THE EVOLUTION
of PSYCHIATRY

Past Accomplishments and Future Endeavors
GENERAL INFORMATION

MEETING LOCATION / HOTEL RESERVATIONS
The TSPP 60th Anniversary Annual Convention & Scientific Program will be held at the newly renovated Addison Marriott Quorum hotel near the Dallas Galleria Shopping Center at 14901 Dallas Parkway, Dallas 75254. The hotel is centrally located in the heart of Addison near premier restaurants, entertainment, & shopping. The hotel offers a complimentary shuttle to the Galleria every hour. A north Dallas landmark, the Addison, Texas hotel is close to the Village on the Parkway, Addison Circle Park, and Vitruvian Park. Relax and rejuvenate in the hotel’s resort style outdoor pool and enjoy delicious dining in the on-site restaurant.

In addition to a significant reduction in the special guest room rate for TSPP Registrants, Attendees will receive:
• Late check out on Sunday until 2 pm for registrants attending the Scientific Program.
• Complimentary internet in all meeting space
• Complimentary self-parking ($15 per car, per night)
• Complimentary high speed internet access in all guestrooms ($12.95 per room, per night)

MEDICAL STUDENTS/RESIDENTS/ FELLOWS POSTER SESSION
Please make plans to view the posters presented, and meet the presenters, during the Friday evening Welcome Reception and Saturday’s continental breakfast and refreshment breaks in Grand Ballroom F-J

SPECIAL EVENTS

THURSDAY – GOLF OUTING: For convention attendees, guests and golf enthusiasts arriving early, TSPP members have arranged a 1:00 pm tee time at the Indian Creek Golf Club, Meet in the hotel lobby at 12:15. Must be pre-registered to play. If interested, inquire at the TSPP registration desk.

THURSDAY – NETWORKING / SOCIAL MIXER FOR TSPP RESIDENT-FELLOW MEMBERS: The TSPP Resident-Fellow Members Section has arranged a special networking event for all TSPP, TSCP and TAP medical students, residents and fellows in training on Thursday, 7:30-9:30 pm. To register for the Mixer, please complete the attached registration form.

FRIDAY – “CAREER LIFESTYLE: LOCUM TENENS” PROGRAM – TEXAS ACADEMY OF PSYCHIATRY: Exploring alternatives to practice, the Texas Academy of Psychiatry will conduct a complimentary program on “Career Lifestyle: Locum Tenens” for TAP members on Friday. TAP Members, to register for this complimentary program and reserve your seat, to be held on Friday, 2:00-3:30 pm, please complete the registration form.

The program is open to all TSPP and TSCP members and you may register for a nominal registration fee - see registration form. Or, if you are not a member of TAP, but are a member of TSPP or TSCP and would like to attend the program for free, you may join TAP as an Affiliate Member for $25.00 and attend the program Free! For more information contact txpsychiatry@aol.com or visit the Federation’s website at www.txpsych.org

FRIDAY – SPECIAL PROGRAMS FOR RESIDENTS – RESIDENT FELLOW SECTION PROGRAM AND ACADEMIC PSYCHIATRY PROGRAM FOR RESIDENTS ON “RESIDENT WELLNESS”: The TSPP Resident-Fellow Member Section has planned a special program for all TSPP/TAP/ TSCP Medical Students and Resident Members on Consultation/ Liaison Psychiatry, Psychosomatic Medicine and Update on Mental Health Policy from 1:30 pm-2:30 pm to be followed by a program by the Academic Psychiatry Committee on “Resident Wellness” from 2:40 pm-3:30 pm. Register early and reserve your seat to attend these special programs.

UTMB DEPT OF PSYCHIATRY ALUMNI MEETING: The UTMB Department of Psychiatry Alumni (formerly known as the Titus Harris Society) has scheduled a dinner on Friday 8:30 pm - 10:30 pm following the TSPP Welcome Reception. For additional information and to register for the dinner, contact Maria Villarreal at 409-771-4713.

