



# Harvard Review of Psychiatry

Department of Psychiatry, Harvard Medical School

Spring—Fall 2023

## McLean Hospital

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

March 6–7, 2023

June 5–6

[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

### **COACHING IN LEADERSHIP AND HEALTHCARE**

APRIL 27-29, 2023

Held virtually on Zoom

[Register here](#)

With great enthusiasm and excitement, we invite you to our 14th annual conference, a partnership of the Institute of Coaching, McLean Hospital and Harvard Medical School, titled: *Innovation is our Future: Coaching in Leadership & Health Care*.

Our world-class speakers, scientists, thought leaders and coaching scholars will explore how we can bring new openness and generativity to coaching conversations and inspire the innovation of self, others and organizations. Our presenters will explore the challenges, emerging opportunities for coaching and new strategies in leadership, well-being and inclusion, recognizing a new high for the interdependence of leadership, well-being and diversity in all realms of human achievement.

Deepening the roots and expanding the reach of the coaching profession, the IOC's science, research, thought leaders, resources and community are invaluable to new and seasoned coaches, as well as for professionals adding coaching to their leadership roles or professional services.

### **ADDICTIONS 2023 - MAY 5-6, 2023**

Mass General Brigham at Assembly Row

399 Revolution Drive

Somerville, MA 02145

[Register here](#)

Prior to the COVID-19 pandemic, it was estimated that 22 million Americans suffered from addiction to alcohol or drugs and approximately 20% of all Americans smoked cigarettes. Early reports suggest these numbers have grown as a result of the pandemic. The consequences of addiction are numerous; it results in a myriad of health problems, harms and disrupts families and other relationships, and can leave individuals isolated, depressed and even suicidal.

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. We are honored to have a prestigious and accomplished faculty. Smaller, breakout sessions each afternoon will allow for in-depth exploration of topic areas in an interactive and stimulating format that should enhance learning and skill-building.

### **PSYCHIATRY IN 2023 – JUNE 8-10, 2023**

Fairmont Copley Plaza Hotel  
138 St James Ave.  
Boston, MA 02116  
[Register here](#)

Rates of depression, suicide, anxiety disorders, PTSD and substance use disorders have increased in recent years and mental disorders are now the leading cause of disability throughout the world. Physicians, mental health clinicians and many other healthcare professionals are being called upon to help.

This intensive, three-day, in-person course is designed to address this urgent need. Participants will receive the latest information in the fields of psychiatry and mental health. Numerous aspects and a wide range of diagnoses and populations will be covered, including recent advances in psychopharmacology, psychosocial treatments as well as mood and anxiety disorders, substance use disorders, eating disorders, disorders of late life, sleep problems, psychotic disorders and borderline personality disorder.

Our widely acclaimed faculty will decisively review and synthesize recent advances in psychiatry 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 the 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](mailto:education@mclean.harvard.edu)

## Cambridge Health Alliance

### **March 3-4                    TREATING THE ADDICTIONS**

Live—Boston, MA

This course presents an overview of the latest clinical, theoretical, and research findings on addictive behaviors for adolescents and adults. Faculty will review updates on the opioid epidemic, gambling disorder, stimulants, psychedelics, and the implications of expanded marijuana use, as well as discuss the importance of considering diverse population perspectives, community initiatives, and lived experience roles in the recovery process. Finally, we'll contemplate the future and place of digital psychiatry and telehealth models for addiction treatment.

### **March 17 – April 14        DIGITAL MENTAL HEALTH**

Live Stream Only

This course will introduce learners to the burgeoning field of digital mental health. Faculty will present a taxonomy of digital interventions, including those which are provided in the context of a professional relationship/therapeutic contract and those which are provided as self-help tools. We will describe the differences between consumable and non-consumable interventions, and the potential to reach very large numbers of people worldwide with the latter. We will also discuss the latest evidence for the prevention of mental disorders such as depression, and the opportunity to make preventive interventions widely available using digital tools. Both clinicians and healthcare administrators in the mental health field are welcome!

### **May 4-5                        MEDITATION AND PSYCHOTHERAPY: RETURNING TO LOVE AND COMPASSION**

Live—Boston, MA

The clinical use of meditation practices has focused historically on calming the mind and body, regulating emotions, and gaining insights into the psychological and behavioral patterns that create distress. Increasingly, however, clinicians are also discovering the importance of cultivating love and compassion, learning how to work with the heart in addition to the mind. How might compassion practices help, including meditation? What factors need to be considered when cultivating compassion? Which practices are best suited to different individuals? This course will deepen clinicians' understanding of the psychological, physiological, developmental, social, and neurological factors that foster compassion.

All course information is 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.

## Massachusetts General Hospital

**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.

**October 14**

**PSYCHOLOGICAL CHALLENGES AND LEADERSHIP—A WORKSHOP FOR EXECUTIVES ON LEVERAGING MENTAL HEALTH IN THE WORKPLACE**

Boston, MA

<https://mghcme.org/courses/executiveleadership23/>

The distinguished Harvard Business School Professor, Richard Tedlow, and the Chair of Psychiatry at Massachusetts General Hospital, Maurizio Fava, are holding in Boston on October 14, 2023 a highly interactive workshop on “Psychological Challenges and Leadership.” Psychological challenges often play a critical role in leadership. Sometimes these challenges can be harnessed to the advantage of the leader and the organization. At other times, such challenges can be severely detrimental to both the leader and the organization. The purpose of the workshop is to host a discussion about how psychological issues can be identified by executives who are not mental health professionals. How do subordinates “manage up” in the face of a visionary leader whose visions are not altogether rational? How do leaders deal with talented employees whose talents are entwined with irrational issues? How can the leaders themselves achieve a perspective on their own behavior and manage it to the advantage of all constituencies? These are some of the issues which will be discussed at the workshop. We will analyze these questions through the lens provided by three remarkable individuals: General George S. Patton (1885-1945), fashion designer and entrepreneur Kate Spade (1962-2018), and industrialist and entrepreneur Henry Ford (1863-1947). The stories of these leaders contain lessons from which people ambitious to “make a dent in the universe” can profit. These lessons will be the focus of the workshop.

**October 26-29**

**PSYCHOPHARMACOLOGY 2023**

Boston, MA

<https://mghcme.org/courses/psychopharmacology2023/>

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.

In every session, our faculty share data from new clinical trials. They match it up against prior data and discuss what the changes mean. They also examine standards of care and share innovative ways to make care better. The agenda touches on many complex topics in mental health. Managing side effects, drug interactions, natural medications, combining pharmacologic and psychosocial treatments, and much more.

Most important of all, our faculty focus on how to translate all these insights into your daily practice. This empowers you to optimize your care for patients with psychiatric conditions. That makes our event ideal for professionals in psychiatry, primary care, psychology, and nursing.

**[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](#).