

Women's Mental Health Symposium
*CME/CE hours for Nurses, Psychologists, Physicians
and other health care providers.*
Saturday, April 18, 2009

8th ANNUAL
**Women's
Mental Health
Symposium**



**Saturday
April 18, 2009
Grand Ballroom
Student Union Memorial Center
Tucson, Arizona**

PRESENTED BY:
Women's Mental Health Program

and

THE UNIVERSITY OF ARIZONA,

National Center of Excellence in
women's health

SPONSORED BY:
**The University of Arizona
College of Medicine
Department of Psychiatry
at the Arizona Health Sciences Center**

 **ARIZONA HEALTH
SCIENCES CENTER**

SYMPOSIUM DESCRIPTION

The Annual Women's Mental Health Symposium addresses the specific needs of women with mood and anxiety disorders across the lifespan. Attention is paid to the often chronic and recurrent courses of depression, bipolar disorder, and anxiety disorders in women.

The Women's Mental Health Program at The University of Arizona College of Medicine is dedicated to public education. This symposium 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, pharmacists, psychologists, interested community, and all specialties of health care providers. The program will be presented at the intermediate to advanced level. Students that provide proof of their full-time student status are welcome to register at a reduced registration rate.

NEEDS ASSESSMENT/PRACTICE GAP

Depression and anxiety disorders are more common in women than men. The courses of psychiatric disorders are often different in women and men. The treatment of mental health disorders in women must also take into account pregnancy and breastfeeding issues during the reproductive years. The course of illnesses may also be affected by hormonal changes during perimenopause and other reproductive events. Women are more likely than men to seek integrative medicine treatment options for mental health indications, and health care providers and the public need appropriate education regarding the safety and efficacy treatment modalities that are considered complementary and alternative medicine (CAM).

The goals of the Annual Women's Mental Health Symposium are to:

- Improve the detection of mental illness in women
- Provide public education about mental health issues for women
- Provide clinical care information that is specific to the needs of women

For the last 8 years we received feedback from attendees that this event provides an important forum for public mental health education in Arizona. Educational needs of the target audience were determined by feedback and data collected from previous continuing education activities, current research, literature review, expert opinion and faculty perceptions. Practice Gaps addressed in this activity: Practicing clinicians request information specifically on women's mental health topics, including diagnosis and treatment of depression and anxiety in pregnant and postpartum women, sleep disorders and integrative medicine topics related to women.

Symposium Co-Chairs

Marlene P. Freeman, MD
*Perinatal and Reproductive Psychiatry Clinical
Research Program
Center for Women's Mental Health
Massachusetts General Hospital
Boston, MA*

Kathy W. Smith, MD
*Assistant Professor, Clinical Psychiatry
Director, Women's Mental Health Program
The University of Arizona College of Medicine*

The University of Arizona Speakers

Geoffrey L. Ahern, MD, PhD
*Professor of Neurology, Psychology and Psychiatry
College of Medicine*

Richard R. Bootzin, PhD
*Professor, Departments of Psychology and Psychiatry
Director, Insomnia Program
College of Social and Behavioral Sciences*

Steven R. Galper, MD, JD
*Chief, Pain Medicine
Sierra Tucson Treatment Facility
Clinical Assistant Professor, Psychiatry
College of Medicine*

Mark D. Gilbert, MD, FRCP (c)
*Assistant Professor, Clinical Psychiatry
Director, Mind-Body Medicine Skills Groups
College of Medicine*

Patricia Haynes, PhD
*Southern Arizona VA Healthcare System
Research Assistant Professor, Psychiatry
College of Medicine*

Joanna Katsanis, PhD
*Associate Professor, Clinical Psychiatry and Psychology
College of Medicine*

REGISTRATION & TUITION

Complete the Registration Form and return it with payment of \$75. Students can attend for \$45. Medical School Residents can attend on a scholarship basis. Students/residents must provide proof of status **with their registration** form, in order to register at this rate.

AFTER 3/3/09, \$50 is added on to the "early" rate for all registrants, including students and residents.

Tuition includes course materials, general and breakout sessions, CME/CE credit, and lunch.

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.

