Mayo Clinic School of Continuous Professional Development

Psychiatry and Psychology
Continuing Education 2018 Offerings
The Psychiatry in Medical Settings course returns for its seventh year. The course will provide up-to-date reviews of depression, anxiety, suicide risk, and substance use in medical-surgical patients. Updates will also be provided on somatic symptom disorders, functional gastrointestinal disorders, diabetes, obesity, transplant psychiatry and psycho-oncology. Each day will include a Featured Topic that will be covered in depth by a group of medical and behavioral specialists through well-coordinated didactic presentations, panel discussions and interactive workshops. Featured Topics for 2018 will be Functional Neurologic Disorders, Fibromyalgia/Chronic Fatigue Syndrome, and Traumatic Brain Injuries.

The course has been well attended by both mental health and general medical practitioners, providing opportunities for free exchange of ideas from multiple vantage points. The course directors are Drs. Jeffrey Staab and Robert Bright, experienced clinician-educators and researchers in the field of psychosomatic medicine.

The Psychiatry Board Review course is unlike any other psychiatry board review course. It is aimed at graduating residents and psychiatrists who are recertifying for their American Board of Psychiatry and Neurology (ABPN) boards - as well as psychiatrists looking to increase their overall fund of knowledge. Unlike question banks and online topic reviews, this course intentionally integrates self-assessments, focused lectures, and repeated quizzes - the most powerful tool for increasing knowledge. It applies the best in education science to the processes of mastering board content and draws on the considerable depth of Mayo Clinic faculty in both psychiatry and neurology.

The course includes three 200-question tests to help learners self-assess and focus their learning. After re-testing, course participants can claim 24 ABPN Self-Assessment credits for each test, more than meeting recertification requirements.
Primary care providers are on the front line of identifying and treating mental health problems. The primary care setting is often viewed by patients as a more acceptable and accessible mental healthcare home than specialty psychiatry and psychotherapy settings. Large-scale research trials demonstrate the effectiveness of collaborative care of mental health disorders in the primary care setting. Yet, primary care providers and systems are stretched. In this course we will review the art and science of team-based integrated behavioral health (IBH) services in the primary care setting.

Course format involves engaging lectures, rich with case examples within the context of existing and emerging science. Break-out seminars will be interactive and emphasize collaborative learning. Content ranges from managing electronic systems and data, to managing team conflict and burnout. Attendees will have opportunities to share their own integrated behavioral health experiences and challenges. Mayo Clinic faculty will share insights and practical applications of lessons learned after years of systematic IBH efforts. Faculty and attendees will include the many disciplines involved in primary care IBH, including psychiatry, psychology, social work, nursing and primary care physicians.

This course will teach psychiatrists and other clinicians what is needed to become capable and comfortable in treating patients with borderline personality disorder (BPD). The course is co-led by Dr. John Gunderson from McLean Hospital/Harvard Medical School, Dr. Brian Palmer from Mayo Clinic, and Dr. Robin Kissell from David Geffen School of Medicine - UCLA. The course begins with a focus on interpersonal hypersensitivity as a unifying feature of the disorder. Through interactive cases and ample time for questions and answers, participants will develop skills in diagnosing BPD, understanding its course and outcome, starting a treatment, applying principles of psychopharmacology, and effectively collaborating in multi-provider treatments. Basic information about the impact of BPD on other psychiatric and medical disorders (and vice-versa) will help participants more effectively formulate care and treatment of patients with BPD and other disorders.
Healthcare providers have for the last several years been seeing in their practices an influx of transgender and intersex people seeking sensitive and appropriate care. This pioneering course will offer cutting-edge perspectives and practical evidence-based principles for working with these patients before, during, and after transition. Both national and international experts and clinicians from Mayo’s Transgender and Intersex Multidisciplinary Clinic will instruct attendees in medical, surgical, psychosocial, legal and ethical issues in transgender and intersex care. Participants will leave with the skills to provide progressive and informed care to this emerging and increasingly visible patient population.

Designed for medical professionals and addiction counselors, this one-day course will immerse attendees in the latest substance use assessment, diagnosis and treatment modalities. It will focus on the frontiers of evidence-based treatment of alcohol and drug use disorders in a range of treatment populations including adolescent and underserved groups. Topics will range from assessment techniques to novel psychosocial and pharmacologic treatment interventions. The Mayo Clinic model of addiction treatment has long included state-of-the-art psychiatric assessment and innovative treatment of co-morbid psychiatric disorders by a multidisciplinary team. This course will discuss the implications of co-morbid psychopathology on addiction recovery and new models of incorporation of psychological and psychiatric interventions into primary and post-primary addiction treatment. Expert Mayo staff & invited guests will provide insights on cutting-edge treatments in the field.

For more information or to register for courses:
Web: ce.mayo.edu/psych
Phone: 800-323-2688 (toll free)
E-mail: cme@mayo.edu
Facebook: facebook.com/MayoMedEd
Thank you for your interest in our 2018 continuing education portfolio. At Mayo Clinic Department of Psychiatry and Psychology, we take pride in offering the highest quality continuing medical education for clinicians to enhance the care of their patients. Our educational offerings are built around master educators/clinicians providing relevant, engaging and evidence-based continuing education.

All of our programs are based on key principles. First, our education is dynamic, highly interactive and relevant to your individual practice. Education provided is case-based and draws on principles gained from clinical research and our expertise in treating highly complex patients. Our courses utilize a combination of intense case-based sessions along with brief and highly focused larger lectures. Each course is unique, but our intent and philosophy is to bring clinicians and educators together to collaborate to improve patient care.

Our 2018 portfolio includes popular annual courses including Psychiatry in Medical Settings and Effective Clinical Management of Borderline Personality Disorder. Newer courses include the Psychiatry Board Reviews, Integrated Behavioral Health in Primary Care, Principles in the Care of Transgender and Intersex Patients, and Frontiers in Addiction Treatment. We are excited that our flagship course, Psychiatry Clinical Updates, will be moving to Hawaii in the winter of 2019 and hope you’ll mark your calendar.

Our 2018 offerings showcase Education that is innovative and relevant to health care providers across multiple specialties including Psychiatry, Psychology, Internal Medicine, Family Medicine, Endocrinology, and Neurology.

This brochure is intended to provide background information and allow for you to plan your schedule around attendance. For more detailed information regarding each of our courses, please go to the Mayo Clinic School of Continuous Professional Development (MCSCPD) webpage at ce.mayo.edu/psych for more details.

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Save the Dates for 2019

January 24-26, 2019
Psychiatry in Medical Settings
The Ritz-Carlton, Sarasota
Sarasota, FL

February 11-15, 2019
Pain Rehab Approaches for Every Practice Setting
Caribe Hilton
San Juan, PR

February 26-March 1, 2019
Psychiatry Clinical Updates
Fairmont Orchid
Big Island, HI

May 30-June 1, 2019
Aeschi 10: Suicide Across the Lifespan: Relational Models of Treatment
Sonnenalp Hotel
Vail, CO

June 20-22, 2019
Psychiatry Board Reviews
JW Marriott
Minneapolis, MN

November 2019
Frontiers in Addiction Treatment
Mayo Clinic
Rochester, MN