



# Harvard Review of Psychiatry

Department of Psychiatry, Harvard Medical School  
FALL 2022—Winter 2023

## McLean Hospital

October 3–4  
January 9–10, 2023  
March 6–7  
June 5–6

**SOCIAL JUSTICE, FAITH, TRAUMA AND A WAY FORWARD: A WORKSHOP FOR PROFESSIONALS**

[Register here](#)

McLean Hospital's Institute for Trauma-Informed Systems Change offers a two-day virtual course, "Social Justice, Faith, Trauma, and a Way Forward." Learn from leading experts about how they have successfully placed a trauma-informed lens in the areas of education, justice system, public policy, social justice, spirituality and faith, government, and community.

Highlights include:

- How to use a restorative justice approach to create conditions in an organization where people are cultivating connections and healing while attending to the work of dismantling racism and other systems of oppression
- How faith and spiritual practices inform the work of transforming the self and contribute to the foundation of root systems change; the role of restorative justice in creating access to people across faiths and to those who do not claim a faith tradition
- How faith and spirituality can shield people from the full effects of trauma and how to apply resources to the work of healing within institutions

For more information on the above courses, contact Department of Postgraduate & Continuing Education, McLean Hospital. Telephone: 617-855-3152; email: [education@mclean.harvard.edu](mailto:education@mclean.harvard.edu)

## Cambridge Health Alliance

**September 9–October 7 SEX, SEXUALITY AND GENDER: THE TRANSITION TO ADULTHOOD**

5-week webinar series

[Register here](#)

The period of life when adolescents transition to adulthood is an especially complex time. Young adults are navigating their individual internal growth alongside other developmental changes, relational issues and psychosocial stressors. Critically, the onset of major mental health disorders happens most often in this age group, further complicating their healthcare needs. Finally, there are well-documented issues with the continuity of care as youth transition out of pediatric practices and into adult primary care.

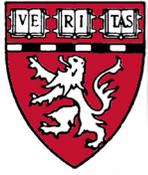
Alongside awareness of these general systemic gaps, clinicians need to be especially attuned to how each individual patient's sensuality, sexuality, sexual and gender identity intersect with their overall mental health during this key transitional stage. This series is designed to fill training gaps for all mental health disciplines, and for those who specifically treat young adults. Join us for valuable and practical insights, lively discussions, and plenty of time each week devoted to answering audience questions.

**September 22–October 20 TREATING COUPLES: SURMOUNTING CHALLENGES**

5-week webinar series

[Register here](#)

This course will focus on doing effective relational work in the midst of specific challenges including working with trauma, interpersonal violence, sexual issues, and individual therapy in the context of the needs of diverse populations. We will also enhance participants' learning about the therapeutic position of a couples therapist, including ways to efficiently understand and help people change patterns using concepts from the Single Session Delivery Model, Narrative, Solution Focused and Collaborative Language approaches, the Collaborative Change Model, and enhancing our understanding of the Person of the Therapist as a tool to work effectively across differences. Clinicians will gain key strategies to help advance their treatment skills and improve their effectiveness.



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## Cambridge Health Alliance (continued)

Registration is opening soon for these upcoming Fall 2022 courses:

**November 4–5**      **CARING FOR YOUR WHOLE PATIENT: ADDRESSING MENTAL HEALTH IN THE TREATMENT OF CHRONIC CONDITIONS**

Live—Boston, MA

In recent years, health systems and care providers across medical specialties have become increasingly aware of the unmet mental health needs of patients. Further, there is growing appreciation for the dynamic interplay between patients' medical and mental health outcomes. This conference will bring together clinicians who treat individuals with chronic medical conditions, and empower them to treat the whole patient. Topics include overcoming one's own existing stigma, screening patients for mental health concerns, deepening one's understanding of the behavioral health ecosystem, and identifying supplementary resources in the community. Most importantly, the agenda integrates a series of interactive skill-building workshops that will allow participants to practice several behavioral techniques for use in clinical encounters:

- Motivational interviewing
- Cognitive behavioral therapy and behavioral activation
- Problem-solving therapy

Participants will leave better equipped to address the mental health of their patients, and navigate the system in more complex cases.

