



CONTINUING EDUCATION
PROGRAM

THIRTY-SECOND ANNUAL



JULY 23-AUGUST 10, 2018

THE DOOR COUNTY SUMMER INSTITUTE

SPONSORED BY THE MEDICAL COLLEGE OF WISCONSIN, DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL MEDICINE

Greetings!

Welcome to the Thirty-Second Annual Door County Summer Institute. We hope this year's offerings will assist you in your ongoing professional development while providing an opportunity to recharge and reinvigorate yourself in Door County.

Carlyle H. Chan, MD

Institute Director

Dr. Chan is Professor of Psychiatry and the Institute for Health and Society (Bioethics and Medical Humanities) at the Medical College of WI

MCW Psychiatry Department

The Medical College of Wisconsin is a private medical school with a public mission of excellence in education, research, patient care, and community service. MCW ranks in the top third of all U.S. medical schools for federal research funding. The MCW Department of Psychiatry and Behavioral Medicine has a history of clinical and teaching excellence, combined with a renewed focus on research under the leadership of Chair Jon Lehrmann, MD.

About Door County

Door County, WI, is an area of captivating scenic beauty. From its steep limestone bluffs to the spacious sand beaches, the 250-mile shoreline is both dramatic and serene. Almost every kind of outdoor activity is available, as the area has four state parks and many local parks, beaches, hiking trails, and golf courses.

Session Information

From July 23 to August 10, 2018, 13 separate sessions will comprise this year's Summer Institute. The 5-day sessions are held from 9:00 am to 12:15 pm, and 2-day sessions from 8:00 am to 12:15 pm, leaving afternoons free to explore the wonders of Door County. All seminars are held at the Landmark Resort in Egg Harbor, WI. A continental breakfast will be served daily. Casual dress is standard for all sessions.

Special Needs

Please call our office at (414) 955-7250 at least two weeks in advance of any session if you have special needs.

Session 1 - 5 Days

July 23-27, 2018 9:00 am-12:15 pm

Donald Meichenbaum, PhD

Treatment of Patients with Substance Abuse Disorders and Various Co-occurring Psychiatric Disorders

Donald Meichenbaum, PhD, is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada, and Research

Director of the Melissa Institute for Violence. He is one of the founders of cognitive behavior therapy, and in a survey of clinicians, he was voted "one of the ten most influential psychotherapists of the 20th Century." He has received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association. His recent book *Roadmap to Resilience* offers specific examples of ways to bolster patient's resilience.

Symposium Description and Objectives

Recently, Dr. Meichenbaum has been a consultant to residential treatment centers and outpatient clinics that treat patients with addiction and co-occurring psychiatric disorders focusing on the treatment of opioid addictions. He has developed staff training manuals and patient worksheets on ways to conduct a comprehensive, integrated, phase-oriented treatment approach.

This workshop provides an opportunity to share both his clinical experience and the accompanying materials. Particular focus will be on patients who experience substance abuse disorders and complex PTSD, depression, and aggressive behaviors toward self and others. How to implement the core tasks of psychotherapy to achieve lasting changes will be presented. A detailed handout and a to-do list of clinical activities that can be implemented immediately will be provided.

Participants will:

- (1) Critically evaluate state of the art treatment options and learn how to spot hype in the field
- (2) Learn ways to implement the core tasks of psychotherapy to achieve lasting changes
- (3) Employ a case conceptualization model of risk and protective factors that informs assessment and treatment decision-making
- (4) Learn how to help patients develop coping skills and bolster their resilience

Monday Incidence and impact of substance abuse and co-occurring disorders; Gender differences and treatment implications; Case conceptualization model; Developing sobriety scripts and accompanying coping skills; Network supports

Tuesday Alternative treatment strategies; Choosing a residential treatment center; Core tasks of psychotherapy; Ways to achieve lasting changes

Wednesday Therapeutic alliance; Feedback informed treatment; Collaborative goal-setting; Relapse prevention; Ways to integrate 12 step programs and social network community-based interventions

Thursday Integrative treatment programs; Emotional processing interventions; Ways to bolster resilience

Friday Substance abuse disorders and risk of aggression toward self or others; Assessment of suicidal and aggressive behaviors; Putting it all together; A to-do list for attendees

Session 2 - 5 Days

July 23-27, 2018 9:00 am-12:15 pm

Ronald Siegel, PsyD

Mindfulness and Compassion in Psychotherapy: An Educational Retreat

Ronald Siegel, PsyD, is Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 years. He's a long-time student of mindfulness meditation, serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy, and maintains a private clinical practice in Lincoln, MA. Dr. Siegel is coeditor of *Mindfulness and Psychotherapy*, 2nd Edition, author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, coeditor of *Wisdom and Compassion in Psychotherapy*, and coauthor of the professional guide *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*.

