

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Psychiatry for Primary Care

Friday, September 20, 2019
Virginia Mason • Seattle, Washington



Faculty

COURSE DIRECTORS:

Kavita Chawla, MD, FACP, MHA

General Internal Medicine
Virginia Mason, Seattle, Wash.

Karina Uldall, MD, MPH

Medical Director, Behavioral Health
Virginia Mason, Seattle, Wash.

KEYNOTE SPEAKER:

Allen Frances, MD

Professor and Chairman Emeritus, Department of Psychiatry and Behavioral Sciences
Duke University School of Medicine
Durham, NC

GUEST FACULTY:

Richard A. Martin, Jr., MD CPC

aim-med.com
National Alliance on Mental Illness (NAMI)

Aislin Percival, BSc

National Alliance on Mental Illness (NAMI)

VIRGINIA MASON FACULTY:

Rachel A. Freund, PhD

Psychologist

Scott Hansen, MD

Behavioral Health and Human Resources

Jennifer D. Kelly, PsyD

Rehab Psychologist
Physical Medicine & Rehabilitation

Leighanna D. Kilgore, LICSW

Social Worker, Psychiatry

There is evidence our population is suffering from diagnostic inflation and an excessive use of pills to treat the problems of everyday living. Psychiatric diagnosis can be challenging — with changing boundaries separating normality from a mental disorder. An accurate diagnosis can save a life; an inaccurate one can destroy a life.

Dr. Allen Frances, Chair of Task Force for DSM IV and vocal critic of DSM 5, will spend the morning exploring the nitty-gritty of common psychiatric disorders seen in primary care. In an audience participation, workshop style format, Dr. Frances will provide clinical pearls toward accurate diagnosis and appropriate treatment selection.

In the afternoon, we will delve into the tenets of Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) — highly effective and evidence-based interventions for a variety of psychiatric conditions which can be applied by primary care providers in their routine clinical encounters. Participants will acquire tools to manage suicidal ideation in their patients. In addition, participants will learn to recognize the signs and causes of provider burnout, and utilize tools to prevent and address them. The content covered in this course is designed to provide health professionals with clinical practice tools that can be scaled to their clinic.

Teaching methods include lecture, workshop sessions and Q&A with faculty.

TARGET AUDIENCE:

This course is designed for physicians, residents and advanced practitioners in family medicine, general practice, psychiatry, internal medicine, pediatrics and geriatric medicine. This course will also be of interest to nurses, mental health providers, social workers and pharmacists.

OBJECTIVES:

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

- Examine over-diagnosis and over-treatment as an epidemic.
- Review when to start and how to deprescribe psychiatric drugs.
- Consider the perspective and experiences of patients living with a mental health condition.
- Review the systematic approach to differential diagnosis of psychiatric conditions.
- Utilize evidence-based treatment of common psychiatric conditions.
- Assess when to treat in primary care and when to refer to Psychiatry.
- Apply principles of Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT).
- Use evidence-based tools to manage suicidal ideation.
- Describe how to address provider workforce wellbeing on an individual and systemic level.



Accreditation with Commendation: Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Virginia Mason Medical Center designates this live activity for a maximum of **7.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM Maintenance of Certification (MOC): Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.75 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.

Agenda

- 7:00 a.m.** *Registration opens, breakfast selection available*
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**
What Every Physician/Provider Needs to Know About Psychiatry
Allen Frances, MD
- 8:30 a.m.** *Break*
- 8:45 a.m.** **Opening Remarks**
Kavita Chawla, MD
- 8:50 a.m.** **Patient Voices** | Richard Martin, MD and Aislin Percival
- 9:30 a.m.** **Essentials of Psychiatric Diagnosis**
Allen Frances, MD
- 12:15 p.m.** *Lunch (provided)*
- 1:00 p.m.** **WORKSHOP SESSION 1:**
CBT and DBT: Brief psychological interventions in a fast-paced climate
Rachel Freund, PhD and Jennifer Kelly, PsyD
Management of Suicidal Ideation
Leighanna Kilgore, LICSW
- 2:15 p.m.** **WORKSHOP SESSION 2:**
CBT and DBT: Brief psychological interventions in a fast-paced climate
Rachel Freund, PhD and Jennifer Kelly, PsyD
Management of Suicidal Ideation
Leighanna Kilgore, LICSW
- 3:30 p.m.** *Break*
- 3:45 p.m.** **A Behavioral Health Informed Organizational Perspective on Provider Workforce Well-being**
Scott Hansen, MD
- 4:30 p.m.** *Closing remarks, adjourn*

Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). *Determination of credit is pending.*

Location: The course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) *Please note the Terry Street entrance into Lindeman Pavilion is Level Two.* For information, contact the CME Department at 206-341-0142 or email cme@virginiamason.org.

To register, complete the form below and send via:



MAIL:

Virginia Mason CME Dept.
1100 9th Ave, D3-CME
Seattle, WA 98101



PHONE: 206-341-0142



FAX: 206-341-1480



EMAIL: cme@virginiamason.org

WEB: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

REGISTRATION:

Psychiatry for Primary Care

Friday, September 20, 2019



Please print clearly

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: _____

I will attend at the Videoconferencing Site in: _____

For information, call 206-341-0142.

PAYMENT:

Tuition: \$215.00

Check enclosed. Make check payable to Virginia Mason CME

Please charge my: VISA MasterCard American Express Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE