

24TH ANNUAL
Marco Island

FLORIDA SYMPOSIA

February 20 - 24, 2017



**New England
Educational Institute**

A Leader in Continuing Education

24th Annual Marco Island

FLORIDA SYMPOSIA

February 20 - 24, 2017

The **24th Annual Florida Symposia** provides psychologists, social workers, psychiatrists, primary care physicians, counselors, nurses and allied mental health professionals with an outstanding opportunity to combine a stimulating symposium with a relaxing, sunny winter vacation. Distinguished faculty, each a leader in their field, will present three different week-long symposia.

MARCO ISLAND

A hidden haven tucked within diminutive isles, Marco Island is the ultimate retreat for those searching for sun-drenched beaches, sensational seafood, magnificent golf, exceptional fishing, and fantastic sunsets. Located on the southwest tip of Florida, Marco Island is a resort escape of sun-washed white beaches and turquoise Gulf waters. This four-mile island offers awe-inspiring aquascapes and an outstanding location for a winter vacation.

FACULTY AND PROGRAMS

Donald Meichenbaum, Ph.D.

Resilience: A Life-Span Intervention Approach

Steven Dubovsky, M.D.

The Theory and Practice of Biological Psychiatry

Bill Morgan, Psy.D.

Mindfulness for the Western Mind: An Educational Retreat

WHO SHOULD ATTEND

These symposia are designed for psychologists, social workers, psychiatrists, primary care physicians, counselors, nurses and allied mental health professionals.

SYMPOSIA INFORMATION AND SCHEDULE

Each symposium will convene from 9:00 a.m. until 12:15 p.m., Monday through Friday. Registration and distribution of materials will begin on Monday at 8:00 a.m. at the Hilton Marco Island Beach Resort, 560 South Collier Boulevard, Marco Island, FL, 34145.

New England Educational Institute, 449 Pittsfield Rd., Suite 201, Lenox, MA 01240
Tel: 413-499-1489 x1 • Fax: 413-499-6584 • Email: learn@neei.org • Web: www.neei.org



New England Educational Institute

NEEI is the sponsor of the 24th Annual Florida Symposia. New England Educational Institute is a non-profit organization established to provide advanced educational programs. These outstanding symposia are designed to meet the theoretical and practical needs of mental health professionals.

Donald Meichenbaum

Resilience: A Life-Span Intervention Approach

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada and Research Director of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence, Miami. He is one of the founders of cognitive behavior therapy and in a survey of clinicians reported in the *American Psychologist*, he was voted “one of the ten most influential psychotherapists of the 20th century.”

Dr. Meichenbaum has been honored with a Lifetime Achievement award from the Clinical Division of the American Psychological Association. For his exceptional teaching skills, Dr. Meichenbaum was a recipient of the prestigious NEEI Mental Health Educator of the Year award.

Dr. Meichenbaum's prolific work has been published in various journals, chapters, in many books and in his most recently released book, *ROADMAP to RESILIENCE*. Dr. Meichenbaum has described this workshop as “the penultimate product of over 40 years of clinical practice and consultation.”

DESCRIPTION

In the aftermath of traumatic and victimizing experiences most individuals are impacted, but some 75% go on to evidence resilience and the ability to “bounce back” and confront ongoing adversities. In contrast, some 25% of individuals will manifest persistent adjustment difficulties and psychiatric disorders. Dr. Meichenbaum will discuss what distinguishes these two groups and the practical implications for treatment. He will provide a Case Conceptualization Model of risk and protective factors that informs treatment interventions and that highlights a “strengths-based” Constructive Narrative treatment approach. Using a life-span perspective he will discuss the nature and neurobiological aspects of resilience. He will present evidence-based Trauma-focused Cognitive Behavioral treatment for “high -risk” children and their families, and ways to bolster resilience with adolescents and the elderly. Other specific populations to be discussed include individuals who are experiencing prolonged and complicated grief, returning service members, clients with comorbid disorders of PTSD and substance abuse disorders, individuals with borderline personality disorders, individuals with traumatic brain injuries, native Indian populations and psychotherapists.