AWARDS

AWARDS RECEPTION / BANQUET
Saturday evening’s festivities begin with a complimentary wine and cheese reception for registrants attending the Awards Banquet honoring the 2016 TSPP Award Recipients for their outstanding contribution to Psychiatry. Register early to reserve a table for your friends at this memorable evening! This year’s honorees are:

DISTINGUISHED SERVICE
Patrick Holden, MD (Posthumously)
San Antonio

PSYCHIATRIC EXCELLENCE
Carol S. North, MD
Dallas

SPECIAL SERVICE
Senator Charles Schwertner, MD
Georgetown

DR. SPENCER BAYLES OUTSTANDING TSPP MEMBER AWARD
This award named in memory of Dr. Spencer Bayles was established in 2010 to recognize members for outstanding and consistent participation in TSPP activities. The award will be presented during TSPP’s Annual Business Luncheon on Saturday, November 12 so please plan to attend and thank your fellow colleague for his outstanding volunteer service. This year’s recipients are:

Katherine A. Cowan, MD
Houston

Jordan Yee, MD
Fort Worth

DAVID PHARIS AWARD
The David Pharis Award will be presented to NORTHERN TEXAS STATE HOSPITAL to recognize significant contributions to safety and quality inpatient care and outcomes in State Hospitals. This year’s award will be presented during TSPP’s Annual Business Luncheon on Saturday, November 12. Please attend and express your appreciation to the organization selected for this degree of excellence.
## Daily Schedule

### Thursday, November 10, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>12:15</td>
<td>Golf Outing</td>
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<tr>
<td>2:00 pm - 8:00 pm</td>
<td>Registration</td>
</tr>
<tr>
<td>7:30 pm - 9:30 pm</td>
<td>TSSP Resident Fellow &amp; Medical Student Mixer</td>
</tr>
<tr>
<td>8:00 pm - 9:00 pm</td>
<td>Federation Delegate Assembly</td>
</tr>
<tr>
<td>9:00 am - 5:00 pm</td>
<td>Exhibit Set-Up</td>
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### Friday, November 11, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am - 8:30 pm</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00 am - 9:00 am</td>
<td>Foundation Board of Directors Breakfast Meeting</td>
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<tr>
<td>9:00 am - 5:00 pm</td>
<td>Committee Break Room</td>
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<tr>
<td>9:00 am - 10:30 am</td>
<td>Council on Leadership</td>
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<tr>
<td>10:30 am - 10:45 am</td>
<td>Council on Leadership Reports</td>
</tr>
<tr>
<td>10:45 am - 12:15 pm</td>
<td>Council on Service – Children &amp; Adolescents Committee</td>
</tr>
<tr>
<td>10:45 am - 12:15 pm</td>
<td>Council on Service – Public Mental Health Services Committee</td>
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<tr>
<td>12:00 pm - 5:00 pm</td>
<td>Exhibit AND Poster Session Set-Up</td>
</tr>
<tr>
<td>12:15 pm - 12:30 pm</td>
<td>Council on Service – Academic Psychiatry Committee</td>
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<tr>
<td>12:30 pm - 1:30 pm</td>
<td>Lunch</td>
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<tr>
<td>1:30 pm - 2:00 pm</td>
<td>Texas Academy of Psychiatry Board of Trustees</td>
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<tr>
<td>1:30 pm - 2:20 pm</td>
<td>TSSP Resident Fellow Member (RFM) Section Program</td>
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### Saturday, November 12, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am - 8:30 pm</td>
<td>Registration</td>
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<tr>
<td>7:30 am - 4:00 pm</td>
<td>Exhibits Open AND Poster Session</td>
</tr>
<tr>
<td>7:45 am - 8:15 am</td>
<td>Complimentary Continental Breakfast in Exhibit Hall for Meeting Registrants</td>
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### Sunday, November 13, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am - 2:00 pm</td>
<td>Registration</td>
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<tr>
<td>8:00 am</td>
<td>Complimentary Continental Breakfast for Meeting Registrants</td>
</tr>
<tr>
<td>8:15 am - 1:00 pm</td>
<td>Scientific Program</td>
</tr>
<tr>
<td>10:30 am - 10:45 am</td>
<td>Refreshment Break</td>
</tr>
</tbody>
</table>
### Evolution Of Psychiatry – Past Accomplishments And Future Endeavors

#### Opening Remarks

**8:15 am - 8:30 am**

**Evolution And Future Directions In Psychopharmacology And Treatment Of Anxiety Disorders**

**Robert Hudak, MD**

Professional practice gap: Psychopharmacology approaches to the treatment of anxiety disorders are rapidly evolving. The speaker will discuss current psychopharmacology treatment of anxiety disorders.