**November 18–19**      **TRAUMATIC STRESS**

Live—Boston, MA

This course provides an overview of perspectives and effective approaches in the delivery of trauma treatment. Speakers will explore the roles of mental health clinicians in evaluating and treating disorders of traumatic stress, as well as approaches to address common challenges related to working with traumatized clients.

This year we will review various types of trauma plus common presentations and issues among trauma survivors, with attention to special considerations in treating specific trauma populations including refugees and gender diverse individuals. In addition, we will introduce a complex case vignette and discuss several therapeutic approaches that may be effectively applied. Finally, we will highlight successful strategies to address collective trauma and secondary traumatic stress for clinicians, their teams and their patients via group and community-level interventions.

**December 2–3**      **AUTISM AND DEVELOPMENT: OPTIMIZING AND INTEGRATING SERVICE DELIVERY MODELS FOR THE NEURODIVERSE**

Live—Boston, MA

The management of individuals with autism has suffered from a chronic lack of systemic resourcing. Specialized training requirements and the lack of established service delivery models create and perpetuate delays and inequities in care that start even before a diagnosis is made. These gaps are in contrast to robust diagnosis, treatment and medication models, which highlights the urgent need to close this disconnect and develop the infrastructure that we know will result in better patient outcomes.

In this course we'll discuss the latest thinking on how to best organize care and provide services to people with autism that fully promotes their development and participation in society. Several recent innovative models will be highlighted, as well as how clinicians can care for special populations within the autism community, and how to meet the need for all patients to learn and bolster life skills to maximize their well-being. We invite all health and mental health clinicians to join us for a diverse program that will include lectures, panel discussions, case vignettes, group work and lived experience advocate perspectives.

All course information will be available at <http://www.cambridgecme.org> and <https://cmecatalog.hms.harvard.edu/>; or contact Harvard Medical School, Postgraduate Medical Education, at [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu) or 617-384-8600.



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## Massachusetts General Hospital

### **September 16–17 THE FUTURE OF MENTAL HEALTH**

Live—Boston, MA—Westin Copley

[Register here](#)

Over the last few years, the field of mental health has garnered the most investments relative to other clinical areas. This program brings together clinicians, scientists, entrepreneurs, and investors to understand what mental health care can and should look like in the next 2 decades. By all accounts, current systems of care do not serve patients and their families well: care is hard to access, inefficient and costly, and sometimes unable to restore function and quality of life. At the same time, from neuroimaging to artificial intelligence to mobile apps, we are bombarded with excitement about the future might bring. How do we get past the hype to envision better care? A key first step is understanding what the future could look like, and what would need to happen to make it a reality.

### **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—Westin Copley

[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.

### **November 4–5 2ND ANNUAL CONFERENCE ON PSYCHEDELICS AND PSYCHEDELIC MEDICINE**

Live—Boston, MA—Westin Copley

[Register here](#)

We invite you to join us at the Westin Copley Place in Boston for our 2nd Annual Conference on Psychedelics and Psychedelic Medicine conference. This conference will provide up-to-date overviews and discussions of advances in the field of psychedelics and psychedelic-assisted therapies, with an emphasis on clinical studies and practice. Mechanisms of action including pharmacology, neuroscience, psychodynamic theory will be discussed, with a focus on specific clinical entities such as depression, PTSD, and addictions. Additional panel discussions and presentations will explore history, ethics, cultural issues, plant medicine, and many other relevant topics within the rapidly growing field of psychedelic medicine.

### **February 19–22, 2023 SUBSTANCE USE DISORDERS: A COMPREHENSIVE REVIEW AND UPDATE 2023**

Live—Orlando, FL

[Register here](#)

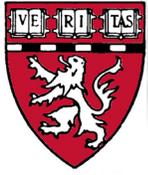
Attend this conference on substance use disorders to hear the latest research and find guidance that enhances your care for patients. Our agenda focuses on a broad update across the spectrum of substance use disorders. Sessions cover everything from neuroscience and developmental perspectives all the 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.

### **March 17–19 CHILD & ADOLESCENT PSYCHOPHARMACOLOGY 2023**

Live—Ko Olina, HI

[Register here](#)

This program 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.



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## Massachusetts General Hospital (continued)

**[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](mailto:mghcme@mgh.harvard.edu); visit: [www.mghcme.org](http://www.mghcme.org). Also: [Facebook](#) and [Twitter](#).