways to Patients: This session begins by reviewing the neurobiological underpinnings of a particular psychiatric disorder; participants then role play how they might discuss these findings with a patient, with an emphasis on understanding both symptoms and potential treatment options.

**12:30:00 p.m. - 4:30 PM | 4 hours**

## Javits Center

Member **Early Bird**: \$180 | Advance: \$200 | Onsite: \$225  
Nonmember **Early Bird**: \$205 | Advance: \$225 | Onsite: \$250  
Spaces Available: 150 | Code: C1191

## Dialectical Behavior Therapy for Psychiatrists: A DBT Toolkit for Treating BPD

**Topic:** Psychotherapy



# Course Listings

**Director:** Beth Brodsky, M.D.

**Course Code:** C2163

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Learn basic DBT theoretical principles and interventions; 2) Use DBT interventions to treat suicidal and self-harming behaviors; 3) Apply DBT interventions to their practice of psychopharmacology; and 4) Learn DBT approaches for enhancing treatment engagement with BPD patients.

**Description:** Individuals with borderline personality disorder (BPD) present treatment challenges for even the most trained and dedicated clinicians. The BPD diagnosis is one of the most stigmatized of the mental illnesses, notorious for treatment resistance, high treatment utilization, and high drop-out rates, recurrent suicidal and non-suicidal self-injurious (NSSI) behaviors, and, consequently, clinician burnout. Dialectical behavior therapy (DBT) is an evidence-based psychosocial treatment with proven efficacy in decreasing suicidal, NSSI behaviors and treatment drop-out in BPD, yet few practicing psychiatrists have been exposed to DBT in their training. This half-day course will provide an overview of the DBT treatment approach and focus on teaching clinical psychiatrists and psychopharmacologists targeted DBT interventions that can enhance clinical management of the most difficult behaviors presented by these patients, such as suicidal and NSSI behaviors, ideation, and communications; frequent help-seeking; interpersonal hostility; and medication and general treatment nonadherence. These interventions include validation strategies to enhance empathy and treatment engagement, commitment strategies to establish collaboration toward reaching behavioral goals and prioritizing treatment focus on life-threatening behaviors; use of a diary card to track mood, suicidality, medication adherence, and related symptoms; behavioral analysis of suicidal and dysregulated behaviors to enhance problem solving; a protocol for effective between-session contact; and distress tolerance skills for reducing impulsivity. Participants will leave the course with a DBT toolkit to incorporate into their clinical practice.

**12:30:00 p.m. - 4:30 PM | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C2163

**MONDAY, MAY 7, 2018**

## Mild Neurocognitive Disorders: Improving Detection, Diagnosis, and Early Interventions

**Topic:** Neurocognitive Disorders

**Director:** James Ellison, M.D.

**Course Code:** C1049

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Learn to detect and assess DSM-5 mild neurocognitive disorder; 2) Understand the clinical and prognostic significance of this syndrome, which lies between normal cognitive aging and major neurocognitive disorder;

3) Become familiar with evidence-based interventions that can delay or mitigate cognitive decline; 4) Understand the role of neuropsychological assessment in the evaluation of mild neurocognitive disorder; and 5) Become acquainted with current and evolving neuroimaging techniques used in assessing mild neurocognitive disorder.

**Description:** This is an interdisciplinary course developed in order to help clinicians understand the detection, clinical significance, and current evidence-based interventions for people with DSM-5 mild neurocognitive disorder (MiND). Before current biomarker studies, mild cognitive symptoms were often attributed to depression or anxiety. Depression can be a prodrome of cognitive impairment, a risk factor for cognitive decline, a manifestation of a shared underlying etiology, or a reaction to progressive functional limitation. Identifying which of these paradigms applies can pave the way for effective intervention. Mild age-associated changes in cognition reflect aging of the brain, including changes in synaptic structure, neurotransmitter activity, integrity of white matter, and volume. Many older adults note mild changes in cognitive functions and express concern about progression. In “subjective cognitive impairment,” the earliest stage of cognitive impairment to reach awareness, individuals complain of mildly compromised cognitive functioning that falls below the sensitivity of standardized screening tests. Subjective cognitive impairment may be a precursor to MiND. Concerns about memory or other cognitive faculties may lead an older adult to seek evaluation at this stage. MiND is a limited but significant functional impairment associated with an acquired decline in one or more of six cognitive domains: attention, memory, language, visuospatial, executive function, or social cognition. Compensatory behaviors are required to deal with a cognitive decline that is significant but not disabling. New dependence on cueing, reminders, lists, assistive technology such as GPS, or the help of others can signify the presence of mild neurocognitive disorder while allowing the affected person to function with apparent independence. MiND can represent the prodromal stage of major neurocognitive disorder, whether associated with Alzheimer’s disease or another etiology. MiND is linked with biomarker changes including hippocampal and global brain volume loss, changes in regional glucose metabolism, amyloid deposition, and deposition of amyloid plaques. MiND and depression share a complex and reciprocal relationship. Cognitive symptoms accompany depression in many adults, and mood symptoms are frequently present in MiND, sometimes even in advance of clinically significant cognitive changes. Cognitive and mood disorders may share elements of pathophysiology; for example, they can reflect consequences of inflammation, and treatment interventions can therefore overlap. Vascular depression can be seen as a relative of MiND in which the mood symptoms clinically overshadow executive dysfunction or other cognitive changes. A growing focus in dementia care, now, is prevention. Thorough assessment of milder cognitive changes in older adults may in some cases help delay progression. Identifiable medical causes of cognitive symptoms such as dysregulation of glucose metabolism can sometimes be identified and addressed. Modification of physical activity, diet, cognitive stimulation, social engagement,

# Course Listings

and sleep quality have each been proposed to improve cognitive functioning or delay decline. While investigation of pharmacological interventions continues, the effect size of these lifestyle factors is being assessed in multiple trials. This course presents current best practices in assessment and intervention with people affected by MiND.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1049

## Risk Assessment for Violence

**Topic:** Forensic Psychiatry

**Director:** Phillip Resnick, M.D.

**Course Code:** C1100

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Specify four types of paranoid delusions that can lead to homicide; 2) Identify the relative risk of violence in schizophrenia, bipolar disorder, and substance abuse; and 3) Indicate three factors that increase the likelihood that violent command hallucinations will be obeyed.

**Description:** This course is designed to provide a practical map through the marshy minefield of uncertainty in risk assessment for violence. Recent research on the validity of psychiatric predictions of violence will be presented. The demographics of violence and the specific incidence of violence in different psychiatric diagnoses will be reviewed. Dangerousness will be discussed in persons with psychosis, mania, depression, and substance abuse. Special attention will be given to persons with specific delusions, command hallucinations, premenstrual tension, and homosexual panic. Personality traits associated with violence will be discussed. Childhood antecedents of adult violence will be covered. Advice will be given on taking a history from potentially dangerous patients and countertransference feelings. Instruction will be given in the elucidation of violent threats, sexual assaults, and “perceived intentionality.”

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1100

## Talking With and Listening to Your Patients About Marijuana: What Every Psychiatrist Should Know

**Topic:** Addiction Psychiatry

**Director:** Henry Levine, M.D.

**Course Code:** C1024

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Review limitations on current scientific knowledge of marijuana; 2) Review history of marijuana in medicine; 3) Review biochemistry of exogenous and endogenous cannabinoids and their unique biological actions, receptors, approved cannabinoid preparations,

metabolism, and routes of administration; 4) Review clinical research data on the effects of marijuana upon psychiatric and non psychiatric conditions and upon behaviors such as violence and its potential hazards; and 5) Discuss how to address providers' legal/ethical/documentation and history-taking issues and patients' questions, concerns, and educational needs regarding marijuana use.

**Description:** Marijuana, according to the National Institute on Drug Abuse, is “the most commonly used illicit substance.” However, according to state—not federal—laws, medical marijuana is legal in 28 states and the District of Columbia. Eight states have also legalized recreational use of marijuana. As the legalizing of marijuana grows, more patients are turning to us, their doctors, for advice and information regarding marijuana's risks and benefits. Some patients with medical/psychiatric illness use marijuana recreationally, without knowledge of its effects. Both groups deserve education from us based on scientific knowledge. However, despite research to the contrary, the U.S. government still considers marijuana a Schedule I substance “with no currently accepted medical use and a high potential for abuse.” The federal stance inhibits research on the science of marijuana and promotes attitudes toward marijuana's risks and benefits that are not objective or scientifically based. We need to be able to counsel and educate our patients based on objective, scientific data. Too much is said with authority about medical aspects of marijuana—pro and con—that is misleading and deceptive. This course will teach the practitioner to understand the risks and benefits, restrictions, and seductions their patients face in considering cannabis use. The faculty will review the 4,750-year-long history of cannabis use in medicine and the recent history of restrictions on research and use of cannabis in the U.S. We will discuss the cannabinoid system, CB1 and CB2 receptors, and their distribution and function, as well as the endogenous cannabinoids. We will cover cannabis' routes of administration, bioavailability, distribution and elimination, and the unique actions of various cannabinoids. We will then present clinical research and its limitations on the effects of cannabis in psychiatric conditions, including anxiety, depression, psychosis, PTSD, and sleep, and its role in violence. We will also review clinical research on its effects in nonpsychiatric medicine, including its actions in inflammation, pain, spastic diseases, appetite loss, nausea, epilepsy, and HIV. We will present data on FDA-approved cannabinoids. The faculty will detail hazards of cannabis use, including use in pregnancy, addiction, accidents, cognitive deficits, withdrawal, heart and lung illnesses, reproductive effects, and other symptoms. We will describe the malpractice risks and legal restrictions and limitations on medical practitioners who may be asked by their patients to issue a “cannabis card.” We will teach the practitioner to take a history relevant to the use of cannabis. We will discuss ways to listen to and talk with patients who are considering using or are actively using cannabis for medical reasons, or who are using cannabis recreationally while in treatment for a psychiatric or other medical disorder. We will not address screening for or treatment of addiction.



# Course Listings

8:00 a.m. - 3:00 p.m. | 6 hours

## Javits Center

Member Early Bird: \$240 | Advance: \$275 | Onsite: \$310  
 Nonmember Early Bird: \$290 | Advance: \$325 | Onsite: \$375  
 Spaces Available: 300 | Code: C1024

### Acute Brain Failure: Pathophysiology, Diagnosis, Management, and Sequelae of Delirium

Topic: Consultation Liaison Psychiatry

Director: Jose Maldonado, M.D.

Course Code: C1612

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Identify the strengths and weaknesses of various screening and diagnostic instruments used for the detection of delirium; 2) Recognize the main risk factors for the development of delirium in the clinical setting; 3) Describe the evidence regarding the use of nonpharmacological techniques (e.g., light therapy, early mobilization) in delirium prevention and treatment; 4) Define the evidence behind the use of antipsychotic agents in the prevention and treatment of delirium; and 5) Recognize the evidence behind the use of non-conventional agents (e.g.,  $\alpha$ -2 agonist, melatonin, anticonvulsant agents) in the prevention and treatment of delirium.

**Description:** Delirium is a neurobehavioral syndrome caused by the transient disruption of normal neuronal activity due to disturbances of systemic physiology. It is also the most common psychiatric syndrome found in the general hospital setting, causing widespread adverse impact to medically ill patients. Studies have demonstrated that the occurrence of delirium is associated with greater morbidity, mortality, and a number of short- and long-term problems. Short-term, patients suffering from delirium are at risk of harming themselves (e.g., falls, accidental extubation) and of accidentally injuring their caregivers due to confusion, agitation, and paranoia. Long-term, delirium has been associated with increased hospital-acquired complications (e.g., decubitus ulcers, aspiration pneumonia), a slower rate of physical recovery, prolonged hospital stays, and increased placement in specialized intermediate and long-term care facilities. Furthermore, delirium is associated with poor functional and cognitive recovery, an increased rate of cognitive impairment (including increasing rates of dementia), and decreased quality of life. This course will review delirium's diagnostic criteria (including new DSM-5 criteria), subtypes, clinical presentation and characteristics, and available diagnostic tools; the theories attempting to explain its pathogenesis; the reciprocal relationship between delirium and cognitive impairment; and a summary of behavioral and pharmacological evidence-based techniques associated with successful prevention and treatment techniques. We will also use delirium tremens (i.e., alcohol withdrawal delirium) as a way to better understand delirium's pathophysiology and discuss novel, benzodiazepine-sparing techniques in order to better control the syndrome and prevent its complications while avoiding the deliriogenic effects of benzodiazepine agents.

1:00 p.m. - 5:00 p.m. | 4 hours

## Javits Center

Member Early Bird: \$180 | Advance: \$200 | Onsite: \$225  
 Nonmember Early Bird: \$205 | Advance: \$225 | Onsite: \$250  
 Spaces Available: 150 | Code: C1612

### Working With Couples and Families When a Loved One Has Neurocognitive Impairment

Topic: Neurocognitive Disorders

Director: John Rolland, M.D.

Course Code: C1721

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Understand a comprehensive resilience-based family systems model for assessment and clinical intervention with individuals, couples, and families facing neurocognitive disorders; 2) Recognize the significance of life cycles, multigenerational themes, and belief systems in neurocognitive disorders; 3) Describe clinical approaches with common couple and family challenges with mild to severe cognitive impairment and progressive dementias; and 4) Understand guidelines for brief family-based interventions and other timely and cost-effective interventions with neurocognitive disorders.

**Description:** Conditions involving neurocognitive impairment, such as Alzheimer's disease and traumatic brain injury, present heart-wrenching challenges to couples and families. Because they alter capacities for relational connection in varied ways, they can profoundly affect couple bonds and family life. Caregiving stresses over time can have serious health and mental health consequences and reverberate throughout the network of relationships. However, research and practice tend to focus narrowly on immediate issues for individual caregivers and their dyadic relationship with the affected member. A broad family systems framework with attention to family processes over time is needed in training, practice, and research. In this course, Rolland's Family Systems Illness (FSI) model provides a guiding framework to consider the interaction of different psychosocial types of neurocognitive conditions and their evolution over time with individual, couple, and family life course development. The FSI model, developed for clinical practice and research with families dealing with major health conditions, provides a useful framework to apply with neurocognitive impairment. The FSI model distinguishes three dimensions of the illness experience over time: 1) "psychosocial types" of health conditions, based on the pattern of onset, course, outcome, disability, and level of uncertainty; 2) major developmental phases in their evolution over time (initial crisis, chronic, terminal), facilitating longitudinal thinking about chronic conditions as an ongoing process that families navigate with transitions and changing demands; and 3) key family system variables, including organization, communication, family (and individual members) life course development, multigenerational patterns/legacies related to illness and loss, and belief systems (meaning-making, influences of culture, ethnicity, spirituality, gender, and race). Drawing on his new book, Dr. Rolland provides a resilience-based practice approach





# Course Listings

and guidelines with case illustrations/video to maximize coping and adaptation over time. He will address key couple and family challenges with mild to severe cognitive impairment and progressive dementias, including communication issues, belief systems/meaning-making, multigenerational legacies, threatened future neurocognitive disability, ambiguous loss, decisional capacity, reaching limits, placement decisions, and issues for adult children and spousal caregivers. He will highlight core challenges for couples, such as intimacy, sexuality, and re-visioning hopes and dreams. Principles and guidelines are provided to help couples and families master these complex challenges, deepen bonds, and forge positive pathways ahead. We will discuss preventive screening, family consultation/assessment, treatment planning, and integration with other psychiatric approaches and in a range of health care settings.

