

Learn & Relax!

35th ANNUAL Cape Cod Summer Symposia

June 25 – July 6, 2018

**4 WEEK-LONG SYMPOSIA FOR
MENTAL HEALTH PROFESSIONALS**



New England
Educational Institute

A Leader in Continuing Education

New England Educational Institute is the sponsor of the 35th Annual Cape Cod Summer Symposia

Cape Cod Summer Symposia 2018

The 35th Annual Cape Cod Summer 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 summer vacation. The timeless beauty of the 300 miles of sandy beaches and dunes of the Cape provides an enchantment unparalleled in North America. The magical quality of the wonders of the Cape have attracted visitors to its shores for generations.

Symposia Director: Robert C. Guerette, M.D.

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 Schools of Social Work for 15 Social Work Continuing Education hours for relicensure, 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 the program on Clinical Psychopharmacology.

Physicians: 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 Boston University School of Medicine and the New England Educational Institute. Boston University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Boston University School of Medicine designates 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.

CME Course Director: Isidore Berenbaum, M.D.

Nurses: 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.

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 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 date 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.

Accommodations

NEEI's 35th Annual Cape Cod Summer Symposia will be conducted at the recently renovated **FOUR POINTS BY SHERATON EASTHAM**. Located just 2 miles from the National Seashore, the Four Points offers a large indoor heated pool, an outdoor pool and free wi-fi. Special rates for symposia participants are available Sunday through Thursday. 3800 State Highway, Eastham, MA 02642 • Phone: 508-255-5000 • www.fourpointseasthamcapcod.com

Located next door to the Four Points by Sheraton, the **OCEAN PARK INN** offers complimentary access to all amenities at the Four Points and free wi-fi. Special rates for symposia participants are available. 3900 State Highway, Eastham, MA 02642 • Phone: 508-255-1132

The **COTTAGE GROVE** is a classic Cape Cod experience with nine upscale 1930's cottages. Pet Friendly. PO Box 821 Eastham, MA 02642 • Phone: 508-255-0500 • www.grovecape.com



Ronald Siegel

New Frontiers in Mindfulness and Psychotherapy: A Retreat for the Heart and Mind

Ronald Siegel, Psy.D., is an Assistant Professor of Psychology at Harvard Medical School, part-time, where he has taught for over 35 years. He is a long-time student of mindfulness meditation, serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy, teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel is co-editor of the critically acclaimed text, *Mindfulness and Psychotherapy*, 2nd edition; author of a comprehensive guide for general audiences, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; co-editor of *Wisdom and Compassion in Psychotherapy*; co-author of the professional guide *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; co-author of the self-treatment guide *Back Sense*, which integrates Western and Eastern approaches for treating chronic back pain; and professor for *The Science of Mindfulness: A Research-Based Path to Well-Being* produced by The Great Courses. Dr. Siegel is known as a down to earth, engaging, and entertaining presenter whose workshops regularly receive rave reviews.

SYMPOSIUM DESCRIPTION

Now that mindfulness practices are being widely integrated into psychotherapy, medicine, education, and other settings, there is an increased potential to move beyond symptom relief toward more radical psychological freedom—including breaking free from narcissistic worries and developing greater wisdom and compassion.

Clinicians and educators are learning how to tailor mindfulness practices to diverse age groups, cultures, and conditions such as trauma, painful attachment histories, depression, anxiety, interpersonal conflicts, and chronic pain. Exciting new applications for acceptance practices such as loving-kindness and self-compassion to help free our clients from unnecessary shame and self-criticism will be discussed.

To reap these expanded benefits of mindfulness in our professional and personal lives, we need a conceptual, as well as an experiential understanding of the practices. In addition to exploring new frontiers in the clinical application of mindfulness practices, this workshop will provide guided instruction in different techniques along with the opportunity for personal exploration in a supportive atmosphere.

Optional periods of guided meditation practice will be offered Tuesday through Friday mornings and on Wednesday afternoon at no extra charge. While this course is suitable for seasoned mindfulness practitioners, no prior experience with meditation is required.

SCHEDULE

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| Monday | Life is difficult, for everybody/Who am I really? And why don't I feel good enough?/
How mindfulness can alleviate suffering |
| Tuesday | Mindfulness for safe connection/Learning to bear witness to pain/
Pathways to secure attachment |
| Wednesday | Mindfulness and compassion retreat (<i>with optional afternoon extension</i>) |
| Thursday | Tailoring mindfulness techniques to special populations/Depression: Entering the
dark places together/Mindfulness for parents and their children |
| Friday | Befriending anxiety/Beyond symptom management: Treating pain and
stress-related disorders/Mindfulness in psychotherapy: Where might it lead? |

June 25 - 29

S. Nassir Ghaemi

Becoming a Master Clinician: Diagnosis, Drugs and Existential Psychotherapy



S. Nassir Ghaemi M.D., M.P.H., is Professor of Psychiatry at Tufts University School of Medicine and a Clinical Lecturer at Harvard Medical School. He is a Director in Translational Medicine-Neuroscience at the Novartis Institutes for Biomedical Research in Cambridge, MA. He also is Founding Editor of the monthly newsletter, *The Psychiatry Letter*, and author of many books and scientific articles, including *A First-Rate Madness*, a *New York Times* Best Seller. His main expertise is in depression and bipolar illness, psychopharmacology, and philosophy.

