

- To make your reservations, call the **Sheraton Park South Hotel**, 9901 Midlothian Turnpike, Richmond, VA 23235, at (800) 525-9538 or fax to (804) 320-5255.
- The group rate is \$112. **Reservations must be made before March 2, 2013.** State and local taxes will apply.
- Please refer to the the **Psychiatric Society of Virginia** when making your reservation.
- Rooms and rates are subject to availability. Cancellations must be made at least 24 hours prior to arrival date or the first night's room rate and tax will be assessed.

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## REGISTRATION

- PLEASE PRINT -

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

**I will attend the following:**

First Name: \_\_\_\_\_ MI: \_\_\_\_\_

**FRIDAY - MARCH 22, 2013**

Address: \_\_\_\_\_

Reception

City: \_\_\_\_\_

**SATURDAY - MARCH 23, 2013**

State/Zip: \_\_\_\_\_

All attendees are encouraged to join us for breakfast.

Email: \_\_\_\_\_

Ethics Breakfast *(Residents are welcome)*

Phone  Home  Work: \_\_\_\_\_

Foundation Breakfast

Fax: \_\_\_\_\_

Legislative Committee/Public Psychiatry Breakfast

### MEETING REGISTRATION:

\_\_\_\_ Non-Member..... \$100

VA Council of AACAP Breakfast  
*(Council Members only)*

\_\_\_\_ Member..... \$50

Members-in-Training Breakfast

\_\_\_\_ Medical Student  Member-in-Training..... N/C

Luncheon and Business Meeting

How many? \_\_\_\_\_

### PAYMENT:

Make checks payable to: **Psychiatric Society of Virginia**

Credit Card Payment:  VISA  MasterCard

Discover  Amex

Card #: \_\_\_\_\_

Exp Date: \_\_\_\_\_ CVV Code:\* \_\_\_\_\_

Name on Card: \_\_\_\_\_

Card Billing Address: \_\_\_\_\_

Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

Guest Name(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Cancellation Policy:** An 80% refund will be issued through March 2, 2013. No refunds will be issued after March 2, 2013. Requests for refunds must be made in writing. Please contact PSV with any questions.

**For information on PSV membership, contact**  
**psv@societyhq.com**

*\*CVV code is the 3-digit number on the back of a VISA, MasterCard or Discover. Or the 4-digit # on front of Amex card above card #.*

