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APPLICATION ON REVERSE SIDE

Natural Remedies for Psychiatric Disorders

Natural Remedies for Psychiatric Disorders CONSIDERING THE ALTERNATIVES



CONSIDERING THE ALTERNATIVES

FRIDAY-SUNDAY, APRIL 25-27, 2003

THE WESTIN HOTEL
BOSTON, MASSACHUSETTS



HARVARD MEDICAL SCHOOL
Department of Continuing Education

Harvard Medical School
Department of Continuing Education
P.O. Box 825
Boston, MA 02117-0825



Massachusetts
General
Hospital



MASSACHUSETTS GENERAL HOSPITAL
Department of Psychiatry

NATURAL REMEDIES FOR PSYCHIATRIC DISORDERS: CONSIDERING THE ALTERNATIVES

April 25-27, 2003

Because of the growing interest in natural and “alternative” therapies, clinicians are increasingly called upon to manage and offer recommendations to patients who use, or are considering, these treatments. This groundbreaking course will provide the practicing clinician with reliable, scientific, and clinically useful sources of information for practitioners.

A faculty of experts from Massachusetts General Hospital, Harvard Medical School and other major institutions will present a synthesis of the state of knowledge from peer-reviewed published research on the application, clinical effectiveness, and safety of the better-known natural psychotropic medications such as St. John's Wort, Kava and SAMe. The course will also address the therapeutic contributions of acupuncture, relaxation therapy, and spirituality.

Guidelines for management of side effects, polypharmacy, and drug-drug interaction will also be provided. Those who complete the course will be able to comfortably discuss alternative treatments with interested patients, decide whether and when to prescribe such treatments, and recommend appropriate doses.

A comprehensive syllabus is provided.

COURSE DIRECTORS

Jerrold F. Rosenbaum, M.D.

David Mischoulon, M.D., Ph.D.

Jonathan E. Alpert, M.D., Ph.D.

John B. Herman, M.D.

THURSDAY, APRIL 24, 2003

6:00 – 7:30 Evening Registration
Fourth Floor
The Westin Hotel

FRIDAY, APRIL 25, 2003

PERSPECTIVE

7:00 – 7:45 Continental Breakfast
Fourth Floor
The Westin Hotel

7:15 – 7:45 Registration
The Westin Hotel

7:45 – 8:00 Introduction and Goals
Course Directors

8:00 – 9:00 Epidemiology of Complementary and Alternative Medicine (CAM) and Integrative Medicine
David Eisenberg, M.D.

9:00 – 10:00 National Center for Complementary and Alternative Medicine (NCCAM)—History and Overview
Jerry Cott, Ph.D.

10:00 – 10:15 Coffee Break

MOOD DISORDERS

10:15 – 11:15 St. John's Wort for Depression
Andrew Nierenberg, M.D.

11:15 – 12:15 Omega-3 Fatty Acids for Bipolar Disorder and Unipolar Depression
Andrew Stoll, M.D.

12:15 – 1:45 Break

1:45 – 2:45 SAMe, Folate, B12 and Depression
Jonathan E. Alpert, M.D., Ph.D.

ASSESSING NATURAL REMEDIES: SAFETY ISSUES

2:45 – 3:45 Evaluating the Data: Limitations of Research and Quality Assurance Issues with Natural Remedies
Maurizio Fava, M.D.

3:45 – 4:00 Coffee Break

4:00 – 5:00 Drug Interactions with Natural Medications
Jerry Cott, Ph.D.

FRIDAY, APRIL 25, 2003 ... continued**Evening Seminars:**

7:00 – 8:30 Participants sign up for one of four seminars:

- 1. Relaxation Therapy Training**
Herbert Benson, M.D.
- 2. Acupuncture in Psychiatry and Pain Management**
Albert Yeung, M.D.
Randy L. Gollub, M.D., Ph.D.
- 3. Hypnosis**
Owen S. Surman, M.D.
- 4. Spirituality and Illness**
Gregory Fricchione, M.D.

SATURDAY, APRIL 26, 2003

8:30 – 9:00 Continental Breakfast

ANXIETY AND SLEEP DISORDERS

9:00 – 10:00 Botanical Approaches to Anxiety
Jonathan Davidson, M.D.

10:00 – 11:00 Melatonin for Insomnia/Jet Lag
Irina Zhdanova, M.D., Ph.D.

11:00 – 11:15 Coffee Break

11:15 – 12:15 Inositol for Panic, OCD, and Depression
A. Eden Evins, M.D.

12:15 – 1:45 Break

REMEDIES FOR MISCELLANEOUS CONDITIONS

1:45 – 2:45 Natural Remedies for Drug and Alcohol Dependence
Scott E. Lukas, Ph.D.

2:45 – 3:45 Ginkgo Biloba, Galantamine, GH, and Dehydroepiandrosterone (DHEA) for Dementia
David Mischoulon, M.D., Ph.D.

3:45 – 4:00 Coffee Break

4:00 – 5:00 Glycine and Other Natural Agents for Psychotic Disorders
Donald C. Goff, M.D.