**1:00 p.m. - 5:00 p.m. | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1721

## TUESDAY, MAY 8, 2018

**Psychiatrist as Expert Witness:** The Ins and Outs of Being a Forensic Consultant

**Topic:** Forensic Psychiatry

**Director:** Phillip Resnick, M.D.

**Course Code:** C1102

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Give more effective expert witness testimony; 2) Understand rules of evidence and courtroom privilege; and 3) Understand issues of power and control in the witness/cross-examiner relationship.

**Description:** Trial procedure and rules of evidence governing fact and expert witnesses will be reviewed briefly. The fallacy of the impartial expert witness will be discussed. Participants will learn that the adversary process seeks justice, sometimes at the expense of truth. The faculty will discuss pre-trial conferences and depositions. Participants will learn to cope with cross-examiners who attack credentials, witness bias, adequacy of examination, and the validity of the expert's reasoning. Issues of power and control in the witness/cross-examiner relationship will be explored. Participants will learn how to answer questions about fees, pre-trial conferences, and questions from textbooks. The use of jargon, humor, and sarcasm will be covered. Different styles of testimony and cross-examination techniques will be illustrated by eight videotape segments from actual trials and mock trials. Participants will see examples of powerful and powerless testimony in response to the same questions. Mistakes commonly made by witnesses will be demonstrated. Slides of proper and improper courtroom clothing will be shown. Handouts include lists of suggestions for witnesses in depositions, 15 trick questions by attorneys, and over 50 suggestions for attorneys cross-examining psychiatrists.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1102

## Good Psychiatric Management for Borderline Personality Disorder

**Topic:** Personality Disorders

**Director:** Brian Palmer, M.D.

**Course Code:** C1139

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Diagnose borderline personality disorder correctly, including differentiating from mood disorders and explaining the diagnosis to a patient; 2) Articulate principles for management of safety issues in patients with borderline personality disorder; 3) Describe the course and outcome of BPD and the impact of BPD on mood disorders and vice-versa; 4) Explain key principles and evidence in the pharmacological treatment of BPD; and 5) Understand the role of split treatments and family involvement in the treatment of BPD.

**Description:** This course will teach psychiatrists the basics of what they need to know to become capable, and comfortable, in treating patients with borderline personality disorder. The good psychiatric management taught in the course has been compared in a randomized study with dialectical behavioral therapy and performed equally well. Its contents have been developed as a handbook. The course begins with a focus on interpersonal hypersensitivity as a unifying feature of the disorder. Through interactive cases, video illustrations of principles, and ample time for questions and answers, participants will develop skills in diagnosing BPD, understanding its course and outcome, starting a treatment, applying principles of psychopharmacology, and effectively collaborating in multi-provider treatments. Basic information about the impact of BPD on other psychiatric and medical disorders (and vice versa) will help participants more effectively formulate care and treatment of patients with BPD and other disorders. Appropriate family involvement and key psychoeducational principles for families are included. Previous course participants have noted improvement in self-perceived skills in the treatment of BPD as they grow more confident in applying key principles in treatment.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1139

# Course Listings

## Integrating Technology and Psychiatry

**Topic:** Technology (EHR, Telepsychiatry, Apps)

**Director:** John Luo, M.D.

**Course Code:** C2536

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Utilize online resources for lifelong learning, patient care, and collaboration; 2) Integrate electronic practice management tools in education, communication, documentation, screening, and evaluation; 3) Monitor and maintain professional identity and privacy; and 4) Assess novel technologies such as smartphone apps and predictive analytics to determine their role in patient care.

**Description:** This is a newly revised course that addresses the important aspects of managing the information and technology that have become an integral component of the practice of psychiatry and medicine. Finding ways to make technology work both as a means of communication and as a way of keeping up-to-date on current changes in the field is an important goal. Whether it is collaborating with a colleague over the Internet, using a teleconferencing system, participating in a social network as a career resource, using a smartphone or tablet to connect via email, obtaining critical drug information at the point of care, or evaluating the impact of various treatments in health care management, there are many ways and reasons to integrate technology in the practice of psychiatry. This course will review the technology trends, applications, gadgets, and other novel technologies in the future of patient interaction. We will explore the evolving role of tablets, smartphones, and social media as mediums for clinical practice. This course will explore many of the ways that clinicians can use technology to manage and improve their practice.

**8:00 a.m. - Noon | 4 hours**

### Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 70 | **Code:** C2536

## Practical Psychodynamics to Enhance Outcomes in Pharmacological Treatment Resistance

**Topic:** Psychotherapy

**Director:** David Mintz, M.D.

**Course Code:** C1292

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Describe the evidence base linking meaning factors and medication response; 2) Construct an integrated biopsychosocial treatment frame; 3) Understand how pharmacotherapy and the meanings of medications can either support or interfere with development; 4) Diagnose common psychodynamics underlying pharmacological treatment resistance; and 5) Use psychodynamic interventions in pharmacotherapy to ameliorate psychodynamic contributors to medication issues.

**Description:** Though psychiatry has benefited from an increasingly evidence-based perspective and a proliferation of safer and more tolerable treatments, outcomes are not

substantially better than they were a quarter of a century ago. Treatment resistance remains a serious problem across psychiatric diagnoses. One likely reason is that the systems within which psychiatrists are working often create pressures for doctors to adopt a symptom-focused, biologically reductionistic framework. In this context, the important impact of psychosocial factors in prescribing have been relatively neglected, leaving psychiatrists to work without some of our most potent tools. Psychodynamic psychopharmacology is a psychodynamically informed, patient-centered approach to psychiatric patients that explicitly acknowledges and addresses the central role of meaning and interpersonal factors in pharmacological treatment. While traditional objective-descriptive psychopharmacology provides guidance about what to prescribe, the techniques of psychodynamic psychopharmacology inform prescribers about how to prescribe to maximize outcomes, not only in terms of an absence of symptoms, but also in ways that support the patient's development, increase in the patient's personal authority, and foster general well-being. This course will review the evidence base connecting meaning, medications, and outcomes, and will review psychodynamic concepts relevant to the practice of psychopharmacology. Then, exploring faculty and participant cases, and with a more specific focus on treatment resistance, common psychodynamic sources of pharmacological treatment resistance will be elucidated. This is intended to help participants to be better able to recognize those situations where psychodynamic interventions are likely to be vital to enhance pharmacological outcomes. Faculty will outline technical principles of psychodynamic psychopharmacology, providing participants with tools for working with psychodynamic resistances to and from psychiatric medications.

**8:00 a.m. - 5:00 p.m. | 8 hours**

### Javits Center

**Member Early Bird:** \$285 | **Advance:** \$335 | **Onsite:** \$355

**Nonmember Early Bird:** \$385 | **Advance:** \$435 | **Onsite:** \$455

**Spaces Available:** 150 | **Code:** C1292

## Eating Disorders and Obesity for the General Psychiatrist

**Topic:** Eating Disorders

**Director:** Evelyn Attia, M.D.

**Course Code:** C1162

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Recognize the psychiatric and medical features of DSM-5 feeding and eating disorders; 2) Learn the principles of evidence-based interventions for eating disorders, including psychosocial and pharmacological treatments; 3) Learn about the medical and psychological manifestations of obesity, especially as seen in psychiatric patients; 4) Learn about available bariatric surgery procedures, the psychological evaluations needed preoperatively, and the psychological changes commonly seen postsurgically; and 5) Learn about nutritional management of feeding and eating disorders.

# Course Listings

**Description:** Eating disorders are serious psychiatric illnesses associated with high rates of morbidity and mortality. They affect more than 10 million individuals in the U.S. and account for increasing rates of disability among adolescents and young adults worldwide, according to studies of the Global Burden of Disease. Eating disorders are frequently associated with other psychiatric symptoms and syndromes, including mood, anxiety, and substance use disorders. Psychiatrists and other mental health clinicians who may not specialize in eating disorder treatments will commonly identify eating and weight problems among their patients and may not know how best to manage these features. This course serves as a clinical and research update on eating disorders and obesity for the general psychiatrist. The lectures will include an introduction to the diagnosis and evaluation of eating disorders by Dr. B. Timothy Walsh. Dr. Evelyn Attia will review medical complications of eating disorders as well as evidence-based medication treatments for these conditions. Dr. Deborah Glasofer will discuss psychological treatments for adults with eating disorders and will present clinically useful tools from manualized treatments such as cognitive behavior therapy (CBT). Dr. Katharine Loeb will review feeding and eating disorders in children and adolescents, including a discussion of family-based treatments (FBT). Dr. Thomas Hildebrandt will speak about the presentation of eating disorders and related problems in males. Dr. Angela Guarda will discuss when to use higher levels of care for eating disorders treatment. Dr. Laurel Mayer will discuss obesity presentation and management. Dr. Michael Devlin will speak about bariatric surgery procedures for obesity, including the presurgical psychological assessment and some postsurgical psychological features. Dr. Janet Schebendach will discuss nutritional management for eating disorders and obesity. Opportunities for clinical questions will be included in each presentation.

**1:00 p.m. - 5:00 p.m. | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1162

## Everything You Always Wanted to Know About Interpersonal Psychotherapy for Children and Adolescents and Never Had the Chance to Ask

**Topic:** Depressive Disorders

**Director:** Laura Mufson, M.D.

**Course Code:** C1684

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Understand the basic principles of IPT-A; 2) Describe the key IPT-A techniques; 3) Understand how the principles and techniques have been modified for use as a preventive intervention; 4) Understand how the principles and techniques have been modified for use with preadolescents and their families; and 5) Utilize the techniques through role plays and discussion of case examples.

**Description:** Interpersonal Psychotherapy for Depressed

Adolescents (IPT-A) was adapted from the adult model of IPT and is based on the premise that depression, regardless of its etiology, occurs in an interpersonal context. IPT-A is a 12–15-session treatment that focuses on improving depressive symptoms and interpersonal functioning. IPT-A has been adapted as a preventive intervention for adolescents at risk for depression and for preadolescents diagnosed with depression. This course will provide an introduction to the principles of IPT-A as adapted for adolescents as well as the prevention model, Interpersonal Psychotherapy–Adolescent Skills Training (IPT-AST), and family-based IPT for preadolescents who suffer from depression. The course will include didactic lectures on the main principles and techniques of each treatment model, use of video illustration of particular techniques, opportunity for short experiential role playing, and brief case examples. IPT-A has been demonstrated to be an efficacious treatment for adolescent depression and is delineated in a published treatment manual. IPT-A meets the criteria of a “well-established treatment” for adolescent depression according to the American Psychological Association. This course will present the goals and phases of IPT-A, identified problem areas, primary components of IPT-A, and specific therapeutic techniques. IPT-AST is a group-based, preventive intervention for adolescent depression that can be delivered in a variety of settings. IPT-AST consists of one or two individual pre-group sessions, eight group sessions, and an individual mid-group session. Components of IPT-AST include psychoeducation regarding depression and the link between feelings and interpersonal events and interpersonal skill building to address interpersonal difficulties and prevent the development of depression. This course will provide a brief overview of the intervention, with a focus on specific strategies that are unique to the prevention model. Family-Based Interpersonal Psychotherapy (FB-IPT) is an effective treatment for depression in preadolescent children (ages 8–12). FB-IPT focuses on the family environment as a primary source of interpersonal stress for depressed preadolescents and provides a framework to address interpersonal impairment in depressed preadolescents and the family risk factors that may sustain their depressive symptoms. This course will outline the developmental modifications, structure, and clinical strategies for conducting FB-IPT. Participants who attend this course will gain a better understanding of IPT-A and its adaptations and how these models may be used in their own settings.

**1:00 p.m. - 5:00 p.m. | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1684

# Course Listings

**WEDNESDAY, MAY 9, 2018**

**Conversion Disorder:** Update on Evaluation and Management

**Topic:** Neuropsychiatry

**Director:** Gaston Baslet, M.D.

**Course Code:** C1272

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Perform a comprehensive assessment in patients with conversion disorder, incorporating input from test and exam results and other collaborating disciplines; 2) Communicate the diagnosis to the patient, his/her family, and the collaborating physician in a way that reinforces engagement in treatment; 3) Recommend, seek advice, and/or execute the most appropriate treatment plan based on the current evidence from the medical literature; and 4) Understand the complexity and heterogeneity of this patient population and recognize various modifiable risk factors that should be considered targets for treatment.

**Description:** Conversion disorder (also named functional neurological symptom disorder in the DSM-5) is diagnosed in a sizable proportion of patients seen in neurological practice. Treatment as usual involves referral to a mental health professional, including psychiatrists. During the last decade, there has been increased interest in the development of treatment options for this disorder, yet clear guidelines for the management of this complex population do not exist. This course will review the role of the psychiatrist during the diagnosis and management of patients with conversion disorder. We will provide an overview of our current understanding of the risk factors and pathogenic models of this disorder. These include biological and psychosocial etiologic factors. The course will focus on practical interventions, including guidelines for a comprehensive initial psychiatric evaluation. The effective communication of the diagnosis to patients, families, and collaborating providers is crucial. We will discuss the different stages of treatment, including engagement, evidence-based short-term interventions, and strategies for the long-term treatment of patients suffering from conversion disorders. The course will emphasize how to collaborate with the multitude of disciplines involved in the care of these patients. This will be facilitated by including faculty who possess a wealth of clinical experience in the evaluation and treatment of these patients. We will present illustrative cases showcasing the complexity and heterogeneity of patients with conversion disorder. Participation from the audience will be encouraged, including discussion of their cases.

**8:00 a.m. - Noon | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 70 | **Code:** C1272

## **Sleep Disorders and Psychiatry: What Should Mental Health Care Provider Know for Patient Care**

**Topic:** Sleep-Wake Disorders

**Director:** Karim Ghobrial-Sedky, M.D.

**Course Code:** C1574

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Understand and appreciate the importance of sleep disorders in patients with psychiatric disorders; 2) Demonstrate proficiency in knowledge about sleep disorders and its types; 3) Identify investigative and treatment methods to help patients; 4) Identify insomnia treatment methods and differences (advantages and disadvantages) between mindfulness therapy versus CBT-I for insomnia; and 5) Learn about new innovative treatments in the field of sleep medicine.