Symposium Description and Objectives

Clinicians are discovering that mindfulness and compassion practices can enlighten and enliven their lives, both inside and outside the therapy hour. These techniques hold great promise for personal development and as a powerful method to enhance virtually all forms of psychotherapy. To incorporate these practices, we need an intellectual and intuitive understanding of them. In this symposium, a solid theoretical understanding of mindfulness from Buddhist and western perspectives will be developed. Instruction in meditation and the opportunity for personal practice in a relaxed and supportive atmosphere will be given.

Through lecture, demonstration, experiential exercise, and small group discussion, we will examine how mindfulness practice can enhance therapeutic presence and transform our understanding of psychological suffering across the diagnostic spectrum. Optional non-CME guided meditation practice will be offered Tuesday through Friday morning and on Wednesday afternoon at no extra charge. While this course is suitable for seasoned mindfulness practitioners, no prior experience with meditation is required.

Participants will:

- (1) Learn to practice personally and introduce clinically a variety of mindfulness and compassion practices
- (2) Identify common denominators in psychological difficulties and how to address them with mindfulness and compassion
- (3) Explore how mindfulness and compassion can be tailored to the needs of clients,

including individuals with trauma histories (4) Review core dynamics of depression and anxiety and how mindfulness practices can help transform them

Monday Mindfulness and compassion; Narcissism, relationships, and deconstructing the self

Tuesday The meditating therapist: Bearing witness to pain; Happiness: Lessons from science and Buddhist psychology

Wednesday Mindfulness and compassion retreat (with optional afternoon extension)

Thursday Tailoring techniques to the client; Depression; Mindfulness and compassion for parents and their children

Friday Befriending anxiety; Beyond symptom management: Treating stress-related disorders; Overcoming obstacles

Session 3 - 2 Days

July 23-24, 2018 8:00 am-12:15 pm

Russell Barkley, PhD

ADHD in Children and Adults: Advances in Diagnosis, Nature, Life Course, and Management

Russell Barkley, PhD, is Clinical Professor of Psychiatry at the Virginia Treatment Center for Children and the VA Commonwealth University Health Center. He has over 40 years of research and clinical experience in ADHD. He is board certified in Clinical Psychology, Clinical Child and Adolescent Psychology, and Clinical Neuropsychology. Dr. Barkley is a clinical scientist, educator, and practitioner who has published 25 books, rating scales, and clinical manuals as well as more than 290 scientific articles and book chapters related to the assessment and treatment of ADHD and related disorders. He has received awards from the American Psychological Association, American Academy of Pediatrics, American Board of Professional Psychology, New England Educational Institute, and Children and Adults with ADHD (CHADD).

Symposium Description and Objectives

ADHD is one of the most common childhood behavioral disorders, affecting up to 5 to 7 percent of the school-age population, accounting for the largest proportion of children referred to mental health programs in this country. Clinicians are increasingly aware that ADHD does not disappear over development and that many individuals with the disorder in childhood will continue to manifest into adulthood. ADHD will persist into adolescence in up to 80 percent of childhood cases, and up to 65-70 percent of these cases into adulthood.

This workshop will provide current information on the causes of ADHD, including

neuro-anatomy, genetics, and potential environmental contributors to the disorder. We will also review the implications of current etiological research for understanding and management. We will focus on key developments in research on the most effective treatment treatments for ADHD as well as an overview of treatments deemed experimental and those that have been disproven or remain unproven.