SUNDAY, APRIL 27, 2003

8:30 – 9:00 Continental Breakfast

SIDE EFFECTS MANAGEMENT WITH NATURAL MEDICATIONS

9:00 – 10:00 Natural Medications for Management of Sexual Dysfunction: Maca, Ginseng, Ginkgo, Yohimbine
Christina M. Dording, M.D.

10:00 – 11:00 Natural Medications for Management of Weight Gain
Anne E. Becker, M.D., Ph.D.

11:00 – 11:15 Coffee Break

LEGAL ISSUES

11:15 – 12:15 Legal/Ethical Issues in the Use of Alternative Remedies
Ronald Schouten, M.D., Ph.D.

12:15 – 12:45 Wrap Up
Course Directors



JONATHAN E. ALPERT, M.D., PH.D., Assistant Professor of Psychiatry, Harvard Medical School; Associate Director, Depression Clinical Research Program, Massachusetts General Hospital.

ANNE E. BECKER, M.D., PH.D., Assistant Professor of Medical Anthropology and Assistant Professor of Psychiatry, Harvard Medical School; Director, Adult Eating and Weight Disorders Program, Massachusetts General Hospital.

HERBERT BENSON, M.D., Associate Professor of Medicine, Harvard Medical School; President, Mind/Body Medical Institute, Beth Israel Deaconess Medical Center.

JERRY COTT, PH.D., Adjunct Faculty for the Richard and Hinda Rosenthal Center for Complementary and Alternative Medicine; PsychoPharmacology Consulting Services, College Park, Maryland.

JONTHAN R. T. DAVIDSON, M.D., Director and Professor, Anxiety and Traumatic Stress Program, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center.

CHRISTINA M. DORDING, M.D., Instructor of Psychiatry, Harvard Medical School; Staff Psychiatrist, Massachusetts General and McLean Hospitals.

A. EDEN EVINS, M.D., Assistant Professor of Psychiatry, Harvard Medical School; Bipolar and Schizophrenia Research Programs, Massachusetts General Hospital.

DAVID EISENBERG, M.D., Director, Osher Institute, Harvard Medical School; Professor of Medicine, Beth Israel Deaconess Medical Center.

MAURIZIO FAVA, M.D., Professor of Psychiatry, Harvard Medical School; Associate Chief of Psychiatry for Clinical Research, Psychiatrist and Director, Depression Clinical and Research Program, Massachusetts General Hospital.

GREGORY FRICCHIONE, M.D., Associate Professor of Psychiatry, Harvard Medical School; Associate Chief and Director of the Division of Psychiatry in Medicine, Massachusetts General Hospital.

DONALD C. GOFF, M.D., Associate Professor of Psychiatry, Harvard Medical School; Director, Schizophrenia Program, Massachusetts General Hospital.

RANDY L. GOLLUB, M.D., PH.D., Assistant Professor of Psychiatry, Harvard Medical School; Assistant Director of Psychiatry Neuroimaging, Clinical Assistant, Massachusetts General Hospital.

JOHN B. HERMAN, M.D., Assistant Professor of Psychiatry, Harvard Medical School; Director of Clinical Services and Director of Continuing Education, Department of Psychiatry, Massachusetts General Hospital.

SCOTT E. LUKAS, PH.D., Associate Professor of Psychiatry (Psychopharmacology), Harvard Medical School; Director, Behavioral Psychopharmacology Research Lab (BPRL), McLean Hospital.

DAVID MISCHOULON, M.D., PH.D., Assistant Professor of Psychiatry, Harvard Medical School; Assistant in Psychiatry, Massachusetts General Hospital.

ANDREW NIERENBERG, M.D., Associate Professor of Psychiatry, Harvard Medical School; Associate Director, Depression Clinical Research Program and Medical Director, Bipolar Programs, Massachusetts General Hospital.

JERROLD F. ROSENBAUM, M.D., Professor of Psychiatry, Harvard Medical School; Chief of Psychiatry, Massachusetts General Hospital; President and Executive Director, The Massachusetts General Hospital Mood and Anxiety Disorders Institute (MADI).

RONALD SCHOUTEN, M.D., J.D., Associate Professor of Psychiatry, Harvard Medical School; Director, Law and Psychiatry Service, Massachusetts General Hospital.

ANDREW STOLL, M.D., Associate Professor of Psychiatry, Harvard Medical School, Director of the Psychopharmacology Research Lab, McLean Hospital.

OWEN S. SURMAN, M.D., Associate Professor of Psychiatry, Harvard Medical School.

ALBERT YEUNG, M.D., Instructor of Psychiatry, Harvard Medical School, Clinical Assistant, Massachusetts General Hospital.

IRINA V. ZHDANOVA, M.D., PH.D., Research Associate Professor, Department of Anatomy and Neurobiology, Boston University School of Medicine.