**Description:** Sleep disorders are common in patients with psychiatric disorders. This includes insomnia, hypersomnia, sleep apnea, and restless legs syndrome. Narcolepsy, an unusual neuropsychiatric disorder, can sometimes be confused with psychosis due to its associated hallucination complaints. Thus, it is imperative for mental health care professionals to be educated about these different disorders and educate their patients about managing them. The aim of this course is to discuss the prevalence of sleep disorders in patients with psychiatric disorders and the overlap between neurotransmitters implicated in both disorders. Restorative sleep protects human beings from the development of depression, mania, or even psychosis. Up to 60–90% of individuals with psychiatric disorders have comorbid sleep disorders. While there is sometimes significant overlap between these two disorders, treating one might lead to only partial remission. In a longitudinal meta-analytic review, presence of insomnia predicted the development of depression by an odds ratio of 2.6, highlighting the significant correlation. Similarly, in children, presence of sleep apnea was correlated to presence of depression and attention-deficit/hyperactivity symptoms, with improvements after treating the apnea. Thus, awareness of the methods to diagnose and treat sleep disorders becomes integral. A review of sleep questionnaire and hygiene, education about sleep studies, and laboratory tests required will be reviewed. In addition, synopsis about the use of mindfulness therapy—literature review, methodology of mindfulness, manual standardized for treating insomnia, and future work—will be discussed. This would be compared to the frequently used cognitive behavior therapy for insomnia, along with discussion about the preferred patient population in each with highlighting each modality's advantage of each.

**8:00 a.m. - Noon | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225

**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250

**Spaces Available:** 150 | **Code:** C1574

## **Interpersonal Psychotherapy (IPT) for Posttraumatic Stress Disorder**

**Topic:** Psychotherapy

**Director:** John Markowitz, M.D.

**Course Code:** C1014

**Educational Objectives:** At the conclusion of this session, the



# Course Listings

participant will be able to 1) Gain an understanding of how IPT has been adapted to treat PTSD; 2) Understand how to apply IPT to the treatment of IPT; and 3) Gain appreciation for a non-exposure approach to PTSD treatment.

**Description:** Exposure-based therapies have dominated the treatment research and clinical guidelines on posttraumatic stress disorder (PTSD); the Institute of Medicine deemed it the only treatment approach with sufficient evidence for their imprimatur. Research indeed shows that exposure treatments benefit many patients, yet they force patients to face their greatest fears, a grueling process that many patients and therapists are reluctant to undertake. Moreover, like all psychiatric treatments, exposure is no panacea; not all patients who are willing to try it improve, and some patients with high levels of dissociation may actually worsen with exposure. In 2015, we published results of a randomized controlled trial of 110 unmedicated patients with chronic PTSD in the American Journal of Psychiatry. This trial compared interpersonal psychotherapy (IPT), a non-exposure therapeutic approach; prolonged exposure, the best tested exposure-based treatment; and relaxation therapy, an active control condition. All three treatments showed large effect sizes for improvement. Contrary to the exposure dogma, IPT was non-inferior to prolonged exposure and had advantages for patients with comorbid major depression (half of patients who have PTSD) and for those with sexual trauma. Patients preferred IPT despite its then lack of a research base, and patients who responded to IPT generally remained well at three-month follow-up. Other research studies also suggest that IPT, a treatment with demonstrated efficacy for major depression and eating disorders, also benefits patients with PTSD. This course will briefly review the evidence supporting the IPT approach, then focus on its clinical emphases. IPT is an affect-focused treatment that helps patients understand the connection between their feelings and their interpersonal environment. IPT for PTSD focuses not on reconstructing the trauma patients have experienced or on facing trauma reminders, but on the interpersonal consequences of having been traumatized. Adapting IPT for chronic PTSD involves emotional reattunement to address patient symptoms of numbness; acknowledging feelings as helpful indicators of interpersonal encounters, rather than as noxious; and role play to help patients master their interpersonal environments. If time permits, the course will also review cases of PTSD contributed by the audience and discuss IPT approaches to their treatment.

**8:00 a.m. - Noon | 4 hours**

## Javits Center

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225  
**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250  
**Spaces Available:** 150 | **Code:** C1014

## Updates in Geriatric Psychiatry

**Topic:** Geriatric Psychiatry  
**Director:** Rajesh Tampi, M.D.  
**Course Code:** C1105

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Discuss the epidemiology, neurobiology, assessment, and treatment of neurocognitive

disorders among older adults; 2) Describe the epidemiology, and treatment of behavioral and psychological symptoms of dementia among older adults; 3) Enumerate the epidemiology, and treatment of mood and anxiety disorder among older adults; and 4) Elaborate on the epidemiology, and treatment of psychotic disorders among older adults; and 5) Examine the epidemiology, and treatment of substance use disorder among older adults.

**Description:** The population of older adults is growing rapidly in the United States. Currently, 13% of the population of United States is 65 or older. The population of older adults is expected to double in the next four decades. Psychiatric disorders are not uncommon among older adults, with one in five older adults presenting with diagnosable psychiatric disorder. Illnesses like neurocognitive disorders, behavioral and psychological symptoms of neurocognitive disorders, mood disorders, anxiety disorders, psychotic disorders, and substance use disorders are frequently encountered among older adults. In this course, we will review the common psychiatric disorders among older adults, including neurocognitive disorders, and substance use disorders. We have designed this comprehensive review course for clinicians who want to gain expertise in caring for older adults with these psychiatric disorders. This course intends to be a one-stop shop for those who intend to receive the most up-to-date information on neurocognitive disorders, and substance use disorders in late life. This course will be taught by award-winning geriatric psychiatrists who have expertise in the teaching courses in geriatric psychiatry.

**8:00 a.m. - 3:00 p.m. | 6 hours**

## Javits Center

**Member Early Bird:** \$240 | **Advance:** \$275 | **Onsite:** \$310  
**Nonmember Early Bird:** \$290 | **Advance:** \$325 | **Onsite:** \$375  
**Spaces Available:** 150 | **Code:** C1105

## Psychiatric Disorders in Pregnant and Postpartum Women: An Update

**Topic:** Women's Health  
**Director:** Shaila Misri, M.D.  
**Course Code:** C1950

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Identify risk factors for perinatal depression and be familiar with individualized treatment intervention; 2) Understand the principles of pharmacotherapy in bipolar disorders I and II in perinatal women; 3) Understand how perinatal mood/anxiety disorders affect mothers, fathers, and children and to learn about nonpharmacological treatment interventions; 4) Recognize effects of anxiety on fetus/developing child and review clinical presentations and treatment options; and 5) Understand the impact of untreated maternal illness on fetus, child, and family and recognize evidence-based treatment guidelines.

**Description:** This course provides a comprehensive overview of research updates and focuses on current clinical guidelines pertaining to treatment interventions in major depressive disorders, bipolar disorders, anxiety disorders, posttraumatic stress disorder, and obsessive-compulsive disorder during



# Course Listings

pregnancy and the postpartum period. This course provides new research including the latest FDA warnings for perinatal pharmacotherapy in bipolar disorders, major depressive disorder, anxiety, and ADHD. Nonpharmacological treatments including psychotherapies such as cognitive behavior therapy (CBT), mindfulness-based CBT, interpersonal psychotherapy, light therapy, and alternative therapies will be discussed. Infant massage and mother-baby attachment issues will be explored. Information on postpartum mental illness in fathers, its effect on the growing baby, and the change in their family dynamics will be presented. This course is interactive; the audience is encouraged to bring forward their complex patient scenarios or case vignettes for discussion. The course handouts are specifically designed to update the audience on the cutting-edge knowledge in this subspecialty.

**1:00 p.m. – 5:00 p.m. | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225  
**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250  
**Spaces Available:** 150 | **Code:** C1950

## Evaluation and Treatment of Sexual Dysfunctions

**Topic:** Sexual Dysfunctions

**Director:** Waguih Ishak, M.D.

**Course Code:** C1966

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Acquire practical knowledge and skills in the evaluation of sexual dysfunctions; 2) Acquire practical knowledge and skills in treatment of sexual dysfunctions; and 3) Apply gained knowledge/skills to real-world examples of sexual dysfunctions in men and women.

**Description:** This course is designed to meet the needs of psychiatrists who are interested in acquiring current knowledge about the evaluation and treatment of sexual disorders in everyday psychiatric practice. The participants will acquire knowledge and skills in taking an adequate sexual history and diagnostic formulation. The epidemiology, diagnostic criteria, and treatment of different sexual disorders will be presented, including the impact of current psychiatric and nonpsychiatric medications on sexual functioning. Treatment of medication-induced sexual dysfunction (especially the management of SSRI-induced sexual dysfunction), as well as sexual disorders secondary to medical conditions, will be presented. Treatment interventions for sexual disorders will be discussed, including psychotherapeutic and pharmacological treatments. Major emphasis will be placed on women's sexual health and dysfunctions, including recent pharmacological and psychotherapeutic advances. Clinical application of presented material will be provided using real-world case examples brought by the presenter and participants. Methods of teaching will include lectures, clinical vignettes, and group discussions.

**1:00 p.m. - 5:00 p.m. | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225  
**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250  
**Spaces Available:** 70 | **Code:** C1966

## Rhythm and Blues: An Introduction to Interpersonal and Social Rhythm Therapy (IPSRT)

**Topic:** Bipolar and Related Disorders

**Director:** Holly Swartz, M.D.

**Course Code:** C2379

**Educational Objectives:** At the conclusion of this session, the participant will be able to 1) Provide patients suffering from bipolar disorder with a rationale and set of strategies for improving their social rhythm stability; 2) Describe the link between stability of routines and mood; and 3) Use principles of chronobiology to help patients with bipolar disorder address mood symptoms.

**Description:** Bipolar disorder (BP) is a highly disabling illness for which pharmacotherapy is only partially effective. Fewer than 50% of patients treated with pharmacotherapy alone recover and remain well for more than a year. In the last two decades, psychosocial interventions have emerged as valuable complements to medication in improving symptomatic and functional outcomes for individuals with bipolar disorder. Interpersonal and social rhythm therapy (IPSRT), based on interpersonal psychotherapy (IPT), is an evidence-based psychotherapy for adults and adolescents suffering from bipolar disorder. Developed at the University of Pittsburgh, this treatment combines a behavioral approach to increasing the regularity of daily routines (social rhythms) with an interpersonal approach to coping with interpersonal life stress and social role problems. It has now been shown to be efficacious in preventing relapse of mania and depression and in treating acute episodes of bipolar depression when used in combination with pharmacotherapy. Studies also demonstrate its utility as a monotherapy for adults with bipolar II disorder and for adolescents with bipolar I or II illness. The IPSRT approach has now been expanded to include group therapy models for inpatient, intensive outpatient (day-hospital), and standard outpatient treatment. This course will explain the rationale for the treatment, present data on its efficacy in the treatment of bipolar disorder, and introduce participants to the strategies and techniques used in IPSRT. Coursework will focus on understanding and managing the sleep-wake cycle in the context of circadian biology changes related to bipolar disorder. Interactive components of the course will give participants the opportunity to practice basic IPSRT techniques such as assessment of social rhythm stability utilizing the Social Rhythm Metric. Participants who complete this course will have an increased understanding of the role of psychosocial interventions for the treatment of bipolar disorder and will be able to use components of IPSRT with their own patients suffering from bipolar disorder.

**1:00 p.m. - 5:00 p.m. | 4 hours**

**Javits Center**

**Member Early Bird:** \$180 | **Advance:** \$200 | **Onsite:** \$225  
**Nonmember Early Bird:** \$205 | **Advance:** \$225 | **Onsite:** \$250  
**Spaces Available:** 150 | **Code:** C2379



# Featured Speakers



## **Nora D. Volkow, M.D.,**

became director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health in May 2003. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Dr. Volkow's work has been instrumental in demonstrating that drug addiction is a disease of the human brain. As a research psychiatrist and scientist, Dr. Volkow pioneered the use of brain imaging to investigate the toxic effects and addictive properties of abusable drugs. Her studies have documented changes in the dopamine system affecting, among others, the functions of frontal brain regions involved with motivation, drive, and pleasure in addiction. She has also made important contributions to the neurobiology of obesity, ADHD, and aging. Dr. Volkow has published more than 600 peer-reviewed articles and written more than 95 book chapters and non-peer-reviewed manuscripts, and has also edited three books on neuroimaging for mental and addictive disorders.



## **Elinore McCance-Katz, M.D., Ph.D.**

is the first Assistant Secretary for Mental Health and Substance Use. She obtained her Ph.D. from Yale University with a specialty in Infectious Disease Epidemiology and is a graduate of the University of Connecticut School of Medicine. She is board certified in General Psychiatry and in Addiction Psychiatry. She is a Distinguished Fellow of the American Academy of Addiction Psychiatry with more than 25 years as a clinician, teacher, and clinical researcher. Most recently she served as the Chief Medical Officer for the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals and as the Chief Medical Officer for the Eleanor Slater Hospital system which is Rhode Island's state resource for patients with the most serious mental illnesses and medical illnesses requiring long term, inpatient care. She was also Professor of Psychiatry and Human Behavior at Brown University. Previously, she served as the first Chief Medical Officer for the Substance Abuse and Mental Health Services Administration (SAMHSA). Prior to coming to SAMHSA, she served at the University of California, San Francisco as a Professor of Psychiatry, as the Medical Director for the California Department of Alcohol and Drug Programs, and as the Medical Director of SAMHSA's Clinical Support Systems for Buprenorphine (PCSS-B) and Opioids (PCSS-O).

# Scientific Program Lecturers



**Amit Etkin, M.D., Ph.D.**, is an associate professor in the department of psychiatry and behavioral sciences at Stanford, a member of the Stanford Neurosciences Institute, and an investigator at the Palo Alto VA. He is trained as both a neuroscientist and psychiatrist. The overarching aim of the Etkin Lab is to understand the neural basis of emotional disorders and their treatments, leverage this knowledge to better understand how the brain works, and to develop novel treatment interventions. In support of this goal, Dr. Etkin also collaborates with neuroscientists, engineers, psychologists, physicians and others to establish a new intellectual, scientific and clinical paradigm for understanding and manipulating human brain circuits in healthy individuals and for treating psychiatric disease.



**Benjamin Druss, M.D.**, is working to build linkages between mental health, physical health, and public health as the first Rosalynn Carter Chair in Mental Health at Emory University. At Emory, he works closely with the Carter Center Mental Program, where he is a member of the Mental Health Taskforce and Journalism Advisory Board. Dr. Druss serves on the editorial boards of JAMA Psychiatry, the American Journal of Psychiatry, and General Hospital Psychiatry, and edits Psychiatric Services' Integrated Care Column. He is a member of NIMH's National Advisory Mental Health Council.



**Darrell G. Kirch, M.D.**, is president and CEO of the Association of American Medical Colleges (AAMC), which represents the nation's medical schools, teaching hospitals, and academic medical societies. A distinguished physician, educator, and medical scientist, Dr. Kirch speaks and publishes widely on the need for transformation in the nation's health care system and how academic medicine can lead change across medical education, biomedical research, and patient care. Prior to becoming AAMC president in 2006, Dr. Kirch served as the dean and academic health system leader of two institutions, the Medical College of Georgia and the Penn State Milton S. Hershey Medical Center. A psychiatrist and clinical neuroscientist by training, Dr. Kirch began his career at the National Institute of Mental Health, becoming the acting scientific director in 1993 and receiving the Outstanding Service Medal of the United States Public Health Services.



## Scientific Program Lecturers (continued)



**David Amodio, M.D.**, is an associate professor of psychology and neural science at New York University, where he directs the NYU Social Neuroscience Laboratory. His research examines the neural and psychological mechanisms that drive social behavior, with a focus on implicit bias and self-regulation in intergroup contexts. Dr. Amodio also studies the impact of prejudice on the mental and biological health of minority group members, with the broad goal of addressing racial disparities in health and education. Dr. Amodio served as the associate editor at the *Journal of Personality and Social Psychology* and co-founded the Social and Affective Neuroscience Society. His scientific contributions have been recognized by awards from The White House, American Psychological Association, Association for Psychological Science, Social for Personality and Social Psychology, and the International Social Cognition Network.