Participants will:

- (1) Understand the specific nature of the inhibition and attention deficits in ADHD
- (2) Review research findings on children and adults with high sluggish cognitive tempo vs. ADHD
- (3) Understand how childhood ADHD adversely affects various health outcomes
- (4) Improve knowledge of issues involved in selecting medications for the management of individuals with ADHD

Monday Advances in diagnosis; Update on executive functioning; Importance of emotion in managing ADHD; Sluggish cognitive tempo

Tuesday Advances in etiologies and management of ADHD; Optimizing ADHD treatment; The impact of comorbidity

Session 4 - 2 Days

July 26-27, 2018 8:00 am-12:15 pm

Sara Swanson, PhD, Michelle Loman, PhD, & David Sabsevitz, PhD

Current Topics in TBI & Clinical Neuropsychology

Sara Swanson, PhD, ABPP, is MCW Professor of Neurology and Division Chief of Neuropsychology. She provides clinical training for Neuropsychology Postdoctoral Fellows and is co-investigator on a NIH grant to study language fMRI in epilepsy surgery candidates.

David Sabsevitz, PhD, ABPP, is MCW Associate Professor of Neuropsychology specializing in the evaluation and treatment of adults with neurological, behavioral, and developmental disorders. He is the director of the Neuropsychology Brain Tumor Clinic.

Michelle Loman, PhD, is MCW Assistant Professor of Neuropsychology whose clinical and research interests focus on neuropsychological functioning and developmental outcomes of children and adolescents with traumatic brain injury (including concussion), congenital heart disease, and epilepsy.

Symposium Description and Objectives

Neuropsychology faculty from MCW will discuss cutting edge topics in clinical neuropsychology through case examples and current research. Workshops will address current thinking on assessment and manage-

ment of pediatric concussions and describe the neuroanatomical correlates and cognitive constructs underlying a variety of neurobehavioral syndromes.

Participants will:

- (1) Describe objective injury parameters and cognitive sequelae in pediatric concussion/mild traumatic brain injury
- (2) Discuss symptom management and return to activity, and review factors which may influence recovery
- (3) Identify neurobehavioral syndromes and their neuroanatomical correlates
- (4) Review current models and cognitive constructs underlying neurobehavioral presentations of these syndromes

Thursday Dr. Loman-Pediatric concussion/mild traumatic brain injury; Neuro-psychological outcomes and typical sequelae; Factors affecting recovery course; Clinical management and treatment of symptoms; Return to activity decisions

Friday Drs. Sabsevitz and Swanson-Clinical features and neuroanatomical correlates of common neurobehavioral syndromes; Current models of attention, memory, and language; Disconnection syndromes, aphasia, hemispatial neglect, and amnesia; Frontal lobe syndromes; Case examples

Session 5 - 2 Days

July 30-31, 2018 8:00 am-12:15 pm

Thomas Heinrich, MD, & Christina Wichman, DO

Caring for Patients with Medical and Psychiatric Comorbidity

Thomas Heinrich, MD, is Professor of Psychiatry and Family Medicine at MCW. He is director of the Froedtert Hospital CL service treating complex presentations of medical, surgical, and neuropsychiatric illnesses. Dr. Heinrich is Vice Chair for Clinical Services and is also Medical Director of Process Improvement of Inpatient Medical and Surgical Services at Froedtert Hospital.

Christina Wichman, DO, is Associate Professor of Psychiatry and OB-GYN at MCW. She completed residency in Psychiatry and fellowship in Psychosomatic Medicine at Mayo Clinic. She directs a co-located perinatal psychiatric service within the Department of OB-GYN and is Director of Women's Mental Health at MCW. She is Medical Director of The Periscope Project, a perinatal psychiatric teleconsultation service. She is director of the CL Fellowship, and Director of the CL service at Froedtert Hospital.

Symposium Description and Objectives

Consultation-Liaison Psychiatry is a subspecialty of psychiatry dealing with complex

comorbid psychiatric and medical illness. Over ten million Americans may suffer from co-morbid medical and psychiatric illnesses, making the need to evaluate, diagnose, and treat such individuals a significant public health issue. CL psychiatry not only has a home on medical and surgical units of general medical hospitals, it is expanding to include models of collaborative care with primary and subspecialty medical care settings with mental health providers playing a key role in developing integrated care models for patients with psychiatric conditions.

This symposium provides an overview on some of the most common and interesting topics in the field of CL psychiatry including cardiac and pulmonary disease, traumatic brain injury and diabetes, women's mental health, as well as dementia and stroke. These topics will be taught in a stimulating and interactive, often case-based, manner.