REGISTRATION INFORMATION

Tuition Fee - \$555 (U.S.). Reduced fee for Residents/Fellows in Training (with verification) and Other Health Professionals - \$355 (U.S.). All foreign payments must be made by a draft on a United States bank or by Visa or Mastercard. If paying by check, make it payable to *Harvard Medical School* and mail with the completed registration form to: **Harvard MED-CME, P.O. Box 825, Boston, MA 02117-0825.** If paying by credit card, fax the completed registration form to 617-384-8686, register online at www.cme.hms.harvard.edu, or mail it to the above address. **Telephone registrations are not accepted.** Inquiries should be directed to the above address, made by phone: 617-384-8600, Monday - Friday, 10 a.m. to 4 p.m. (Eastern Time), or by e-mail: hms-cme@hms.harvard.edu. Upon receipt of registration, a confirmation letter will be mailed to the address listed on the form.

REFUND POLICY

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by mail or fax one week prior to the course. No refunds will be made thereafter.

COURSE LOCATION

All sessions will be held at the **Westin Hotel, Copley Place**, 10 Huntington Avenue, Boston, MA 02116.
Tel: 617-262-9600 or 1-800-228-3000

ACCOMMODATIONS

Hotel rooms in Boston are limited. You are urged to make your reservations early. A limited number of rooms has been reserved on a first-come, first-served basis at the **Westin Hotel, Copley Place** until **April 4, 2003** (Tel: 617-262-9600 or 1-800-228-3000). Please specify that you are enrolled in this course to receive a reduced room rate. Please note that there are a limited number of rooms available at this discounted price. To ensure that you get the group rate, it is recommended that you make your reservations as soon as you receive confirmation of enrollment, as these discounted rooms often sell out before the date noted above. For additional housing assistance, call Boston Reservations at (617) 332-4199.

A map of Boston listing local hotels will be sent to you with your confirmation of enrollment.

TRAVEL

For information on reduced airfare, call Harvard MED-CME at 617-384-8600, Monday-Friday, 10 a.m. to 4 p.m. (Eastern Time).

ACCREDITATION

Physicians: Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates this educational activity for a maximum of **18 hours in category 1 credit towards the AMA Physician's Recognition Award.** Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Psychologists: Massachusetts General Hospital, Department of Psychiatry is approved by the American Psychological Association to offer continuing education for psychologists. Massachusetts General Hospital, Department of Psychiatry maintains responsibility for the program. This offering meets the criteria for **18 C.E. credits for psychologists.**

Nurses: Contact hours pending from Vermont State Nurses' Association.

Social Workers: Social Workers who would like to know if the Massachusetts Chapter, NASW has issued this course an authorization number for continuing education credits needed for relicensure may write or call Harvard MED-CME, P.O. Box 825, Boston, MA 02117-0825.

ONLINE INFORMATION

To view course information online, visit our home pages:

<http://www.cme.hms.harvard.edu>

<http://www.MGHpsychEd.org>

Attention Deficit Hyperactivity Disorders:

Across the Life Span

Friday - Sunday, March 7-9, 2003

Westin Hotel, Copley Place, Boston

Psychiatry: Update and Board Preparation

Monday - Saturday, September 15-20, 2003

Westin Hotel, Copley Place, Boston

Psychopharmacology

Thursday - Saturday, October 16-18, 2003

Westin Hotel, Copley Place, Boston

**HOME STUDY COURSES
ON AUDIO CASSETTES**

Psychopharmacology

Child and Adolescent Psychopharmacology

Psychiatric Neuroscience: A Primer for

Clinicians

Natural Remedies for Psychiatric Disorders

Friday - Sunday April 25 - 27, 2003

Course #232447 Tuition Fee: \$555 (U.S.) • Other Health Professionals: \$355 (U.S.) • Residents*/Fellows in Training*: \$355 (U.S.)
*with letter of verification from Department Chairman

Please select ONE evening seminar that you would like to attend:

- Relaxation Therapy Training Acupuncture in Psychiatry and Pain Management Hypnosis Spirituality and Illness

Full Name _____ Degree _____
(PLEASE PRINT OR TYPE) LAST FIRST MIDDLE INITIAL PRINT ON NAME TAG: YES ___ NO ___

Mailing Address _____
STREET CITY STATE ZIP CODE

Daytime Phone (_____) _____ Fax Number (_____) _____

E-Mail Address _____ Please check if you wish to be **excluded** from receiving email notices of future Harvard MED-CME programs.

Medical or Professional School Attended _____ Profession _____ Year of Graduation _____

Principal Specialty _____ Board Certified: (Yes _____) (No _____)

METHOD OF PAYMENT CHECK ONE BELOW

Check is enclosed: Please make your check payable to *Harvard Medical School* and mail it with this registration form to:
Harvard MED-CME, P. O. Box 825, Boston, MA 02117-0825

Bill my credit card: VISA MASTERCARD Registrations paid by credit card can be faxed to (617) 384-8686.

\$ _____ / _____
TUITION FEE CREDIT CARD NUMBER EXPIRATION DATE SIGNATURE

A B C D E F G H I J K L X Z

Attendance is
Limited —
Register Today