The activity is designed to improve knowledge of evolving treatment approaches for anxiety disorders which are cost-effective and efficacious.

Objectives:

1. Describe the role of psychopharmacology in the treatment of anxiety disorders.
2. Discuss DSM-5 differential diagnostic criteria for diagnosing anxiety disorders.
3. Discuss why OCD was removed from the Anxiety Disorders Classifications.

**Refreshment Break**

**10:30 am - 10:50 am**

#### Evolution And Future Directions In The Treatment Of Neuroinflammation – An Underlying Mechanism Of Depression

**Marisa S. Toups, MD**

Professional practice gap: Neuroinflammation is known to be an underlying mechanism of depression. According to the WHO depression is one of the most prevalent serious brain disorders and the primary cause of disability in the world. There is a gap in knowledge of the mechanisms involved in neuro-inflammation and depression. Cell mediated immune response, inflammatory and oxidative stress pathways and their sequelae play a role in the pathophysiology of depression.

The activity is designed to change competence by educating participants on the mechanisms involved in neuroinflammation and depression.

Objectives:

1. Describe the role and mechanism of inflammation and the relationship to depression.
2. Discuss the application of the knowledge of inflammation in the treatment of depression and the inflammatory triggers to avoid in the treatment of depression.

**Refreshment Break**

**11:50 am - 12:10 pm**

#### Evolution And Future Directions In Psychopharmacology And Newer Medications / Drug Interactions

**Stephen R. Saklad, Pharm.D, BCPP**

Professional practice gap: The professional practice gap being addressed is knowledge regarding potential drug-drug interactions between newly released psychotropic medications and commonly used medications in primary care settings. Polypharmacy may lead to adverse outcomes including increased morbidity and mortality, hospitalization, and decreased quality of life.

The activity is designed to educate participants regarding common and potentially harmful medication interactions.

Objectives:

1. Identify common drug-drug interactions between recently released psychotropic medications and commonly used medications in primary care.
2. Describe presenting symptoms patient’s experience with commonly seen psychotropic medication interactions.

**Closing Remarks**

**4:50 pm - 5:00 pm**
SCIENTIFIC PROGRAM

“Evolution Of Psychiatry – Past Accomplishments And Future Endeavors”

SCIENTIFIC PROGRAM SCHEDULE

SUNDAY, NOVEMBER 13  (4 AMA PRA Category I Credits ™)

8:15 am-8:30 am  Opening Remarks

8:30 am-9:30 am  BOTULINUM TOXIN: TREATMENT OF DEPRESSION
Michelle Magid, MD

Professional practice gap: Many of the traditional treatment approaches for depression are either ineffective or unacceptable for some patients. There have been a small number of studies indicating the use of botulinum toxin may be an alternative means of treatment for some depressed patients. Though larger studies are needed, the use of botulinum toxin is emerging as a potential treatment modality for patients with major depressive disorder.

The activity is designed to educate participants regarding the current literature on the use of botulinum toxin for the treatment of depression.

Objectives:
1. Describe the somatic feedback loop hypothesized in the use of botulinum toxin for the treatment of depression.
2. Identify the current status of the use of botulinum toxin for the treatment of depression.

9:30 am-10:30 am  EVOLUTION AND FUTURE DIRECTIONS IN THE PSYCHOPHARMACOLOGICAL TREATMENT OF PREGNANCY AND POSTPARTUM
Lucy J. Puryear, MD

Professional practice gap: This session addresses the risks and benefits of prescribing psychotropic medications during pregnancy. Recent literature has been conflicting at times regarding the relative safety of antidepressants during pregnancy and the potential outcomes for teratogenic effects and development. Other medications such as antipsychotics and mood stabilizers have differing levels of teratogenic effects and are often considered in the context of poorly controlled schizophrenia or bipolar illness in pregnancy.

