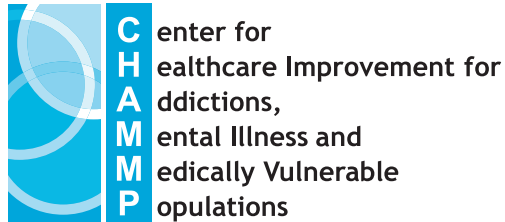


# *Behavioral Health in Primary Care: Evidence-Based Skills for Busy Clinicians*

*Friday, September 19, 2008  
Museum of History & Industry  
2700 24th Ave East  
Seattle, WA*



*"Research & Training to Improve Clinical Care"*

*Sponsored by:*

*The University of Washington School of Medicine*

- Department of Psychiatry and Behavioral Sciences*
- Office of Continuing Medical Education*



## WHO SHOULD ATTEND

Health care professionals working with comorbidly ill patients with addictions, mental and medical illness, including internists, family practitioners, psychiatrists, psychologists, counselors, nurses, social workers, pharmacists, and other medical specialists.

## COURSE DESCRIPTION

The burden of mental illness and addictions in medically ill populations is increasing at a staggering rate, especially in safety net settings serving disadvantaged populations. There is a need to educate the community of healthcare providers who work with this difficult set of co-morbidities so that their assessment and delivery of care is state of the art and likely to result in improved patient outcomes. This conference will focus on helping participants increase their understanding of select problems they face in this complex population as well as optimal methods for managing and treating them. In the course of addressing issues on integration of treatment for diabetes, heart disease and depression, behavioral interventions, and clinical skills including cognitive-behavioral therapy, management of suicidal and self-injury behaviors, motivational enhancement therapy, medication management, practical use of anti-addiction medications, and ways to optimize treatment adherence, the practitioner will learn about current research and best practices.

## FEES & REGISTRATION

MD/DO/PHD	\$145.00
ALLIED HEALTHCARE	\$65.00
RESIDENTS/FELLOWS	\$25.00

The fee for this course includes catering, all instruction materials and transcript of Category 1 credit. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your written confirmation of enrollment. Driving and parking instructions will be included with your registration confirmations. If you have not received written confirmation prior to your departure for the course, please contact the Continuing Medical Education office at (206) 543-9496. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

## COURSE OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Discuss the integration of treatment for diabetes, heart disease and depression in primary care
- Describe the clinical aspects and outcomes of behavioral interventions such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT)
- Identify CBT skills that can be used during a medical visit
- Discuss approaches to managing suicidal and self-injury behaviors in primary care
- Recognize the role of motivational enhancement therapy in treating patients with substance abuse
- Describe approaches to medication management when patients have a diverse array of psychiatric symptoms
- Identify ways to manage medications in geriatric patients
- Recognize the practical applications of anti-addiction medications
- Discuss ways to optimize treatment adherence in chronically ill patients

## ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## PROFESSIONAL CREDIT

**Psychologists:** This offering for 6.0 contact/clock hours meets the requirements for continuing education for psychologists in Washington State. The course is provided by the UW School of Medicine which qualifies as a CE program sponsor under the Washington Administrative Code, WAC 246-924-240(1).

**Social Workers and Counselors:** This offering for 6.0 contact/clock hours is provided by the UW School of Medicine which qualifies as a Washington State CE program sponsor under the Washington Administrative Code, WAC 246-809-610.

**Other Disciplines:** A certificate for 6.0 contact/clock hours will be awarded for use in documenting completion of this continuing education offering.

# COURSE FACULTY

## Course Chair

**Peter Roy-Byrne, MD**  
Chief and Professor  
Department of Psychiatry & Behavioral Sciences  
University of Washington  
Harborview Medical Center  
Director, CHAMMP

## Faculty

**Paul Ciechanowski, MD, MPH**  
Associate Professor  
Department of Psychiatry  
& Behavioral Sciences  
Program Director  
Psychosomatic Medicine Fellowship Program  
Harborview Medical Center

**Kate Comtois, PhD**  
Associate Professor  
Department of Psychiatry  
& Behavioral Sciences  
Adjunct Associate Professor  
Behavioral Research & Therapy Clinics  
Harborview Medical Center

**Chris Dunn, PhD**  
Associate Professor  
Department of Psychiatry  
& Behavioral Sciences  
Harborview Medical Center

**Wayne Katon, MD**  
Professor & Vice Chairman  
Department of Psychiatry  
& Behavioral Sciences  
Director  
Health Services Research  
& Psychiatric Epidemiology

**Richard Ries, MD**  
Professor  
Department of Psychiatry  
& Behavioral Sciences  
Director  
Addictions Division  
Harborview Medical Center

**Stacy Shaw Welch, PhD**  
Clinical Faculty  
Department of Psychology  
Clinical Faculty  
Department of Psychiatry  
& Behavioral Sciences  
Director  
Anxiety & Stress Reduction  
Center of Seattle

## ACCOMMODATIONS

The following hotels are located near the conference site. To make your reservations please call the hotels directly.

