HARVARD MEDICAL SCHOOL
DEPARTMENT OF CONTINUING EDUCATION

TREATING THE ADDICTIONS
MARCH 8-9, 2013

BOSTON PARK PLAZA HOTEL

offered by

THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of

Mark J. Albanese **Janice F. Kauffman** **Edward J. Khantzian** **Judy Reiner Platt**

This course is designed to offer the latest clinical, theoretical, and research findings on addictive behaviors for adolescents, adults, and families. At its conclusion, participants will be able to describe and categorize issues in addictions and the recovery process, as well as delineate recent advances in treatment. Innovative evidence-based interventions and multidisciplinary approaches will be presented. Through didactic lectures, panel discussions, case studies, and question and answer sessions, this course will help clinicians understand the clinical needs of their patients. This course is intended for all mental health and medical clinicians, educators, administrators, addiction treatment and prevention specialists, and others interested in the course and treatment of addictions. **Learning Objectives:** As a result of attending this course you will be able to: outline addiction treatment as defined by DSM-5; determine stress factors that lead to addictive behavior; evaluate attachment issues in addicted individuals; develop treatment protocols associated with an addiction practice; interpret treatment modalities when patients are dually diagnosed; develop strategies to help addicted individuals and their families throughout stages of the lifecycle; determine how to manage pain; assess the latest toxicology findings in substance abusing patients; and compare and contrast different addictions.

For further information contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-503-8445; Fax: 617-503-8460; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY – MARCH 8, 2013

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

8:30 - 12:45 MORNING PROGRAM - Moderator: Edward J. Khantzian

DSM-5 and Addiction Treatment: What Clinicians Need to Know ..... Wilson M. Compton

Perspectives on Isolation and Addiction: An Integrated Treatment Model ..... Margaret Ann Fetting

Zinberg Memorial Lecture:
When Addiction is Not Alone:
Working with Trauma, Depression, or Other Co-Occurring Disorders ..... Kathleen Brady

12:45 - 2:00 BREAK (Open Meetings)

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Nancy Costikyan

Managing Pain in Substance Abusing Patients..... Janice F. Kauffman

Toxicology for Addiction Clinicians: Tools for Detecting Potential Abuse..... Nicholas D. Anastas

Incorporating Mindfulness and Compassion into Addiction Treatment ..... James W. Hopper

SATURDAY – MARCH 9, 2013

8:30 - 12:45 MORNING PROGRAM - Moderator: Mark J. Albanese

The Heart of the Matter:
Clinical Observations on the Role of Attachment in Addiction Treatment ..... Karen B. Walant

Treatment Strategies for the Addicted Adolescent:
A Strength-Based Approach..... Joseph Shrand

Effective Therapies for the Aging Addicted Population:
Treating Boomers and Beyond ..... Barbara Krantz

Addiction in the Family: Helping All Members Cope and Heal ..... Diana Clark, Arden O'Connor

12:45 - 2:00 BREAK (Open Meetings)

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Amy Sobieszczyk

Moving from Food "Addiction" to Normal Eating..... Michelle P. Gallant

Assessment and Treatment of Marijuana Addiction: Not a Harmless Drug ..... Kevin P. Hill

The Roles and Programs of Non-12-Step Mutual Self-Help Groups..... Joseph Gerstein

Program changes/substitutions may be made without notice

TREATING THE ADDICTIONS

March 8-9, 2013 **Course #332398** **Physicians: $380 (USD)**
Other Registrants: $280 (USD)

(Please Print Clearly - All Fields Required)

Full Name _____
First Middle Initial Last

Mailing Address _____
Street City State Zip

Daytime Phone (_____) _____ Fax (_____) _____

Email Address _____
Your email address is used for important information about the course including: registration confirmation, course evaluation, and certificate. Please be sure to include an email address you check frequently. If you do not have an email address, complete this registration form and send it with check to the address below.

❑ Please check if you want to be **excluded** from receiving email notices of future Harvard Medical School Continuing Education programs.

Circle Discipline:

Physician Psychologist Nurse Social Worker Addiction Specialist Family Therapist Counselor Educator Student Other: _____

☐ **Check is enclosed:** Please make check payable to *Harvard Medical School* and mail it with this registration form to:

Harvard Medical School, P.O. Box 417476, Boston, MA 02241-7476

Payment by Credit Card (Visa or MasterCard) is ONLY accepted at: **www.cme.hms.harvard.edu/courses/addictions**

Telephone, fax, or mailed registrations by credit card are not accepted.

