Psychiatry Update
Spring 2014
Pursuing Wellness Across the Lifespan
April 3-4 | The Commons Hotel
www.cme.umn.edu/healthy

Choose from over 40 sessions in a variety of disciplines!
This conference is targeted for mental health professionals who are interested in the mind-body connection, promoting wellness, and providing long-term care.

Register by March 11th to Save $50!

WHEN: April 3-4, 2014
WHERE: The Commons (formerly Radisson University) University of Minnesota, East Bank Campus, Minneapolis
WHO: Physicians, advanced nurse practitioners, nurses, pharmacists, social workers, psychologists, dietitians, and public health advocates.

Hot Topics!
• Importance of Micronutrients for Emotional Health
• Mind-Body Connection, Mindfulness Based Practices
• Plant-Based Foods, Longevity, and Prevention of Chronic Disease
• Translating Science on Glycemic Index
• Age-Related Loss of Muscle
• Physical Activity Effect on Brain Structure & Neurotrophins
• Neurobiological Aspects of Deliberate Self-Harm
• What Happens When Cognitive, Affective Processes Break Down in Schizophrenia
• Comorbidity of Anxiety & Alcoholism
• Optimizing Outcomes in ADHD
• Can Playing Brain Games Really Improve Executive Function?

Day 1
Sessions focused on nutrition, physical activity, deliberate self harm, diet, and mindfulness.
Speakers include Simone French, Alan Sroufe, Allen Levine, and Anne Gearity.

Day 2
Sessions focused on substance abuse, autism, psychotherapy, and adult psychopathology. Speakers include Ann Layne, Monica Luciana, Nimi Singh, and Joel Oberstar.

PRESENTED BY: DEPARTMENT OF PSYCHIATRY, UNIVERSITY OF MINNESOTA

Office of Continuing Medical Education
612-626-7600 or 1-800-776-8636
email: cme@umn.edu / web: cme.umn.edu

Promoting a lifetime of outstanding professional practice
### Thursday Afternoon

#### A Session

**A1: Self-Awareness and Self-Compassion: A Critical Aspect of Adolescent Development**  
Anne Garity, PhD, UMN  

**A2: Physical Activity Effect on Brain Structure and Neurotrophins**  
Dan Halvorsen, PhD, Bethel University  

**A3: Nature-Based Therapies Across the Lifespan: Autism and Other Clinical Applications**  
Suma Jacob, MD, PhD; Michael Schmidt, Assoc Prog Dir, UMN Ctr for Neurobehavioral Development; Tanya Bailey, MSW, LICSW, UMN Landscape Arboretum, Ctr for Spirituality & Healing  

**A4: The Behavior Chain Analysis: Increasing Mindful Awareness of Mood States in Borderline Personality Disorders**  
Mike Miller, PhD, UMN  

#### B Session

**B1: Neurobiological Aspects of Deliberate Self-Harm**  
Kathryn Cullen, MD, UMN  

**B2: Youth Sport as a Setting for Obesity Prevention**  
Toben Nelson, ScD, UMN  

**B3: Improving Diets for Children and Adolescents in Behavioral Health Units**  
Susan Heitzman, MS, RN, CNS, Amplatz Children's Hospital  

**B4: What Happens When Cognitive and Affective Processes Break Down in Schizophrenia**  
Angus MacDonald, PhD, UMN  

#### C Session

**C1: Certain Lifestyle Changes Can Support Depressed Teenagers and Young Adults**  
Bonnie Klimes-Dougan, PhD, UMN  

**C2: Use of Novel Workstations to Decrease Sedentary Activity at Work**  
Mark Pereira, PhD, UMN  

**C3: The Importance of Micronutrients for Emotional Health**  
Daniel Gallagher, PhD, UMN  

**C4: Recognizing Neurological Disorders in Pediatric Psychiatry**  
Peter Karachunski, MD, UMN  

#### D Session

**D1: When Mommy or Daddy Deploys: Children of Deployed Military Parents**  
Abigail Gewirtz, PhD, LP, UMN  

**D2: Bipolar Disorder: Emerging Trends in Mixed States**  
Paul (Tim) Richardson, MD, PrairieCare  

**D3: New Strategies for Optimizing Outcomes in Early Phase Schizophrenia**  
Stephen Olson, MD, UMN  

**D4: Utilizing an Understanding of the Mind-Body Connection and Mindfulness Based Practices in Mental Health**  
Lora Matz, MS, LICSW, PrairieCare  

### Friday Afternoon

#### E Session

**E1: Acceptance and Commitment Therapy: Similarities and Differences with CBT**  
Sasha Zagoloff, PhD, UMN  

**E2: Age-Related Loss of Muscle – Its Clinical Impact, the Role of Diet and Exercise**  
James Langland, MD, UMN  

**E3: Team Approach to Weight Management**  
Claudia Fox, MD, MPH, UMN  

**E4: Ayurveda – Natural Healing Through the Ancient Science of Life**  
Marcia Meredith, CNP/Ayurveda Practitioner, Health Through Ayurveda  

#### F Session

**F1: Differentiating Unipolar vs. Bipolar Depression**  
Barry Rittberg, MD, UMN  

**F2: Testosterone Replacement in Men**  
J Bruce Redmon, MD, UMN  

**F3: Translating the Science on Glycemic Index and Glycemic Load: Advising About Healthy Carbohydrates**  
Irene Alton, MS, RD, LN, West Side Community Health Services  

**F4: The Role of Families in Supporting Young Adults with First-Episode Schizophrenia**  
Nancy Lindquist, RN, MN; Michael O’Sullivan, MD, UMN; Michele Gran, First Episode Psychosis Parent Group  

#### G Session

**G1: Mental Illness and Addiction**  
John Grabowski, PhD, UMN  

**G2: Improving Physical Healthcare to Clients with Serious and Persistent Mental Illness**  
Steve Harker, MD, Ramsey County Assertive Community Treatment  

**G3: Plant-Based Foods, Longevity, and Prevention of Chronic Disease**  
David Jacobs, PhD, UMN  

**G4: Religious Faith and Spirituality in Substance Abuse Recovery: Determining the Mental Health Benefits**  
Steve Manning, MD, MDiv, UMN  

---

This is a preliminary agenda. Faculty and topics are subject to change due to topic interest and participant feedback.