SYMPOSIUM DESCRIPTION

In this course, participants will learn advanced clinical approaches to diagnosing and differentiating clinical presentations of anxiety, depression, bipolar, and personality disorders. Differential diagnosis will be emphasized, and decision-making about treatment with medications and/or psychotherapies, and which specific ones, will be discussed in detail. The presentation will be very interactive, and consistently clinical and related to concrete cases. Emphasis will be placed on a little understood and used approach: the existential/humanistic methods of psychotherapy. The overall approach will be an integrated way of thinking about mental health practice that goes beyond simplicities of DSM definitions, FDA-indication based use of drugs and eclectic psychotherapies. A more integrative approach will be offered that is scientific without being reductionistic and humanistic without being vague.

SCHEDULE

- Monday Conceptual approaches to psychiatry will be examined, including views that are based on a single method (classical psychoanalysis, classical biological psychiatry), or eclectic (the biopsychosocial model), and will be contrasted with a method-based scientific alternative (rooted in the work of Karl Jaspers and others)/The ideas of Karl Jaspers will be examined in detail as providing a basis for a scientific humanistic approach to psychiatry, as well as in introducing existential concepts in psychiatry such as empathy
- Tuesday Existential psychotherapy will be examined in more detail, including the ideas of Jaspers, Leston Havens, Elvin Semrad, Rollo May, Viktor Frankl and others/ The relationship of this approach to psychoanalytic and other psychotherapies will be examined
- Wednesday DSM-based approaches to diagnosis will be critiqued both historically and scientifically and alternative approaches explored, especially in relation to affective illness/The Hippocratic approach to psychopharmacology will be examined, entailing treating diseases more so rather than symptoms
- Thursday Clinical applications and implications of the above ideas will be explored further in relation to studies of antidepressant efficacy in depressive conditions/Diagnosis and treatment of ADD in children and adults/Borderline personality/Bipolar illness
- Friday The benefits of some aspects of some psychiatric illnesses will be explored, in particular the benefits seen with manic-depressive illness for crisis leadership/The scientific evidence for these ideas will be examined, and examples of historical, political, military, and business leaders - like Lincoln, Churchill, Kennedy, Gandhi, M. L. King, Ted Turner, and others - will be discussed.

June 25 - 29



Robert Brooks

Resilience Across the Lifespan: Strength-Based Strategies To Nurture Balance, Self-Discipline, and Hope in Ourselves and Others

Robert Brooks, Ph.D., is on the faculty, Harvard Medical School, part-time and has served as Director of Psychology at McLean Hospital. Dr. Brooks' work in the areas of hope, motivation, self-discipline, and resilience is represented in numerous articles and book chapters he has written, in a videotape and educational guide he prepared for PBS, in many of the 17 books he has authored or co-authored including, *Raising Resilient Children*; *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*; *The Charismatic Advisor: Becoming a Source of Strength in the Lives of Your Clients* and the recently released *Reflections on Mortality: Insights into Meaningful Living*.

The interventions developed by Dr. Brooks for both children and adults are guided by a framework that emphasizes hope, personal control, motivation, self-discipline, stress hardiness, and resilience and can be applied to a variety of settings including outpatient therapy, schools, homes, inpatient and residential programs, and the workplace. For his exceptional teaching skills, Dr. Brooks has been awarded the prestigious *NEEI Mental Health Educator of the Year* award.

SYMPOSIUM DESCRIPTION

As professionals, we must manage our own feelings of stress and burnout as we attempt to bring meaning to our lives and the lives of others. In this symposium, Dr. Brooks will describe interventions rooted in a strength-based framework for nurturing a "resilient mindset", including the attributes of self-dignity, responsibility, compassion, and hope for both patients and professionals.

Symposium participants will learn: techniques for enhancing empathy and our own "stress hardiness"; the components of motivation and a "resilient mindset"; the importance of identifying and reinforcing "islands of competence"; how to change "negative scripts" and "negative mindsets" and how to promote change in oneself and others. Dr. Brooks will elaborate on many strategies with case examples for enhancing hope, motivation, self-discipline, and resilience.

