



CPA 20th International CPD Conference February 10 – 20, 2017

Preliminary Conference Agenda

Friday February 10, 2017

Ft. Lauderdale, FL

2:30 – 3:00

Conference Registration

Saturday February 11, 2017

At Sea

Morning

8:00 – 9:00

Welcome: Day 1 - Your hosts will outline the CPD program for the conference along with a demonstration of the conference tablet.

9:00 – 10:00

Post Traumatic Stress Disorder: Novel Approaches in Prevention and Treatment Part I - *Dr. Jitender Sareen*

Dr. Sareen will continue to review the assessment of PTSD and describe the comorbidities and impact on functioning. He will review psychological treatments along with medication treatments and novel interventions and controversies.

10:00 – 11:00

Time to Work and Time to Play – *Dr. Tatyana Barankin*

Dr. Barankin will discuss barriers to seeking help in physicians and the unique risk factors and defenses. Throughout the session, she will help develop strategies to improve resilience.

11:00 – 12:00

Open Your Eyes to EMDR Therapy – *Dr. Andre Gagnon*

When introduced, EMDR modified the field in trauma therapy, as it reduced significantly the symptoms in many severe cases, even refractory to previous interventions. Dr. Gagnon will review how Eye Movement and Desensitization and Reprocessing Therapy has modified the treatment of PTSD and traumas and explain the process of the therapy in the sessions and its impact, and some of the key concepts. He will also explore the use of EMDR for anxiety, grief, and other aspects, such as performance.

Afternoon

1:30 – 3:30

Post Traumatic Stress Disorder: Novel Approaches in Prevention and Treatment Part II - *Dr. Jitender Sareen*

Dr. Sareen will continue to review the assessment of PTSD and describe the comorbidities and impact on functioning. He will review psychological treatments along with medication treatments and novel interventions and controversies.

Sunday February 12, 2017

At Sea

Morning

7:45 – 8:00

Welcome: Day 2 - Your hosts will outline the CPD program for the day.

8:00 – 9:00

Understanding and Nurturing Resilience across the Life Spectrum

Dr. Tatyana Barankin

During this session, Dr. Barankin will discuss the areas of resilience and risk reduction and how to improve skills in building resilience in youth. She will also review bio-psycho-social determinants of resilience and also resilience and risk reduction in physicians and professionals.

9:00 – 10:00

Post Traumatic Stress Disorder: Novel Approaches in Prevention and Treatment Part III - Dr. Jitender Sareen

Dr. Sareen will continue to review the assessment of PTSD and describe the comorbidities and impact on functioning. He will review psychological treatments along with medication treatments and novel interventions and controversies.

10:00 – 12:00

Reach a Top Performance – Dr. Andre Gagnon

This program was initially designed for elite athletes but then offered to various performers (actors, musicians, circus) and professionals (judges, business people, M.D.s). All of these components can be applied in daily use for one's own performance, and are based on simple components that can also be applied to consultation and therapy work. Throughout the session, Dr. Gagnon will discuss how key concepts on enhancing performance can be applied to professional encounters and improve patient care and will share basic principles on daily habits for optimal performance (sleep, nutrition & physical activity). He will also review how to sharpen the ability to relax and learn, how to focus and improve concentration as well as activate mental activity.

Afternoon

1:30 – 3:30

Suicide Risk Assessment and Intervention Part I - Dr. Jitender Sareen

Dr. Sareen will review the assessment of Suicide risk and describe comorbidities and impact on functioning. He will also review psychological treatments along with medication treatments as well as review novel interventions and controversies.

Monday February 13, 2017

St. Thomas, USVI

Evening

5:15 – 5:30

Welcome: Day 3 - Your hosts will outline the CPD program for the day.

5:30 – 7:30

Suicide Risk Assessment and Intervention Part II - Dr. Jitender Sareen

Dr. Sareen will review the assessment of Suicide risk and describe comorbidities and impact on functioning. He will also review psychological treatments along with medication treatments as well as review novel interventions and controversies.

Tuesday February 14, 2017

St. Kitts

Wednesday February 15, 2017

Barbados

Morning

7:15 – 7:30

Welcome: Day 5 - Your hosts will outline the CPD program for the evening.

7:30 – 8:30

Medical Cannabis Interactive Workshop - *Dr. Jacques Plamondon*
Dr. Plamondon will present the cannabinoid system and the possible therapeutic effects of cannabis. He will also discuss the use of cannabis for psychiatric patients.

8:30 – 9:30

Assessing and Treating Depression and Suicidal Intent in Physicians: Legal, Ethical and Clinical Issues - *Dr. Tatyana Barankin*
Dr. Barankin will review how to identify and assess physicians in mental distress and provide effective intervention for depression and suicidality. She will also discuss preventive approaches and the concept of resilience along with the ethical and legal issues in treating physicians.

