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

THE UNIVERSITY  
OF ARIZONA  
Arizona Health Sciences Center

**Women's Mental Health Symposium**  
*CME/CE hours for Nurses, Psychologists, Physicians  
and other health care providers.*  
March 15, 2008

7<sup>th</sup> ANNUAL  
**Women's  
Mental Health  
Symposium**

**Saturday  
Saturday, March 15, 2008  
Grand Ballroom  
Student Union Memorial Center  
Tucson, Arizona**

PRESENTED BY:



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 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, 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 updated issues related to the Women's Mental Health Program
- Analyze eating disorders

After participating in the breakout sessions, attendees will be able to:

- Examine a variety of topics related to women's mental health, including: nutrition, dietary supplements, sleep disorders, postpartum mental health, medication usage during pregnancy, personality disorders, bipolar disorders, stress, dementia/Alzheimer's disease, domestic violence, headaches, infertility and suicide risk assessment

### REGISTRATION & TUITION

Complete the Registration Form and return it with payment of \$69. Students can attend for \$25. 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 2/3/08, \$30 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.

**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.**

### Symposium Co-Chairs

**Marlene P. Freeman, MD**  
Director, Women's Mental Health Center  
Associate Professor of Psychiatry and Obstetrics and Gynecology  
University of Texas Southwestern Medical Center  
Dallas, TX

**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  
The University of Arizona College of Medicine

**Donna S. Bender, PhD**  
Associate Professor, Psychiatry  
The University of Arizona College of Medicine  
Tucson, AZ

**Philip S. Eichling, MD, MPH**  
Director of Executive Health Program and Sleep Lab,  
Canyon Ranch  
Lecturer, Sleep Disorders Center, Medicine  
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

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

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

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

**Tieraona Low Dog, MD**  
Clinical Assistant Professor, Medicine  
Director of Education, Program in Integrative Medicine  
The University of Arizona College of Medicine

**Victoria Maizes, MD**  
Executive Director, Program in Integrative Medicine  
Associate Professor, Clinical Medicine, Family Medicine and Public Health  
The University of Arizona 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  
The University of Arizona College of Medicine

**Andrew Skodol, MD**  
Research Professor, Psychiatry  
The University of Arizona College of Medicine  
President, Institute for Mental Health Research  
Phoenix, AZ

### Invited Guest Speakers

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

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

**Scott A. Freeman, MD**  
Associate Professor, Psychiatry  
University of Texas Southwestern Medical Center  
Dallas, TX

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

**Liz Kinsworthy, MC, RN, CS**  
Adult Psychiatric Nurse Clinical Specialist  
University Physicians Hospital  
Tucson, AZ

**Michelle D. Lacy, MA, LPC**  
Therapist, Independent Contractor  
East Valley Maternal Wellness, PLLC  
Gilbert, AZ

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

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.

# WOMEN'S MENTAL HEALTH PROGRAM CHARITABLE DONATION FORM

Providing care to women who are pregnant and postpartum is a top priority for the Women's Mental Health Program. In fact, this is so important that we aim to provide care during pregnancy and postpartum regardless of the woman's ability to pay or insurance status. Unfortunately, many women do not have health insurance or have insurance that we cannot accept in our clinic and are unable to pay. Please help us to continue to provide low cost treatment to pregnant and postpartum women in need.

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

Home Phone: ( ) Work: ( )

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

City: State: Zip:

Email: \_\_\_\_\_

I would like to help the Women's Mental Health Program in providing low cost treatment to pregnant and postpartum women in need. Please accept my donation of:  
 \$200  \$100  \$50  \$25  Other \$ \_\_\_\_\_

I am interested in donating to other areas in mental health care, such as research or education (specify other).  
 \_\_\_\_\_  
 \_\_\_\_\_

To pay by credit card:  VISA  MasterCard  American Express

Account Number Expiration Date

Cardholder's Name as it appears on the card

Signature

**Please make checks payable to:  
The University of Arizona Foundation-WMHP**  
 Donations are tax-deductible.  
 We are grateful for your help.