SCHEDULE

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|-----------|--|
| Monday | The power of mindsets/A description of different theories of mindset/
The concept of resilience/The mindset of effective professionals/The belief that people can change |
| Tuesday | The importance of empathy/Exercises to promote empathy/Empathy and effective communication/The stories and metaphors of at-risk children and adults/
The relevance of using our own childhood experiences to guide what we do today |
| Wednesday | Understanding and managing obstacles to empathy/Frameworks for creating
"motivating environments"/Identifying and reinforcing "islands of competence" |
| Thursday | Developing "stress hardiness" and minimizing burnout/Assuming personal control and changing negative scripts/Connectedness and resilience/Actions contributing to contentment and happiness |
| Friday | The features of a resilient mindset/Strategies to nurture this mindset in ourselves and others |

July 2 - 6

Ross Baldessarini

Clinical Psychopharmacology: Overview and Recent Advances



Ross Baldessarini, M.D., is Professor of Psychiatry and in Neuroscience at Harvard Medical School and Director Emeritus of the Psychopharmacology Program and Director of the International Consortium for Bipolar & Psychotic Disorders at McLean Hospital. Dr. Baldessarini is known for his research and teaching in psychopharmacology and general psychiatry. He is the author of over 2,300 scientific papers and several books, including *Chemotherapy in Psychiatry: Principles and Practice*, 3rd edition (2013), and for many years the chapters on psychopharmacology in the standard textbook of pharmacology, Goodman & Gilman's *The Pharmacological Basis of Therapeutics*. He has served on many editorial boards, including that of the *American Journal of Psychiatry* and *JAMA Psychiatry*. For his exceptional teaching skills, Dr. Baldessarini was awarded the first prestigious *NEEI Mental Health Educator of the Year* award.

SYMPOSIUM DESCRIPTION

Dr. Baldessarini's symposium will review the current status of psychotropic drug treatment of psychotic and major mood disorders, with an emphasis on the research base on which sound clinical practice rests. Participants will learn an integration of research findings and relate these to principles of informed clinical decision-making so as to enhance treatment effectiveness and safety. Participants will learn an updated view of the chemical nature of agents in each class, their major actions, and disposition, short- and long-term clinical treatment, including applications in pediatric and geriatric practice, risks of adverse effects, and emerging advances in new and experimental treatments.

SCHEDULE

- Monday Introduction to psychopharmacology: History and current trends/Introduction to antipsychotic agents: Their neurobiological action mechanisms and pharmacokinetics/Clinical indications for antipsychotic drugs/Questions and discussion
- Tuesday Short-term management of treatment and dosing of antipsychotics/Comparative efficacy among antipsychotic drugs/Long-term indications, effectiveness and risks of antipsychotics/Questions and discussion
- Wednesday Mood-stabilizing agents: Lithium, anticonvulsants, antipsychotics, and others/Short-term management of acute manic-depressive phases of bipolar disorder/Long-term prophylaxis for bipolar disorder/Assessment and management of adverse effects of mood-stabilizers/Questions and discussion
- Thursday First- and second-generation antidepressants/Their neurobiological action mechanisms/Pharmacokinetics and blood levels/Clinical indications for antidepressants in mood, anxiety, and other disorders/Short-term efficacy and long-term effectiveness of antidepressant treatment/Adverse effects of antidepressants/Questions and discussion
- Friday Pharmacology of suicide and other mortality in psychiatric patients/Enhancing long-term treatment-adherence through a "consumer's" perspective/Integration of pharmacotherapy with comprehensive care of patients/Open discussion

July 2 - 6

Save time!
REGISTER ONLINE:
www.neei.org

Complete the registration form below and submit with payment to secure your reservation.

CALL: 413-499-1489 x1 **FAX:** 413-499-6584

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

MORE INFO:
learn@neei.org

Please check below the symposium(a) you wish to attend.

June 25 - 29

- 1 Ronald Siegel
 2 S. Nassir Ghaemi

July 2 - 6

- 3 Robert Brooks
 4 Ross Baldessarini

Please Print

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 my check for \$ (U.S. Funds) Check #

(Please make checks payable to NEEI)

Charge \$ to my

VISA MC AMEX DISCOVER

Card#* Expiration Date* MM / YY

Signature*

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

Billing address for credit card*

Please print name as it appears on card * Required

LOCATION & 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 Four Points by Sheraton, 3800 State Highway, Eastham, MA 02642.

TRAVELING TO THE CAPE

The most convenient airports to use are Logan International Airport in Boston, MA or T.F. Green Airport in Providence, RI. Both are a two-hour drive to Cape Cod.

A car is necessary to enjoy the activities and explore the beauty of the Cape.

TUITION	Registrations received by March 30, 2018	Registrations received after March 30, 2018
Individual	\$549	\$599
Additional symposia for same individual	\$449	\$499
Groups (3 or more)•	\$495	\$545

- Fee is per person. To qualify for the group rate, all registration forms and fees must be received at the same time.
- Confirmation will be sent upon receipt of payment and completed registration form.
- Refund requests must be made in writing and received at least 15 days prior to the beginning of the symposium. No refunds will be made thereafter. There is a \$75 service charge for each symposium cancelled.
- If you require special accommodations due to a disability, please contact our office at least two weeks prior to the symposium, so that we may provide you with appropriate service.



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35th Annual Cape Cod Summer Symposia Faculty

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