**Dinesh Bhugra, C.B.E.**, is emeritus professor of mental health and cultural diversity at the Institute of Psychiatry, Psychology and Neuroscience King's College London. He was president of the World Psychiatric Association from 2014-2017 and in 2017 became president-elect of the British Medical Association. Dinesh Bhugra's research interests are in cultural psychiatry, sexual dysfunction, and service development. He is the recipient of over 10 honorary degrees. He has authored/co-authored over 400 scientific papers and 30 books, and is the editor of three journals (*International Journal of Social Psychiatry*, *International Review of Psychiatry*, and *International Journal of Culture and Mental Health*). Previously he was the dean (2003-2008) and then president (2008-2011) of the Royal College of Psychiatrists in the UK, where he led on major policy initiatives on psychiatry's contract with society and the role of the psychiatrist.



**Joshua A. Gordon, M.D., Ph.D.**, is the director of the National Institute of Mental Health (NIMH). Dr. Gordon pursued a combined M.D.-Ph.D. degree at UCSF in psychiatry and neuroscience. Upon completion of the dual degree program, Dr. Gordon went to Columbia University for his psychiatry residency and research fellowship because of the breadth and depth of the research opportunities there. He joined the Columbia faculty in 2004 as an assistant professor in the department of psychiatry. Dr. Gordon's work has been recognized by several prestigious awards, including the Brain and Behavior Research Foundation-NARSAD Young Investigator Award.



**Norman Sartorius, M.D., D.P.M., M.A.**, was the first director of the division of mental health of the WHO until 1993. Subsequently he was the president of the World Psychiatric Association and president of the Association of European Psychiatrists. He is now the president of the Association for the Improvement of Mental Health Programmes, a member of the Board of the Geneva Prize Foundation and holds professorial appointments at universities in China, UK, USA, and elsewhere. He has published more than 400 articles in peer-reviewed journals and authored/co-authored and edited more than 100 books. He is an honorary fellow of the American Psychiatric Association and of numerous professional associations and has received honorary doctorates from universities in the Czech Republic, Denmark, Romania, Sweden and the UK. He is also an honorary member of the Medical Academies in Croatia, Mexico, Peru and Spain and a corresponding member of the Croatian Academy of Arts.

## Scientific Program Lecturers (continued)



**Baroness Susan Greenfield, C.B.E.**, is a British scientist, writer, broadcaster and member of the House of Lords. Specializing in the physiology of the brain, Susan researches the impact of 21st century technologies on the mind, how the brain generates consciousness, and novel approaches to neurodegenerative diseases such as Alzheimer's and Parkinson's. Susan has written a range of non-specialist books on issues relating to the mind and brain for the general reader. She appears regularly on radio and television and frequently gives talks to the public and private sector.



**Thomas R. Insel, M.D.**, a psychiatrist and neuroscientist, is a co-founder and president of Mindstrong Health. From 2002-2015, Dr. Insel served as director of the National Institute of Mental Health (NIMH), the component of the National Institutes of Health (NIH) committed to research on mental disorders. Prior to serving as NIMH director, Dr. Insel was professor of psychiatry at Emory University where he was founding director of the Center for Behavioral Neuroscience in Atlanta. Most recently (2015-2017), he led the Mental Health Team at Verily (formerly Google Life Sciences) in South San Francisco, CA. Dr. Insel is a member of the National Academy of Medicine and has received numerous national and international awards including honorary degrees in the U.S. and Europe.



**Wendy Burn, M.D.**, became a consultant old age psychiatrist in Leeds in West Yorkshire in the UK in 1990 and currently works in a community post. She has been involved in the organization and delivery of postgraduate training since she started as a consultant. She has held many roles in education including college tutor, training program director, director of postgraduate medical education, chair of specialty training committee and associate medical director for doctors in training. She set up the Yorkshire School of Psychiatry and was the first head of school. On behalf of the Royal College of Psychiatrists she has been an examiner, a senior organizer of clinical examinations, a deputy convener, regional coordinator for CPD and the deputy lead for national recruitment. She was college dean from 2011 to 2016. She is currently the president of the college and the co-chair of the Gatsby Wellcome Neuroscience Project.



**Wilson M. Compton, M.D., M.P.E.**, is deputy director of the National Institute on Drug Abuse (NIDA) of the National Institutes of Health. NIDA supports most of the world's research on health aspects of drug abuse and addiction related to preventing drug abuse, treating addiction, and addressing serious health consequences of drug abuse. Dr. Compton received his undergraduate education at Amherst College and his medical education at Washington University in St. Louis. Over his 25+ year career, Dr. Compton has achieved multiple scientific accomplishments. He authored more than 150 articles, including widely cited papers on the opioid crisis, an invited speaker at multiple high-impact venues, and recipient of multiple awards. Of note, Dr. Compton received the APA Senior Scholar Health Services Research Award in 2008, the Health and Human Services Secretary's Awards for Meritorious Service in 2013 and Distinguished Service in 2014, and awards from the FDA in 2012, 2013 and 2017.

# Frequently Asked Questions

## REGISTRATION

### Q: What's included in my registration fee?

**A:** Admission to approximately 450 scientific sessions with the opportunity to earn CME credits, admission into the Exhibit Hall, and a registration badge with access to shuttle bus services from official meeting hotels to the Javits Center. Additional fee required for courses (see page 63 for course fees).

### Q: Are meals included at the Annual Meeting?

**A:** No, attendees can purchase food from vendors inside of the Exhibit Hall during exhibit days/hours or by visiting concession outlets inside the Javits Center.

### Q: Is advanced registration required?

**A:** Onsite registration is available, however at a significantly higher fee. Register early to receive the deeply discounted early bird rate. If you [register online](#), you will avoid the additional fee associated with fax or mail registration.

### Q: Can I bring a spouse/significant other?

**A:** As an exclusive APA member benefit, members can register a spouse/significant other at a discounted rate. Registration fees range from \$230-\$295 depending on when and how you register. This category is designated for spouse/significant other who lives in the same household, **is not an APA member** and receives mail at the same address. This cannot be used for a colleague, an APA member, siblings or children. Only one additional registration is allowed per full program registrant. Identification will be checked on site. A spouse/significant other registration includes admission into the Exhibit Hall, admission to all sessions (except those for Members Only) with the opportunity to earn CME credits and a registration badge with access to the shuttle bus service. If you are not an APA member and wish to register a spouse/significant other, you will be required to pay the appropriate nonmember registration fee. You should consider joining APA to receive a significantly reduced registration for yourself and your spouse/significant other.

### Q: Why am I receiving nonmember rate information when I register even though I am an APA member?

**A:** We do apologize for the inconvenience. Please contact the Membership Department at 202-559-3900 or [membership@psych.org](mailto:membership@psych.org) to verify your membership status. If you have become a member or renewed your membership within 24 hours of attempting to register, please note that the online system takes up to 48 hours to reset and include your information.

### Q: How do I cancel my registration?

**A:** All registration and/or course cancellation requests must be received in writing by **April 19, 2018**, (see dates below for refund schedule) by the APA office via fax, 202-380-0676, or email at [registration@psych.org](mailto:registration@psych.org). A confirmation will be sent once the request has been processed. Refund policy and cancellation fees are as follows:

**Until March 1, 2018:** Full refund

**March 2 - April 19, 2018:** Refund less cancellation fee equal to 25% of total amount paid

**April 20, 2018 and beyond:** No refunds

Refunds for eligible cancellations will be refunded in the manner the payment was received.

### Q: I can no longer attend; can I send a replacement?

**A:** Yes, please request a change request form by emailing [registration@psych.org](mailto:registration@psych.org).

### Q: How can I correct my badge and contact information?

**A:** Corrections to contact or badge information should be emailed to [registration@psych.org](mailto:registration@psych.org).

### Q: How can I obtain a receipt?

**A:** Visit the online [Attendee Service Center](#) to print a receipt.



# Frequently Asked Questions

## CONTINUING EDUCATION

**Q: How many CME credits are available?**

**A:** The Annual Meeting offers a maximum of 40 CME credits. Preliminary program information is available at [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting)

**Q: How do I get a CME Credit/Certificate of Attendance?**

**A:** The APA General Evaluation will be available on site and online at [psychiatry.org/annualmeetingcme](http://psychiatry.org/annualmeetingcme) during and after the meeting. The online format incorporates the capability to print a personalized Certificate of Credit for physicians or Certificate of Attendance for nonphysicians. To receive a CME or participation certificate you must claim credit by August 9, 2018. Certificates will not be issued past that date. If you need additional information, contact the Education Department at [eduCME@psych.org](mailto:eduCME@psych.org).

## SCIENTIFIC PROGRAM AND COURSES

**Q: Can I exchange one course ticket for another course ticket with the same price?**

**A:** To make this exchange prior to the meeting, email [registration@psych.org](mailto:registration@psych.org) to request the change. During the meeting, visit the Registration Area in the Javits Center to make the change. The exchange can be made only if space is available.

**Q: Can I buy materials for courses I could not attend?**

**A:** No. Only course attendees will receive the materials.

**Q: How can I get a copy of a presenter's paper?**

**A:** Abstracts will be available in the *Syllabus and Proceedings* in May 2018—online at [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting) or in your virtual registration bag. Presentation slides for select sessions will be available through the APA Meetings App.

## HOUSING AND TRAVEL FAQs

As an APA member benefit, APA members will have an exclusive opportunity to reserve a hotel room for the APA's 2018 Annual Meeting in New York between **October 24 - November 6**. You will save money too by taking advantage of the early bird registration rates beginning December 5. To register, go to [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting). You will need your log-in information to receive member rates beginning December 5. If you do not have this information, call 703-907-7300. To receive your first-choice hotel, reserve your hotel through the APA's Annual Meeting website or call onPeak, the official APA housing company, toll free at 855-992-3353 or 312-527-7300. onPeak is the only company authorized to take hotel reservations for the APA's official hotels

Don't delay! Register today and take advantage of your discounted member rate to attend the premier psychiatric meeting of the year!

**Q: How do I secure hotel reservations?**

**A:** To reserve a room online, go to [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting) and click on the housing link. You may also reserve by telephone by calling onPeak. The housing instructions are located on page 51.

onPeak  
381 Park Ave. South, 3rd Floor  
New York, NY 10016  
855-992-3353 or 312-527-7300

**Q: How can I change my hotel on site?**

**A:** Visit onPeak's housing desk at the Javits Center, Crystal Palace, Third Level.

**Q: Does the APA offer any travel discounts?**

**A:** A variety of travel discounts, including air and train discounts, are available through the official APA travel company, ATC Travel Management. See page 43 for specific discounts.

ATC Travel Management  
800-458-9383  
[ATCtravel@psych.org](mailto:ATCtravel@psych.org)





# Frequently Asked Questions

**Q: Can the APA write an invitation letter for my visa?**

**A:** Invitation letters can be obtained by visiting the online [Attendee Service Center](#). Invitation letters will be issued to registered attendees only.

## MEMBERSHIP

**APA Membership Office Department**

888-35-PSYCH or 703-907-7300

[membership@psych.org](mailto:membership@psych.org)

**Q: Can I become a member before the meeting and pay the member registration rate?**

**A:** Yes, by becoming an APA member you and your spouse/significant other are able to register at a significantly reduced rate. Please note the deadlines below.

To receive the **Early Bird Registration rate:**  
Applications must be submitted by January 12, 2018.

To receive the **Advance Registration rate:**  
Applications must be submitted by March 23, 2018.

Nonmembers or reinstating members please select a membership category and **complete a membership application** at [psychiatry.org/join](http://psychiatry.org/join). Fax the registration form and membership application to 703-907-1097. You will be notified once the application is received and the review process

begins. Your member fee registration will be held in a pending file until your application for membership is approved and member dues are paid. You will be notified by the Annual Meeting registration department if your member fee registration cannot be honored, requiring you to pay the nonmember registration fee. Incomplete or pending applications will not qualify for member rates but will be automatically considered for the APA Annual Meeting rebate program (see below for details).

**Q: What is the APA Annual Meeting rebate program, and how do I qualify?**

**A:** The APA Annual Meeting rebate program is for nonmembers or former members of the APA who paid the nonmember full program rate to attend the Annual Meeting and who qualify for general, resident-fellow or international membership in the APA. Visit APA Central in the Exhibit Hall or APA Membership Desk in the registration area for rebate program details.

We encourage you to apply for [APA membership](#) online before registering for the Annual Meeting to take advantage of the member discounted rate (up to \$620 value), as well as the many [membership benefits](#) that the APA has to offer.



# APA Art Association Exhibit

The APA Art Association hosts an art exhibit at the Annual Meeting each year, offering APA members and significant others an opportunity to display their original artwork. The categories are: ceramics, fiber, computer art, crafts, graphics, jewelry, poetry, painting mixed, painting oil, painting water-based, black-and-white or color photography, and sculpture.

## APA Art Association Exhibit

Javits Center  
Exhibit Halls 3A/3B, Level 3

<b>Sunday, May 6</b>	10:00 a.m. – 4:00 p.m.
<b>Monday, May 7</b>	10:00 a.m. – 5:00 p.m.
<b>Tuesday, May 8</b>	10:00 a.m. – Noon 1:00 p.m. – 2:00 p.m.

The APA Art Association exhibit will be open to all APA meeting registrants. Visitors to the exhibit will be able to vote for their favorite works. *Judging will end on Monday, May 7, at 5:00 p.m..* **All exhibitors are asked to sign up for a two-hour period to help host the exhibit while it is open to the public.**

*\*The exhibit will be closed Tuesday, Noon – 1:00 p.m. for the APA Art Association Annual Meeting (members only).*

## APA Art Association Awards and Reception

APA Art Association Exhibit Area

**Tuesday, May 8** 1:00 p.m. – 2:00 p.m.

Ribbon awards will be presented and there will be a reception for artists and meeting registrants.

## How to Exhibit

To exhibit artwork at the 2018 Annual Meeting, submit the application on the next page and art association dues by April 13, 2018.

The exhibit is open to APA members and their significant others. For further information or to submit your entries and dues, contact:

Alberto Serrano, M.D.  
Treasurer, APA Art Association  
20726 Stone Oak Parkway Suit 101  
San Antonio, TX 78258

## Entries Accepted from December 4, 2017 – April 13, 2018

Entries arriving after April 13, 2018, may still be exhibited, but may not be listed on the exhibit ballot.

## Exhibit Set-Up

APA Art Association Exhibit Area

**Saturday, May 5** Noon – 3:00 p.m.

Entries are to be brought to the APA Art Association exhibit area between Noon and 3:00 p.m. on Saturday, May 5. Each artist is responsible for transporting, displaying, and picking up his/her work. Hanging hooks and tables will be provided. All pieces must be ready for display: framed, wired, and glassed. The exhibit coordinator will coordinate the display of artwork. The APA Art Association does not assume any liability for the artwork.

