

# Brief Interventions for Primary Care Behavioral Health: The Time Has Come!

Keynote Presentation By:

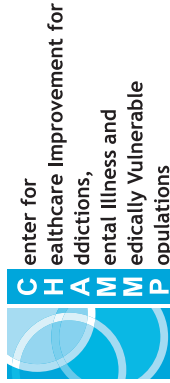
**Richard Saitz, MD, MPH**

Professor of Medicine, Boston University

Plus skill-building workshops for brief interventions in the following areas:

- Approaches to Cognitive Decline in the Elderly
- Problem Solving Treatment for Depression
- Child Mental Health & Medications
- CBT Approaches to Stress & Anxiety
- Approaches to the Suicidal Patient
- Motivational Interviewing

**Friday, November 13, 2009**  
**Museum of History & Industry ~ 2700 24th Avenue East, Seattle, WA**



"Research & Training to Improve Clinical Care"

Conference Presented by CHAMMP and Sponsored by:  
The University of Washington School of Medicine

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

[www.uwcmce.org](http://www.uwcmce.org)



## WHO SHOULD ATTEND

Healthcare 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. There is a need to educate healthcare providers who work with these difficult co-morbidities so that their assessment and delivery of care is optimal and likely to improve patient outcomes. This conference will focus on helping participants increase their understanding of “brief interventions”. This term refers to an initial screening/evaluation followed by a shortened treatment-related activity with psychotherapeutic elements. This conference will show how such “brief interventions” can be used with children with mental health problems, suicidal patients, elderly patients with dementia, depressed patients, and patients with stress and anxiety-related symptoms. It will also highlight techniques for “joining” with patients to facilitate this, including motivational interviewing and problem solving treatment approaches. In the course of this conference, the practitioner will improve their understanding of 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 confirmation. 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 evidence base for using brief interventions in primary care
- Understand how to use motivation enhancement therapy to collaborate more effectively with patients on their overall care
- Assess how to approach the medical visit and possible provision of psychotropic medication for children with mental health problems
- Discuss and carry out brief approaches to managing suicidal and self-injury behaviors in primary care
- Identify ways to assess and manage dementia in geriatric patients
- Discuss how to use Problem Solving Treatment to improve quality of life in depressed patients
- Demonstrate simple evaluation and treatment skills to help manage anxiety and stress reactions in 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**  
Vice-Chair and Professor  
Department of Psychiatry & Behavioral Sciences  
University of Washington  
Chief of Psychiatry, Harborview Medical Center  
Director, CHAMMP

### FACULTY

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

**Katherine Comtois, PhD**  
Associate Professor  
Department of Psychiatry & Behavioral Sciences  
Adjunct Associate Professor, Psychology  
University of Washington  
Director, Cognitive Behavioral Therapy Services  
(Including DBT)  
Harborview Medical Center  
CHAMMP Faculty

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

**Robert Hilt, MD**  
Acting Assistant Professor  
Department of Psychiatry & Behavioral Sciences  
University of Washington  
Director, Psychiatric Emergency Services  
Seattle Children's Hospital & Regional Medical Center

**Richard Saitz, MD, MPH**  
Professor  
Section of General Internal Medicine  
Boston University  
Director, Clinical Addiction Research and  
Education Unit  
Boston University Medical Center

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

**Mark Snowden, MD, MPH**  
Associate Professor  
Department of Psychiatry & Behavioral  
Sciences  
University of Washington  
Director, Community Mental Health Services  
Director, Geropsychiatry Services  
Harborview Medical Center  
CHAMMP Faculty

**Eileen Whalen, MHA, RN**  
Executive Director  
Harborview Medical Center

### 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](mailto:sales@university.scinns.com)

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

### CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation no later than November 3, 2009. A \$50.00 processing fee will be deducted from refund requests received before the day of the course. No refunds will be issued for cancellations received after November 3, 2009. 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.

Contact CME Registrar for questions - phone: 206.543.1050 Fax: 206.221.4525

[cme@u.washington.edu](mailto:cme@u.washington.edu)

## COURSE SCHEDULE

- 7:30 **Registration & Continental Breakfast**
- 8:15 **Welcome**  
*Eileen Whalen, MHA, RN*  
**Conference Overview**  
*Peter Roy-Byrne, MD*
- 8:30 **Keynote: Brief Interventions in Primary Care: What Does the Evidence Tell Us and Where Can We Go?**  
*Richard Saitz, MD, MPH*
- 9:35 **Clinical Skills Breakout Session 1 (Choose One)**
- A) Brief Interventions for Suicide Risk Management  
*Katherine Comtois, PhD*
  - B) Problem Solving Treatment for Depression or Chronic Illness Care  
*Paul Ciechanowski, MD, MPH*
  - C) Motivational Interviewing: Watch It, Try It!  
*Chris Dunn, PhD*
- 10:50 **Break**
- 11:05 **Clinical Skills Breakout Session 2 (Choose One)**
- A) Brief Interventions for Suicide Risk Management  
*Katherine Comtois, PhD*
  - B) Problem Solving Treatment for Depression or Chronic Illness Care  
*Paul Ciechanowski, MD, MPH*
  - C) Motivational Interviewing: Watch It, Try It!  
*Chris Dunn, PhD*
- 12:20 **Lunch (provided)**
- 1:20 **Clinical Skills Breakout Session 3 (Choose One)**
- A) Managing Child Mental Health and Medications with a Brief Appointment  
*Robert Hilt, MD*
  - B) Brief Cognitive Behavioral Treatment for Anxiety  
*Stacy Shaw Welch, PhD*
  - C) Brief Cognitive Assessment and Treatment for Dementia in the Elderly  
*Mark Snowden, MD, MPH*
- 2:35 **Break**
- 2:50 **Clinical Skills Breakout Session 4 (Choose One)**
- A) Managing Child Mental Health and Medications with a Brief Appointment  
*Robert Hilt, MD*
  - B) Brief Cognitive Behavioral Treatment for Anxiety  
*Stacy Shaw Welch, PhD*
  - C) Brief Cognitive Assessment and Treatment for Dementia in the Elderly  
*Mark Snowden, MD, MPH*
- 4:05 **Adjourn**

## 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.

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(206) 543-6452/TTY

(206) 685-7264 (FAX)

e-mail: [dso@u.washington.edu](mailto:dso@u.washington.edu)

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*FRIDAY, NOVEMBER 13, 2009*

MJ1006

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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) 543-1050

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: \_\_\_\_\_

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

Email \_\_\_\_\_

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) \_\_\_

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

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