

Psychopharmacology 2020

Thursday – Sunday • October 22-25, 2020

Virtual

WELCOME

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our *44th Annual Psychopharmacology Conference*.

Over the years this event has educated thousands of professionals on the latest advances in mental health. During each session, we ask our faculty to share their experience in both clinical research and patient care. This unique perspective as clinician-researchers helps mold standards of care in mental health. They review the latest data from clinical trials and new studies. They also highlight effective pharmacologic and behavioral interventions for an array of mental health conditions. Specific sessions cover anxiety, ADHD, depression, bipolar disorder, eating disorders, OCD, psychosis, PTSD, substance use, and much more.

Thank you for joining us this year.

TARGET AUDIENCE

The target audience for this event is Psychiatrists, Psychologists, General and Family Practice Physicians, Psychiatric Nurses, Physician Assistants, Nurse Practitioners and Social Workers.

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

www.mghcme.org/psychopharm2020

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom. Experience has shown that this method is preferable to that of spontaneous questions.

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CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu.

LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

- Identify rational, evidence-based pharmacologic and non-pharmacologic therapies for patients with unipolar, bipolar, treatment-resistant, and post-partum depression.

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- Assess obstacles to maintenance of long-term recovery and the liability issues associated with psychopharmacology.
- Discuss diagnostic and evidenced-based treatment strategies for pediatric onset mood disorders.
- Compare the neurobiology and evidence-based treatment approaches to addiction, anxiety, schizophrenia, and mood disorders.
- Review the course and treatment of psychiatric disorders during pregnancy and menopause.
- Recognize psychosocial issues and evidence-based treatment modalities for eating and sleep disorders.
- Analyze drug interactions and the pharmacotherapy of adult ADHD and geriatric disorders.

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of **29.75 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS

The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **29.75** Continuing Education (CE) credits for psychologists.

REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **29.75** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

SOCIAL WORKERS

The Collaborative of NASW, Boston College, and Simmons College Schools of Social Work authorizes social work continuing education credits for courses, workshops, and educational programs that meet the criteria outlined in 258 CMR of the Massachusetts Board of Registration of Social Workers.

This program has been approved for **29.5** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D80039-2.

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Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits*[™] associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits*[™] may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

AGENDA

THURSDAY, OCTOBER 22, 2020

- 4:00 – 8:00PM **Law and Psychiatry****
THIS IS A TICKETED EVENT
Matthew Lahaie, MD, JD, Judith Edersheim, MD, JD, Rebecca Brendel, MD, JD
- 4:00 – 8:00PM **Psychosomatic Medicine/ Consultation-Liaison Psychiatry**
THIS IS A TICKETED EVENT
Christopher M. Celano, MD, Theodore A. Stern, MD,
Judith Restrepo, MD, Franklin King, MD
- 4:00 – 8:00PM **The Neuroscience Revolution: How will it Affect Patient Care?**
THIS IS A TICKETED EVENT
Tracy Barbour, MD; Randy Buckner, PhD; Thomas McCoy, MD; Joshua Roffman, MD

FRIDAY, OCTOBER 23, 2020

- 8:00 – 8:30AM **Welcoming Remarks & Introduction**
Maurizio Fava, MD & Jerrold F. Rosenbaum, MD

MODULE TOPIC – MOOD DISORDERS

- 8:30 – 9:15AM **Bipolar Depression**
Andrew A. Nierenberg, MD
- 9:15 – 10:00AM **Bipolar Long-Term Management**
Roy H. Perlis, MD, MSc
- 10:00 – 10:15AM **Coffee Break**

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- 10:15 – 11:00AM **Treatment Resistant Depression**
Maurizio Fava, MD
- 11:00 – 12:00PM **Panel Discussion**
Moderator: Jerrold F. Rosenbaum, MD
Panelists: Andrew A. Nierenberg, MD, Roy H. Perlis, MD, MSc, Maurizio Fava, MD
- 12:00 – 1:00PM **Break**

MODULE TOPIC – ANXIETY/PTSD

- 1:00 – 1:45PM **PTSD**
Eric Bui, MD. PhD & Luana Marques, PhD
- 1:45 – 2:30PM **Anxiety Disorders and Treatments**
Jerrold Rosenbaum, MD
- 2:30 – 3:15PM **Panel Discussion**
Moderator: Jerrold Rosenbaum, MD
Panelists: Eric Bui, MD. PhD & Luana Marques, PhD
- 3:15 – 3:30PM **Break**