Participants will:

- (1) Appreciate the complex and significant bidirectional relationship between medical illnesses and mental health
- (2) Explain how medical illnesses can present with psychiatric signs and symptoms
- (3) Differentiate ways mental health providers can integrate into medical and surgical settings
- (4) Describe pharmacologic and psychological management strategies of psychiatric symptoms that present in patients with medical illness

Monday Depression and suicide assessment; Anxiety; Cardiac disease; Women's mental health; Perinatal mood and anxiety disorders

Tuesday Dementia management; Post-stroke depression; Opioid use disorders; Traumatic brain injury; Diabetes and its relationship with mood and cognition

Session 6 - 2 Days

July 30-31, 2018 8:00 am-12:15 pm

Darald Hanusa, PhD

Integrating Trauma and Shame Work with Men Who Batter

Darald Hanusa, PhD, is a Senior Preceptor and Lecturer at the UW-Madison School of Social Work where he has taught since 1978. He is the founding member and past chair of the WI Batterers Treatment Providers Association and the Dane County domestic violence task force. Dr. Hanusa specializes in domestic violence with both perpetrators and survivors since 1980. He treats abusive men through the ATAM Program (Alternatives and Treatment for Abusive Men) and counsels survivors through the Midwest Domestic Violence Resource Center. He provides consultation and training to private and public agencies working with domestic and workplace violence.

Symposium Description and Objectives

Traditionally, programs for men who batter have not included a focus on their own victimization issues. Yet studies have shown that partner-violent men have insecure attachment issues more than non-partner violent men. One half or more have childhood trauma histories related to direct maltreatment and exposure to IPV. Such shame-based trauma causes problems with emotional regulation as well as in accessing conflict resolution skills.

This workshop provides an overview of treatment with men who batter and a rationale for the inclusion of shame-based trauma work with this population. Using group exercises and hands-on practice, detail about how shame-based trauma work can be integrated in treatment will be presented. Thorough interactive and experiential exercises, emphasis will be on understanding the trauma-shame connections from both a personal and professional perspective. Examples of shame-based treatment methodology, based in part on participant provided case examples, will provide a basis for discussion.

Participants will:

- (1) Consider the role of shame-based trauma in men's relationship violence
- (2) Explore personal connections to shame issues as a method of deepening insight and practicing clinical assessment and intervention methods
- (3) Incorporate a cognitive-behavioral process group model for integrating shame-based trauma work with abusers
- (4) Discuss implications for outcome and longer-term treatment for Batterer Intervention Programs (BIP's)

Monday Trigger warning; History of work with men who batter; Trauma/shame connection; Self-protections and shields; Guided imagery exercise; "Pare and Share" discussion; Group discussion

Tuesday The shame/violence connection; Integrating shame work; Practicing vulnerability; Shame self-affirmations; When to introduce shame work

Session 7 - 5 Days

July 30-Aug 3, 2018 9:00 am-12:15 pm

Fred Heide, PhD, & Lee Becker

Mindful Improvisation: A Relational Form of Meditation

Frederick Heide, PhD, is Associate Professor at the California School of Professional Psychology at Alliant International University, where he has won both the Master Teacher and Teacher of the Year Awards. Dr. Heide received the Outstanding Research Contribution Award from the Association for Advancement of Behavior Therapy for his work on relaxation-induced anxiety. Dr.

Heide is also co-founder of and performer with Door County's Northern Sky Theater, which was the 2012 recipient of the WI Governor's Award for Arts, Culture, and Heritage. He studied acting and created several shows with Paul Sills, founding director of Chicago's Second City Theater.

Lee Becker began improvising 30 years ago with ComedySportz while attending UW Madison. He helped found ComedySportz NYC, and also worked with the group in Milwaukee, running workshops in all three locations. He is a core member of Northern Sky Theater where he is a performer, musician, and playwright. Lee was a founding member of Door Shakespeare and has also performed and written for First Stage Children's Theater in Milwaukee.

Symposium Description and Objectives

The term "meditation" refers to a variety of practices that concentrate sustained attention on an object, such as the breath, a mantra, or sounds in the natural environment. The form of meditation that has garnered attention recently among researchers and the public is mindfulness, which involves sitting quietly while non-judgmentally directing attention to the breath and the ongoing flow of mental experience.