SCHEDULE

- | | |
|-----------|---|
| Monday | Critique of the concept of PTSD and a consideration of the “state-of-the art”/ What distinguishes the 75% vs the 25% and implications for treatment/Nature and neurobiology of resilience/Building blocks of resilience/A Case Conceptualization Model of risk and protective factors and treatment implications: Core tasks of psychotherapy |
| Tuesday | Treatment for individuals with PTSD, Complex PTSD and comorbid disorders/ Substance abuse/Affective disorders/Guilt/Prolonged and complicated grief/ Moral injuries |
| Wednesday | Bolstering resilience in special populations: Clients with borderline personality disorders, Individuals with traumatic brain injuries/Ways to integrate spirituality and psychotherapy |
| Thursday | Ways to bolster resilience across the life-span – “High-risk” children and their families/Neurobiological consequences of cumulative stress and implications for treatment/Characteristics of resilient individuals – pathways to resilience/Trauma-focused cognitive behavior therapy |
| Friday | Ways to bolster resilience in adolescents including LGBTQ youth and victims of human trafficking/Ways to bolster resilience in the elderly/Ways to bolster resilience in psychotherapists –Vicarious resilience |

Steven Dubovsky

The Theory and Practice of Biological Psychiatry

Steven Dubovsky, M.D., is Professor and Chair of the Department of Psychiatry at the State University of New York at Buffalo, and Adjoint Professor of Psychiatry and Medicine at the University of Colorado. He consults widely on complicated psychiatric disorders and mixtures of medical and psychiatric disorders, and he treats psychiatrists and other physicians with a range of conditions. His research concerns the neurobiology of mood disorders and outcomes of novel psychiatric interventions. Dr. Dubovsky teaches medical students, residents and practitioners in a variety of specialties. He has published over 200 journal articles, books and chapters, including the *Clinical Guide to Psychotropic Medications*.

DESCRIPTION

This symposium will cover the concepts supporting the treatment of major psychiatric disorders and the nature of the evidence that supports those concepts. For each condition, we will consider intracellular, neurotransmitter, neural network and learning theories in a manner that will enhance participants' ability to maximize responses to the best regimen, and to develop a rational approach when one approach is not fully effective. The appropriate use of laboratory testing, including genetic testing, as well as an approach to evaluating industry studies and the medical literature will be discussed. New treatments will be reviewed critically and compared with existing treatments. Although we will focus on somatic therapies, the discussion will include integration of psychotherapy.

SCHEDULE

- Monday Psychosis and agitation/The interaction of systems for information processing, thought and psychosis, and the familial aggregation of psychotic disorders/ Continuum of psychotic illnesses/Genetic factors in psychosis/Data supporting the effectiveness of established and experimental treatments for schizophrenia/The action of antipsychotic drugs will be easily predicted from their receptor effects/Adjunctive treatments for schizophrenia/The range of treatments available for agitation caused by psychiatric and neurological disorders
- Tuesday Refractory depression/New data on synaptic, stress response, and neural network factors in depression that explain changes in thinking, behavior and physiology in refractory depression/Pharmacologic and instrumental treatments for depression/How to improve remission rates in depressed patients
- Wednesday Bipolar mood disorders/Second messenger changes that have been demonstrated in bipolar disorder/The relationship between bipolar disorder and other recurrent affective syndromes/Data supporting medications used as mood stabilizers/A rational approach to treatment of complicated syndromes such as bipolar depression and mixed states
- Thursday Anxiety disorders and related conditions/The physiology of the GABA-benzodiazepine receptor complex/Pharmacokinetics of benzodiazepines and related compounds will make it possible to predict the clinical effects of different anti-anxiety medications/ Effective treatments for sleep disorders/A knowledge of the basic science of fear conditioning and extinction will facilitate an understanding of the best treatment options for PTSD/The latest on new therapies and their outcomes
- Friday Basic pharmacologic principles, laboratory testing, genetic testing, and interpretation of research/A primer on genetic terms and principles/An integrated approach to assessing psychiatric research from industry and from non-industry sources/How to be truly informed consumers of the psychiatric literature