## Exhibit Closing

APA Art Association Exhibit Area

**Tuesday, May 8** 2:00 p.m. – 3:00 p.m.

Exhibitors are responsible for picking up artwork from the exhibit area. Please do not remove your entry prior to 2:00 p.m. on Monday, May 7.

This information is tentative and subject to change.



# APA Art Association Exhibit (continued)

## About the APA Art Association

The APA Art Association was founded by the late Norman R. Schulack in 1969 in Miami, FL. The APA Art Association offers the chance to set free and enfranchise the dormant artist within each and every one of us. A vast world of imagery and ability to reach beyond arbitrary barriers and a whole new set of human values await those willing to leap. Beware, however, that once the hurdle is behind, it is essential to be neither timid nor alarmed (though some may be startled) at the extent

of the liberated artist's domain. Membership in the APA Art Association is open to all members of the APA, their spouses or significant others (we define "significant others" as spouse-like partners).

Executive Board:

Astrid Rusquellas, M.D. President  
 Micheline Dugue, M.D. Vice President  
 Alberto Serrano, M.D. Treasurer  
 Kirsi Van Rijn-Nikkinen, M.D., Editor

## APA ART ASSOCIATION MEMBERSHIP APPLICATION

**Make two copies of this entry form for each submission.  
 Send one copy with payment, and attach the other to the back of your art.**

**Dues and patron dues are \$30**, which includes the cost of exhibiting up to two pieces of art at the Annual Meeting; additional pieces are \$5 each, maximum of six pieces.

Enclosed is a check in the amount of

\$ \_\_\_\_\_  
*made payable to the APA Art Association*

### Mail completed form and payment to:

Alberto Serrano, M.D.  
 Treasurer, APA Art Association  
 20726 Stone Oak Parkway Suite 101  
 San Antonio, TX 78258

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ ZIP/Postal code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Are you and APA Member: Yes No Spouse/Significant Other: Yes No

Art Title: \_\_\_\_\_

Size: \_\_\_\_\_ Date Produced or Copyrighted: \_\_\_\_\_

Signature (required): \_\_\_\_\_

### Please Check Art Category

- Computer Art   
  Ceramic   
  Crafts   
  Painting Water-Based   
  Painting Mixed   
  Painting Oil  
 Graphics   
  Poetry   
  Fiber   
  Photography B&W   
  Photography Color   
  Sculpture  
 Jewelry   
  Other: \_\_\_\_\_



# General Travel Information

## Fare Quotes And Tickets

Online service fee ..... \$19.00  
[atcmeetings.com/apapsych](http://atcmeetings.com/apapsych)

## Discounts And Services

Up to 5% off applicable classes of service for tickets purchased prior to the meeting.

For Delta Airlines, go to [delta.com/meetings](http://delta.com/meetings) and enter **NMR4U** in the “Meeting Event Code” field. Service fees apply.

For United Airlines, go to [APAPsy.ch/BookUnited](http://APAPsy.ch/BookUnited) or call United Reservations Meetings Desk at 800-426-1122 and provide the Z Code **ZEAA** and Agreement Code **538534**.

For all tickets issued through United Meetings Reservations Desk, there will be a booking service fee per ticket collected. This fee is subject to change without notice. Such service fee is nonrefundable and applies to all itineraries, one-way or round-trip.

## Online Travel Center: Association Endorsed

[atcmeetings.com/apapsych](http://atcmeetings.com/apapsych)

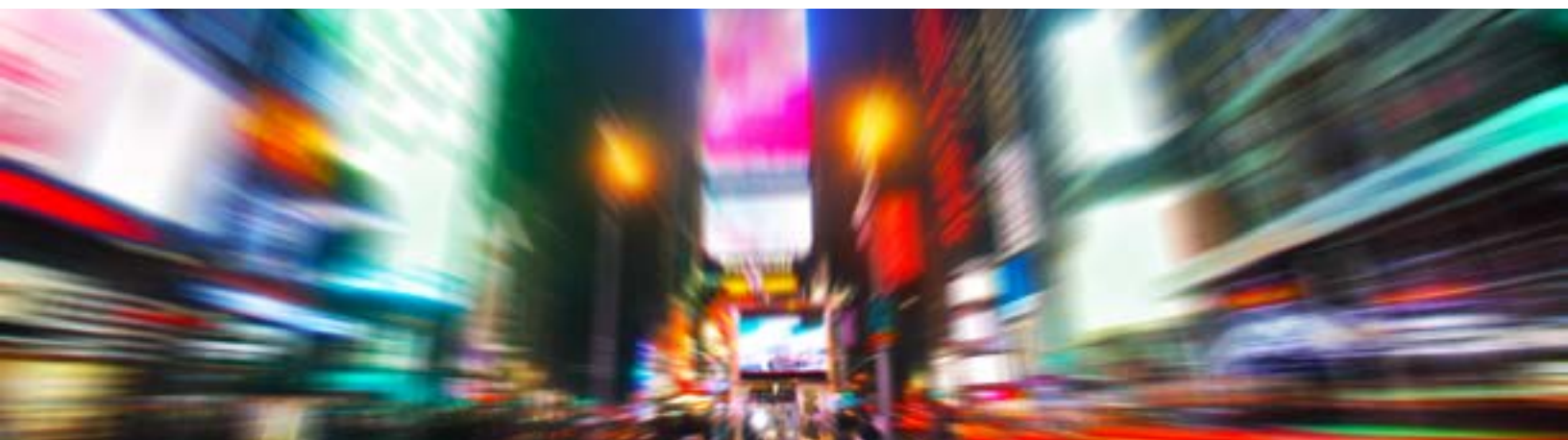
The ATC Travel Center is your one stop for making reservations to association meetings and adding additional excitement to your travel plans.

- Airline discounts
- Car discounts
- Tours and sightseeing
- Travel tools
- Low fare search options

*The above discounts apply for travel **May 1-13, 2018** to **New York City**. Restrictions apply. Service fees apply to ticketed reservations.*

### You may also call your own agency or the vendors directly and refer to the following ID numbers:

Delta	NMR4U	800-328-1111
United	ZEAA / 538534	800-426-1122
Hertz Rentals	CD# 1170024	800-654-2240
Alamo Rentals	CD# LEADERS	844-354-6962





# Getting To New York City

## Getting To New York City

For those traveling by air, the City is served by seven area airports. Of these, three are major hubs: John F. Kennedy International Airport (JFK) and LaGuardia Airport (LGA) are both in Queens, while Newark Liberty International Airport (EWR) is located in neighboring New Jersey. These three airports provide access to the City via taxis, buses, vans, subways, trains and private car services.

## John F. Kennedy International Airport (JFK)

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

JFK is 15 miles from Midtown Manhattan. It handles the most international traffic of any airport in the United States—more than 406,000 flights and 50.4 million-plus passengers annually. About 7,600 weekly domestic arrivals/departures connect to JFK, and 80 airlines serve its six passenger terminals.

## Getting to Manhattan from JFK

### Taxi

The flat-rate fare is \$52.80 (excluding tolls and gratuity); 50–60 minutes to/from Midtown.

### Subway

\$7.75 (\$5 for AirTrain JFK and \$2.75 for subway); 60–75 minutes to Midtown Manhattan on the A subway line at the Howard Beach–JFK Airport station, or the E, J, Z subway lines and Long Island Rail Road (LIRR) train at the Sutphin Boulevard/Archer Avenue station.

### Train

\$5 AirTrain JFK connects to LIRR Jamaica Station, \$10 peak/\$7.25 off-peak train to Penn Station (NOTE: \$6 surcharge for tickets purchased on board the train). On

Saturday and Sunday, the fare to Penn Station is \$4.25. The trip to Penn Station is 20 minutes (not including the AirTrain ride).

### Public Bus

\$2.75 (with free transfer to subway line into Manhattan); 60–75 minutes to Midtown. The Q3 bus at JFK connects to the F subway line, the B5 connects to the 3 and 4 lines, and the Q10 bus connects to the E and F lines.

Private bus and van companies \$16–20. Higher prices for private limo car services.

## LaGuardia Airport (LGA)

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

LaGuardia is on the northern shore of Queens and is the closest airport to Midtown Manhattan at about 8 miles away. It handles domestic US flights and shuttles, and Canadian and Caribbean air traffic, with 338,500-plus flights and 26.7 million passengers annually.

## Getting to Manhattan from LaGuardia

### Taxi

Metered fare is approximately \$30–50 (excluding tolls and gratuity); 30 minutes to/from Midtown. There is a \$1 surcharge for trips taken 4–8pm on weekdays and a 50-cent surcharge for trips taken 8pm–6am daily.

### Public Bus

The fare is \$2.75 for the Select Bus Service M60 between LaGuardia and Manhattan's Upper West Side (106th Street and Broadway), with stops at all major Manhattan subway lines (1, 2, 3, 4, 5, 6, A, B, C, D); 45–60 minutes. The express Q70 bus goes to the 82nd Street/Jackson Heights subway station (for the 7 subway line) and the Jackson Heights/Roosevelt Avenue subway station (for 7, E, F, M or R lines); add 15–20 minutes for the subway

# Getting to New York City (continued)

ride. Private bus and van companies: \$13–20. Higher prices for private limo car services.

## **Newark Liberty International Airport (EWR)**

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

Newark Liberty welcomes more than 414,700 flights and almost 35 million passengers annually. There are more than 29 international and domestic carriers, with some 7,700 weekly domestic arrivals/departures. The airport is across the Hudson River from New York City, 16 miles and 45–60 minutes from Midtown Manhattan.

## **Getting to Manhattan from Newark Liberty**

### **Taxi**

Service to Midtown is permitted only via New Jersey-regulated taxis. Metered fares range \$60–75 (excluding tolls and gratuity). During weekday rush hours (6–9am and 4–7pm) and on weekends noon–8pm, there is a \$5 surcharge to anywhere in New York State, except Staten Island. Seniors (ages 62 and older) receive a 10% discount. New Jersey taxis add a \$5.50 surcharge to all credit card transactions. NOTE: When traveling to Newark Liberty from Midtown, taxi service is via NYC's regulated taxis. Metered fares range \$69–75, plus a \$5 surcharge (excluding tolls and gratuity).

### **Train**

AirTrain Newark is free between EWR terminals. Purchase a flat-rate \$12.50 ticket for a connection on an NJ Transit or Amtrak train into New York's Penn Station. Note: Retain your \$12.50 receipt to show to conductors on each train connection. Private bus and van companies: \$16–20. Higher prices for private limo car services.

### **Other Ways to Get Here**

In addition to nearby airports, New York City is easily accessible via an extensive network of bridges, tunnels, ferries, trains, light rail, buses, heliports and even cruise ports. Driving to the City is an option, but you certainly won't need a car to get around—the fastest, easiest way to reach virtually every NYC attraction is by foot and the City's energy-efficient 24-hour public transit system.

# Getting Around New York City

The best way to get around NYC is through a combination of walking and mass transit. NYC's extensive system of subways and buses are operated by the MTA (Metropolitan Transportation Authority). The system is inexpensive, operates 24/7 and provides a fun way to extend sightseeing, and it gets you where you need to go—fast. Other interborough connections include ferries and even an aerial tramway.

Getting an MTA MetroCard is your first step to navigating the City by subway or bus. A MetroCard is required to enter the subway system, while exact change or a MetroCard can be used on buses. You can purchase a MetroCard at any subway station from multilingual machines (which accept cash and credit and debit cards) or booth attendants.

**For a quick and convenient way to travel between the Marriott Marquis and the Javits Center, take the 7 Line to the Hudson Yards station. The station is one block away from the center.**

Riders have three options for fare payment; a single-ride ticket, a pay-per-ride MetroCard or an unlimited-ride MetroCard. A single-ride ticket costs \$3, is sold only at vending machines and must be used within two hours of purchase. For MetroCards, there is a \$1 fee to purchase so be sure to retain it (and check the expiration date on the back of the card—the MTA will issue a new MetroCard for no charge if your card has expired or is damaged). With a pay-per-ride MetroCard, the base fare for a subway or bus ride is \$2.75. If a value over \$5.50 is added to the card, an additional 5 percent bonus is added as well. Below are some samples with the bonus:

- Buy a \$ 10.48 MetroCard (\$11 value) 4 rides
- Buy a \$20.96 MetroCard (\$22 value) 8 rides
- Buy a \$41.91 MetroCard (\$44 value) 16 rides

An unlimited MetroCard enables users to ride all subways and buses as often as they like and costs \$32 for seven days or \$121 for 30 days. Additional discounts are available for seniors age 65 and older and disabled riders. For a map of New York City's subway and bus system, click [here](#).

## NYC Taxis

The City's fleet of taxicabs is regulated by the NYC Taxi & Limousine Commission (TLC). Taxi- cabs operate 24 hours, provide door-to-door service and accept cash or credit cards. The City's famous yellow fleet is primarily seen throughout Midtown but can be hailed for trips to other boroughs and even to other states. NYC's new apple-green Boro Taxis can pick up hails in the Bronx, Brooklyn, Queens (excluding the airports) and Staten Island, plus northern Manhattan (north of West 110th Street and East 96th Street); they are not authorized to pick up any trips elsewhere in Manhattan.

To hail a taxi, stand at the curb and look for a yellow cab with an illuminated white number on top. Off-duty cabs display the illuminated words "Off Duty" on the same sign. Board and exit the cab curbside. For yellow or green taxis, there is a minimum meter fare of \$3, and prices increase based on the distance and duration of the trip (assume prices are higher during peak rush-hour traffic). Surcharges apply to the meter price nightly, 8pm–6am, and Monday–Friday, 4–8pm. Drivers appreciate a 15–20 percent gratuity at the end of a trip. Bridge and tunnel tolls are not included in the taxi's metered fare. For further details, visit [nyc.gov/taxi](http://nyc.gov/taxi) or call **212-NEW YORK (639-9675)** from outside the City or **311** when in town.

## Special-Service Needs

New York City is committed to ensuring accessibility for everyone with special needs, and has equipped all buses with lifts for those in wheelchairs and those who have difficulty climbing stairs. In addition, many subway stations include elevators, ramps, visual display signs, accessible public telephones, and tactile and audio features on vending machines. Subways also have automated voices indicating stops, and all buses and select subway stations are wheelchair accessible.

Many street-hail taxicabs accommodate wheelchairs. To request a wheelchair-accessible taxi, call the accessible dispatch center at **646-599-9999**; text a request to **646-400-0789**; or download the free mobile app "WOW Taxi" at the Apple App Store. Passengers with disabilities are eligible for reduced fares on most mass-transit trips. For more information about NYC accessibility, call **212-NEW YORK (639-9675)** from outside the City or **311** while in town or visit NYC & Company's accessibility section.