The activity is designed to enhance the knowledge of participants in the relative risks and benefits of psychotropic medication use in pregnancy, treatment alternatives, and the risk of uncontrolled psychosis and mood disorders.

Objectives:
1. Describe the relative risks and benefits of psychotropic medications in the first, second, and third trimesters of pregnancy.
2. Discuss alternative treatments of psychiatric disorders during pregnancy.

10:30 am-10:45 am  Refreshment Break

10:45 am-12:45 pm  ETHICS: THE MAJOR FINDINGS OF MENTAL HEALTH LITERACY RESEARCH AND WHY THEY MATTER
John Z. Sadler, MD

Professional practice gap: Ethical practice and research in psychiatry continues to be challenging with emerging biotechnologies, funding challenges, and conflicting ethical principles. This presentation will discuss commonly encountered ethical challenges, prioritizing ethical principles, and how and when to seek ethics consultation in practice and research.

The activity is designed to improve the knowledge of participants regarding commonly encountered misperceptions about psychiatry and how to overcome these barriers to care and seek ethical consultation when needed. Stigma about seeking treatment continues to be a major barrier to treatment, especially for some groups of patients. The presentation will enable psychiatrists to communicate more effectively with patients and other clinicians to decrease stigma and improve access to care.

At the end of this presentation, participants should be able to:
1. Describe the range of attitudes the public holds towards psychiatrists and psychiatry.
2. Describe the major resistances to help-seeking in mental health.
3. Describe the major foci of patient, and would-be patient education regarding mental health care, especially by psychiatrists.
4. Describe the importance of ethical conduct and virtue in reducing bias against mental health help seeking.

12:45 pm-1:00 pm  Closing Remarks

CME PROGRAM GOAL / TARGET AUDIENCE
This live activity has been designed in a format consisting of case study presentations, lectures and direct discussion to provide its primary target audience of Psychiatrists, as well as other specialties of medicine, with the most up-to-date, evidence-based data that can be translated into clinical practice.

Information and data will address, new developments in treatments and new directions in research to address the professional practice gaps of the learners and advance the physicians’ competence and effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

The learning objectives for this activity have been designed to address clinician competence.

NEEDS ASSESSMENT
TSPP has incorporated into this CME activity the relevant educational needs concerning competence that underlie the professional practice gaps of our participants.

ACCREDITATION STATEMENT
The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

CREDIT STATEMENT
The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of ten (10) AMA PRA Category I Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT
The presentation entitled “The Major Findings of Mental Health Literacy Research and Why They Matter” has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

FACULTY AND PLANNERS DISCLOSURE POLICY
The Texas Society of Psychiatric Physicians will disclose to participants the existence of any relevant financial relationships between faculty members, TSPP staff and members, who planned, authored, contributed to, and/or reviewed the content of this activity, and any commercial interest discussed in this educational activity. Disclosure will occur through written communication in the syllabus / handout material.
### SCIENTIFIC PROGRAM

**“Evolution Of Psychiatry – Past Accomplishments And Future Endeavors”**

## ABOUT THE SPEAKERS

<table>
<thead>
<tr>
<th><strong>MICHAEL ESCAMILLA, MD, PhD</strong></th>
<th><strong>JOHN Z. SADLER, MD</strong></th>
</tr>
</thead>
</table>
| Psychiatry Professor and Director  
Center of Emphasis in Neurosciences  
Department of Psychiatry  
Texas Tech University Health Sciences Center  
El Paso, TX | The Daniel W. Foster, MD Professor of Medical Ethics  
Professor of Psychiatry and Clinical Sciences  
UT Southwestern  
Dallas, TX |

