



TREATING ADULTS

Updates and Innovations from Mid-Life to Older Age

NOVEMBER 20-21, 2015

BOSTON PARK PLAZA HOTEL

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Stephen Pinals

Judy Reiner Platt

Sally Thompson

This course will explore treatment challenges and perspectives for the growing older population. There is a gap between what clinicians have been taught during training and recent findings on the trajectory of aging in our society. As a result, clinicians need to be updated on the latest advances in order to best serve the needs of their patients. By understanding the dynamics of the aging process clinicians will improve their competence and their ability to treat patients from mid-life to older age. **Learning Objectives:** Upon completion of this course you will be able to: outline steps for achieving successful aging, including mind/body techniques and mindfulness meditation; identify the cognitive and developmental components of aging as well as recognize denial of the aging process; determine the psychotherapeutic needs of patients who are depressed, hoarders, physically ill, and/or who are in physical pain; offer suggestions for working with different types of problems including sexual issues, relationship problems, and family dynamics; and develop strategies to handle end of life questions and legal issues. This course is intended for all health and mental health clinicians, educators, researchers, and others interested in the aging process.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; fax: 617-806-8777 (PLEASE NOTE NEW NUMBERS); Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY - NOVEMBER 20, 2015

7:45 - 8:30 REGISTRATION AT THE BOSTON PARK PLAZA HOTEL

8:30 - 12:45 MORNING PROGRAM - Moderator: Stephen Pinals

- Learning from The Neurological Exam of the Older Patient Martin A. Samuels
- Relationships and Sexuality:
- How to Keep Excitement and Passion Alive..... “Dr. Ruth” K. Westheimer
- The Conversation:
- Using Technology to Revolutionize End-of-Life Care..... Angelo Volandes
- Mind/Body Techniques for Successful Aging..... Ann Webster

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Sally Thompson

- The Denial of Aging Muriel R. Gillick
- The Legal Landscape of Older Adult Care..... Debra A. Pinals
- Family Dynamics and the Aging Process Emily Saltz

SATURDAY - NOVEMBER 21, 2015

8:30 - 12:45 MORNING PROGRAM - Moderator: Sally Thompson

- Hoarding in Older Adults..... Gail Steketee
- From Persistent Pain to Substance Misuse:
- Prescription Medication Risks from Mid-Life On..... Ronald J. Kulich
- Together Still? or Perhaps Not:
- Treating the Long Married/Long Partnered Couple Erlene Rosowsky
- Coping with Loss:
- Treating Grief and Depression from Mid-Life to Late-Life..... Jason Strauss

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Stephen Pinals

- Therapeutic Issues and Strategies to
- Help Patients Living with Cancer Matthew Ehrlich, Fremonta Meyer
- Mindfulness for Well-Being:
- Helping Older Patients Live a More Fulfilling Life Sayyed Mohsen Fatemi
- Learning from Each Other Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

TREATING ADULTS (# 734380-1601)

Registration Fees:

Physicians \$390 All Others: \$290

Plus a processing fee of \$5 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://www.hmscmeregistration.org/TreatingAdults2015> (directly into browser)

or www.cambridgecme.org for a direct link to the course website

Inquiries may be made to Harvard CME at 617-384-8600 (Monday to Friday - 9:00 am to 5:00 pm EST);

email: hms-cme@hms.harvard.edu

or Cambridge CME at 617-806-8770; email: cme@challiance.org

2015-2016 CAMBRIDGE/HARVARD CALENDAR

November 6-7	Couples	January 29-30	School Mental Health
November 20-21	Treating Adults	March 4-5	Addictions
December 11-12	Treating Anxiety	April 8-9	Sex and Gender
		May 6-7	Meditation and Psychotherapy

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. **All foreign payments must be made by a draft on a United States bank or paid by credit card. Telephone and fax registrations are not accepted.**

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email hms-cme@hms.harvard.edu or fax (617) 384-8686. **No refund will be made thereafter. “No-Shows” are subject to the full course fee.**

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Boston Park Plaza Hotel. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Boston Park Plaza, 64 Arlington Street, Boston, MA 02116 (617) 426-2000 or (800) 225-2008 until **October 30, 2015.** Please specify that you are enrolled in this course to receive a conference rate.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

ACGME Competencies: This course is designed to meet patient care, medical knowledge, interpersonal and communication skills, and professionalism. **Disclosure Policy:** The Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers, and others), disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the course. These disclosures will be provided in the course materials along with disclosure of any commercial support received for the course. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

THIS COURSE HAS BEEN APPROVED FOR 4.25 CREDITS IN BOTH END-OF-LIFE AND RISK MANAGEMENT.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: This program has been approved by The Collaborative of the Massachusetts Chapter of the National Association of Social Workers, and the CT, MA, and RI Chapters of The Association for Marriage and Family Therapy for a total of 14 continuing education credits, 7 credits per day. The Division of Continuing Education at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department's State Board for Social Work as an Approved Provider of continuing education for licensed social workers. 14 contact hours have been approved.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is an Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Cambridge Health Alliance solely is responsible for all aspects of the program. This program is approved for 14 clock hours, Provider #5444, and is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

FACULTY

MATTHEW EHRLICH, MD, Geriatric and End-of-Life Psychiatrist, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School

SAYYED MOHSEN FATEMI, Ph.D., Post-Doctorate and Lecturer, Department of Psychology, Harvard University; Associate, Langer Mindfulness Institute; Editorial Board, *Encyclopedia of Critical Psychology*; Recipient of numerous awards and published author including, *How We Speak Shapes How We Learn* and contributing author, *Wiley Blackwell Handbook of Mindfulness*

