



# ASSESSING AND TREATING SELF-HARMING BEHAVIORS

## DECEMBER 14-15, 2018

**FAIRMONT COPLEY PLAZA HOTEL**  
Boston, Massachusetts

*offered by*

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

*under the direction of*  
**Judy Reiner Platt**

**Linda Gelda**

**Barent Walsh**

An update on the latest research findings and clinical applications in the diagnosis and treatment of self-harming behaviors will be offered. This course will inform attendees of the changing body of knowledge in the delivery of self-harm treatment in order to accurately assess and ensure the safety of adolescents, adults, and their families. The scientific basis for identifying warning signs for self-harming behaviors and both suicidal and non-suicidal self-injury will be discussed as will treatment interventions. Group case discussions, Q and A, panel presentations, and didactic lectures will be offered to assist participants in developing new strategies that they can apply in their practice settings. The course is intended for mental health and health professionals, school personnel, educators, researchers, and others interested in understanding and intervening in self-destructive behaviors. **Learning Objectives:** As a result of attending this course participants will be able to: identify strategies for self-help, refocus the brain from self-harming thoughts, and offer postvention after a suicide; define new technologies, new evidence-based assessments, and how to aspire to zero suicide goals; address non-suicidal self-injury; explain different interventions including DBT and Motivational Interviewing; and determine the self-harming risks associated with guns, growing up LGBTQ, and experiencing body-image dysfunction, trichotillomania, or cutting.

**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; Email: [cme@challiance.org](mailto:cme@challiance.org); Web: [www.cambridgecme.org](http://www.cambridgecme.org)

### FRIDAY – DECEMBER 14, 2018

**7:45 - 8:30 REGISTRATION AT THE FAIRMONT COPLEY PLAZA, BOSTON**

**8:30 - 12:45 MORNING PROGRAM** – Moderator: Barent Walsh

- Can We Refocus Brains Away From Self-Harming Thoughts? ..... Srini Pillay
- How New Technologies are Changing the Way We Study  
and Treat Suicidal Behaviors ..... Matthew K. Nock
- Digital Self-Harm ..... Elizabeth Englander
- Best Self: A New Model Relevant to Self-Harm ..... Lisa M. Najavits

**12:45 - 2:00 BREAK**

**2:00 - 5:15 AFTERNOON PROGRAM** – Moderator: Linda Gelda

- Partnering with Gun Owners on Preventing Suicide..... Catherine Barber
- Current Status of Suicide Risk Assessment ..... Douglas Jacobs
- Zero Suicides: Would You Aspire to Anything Else? ..... Margaret Guyer

### SATURDAY – DECEMBER 15, 2018

**8:30 - 12:45 MORNING PROGRAM** – Moderator: Linda Gelda

- The Ever-Changing Terrain of Non-Suicidal Self-Injury ..... Barent Walsh
- Motivational Interviewing with Adolescents Who Self-Harm ..... Kimberly M. O'Brien
- DBT for Self-Harm..... Alan E. Fruzzetti
- Recovering after Loss:  
Postvention Strategies for Schools, Organizations, and Families ..... Larry Berkowitz

**12:45 - 2:00 BREAK**

**2:00 - 5:00 AFTERNOON PROGRAM** – Moderator: Barent Walsh

#### Successful Case Vignettes: Learning from Each Other

- Self-Hatred, Self-Harm, and Self-Acceptance ..... Linda Gelda
- Special Considerations in Working with LGBTQ Patients ..... John Moynihan
- Using Cognitive Behavioral Therapy for Trichotillomania ..... Peter W. Moran
- Cutting ..... Barent Walsh

**PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE**

### SELF-HARMING BEHAVIORS (#732440-1901)

**Registration Fees: Physicians \$400 All Others: \$300**

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

Secure Online Registrations can be made by credit card or check at  
<https://cmeregistration.hms.harvard.edu/Self-Harm2018> (directly into browser)  
or [www.cambridgecme.org](http://www.cambridgecme.org) for a direct link to the course website

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600  
(Monday to Friday - 9:00 am to 5:00 pm EST); email: [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu)  
or Cambridge CME at 617-806-8770; email: [cme@challiance.org](mailto:cme@challiance.org)

### 2018-1019 CAMBRIDGE/HARVARD CALENDAR (tentative schedule)

Couples	November 16-17	School Mental Health	January 25-26
Autism	December 7-8	Addictions	March 1-2
Self-Harm	December 14-15	Young Adults	April 5-6
		Meditation	May 3-4

## 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.**

**COURSE LOCATION AND ACCOMMODATIONS:** All sessions will be held at **The Fairmont Copley Plaza Hotel**, 138 St James Avenue, Boston, MA 02116 (617) 267-5300 or (866) 540-4417. **Rooms in Boston are limited; you are urged to make your reservation early.** A block of rooms has been reserved at the Fairmont Copley Plaza until **November 20, 2018.** Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.passkey.com/go/selfharm> (directly into browser).

**REFUND POLICY:** Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

### CONTINUING EDUCATION:

**PHYSICIANS:** The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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*<sup>™</sup>. 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.

**This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 14.00 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.**

**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 has been made to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work and to the MA Chapter of The Association for Marriage and Family Therapy for a total of 14 credits (7 credits/hours per day). The States of CT and RI accept NBCC and NASW approval for marriage and family therapists. (Please check with your individual state licensing board for information on other states). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance (a teaching affiliate of Harvard Medical School) 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 #SW-0038; 14 contact hours have been approved.