# International Travel Information

## Visa Waiver Program

Begin the visa application process immediately; the visa process takes longer than you may anticipate. For further information, visit the Department of Homeland Security website at [www.cbp.gov/travel/international-visitors/esta](http://www.cbp.gov/travel/international-visitors/esta). International travelers who are seeking to travel to the United States under the Visa Waiver Program (VWP) are subject to enhanced security requirements. All eligible travelers who wish to travel under the VWP must apply for authorization through the Electronic System for Travel Authorization (ESTA). The VWP is administered by the Department of Homeland Security (DHS) and enables citizens and eligible nationals of certain countries to travel to the United States for tourism or business for stays of 90 days or less without obtaining a visa. Log onto the ESTA website at [www.cbp.gov/travel/international-visitors/esta](http://www.cbp.gov/travel/international-visitors/esta) and complete an online application in English. Travelers are encouraged to apply early. The web-based system will prompt you to answer basic biographical and eligibility questions typically requested on a paper I-94W form.

Applications may be submitted at any time prior to travel; however, DHS recommends that applications be submitted no less than 72 hours prior to travel. This waiver is not a guarantee of admissibility to the United States at a port of entry. ESTA approval only authorizes a traveler to board a carrier for travel to the U.S. under the VWP. Additional information regarding the VWP and ESTA is available at [cbp.gov/travel/international-visitors](http://cbp.gov/travel/international-visitors). Also refer to the State Department website [travel.state.gov](http://travel.state.gov) for more information on international travel, passports and visas.

## Invitation Letters

Invitation letters from the APA can be obtained by visiting the online [Attendee Service Center](#). Invitation letters will be issued to registered attendees only.





# *Your* APA Foundation Annual Benefit at the Annual Meeting

The APA Foundation is your Foundation, focused on advancing the profession of psychiatry, promoting mental health, and supporting the causes you care about. Join friends and colleagues at the place to be on Saturday night—the Broadway Lounge in Times Square. Dress in your favorite “Broadway bling” as we celebrate the sights and sounds of New York’s theater district and enjoy glitzy cocktails, delectable hors d’oeuvres and lively entertainment.

- ◆ Saturday, May 5, 2019
- ◆ Broadway Lounge at the Marriott Marquis
- ◆ 6–9 p.m.
- ◆ Ticket includes open bar and heavy hors d’oeuvres/dessert
- ◆ Attire: Business or “Broadway bling”

## **Tickets:**

Advance tickets: \$150 prior to April 30th; \$175 after.  
Contact 202-559-3888 or [apafoundation@psych.org](mailto:apafoundation@psych.org)

## **Questions?**

[lcoffin@psych.org](mailto:lcoffin@psych.org)  
202-559-3888

AMERICAN  
**PSYCHIATRIC**  
ASSOCIATION  
**FOUNDATION**



# Hotel Reservation Information

## Protect Yourself From Hotel Scams!



onPeak is the only official hotel provider associated with the 2018 Annual Meeting. Hotel reservations made outside of the official 2018 Annual Meeting hotel block can

be risky: tradeshowers are often uniquely targeted by companies who can put you at risk of being stranded without hotel rooms and lost deposits. Please do not become a victim of these companies and their scams.

Visit the official reservation site of the 2018 Annual Meeting or call onPeak directly to secure your worry-free reservation.

## Why Book With APA

Here's how you and APA benefit when you stay at the hotels included in the 2018 Annual Meeting hotel block:

1. APA has contracted hotel rooms at discounted rates on your behalf. If our contracted housing obligations are not met, we pay substantial penalty fees to the hotel. This will require us to increase registration rates in the future to cover such penalties.
2. The hotel provides APA with complimentary meeting space, which keeps the registration fees low. However, we must utilize a certain number of contracted sleeping rooms in order to receive the space complimentary.
3. We are able to monitor attendance through our room block. This enables us to be better prepared and helps with cost containment.
4. APA's business value to a city is measured by the total number of sleeping rooms actually booked inside our contracted room block, as well as our spending on other services at the hotel. Booking within our block helps us to maintain our strong business value, which is critical to our negotiations with future cities and cost-containment efforts.

## Housing Instructions

**As an APA member benefit**, housing opened on October 24, 2017 APA members only.

For nonmembers, housing opened on November 7, 2017.

- ▶ **Online:** [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting)
- ▶ **Address:**  
onPeak  
381 Park Ave. South, 3rd Floor  
New York, NY 10016
- ▶ **By Phone:** dial 1-855-992-3353 (USA, Caribbean and Canada); internationally, dial 1-312-527-7300
- ▶ **Deposit Policy:** Reservations will only be accepted with a credit card guarantee or check deposit. ALL reservations require a credit card at the time of booking. You may change your guarantee method by sending an advanced deposit check. (Reservations will automatically be canceled if a credit card guarantee is not received within 72 hours of booking.) Deposit checks and wire transfers must be received by March 23, 2018. After March 23, 2018, reservations will be accepted with a credit card guarantee only. Reservations and changes are subject to hotel availability. Please check your reservation confirmation for details.

**Changes and Cancellations:** Cancellations and changes of hotel reservations, before April 12, 2018, must be made with onPeak. After this date, all changes and/or cancellations must be made directly with the hotel.

# Hotel Descriptions

## Marriott Marquis

### \$349 Single/Double

Discover the thrills of New York City from the heart of Times Square with accommodations at the distinctive New York Marriott Marquis. Bringing the vibrant energies of Manhattan to your door, this contemporary NYC hotel has the largest rooms in Manhattan. It offers well-designed guest rooms and suites, lavish amenities and exceptional service.

## Sheraton Times Square

### \$329 Single/Double

One of the most iconic buildings in the Big Apple, the Sheraton New York Times Square Hotel has stood proudly against the city skyline since 1962. A \$180 million renovation has reinvigorated the Sheraton New York Times Square Hotel, between Central Park and Times Square in the Midtown business and entertainment district. Go from a crucial meeting to a famous uptown eatery without missing a beat. A polished, contemporary flair is evident throughout the hotel. All guest rooms feature the ultra-comfortable pillow-top Sheraton Sweet Sleeper® Bed and a host of thoughtful, innovative touches, including ergonomic desk chairs and extra storage.

## New York Hilton

### \$309 Single/Double

New York Hilton Midtown is conveniently located in the heart of Midtown Manhattan, just steps away from New York City's most popular attractions and shopping destinations. This Midtown Manhattan hotel offers a wealth of services and amenities and an intimate experience. Choose from a wide range of guest rooms and suites, carefully designed to help you relax and stay productive. This Manhattan hotel's stylish and spacious guest rooms provide a refreshing night's rest in the city that never sleeps. Catch up with work at the spacious desk and stay connected with high-speed internet access.

## Candlewood Suites Times Square

### \$269 Single

Offering copious amenities and value, this Midtown location is four blocks from the Javits Center. Each of the hotel's studio suites feature a comfortable workspace;

free high-speed, wireless Internet access; and full kitchen facilities. Additional complimentary services and amenities include 24-hour complimentary laundry on property, a dry cleaning service, access to the 24-hour fitness center, and daily USA Today delivery. Food and sundries can be purchased at the Candlewood Cupboard located in the main lobby.

## Crowne Plaza Midtown Manhattan

### \$279 Single/\$299 Double

New building property with luxurious guest rooms and state of the art amenities complete with stand-up spa like showers, expansive bathroom vanity, complimentary wireless internet access and flat screen televisions. Conveniently located on 36th Street between 8th and 9th avenues with easy access to major corporate offices, the hotel is steps away from Javits Center, Madison Square Garden and Herald Square.

## Crown Plaza Times Square Manhattan

### \$299 Single/\$319 Double

Times Square, always New York's most exciting scene, seems all new now that the Crowne Plaza Times Square has reinvented itself. Come check out our \$85 million renovation, and see for yourself how modern design can provide a whole new kind of comfort. Enjoy one of our 770 well-appointed guest rooms outfitted with fresh contemporary accents and plush Sleep Advantage™ beds. Every room offers breathtaking views of Times Square, the famous Manhattan skyline or the Hudson River, unique among hotels in Times Square. Relax in our sleek lobby lounge or have an evening cocktail in Broadway 49 Bar. Delight in a new spin on New American Eclectic cuisine at Brasserie 1605, one of the most exciting Times Square restaurants. With options like these, it's no wonder that New York seems so new.

## DoubleTree by Hilton Hotel New York Times Square West

### \$239 Single/\$259 Double

The DoubleTree by Hilton Hotel New York - Times Square West is just steps from the Broadway Theater District. Along with stunning views of the Empire State Building, this New York Times Square hotel offers an

## Hotel Descriptions (continued)

envious location near Rockefeller Center, the Chrysler Building, Madison Square Garden and other iconic attractions. The Port Authority Terminal is moments away, and the Javits Center is a short walk – perfect when visiting for a convention. The hotel's friendly staff will welcome you with a signature warm chocolate chip cookie at check-in. Settle into a guest room with a 40-inch HDTV, premium cable, coffeemaker and well-equipped workspace. Wi-Fi access keeps you connected and blackout curtains ensure a great night's sleep. Upgrade for a higher floor, prime city views, satellite TV and a walk-in shower.

### **EVEN Hotels New York – Times Square South**

**\$269 Single/\$289 Double**

Whether you're traveling for business or leisure you won't have to compromise your wellness routine. As a member of the newest brand from IHG® and one of the first EVEN™ Hotels in the world, our facility is designed to help our guests maintain a healthy lifestyle while traveling. Keep active with in-room fitness zones for private workouts and eat well when you choose from our selection of healthy food and beverage options, including made to order smoothies and Grab 'n' Go meals. Accomplish more with free Wi-Fi and mobile furnishings that give you the flexibility you need to be your most productive-self. You'll rest easy with spa-inspired showers, signature EO bath products and all-natural eucalyptus linens. Start and end your day with EVEN™ Hotel Times Square South, New York as we provide you with the essentials for your healthy lifestyle matched with a level of genuinely personable customer service unlike any other in hospitality today.

### **Four Points by Sheraton Manhattan Midtown West**

**\$279 Single/\$299 Double**

Where timeless classics are woven with modern details, Four Points offers guests what matters most to stay comfortable and connected on the road. Take advantage of the convenient location near Hudson Yards and the High Line, and effortlessly explore the best things to do in New York.

### **Hampton Inn Times Square North**

**\$269 Single/\$299 Double**

This modern hotel with the best Midtown location, is fast becoming the preferred choice of travelers seeking

complimentary amenities along with high-end accommodations and professional services. Conveniently located in the heart of Times Square, the hotel is just steps from Broadway theaters and is within walking distance to the Javits Center plus legendary attractions such as Lincoln Center, Radio City Music Hall, Rockefeller Center, Central Park, Restaurant Row, and Carnegie Hall. Guests of this contemporary hotel will enjoy its 300 oversized guestrooms with modern furnishings plus complimentary amenities including cooked-to-order hot breakfast, On The Run Breakfast Bags, fitness center, business center, Internet access and 24-hour coffee and tea.

### **Hampton Inn Times Square South**

**\$289 Single/\$309 Double**

A hotel with a great location, offers complimentary breakfast, Internet access, a 24-hour business center, USA Today Monday-Friday, as well as laundry and dry cleaning services.

### **Hilton Garden Inn Times Square Central**

**\$279 Single/\$299 Double**

Perfectly located in the heart of bustling Times Square, it's within walking distance to Broadway theaters, Central Park, Carnegie Hall, Lincoln Center, lively nightlife, Javits Center, Radio City Music Hall, Rockefeller Center, Restaurant Row, many museums, and New York City's best attractions. Designed to provide quality, comfort and convenience, this modern hotel features 369 oversized guestrooms with refrigerator, microwave, and flat-screen television plus an array of complimentary services including business center, fitness center, guestroom/lobby Internet access, and morning coffee and tea. The hotel also has on-site guest amenities which include Pigalle Brasserie & Lounge, XVI rooftop bar, and 24-hour Pavilion Pantry.

### **Holiday Inn Express Times Square**

**\$289 Single/\$309 Double**

The hotel offers complimentary breakfast, wireless Internet throughout the hotel, 24-hour self-service business center, complimentary USA Today delivered Monday-Friday and 24-hour complimentary fitness center, as well as laundry, dry cleaning services and Express check-in.





# Hotel Descriptions (continued)

## Holiday Inn Times Square

**\$249 Single/\$269 Double**

The brand-new Holiday Inn New York City – Times Square is located in the heart of Midtown-Times Square, steps away from New York's best and most amazing attractions and shopping. Times Square, Broadway, Javits Center, Madison Square Garden, Macy's, Herald Square and much more are just steps from this prime location and the boast views of the Manhattan skyline or the Hudson River from the hotel's rooms.

## Millennium Broadway Hotel New York

**\$275 Single/\$305 Double**

Located in the heart of the Theatre District, near Times Square and Restaurant Row, and just steps away from 5th Avenue shopping, this deluxe hotel offers 750 rooms including the newly-renovated Superior Rooms and updated Classic Rooms. These rooms convey an "East meets West" concept and include flat-screen televisions, oversized work desks, leather chairs, and floor to ceiling windows. Millennium Premier rooms are located in a private tower and include top-quality amenities, separate soaking tub and shower, and use of the Premier lounge with complimentary breakfast, hors d'oeuvres and cocktails. The Millennium Broadway Hotel also offers a business center, a state-of-the-art urban conference center, a 24-hour fitness center, and the recently renovated historic Hudson Theatre. The acclaimed Restaurant Charlotte is a popular spot for breakfast and pre/post theatre.

## Paramount Hotel New York

**\$199 Single/\$239 Double**

Situated in the heart of Times Square and the Theatre District, the hotel features newly-renovated rooms equipped with 32-inch plasma LG televisions and iHome docking stations. Guests are encouraged to visit the Dean and DeLuca gourmet café, enjoy the Mezzanine Restaurant for American Breakfast, or try Bar 46 for a cocktail in the evening. There are also state-of-the-art fitness and business centers onsite.

## Row NYC

**\$229 Single/\$259 Double**

Row NYC hotel has pioneered a new era of individuality by meeting NYC's signature urban grit with grandeur – transforming guests stay into a completely contemporary experience. With a front row view to Times Square

that's truly incomparable. Guests reside in the middle of it all, with exciting access to everything and anything – 24/7. The modern and dynamic lobby also features Iconic M, international magazine and gift shop. On the same level, District M provides a European style café by day, a Neapolitan pizza bar and cocktail lounge by night. The focal point of District M is a digital gallery of celebrities' photographs during the late seventies and early eighties by the famed Ron Galella.

## Staybridge Suites Times Square

**\$269 Single/\$299 Double**

New York City signature blend of sleek style and residential comfort is evident in this 310 sparkling new nonsmoking guest studios. Each studio includes a fully-equipped kitchen and generous workspace, with all the technology amenities required by today's discerning traveler. Cool décor and warm hospitality are melded to provide a unique guest experience. All hotel guests receive the following: free hot and cold full breakfast buffet; free wireless Internet in all guest rooms; free 800 and local calls; free Sundowner cocktail gatherings held Tuesday, Wednesday and Thursday; free 24-hour fitness center and business centers; free laundry facilities; and the 24-hour Bridgemark™ convenience store located lobby level.

## The Manhattan at Times Square Hotel

**\$199 Single/Double**

Newly renovated and conveniently located between 51st and 52nd Streets, it's within walking distance of Broadway theaters, 5th Avenue shopping, Central Park, and Rockefeller Center. Those flying into NYC will find the hotel easily accessible from LaGuardia, JFK, and Newark airports. Rooms feature oversized desks, dual-line phones.

