McLean Hospital

TRAINING FOR CHANGE: EXPLORING THE NEUROBIOLOGY OF FEAR, TRAUMA AND A PATH TO HEALING THROUGH THE APPLICATION OF A TRAUMA-INFORMED LENS
Two-day workshops, offered monthly: Complete list of dates/times is available on course website
Live Stream Only
Register here

According to the Centers for Disease Control and Prevention, 61% of adults have had at least one adverse childhood experience. These traumatic experiences increase the risk for chronic physical and mental health conditions, sometimes leading to serious health and personal challenges.

Becoming a trauma-informed individual, organization, and society lowers stress levels and the risk of disease stress while supporting global well-being and promoting healing.

With this in mind, McLean Hospital’s Institute for Trauma-Informed Systems Change is collaborating with national and international experts in neuroscience, trauma, and trauma-informed practices to offer 12 hours of training, over two days, in trauma-informed practices and approaches, brain development, neuroscience of fear and trauma, and trauma-informed systems change.

POST-TRAUMATIC STRESS AND RELATED DISORDERS
Optional 2-day pre-conference workshop: March 23–24
2-day conference: March 25–26
Live Stream Only
Register here

Post-traumatic stress disorder (PTSD) often goes unrecognized, with only about half of those struggling receiving treatment. Of those, fewer than half receive adequate care. Related disorders add to the complexity of accurately diagnosing and effectively treating PTSD.

This intensive, 2-day course brings together some of the foremost authorities in the field to provide participants with cutting edge research and treatments.

Aspects of treatment including psychopharmacology, various psychotherapeutic approaches, family work, and neurotherapeutics will be covered. Diagnostic confusion and controversies around issues such as dissociation, distinguishing borderline personality disorder from complex PTSD, and substance use will be addressed.

May 13–14
ADDICTIONS IN 2022
Live Stream Only
Register here

Prior to the COVID-19 pandemic, 22 million Americans suffered from addiction to alcohol or drugs and approximately 20% of all Americans smoked cigarettes. Reports suggest these numbers have grown in consequence of the pandemic. Opioid addiction and deaths from overdose are a national crisis. The consequences of addiction include health problems, disrupted relationships, isolation, depression and suicidality. Addictions can lead to vulnerability to comorbid disorders and comorbid disorders can sometimes lead to addictions, making treatment of either particularly complex. Individuals with an addiction often deny the extent of the problem and resist treatment altogether. Despite these difficulties, countless Americans confront and overcome their addictions every year, often with the help of healthcare professionals and formal treatment programs.

McLean Hospital, the largest psychiatric hospital of Harvard Medical School, is pleased to offer this annual conference bringing together some of the foremost authorities in the addiction field. Topics will include new, evidence-based treatments, the nuances of treating comorbid disorders along with addiction, and special populations. Smaller afternoon breakout sessions will allow for in-depth exploration of topic areas in an interactive and stimulating format to enhance learning and skill-building.
The COVID-19 pandemic has posed innumerable challenges leading to unprecedented levels of stress. The mental health consequences are significant.

This intensive, three-day virtual course is designed to address this urgent need. Participants will receive cutting-edge information in the fields of psychiatry and mental health, including recent advances in a wide range of diagnoses and populations such as mood and anxiety disorders, substance use disorders, eating disorders, disorders of late life, sleep problems, psychotic disorders, and borderline personality disorder.

Our acclaimed faculty will review and synthesize new information in an easy-to-understand manner, and help clinicians apply these evidence-based treatments to current circumstances. Panel presentations, Q&A sessions and other engaging learning formats will be used to assist learners in developing new strategies they can apply in their practice settings.

For more information on the above courses, contact Department of Postgraduate & Continuing Education, McLean Hospital. Telephone: 617-855-3152; email: education@mclean.harvard.edu; visit: https://home.mcleanhospital.org/mclean-cme. Also: Facebook and Twitter.