Tieraona Low Dog, MD
*Clinical Assistant Professor, Medicine
Director of Education, Arizona Center for Integrative Medicine
College of Medicine*

Victoria Maizes, MD
*Executive Director, Arizona Center for Integrative Medicine
Associate Professor, Clinical Medicine, Family Medicine and
Public Health
College of Medicine*

Frances L. Moore, MD
*Clinical Assistant Professor, Psychiatry
College of Medicine
Medical Director, Cottonwood de Tucson*

Francisco Moreno, MD
*Associate Professor, Psychiatry
College of Medicine*

Dee Quinn, MS, CGC
*Clinical Lecturer, Obstetrics/Gynecology
Coordinator, Arizona Teratology Information Program, Obstetrics/
Gynecology, Pediatrics, and Arizona Poison & Drug Information
Center
Colleges of Medicine and Pharmacy*

Invited Guest Speakers

Shoshana S. Bennett, PhD
*Director/Founder, Postpartum Assistance for Mothers
Author, Postpartum Depression for Dummies and Pregnant on Prozac
Los Angeles, CA*

Vicki Berkus, MD, PhD, CEDS
*Private Practice
Tucson, AZ*

Scott A. Freeman, MD
*Lecturer in Psychiatry, Harvard Medical School
Staff Psychiatrist, Massachusetts General Hospital
Boston, MA*

Liz Kinsworthy, MC, RN, CS
*Adult Psychiatric Nurse Clinical Specialist
Palo Verde Hospital at Tucson Medical Center
Tucson, AZ*

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.**

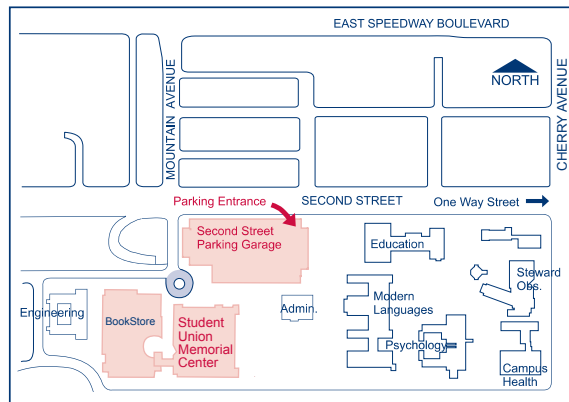
EDUCATIONAL OBJECTIVES

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

- Identify strategies to improve the effectiveness of diagnosing and treating sleep disorders in women
- Recognize how an anti-inflammatory diet approach affects moods
- Discuss the prevalence and assessment of suicide risk
- Review current research on genetic predispositions for depression in women
- Discuss recent research advances and clinical implications in the diagnosis and treatment of Alzheimer's disease and dementia in women
- Review psychopharmacology treatment options of depression and anxiety in pregnant and postpartum women
- List botanical and dietary supplements usage
- Summarize headache causes and treatment options
- Examine treating bipolar disorder in pregnant and postpartum women
- Explain diagnosis and treatment regimens for co-occurring disorders in adolescent girls
- Evaluate a mind-body intervention approach for infertility
- Discuss the etiology, assessment and treatment of common sleep disorders with an emphasis on the psychological aspects
- Review techniques for the clinician to effectively communicate with women about depression
- Analyze mental health outcomes of domestic violence
- Examine the latest recommendations for complementary and alternative treatments for major depressive disorder
- Describe the comorbidity of sleep disorders and PTSD, including prevalence and diagnostic considerations
- Analyze causes, treatment options and complications related to eating disorders in women and adolescents
- Identify various exposure risks during pregnancy

LOCATION

The symposium will be held at The University of Arizona Student Union Memorial Center, Grand Ballroom, 3rd floor, located on The University of Arizona's main campus at 1303 E. University Blvd. **Parking** is available in the Second St. Parking Garage, which is located on the southeast corner of Mountain Ave. and Second St.



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 **4.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

NURSING: This continuing nursing education activity for **4.16** contact hours was approved by the Arizona Nurses' Association, an accredited approver 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.



PHARMACY: The University of Arizona College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

Participants attending the entire program will be awarded **4.6** contact hours. Statements of credit will be mailed within six weeks after the conference to those attending and completing the attendance verification form provided. ACPE Program Number: 003-999-09-017-L01-P

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. **4.5** 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.

