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TUCSON, ARIZONA  
PERMIT NO. 190

# 2ND ANNUAL WOMEN'S MENTAL HEALTH FORUM

SATURDAY,  
APRIL 22, 2006

**Black Canyon Conference Center**  
9440 N. 25th Ave.  
Phoenix, AZ

PRESENTED BY:



CONTINUING MEDICAL EDUCATION  
SPONSORED BY:

*The University of Arizona College of Medicine at the  
Arizona Health Sciences Center*



## ACCREDITATION

**MEDICINE:** The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 4.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

**NURSING:** This CE activity for 4.8 contact hours, has been approved by the Arizona Nurses' Association, which is accredited as an approver of continuing education in nursing by the American Nurses' Credentialing Center's Commission on Accreditation. AZNA and ANCC Commission on Accreditation do not approve or endorse any commercial products displayed.

**PSYCHOLOGY:** This program is co-sponsored by the Arizona Psychological Association (AzPA) and the University of Arizona College of Medicine at the Arizona Health Sciences Center. The Arizona Psychological Association is approved by the American Psychological Association to offer continuing education to psychologists. AzPA maintains responsibility for this program. 4.0 hours of Arizona category 1 credit may be earned.

**SOCIAL WORKERS** can apply for CE hours by presenting their certificate of attendance to their accredited provider. Other accrediting bodies usually accept these CE hours as reciprocal hours.

*Certificates will be distributed at the end of the symposium.*

## REGISTRATION AND TUITION

Complete the Registration Form and return it with payment of \$49 before 3/15/06. Students can attend for \$10. Residents can attend on a scholarship basis. After 3/15/06, a \$20 late fee will apply to all registrations. Students and residents must provide proof of status with their registration form, in order to register at the lower rate. Make checks payable to: **The University of Arizona Foundation.**

Forward registration and payment to:  
**UA Psychiatry, Professional Development Office**

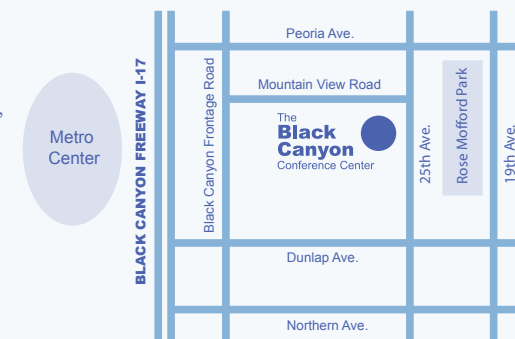
PO Box 245002  
Tucson, AZ 85724-5002  
(520) 626-1392  
(520) 626-5732 FAX

Absolutely no refunds will be issued. No refunds will be provided for non-attendance. Substitutions okay.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting the Department of Psychiatry at (520) 626-1392. Requests should be made as early as possible to allow time to arrange the accommodation.

## LOCATION

The event will be held  
at the Black Canyon  
Conference Center.  
Located 9440 N 25<sup>th</sup> Ave.,  
Phoenix, AZ 85021



Professional Development Office  
Department of Psychiatry  
PO Box 245002  
Tucson, AZ 85724-5002