**MAIL OR FAX YOUR COMPLETED FORM TO:**

**Psychiatric Society of Virginia**

2209 Dickens Road • Richmond, VA 23230-2005  
(804) 754-1200 • Fax: (804) 282-0090 • Email: psv@societyhq.com



**Psychiatric Society of Virginia**

2209 Dickens Road  
Richmond, VA 23230-2005

# PSYCHIATRIC SOCIETY OF VIRGINIA 2013 SPRING MEETING

JOINTLY SPONSORED BY THE AMERICAN PSYCHIATRIC ASSOCIATION  
AND THE PSYCHIATRIC SOCIETY OF VIRGINIA



**A Place for Psychotherapy  
in Modern Psychiatry**



**March 22-23, 2013**

**Sheraton Park South  
Richmond, Virginia**

2209 Dickens Road • Richmond, VA 23230-2005 • (804) 754-1200 • Fax (804) 282-0090

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

## Conference Committee

**Rizwan Ali, MD, DFAPA**

President-Elect, PSV

**Helen Foster, MD, DLFAPA**

Past President, PSV

**Dorothy O'Keefe, MD, DFAPA**

Child and Adolescent Psychiatry

Private Practice

**Susan Waller, MD**

Assistant Professor of

Psychiatry, Chair of Ambulatory

Division of Psychiatry

Virginia Commonwealth University

## Faculty

**Jerome S. Blackman, MD, DFAPA**

Professor of Clinical Psychiatry

Eastern Virginia Medical School

Virginia Beach, VA

**Creighton J. Hite, Psy.D., M.Ed.**

Central State Hospital

Petersburg, VA

**William T. Nay, PhD, LCP**

Assistant Professor

Virginia Commonwealth University

Richmond, VA

**Eric M. Plakun, MD, DLFAPA**

Director of Admissions and

Professional Relations

Austen Riggs Center

Stockbridge, MA

**Ram Shenoy, MD, DLFAPA**

Past President of PSV

PSV Assembly Representative

to the APA

Richmond, VA

**Keyhill Sheorn, MD**

Professor

Virginia Commonwealth University

Richmond, VA

**John R. Urbach, MD**

Associate Professor

Virginia Commonwealth University

Richmond, VA

JOINTLY SPONSORED BY THE AMERICAN PSYCHIATRIC ASSOCIATION AND THE PSYCHIATRIC SOCIETY OF VIRGINIA

# A Place for Psychotherapy in Modern Psychiatry Program

## Friday, March 22, 2013

4:00 pm - 6:00 pm

4:00 pm - 6:00 pm

6:30 pm - 7:30 pm

## Saturday, March 23, 2013

7:00 am - 8:15 am

7:00 am - 8:15 am

8:15 am - 8:30 am

8:30 am - 9:30 am

9:30 am - 10:30 am

10:30 am - 11:00 am

11:00 am - 11:45 am

11:45 am - 12:15 pm

12:15 pm - 1:30 pm

1:30 pm - 2:15 pm

2:15 pm - 3:00 pm

3:00 pm - 3:45 pm

3:45 pm - 4:15 pm

4:15 pm

**Registration**

**Board of Directors Meeting**

**Reception with Legislators & Exhibitors**

**Committee Breakfast Meeting**

**Registration / Visit Exhibitors**

**Welcome / Overview / Introductions**

**Should Psychotherapy be one of the Skills of Psychiatrists?** Eric M. Plakun, MD, DLFAPA

**The Woman Who Dreamed of Dracula**

Keyhill Sheorn, MD

**Break / Visit Exhibitors**

**Tricky Problems in Psychotherapy**

Jerome S. Blackman, MD, DFAPA

**Panel Discussion on Psychotherapy in Modern Psychiatry Q&A**

Eric M. Plakun, MD, DLFAPA

Keyhill Sheorn, MD

Jerome S. Blackman, MD, DFAPA

**Lunch / Business Meeting / Visit Exhibitors**

**Integration of Psychopharmacology and Psychotherapy: From Residency to Practice**

John R. Urbach, MD

**The Role of Cognitive-Behavioral Therapy in Integrated Mental Health Care**

William T. Nay, PhD, LCP

**The Role of Behavioral Therapy Versus Psychopharmacology in Treating Patients with Intellectual Disabilities**

Ram Shenoy, MD,

Creighton J. Hite, Psy. D., M.Ed

**Panel Discussion on Integration of Psychotherapy and Q&A:**

William T. Nay PhD, LCP;

John Urbach, MD; Ram Shenoy, MD;

and Creighton J. Hite, Psy. D., M.Ed

**Closing Remarks**

## Session Objectives

**Should Psychotherapy be one of the Skills of Psychiatrists?**

Eric M. Plakun, MD, DLFAPA

*At the end of the session, the learner should be able to:*

1. Summarize evidence of the efficacy of psychotherapy for a range of disorders.
2. Understand the implications of emerging epidemiologic, epigenetic and clinical research for the place of psychotherapy and other psychosocial treatments in our treatment paradigm.
3. Understand the role of psychotherapy in patients with treatment resistant mood disorders.

**The Woman Who Dreamed of Dracula**

Keyhill Sheorn, MD

*At the end of the session, the learner should be able to:*

1. Understand the current usefulness of psychotherapy in a psychiatric practice.
2. Demonstrate that very basic psychotherapy skills can be quite useful.
3. Have an increased understanding of the concept of the empathic break.

**Tricky Problems in Psychotherapy**

Jerome S. Blackman, MD, DFAPA

*At the end of the session, the learner should be able to demonstrate:*

1. How to use specific techniques designed to stir patients up, or calm them down.
2. When to use those techniques.
3. How to think of the 'alliance' or 'frame' of treatment.
4. How and when patients misbehave ("act in").
5. What to do with their misbehavior
6. Counter transference's effects in relation to prescription of medication.

**Integration of Psychopharmacology and Psychotherapy: From Residency to Practice**

John R. Urbach, MD

*At the end of the session, the learner should know:*

1. Why the modern psychiatrist must be an integrator of 'mind-brain' interventions to be maximally effective.
2. How and when selected psychotherapies augment psychopharmacology for specific disorders.
3. Pros and Cons of the 'one-person' versus 'two-person' model.
4. Why residency must continue to provide 'hands on' learning of multiple therapies, and how this can be sequenced.

**The Role of Cognitive-Behavioral Therapy in Integrated Mental Health Care**

William T. Nay, PhD, LCP

*At the end of the session, the learner should be able to:*

1. Understand how the basic tenets of Cognitive-Behavioral Therapy match very well with movements in contemporary, modern psychiatry.
2. Appreciate the potential benefits of incorporating cognitive-behavioral therapy and practice into systems of mental health care.
3. Be familiar with the different models of integrated mental health care that incorporate CBT providers and practices.

**The Role of Behavioral Therapy Versus Psychopharmacology in Treating Patients with Intellectual Disabilities**

Ram Shenoy, MD, Creighton J. Hite, Psy.D., M.Ed

*At the end of this session, the participants will have increased knowledge of the following:*

1. Psychopharmacology treatment for patients with Intellectual Deficits
2. Causes of Intellectual Deficits
3. DSM-IV diagnostic criteria for Mental Retardation
4. Types of Behavior Therapy and Behavior Plans
5. Psychological testing for Intellectual Deficits

## Overall Objectives

The Psychiatric Society of Virginia's Spring Meeting in Richmond is entitled "A Place for Psychotherapy in Modern Psychiatry." This program will address issues regarding psychotherapy and incorporating it into modern day treatment. It will concentrate on the progress in the field of psychotherapy and integration of psychotherapy and modern psychiatry. Issues such as psychodynamic approach to mood disorders, integration of psychotherapy with pharmacology and the role of cognitive behavior therapy in mental health care, will be focused upon.

## Target Audience

This program was developed for Virginia psychiatrists to address current issues and hot topics in mental health.

## Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Psychiatric Association (APA) and the Psychiatric Society of Virginia (PSV). The APA is accredited by the ACCME to provide continuing medical education for physicians.

## Designation

The American Psychiatric Association designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## PSV FALL MEETING REVIEWS

What everyone is saying.

"The talks were clear and precise."

"Well organized, invaluable useful topics."

"Really wonderful conference."