<table>
<thead>
<tr>
<th><strong>ROBERT HUDAK, MD</strong></th>
<th><strong>STEPHEN R. SAKLAD, PharmD, BCPP</strong></th>
</tr>
</thead>
</table>
| Associate Professor of Psychiatry  
Department of Psychiatry  
University of Pittsburgh  
Pittsburgh, PA | Director, Psychiatric Pharmacy Program  
Pharmacotherapy Education and Research Center  
UT Health Science Center  
San Antonio, TX |

<table>
<thead>
<tr>
<th><strong>JOHN KLIWER, MD</strong></th>
<th><strong>MICHIELLE MAGID, MD</strong></th>
</tr>
</thead>
</table>
| Consultant  
Department of Psychiatry  
Texas Tech University Health Sciences Center  
San Antonio, TX  
Center of Emphasis in Neurosciences  
Texas Tech University Health Science Center El Paso  
El Paso, TX | Clinical Associate Professor,  
UT Austin Dell Medical School  
Clinical Assistant Professor,  
Texas A&M Health Science Center  
Clinical Assistant Professor,  
UT Medical Branch Galveston  
Adult Psychiatry and Psychotherapy  
Austin Psychcare, PA  
Austin, TX |

<table>
<thead>
<tr>
<th><strong>LUCY J. PURYEAR, MD</strong></th>
<th><strong>MARISA S. TOUPS, MD</strong></th>
</tr>
</thead>
</table>
| Medical Director  
The Womens Place – Center for Reproductive Psychiatry  
Co-Director, The Menopause Center at Texas  
Children's Pavilion for Women  
Maureen Hackett Endowed Chair  
for Reproductive Psychiatry  
Associate Professor of Obstetrics and Gynecology  
Baylor College of Medicine  
Associate Professor of Psychiatry,  
Menninger Department of Psychiatry  
Baylor College of Medicine  
Houston, TX | Assistant Professor  
UT Southwestern Medical Center  
Dallas, TX |

<table>
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<tr>
<th><strong>JUAN M. ZAVALA, MD</strong></th>
<th><strong>LUCY J. PURYEAR, MD</strong></th>
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| Assistant Professor  
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Associate Professor of Psychiatry,  
Menninger Department of Psychiatry  
Baylor College of Medicine  
Houston, TX |
Thank You

TO THE FOLLOWING SPONSORS AND EXHIBITORS FOR THEIR SUPPORT OF TSPP’S ANNUAL CONVENTION!

SPONSORS

DIAMOND
Texas Foundation for Psychiatric Education and Research

PLATINUM
Strategic Behavioral Health

GOLD
Tris Pharma, Inc.

EXHIBITORS

American Professional Agency, Inc.
Cedar Crest Hospital & RTC
Cunningham Group
HCA (Hospital Corporation of America), Inc.
HereForTexas.com
Humana
JSA Health Telepsychiatry
McLean Hospital
Professional Risk Management Services, Inc.
Staff Care
Strategic Behavioral Health
Texas Foundation for Psychiatric Education and Research
The Menninger Clinic
TMS Neuro Solutions
Tris Pharma, Inc.
US Air Force Health Professions
UTMB Correctional Managed Care

EXHIBITOR SCHEDULE

Friday, November 11
6:30 pm - 8:30 pm – Welcome Reception with Exhibitors

Saturday, November 12
7:45 am - 8:15 am – Continental Breakfast with Exhibitors
10:30 am - 10:50 am – Refreshment Break with Exhibitors
2:30 pm - 2:50 pm – Refreshment Break with Exhibitors
4:00 pm – Exhibits Close
**Texas Society of Psychiatric Physicians**

**60th Annual Convention & Scientific Program**

**November 11-13, 2016 • Marriott Quorum by the Galleria Hotel, Dallas-Addison, Texas**

Please complete this form and return it with your check, money order or credit card information for your registration and event fees to the Texas Society of Psychiatric Physicians, 401 West 15th Street, Suite 675, Austin, Texas 78701 by October 1 to receive the discounted registration fee. Registration forms and payments by credit card may be faxed to TSPP at 512/478-5223.