MODULE TOPIC – WOMEN'S HEALTH

- 3:30 – 4:10PM **Course and Treatment of Mood and Anxiety Disorders During Pregnancy**
Lee S. Cohen, MD
- 4:10 – 4:40PM **Postpartum Mood Disorders**
Marlene P. Freeman, MD
- 4:40 – 5:30PM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: Lee S. Cohen, MD, Marlene P. Freeman, MD
- 5:30 – 6:30PM **Break**
- 6:30 – 8:30 PM **Friday Evening Seminars: *All Friday and Saturday evening sessions will be pre-recorded to allow all attendees to access each session**
- Natural Medications for Psychiatric Disorders**
David Mischoulon, MD, PhD

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Suicide

Theodore A. Stern, MD

The Neurobiology of Addiction

Jodi Gilman, PhD

Psychopharmacology of Sleep Disorders

John W. Winkelman, MD, PhD

The Neurobiology of Mood and Psychotic Disorders

Jacqueline Clauss, MD, PhD

Cognitive-Behavioral Therapy to Augment Psychopharmacological Therapy

Michael W. Otto, PhD

Psychedelic Medicine

Franklin King, MD

SATURDAY, OCTOBER 24, 2020

8:00 – 8:15AM **Welcoming Remarks & Introduction**
David H. Rubin, MD

MODULE TOPIC – PSYCHOSIS

8:15 – 9:00AM **First-Episode Psychosis and Schizophrenia**
Oliver Freudenreich, MD, FACLP

9:00 – 9:45AM **Management of Side-Effects of Antipsychotics**
Oliver Freudenreich, MD, FACLP

9:45 – 10:00AM **Break**

MODULE TOPIC – KETAMINE & ESKETAMINE

10:00 – 10:45AM **Ketamine and Esketamine: From Research to Clinical Practice**
Cristina Cusin, MD

10:45 – 11:45AM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: Oliver Freudenreich, MD, FACLP, Cristina Cusin, MD

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11:45 – 1:00PM **Break**

MODULE TOPIC – NEW THERAPIES: WHAT IS ON THE HORIZON?

1:00 – 1:45PM **Stimulation and/or Surgical Approaches to Psychiatric Illness**
Joan Camprodon, MD, PhD

1:45 – 2:30PM **New Treatments for Schizophrenia**
Oliver Freudenreich, MD, FACP

2:30 – 2:45PM **Break**

2:45 – 3:30PM **New Treatments for Mood Disorders**
Michael E. Henry, MD

3:30 – 4:15PM **What is New in Addiction?**
John F. Kelly, PhD

4:15 – 5:15PM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: Michael E. Henry, MD, John F. Kelly, PhD

5:15 – 6:30PM **Break**

6:30 – 7:30PM **Saturday Evening Seminars:** *All Friday and Saturday evening sessions will be pre-recorded to allow all attendees to access each session

Violence Risk Assessment in Clinical Practice**
Ronald Schouten, MD, JD, Lieutenant Frederick Cabral

Geriatrics
Feyza E. Marouf, MD

Traumatic Brain Injury: A Neuropsychiatric Perspective
Kaloyan S. Tanev, MD

Illuminating the Black Box: Antidepressants, Youth and Suicide
David H. Rubin, MD

**PMDD and Depression During the Menopausal Transition:
New Insights**

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Ruta Nonacs, MD, PhD

SUNDAY, OCTOBER 25, 2020

7:45- 8:00AM **Welcoming Remarks & Introduction**
David H. Rubin, MD

MODULE TOPIC – ADDICTION

8:00 – 8:45AM **Alcohol and Opiates**
Vinod Rao, MD, PhD

8:45 – 9:30AM **Tobacco and Cocaine**
A. Eden Evins, MD, MPH

9:30 – 10:00AM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: A. Eden Evins, MD, MPH, Vinod Rao, MD, PhD

10:00 – 10:15AM **Break**

MODULE TOPIC – OCD

10:15 – 10:55AM **OCD**
Michael A. Jenike, MD

10:55 – 11:35AM **Obsessive-Compulsive Related Disorders**
Lisa M. Zakhary, MD, PhD