WOMEN'S MENTAL HEALTH SYMPOSIUM

Schedule

SATURDAY, APRIL 18, 2009

8:30 – 9:00	Registration and Sign in	11:25 – 11:35	Break and change classrooms	2:05 – 2:15	Change classrooms for Breakout Sessions
9:00 – 9:20	Welcome and Update on Women's Mental Health Program <i>Marlene P. Freeman, MD/Kathy W. Smith, MD</i>	11:35 – 12:20	BREAKOUT SESSIONS II F. Integrative Medicine Track – Part II Botanicals and Dietary Supplements Every Woman Should Know <i>Tieraona Low Dog, MD</i>	2:15 – 3:00	BREAKOUT SESSIONS IV N. Integrative Medicine Track – Part IV Complementary and Alternative Treatments for Major Depressive Disorder <i>Marlene P. Freeman, MD</i>
9:20 – 10:10	Keynote: Richard R. Bootzin, PhD Women and Sleep: Why Do Women Have Problems Sleeping?		G. Headaches and Women <i>Steven R. Galper, MD, JD</i>		O. Sleep Disorders Track – Part II Sleep and PTSD <i>Patricia Haynes, PhD</i>
10:10 – 10:30	Award Presentation for "Hero" in Women's Mental Health		H. Bipolar Disorders in Women <i>Marlene P. Freeman, MD</i>		P. Eating Disorders <i>Vicki Berkus, MD, PhD, CEDS</i>
10:30 – 10:40	Break and change classrooms		I. Treatment of Co-occurring Disorders in Female Adolescents <i>Frances L. Moore, MD</i>		Q. Updates on Exposures during Pregnancy <i>Dee Quinn, MS, CGC</i>
10:40 – 11:25	BREAKOUT SESSIONS I A. Integrative Medicine Track – Part I Food and Mood <i>Victoria Maizes, MD</i>	12:20 – 1:20	LUNCH and change classrooms for Breakout Sessions		
	B. Violence and Trauma Track – Part I Suicide Risk Assessment: How to Assess Safety and Danger <i>Scott Freeman, MD</i>	1:20 – 2:05	BREAKOUT SESSIONS III J. Integrative Medicine Track – Part III Infertility and Stress <i>Mark D. Gilbert, MD, FRCP (C)</i>		
	C. Depression in Women: Update on Genetics and Implications for Treatment and Prevention <i>Francisco Moreno, MD</i>		K. Sleep Disorders Track – Part I Sleepless in Arizona: An Overview of Sleep Disorders <i>Joanna Katsanis, PhD</i>		
	D. Dementia/Alzheimer's in Women <i>Geoffrey L. Ahern, MD, PhD</i>		L. Communicating with Women about Depression <i>Shoshana S. Bennet, PhD</i>		
	E. Diagnosis and Treatment of Depression and Anxiety in Pregnant and Postpartum Women <i>Kathy W. Smith, MD</i>		M. Violence and Trauma Track – Part II Intimate Partner Violence: Mental Health Outcomes and Treatment Strategies <i>Liz Kinsworthy, MC, RN, CS</i>		



REGISTRATION FORM

Women's Mental Health Symposium

TUCSON, ARIZONA • SATURDAY, APRIL 18, 2009

Please print/type or attach a business card

Name: _____
(as you would like it to appear on your badge and certificate)

Degree(s)/Credentials: _____

Practice Discipline: Nursing Medicine Psychology
 Pharmacy Other _____
Specify

Specialty: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Phone: (____) _____ FAX: (____) _____
(area code)

BREAKOUT SESSIONS:
See the titles on schedule and choose one for EACH Session

Session I	Session II	Session III	Session IV
A/B/C/D/E	F/G/H/I	J/K/L/M	N/O/P/Q

Space is limited so register early.

TUITION FEES: Tuition includes course materials, general and breakout sessions, CME/CE credit and lunch.

Payment **enclosed** and postmarked **on or before March 3, 2009**

Early Rate – before 3/3/09 \$75 \$ _____

Student (must provide proof of status) – before 3/3/09 \$45 \$ _____

Payment **after March 3, 2009**

Regular Rate – after 3/3/08 \$125 \$ _____

Student (must provide proof of status) – after 3/3/09 \$95 \$ _____

Total Enclosed Amount \$ _____

Please help us keep an accurate count for lunch:

I will attend lunch I will not attend lunch

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.