

Southern California Psychiatric Society
Advances In Psychiatry
Saturday, January 25, 2020
The Olympic Collection

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Attending

SCPS Member	\$200	_____
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Total enclosed: \$ _____

Above fees effective until 1/13/20. All registrations after 1/13/20 and at-door registrations are an additional \$25.

**Must be enrolled in a full-time, degree granting program. Must send photocopy of student I.D. with registration form. NO EXCEPTIONS.*

Please make check payable to SCPS and mail w/ this registration form to: SCPS, 2999 Overland Av., #208, Los Angeles, CA 90064.

You may also pay online at our Website via Paypal <https://www.socalpsych.org/event/advances-in-psychiatry/> to register online.

Cancellations must be received 72 hours prior to the meeting and will be assessed a \$45 administrative processing fee.

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

Advances In Psychiatry
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SCPS PRESENTS
ADVANCES IN PSYCHIATRY
SATURDAY, JANUARY 25, 2020
THE OLYMPIC COLLECTION
11301 W. OLYMPIC BLVD
LOS ANGELES, CA 90064

ADVANCES IN PSYCHIATRY

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

8:55 a.m. - Opening Remarks

9:00 a.m. - Underappreciated and Stigmatized: Benzodiazepines in Clinical Practice

Richard Balon, M.D., Professor (Clinical) – Psychiatry and Anesthesiology, Associate Chair – Education, Wayne State

After a brief review of the discovery of benzodiazepines, this presentation will begin with an overview of the use of benzodiazepines in clinical practice. The utility of benzodiazepines in various disorders will be discussed, including but not limited to anxiety and mood disorders. Following this, the usefulness of benzodiazepines in consultation liaison psychiatry, such as management of cardiovascular and gastrointestinal disorders, will be examined. This presentation will continue with a brief exploration of controversies related to benzodiazepines, such as misuse, abuse and dependence, as well pertinent side effects, and will conclude with an examination of gender/racial/ethnic differences in prescribing.

10:15 a.m. - Break

10:30 a.m. - Lithium and Mood Stabilizing Anti-Convulsants in Bipolar Disorders and Related Conditions

Mark Frye, M.D., Professor of Psychiatry, Chair Department of Psychiatry, Mayo Clinic

This presentation will cover the latest developments in psychopharmacologic management of the spectrum of Bipolar Disorders. The talk expands to include broader insights into the effective comprehensive diagnosis and treatment of the Bipolar continuum disorders.

11:45 a.m. - Lunch Break (lunch on our own)

1:00 p.m. - Psilocybin Therapy: Safety Concerns and Clinical Approach

Brian T. Anderson, M.D., MSc, Staff Psychiatrist – UCSF, Department of Psychiatry

Modern, early-phase clinical trials have found moderate-to-large within-group and between-group effect sizes of psilocybin therapy for the treatment of a range of psychiatric conditions. Psilocybin therapy carries with it several notable health risks that remain poorly characterized and have so far mostly been avoided with dili-

gent screening and very selective exclusion criteria. This talk reviews the basic components of psilocybin therapy, the evidence for its efficacy in psychiatric disorders, and the clinical safety measures that are generally employed in psilocybin trials. Data from a clinical trial of psilocybin therapy recently-completed at UCSF will be presented as an example of this intervention. The talk concludes with suggestions for reducing risk with psilocybin therapy as this intervention is investigated in larger and more diverse populations.

2:15 p.m. - Mindfulness Interventions to Promote Sleep Health and Reverse Inflammation

Michael R. Irwin, M.D., Cousins Distinguished Professor of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA; Distinguished Professor of Psychology, UCLA College of Letters and Sciences; Director, Cousins Center for Psychoneuroimmunology, Director, Mindful Awareness Research Center, Jane and Terry Semel Institute for Neuroscience and Human Behavior

Insomnia leads to increases in inflammation, and is a robust risk factor for depression and other inflammatory disorders. Mindfulness based interventions are effective in the treatment of sleep disturbance, and have additional benefits of reversing inflammation and reducing depressive symptoms. Mindfulness meditation may be introduced as a solution to remediate moderate sleep disturbances. Further, given that standardized mindfulness programs are readily delivered at low cost, dissemination of these treatments at the community level can be readily advanced to promote sleep health.

Please Call 310.815.3650 or email: scps2999@earthlink.net for any Questions or Concerns.

SCPS would like to thank: *Michael Gales, M.D. (Program Chair), Jacquelyn Green, M.D., Samuel Miles, M.D., and Heather Silverman, M.D.* for planning this event

Overview

The program features four highly qualified presenters, each of whom will address current topics relevant to the practicing psychiatrist. A one half hour Q. and A. will follow each presentation. The morning commences with current perspectives on the optional use of benzodiazepines, exploring both therapeutic opportunities and potential pitfalls in the context of contemporary controversies. Following a break, we will hear the latest strategies for the treatment of bipolar spectrum disorders. The importance of drawing together multiple treatment perspective will be highlighted. After lunch we will have authoritative exposure to the rapidly evolving field of the use of psychedelics and other mind altering substances to treat a range of psychiatric disorders. Our final speaker of the day will explore linkages between insomnia, increased inflammation, inflammation disorders, and depression. The utility of mindfulness based interventions to treat sleep disturbance, reverse inflammation, and reduce depressive symptoms will be discussed.

Objectives

At the end of this seminar, participants will have:

- 1) Familiarity with state of the art benzodiazepine treatment interventions for anxiety and related somatic disorders.
- 2) Understanding of best medication practices and integrated ancillary treatments for bipolar spectrum conditions.
- 3) Knowledge of optimal treatment strategies and safety practices for the effective use of psilocybin in treatment of psychiatric disorders.
- 4) Knowledge of mechanisms by which insomnia leads to increases in inflammation and depression and how mindfulness meditation can be used to promote sleep health and reduce associated conditions.

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)[™]. 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.