Mindfulness for the Western Mind: An Educational Retreat

Bill Morgan, Psy.D., is a founding board member of the Institute for Meditation and Psychotherapy, and co-author of the critically acclaimed book for professionals, *Mindfulness and Psychotherapy*. He has been teaching mindfulness meditation since 1981, and has led residential retreats for clinicians for the past 20 years. Bill has participated in more than 7 years of intensive retreats in Zen, Tibetan and Theravada Schools of Buddhism, and spent 6 months in a Trappist monastery. His depth and range of meditation experience are evident in his teaching. A warm and engaging presenter, Bill excels in leading creative guided meditations. He is in private practice and he has authored the recently released *The Meditator's Dilemma: An Innovative Approach to Overcoming Obstacles and Revitalizing Your Practice*.

DESCRIPTION

Therapeutic presence is a core attribute of our profession, and one which mindfulness practice can deepen. However, not all mindfulness instruction and practice will cultivate the kind of holding environment we are looking for. Mindfulness is practiced primarily as a cognitive exercise lacking affective engagement. This form of practice will have limited benefit for ourselves and our clients. It is the primary reason why so few people meditate on a regular basis.

After establishing a theoretical understanding of the cause of suffering and its treatment in Buddhist psychology, participants will learn a wide range of mindfulness techniques which will be useful both in deepening therapeutic presence and teaching clients. These techniques will include body awareness, self-compassion, concentration, open awareness and inquiry practices. Limitations of these various forms of practice and ineffective ways of practicing will be explored. We will examine ways to personally enliven mindfulness practice, so that both we and our patients are more likely to practice in a rich and meaningful fashion.

Our time will be equally divided between lecture and guided meditation. It is through cumulative practice sessions during this symposium that mindfulness and therapeutic presence will deepen.

While this course is suitable for seasoned mindfulness practitioners, no prior experience with meditation is required.

SCHEDULE

- Monday Why meditation is challenging for Westerners/ Mindfulness and therapeutic presence/Cultivating the inner holding environment
- Tuesday Basic Buddhist psychology: The cause of suffering and its treatment/ Importance of relaxation/Body awareness and self-compassion practices
- Wednesday Making meditation practice personal/The importance of arousing affect/ Concentration: The backbone of mindfulness/Meditation: Stability, focus, tranquility practices
- Thursday Open awareness/Inclusiveness/Investigation and insight training
- Friday Teaching mindfulness techniques to clients/Which techniques to offer/ Tailoring meditation for the individual client/Practice in daily life

ACCOMMODATIONS

As the host hotel, the **Hilton Marco Island Beach Resort & Spa** offers accommodations ranging from Garden view to Deluxe Gulf view guestrooms, all with private balconies. One never needs to leave the beachfront property to take part in an array of activities including the fitness center & spa featuring hair & nail salon, tennis, water sports, and eco tours. Guests also enjoy golf privileges at three nearby courses. For reservations and reduced rates please visit www.hiltonmarcoisland.com and enter NEE in the Group code box. Reservations may also be made at 1-800-Hiltons (800-445-8667) and refer to New England Educational Institute. Reservations must be made by January 23, 2017 to ensure special room rates.

The **Marco Island Lakeside Inn** is a cozy island getaway offering studio, one-bedroom and two-bedroom suites. It is located just three miles from the host hotel. Reservations must be made by November 30, 2016 and are based on availability. Please note that the Inn has only 19 rooms and books quickly. Please call 239-394-1161 and refer to New England Educational Institute for the room block. Please visit the Inn's website at www.marcoislandlakeside.com for more information. Reservations cannot be made online as the rooms are all blocked out online for this event.

The **Comfort Inn and Suites** is newly renovated and offers low cost accommodations. It is located 20 minutes away from the host hotel. Reservations must be made by February 1, 2017 to ensure availability and to benefit from the reduced group rate. Please call 239-353-9500 and refer to New England Educational Institute to receive reduced rates. Please visit the Comfort Inn's website at www.comfortinn.com/hotel-naples-florida-FL494 for more information.

As Florida is a popular destination in February, it is important to make your airline and car rental reservations as soon as possible to ensure availability.