Online registrants - Add the first three letters of the code found here → Code: W E B

GENERAL INFORMATION

REGISTRATION: Physicians - $380 USD Other Registrants - $280 USD
All foreign payments must be made by a draft on a United States bank or by Visa or MasterCard. If paying by credit card, please register online at **www.cme.hms.harvard.edu/courses/addictions** Upon receipt of your registration, an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that is checked frequently. If paying by check, make it payable to *Harvard Medical School* and mail with completed registration form to: **Harvard Medical School, P.O. Box 417476, Boston, MA 02241-7476**. A confirmation letter will be mailed to the address listed on the form. **Telephone, fax, or mailed registrations by credit card are not accepted**. Inquiries should be directed by phone, (617) 384-8600, Monday-Friday, 10 a.m. to 4 p.m. (EST) or by email: hms-cme@hms.harvard.edu

ONLINE INFORMATION: To ensure proper registration, please add the first *three* letters of the code found at the bottom of the registration form. To register or to view course information online, visit our home page: **www.cme.hms.harvard.edu/courses/addictions**

REFUND POLICY: A handling fee of $60 (USD) is deducted for cancellation. Refund requests must be received by email (cme@hms.harvard.edu) or fax (617-384-8686) one week prior to the course. **No refund will be made thereafter.**

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 February 11, 2013. Please specify that you are enrolled in this course to receive a conference rate.

TRAVEL INFORMATION: Reservations may be made by calling the HMS Travel Desk toll free (877) 442-7863, Monday-Friday 9am - 8pm (EST). From outside the US, Canada, and Virgin Islands, please call (617) 559-3764.

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. **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.

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: Application for continuing education credits have been made to 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 7 credits per day for a total of 14 credits.

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 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 16.8 hours.

ADDICTION SPECIALISTS: NAADAC (the Association for Addiction Professionals) accepts this program for 14 credits toward continuing education recertification. This program is approved by the American Academy of Health Care Providers in the Addictive Disorders for 14 Continuing Education Credits. Application for continuing education credit has been made to the Massachusetts Board of Substance Abuse Counselor Certification (MCVCAC/MBSACC) for 14 credits.

2012-2013 CAMBRIDGE/HARVARD CALENDAR

November 2-3, 2012	**Treating Couples**	**February 1-2, 2013**	**School Mental Health**
November 16-17, 2012	**Autism**	**March 8-9, 2013**	**Treating the Addictions**
December 7-8, 2012	**Eating Disorders**	**April 5-6, 2013**	**Treating Young Adults**
		May 10-11, 2013	**Women and Psychotherapy**

Special Conference – September 11-12, 2013
Meditation and Psychotherapy with Thich Nhat Hanh

FACULTY

MARK J. ALBANESE, M.D., Director, Addiction Treatment Services, Medical Director, Behavioral Health at Network Health, and Faculty, Division on Addictions, Cambridge Health Alliance; Assistant Clinical Professor of Psychiatry, Harvard Medical School; Co-Author: *Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

NICHOLAS D. ANASTAS, Ph.D., President and Founder, Poseidon's Trident, Milton; Adjunct Faculty, Chemistry Department, University of Massachusetts, Boston

KATHLEEN BRADY, M.D., Ph.D., Associate Dean and Director, South Carolina Clinical and Translational Research Institute, and Distinguished University Professor, Medical University of South Carolina, Charleston; Board of Scientific Counselors and Chairperson, Clinical Trials Network Executive Committee, National Institute on Drug Abuse; Recipient of numerous awards and Editorial Board Member of numerous journals; Author of over 300 publications

DIANA CLARK, JD, MA, Family Addictions Consultant, O'Connor Professional Group, Boston; Creator and Facilitator, *Family Healing Strategies;* Author: *Family Recovery: A Journey in Phases;* CD: *What Love Looks Like: When Your Adult Child Struggles with Addiction*