This workshop will explore meditative aspects of behavioral improvisation, a form of spontaneous social interaction pioneered by Second City founding director Paul Sills. Like mindfulness, behavioral improvisation employs nonjudgmental present-centered awareness to transcend the thinking mind. Rather than focusing on the breath, behavioral improvisation focuses on what existential theorists call the *mitwelt*, or interpersonal world. Participants will explore simple improvisational exercises to augment sustained non-conceptual awareness. After an overview of research and theory on meditation and mindfulness, the bulk of the week is devoted to engaging in these exercises in a safe, highly supportive atmosphere. Brief mindfulness practice will be included.

Participants will:

- (1) Describe types of meditation and how it is applied in major spiritual traditions
- (2) Explore the difference between mindfulness and concentrative meditation
- (3) Analyze research suggesting positive behavioral and neurophysiological effects of meditation
- (4) Identify overlaps between behavioral improvisation and meditation

Monday Overview and definitions; Spiritual vs. secular practices; Mindfulness vs. meditation; Research on phenomenological, behavioral, and neuropsychological effects; Meditation for anxiety, depression, and PTSD; Principles of behavioral improvisation; Warm-up exercises

Tuesday Behavioral Improvisation I

Wednesday Behavioral Improvisation II

Thursday Behavioral Improvisation III

Friday Summary and conclusions; Wrap-up exercises

Session 8 - 2 Days

August 2-3, 2018 8:00 am-12:15 pm

Jeffrey Garbelman, PhD

Suicide Assessment, Documentation, and the Law

Jeffrey Garbelman, PhD, is a psychologist at the Milwaukee VA, providing forensic opinions across a 12 state area involving veteran suicides and other causes of death. He is also the Milwaukee VA Police Psychological Consultant and co-directs the VA Centralized Assessment Unit. He is a consultant for the Wisconsin Department of Corrections, overseeing their Crisis Intervention Partners training program and is certified by the American Association of Suicidology in Psychological Autopsy providing consultation, training, and forensic services in areas of PTSD and suicide risk assessment, documentation, and the law.

Symposium Description and Objectives

Suicide is one of the leading public health problems of our time. As mental health professionals, we are charged with the assessment and treatment of suicide without the capacity to meaningfully predict suicide. In many cases, we lack even a shared language to discuss suicide risk. The result is often missed treatment opportunities, failures in communication of risk, over taxing of limited resources, and concerns of litigation.

This symposium provides an approach to suicide risk assessment and documentation which is pragmatic, evidence based, and legally justifiable based upon a detailed application-based discussion of theories of suicide with the review of various suicide risk assessment inventories. This session also includes an interactive certification training in one of the gold standards in suicide risk assessment: The Columbia Suicide Severity Rating Scale (CSSRS). The CSSRS is recognized as a best practice by the WHO, AMA, and was incorporated into the suicide section of the SCID and the CDC's definitions of suicidal ideation and behavior. It is used by dozens of government agencies, both locally and nationally.

Participants will:

- (1) Identify the current state of suicide risk assessment and impediments to predicting suicide
- (2) Apply theories of suicide, research, and risk assessment to improve legally sound

documentation

(3) Create documentation which naturally flows toward evidence-based treatment of suicidality

(4) Receive certification in the CSSRS through discussion and case examples

Thursday Overview and clinical/lifetime versions of the CSSRS; Suicidal ideation and behaviors; Non-suicidal self-injurious behaviors; Issues of lethality through discussion; Case examples

Friday Clinical decision-making; Pragmatic documentation; Theories of suicide; Evidence-based treatment for suicidality

Session 9 - 2 Days

August 2-3, 2018 8:00 am-12:15 pm

William R. Miller, PhD

Motivational Interviewing: Toward More Effective Counseling and Psychotherapy

William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico where he served as Director of Clinical Training for the psychology doctoral program and as Co-Director of the Center on Alcoholism, Substance Abuse, and Addictions (CASAA). With more than 40 years of experience in addiction research and treatment, he served as principal investigator for research grants and contracts, founded a private practice group, directed a large public treatment program, and served as a consultant to organizations including the US Senate, the WHO, and the NIH. Dr. Miller and Stephen Rollnick are the developers of Motivational Interviewing.