Cambridge Health Alliance

April 1–2
THE AGE OF ANXIETY: ASSESSMENT AND TREATMENT

Despite our new reality of mostly virtual-based instruction for children and adolescents, many of the same school-related issues and struggles exist, some of which are exacerbated under the additional weight of pandemic-related mental health effects. We’ll review pertinent topics that providers and educators frequently encounter, and discuss how we can guide our students toward better mental health and resilience.

May 6–7
MEDITATION AND PSYCHOTHERAPY: WORKING WITH HOSTILITY

Our culture is becoming increasingly polarized as systemic inequities reveal themselves and global problems intensify, resulting in elevated anger, hostility, hatred and aggression in our discourse. Clinicians and their patients alike are affected by these cultural trends and are seeking solutions to these problems. This course will deepen clinicians' understanding of the neural, psychological, social/historical, ecological, and political factors that foster polarization. Participants will become better equipped to address anger, hatred and hostility in their therapy clients as well as themselves.

All course information and registration available at www.cambridgecme.org; or contact Harvard Medical School, Postgraduate Medical Education, at CEPrograms@hms.harvard.edu or 617-384-8600.

Massachusetts General Hospital

March 18–20
CHILD & ADOLESCENT PSYCHOPHARMACOLOGY 2022

Complex challenges and evolving guidelines are changing the way you care for young psychiatric patients. These areas include new diagnostic criteria, patient-centered care models, new trends in substance abuse, research advances on genetics, and much more. It is more important than ever to find education that not only covers all these topics but is also innovative, engaging, and empowers you to reach improved outcomes.

That’s why it’s critical to attend this hands-on, comprehensive conference. It provides psychiatrists, pediatricians, primary care and family practice physicians, nursing professionals, psychologists, social workers, and other mental health professionals with insights to optimize your assessment, treatment, and management of child and adolescent patients with psychiatric conditions.
October 20  PERINATAL PSYCHIATRY: TREATMENT DURING PREGNANCY AND THE POSTPARTUM 2022
Live Stream Only  Register here
This course will focus on the diagnosis and treatment of psychiatric disorders in women across pregnancy and the postpartum. Focused material will be presented regarding specialized psychotherapies utilized during pregnancy and the postpartum, as well as an overview of embryology and obstetrics informing a broad range of care modalities.

October 20–23  PSYCHOPHARMACOLOGY 2022
Live—Boston, MA  Register here
We invite you to join us at the Westin Copley Place in Boston for our annual Psychopharmacology conference. This psychiatry conference examines the latest research and treatment advances across dozens of mental health conditions. It offers in-depth information that is important for all mental health and primary care settings. Topics include ADHD, anxiety, bipolar disorder, depression, OCD, psychosis, PTSD, substance use disorders, and much more.

February 19–22, 2023  SUBSTANCE USE DISORDERS: A COMPREHENSIVE REVIEW AND UPDATE 2023
Live—Orlando, FL  Register here
Attend this conference on substance use disorders to hear the latest research and find guidance that enhances your care for patients. Our agenda focuses on a broad update across the spectrum of substance use disorders. Sessions cover everything from neuroscience and developmental perspectives all the way through recovery-oriented systems of care. Our faculty share their experience as both clinical caregivers and research experts. They make time to answer questions and help you find solutions for complex conditions.

[DATES VARY]  ONLINE COURSES ON CBT AND MIND BODY MEDICINE
CBT and Mind Body Medicine
If your practice includes patients who have complex mental health conditions, it’s important to have knowledge and skills in cognitive behavioral therapy (CBT) and mind body medicine. These online courses are easy to use and access from your home, office, or anywhere else. They include live weekly calls with course faculty and interactive discussion boards that let you share ideas and post questions. The flexible course schedules allow you to complete assignments whenever your practice schedule allows. Topics include advanced psychotherapy strategies, fundamentals of mind body medicine, adapting CBT for the treatment of children, using mind body medicine in clinical practice, CBT for OCD in adults and children, and more.

For more information on the above courses, contact Massachusetts General Hospital Psychiatry Academy. Telephone: 866-644-7792; email: mghcme@mgh.harvard.edu; visit: www.mghcme.org. Also: Facebook and Twitter.