## TRYP by Wyndham Times Square South

**\$249 Single/Double**

Rebuilt and redesigned in a retro building site, the hotel sits smack dab in the middle of major metro business centers and most of New York City's top attractions. You'll be poised to take advantage of primo shopping and dining, Times Square, the Empire State Building, and the ever-exciting Madison Square Garden. The Javits Center is only three blocks away. Besides spacious standard rooms, TRYP features signature guestrooms that have become defining elements of the





## Hotel Descriptions (continued)

Brand. Fitness rooms come with a fitness machine and complimentary workout gear; Family rooms are the ideal choice for families with small children: bunk beds for kids and an oversized bed for parents; and Media rooms are stacked with 55" TVs; surround sound, popcorn makers, Nintendo Wii, iPod "dock", 3D glasses, Blu Ray player and a multiple media connectivity panel.

### W New York

#### **\$369 Single/Double**

This stylish Lexington Avenue hotel is three blocks from St. Patrick's Cathedral, four blocks from Rockefeller Center, and five blocks from Radio City Music Hall. Guestrooms include high-speed Internet access, Bliss bath amenities, down comforter and pillows, bath robes, in-room electronic safe, and daily newspaper delivery. The hotel provides a business center, full fitness facility, Bliss Spa services, beauty salon, laundry service, and florist. Restaurant Heartbeat provides famous cuisine by Executive Chef Michel Nischan. Whiskey Blue, Cool Juice, Oasis Bar, and 24-hour room service is also available.

### W New York – Times Square

#### **\$399 Single/Double**

This hotel is located on 47th and Broadway near Central Park, in the heart of Times Square. Guestrooms feature views of Manhattan and the Hudson River, down feather beds and down duvet covers. Amenities include a CD player, CD library, VCR with video library, dual-line cordless phone with speaker, data port, high-speed Internet access, and Bliss bath products. The hotel also offers a fitness center, laundry services, and a full business center. Blue Finn is an on-site seafood/sushi restaurant with a private dining room.

### Westin New York Grand Central

#### **\$369 Single/Double**

Convenience and elegance merge at this new Westin hotel which is a welcome respite in the heart of midtown Manhattan. Each of our 774 spacious guestrooms and suites is thoughtfully appointed to provide the perfect setting for our guests to unwind and recharge. Ideal for both leisure and business travelers, the hotel makes it easy to get where you need to be. Our central location puts the city at your fingertips, whether you're catching a train at Grand Central Terminal, attending a meeting in midtown, or visiting iconic New York sites like the Empire State Building, Bryant Park, the New York Public Library, and Times Square. Maintain your

health and wellbeing with WestinWORKOUT®. Experience ultimate comfort with Westin Heavenly® Bed and Heavenly® Bath. Or relax with friends at Kitchen and Wine Bar. No matter how you choose to spend your time, the Westin difference ensures that your stay is everything you want it to be.

### Westin New York Times Square

#### **\$399 Single/Double**

This hotel is located at 43rd Street and Eighth Avenue, close to the Javits Center. It is also connected to the E Walk Entertainment/Retail complex. Guestrooms feature high-speed Internet access, a refreshment center, laptop-sized safe, hair dryer, coffee maker and dual-line phones with voicemail and dataport. Most rooms provide a view of the city or the Hudson River. The hotel offers concierge service, business center, same-day dry cleaning/laundry, the Westin Kids Club program, and a fitness facility with spa treatment rooms and sauna. Dining options include Shula's Steak House and Bar10. 24-hour room service is also available

### Wyndham New Yorker

#### **\$249 Single/\$259 Double**

Immerse yourself in the history of NYC at the full-service business hotel in Midtown Manhattan. Located on 8th avenue, Wyndham New Yorker is a premier hotel with the unique blend of stylish Art Deco design and urban flair. Designed with the business traveler in mind, the hotel offers thoughtful amenities and comfortable rooms - ideal for work, play and relaxation.

Relax in the Art Deco style rooms where some of the most influential people in history have once slept, including Muhammad Ali, JFK, Nikola Tesla and Jennifer Hudson. The comfortable rooms feature plush beds, flat screen TVs, work desk, clock radio, hairdryer and free Wi-Fi. Indulge in the top floor luxury suites with Sky Lounge access and breathtaking NYC views.

### YOTEL New York

#### **\$239 Single/Double**

A mixture of luxury, fun and excitement, everything you get in a luxury hotel at an affordable price and it's just two blocks west of Times Square. YOTEL features New York's largest outdoor terrace, bars, restaurant, studio and gym. It also offers complimentary muffins, coffee and tea, as well as free WiFi for all guests.





# Hotel Listings and Amenities

<b>Marriott Marquis*</b> <i>1535 Broadway</i>	1.1 miles	1	\$349.00	\$349.00	
<b>Sheraton Times Square*</b> <i>811 7th Avenue</i>	1.6 miles	3	\$329.00	\$329.00	▪ Free internet
<b>New York Hilton *</b> <i>1335 Avenue of the Americas</i>	2.5 miles	2	\$309.00	\$309.00	▪ Free internet
<b>Candlewood Suites Times Square</b> <i>339 West 39th Street</i>	.5 miles	4	\$269.00	N/A	▪ Free internet
<b>Crowne Plaza Midtown Manhattan</b> <i>320 West 36th Street</i>	.6 miles	4	\$279.00	\$299.00	▪ Free internet
<b>Crowne Plaza Times Square Manhattan</b> <i>1605 Broadway 48th Street</i>	2 miles	1	\$299.00	\$319.00	▪ Free internet
<b>DoubleTree by Hilton Hotel New York Times Square West</b> <i>350 West 40th Street</i>	1 mile	4	\$239.00	\$259.00	▪ Free internet
<b>EVEN Hotels New York - Times Square South</b> <i>321 West 35th Street</i>	.6 miles	4	\$269.00	\$289.00	▪ Free internet
<b>Four Points by Sheraton Manhattan Midtown West</b> <i>444 10th Avenue</i>	.4 miles	4	\$279.00	\$299.00	▪ Free internet
<b>Hampton Inn Times Square North</b> <i>851 8th Avenue</i>	1.3 miles	2	\$269.00	\$299.00	▪ Free internet
<b>Hampton Inn Times Square South</b> <i>337 West 39th Street</i>	.5 miles	4	\$289.00	\$309.00	▪ Free internet ▪ Free Breakfast
<b>Hilton Garden Inn Times Square Central</b> <i>136 West 42nd Street</i>	1.4 miles	3	\$279.00	\$299.00	▪ Free internet ▪ Free Breakfast





## Hotel Listings and Amenities (continued)

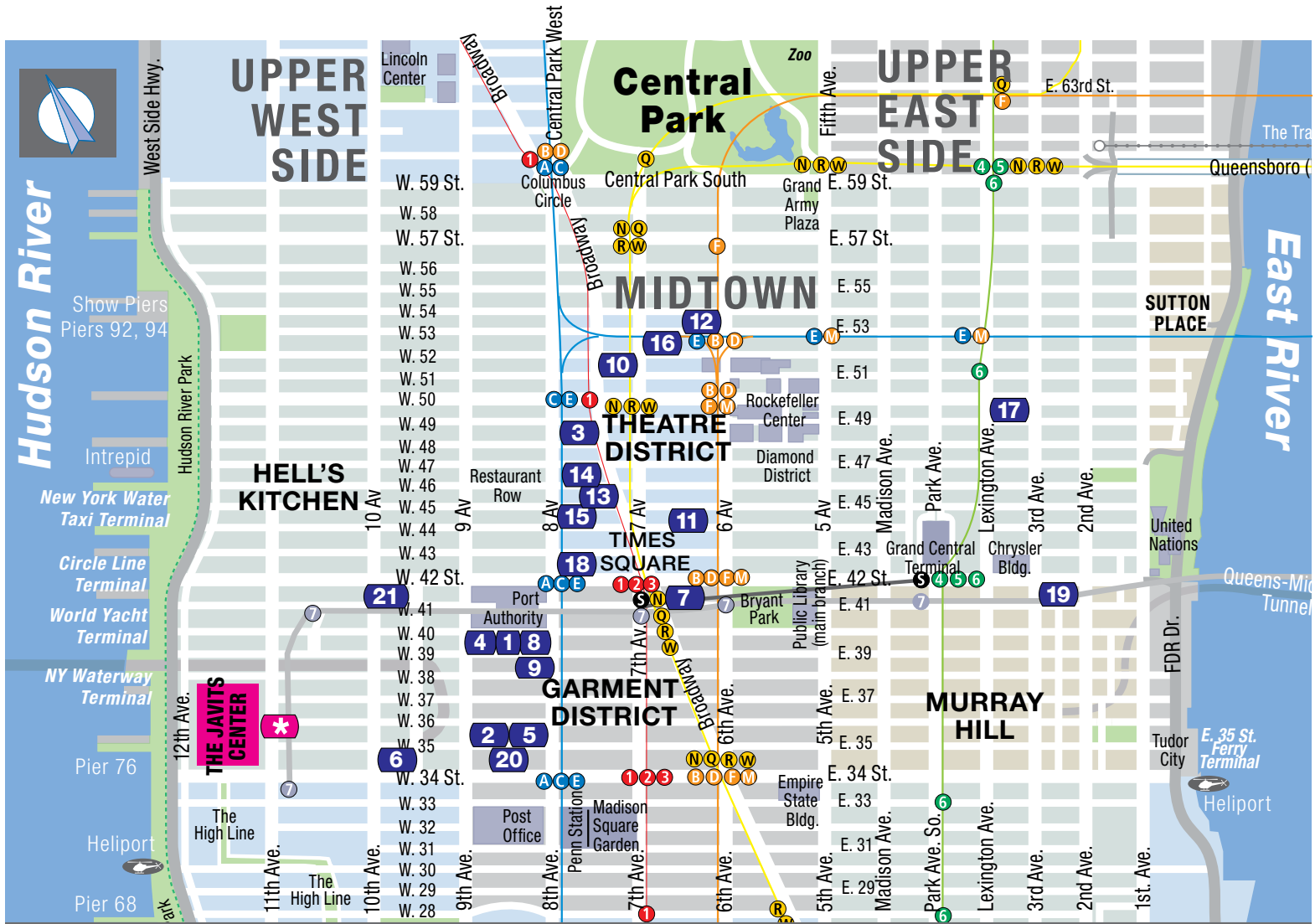
Hotel	Distance	Shuttle Stop	Single Rate	Double Rate	Incentives
<b>Holiday Inn Express Times Square</b> <i>343 West 39th Street</i>	.5 miles	4	\$289.00	\$309.00	▪ Free internet
<b>Holiday Inn Times Square</b> <i>585 8th Avenue</i>	.7 miles	4	\$249.00	\$269.00	▪ Free internet ▪ Free Breakfast
<b>Millennium Broadway Hotel New York</b> <i>145 West 44th Street</i>	1.6 miles	1	\$275.00	\$305.00	▪ Free internet
<b>Paramount Hotel New York</b> <i>235 West 46th Street</i>	1.5 miles	1	\$199.00	\$239.00	▪ Free internet
<b>Row NYC</b> <i>700 8th Avenue</i>	1 mile	1	\$229.00	\$259.00	▪ Free internet
<b>Staybridge Suites Times Square</b> <i>340 West 40th Street</i>	.5 miles	4	\$269.00	\$299.00	▪ Free internet ▪ Free Breakfast
<b>The Manhattan at Times Square Hotel</b> <i>790 Seventh Avenue</i>	1.5 miles	3	\$199.00	\$199.00	▪ Free internet
<b>TRYP by Wyndham Times Square South</b> <i>345 West 35th Street</i>	.6 miles	4	\$249.00	\$249.00	▪ Free internet
<b>W New York</b> <i>541 Lexington Avenue</i>	2 miles	Walk	\$369.00	\$369.00	
<b>W New York - Times Square</b> <i>1567 Broadway</i>	1 mile	1	\$399.00	\$399.00	
<b>Westin New York at Times Square</b> <i>270 West 43rd Street</i>	1 mile	1	\$399.00	\$399.00	
<b>Westin New York Grand Central</b> <i>212 East 42nd Street</i>	1.6 miles	Walk	\$369.00	\$369.00	
<b>Wyndham New Yorker</b> <i>481 8th Avenue</i>	.7 miles	4	\$249.00	\$259.00	▪ Free internet
<b>YOTEL New York</b> <i>570 10th Avenue</i>	.4 miles	Walk	\$239.00	\$239.00	▪ Free internet







# Hotel Map



## Convention Center

**The Javits Center** | javitscenter.com  
655 W. 34th St. (34 St/11 Av)..... \*

## Hotels

- Candlewood Suites Times Square South**  
339 W. 39th St. (39 St/9 Av).....1
- Crowne Plaza Midtown Manhattan**  
320 W. 36th St. (36 St/8-9 Avs).....2
- Crowne Plaza Times Square**  
1605 Broadway (48-49 Sts/Broadway).....3
- DoubleTree by Hilton Times Square West**  
350 W. 40th St. (40 St/9 Av).....4
- EVEN Hotels New York — Times Square South**  
321 W. 35th St. (35 St/8-9 Avs).....5
- Four Points by Sheraton Midtown West**  
446 Tenth Ave. (35 St/10 Av).....6

- Hampton Inn Times Square South**  
337 W. 39th St. (39 St/9 Av).....1
- Hilton Garden Inn Times Square Central**  
136 W. 42 St. (42 St/Broadway).....7
- Holiday Inn Express Times Square**  
343 W. 39th St. (39 St/9 Av).....8
- Holiday Inn Times Square**  
585 8th Ave. (39 St/8 Av).....9
- The Manhattan at Times Square Hotel**  
790 Seventh Ave. (51 St/7 Av).....10
- Millennium Broadway**  
145 W. 44th St. (44 St/Broadway).....11
- New York Hilton**  
1335 Ave. of the Americas (53 St/6 Av).....12
- Marriott Marquis**  
1535 Broadway (45 St/Broadway).....13
- Paramount Hotel**  
235 W. 46th St. (46 St/8 Av).....14
- Row NYC** 700 Eighth Av. (45 St/8 Av).....15

- Sheraton Times Square**  
811 7th Ave. (52 St/7 Av).....16
- Staybridge Suites Times Square**  
340 W. 40th St. (40 St/9 Av).....4
- TRYP by Wyndham Times Square South**  
345 W. 35th St. (35 St/9 Av).....5
- W New York**  
541 Lexington Ave. (50 St/Lexington Av).....17
- W New York – Times Square**  
1567 Broadway (47 St/Broadway).....14
- Westin New York at Times Square**  
270 W. 43rd St. (43 St/8 Av).....18
- Westin New York Grand Central**  
212 E. 42nd St. (42 St/3 Av).....19
- Wyndham New Yorker Hotel**  
481 Eighth Ave. (34 St/8 Av).....20
- YOTEL New York**  
570 Tenth Av. (42 St/10 Av).....21



# Shuttle Bus Routes

The Javits Center will operate as the “hub” of the APA shuttle bus system. All routes will begin and end there. The shuttle will operate during the following days and times:

## Hours of Operation

Saturday, May 5, 2018	7:00 a.m. – 5:30 p.m.
Sunday, May 6, 2018	7:00 a.m. – 7:30 p.m.
Monday, May 7, 2018	7:00 a.m. – 7:30 p.m.
Tuesday, May 8, 2018	7:00 a.m. – 5:30 p.m.
Wednesday, May 9, 2018	7:00 a.m. – 5:30 p.m.

