



Texas Society of Psychiatric Physicians

Invisible Scars:

Adverse Childhood Events and Physician Wellness

VIRTUAL LIVE CME WEBINAR

Saturday, November 6 2021

Six (6) AMA PRA Category 1 Credits™,
with 2 of the Hours Designated for Medical Ethics/Professional Responsibility



Michael Escamilla, MD
Chair and Professor
Department of Psychiatry
University of Texas
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Charles Nemeroff, MD
Endowed Chair and
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D. Samba Reddy, PhD, RPH,
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Professor
Department of Neurosciences
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Katherine McQueen, MD
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Susan Wynne, MD
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Scientific Program Schedule

Presented in Central Time Zone

8:45 am - 8:55 am	Log onto Virtual Webinar (Zoom) to be admitted to the CME Program, starts promptly at 9:00 am
9:00 am - 9:30 am	Opening Remarks and Welcome
9:30 am - 10:35 am	<p>Psychodynamic Effects of Early Childhood Trauma: Perspectives from Analytical Psychology Work and Research -- Michael Escamilla, MD</p> <p>Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</p> <ul style="list-style-type: none">• Identify patterns of behavior, thought, and emotion typical of patients with childhood trauma.• Improve ability to communicate the impact of childhood trauma on the diagnosis and treatment of the patient's diagnosis.• Describe how to create a comprehensive treatment plan that addresses a biopsychosocial conception of the patient's illness.• Identify how to provide or coordinate with mental health professionals to provide a psychosocial treatment to address the effects of trauma.• Identify available efficient and reliable instruments and procedures to assess trauma-related symptoms and recovery from them.
10:35 am - 11:40 am	<p>Effects of Childhood Trauma on Treatment and Prognosis of Adult Psychiatric Illness-- Charles Nemeroff, MD</p> <p>Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</p> <ul style="list-style-type: none">• Identify signs, symptoms, and sequelae of childhood trauma in both children and adults.• Incorporate practitioners from multiple disciplines to address therapeutic complications and comorbidities due to childhood trauma.• Identify modifications to treatment plans that are needed in those with childhood trauma compared to those without trauma.• Identify how childhood trauma modifies the prognosis in treating common mental illnesses.
11:40 am - 11:55 am	Break
11:55 am - 2:00 pm	<p>ETHICS: Texas Physician Health Program-- Susan Wynne, MD, Katherine McQueen, MD and Amy Swanholm, JD</p> <p>Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</p> <ul style="list-style-type: none">• Identify reasons/criteria for referral to TX PHP.• State the scope of monitoring available by TX PHP.• Realize that TX PHP does monitoring only, and not treatment of participants.• Identify the types of issues that can be monitored by TX PHP.
2:00 pm - 2:15 pm	Breaks
2:15 pm - 3:20 pm	<p>Developmental Factors in Psychiatric Disorders -- Marsal Sanches, MD, PhD</p> <p>Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</p> <ul style="list-style-type: none">• Describe developmental influences on several psychiatric disorders.• Discuss potential modifications and interventions for these negative influences on mental health.
3:20 pm - 4:25 pm	<p>Psychotropic Medications and Seizure Disorders -- D. Samba Reddy, PhD, RPH, FAAPS, FAAAS</p> <p>Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</p> <ul style="list-style-type: none">• Outline seizure disorders across the lifespan• Discuss clinical signs and symptoms differentiating seizures from PNES• Discuss differential diagnoses of various seizure disorders• Discuss medications used to treat seizures• Discuss medication interaction risks of seizures
4:25 pm - 4:35 pm	Closing Remarks



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SPEAKERS

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TARGET AUDIENCE / PROGRAM OBJECTIVES

This virtual activity has been designed in a lecture format with case examples followed by an interactive audience question and answer period 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. The program is designed to provide its' target audience of Psychiatrists, as well as other medical specialties, with clinically relevant information to advance the physicians' competence and provide them with 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.

IDENTIFIED PRACTICE GAPS / NEEDS ASSESSMENT

TSPP identified educational needs and professional gaps from members expressed needs and in medical literature and incorporated it into the CME activity to address the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

Early childhood trauma is an important determinant of chronicity and treatment resistance in a variety of mental illnesses. In particular, childhood trauma often reduces the efficacy of antidepressant medications in major depressive disorder. Research has shown that adding trauma-focused psychotherapy improves treatment outcomes in this population. This presentation will improve recognition of childhood trauma, identification of the psychological effects of trauma, selection of psychological issues to be addressed in psychotherapy, and evaluation of recovery during treatment.

Childhood trauma complicates the presentation, treatment, and prognosis of many illnesses encountered in adult patients, including mood disorders, anxiety disorders, substance use disorders, and personality disorders. Effective diagnosis and treatment planning requires physicians to identify the presence childhood trauma and the effects of trauma on the therapeutic relationship and treatment effectiveness and compliance.

Physicians treating patients with mental illness often neglect their own health. Texas Physician Health Program monitors physicians with impairment who would like to continue to practice medicine, offering encouragement to physicians and their physician colleagues to self-refer, so that referral is not mandated by Texas Medical Board.

It is challenging for clinicians to stay current on developmental influences on psychiatric disorders. There is a large body of evidence on developmental factors predisposing individuals to psychiatric disorders, some of which can be modified through counseling about health risks during pregnancy.

Seizure disorders are commonly prevalent in the care of psychiatric and neurologic patients such as those with congenital seizure disorders, traumatic brain injuries, tumors, falls in the elderly. It is important to be able to diagnose and treat seizures in patients. The medications used treat seizure disorders have some psychiatric indications and are at risk for interacting with mental health medications. This activity is designed to review the diagnosis and treatment of seizure disorders with emphasis on medications and their interaction risks with other psychiatric medications

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the Texas Society of Psychiatric Physicians. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing education for physicians.

CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Virtual Live Activity for a maximum of six (6) AMA PRA Category 1 Credits™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT

The Ethics Presentation: "Texas Physician Health Program" has been designated by the Texas Society of Psychiatric Physicians for a total of two (2) credits of education in medical ethics and/or professional responsibility.

FACULTY AND PLANNERS DISCLOSURE POLICY

In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the educational activity.

TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any commercial interest concerned with the content of the educational presentation. Disclosure will occur at the beginning of the Virtual CME Activity through verbal and written slide display.