Symposium Description and Objectives

This workshop will provide an up-to-date introduction to motivational interviewing via a combination of presentation, demonstration, and experiential practice. Particular focus will be on the linguistic and strategic features that are unique to MI. Though MI is itself an evidence-based intervention, it more generally provides a person-centered approach to clinical practice by specifying and integrating common therapeutic factors that influence treatment outcome.

Participants will:

- (1) Explain the four component processes of MI and the purpose of each
- (2) Recognize client change and sustain talk as key feedback for practitioners of MI
- (3) Demonstrate at least three ways to evoke and strengthen change talk
- (4) Identify common therapeutic factors that influence treatment outcomes

Thursday Ambivalence and the guiding spirit of MI; Engaging skills: OARS and

focusing; Change talk and sustain talk

Friday Evoking and responding to change talk; Counseling with neutrality: Decisional balance; Resistance: Sustain talk and discord; Planning and learning

Session 10 - 5 Days

August 6-10, 2018 9:00 am-12:15 pm

Francis Lu, MD

Through Compassion to Serenity in the Mindful Viewing of Japanese Films

Francis Lu, MD, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at the University of CA, Davis. As a Distinguished Life Fellow of the American Psychiatric Association, Dr. Lu has contributed to cultural psychiatry, psychiatric education, film and psychiatry, and religion and spirituality. Since 1987, he has co-led 34 film seminars at Esalen Institute in Big Sur, CA. In 2008, the American Psychiatric Foundation awarded him its Advancing Minority Mental Health Award, and the Association for Academic Psychiatry awarded him its Lifetime Achievement Award. He is Secretary of the Society for the Study of Psychiatry and Culture and on the Board of the World Association for Cultural Psychiatry.

Symposium Description and Objectives

"Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek." — Dalai Lama XIV

This seminar aims at a mindfulness experience through viewing five Japanese films in which inspiring characters embody positive psychological qualities (compassion, courage, forgiveness, gratefulness, wisdom, serenity) for the purpose of renewing these qualities in our lives and in our work with patients. These films engender mindfulness, evoke compassion, and lead viewers to serenity through their embodiment of exquisite Japanese aesthetic concepts that are accessible to all viewers. One film is shown on each of the five days with an introduction and centering process to begin the session and processing after the film focusing on the participant's own experience of the movie. Optional, non-CME evening sessions are offered in which an additional film is shown and processed. Movies take on an exquisite cumulative power when shown over five days in a group setting that is truly remarkable and unforgettable.

Participants will:

- (1) Explore viewing films from a mindfulness perspective
- (2) Identify strengths of film characters related to positive psychological qualities
- (3) Help patients view films from a mindful-

ness perspective to embody positive psychological qualities

(4) Appreciate lessons learned in the seminar to work with patients and colleagues

Monday "Twenty-Four Eyes" (1954)
Optional evening film "Dream Window: Reflections on the Japanese Garden" (1992)

Tuesday "The Burmese Harp" (1956); Optional evening film "A German Requiem"

Wednesday "Ikiru" (1952)

Thursday "Tokyo Story" (1953) Optional evening film "Rhapsody in August" (1991)

Friday "Departures" (2008)

Session 11 - 5 Days

August 6-10, 2018 9:00 am-12:15 pm

Ronald Diamond, MD, & David Katzelnick, MD

Practical Update to Prescribing Psychiatric Medications

Ronald Diamond, MD, is retired Medical Director of Journey Mental Health and retired from the UW-Madison Department of Psychiatry in January 2018. He has been involved in community-based treatment of persons with severe and persistent mental illness for over 40 years. Dr. Diamond has taught and written on issues of staff training, ethics, decreasing coercion, medication compliance, psychiatric administration, and system design and is interested in how to integrate concepts of recovery and cultural competence into clinical practice.

David Katzelnick, MD, is Co-Chair of the Division of Integrated Behavioral Health and Professor of Psychiatry at the Mayo Clinic. His major clinical and research interests are mood and anxiety disorders and dissemination of effective treatments in primary care. He has been principal investigator for a number of retrospective and prospective randomized trials. He has lectured extensively on mood and anxiety disorders and ways to improve treatment of mental disorders in real world settings.

