

women's health

National Center of Excellence in



THE UNIVERSITY OF ARIZONA

Excellence in Women's Health

The University of Arizona National Center of

IN COLLABORATION WITH:

ARIZONA HEALTH SCIENCES CENTER

Department of Psychiatry  
at the Arizona Health Sciences Center

The University of Arizona  
College of Medicine

SPONSORED BY:

Student Union Memorial Center  
Tucson, Arizona

Grand Ballroom  
January 16, 2010  
Saturday



New this year:  
AAFP and ACOG CME hours  
in addition to ACCME, ANA and APA

## SYMPOSIUM DESCRIPTION

The annual Women's Mental Health Symposium addresses the specific needs of women with mental health problems. The target audience are physicians (family practitioners, obstetrician/gynecologist, internist, psychiatrist, neurologist, etc.), nurse practitioners, physician assistants, pharmacists, nurses, midwives, psychologists, interested community and all specialties of health care providers.

## FORMAT

This live event begins with an update and the keynote speaker, followed by five separate sets of breakout sessions that occur simultaneously.

We are offering several focused tracks throughout the day during the breakout sessions to shine attention on selected areas in women's mental health. You can select to attend all of the sessions that comprise a focused track or, you can make any choice.

The general session lectures and breakout sessions will have open opportunity for Q & A as well as discussion of at least 10 minutes. The program will be presented at the intermediate to advanced level.

## NEEDS ASSESSMENT

The main goal of the Annual Women's Mental Health Symposium is to provide education about mental health issues in women, in order to improve the detection of mental illness in women and to provide clinical care information that is specific to the needs of women

For the last 9 years of this event, we received feedback from attendees that this event provides an important forum for public mental health education. 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. Additionally, pre-tests were administered to attendees of the 2009 Women's Mental Health Symposium to determine their self-disclosed, pre-

## PRACTICE GAP

Pre-tests conducted at this CME/CE event and others show that health care providers do not always have the latest information or know the latest recommended treatments for specific psychiatric disorders that impact women across reproductive events.

In similar psychopharmacology CME courses presented in February and June 2009, and at this event in April, 2009, pre and post surveys showed that 85% of the target audience indicated that they would either learn or had learned new information in order to improve patient care.

With the development of the DSM V, and to follow the APA's best practice treatment guidelines, physicians and other healthcare practitioners have stated that there is a practice gap between their current practice and "best practice." In addition, there is a gap with current practices compared to recommendations defined by new evidence-based research. This is due to the continual influx of new research data as well as the influx of best practice guidelines.

- EDUCATIONAL OBJECTIVES**
- In relation to the goal of improving women's patient care, participants will be able to:
- Evaluate therapy options for borderline personality disorder in women
  - Examine complementary and alternative treatments in major depressive disorder
  - Discuss the etiology, assessment and treatment of common sleep disorders with an emphasis on the psychological aspects
  - Assess recommendations of hormone replacement in menopause
  - Examine substance abuse treatment issues specific to a healthcare provider patient
  - Identify strategies to improve the effectiveness of diagnosing and treating sleep disorders
  - Define techniques for the clinician to effectively communicate risks during pregnancy
  - Examine treating bipolar disorder in pregnant and postpartum women
  - Explain diagnosis and treatment regimens for co-occurring disorders in adolescent girls
  - Recognize how an anti-inflammatory diet approach affects moods
  - Identify exposure risks during pregnancy
  - Review psychopharmacology treatment options of depression and anxiety in pregnant and postpartum women
  - Discuss the prevalence of suicide and risk assessment techniques
  - Examine yoga as an option to address depression symptoms
  - Discuss a personal story and outcomes of domestic violence
  - Analyze pain management in fibromyalgia, including treatments and screening
  - Discuss current research regarding survivorship in oncology
  - Evaluate a mind-body intervention approach for infertility
  - Describe emotional differences between genders
  - Summarize psychopharmacologic treatment options for ADHD in children and adults
  - Discuss advances and clinical implications in the diagnosis and treatment of Alzheimer's disease and dementia

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ARIZONA HEALTH SCIENCES CENTER

Women's Mental Health Symposium  
CME/CE hours:  
AAFP, ACCME, ACOG, ANA, APA  
Saturday, January 16, 2010

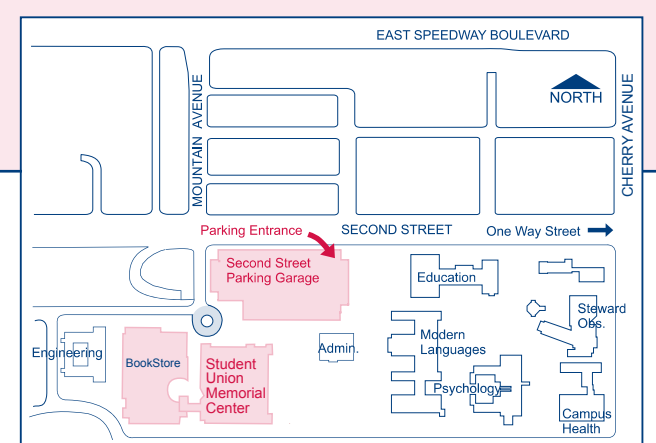
educational knowledge. Topics were selected based on this data.