### NAME(S) GUEST(S) ATTENDING (for name badges)

<table>
<thead>
<tr>
<th>NAME</th>
<th>E-MAIL</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
<th>PHONE</th>
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</table>

Please check if you are a:  
- APA Fellow  
- APA Distinguished Fellow  
- APA Life Fellow  
- APA Distinguished Life Fellow

### R E G I S T R A T I O N  F E E S

Indicate the NUMBER of individuals who are registered for each event in the appropriate enrollment category listed below. Please note the enrollment fees are PER PERSON and your payment should reflect the proper fee for the number of individuals registered per event.

<table>
<thead>
<tr>
<th>NUMBER ATTENDING EVENT</th>
<th>AFTER 10/1</th>
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<tbody>
<tr>
<td>Golf Outing - Thursday</td>
<td></td>
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<tr>
<td># Please Send Me Additional Information.</td>
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<tr>
<td>Medical Student/Resident Mixer - Thursday</td>
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<tr>
<td># No Charge</td>
<td></td>
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<tr>
<td>Lunch - Friday</td>
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<tr>
<td># Lunch $25</td>
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<tr>
<td>Resident Section Program / Academic Psychiatry Program for Residents - Friday</td>
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<tr>
<td># Consultation/Liaison Psychiatry, Psychosomatic Medicine and Update on Mental Health Policy No Chg</td>
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<tr>
<td># Resident Wellness No Chg</td>
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<tr>
<td>Texas Academy of Psychiatry Program - Friday</td>
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<tr>
<td># Career Lifestyle: Locum Tenens TAP Member No Chg</td>
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<tr>
<td># Non TAP Member $25</td>
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<tr>
<td>Reception w/ Exhibitors - Friday</td>
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<tr>
<td># NOT Registered or Scientific Program $50</td>
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<tr>
<td>Lunch - Saturday</td>
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<td># TSSP / ACADEMY / TSCAP Member $35</td>
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<td># TSSP / ACADEMY / TSCAP Trainee Member $20</td>
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<tr>
<td># Guest $35</td>
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<tr>
<td>Awards Banquet and Gala - Saturday</td>
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<tr>
<td># Awards Banquet $65</td>
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<tr>
<td># Reserved Table for 10* $600</td>
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<tr>
<td>* Name(s) for Reserved Table:</td>
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### SCIENTIFIC PROGRAM - Saturday and Sunday

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<th>AFTER 10/1</th>
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<tbody>
<tr>
<td># TSSP / ACADEMY / TSCAP Member</td>
<td>$275</td>
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<tr>
<td># Non-Member Physician</td>
<td>$325</td>
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<tr>
<td># TSSP / ACADEMY / TSCAP Trainee Member</td>
<td>$35</td>
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**If your Training Director, Associate or Assistant Program Director's registers for the Scientific Program, your Scientific Program Fee is $0.00. Enter your Director's name below if they have registered for the Scientific Program:**

<table>
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<th>NAME:</th>
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### CME Meeting Syllabus Order

<table>
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<tr>
<td># CME Meeting Syllabus In Black/White $45</td>
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<tr>
<td># CME Meeting Syllabus In Color $125</td>
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### Vegetarian Plate Requested. No additional fee if requested prior to 10/1, otherwise there will be an additional fee of $15.00

**MY SPECIAL DIETARY NEEDS:** (ie, Gluten Free or Lactose Free, etc)

### METHOD OF PAYMENT:

- [ ] Check in the Amount of $__________  
  **Make Checks Payable to Texas Society of Psychiatric Physicians**
  
  Please Charge $__________ To My:  
  [ ] VISA  [ ] MasterCard  [ ] American Express  
  Credit Card #: ____________  Expiration Date: ____________

  3 or 4 Digit Code on Back of Card on Right of Signature Panel ____________

  Name of Cardholder (as it appears on card) ____________

  Signature __________________________________________________________________________________________

  ADDRESS WHERE YOU RECEIVE YOUR CREDIT CARD STATEMENT (include address, city, state, zip):

  __________________________________________________________________________________________

  CANCELLATION POLICY: In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by October 1, 2016, less a 25% processing charge. NO REFUNDS will be given after October 1, 2016.