# SCHEDULE

- 8:15 – 9:00 **Registration and Sign in**
- 9:00 – 9:10 **Welcome and Introduction**  
*Michael Meyer*
- 9:10 – 9:50 **Welcome and Update**  
**Bipolar Disorders in Women - What You Need to Know**  
*Marlene P. Freeman, MD*
- 9:50 – 10:30 **Keynote: Stress and Resilience in Women**  
*Mary C. Davis, PhD*
- 10:30 – 10:40 **Change classrooms for Breakout Session I**
- 10:40 – 11:30 **Breakout Sessions I**
- A. Violence and Trauma TRACK Part I: How to Keep Our Daughters and Ourselves Safe: Urgent Information on Date Rape Drugs and Stalking**  
*Scott A. Freeman, MD*
- B. General Anxiety Disorders**  
*Alan J. Gelenberg, MD*
- C. Sleepless in Arizona: An Overview of Sleep Disorders**  
*Joanna Katsanis, PhD*
- D. Postpartum Depression TRACK Part I: Overview of Perinatal Mood Disorders and Introduction to Coalition**  
*Christina G. Hibbert, PsyD, Michelle D. Lacy, MA, LPC, and Carole Sheehan, MA, RNC*
- 11:30 – 12:30 Lunch
- 12:30 – 12:40 **Change classrooms for Breakout Session II**
- 12:40 – 1:30 **Breakout Sessions II**
- E. Violence and Trauma TRACK Part II: Domestic Violence: Mental Health Implications**  
*Liz Kinsworthy*
- F. Headaches and Women**  
*Steven R. Galper, MD*
- G. What Should We Worry About in Pregnancy: Drug Exposure and Risks**  
*Dee Quinn, MS, CGC*
- H. Postpartum Depression TRACK Part II: Prenatal / Postpartum Screening and Diagnosis**  
*Christina G. Hibbert, PsyD, Michelle D. Lacy, MA, LPC and Carole Sheehan, MA, RNC*
- 1:30 – 1:40 **Change classrooms for Breakout Session III**
- 1:40 – 2:30 **Breakout Sessions III**
- I. Violence and Trauma TRACK Part III: When Pain No Longer Hurts: Understanding Self-Mutilation**  
*Jamie L. Picus, PsyD*
- J. Aging and Cognition for Women**  
*Leslie C. Baxter, PhD*
- K. Hereditary Risk of Depression**  
*Francisco Moreno, MD*
- L. Postpartum Depression TRACK Part III: Treatment Options: Psychotherapy, Psychopharmacology, Support Groups**  
*Marlene P. Freeman, MD, Christina G. Hibbert, PsyD, Michelle D. Lacy, MA, LPC, and Carole Sheehan, MA, RNC*

## DESCRIPTION

Three organizations have collaboratively created this effort. The Women's Mental Health Program at The University of Arizona College of Medicine, the Institute for Mental Health Research and Arizona State University are dedicated to public education. This Forum has been organized to meet the educational needs of all who are interested in these compelling mental health topics, specific to women. The target audience is nurses, midwives, physicians, psychologists, interested community, and all specialties of health care providers. Students can attend at a reduced registration rate.

## NEEDS ASSESSMENT

Educational needs of target audience were determined by feedback and data collected from previous continuing education activities, current research, literature review, expert opinion and faculty perceptions.

## EDUCATIONAL OBJECTIVES

In relation to the goal of improving patient care, participants will be able to:

- Discuss bipolar disorders in women
- Examine issues related to stress and resilience

After participating in breakout sessions, depending on the chosen session, attendees will be able to:

- Examine safety issues concerning domestic violence, stalking, date rape and self-mutilation
- Identify characteristics of general anxiety disorders
- Evaluate issues related to sleep disorders
- Recognize hereditary risks of depression
- Review topics associated with postpartum depression
- Assess theories regarding headaches in women
- Recognize mental health concerns associated with aging and cognition
- Describe teratogen use during pregnancy

## SPEAKERS

**Marlene P. Freeman, MD**  
Symposium Chair  
Director, Women's Mental Health Program  
Assistant Professor, Psychiatry, Obstetrics/  
Gynecology and Nutritional Sciences  
The University of Arizona College of Medicine  
Tucson, AZ

**Leslie C. Baxter, PhD**  
Senior Research Scientist  
Neuropsychology Neuroimaging Laboratory  
Barrow Neurological Institute  
Phoenix, AZ

**Mary C. Davis, PhD**  
Associate Professor, Department of Psychology  
Arizona State University  
Tempe, AZ

**Scott A. Freeman, MD**  
Medical Director, Inpatient Psychiatry Unit  
Southern Arizona Veterans Affairs  
Health Care System  
Assistant Professor, Clinical Psychiatry  
The University of Arizona College of Medicine  
Tucson, AZ

