



Harvard Review of Psychiatry

**Department of Psychiatry, Harvard Medical School
Winter–Spring 2022**

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.

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

January 21

DIVERSITY IN MENTAL HEALTH PRACTICE

Live Stream Only

[Register here](#)

This course will present the dynamics of culture, diversity and social justice that impact the mental health of people from diverse life experiences. We will examine contemporary thought on cultural humility, cultural identity development, privilege and bias, plus discuss strategies for incorporating anti-racism and trauma-based mental health care from various theoretical perspectives and systems of care. Participants will gain skills to address biases in themselves, their patients and their practice environments

February 1–March 1

PSYCHEDELIC-ASSISTED PSYCHOTHERAPY: THE NEXT FRONTIER

5-week Webinar Series

Live Stream Only

[Register here](#)

This course will delve into the history, science, neurobiology, and ethical and legal issues associated with psychedelic-assisted psychotherapy. It will provide clinicians the information they require to evaluate their own interest and participation in this emerging field of research and practice.

February 4–5

SCHOOL MENTAL HEALTH: TREATING STUDENTS K–12

Live Stream Only

[Register here](#)

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.

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.



Harvard Review of Psychiatry

Massachusetts General Hospital

February 20–23
Live Stream Only
[Register here](#)

SUBSTANCE USE DISORDERS: A COMPREHENSIVE REVIEW AND UPDATE 2022

Attend this conference on substance use disorders to hear the latest research and find guidance that enhances your care for patients.

Substance use disorders are complex and have a huge impact on patients, families, and communities. They challenge even experienced health care professionals to stay current with evolving guidelines. And they are seen and treated across all professions, disciplines, and practice settings. This includes primary care, psychiatry, social work, psychology, family practice, nursing, and more.

That's why 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 18–20
Live Stream Only
[Register here](#)

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.

[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](#).