The practice gap addressed at this symposium fills the need for both experienced clinicians that desire updates and confirmation of their current practice delivery as well as newly established and general practitioners that see a wide variety of patient disease states. An ideal learning environment for practitioners to discover information for best patient care is this unbiased forum, an accredited academic CME event that has integrated the tools of best practice and the most recent evidence based data from leading researchers and clinicians.

## LOCATION

Held at The University of Arizona Student Union Memorial Center, Grand Ballroom, 3<sup>rd</sup> 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.



8:00 – 8:30	Registration	12:05 – 1:05	<b>BREAKOUT SESSION II</b>	2:20 – 3:20	<b>BREAKOUT SESSION IV</b>
8:30 – 9:00	Welcome/Update Marlene P. Freeman, MD and Kathy W. Smith, MD		<b>E. Sleep Disorders Track, part 2</b> Women and Sleep Richard R. Bootzin, PhD		<b>M. Integrative Medicine Track, part 3</b> Yoga and Depression Amy Weintraub, MFA, ERYT-500
9:00 – 10:15	<b>Keynote: Borderline Personality Disorder in Women</b> Barbara E. Pritchard, PhD		<b>F. Perinatal Track, part 1</b> Communicating Risks to Patients Dee Quinn, MS, CGC		<b>N. Violence and Trauma Track, part 2</b> Domestic Violence: A Personal Story Liz Kinsworthy, MC, RN, CS
10:15 – 10:35	<b>Award Presentation for "Hero" in Women's Mental Health</b>		<b>G. Bipolar Disorder in Pregnant and Postpartum Women</b> Marlene P. Freeman, MD		<b>O. Fibromyalgia Pain Management</b> Steven R. Galper, MD, JD
10:45 – 11:45	<b>BREAKOUT SESSION I</b>		<b>H. Treatment of Co-occurring Disorders in Female Adolescents</b> Frances L. Moore, MD		<b>P. Psychosocial Aspects of Oncology: Prevention and Survivorship</b> Karen L. Weihs, MD
	<b>A. Integrative Medicine Track, part 1</b> Complementary and Alternative Treatments for Major Depressive Disorder Marlene P. Freeman, MD	1:10 – 2:10	<b>BREAKOUT SESSION III</b>	3:30 – 4:30	<b>BREAKOUT SESSION V</b>
	<b>B. Sleep Disorders Track, part 1</b> Sleepless in Arizona: An Overview of Sleep Disorders Joanna Katsanis, PhD		<b>I. Integrative Medicine Track, part 2</b> Food and Mood Victoria Maizes, MD		<b>Q. Integrative Medicine Track, part 4</b> Infertility and Stress Mark D. Gilbert, MD, FRCP (c)
	<b>C. Menopause and Hormone Replacement</b> Ilana Addis, MD		<b>J. Perinatal Track, part 2</b> Teratogens: Updates on Exposures During Pregnancy Dee Quinn, MS, CGC		<b>R. Emotional Awareness: Differences Between Men and Women</b> Richard D. Lane, MD, PhD
	<b>D. When Healthcare Providers seek Substance Abuse Treatment</b> Larry Oñate, MD		<b>K. Diagnosis and Treatment of Depression and Anxiety in Pregnant and Postpartum Women</b> Kathy W. Smith, MD		<b>S. Identification and Treatment of Attention Deficit Hyperactivity Disorder in Children and Adults</b> Kathy W. Smith, MD
11:55 – 12:05	Pick up boxed lunch and go to Breakout Session II		<b>L. Violence and Trauma Track, part 1</b> Suicide Risk Assessment Scott A. Freeman, MD	4:30 – 4:45	Adjourn/Evaluations

**ACCREDITATION**

**AAFP:** This activity has been reviewed and is acceptable for up to 6.75 Elective credits by the American Academy of Family Physicians.

**ACOG:** The American College of Obstetricians and Gynecologists has assigned 7 cognate credits to this program.

**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 6.75 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**NURSING:** This continuing nursing education activity for 7 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.