Thursday February 16, 2017

St. Maarten

Morning

7:45 – 8:00

Welcome: Day 6 - Your hosts will outline the CPD program for the morning.

8:00 – 10:00

Generalized Anxiety Disorder - *Dr. Jitender Sareen*
Dr. Sareen will review the assessment of Generalized Anxiety Disorder and describe the comorbidities and impact on functioning. He will also review psychological treatments, medication treatments and novel interventions and controversies.

10:00 – 11:00

Aging Well – Psychological Adaption and Resilience in Later Life
Dr. Tatyana Barankin
Dr. Barankin will discuss resilience as the ability to adapt to change and how to learn the mastery of adult life tasks. She will also review the factors in predicting healthy aging and how to develop approaches to manage aging memory loss.

11:00 – 12:00

O.C.D. - *Dr. Jacques Plamondon*
During this session, Dr. Plamondon will present the diagnostic criteria of the DSM-5 and review the epidemiology and the risk factors. He will also review the psychological and pharmacological treatments.

Afternoon

3:30 – 4:30

Global Medicine: Psychiatry in the Caribbean
This session will give participants a better understanding on health issues relevant to the conference subject areas, patient health practices, health policy and administration in the Caribbean. *This is a lecture by a local presenter onboard the Celebrity Equinox in St. Maarten.*



Friday February 17, 2017

St. Maarten

Evening

4:15 – 4:30

Welcome: Day 7 - Your hosts will outline the CPD program for the day.

4:30 – 6:00

Getting Wired for Attachment Part I - *Dr. Andre Gagnon*

Dr. Gagnon will review the concept of attachment from multiple perspectives and the cumulative evidence defining the strong prediction capacity and the impact on adult mental health and illness.

After reviewing the basic research knowledge on attachment and the four categories, some basic and simple useful instruments will be presented for clinical use and acumen.

Dismissing the preoccupied styles calls for different stances in the consultation room and for therapy. The links with the basic neuro-circuitry are getting established, and confirm these limitations but also orient the therapy goals.

The concept of coherence will be explored and the Mentalization Based Therapy (MBT) to be explained succinctly. The last portion will accentuate how our clinical interventions could be shaped accordingly to the dominant attachment style, so to avoid toxic shame and negative therapeutic reactions that explain many unsuccessful outcomes.

Saturday February 18, 2017

At Sea

Morning

7:45 – 8:00

Welcome: Day 8 - Your hosts will outline the CPD program for the day.

8:00 – 10:00

Development and Implementation of CBTm Classes Part I

Dr. Jitender Sareen

This session will review the theory behind CBT with mindfulness classes and review novel interventions and controversies.

Saturday February 18th Continued...

10:00 – 11:30

Getting Wired for Attachment Part II - Dr. Andre Gagnon

Dr. Gagnon will continue to review the concept of attachment from multiple perspectives and the cumulative evidence defining the strong prediction capacity and the impact on adult mental health and illness.

After reviewing the basic research knowledge on attachment and the four categories, some basic and simple useful instruments will be presented for clinical use and acumen.

Dismissing the preoccupied styles calls for different stances in the consultation room and for therapy. The links with the basic neuro-circuitry are getting established, and confirm these limitations but also orient the therapy goals.

The concept of coherence will be explored and the Mentalization Based Therapy (MBT) to be explained succinctly. The last portion will accentuate how our clinical interventions could be shaped accordingly to the dominant attachment style, so to avoid toxic shame and negative therapeutic reactions that explain many unsuccessful outcomes.

11:30 – 12:30

Development and Implementation of CBTm Classes Part II

Dr. Jitender Sareen

This session will continue to review the theory behind CBT with mindfulness classes and review novel interventions and controversies.

Sunday February 19, 2017

At Sea

Morning

7:45 – 8:00

Welcome: Day 9 - Your hosts will outline the CPD program for the day.

8:00 – 10:00

Development and Implementation of CBTm Classes Part III

Dr. Jitender Sareen

This session will review the theory behind CBT with mindfulness classes and review novel interventions and controversies.

10:00 – 11:00

Opportunities for Prevention in Children of Mentally III

Dr. Tatyana Barankin

In her final session, Dr. Barankin will discuss how to improve knowledge and skills in the area of prevention and risk reduction and to appreciate the impact of mood disorder in parents on their partners and children. She will also review individual and family resilience building strategies.

11:00 – 12:00

Development and Implementation of CBTm Classes Part IV

Dr. Jitender Sareen

This session will review the theory behind CBT with mindfulness classes and review novel interventions and controversies.