## ROUTE 1—RED

Marriott Marquis	45th Street Entrance
Millennium Broadway	at Marriott Marquis
Paramount Hotel New York	at Marriott Marquis
W New York Times Square	at Marriott Marquis
Crowne Plaza Times Square	48th Street Entrance
Westin Times Square	Lobby Entrance
Row NYC	at Westin Times Square

## ROUTE 2—YELLOW

New York Hilton	54 <sup>th</sup> Street Entrance
Hampton Inn Times Square North	51 <sup>st</sup> Street Entrance

## ROUTE 3 - BLUE

Sheraton Times Square	7th at Rosie O’Grady’s
The Manhattan at Times Square Hotel	at Sheraton Times Square
Hilton Garden Inn Times Square	Lobby Entrance

## ROUTE 4 - GREEN

DoubleTree Times Square	Lobby Entrance
Candlewood Suites Times Square South	at DoubleTree
Four Points Midtown West	at DoubleTree
Holiday Inn Times Square	at DoubleTree
Staybridge Suites Times Square	at DoubleTree
Hampton Inn Times Square South	at DoubleTree
Holiday Inn Express Times Square	Broadway at 36th
Wyndham New Yorker	34th Street Side
Crown Plaza Hwy 36 Manhattan Hotel	at Wyndham
EVEN Hotel Times Square North	at Wyndham
TRYP by Wyndham Times Square South	at Wyndham

## Hotels within walking distance; NOT on shuttle route:

W New York  
Westin New York Grand Central  
YOTEL New York

**For a quick and convenient way to travel between the Marriott Marquis and the Javits Center, take the 7 Line to the Hudson Yards Station.** The station is one block away from the center. Shuttle information signs will be posted in the lobby of each shuttle hotel. Check the sign in your hotel lobby for additional information and changes. For questions regarding the shuttle or to make an advance reservation for a wheelchair accessible shuttle, please see the shuttle supervisor at the Javits Center during shuttle hours.

**Please refer to page 55 for the distance between the individual hotel to the shuttle bus stop.**



# Registration Information

## Meeting Registration Fees

**Standard Registration** includes admission to approximately 450 scientific sessions with the opportunity to earn CME credits, admission into the Exhibit Hall and a registration badge with access to the shuttle bus service from official meeting hotels to the Javits Center. Additional fees are required for courses.

**Gold Registration** includes a standard registration (items noted above) **plus** APA Annual Meeting On Demand. A \$10 U.S. shipping fee or \$45 international shipping fee will be added.

**APA Annual Meeting On Demand** is a digital library of over 300 hours of educational content presented at the APA Annual Meeting. If you signed up for Gold Registration, you will have access to the APA Annual Meeting On Demand. Sessions will be available online within 24 hours of the live presentation.

## APA Members Save on Registration

Your 2018 APA membership dues must be paid to qualify for the member registration rate. You will still be able to register at the member rate; however, your registration will be provisional until your dues are processed. Contact the APA Membership Office at [membership@psych.org](mailto:membership@psych.org), 202-559-3900 or 888-357-7924 with questions regarding your membership status BEFORE registering for the meeting.

## Registration Dates

### Early Bird Registration:

**APA members:** December 5, 2017 – February 6, 2018

**Nonmembers:** December 19, 2017 – February 6, 2018

### Advance Registration:

February 7 – April 5, 2018

### Late Advance Registration (online only):

April 6 – May 3, 2018

### Onsite Registration:

May 4 – May 9, 2018

*Registration deadlines conclude at 11:59 p.m. ET on the final day of the current period. Prices will increase automatically at midnight ET.*

## How to Register:

**Online:** [psychiatry.org/annualmeeting/registration](http://psychiatry.org/annualmeeting/registration)

**Fax and/or mail:** To register by fax and/or mail please request a copy of the registration form by emailing [registration@psych.org](mailto:registration@psych.org) or [apa@psych.org](mailto:apa@psych.org). Mailed and faxed registrations are assessed a \$25 registration fee per registrant. Please note, paper registration forms can only be accepted via fax and/or mail. In an effort to adhere to PCI-compliant policies, paper forms will not be accepted via email.

*The APA shares personal identifying information about Annual Meeting registrants with meeting exhibitors. This includes your name, title and mailing address.*





# Registration Information

## Provisional Registrations

Nonmember Medical Student, Nonmedical Student, Nonmember Advocacy Group Member, Mental Health Chaplain, and Nonmember Psychiatric Resident registrations are considered provisional until status verification is received. To qualify for the fee reduction or exemption, a copy of your proper credentials—such as a copy of your valid medical student ID, valid student ID, letter from your program director, business card, or letter from the agency stating your role—or a copy of your certification must be uploaded with your online registration or included with your mailed or faxed registration. Registrations received without proper credentials will be cancelled.

## Participation Policy

The American Psychiatric Association's policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. APA values and benefits

from the diverse opinions its members hold on the issues with which the Association and the psychiatric profession are confronted. All individuals at the meeting agree to conduct themselves in a manner appropriate for health care professionals. This includes respect for the intellectual property of others, proper display and use of meeting badges, and the avoidance of aggressive or inappropriate behavior towards others. Individuals participating in APA sponsored meetings agree to listen respectfully to all views presented, be courteous to others regardless of whether you agree or disagree with the views presented, and to exhibit the professionalism and collegiality expected of psychiatrists. If an individual believes that these rules have been violated or acceptable social decorum has otherwise been breached, he or she shall contact APA staff to help with the situation. APA reserves the right to remove meeting access rights of any individual violating this policy and will not provide a refund. By registering for this meeting, you agree to abide by the Participation Policy as described above.







# Registration Information (continued)

## Registration Rates

	Standard			Gold (With Annual Meeting On Demand) <i>Gold rates below do not include the price for applicable shipping charges. See page 7 for details about the On Demand program.</i>		
APA Member	Early Bird	Advance	Late Advance/ Onsite	Early Bird	Advance	Late Advance/ Onsite
Full Program	\$390	\$440	\$490	\$789	\$839	\$889
Resident-Fellow	\$115	\$155	\$180	\$314	\$354	\$379
One-Day Registrant	\$210	\$240	\$260	\$609	\$639	\$659
Two-Day Registrant	\$340	\$390	\$440	\$739	\$789	\$839
Medical Student	\$0	\$0	\$0	\$199	\$199	\$199
Presenter*	\$290	\$290	\$325	\$689	\$689	\$724
Presenter Daily*	\$155	\$155	\$190	\$554	\$554	\$589
Honorary Fellow**	\$0	\$0	\$0	\$399	\$399	\$399
Nonmember	Early Bird	Advance	Late Advance/ Onsite	Early Bird	Advance	Late Advance/ Onsite
Full Program	\$980	\$1030	\$1080	\$1379	\$1429	\$1479
Resident***	\$185	\$225	\$250	\$384	\$424	\$449
Mental Health Advocate Full Program (Nonpsychiatrist Physicians, Nonphysicians, Nonmedical students, Mental Health Chaplains, Advocacy Group Members, Nonpsychiatrist Presenters)***	\$185	\$225	\$250	\$384	\$424	\$449
One-Day Registrant	\$530	\$560	\$580	\$929	\$959	\$979
Two-Day Registrant	\$930	\$980	\$1030	\$1329	\$1379	\$1429
Medical Student***	\$0	\$0	\$0	\$199	\$199	\$199
Spouse/Significant Other****	\$235	\$275	\$300	\$634	\$674	\$699
Psychiatrist Presenter*	\$735	\$735	\$800	\$1134	\$1134	\$1199
Psychiatrist Presenter Daily*	\$400	\$400	\$465	\$799	\$799	\$864
Nonpsychiatrist Presenter Daily*	\$0	\$0	\$0	\$199	\$199	\$199

\*Presenters will receive a presenter email once accepted with instructions on how to register at the presenter rate. Nonpsychiatrist presenters will only receive a fee waived registration for the day they are scheduled to present. Nonpsychiatrist presenters wishing to attend the full conference should register under the Mental Health Advocate category

\*\*Does not include APA Fellows, Distinguished Fellows, Distinguished Life Fellows, or Life Fellows.

\*\*\*Proper credentials, such as a copy of your valid medical student ID, valid student

ID, letter from your program director, business card, or letter from the agency stating your role, or a copy of your certification (whichever is applicable) must be received within (7) days of your online registration or included with your mailed or faxed registration. Registrations received without credentials will be cancelled.

\*\*\*\*As a member benefit, only APA members can register a spouse or significant other at this discounted rate. This category is only for a spouse/significant other residing in the same household who is not an APA member and receives mail at the same address. This cannot be used for a colleague, an APA Member, siblings, or children. Only one additional registration is allowed per full-program registrant.



# Registration Information (continued)

## Course/Master Course Enrollment Rates

There are additional fees for courses. You must first be registered for the Annual Meeting in order to enroll in a course, master course, or EduTour. Daily registrants can only enroll in courses offered on the day(s) registered for the meeting.

APA Member Course	Early Bird	Advance	Late Advance/ Onsite
Half Day (4 hours)	\$180	\$200	\$225
Full Day (6 hours)	\$240	\$275	\$310
Full Day (8 hours)	\$285	\$335	\$355
Master Courses	\$380	\$410	\$440
Nonmember Course	Early Bird	Advance	Late Advance/ Onsite
Half Day (4 hours)	\$205	\$225	\$250
Full Day (6 hours)	\$290	\$325	\$375
Full Day (8 hours)	\$385	\$435	\$455
Master Courses	\$480	\$510	\$540

## Payment

The APA accepts American Express, Discover, Mastercard, Visa, money order, or a check (in U.S. funds only) payable to the American Psychiatric Association. Registrants wishing to pay by check or money order can do so online or by mailing the completed registration form to American Psychiatric Association - Registration, P.O. Box 896656, Charlotte, NC 28289-6656. The APA does not accept bank or wire transfers. Registrations will not be processed without proper payment.

## Cancellation Fees and Refunds

All registration and/or course cancellation requests must be received in writing by **April 19, 2018**, (see dates below for refund schedule) by the APA Office via fax, 202-380-0676, or email, [registration@psych.org](mailto:registration@psych.org). A confirmation will be sent once the request has been processed. The fee will be refunded in the manner in which it was received. Refund policy and cancellation fees are as follows:

**Until March 1, 2018:** Full refund

**March 2 - April 19, 2018:** Refund less cancellation fee equal to 25% of total amount paid

**April 20, 2018, and beyond:** No refunds

## APA Gives Back—Annual Meeting Charity Program

In its 9th year, “APA Gives Back” provides an opportunity for the APA, its members and Annual Meeting attendees to support a community organization in the city where the Annual Meeting is held. Since its inception in 2010, “APA Gives Back” has donated over \$147,000 to local groups where our Annual Meeting has been held. Support this year’s program by making a donation to Safe Horizon: The Streetwork Project. Safe Horizon is a victim-assistance nonprofit that has been standing with victims of violence and abuse in New York City since 1978. Safe Horizon provides assistance, advocacy and support to victims who have experienced domestic violence, child abuse, sexual assault, stalking, human trafficking, youth homelessness and other crimes. Programs include a victim’s hot line, legal services, counseling, crime assistance program and domestic violence shelters. One of their unique programs is Streetwork, a program to serve homeless youth and help them find stability: No judgment, Just Options. Through their nightly street outreach efforts, the Streetwork team makes over 13,000 contacts with homeless young people each year. They also have a drop-in and shelter services, and they provide additional services to homeless youth, up to age 24. This population experiences high rates of mental illness, substance use disorders and victimization. A disproportionate number of these young people identify as people of color and/or LGBTQ. Streetwork has responded to their needs by developing a range of programming and resources that help runaway and homeless youth to reduce their risks and move toward stability and independence. For more information, visit [safehorizon.org/streetwork](http://safehorizon.org/streetwork).

Contributions may be made through the APA’s registration system for the Annual Meeting by visiting [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting).



# SAVE UP TO **\$590**

Save on APA Annual Meeting registration by

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AMERICAN  
PSYCHIATRIC  
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**ANNUAL MEETING**  
May 5-9, 2018 • New York City



# Group Registration Information

## Definition of a Group

Groups are considered to be five (5) or more registrants from the same company.

## To Register as a Group

All information must be entered for each registrant, including the registrant's email and mailing address. It is important for group registration representatives to ensure the proper registration category, as the APA will not refund fees for an incorrect registration category. Before registering attendees, contact the APA membership department at 888-357-7924 or [membership@psych.org](mailto:membership@psych.org) to confirm membership status.

## Registration Dates

### Early Bird Registration:

December 19, 2017 – February 2, 2018

### Advance Registration:

February 7 – April 5, 2018

### Late Advance Registration (Online Only):

April 6 – May 3, 2018

### Onsite Registration:

May 4 – May 9, 2018

*Registration deadlines conclude at 11:59 p.m. ET on the final day of the current period. Prices will increase automatically at midnight ET.*

## How to Register

**Online:** Visit [psychiatry.org/annualmeeting/registration](http://psychiatry.org/annualmeeting/registration).

**Fax and/or Mail:** To register by fax and/or mail please request a copy of the form by emailing [registration@psych.org](mailto:registration@psych.org) or [apa@psych.org](mailto:apa@psych.org). Mailed and faxed registrations are assessed a \$25 registration fee per registrant. Please note, paper registration forms can only be accepted via fax and/or mail. In an effort to adhere to compliance policies, paper forms will not be accepted via email.

*The APA shares personal identifying information about Annual Meeting registrants with meeting exhibitors. This includes your name, title and mailing address.*

## Provisional Registrations

Nonmember Medical Student, Nonmedical Student, Nonmember Advocacy Group Member, Mental Health Chaplain and Nonmember Psychiatric Resident registrations are considered provisional until status verification is received. To qualify for the fee reduction or exemption, a copy of your proper credentials—such as a copy of your valid medical student ID, valid student ID, letter from your program director, business card, or letter from the agency stating your role—or a copy of your certification must be uploaded with your online registration or included with your mailed or faxed registration. Registrations received without proper credentials will be canceled.





# Group Registration Information (continued)

## Payment

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**April 20, 2018 and beyond:** No refunds

## Confirmation

Group registration representatives using the online portal will be able to send individual confirmations from the group account screen. You must have the individual email address to send confirmations. Registration representatives are responsible for contacting the registrants if not using the registrant's actual email address.

## Group Registration Badge Collection

Two (2) weeks before the start of the meeting, group registration representatives will receive an onsite appointment time and location for collecting badges and conference materials. Representatives are responsible for collecting badges and conference materials for all registrants in their group.



**American Psychiatric Association**  
**2018 Annual Meeting Preliminary Program**  
888-35-PSYCH or 703-907-7300  
[apa@psych.org](mailto:apa@psych.org) • [psychiatry.org/annualmeeting](http://psychiatry.org/annualmeeting)