**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. 6.75 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.

**REGISTRATION AND TUITION****EARLY REGISTRATION RATE:**

Complete the Registration Form and return it with payment of \$75. Students can attend for \$25. Medical school residents can attend on a scholarship basis. Students and medical residents must provide **proof of student status with their registration form**, in order to register at the reduced rate.

**REGULAR REGISTRATION RATE:**

AFTER 12/30/09, \$25 is added on to the early rate for all registrants, including students. The regular tuition rate is \$100. **REGISTER EARLY FOR THE BEST RATE!**

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

**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. If you cannot attend, a substitute may take your spot.

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.

**Nomination Announcement for****"Hero in Women's Mental Health"**

The annual Women's Mental Health Award will be presented to a person who has displayed pioneering efforts and has had a positive impact on Women's Mental Health. Nominees can be an advocate, clinician, public official, or community member – anyone whom you think meets the general criteria. This is a call for nomination submissions to recognize a "Hero." The awardee will be presented with a plaque as an honored guest at the Annual Symposium. Please limit nomination to 1,000 words, including the following: **Nominee's name, phone, email, and if applicable, degree(s)/credentials, reason for nomination, your name and contact information, and relationship to nominee.**

Please return nomination by **October 30, 2009** to:  
Professional Development Office, Women's MH  
PO Box 245002, Tucson, AZ 85724-5002  
(520) 626-5732 FAX • (520) 626-1392 Phone  
uapsycon@email.arizona.edu

**REGISTRATION FORM****Women's Mental Health Symposium**

TUCSON, ARIZONA • SATURDAY, JANUARY 16, 2010

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  
 Other \_\_\_\_\_  
Specify

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

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

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

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

Phone: ( ) \_\_\_\_\_ FAX: ( ) \_\_\_\_\_  
(area code) (area code)

**BREAKOUT SESSIONS:**

See the titles on schedule and choose one for EACH Session  
Session I Session II Session III Session IV Session V  
A/B/C/D E/F/G/H I/J/K/L M/N/O/P Q/R/S/T

**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 December 30, 2009**

Early Rate – before 12/30/09 \$75 \$ \_\_\_\_\_

Student (must provide proof of status) – before 12/30/09 \$25 \$ \_\_\_\_\_

Payment **after December 30, 2009**

Regular Rate – after 12/30/09 \$100 \$ \_\_\_\_\_

Student (must provide proof of status) – after 12/30/09 \$50 \$ \_\_\_\_\_

Total Enclosed Amount \$ \_\_\_\_\_

Please help us keep an accurate count for lunch:

Lunch  No 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 \_\_\_\_\_ Security Code \_\_\_\_\_

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.

**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**  
Clinical Assistant Professor, Psychiatry  
The University of Arizona  
College of Medicine  
Tucson, AZ

**The University of Arizona Speakers**

**Ilana Addis, MD**  
Assistant Professor, Obstetrics and  
Gynecology  
Section Head, General Obstetrics and  
Gynecology  
Associate Director, Female Pelvic  
Medicine and Reconstructive Surgery  
College of Medicine

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

**Richard R. Bootzin, PhD**  
Professor, Department of Psychology  
and Psychiatry  
Director, Insomnia Program, Sleep  
Disorders Center  
Colleges of Medicine and Social and  
Behavioral Sciences

**Steven R. Galper, MD, JD**  
Assistant Clinical Professor, Psychiatry  
College of Medicine  
Director, Mental Health  
Pima County Adult Detention Center

**Mark D. Gilbert, MD, FRCP (c)**  
Assistant Professor, Clinical Psychiatry  
Director, Mind-Body Medicine Skills  
Group Program  
College of Medicine  
Affiliate Staff, Reproductive Health  
Center  
Associate Director, Psychosocial  
Oncology  
Arizona Cancer Center

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

**Richard D. Lane, MD, PhD**  
Professor, Psychiatry, Psychology and  
Neuroscience  
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

**Barbara E. Pritchard, PhD**  
Clinical Associate Professor, Psychiatry  
College of Medicine  
Clinical Psychologist

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

**Karen L. Weihs, MD**  
Associate Professor, Department of  
Psychiatry  
College of Medicine  
Medical Director, Psychosocial  
Oncology Program  
Arizona Cancer Center

**Invited Guest Speakers**

**Scott A. Freeman, MD**  
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

**Larry Oñate, MD**  
Medical Director, Southern Arizona  
Mental Health Corp.  
Tucson, AZ

**Amy Weintraub, MFA, E-RYT  
500**  
Author of Yoga for Depression  
Founding Director, LifeForce Yoga  
Healing Institute  
Tucson, AZ