MURIEL R. GILLICK, MD, Faculty: Department of Population Medicine, Harvard Pilgrim Health Care Institute and the Division on Aging, Brigham and Women's Hospital; Clinical Professor of Population Medicine, Harvard Medical School; Author of numerous books including: *The Denial of Aging: Perpetual Youth, Eternal Life, and Other Dangerous Fantasies*; *Tangled Minds: Understanding Alzheimer's Disease and Other Dementias*; *Lifelines: Living Longer, Growing Frail, Taking Heart*

RONALD J. KULICH, Ph.D., Attending Psychologist, Center for Critical Care and Pain Medicine, Massachusetts General Hospital; Lecturer on Anesthesia, Harvard Medical School; Staff, Craniofacial Pain Center and Professor, Department of General Dentistry, Tufts University School of Dental Medicine; Board Member, Foundation for Ethics in Pain Care; Author of numerous articles, chapters, and the book, *Managed Care and Pain*

FREMONTA MEYER, MD, Associate Psychiatrist, Psychosocial Oncology and Palliative Care, Dana-Farber Cancer Institute; Consultation Psychiatrist and Director, Medical Student Education in Psychiatry, Brigham and Women's Hospital; Assistant Professor of Psychiatry, Harvard Medical School

DEBRA A. PINALS, MD, Director, Forensic Education and Associate Professor of Psychiatry, University of Massachusetts Medical School; Assistant Commissioner, Forensic Services, Department of Mental Health, Commonwealth of Massachusetts; Recipient of many awards including Outstanding Psychiatrist, Public Sector, Massachusetts Psychiatric Society; Author/Editor of numerous treatment manuals, articles, chapters, and books including: *Stalking: Psychiatric Perspectives and Practical Approaches*; *Evaluation for Civil Commitment: Best Practices in Forensic Mental Health Assessment*

STEPHEN PINALS, MD, Director, Geriatric Psychiatry and Medical Director, Geriatric Psychiatry Specialty Unit, Whidden Hospital, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School

JUDY REINER PLATT, Ed.D., Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

ERLENE ROSOWSKY, Ph.D., Core Faculty and Director, Center for Mental Health and Aging, William James College (formerly Massachusetts School of Professional Psychology); Teaching Associate, Department of Psychiatry, Harvard Medical School; Columnist, *Journal of Retirement Planning*; Contributor to: *Casebook in Clinical Geropsychology: International Perspectives on Practice*; *The Handbook of Resilience in Aging*; *Geropsychological Interventions in Long-Term Care*, and others

EMILY SALTZ, LICSW, CEO, Life Care Advocates, Newton; Contributor to: *Journal of Geriatric Care Management* and *Handbook of Geriatric Care Management*

MARTIN A. SAMUELS, MD, FAAN, MACP, FRCP, DSc (Hon), Chair, Department of Neurology, Brigham and Women's Hospital; Miriam Sydney Joseph Professor of Neurology, Harvard Medical School; Recipient of numerous awards including: First Annual Prize for Excellence in Teaching, Harvard Medical School; the American Academy of Neurology's A. B. Baker Award for Lifetime Achievement in Neurological Education; and the H. Houston Merritt Award for Clinically Relevant Research; Editor and Author of video and audio tapes, articles, chapters, and textbooks including: *Samuels's Manual of Neurologic Therapeutics*; *Adams and Victor's Principles of Neurology*; *Hospitalist Neurology*; *Office Practice of Neurology*; and CD Series: *Primary Care Neurology* and *Comprehensive Review of Neurology*

GAIL STEKETEE, Ph.D., MSS, Dean and Professor, Boston University School of Social Work; Recipient of many awards including Outstanding Career Achievement Award, International OCD Foundation; Member of numerous editorial boards; Author of over 200 publications including: *Stuff*; *Handbook of Hoarding and Acquiring*; *Treatment for Hoarding Disorder: Therapist Guide*; *Buried in Treasures: Help for Compulsive Hoarding*; and *Group Treatment for Hoarding Disorder: Therapist Guide*

JASON STRAUSS, MD, Training Director, Geriatric Psychiatry Fellowship and Staff Psychiatrist, Inpatient Geropsychiatry Unit, Whidden Hospital, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School

SALLY THOMPSON, MD, Clinical Supervisor, Geriatric Psychiatry Fellowship, Cambridge Health Alliance; Instructor in Psychiatry, Part-time, Harvard Medical School; Board of Directors: Bay Cove Human Services, Boston and Acton Council on Aging; Volunteer, Massachusetts Medical Reserve Corps

ANGELO VOLANDES, MD, MPH, President and Founder, Advanced Care Planning; Assistant Professor of Medicine, Harvard Medical School at Massachusetts General Hospital; Member, Ethics Committee, Partners Healthcare System; Author of numerous articles and the recent book, *The Conversation: A Revolutionary Plan for End-of-Life Care*

ANN WEBSTER, Ph.D. Director: Mind/Body Program for Successful Aging, Mind/Body Program for HIV and AIDS, Healthy Lifestyles, and Mind/Body Institute for Cancer, Benson-Henry Institute for Mind/Body Medicine and Associate Psychologist, Massachusetts General Hospital; Instructor in Medicine, Harvard Medical School; Member, Article Review Board, *Behavioral Medicine*; Author of numerous articles and major contributor to *The Wellness Book*; Director, “21st Century Medicine”, Brookline Access Television; Documentary Filmmaker, *Everything Matters* (in progress)

RUTH K. WESTHEIMER, Ed.D., Recipient of numerous honors, awards, medals and honorary doctorates; Frequent host and guest on television and radio; Author of dozens of articles and books including: *Dr. Ruth's Sex After 50: Revving up the Romance, Passion, and Excitement*; *Dr. Ruth's Guide for the Alzheimer Caregiver*; *Sex for Dummies*; *Dr. Ruth's Top 10 Secrets for Great Sex*