Symposium Description and Objectives

This workshop presents an update of psychopharmacology focusing on the needs of practicing clinicians by covering medications used to treat the most common psychiatric disorders including psychotic disorders, unipolar and bipolar disorders, anxiety, and borderline personality disorder. We will focus on indications for the use of medications, side effects, issues around use and risks, and review both what is well known and new findings that will improve outcomes. This workshop is appropriate for all clinicians prescribing

psychotropic medications including psychiatrists, primary care physicians, APNPs, nurses, and social workers who work with patients taking psychiatric medications.

Participants will:

- (1) Learn to use common rating scales used to measure depression, anxiety, alcohol use, and bipolar disorder
- (2) Discuss how to collaborate with patients about medication decisions even with patients who are difficult to work with
- (3) Identify when to avoid benzodiazepine prescribing and when appropriate
- (4) Know lab tests to monitor patients on Lithium, atypical antipsychotics, valproic acid, carbamazepine, and lamotrigine

Monday Social aspects of prescribing medication; Measurement based care; Suicide assessment; Psychotic symptoms

Tuesday Pharmacological treatment of psychotic disorders; Clozapine: Complexities and advantages; Long acting injections; Labs and other monitoring; Side effects

Wednesday Non-psychotic uses of anti-psychotic medications; Unipolar depression; Non-pharmacological treatment of affective disorder; Psychotherapy

Thursday Bipolar disorder: Recognition and treatment

Friday Anxiety disorders; Fear based, OCD based, and trauma based; Benzos, gabapentin, SSRIs, and others

Session 12 - 2 Days

August 6-7, 2018 8:00 am-12:15 pm

Jerrold Post, MD

Personality & Politics

Jerrold Post, MD, is Professor Emeritus of Psychiatry, Political Psychology, and International Affairs at George Washington University. Prior to his position there, he had a 21-year career with the CIA, where he founded and directed the Center for the Analysis of Personality and Political Behavior, providing assessments of foreign leadership and decision making for the President and other senior officials to prepare for high level negotiations and for use in crisis situations. Dr. Post is author of several books including, *Narcissism and Politics*, *Dreams of Glory*, and *The Mind of the Terrorist: The Psychology of Terrorism from the IRA to al-Qaeda*.

Symposium Description and Objectives

Political Psychology addresses the nexus between politics and psychology – what leads leaders to lead, followers to follow? How can ordinary people perpetrate extraordinary evil? This symposium will

survey the field of political psychology, the inter-discipline concerned with the connection between political and psychological processes. Consideration will be given to influences on political behavior from the perspective of the individual, the group, the organization, and the nation-state. Special consideration will be given to crisis decision making, the psychology of international conflict, and the need for enemies.

Participants will:

- (1) Review the psychology of political leadership and leader-follower relationships
- (2) Comprehend the typology of leader personalities and the manner they influence decision making
- (3) Understand how political socialization impacts the development of political identity from the psychobiographic perspective
- (4) Discuss the psychology of international conflict and how it influences decision making

Monday Political and clinical personality types; Transactional leadership; Transformational leadership; Charismatic leader-follower relationships

Tuesday Groupthink and crisis decision making; Psychopolitics of hatred; Destructive obedience and genocide

Session 13 - 2 Days

August 9-10, 2018 8:00 am-12:15 pm

Jerrold Post, MD

The Mind of the Terrorist

Symposium Description and Objectives

There is not one terrorism, but rather a spectrum of terrorisms, and accordingly there is a spectrum of terrorist psychologies. This symposium strives to convey an understanding of the individual, social, and organizational psychology of terrorism that impels members to righteously kill civilians in pursuit of their goals. Consideration is given to the implications of current trends for the future course of terrorism, and implications for counter-terrorism.

Participants will:

- (1) Recognize the spectrum of terrorisms
- (2) Differentiate between different types of terrorism and their differing psychologies
- (3) Understand the evolution of terrorist tactics and the implications for the future course of terrorism
- (4) Apply all of the above to the understanding of principles of counter-terrorism

Thursday Definitions and typologies; Historical background; Terrorist psychology

Friday Terrorist tactics; Terrorism and the media; Counter-terrorism

Tuition and Refunds

Tuition for 5-day sessions is \$610. Two-day sessions are \$350. Tuition for full-time graduate students and resident physicians is \$360 per week with a letter from the training director. Please note: A \$10.00 non-refundable processing fee is assessed on all registrations.