The Fort Myers Airport is the most convenient airport to use. It is approximately a 40-mile drive to Marco Island from Fort Myers.

TRAVELING TO
MARCO ISLAND



CONTINUING EDUCATION CREDIT

Psychologists: New England Educational Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. New England Educational Institute maintains responsibility for this program and its content. Each symposium is offered for 15 hours of credit.

Social Workers: Application has been made to the Collaborative of NASW and the Boston College and Simmons School of Social Work for 15 Social Work Continuing Education hours for rec licensure, in accordance with 258 CMR. New England Educational Institute SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers # 0126. Each program is offered for 16.25 contact hours with the exception of Dr. Steven Dubovsky's program on *The Theory and Practice of Biological Psychiatry*.

Physicians: The New England Educational Institute designates each of these live activities for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The New England Educational Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Nurses: Credit for these courses meets the requirements for 15 ANCC category one continuing education hours as NEEI is accredited by the ACCME to provide continuing medical education for physicians. These programs meet the requirements for 18 contact hours for nurses, as specified by the Massachusetts Board of Registration in Nursing-244 CMR 5.04.

Counselors: New England Educational Institute is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Approved Provider # 5478. Each symposium is offered for 15 clock hours.

Physician Assistants: Credit for these courses meets the requirements for 15 AAPA category one continuing education hours as NEEI is accredited by the ACCME to provide continuing medical education for physicians.

These approvals may qualify these courses for credit from additional licensing boards not listed above. Please contact your board to confirm eligibility. It is the policy of New England Educational Institute to disclose commercial support and whatever relevant financial relationships the content planners or presenters may have with any commercial interest that produces, markets, re-sells, or distributes health care goods or services related to the subject matter being presented that are consumed by, or used on, patients. Such disclosure will be made available on the first day of the program.

New England Educational Institute is not responsible for any presenter's or participant's statements, acts, materials, or omissions. The use of recording equipment, beepers, and cell phones is not permitted. Symposium presenter, content, location, and dates are subject to change without notice in case of circumstances beyond our control. Children, unregistered guests and pets are not permitted in the meeting rooms.

TUITION

Register Early and Save!

Registrations

postmarked by 12/1/2016

\$549

Registrations

postmarked after 12/1/2016

\$599

Confirmation will be sent upon receipt of payment and completed registration form. If you require special accommodations due to a disability, please contact our office at least two weeks prior to the symposia so that we may provide you with appropriate service.

REFUNDS: Requests for refunds must be made in writing. A full refund, less a \$75 service charge, will be made for requests postmarked by February 1, 2017. No refunds will be made thereafter. Refunds will not be made because of adverse weather conditions.

4 EASY WAYS TO REGISTER

WEB: www.neei.org

FAX: 413-499-6584

CALL: Jennifer
413-499-1489 x1

MAIL:
New England
Educational Institute
449 Pittsfield Rd.
Suite 201
Lenox, MA 01240

MORE INFO: learn@neei.org

REGISTRATION FORM



Yes! Please register me for one of the following symposia:

DONALD MEICHENBAUM **STEVEN DUBOVSKY** **BILL MORGAN**

Name (First) (Last) Degree

Address

City State Zip

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Phone: Office Cell

Email: **Please provide your email for immediate confirmation of your registration**

Enclosed please find a check for \$_____ (U.S. Funds) Check #_____

(Please make checks payable to NEEI)

Please charge \$_____ to my

VISA  MC  AMEX  DISCOVER 

Card#* Expiration Date* MM / YY

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Security Code (3 numbers on the back of MC, VISA, Discover; 4 numbers on the front of AMEX)*

Signature*

Billing address for credit card*

Please print name as it appears on card

* Required



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449 Pittsfield Rd., Ste. 201
Lenox, MA 01240

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**Three Week-Long Symposia
for Mental Health Professionals**

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Steven Dubovsky, M.D.
The Theory and Practice of Biological Psychiatry

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*Mindfulness for the Western Mind:
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Earn 15 CE Credits!

*For immediate registration,
please visit www.neei.org*

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