WILSON M. COMPTON, M.D., MPE, Director, Division of Epidemiology Services and Prevention Research, National Institute on Drug Abuse, National Institutes of Health; Member, DSM-5 Taskforce and Substance Use Disorders Workgroup, American Psychiatric Association; Recipient of awards from the American Psychiatric Association and the American Psychopathological Association; Author of over 100 articles and chapters

NANCY COSTIKYAN, LICSW, Director, Office of Work/Life, Harvard University; Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance

MARGARET ANN FETTING, Ph.D., LCSW, Lead Instructor, Substance Dependence and Abuse, University of Southern California School of Social Work, Los Angeles; Creator and Co-Instructor, Substance Dependence and Abuse, University of Southern California Virtual Academic Center; Private Practice, Santa Monica, California; Consultant: Clearview Treatment Programs and Milestones Ranch; Author: *Perspectives on Addiction*

MICHELLE P. GALLANT, MS, RD, LDN, Registered Dietitian and Licensed Nutritionist, Harvard University Health Services

JOSEPH GERSTEIN, M.D., FACP, Clinical Assistant Professor of Medicine, Harvard Medical School, (Retired); Founding President, SMART Recovery Self-Help Network; Founder, "InsideOut" Recovery Correctional Program; Trustee, SMART Recovery Foundations, UK and Australia; Contributor to several scientific journals

KEVIN P. HILL. M.D., MHS, Addiction Psychiatrist, McLean Hospital; Instructor in Psychiatry, Harvard Medical School; Recipient of awards from National Institute on Drug Abuse, Harvard Medical School, American Academy of Addiction Psychiatry, and others; Author of numerous scientific publications

JAMES W. HOPPER, Ph.D., Trauma Consultant, Outpatient Addiction Services, Cambridge Health Alliance; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Clinical and Consultation Practice, Arlington; Co-Editor: *Contemplative Methods in Trauma Treatment: Integrating Mindfulness and Other Approaches* (in press)

JANICE F. KAUFFMAN, RN, MPH, CAS, LADC-1, Vice-President, Addiction Treatment Services, North Charles Foundation, Cambridge/Somerville; Director of Addictions Consultation, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School; Massachusetts Delegate and First Vice-President, American Association for the Treatment of Opioid Dependence; Founder and President, Massachusetts Methadone Treatment Providers Association; Contributor to: *Primary Psychiatry; Harvard Review of Psychiatry; SAMHSA/CSAT Treatment Improvement Protocol* #43

EDWARD J. KHANTZIAN, M.D., Associate Chief *Emeritus* of Psychiatry, Tewksbury Hospital; Clinical Professor of Psychiatry, Harvard Medical School at Cambridge Health Alliance; President and Chairman, Board of Directors, Physician Health Services, Massachusetts Medical Society; Author: *Treating Addiction as a Human Process;* Co-Author: *Addiction and The Vulnerable Self: Modified Dynamic Group Therapy for Substance Abusers; Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

BARBARA KRANTZ, D.O., MS, FASAM, DABAM, Medical Director, Chief of Medical Services, Hanley Center, West Palm Beach, Florida; Recipient of Heroes in Medicine Award, Palm Beach County Medical Society

ARDEN O'CONNOR, MBA, Founder and Chair, Board of Directors, Rediscovery, Waltham; Founder, O'Connor Professional Group, Boston; Board Member: Winsor School Corporation, Harvard Business School *Alumni*, Massachusetts Association of Mental Health, Victory Programs, and Justice Resource Institute

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

JOSEPH SHRAND, M.D., Medical Director, CASTLE (Clean and Sober Teens Living Empowered), High Point Treatment Center, Brockton; Staff, Brockton Veterans Administration; Instructor in Psychiatry, Harvard Medical School; Steering Committee Member, Independence Academy South Shore Sober High School; Author: *Manage Your Stress: Overcoming Stress in the Modern World; Outsmarting Anger: Seven Strategies to Defuse our Most Dangerous Emotion*

AMY SOBIESZCZYK, LICSW, Clinical Supervisor, Outpatient Addictions Service, Cambridge Health Alliance; Teaching Associate in Psychiatry, Harvard Medical School

KAREN B. WALANT, Ph.D., MSW, Private Practice, Ridgefield, Connecticut; Board Member, Attachment Parenting International; Author: *Creating the Capacity for Attachment: Treating Addictions and the Alienated Self*