

PROGRAM SCHEDULE

An Introduction to Mindfulness-Based Treatments in Psychiatry

8:30 am Registration & Networking Breakfast

8:50am Welcome & Introduction
Marie H. Hobart, MD
MPS President

9:00am The Clinical Applications of Neuroscience of Mindfulness Meditation
Catherine E. Kerr, PhD
Rebecca E. Wells, MD, MPH

9:45am Mindfulness-Based Cognitive Therapy for Bipolar Disorder
Thilo Deckersbach, PhD
Britta K. Holzel, PhD

10:30am BREAK

10:45am The Effectiveness of Tai Chi for Treatment of Depression
Albert Yeung, MD, ScD

11:15am The Mindful Psychiatrist: How Meditation Informs Psychiatric Practice
Roberta S. Isberg, MD
Paul Summergrad, MD

12:00pm Faculty Panel Question & Answer Session

12:30pm Adjourn

FACULTY

(Alphabetical Listing)

Thilo Deckersbach, PhD
Director, Psychological Services
Bipolar Clinic and Research Program
Massachusetts General Hospital
Assistant Professor of Psychology
Harvard Medical School

Marie H. Hobart, MD
Chief Medical Officer
Community Healthlink
Assistant Professor of Psychiatry
University of Massachusetts Medical School

Britta K. Holzel, PhD
Research Fellow in Psychiatry
Massachusetts General Hospital
Harvard Medical School
Bender Institute of Neuroimaging
University of Giessen, Germany

Roberta S. Isberg, MD
Assistant Clinical Professor of Psychiatry
Harvard Medical School
Senior Associate in Psychiatry
Children's Hospital Boston

Catherine E. Kerr, PhD
Instructor in Medicine
Harvard Medical School
Osher Research Center
Beth Israel Deaconess Medical Center

Paul Summergrad, MD
Dr. Frances S. Arkin Professor and Chairman
Department of Psychiatry
Professor of Medicine
Tufts University School of Medicine
Psychiatrist-in-Chief
Tufts Medical Center

FACULTY CONTINUED

Rebecca E. Wells, MD, MPH
Instructor in Neurology
Harvard Medical School
Department of Neurology
Beth Israel Deaconess Medical Center

Albert Yeung, MD, ScD
Director of Primary Care Studies at the
Depression Clinical and Research Program
Massachusetts General Hospital
Assistant Professor of Psychiatry
Harvard Medical School

DIRECTIONS

Massachusetts Medical Society
860 Winter Street, Waltham MA 02451
800-322-2303

From the East and West

Take I-90 to I-95/128 North. Follow I-95/128 North for approx. 2 miles to Exit 27B. At end of ramp, bear right onto Wyman Street. Remain in the right lane and bear right onto Winter Street. Remain in the right lane as you cross over 95/128. Follow directions for ALL below.

From the North

Take I-95/128 South to Exit 27B. When coming off the exit ramp, stay in the far right lane and follow Winter Street. Follow directions for ALL below.

From the South

Take I-95/128 North to Exit 27B. At end of ramp, bear right onto Wyman Street. Remain in the right lane and bear right onto Winter Street. Remain in the right lane as you cross over 95/128. Follow directions for ALL below.

ALL

Remain in the far right lane through two sets of lights. Travel around the Cambridge Reservoir for approx. 0.5 miles. Pass AstraZeneca on the left and then turn left at the granite sign for HealthPoint and Waltham Woods Corporate Center. Travel up the hill following the green signs for Waltham Woods Corporate Center. Turn left at the first entrance for the Massachusetts Medical Society. The Conference Center is located on this side of the building. Ample free parking is available.

REGISTRATION INSTRUCTIONS

An Introduction to Mindfulness-Based Treatments in Psychiatry

Check One:

- Member of MPS/APA (\$75)
 Member in Training (\$25)
 Non-member (\$100)

(Please print)

Name: (Dr./Mr./Mrs./Ms./Other)

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____

Email: _____

I have enclosed a check payable to MPS for \$ _____

Please bill my credit card: _____ MasterCard _____ Visa

Card Number: _____

Expiration Date: _____ Security Code: _____

I would prefer a vegetarian meal.

To register by mail, please detach this form and send with your payment to:

Massachusetts Psychiatric Society
40 Washington Street, Suite 201
Wellesley, MA 02481

Registration is open 24 hours/day

You may call, leave a voicemail, send an email, or fax us to register and then follow up with your payment in the mail.

Phone: 781-237-8100

Fax: 781-237-7625

Email: mps@psychiatry-mps.org

Questions? Call 781-237-8100, x212
8am—4pm Monday thru Friday

You may also register online at
www.psychiatry-mps.org.

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A CME PROGRAM PRESENTED BY THE
MASSACHUSETTS PSYCHIATRIC SOCIETY



An Introduction to Mindfulness-Based Treatments in Psychiatry

Saturday
October 2, 2010
8:30 am—12:30 pm

Massachusetts Medical Society
860 Winter Street
Waltham, MA 02451

*Please register by
September 29, 2010*

PROGRAM OVERVIEW

Mindfulness-based treatments for psychiatric disorders are rapidly emerging as key tools in the non-pharmacologic treatment of a variety of conditions, including major depression, bipolar disorder, and borderline personality disorder. A number of well-designed studies have provided empirical support for the effectiveness of these approaches.

This course will provide an overview of mindfulness-based treatments in psychiatry. Presenters will share the latest findings on the neuroscientific basis of meditation, the use of specific techniques for the treatment of depression and bipolar disorder, and general principles for integrating mindfulness techniques into your psychiatric practice. The program will include some experiential exercises in order to enhance your knowledge of how to actually deploy mindfulness techniques with your patients.

PROGRAM OBJECTIVES

At the conclusion of this activity, participants will be able to:

- Discuss how mindfulness meditation affords real-time control of the brain's "attentional spotlight"
- Describe the effect of meditation on the brain and explain a possible intervention to reduce stress and improve cognitive function
- Describe how mindfulness practices can address symptoms of bipolar disorder, such as difficulties with attention regulation, emotion regulation and self-acceptance
- Examine the literature on the effects of Tai Chi on mood and evaluate a pilot study using Tai Chi for the treatment of major depressive disorder
- Recognize how mindfulness practice can inform both cognitive-behavioral and psychodynamic approaches to treatment

CONTINUING MEDICAL EDUCATION

The Massachusetts Psychiatric Society designates this educational activity for a maximum of 3.25 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Massachusetts Psychiatric Society is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

Massachusetts Psychiatric Society
40 Washington Street
Suite 201
Wellesley Hills, MA 02481
Address Service Requested