Tuition for 5-day sessions will be reduced to \$560, and to \$300 for 2-day sessions, if received by May 18, 2018. Groups of 3 or more may deduct an additional \$50 from each 5-day registration and an additional \$25 from each 2-day registration if submitted at the same time with payment.

Refunds, minus a \$50 administrative fee, may be obtained if requested in writing no later than 15 days prior to the beginning of each session. There will be no refunds thereafter.

Accommodations

Lodging in July and August is in great demand; it is crucial that you make reservations early. A block of suites has been set aside at the Landmark Resort. These suites will be held until June 15, 2018, or until they are filled. After that, the rooms are on a space available basis.

From its site on the bluff, the Landmark offers outstanding views of the waters of Green Bay with 294 units comprised of 1, 2, and 3 bedroom suites. Facilities include the Carrington Pub and Grill, 10 meeting and function rooms, 1 indoor and 3 outdoor pools, 2 tennis courts, whirlpools and steam rooms, and a fitness center and game room. The Landmark Resort is Door County's largest and best full-service facility. As of May 2017, all suites at the Landmark have been renovated! Visit their website for photos and details.



The Landmark Resort

4929 Landmark Drive
Egg Harbor, Wisconsin 54209
Reservations (800) 273-7877
<http://www.thelandmarkresort.com>

Please indicate that you are attending the Summer Institute.

Disclosure

Consistent with ACCME policy, faculty for all MCW continuing education programs must disclose all relevant financial relationships with commercial organizations. MCW has a mechanism in place to identify and resolve conflicts in advance of the DCSI.



Miles from Egg Harbor	
Green Bay	59 miles
Milwaukee	160 miles
Madison	196 miles
Chicago	246 miles

Accreditation

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Designation of Credit

The Medical College of Wisconsin designates each week-long session of this live activity for a maximum of 15 *AMA PRA Category 1 Credits*TM and each two-day session for a maximum of 8 *AMA PRA Category 1 Credits*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity. MCW designates each week-long session for up to 15 hours of participation and each two-day session for up to 8 hours of participation for continuing education for allied health professionals.

The Medical College of Wisconsin is approved by the American Psychological Association to sponsor continuing education for psychologists. MCW maintains responsibility for this program and its content. This activity contains content or processes that may be potentially stressful.



MCW is registered with the Illinois Department of Professional Regulation as a Continuing Education Sponsor for social workers (license number 159-000664).

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

For more information contact:

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e-mail: summerinstitute@mcw.edu

Registration

Please note that we are no longer accepting payment by check. Please use Ethos to register and pay by credit card.

EthosCE Website:

<http://ocpe.mcw.edu>

If you do not already have an EthosCE account, select Create Account in the upper right hand corner and enter all of the required information.

You will need to access this account again to complete a course evaluation and print your CME certificate, so **please make a note of your username and password.**

The deadline for claiming CME credit is **December 31, 2018**, after which a \$25 late fee will be applied.

Register and Pay for a Session

Log in to your newly created or existing Ethos account, then select:

Learning Groups

Behavioral Health

The 32nd Annual Door County Summer Institute

Select a session you wish to attend

Add to cart

Click Checkout to pay or Continue Shopping to add another session

Registration Fees:

5-Day Sessions: 1, 2, 7, 10, & 11

Before May 18, 2018	After May 18, 2018
\$560.00	\$610.00
Additional Session (enter coupon code +DCSI)	
\$460.00	\$510.00

2-Day Sessions: 3, 4, 5, 6, 8, 9, 12, & 13

Before May 18, 2018	After May 18, 2018
\$300.00	\$350.00

Group Rate (Minimum 3 registrations)

Before May 18, 2018	After May 18, 2018
5-Day Sessions	
\$515.00 (per person)	\$560.00 (per person)
2-Day Sessions	
\$275.00 (per person)	\$325.00 (per person)

5-Day Sessions

\$515.00 (per person) \$560.00 (per person)

2-Day Sessions

\$275.00 (per person) \$325.00 (per person)
Please call (414) 955-7250 with names of group members and receive a coupon code before registering.

Full time students/residents

Before May 18, 2018	After May 18, 2018
\$310.00	\$360.00
(call 414-955-7250 for coupon code)	

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Department of Psychiatry
and Behavioral Medicine
8701 Watertown Plank Road
Milwaukee, WI 53226

Time sensitive material,
please deliver by
March 28, 2018