WOMEN'S MENTAL HEALTH SYMPOSIUM

## Schedule

SATURDAY, MARCH 15, 2008

8:30 – 9:00 Registration and Sign in

9:00 – 9:20 Welcome and Update on Women's Mental Health Program  
 Marlene P. Freeman, MD/Kathy W. Smith, MD

9:20 – 10:10 **Keynote: Eating Disorders: Beyond Dieting**  
 Vicki Berkus, MD, PhD, CEDS

10:10 – 10:30 Award Presentation for "Hero" in Women's Mental Health  
 Jennie Grabel, Morning Show Host/ Music Director, 92.9 The Mountain, KWMT-FM

10:30 – 10:40 Change classrooms

10:40 – 11:25 **BREAKOUT SESSIONS I**

**A. Integrative Medicine Track – Part I**  
 Food and Mood  
 Victoria Maizes, MD

**B. Violence and Trauma Track – Part I**  
 Suicide Risk Assessment  
 Scott A. Freeman, MD

**C. Maternal Sleep Deprivation in the Postpartum**  
 Kathy W. Smith, MD

**D. Infertility and Stress**  
 Mark D. Gilbert, MD

**E. 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

11:25 – 11:35 Change classrooms

11:35 – 12:20 **BREAKOUT SESSIONS II**

**F. Integrative Medicine Track – Part II**  
 Dietary Supplements and Mental Health  
 Tieraona Low Dog, MD

**G. Violence and Trauma Track – Part II**  
 Intimate Partner Violence: Mental Health Outcomes and Treatment Strategies  
 Liz Kinsworthy, MC, RN, CS

**H. Headaches and Women**  
 Steven R. Galper, MD

**I. Sleep Disorders Track – Part I**  
 Sleep Medicine, Psychiatry and Women's Health: Interfaces  
 Philip S. Eichling, MD, MPH

**J. Postpartum Depression Track – Part II**  
 Prenatal / Postpartum Screening and Diagnosis  
 Christina G. Hibbert, PsyD, Michelle D. Lacy, MA, LPC and Carole Sheehan, MA, RNC

12:20 – 1:20 LUNCH and change classrooms

1:20 – 2:05 **BREAKOUT SESSIONS III**

**K. Dementia/Alzheimer's in Women**  
 Geoffrey L. Ahern, MD, PhD

**L. Sleep Disorders Track – Part II**  
 Sleepless in Arizona: An Overview of Sleep Disorders  
 Joanna Katsanis, PhD

**M. Stress and Resilience**  
 Mary C. Davis, PhD

**N. Borderline Personality Disorder I**  
 Borderline Personality as a Self-Other Representational Disturbance  
 Donna S. Bender, PhD and  
 Andrew E. Skodol, MD

**O. Postpartum Depression Track – Part III**  
 Treatment Options – Medication:  
 Psychopharmacology Considerations  
 Marlene P. Freeman, MD

2:05 – 2:15 Change classrooms

2:15 – 3:00 **BREAKOUT SESSIONS IV**

**P. Sleep Disorders Track – Part III**  
 Sleep and PTSD  
 Tricia Haynes, PhD

**Q. What Should We Worry About in Pregnancy: Drug Exposure & Risks**  
 Dee Quinn, MS, CGC

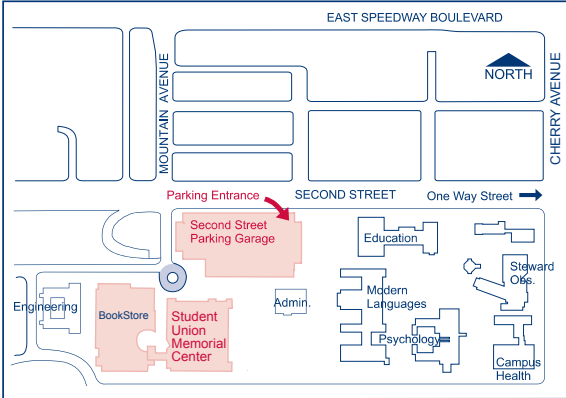
**R. Borderline Personality Disorder II**  
 Why Are Women Diagnosed Borderline More Than Men?  
 Andrew E. Skodol, MD and  
 Donna S. Bender, PhD

**S. Postpartum Depression Track – Part IV**  
 Treatment Options - Non-medication:  
 Psychotherapy and Support Groups  
 Christina G. Hibbert, PsyD,  
 Michelle D. Lacy, MA, LPC, and  
 Carole Sheehan, MA, RNC

**T. Bipolar Disorders in Women**  
 Marlene P. Freeman, MD

### LOCATION

The symposium will be 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.



### 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)**<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**NURSING:** This CE activity for 5.0 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. 5.0 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 FORM Women's Mental Health Symposium

TUCSON, ARIZONA • MARCH 15, 2008

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: \_\_\_\_\_

Telephone: ( ) 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  
 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 February 3, 2008**  
 Early Rate – before 2/3/08 \$69 \$ \_\_\_\_\_  
 Student (must provide proof of status) – before 2/3/08 \$25 \$ \_\_\_\_\_

**Payment after February 3, 2008**  
 Regular Rate – after 2/3/08 \$99 \$ \_\_\_\_\_  
 Student (must provide proof of status) – after 2/3/08 \$55 \$ \_\_\_\_\_

**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.