11:35 – 12:15PM **CBT for OCD**
Sabine Wilhelm, PhD

12:15 – 12:45PM **Panel Discussion**
Moderator: Michael A. Jenike, MD
Panelists: Lisa M. Zakhary, MD, PhD, Sabine Wilhelm, PhD

12:45 – 1:45PM **Break**

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MODULE TOPIC – ACROSS THE LIFESPAN

1:45 – 2:30PM	Pediatric Bipolar Disorder and Mood Disorders Janet Wozniak, MD
2:30 – 3:15PM	ADHD Joseph Biederman, MD
3:15 – 3:30PM	Break
3:30 – 4:15PM	Drug Interactions Jonathan E. Alpert, MD, PhD
4:15 – 4:45PM	Panel Discussion <u>Moderator:</u> Joseph Biederman, MD <u>Panelists:</u> Jonathan E. Alpert, MD, Janet Wozniak, MD
4:45PM	Adjourn

****Session eligible for Risk Management Credit**

FACULTY

PLANNERS & COURSE DIRECTORS

Maurizio Fava, MD (Course Director)

Psychiatrist-in-Chief, Department of Psychiatry
Director, Division of Clinical Research of the MGH Research Institute
Executive Director, Clinical Trials Network & Institute (CTNI)
Massachusetts General Hospital
Associate Dean for Clinical & Translational Research
Slater Family Professor of Psychiatry
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Jerrold F. Rosenbaum, MD (Course Director)

Psychiatrist-in-Chief, Emeritus
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Stanley Cobb Professor of Psychiatry
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Jane Pimental, MPH

Managing Director
Massachusetts General Hospital Psychiatry Academy

David H. Rubin, MD (Reviewer)

Director, Child and Adolescent Psychiatry Residency Training
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Director, Postgraduate Medical Education, Department of Psychiatry
Executive Director, Massachusetts General Hospital Psychiatry Academy
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Susan Sprich, PhD (Psychologist Reviewer)

Director, Postgraduate Psychology Education
Director, Cognitive Behavioral Therapy Program
Massachusetts General Hospital
Assistant Professor of Psychology
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SPEAKERS

Jonathan E. Alpert, MD, PhD

Dorothy and Marty Silverman University Professor and Chair
Department of Psychiatry and Behavioral Science
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Psychiatrist-in-Chief
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Albert Einstein College of Medicine

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CATSD - Massachusetts General Hospital
Board of Directors, International Society for Traumatic Stress Studies
Associate Editor, European Journal of Psychotraumatology

Lieutenant Frederick Cabral

Cambridge Police Department
Family & Social Justice Section

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Director, Laboratory for Neuropsychiatry & Neuromodulation
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Assistant Professor of Psychiatry, Harvard Medical School

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Associate Director, Cardiac Psychiatry Research Program, Massachusetts General Hospital
Psychiatrist, Massachusetts General Hospital
Assistant Professor, Harvard Medical School

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Jacqueline Clauss, MD, PhD

Clinical and Post-Doctoral Fellow, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Massachusetts General Hospital
Clinical Fellow, Division of Child and Adolescent Psychiatry, McLean Hospital

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Co-Director, MGH Schizophrenia Clinical and Research Program

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Michael E. Henry, MD

Medical Director, Bipolar Clinic and Research Program
Director, Somatic Therapy
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Michael A. Jenike, MD

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Founder, Massachusetts General Hospital/McLean Hospital OCD Institute
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John F. Kelly, PhD, ABPP

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Jerrold F. Rosenbaum, MD

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Ronald Schouten, MD, JD

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Theodore A. Stern, MD

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Editor-in-Chief, Psychosomatics

Kaloyan S. Tanev, MD

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Janet Wozniak, MD

Chair, Quality and Safety, Department of Psychiatry
Director, Child and Adolescent Psychiatry Outpatient Service
Director, Pediatric Bipolar Disorder Clinical and Research Program
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Associate Professor of Psychiatry
Harvard Medical School

Lisa M. Zakhary, MD, PhD

Medical Director, OCD and Related Disorders Program
Director of Psychopharmacology, Excortiation Clinic and Research Unit
Massachusetts General Hospital

FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

Commercial Interest

The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

Financial relationships

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant” financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest

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Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of this activity) consumed by, or used on, patients:

Speakers & Planners:

<u>Name</u>	<u>Company</u>	<u>Relationship</u>
Jonathan E. Alpert, MD, PhD	Otsuka Pharmaceuticals, Axsome Pharmaceuticals Belvoir Publishing, Psychiatric Times Montefiore Medical Center and Albert Einstein College of Medicine	Research Support Editorial Activity (Editorial Fee) Chair, Department of Psychiatry and Behavioral Sciences (Salary)
Joseph Biederman, MD	Genentech, Headspace Inc., Lundbeck, Neurocentria Inc., Pfizer Pharmaceuticals, Roche TCRC Inc., Shire Pharmaceuticals Inc., Sunovion Pharmaceuticals Inc., Akili, Jazz Pharmaceuticals, Shire Bracket Gloval, Ingenix, Prophase, Shire, Sunovion Pharmaceuticals, Theravance Avekshan LLC	Research Support Consultant Fees (Consultant) Royalties Financial Interest reviewed and are managed by Massachusetts General Hospital and Partners HealthCare in accordance with their conflict of interest policies.

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Randy Buckner, MD	Pfizer, Roche	Consultant (Chair of Scientific Advisory Board)
Eric Bui, MD, PhD	Springer Wolters Kluwer Taylor & Francis	Editor, Royalties Author, Royalties Editor in Chief, Contribution
Joan Camprodon, MD, PhD, MPH	Apex Neuroscience	Stock, Scientific Advisor
Christopher Celano, MD	Sunovion Pharmaceuticals	Honorarium (Lecture on a topic unrelated to this lecture)
Lee S. Cohen, PhD	National Pregnancy Registry for Atypical Antipsychotics, Alkermes Biopharmaceuticals; Forest/Actavis Pharmaceuticals; Otsuka Pharmaceuticals; Sunovion Pharmaceuticals, Inc.; Teva Pharmaceuticals Brain & Behavior Research Foundation; JayMac Pharmaceuticals; National Institute on Aging; National Institutes of Health; SAGE Therapeutics Alkermes Biopharmaceuticals; Praxis Precision Medicines, Inc.	Research Support/ PI Other Research Support, PI/Co-investigator Advisory/Consulting (through MGH Clinical Trials Network Initiative)

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Cristina Cusin, MD	<p>Alkermes</p> <p>Shenox Pharmaceuticals, LLC</p> <p>Perception Neuroscience</p> <p>Clexio</p> <p>Springer</p>	<p>Advisor (Consulting Fee)</p> <p>Research Grant Support</p> <p>Advisor (Consult Fee)</p> <p>Research Grant/Clinical Trial</p> <p>Book (Royalties)</p>
A. Eden Evins, MD, MPH	<p>Karuna Pharmaceuticals</p> <p>Charles River Analytics</p> <p>Brain Solutions LLP</p> <p>Pfizer</p>	<p>DSMB Chair</p> <p>Consultant</p> <p>Inventor (Founder of STTR)</p> <p>Investigator (Editorial Support)</p>
Maurizio Fava, MD	<p>Abbott Laboratories; Acadia Pharmaceuticals; Alkermes, Inc.; American Cyanamid; Aspect Medical Systems; AstraZeneca; Avanir Pharmaceuticals; AXSOME Therapeutics; Biohaven; BioResearch; BrainCells Inc.; Bristol-Myers Squibb; CeNeRx BioPharma; Cephalon; Cerecor; Clarus Funds; Clexio Biosciences; Clintara, LLC; Covance; Covidien; Eli Lilly and Company; EnVivo Pharmaceuticals, Inc.; Euthymics Bioscience, Inc.; Forest Pharmaceuticals, Inc.; FORUM Pharmaceuticals; Ganeden Biotech, Inc.; GlaxoSmithKline; Harvard Clinical Research Institute; Hoffman-LaRoche; Icon Clinical Research; Indivior; i3 Innovus/Ingenix; Janssen R&D, LLC; Jed Foundation; Johnson & Johnson Pharmaceutical Research & Development; Lichtwer Pharma GmbH; Lorex Pharmaceuticals; Lundbeck Inc.; Marinus Pharmaceuticals; MedAvante; Methylation Sciences Inc; National Alliance for Research on Schizophrenia & Depression (NARSAD); National Center for Complementary and Alternative Medicine (NCCAM); National Coordinating</p>	<p>Research Support</p>

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