

Southern California Psychiatric Society  
**Psychopharmacology Update 23**  
 Saturday, January 28, 2012  
 The Olympic Collection

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On-line registration may be available. Contact [scps2999@earthlink.net](mailto:scps2999@earthlink.net)

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Southern California Psychiatric Society  
 2999 Overland Avenue, Suite 208  
 Los Angeles, CA 90064

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The Southern California Psychiatric Society  
 presents

# Psychopharmacology Update 23

**Saturday, January 28, 2012**

**The Olympic Collection**  
 11301 Olympic Blvd.  
 Los Angeles, CA 90064  
 310.575.4585

*For psychiatrists and all physicians  
 interested in psychopharmacology*



# Psychopharmacology Update 23

8:15 a.m. - Registration, Continental Breakfast, Booth Exhibits  
8:50 a.m. - Opening Remarks

9:00 a.m. - Bipolar Spectrum Disorders: Underdiagnosed? Over-diagnosed? Strategies for Treatment. *Mark Hyman Rapaport, MD, Chair, Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine.*  
Recent research suggests that clinicians may under diagnose and improperly treat patients with bipolar spectrum disorders. We will review the epidemiology, clinical characteristics, and treatment of bipolar spectrum disorders. Participants will learn to diagnose bipolar spectrum disorders, develop a treatment plan for bipolar spectrum disorders, and learn to integrate psychotherapies, pharmacotherapies, and holistic approaches in their treatment.

10:00 a.m. - Hormone Replacement Therapy: Helping Your Patient Decide.  
*Deborah Yaeger, M.D., Clinical Professor of Psychiatry and Biobehavioral Sciences, UCLA Geffen School of Medicine; Director, Women's Mental Health Program, VA Greater Los Angeles Healthcare System.*  
Significant changes in the risk-benefit calculus of hormone replacement therapy (HRT) have occurred during the past 10 years. We will review the history of HRT and the ongoing studies that are redefining the criteria for its use. We will discuss the role of HRT for depressed women, and how psychiatrists can educate their patients about HRT's efficacy and possible drawbacks.

11:00 a.m. - Break

11:15 a.m. - Consequences of Long Term Treatment With SSRIs: What do we know about safety and side effects?  
*Thomas B. Strouse, M.D., Maddie Katz Professor of Palliative Care Research and Education; Medical Director, UCLA Resnick Neuropsychiatric Hospital. Vice-Chair for Clinical Affairs, UCLA Department of Psychiatry and Biobehavioral Sciences*  
The SSRI era began during a time when the relapsing nature of mood and anxiety disorders was becoming clearer to clinicians and psychiatric epidemiologists. Many patients subsequently opted for long-term or open-ended maintenance treatment with SSRIs based in part on the goal of reducing relapses, but also in consideration of the relatively superior tolerability of SSRIs compared to their predecessors. This talk will focus on what is known about safety, tolerability, and side-effects associated with long-term therapy with SSRI antidepressants.

12:15 p.m. - Lunch Break (lunch will not be provided)

1:30 p.m. - Treating Resistant OCD, Compulsive Buying and Skin Picking.  
*Lorin M. Koran, M.D., Professor of Psychiatry, Emeritus,*

*Stanford University Medical Center.*

This presentation will present a sequence of data-based treatments for treatment-resistant OCD, and review the pharmacotherapies and psychotherapies for two frequently overlooked impulse control disorders: compulsive buying disorder and skin picking disorder.

2:30 p.m. - Borderline Personality Disorder: New Findings and Current Controversies.

*John M. Oldham, M.D., Senior Vice President and Chief of Staff The Menninger Clinic; Professor and Executive Vice Chair Menninger Department of Psychiatry and Behavioral Sciences Baylor College of Medicine; President, American Psychiatric Association*

Overall, there is a reasonable body of evidence that Borderline Personality Disorder (BPD) as defined in DSM-IV-TR represents a cohesive class that should be represented as a specific PD type in DSM-V, in spite of internal heterogeneity and criteria that represent a hybrid of environment-reactive symptoms and dimensional traits. Population prevalence of BPD from pooled data is estimated to be slightly greater than 1%. History of parental neglect or inconsistency is common, along with considerable though not invariable early life experience of abuse. Studies suggest substantial heritability of BPD, and the genetic and neurobiological contributors to BPD appear prominent in the serotonin system. Imaging data suggest decreased volume in limbic and anterior cingulate regions, presumably correlated with difficulties with impulse control and emotion regulation. Longitudinally, significant remission rates have been observed, suggesting that BPD is less "enduring" than previously believed. Published randomized controlled trials have demonstrated efficacy of a number of types of psychotherapy to treat patients with BPD. In this presentation, these areas will be reviewed in greater detail.

Questions? Call (310) 815-3650

## Continuing Education

The Southern California Psychiatric Society is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The Southern California Psychiatric Society takes responsibility for the content, quality and scientific integrity of this CME activity.



The Southern California Psychiatric Society designates this educational activity for a maximum of 5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

## Overview

SCPS is pleased to present a distinguished panel of experts to address topics of practical importance for clinical practice. The program starts with an up to date review of the diagnosis and comprehensive treatment of bipolar spectrum disorders. The next presentation clarifies new developments and strategies in the use of HRT, with emphasis on depression in women. We will then learn about the consequences of long term treatment with SSRIs. Following lunch we will consider effective treatment of treatment resistant OCD, compulsive buying disorder, and skin picking disorder. The program ends with a special presentation by John Oldham, M.D., President of the American Psychiatric Association, who will provide a broad based update of the treatment of borderline personality disorder.

## Objectives:

At the end of this seminar, participants will have:

- 1) Knowledge as to the diagnosis and integrated treatment of bipolar spectrum disorders.
- 2) Familiarity with the latest developments in the use of HRT in general and in depressed women in particular.
- 3) An enriched perspective on the consequences of long term treatment with SSRIs.
- 4) Understanding of new developments in the treatment of treatment resistant OCD, compulsive buying, and skin picking disorders.
- 5) Familiarity with the latest work on the etiology, pathogenesis, diagnosis and treatment of borderline personality disorders.

There will be a reception in honor of Dr. Oldham. More details to follow. Meeting registration does not include registration for the reception.

SCPS would like to thank: *Michael Gales, M.D. (Program Chair), William Arroyo, M.D., David Fogelson, M.D., Jacquelyn Green, M.D., Heather Silverman, M.D. and Harvey Sternbach, M.D. for planning this event.*