**COUNSELORS and EDUCATORS:** The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering 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

**CATHERINE BARBER, MPA**, Senior Researcher, Injury Control Research Center and Founding Director, Means Matter, Harvard T. H. Chan School of Public Health; Designer and Lead Pilot, CDC’s National Violent Death Reporting System; Author, *CALM-Online* (Counseling on Access to Lethal Means)

**LARRY BERKOWITZ, EdD, MPA**, Director and Co-Founder, Riverside Trauma Center, Needham; Teaching Associate in Psychology (part-time), Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Member, Executive Committee, Massachusetts Coalition for Suicide Prevention; Leader, Massachusetts Behavioral Health Trauma Response Network; Contributing Author: *Grief after Suicide: Understanding the Consequences and Caring for the Survivors; Violence and Trauma in the Lives of Children*

**ELIZABETH ENGLANDER, PhD**, Founder and Director, Massachusetts Aggression Reduction Center and Professor of Psychology, Bridgewater State University; Awards include, Most Valuable Educator of the Year, Boston Red Sox; Chair, Cyberbullying Workgroup, Institute of Child Development and Digital Media in collaboration with the National Academy of Sciences; Special Editor, “Cyberbullying,” *Journal of the American Academy of Child and Adolescent Psychiatry*; Author of over 100 publications including: *Understanding Violence; Bullying and Cyberbullying: A Guide for Educators*; Columnist, *Bullying Bulletin Board*

**ALAN E. FRUZZETTI, PhD**, Director, Boys DBT Program and Director of Training in Family Services, McLean Hospital; Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School; Author: *The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation; Families and Borderline Personality Disorder: A Dialectical Behavior Therapy Guide to Finding Peace in your Family*

**LINDA GELDA, LICSW**, Supervisor, Department of Psychiatry, Cambridge Health Alliance; Teaching Associate in Psychiatry, Harvard Medical School; Past-President, Supervisor, and Faculty, Massachusetts Institute for Psychoanalysis; Member, Multi-Service Eating Disorders Association; Private Practice and Consultation, Newton

**MARGARET GUYER, PhD**, Special Assistant to the Deputy Commissioner of Clinical and Professional Service, Head, Zero Suicide Initiative, and Project Director, National Strategy for Suicide Prevention, Department of Mental Health, Commonwealth of Massachusetts; Private Practice, Brookline

**DOUGLAS JACOBS, MD**, Associate Professor of Psychiatry (part-time), Harvard Medical School at McLean Hospital; Consultant, Medical Legal Matters; Creator, Suicide Assessment Five-Step Evaluation and Triage (SAFE-T); Chair, *Practice Guidelines for the Assessment and Treatment of Patients with Suicidal Behaviors*, American Psychiatric Association; Editor, *Harvard Medical School Guide to Suicide Assessment and Intervention*

**PETER W. MORAN, PhD**, Senior Partner, Cornerstone Behavioral Health, Worcester; Assistant Professor, Department of Psychiatry, University of Massachusetts Medical School

**JOHN MOYNIHAN, LICSW**, Faculty: Boston College, Massachusetts Institute for Psychoanalysis, and The Institute for Clinical Social Work; Private Practice, Brookline

**LISA M. NAJAVITS, PhD**, Director, Treatment Innovations; Adjunct Professor of Psychiatry, University of Massachusetts School of Medicine; Author of over 190 professional publications including the books: *Recovery from Trauma, Addiction or Both: Finding Your Best Self; Seeking Safety: A Treatment Manual for PTSD and Substance Abuse; A Women’s Addiction Workbook*

**MATTHEW K. NOCK, PhD**, Director, Nock Laboratory for Clinical and Developmental Research, Department of Psychology and Professor of Psychology, Faculty of Arts and Sciences, Harvard University; Research Scientist, Department of Psychiatry, Massachusetts General and Boston Children’s Hospitals; Recipient of teaching awards, national organization awards, and a MacArthur Fellow; Publications include: *Understanding Nonsuicidal Self-Injury: Origins, Assessment, and Treatment; Suicide: Global Perspectives from the WHO World Mental Health Surveys; The Oxford Handbook of Suicide and Self-Injury*

**KIMBERLY McMANAMA O’BRIEN, PhD, LICSW**, Research Scientist in Psychiatry, Boston Children’s Hospital; Instructor in Psychiatry, Harvard Medical School; Recipient of grants from the American Foundation for Suicide Prevention, National Institute on Alcohol Abuse and Alcoholism, National Institute on Mental Health, and others; Contributing Author: *LGBT Health, Suicide and Life-Threatening Behavior, Substance Abuse*, and others

**SRINI PILLAY, MD**, Chief Executive Officer, NeuroBusiness Group; Former Director, Outpatient Anxiety Disorders Research Service Program, McLean Hospital; Assistant Professor of Psychiatry (part-time), Harvard Medical School; Founder and Chief Innovator, CoolCranium: A Neurotechnology Company and Founder, Creative Neurotechnology Select (CNT) Fund; Author: *Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind; Life Unlocked: 7 Revolutionary Ways to Overcome Fear; Your Brain and Business: The Neuroscience of Great Leaders*

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

**BARENT WALSH, PhD, LICSW**, Executive Director *Emeritus* and Senior Clinical Consultant, The Bridge, Worcester; Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance; Author, *Treating Self-Injury: A Practical Guide*, 2<sup>nd</sup> Edition; Co-Developer with Screening for Mental Health, *ACT to Prevent Self-Injury*, a program for high schools