**Silver Cloud Inn**  
5036 25th Avenue NE  
Seattle, WA 98105  
(800) 205-6940  
(206) 526-5200  
sales@university.scinns.com

**University Inn**  
4140 Roosevelt Way NE  
Seattle, WA 98105  
(206) 632-5055  
(800) 733-3855  
reservations@universityinnseattle.com

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation. A \$50.00 processing fee will be deducted from refund requests received before the day of the course. No refunds will be issued following the date of the course. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties.

## SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, syllabi, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, gender, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: (206) 543-1050 or the Disability Services Office at least ten days in advance.

(206) 543-6450/Voice (206) 543-6452/TTY (206) 685-7264 (FAX)  
e-mail: dso@u.washington.edu

# COURSE SCHEDULE

7:15 **Registration & Continental Breakfast**

8:25 Welcome and Overview  
*Peter Roy-Byrne, MD*

8:30 Integrating Treatment for Diabetes, Heart Disease and Depression in Primary Care  
*Wayne Katon, MD*

9:30 Behavioral Interventions in Primary Care: What You Need to Know about Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT)  
*Stacy Shaw Welch, PhD*

10:30 **Break**

10:45 **Clinical Skills Breakout Group Session 1 (Choose One)**

A) CBT Skills You Can Use during a Medical Visit  
*Stacy Shaw Welch, PhD*

B) Medication Management: My Patient Has Anxiety, Depression, Bipolar, ADHD, Substance Use -- What Medications Do I Use? When They Don't Improve, What Do I Do Next?  
*Peter Roy-Byrne, MD*

C) Non-Compliance by Any Other Name Would Be Just As Frustrating: Approaches to Reduce Treatment Non-Adherence in Patients with Chronic Conditions  
*Paul Ciechanowski, MD, MPH*

11:45 **Lunch (provided)**

12:45 **Clinical Skills Breakout Group Session 2 (Choose One)**

A) CBT Skills You Can Use during a Medical Visit  
*Stacy Shaw Welch, PhD*

B) Medication Management: My Patient Has Anxiety, Depression, Bipolar, ADHD, Substance Use -- What Medications Do I Use? When They Don't Improve, What Do I Do Next?  
*Peter Roy-Byrne, MD*

C) Non-Compliance by Any Other Name Would Be Just As Frustrating: Approaches to Reduce Treatment Non-Adherence in Patients with Chronic Conditions  
*Paul Ciechanowski, MD, MPH*

1:45 **Break**

2:00 **Clinical Skills Breakout Group Session 3 (Choose One)**

A) Motivational Enhancement Therapy for Substance Abuse  
*Chris Dunn, PhD*

B) Primary Care Management of Suicidal and Self Injury Behaviors  
*Kate Comtois, PhD*

C) Practical Use and Integration of Anti-Addiction Medications into a Medical Visit  
*Rick Ries, MD*

3:00 **Break**

3:15 **Clinical Skills Breakout Group Session 4 (Choose One)**

A) Motivational Enhancement Therapy for Substance Abuse  
*Chris Dunn, PhD*

B) Primary Care Management of Suicidal and Self Injury Behaviors  
*Kate Comtois, PhD*

C) Practical Use and Integration of Anti-Addiction Medications into a Medical Visit  
*Rick Ries, MD*

4:15 **Adjourn**

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*FRIDAY, SEPTEMBER 19, 2008*

MJ0907

MD/DO/PHD	\$145.00
ALLIED HEALTHCARE	\$65.00
RESIDENTS/FELLOWS	\$25.00

Mailing address:  
Continuing Medical Education  
Box 359441  
Seattle, WA 98195-9441

Credit card registrations may  
be faxed to: (206) 221-4525  
Questions? (206) 543-9496

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Last Name \_\_\_\_\_

Register online at: [www.uwcme.org](http://www.uwcme.org)

Title (circle one)      MD      DO      PhD      RN      PA      Other: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone Number (      ) \_\_\_\_\_ Fax (      ) \_\_\_\_\_

Email \_\_\_\_\_

Check enclosed for: \$ \_\_\_\_\_ (US funds / Make checks payable to University of Washington)

Charge: VISA \_\_\_\_\_ Mastercard \_\_\_\_\_ for \$ \_\_\_\_\_ (Please fill in amount)

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Signature \_\_\_\_\_

UW Budget \_\_\_\_ - \_\_\_\_\_ Name \_\_\_\_\_ Box \_\_\_\_\_ PROJ \_\_\_\_\_ OPT \_\_\_\_\_ TASK \_\_\_\_\_

Please indicate your workshop selections:		
Session 1: A) ____	B) ____	C) ____
Session 2: A) ____	B) ____	C) ____
Session 3: A) ____	B) ____	C) ____
Session 4: A) ____	B) ____	C) ____