**Steven R. Galper, MD**  
Clinical Lecturer, Psychiatry  
The University of Arizona College of Medicine  
Staff Psychiatrist, Sierra Tucson  
Tucson, AZ

**Alan J. Gelenberg, MD**  
Professor and Head, Psychiatry  
The University of Arizona College of Medicine  
Tucson, AZ

**Christina G. Hibbert, PsyD**  
Founder/President, The Arizona Postpartum  
Wellness Coalition  
Clinical Psychologist  
Arizona Behavioral Health Associates  
Flagstaff, AZ

**Joanna Katsanis, PhD**  
Associate Professor, Clinical Psychiatry and  
Psychology  
The University of Arizona College of Medicine  
Tucson, AZ

**Liz Kinsworthy, MC, RN, CS**  
Domestic Violence Healthcare Educator  
Administration of Resources and Choices  
Tucson, AZ

**Michelle D. Lacy, MA, LPC**  
Trauma Specialist, Center for Hope  
Mesa, AZ

**Michael Meyer**  
President of the Board  
Institute for Mental Health Research  
Phoenix and Tucson, AZ

**Francisco Moreno, MD**  
Associate Professor, Psychiatry  
The University of Arizona College of Medicine  
Tucson, AZ

**Jamie L. Picus, PsyD**  
Clinical Psychologist  
Private Practice  
Scottsdale, AZ

**Dee Quinn, MS, CGC**  
Clinical Lecturer, Obstetrics/Gynecology  
Coordinator, Arizona Teratology Information  
Program, Obstetrics/Gynecology, Pediatrics,  
and Arizona Poison & Drug Information  
Center  
The University of Arizona College of Medicine  
Tucson, AZ

**Carole Sheehan, MA, RNC**  
Coordinator, Postpartum Depression Services  
Carondelet St. Joseph's Hospital  
Tucson, AZ

## REGISTRATION FORM

# WOMEN'S MENTAL HEALTH FORUM

**SATURDAY, APRIL 22, 2006**  
**Black Canyon Conference Center • Phoenix, Arizona**

PLEASE PRINT/TYPE OR ATTACH A BUSINESS CARD  
(AS YOU WOULD LIKE IT TO APPEAR ON YOUR NAME BADGE AND CERTIFICATE)

Name: \_\_\_\_\_

(as you would like to appear on your badge and certificate)

Degree(s)/Credentials: \_\_\_\_\_

Practice Discipline:  Nursing  Medicine  Psychology  
 Social Work  Counseling  Other \_\_\_\_\_

Specify

Specialty: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ FAX: ( ) \_\_\_\_\_

## BREAKOUT SESSIONS:

See the titles on schedule and choose one for **EACH** Session

Breakout Session I	Breakout Session II	Breakout Session III
A/B/C/D	E/F/G/H	I/J/K/L

**TUITION FEES: Payment enclosed and postmarked on or before March 15, 2006 is \$49. Space is limited so register early.**

Please help us keep an accurate count for lunch:

I will attend lunch  I will **not** attend lunch

\$49 regular rate \$ \_\_\_\_\_

\$10 student rate \$ \_\_\_\_\_

(must provide proof of student status)

**Payment enclosed and postmarked after**

**March 15, add \$20 late fee:** \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

**PAYMENT:** Check (enclosed) payable to the:

**University of Arizona Foundation**

Send to: UA Psychiatry, Professional Development Office  
PO Box 245002, Tucson, AZ 85724-5002

Visa  MasterCard  American Express

(appears on your statement as payment made to the University of Arizona Foundation)

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder's Name as it appears on the card \_\_\_\_\_

**If paying by credit card you may FAX completed  
Registration Form to (520) 626-5732**

Tuition paid to The University of Arizona Foundation is not a tax-deductible gift contribution. Tuition, meals and lodging may be tax-deductible as educational expenses. Check with your tax advisor.