We invite you to attend the third annual Houston Mood Disorders Conference, with this year’s focus on “Advances in Diagnosis and Treatment of Major Depressive Disorder.”

This two-day event, hosted by the UTHealth Center of Excellence on Mood Disorders, brings together leading experts in the field of psychiatry to explore the most recent advances in the diagnosis and treatment of major depressive disorder. Equipped with state-of-the-art translational and clinical research laboratories, the center is dedicated to the study of the causes of mood disorders and to the development of innovative treatments for these serious mental illnesses. Active clinical and research teams specialize in clinical neurosciences (neuroimaging, neurophysiology, cognitive neurosciences and genetics), as well as clinical psychopharmacology and interventions research. It is also a Center of Excellence member of the National Network of Depression Centers, a consortium of leading academic medical centers working to accelerate research, education and improved treatment options for people with depressive and bipolar illnesses.

As Houston continues to gain international recognition for the outstanding research coming out of the UTHealth Center of Excellence on Mood Disorders, we are doubling our efforts to share information and treatment options with our larger clinical community. We hope you will join us in discussing major depressive disorder and exploring possibilities for finding future solutions.

I look forward to seeing you there!

Jair C. Soares, MD, PhD
Professor and Chair
Pat R. Rutherford, Jr. Chair in Psychiatry
Department of Psychiatry and Behavioral Sciences at McGovern Medical School
Executive Director, UTHealth Harris County Psychiatric Center

Conference Overview:
Depression is one of the most common mental health disorders in the United States, affecting more than 17 million American adults. Despite the numerous treatment options currently available, approximately thirty percent of patients with major depressive disorder do not achieve remission. This conference will explore the greatest clinical challenges across the life-span and in complex clinical scenarios. Interdisciplinary clinicians and scientists will offer new insights from the latest research on major depressive disorder and discuss the role of novel therapeutic approaches for treatment optimization. Attendees will gain practical and valuable knowledge to improve and enhance depression care and overall mental health care in Houston and the surrounding communities.

Memorial Hermann-Texas Medical Center
September 20-21, 2019
Register: https://go.uth.edu/2019MoodDisordersConf

11.25 CME/Psychology CE credits offered.
Learning Objectives
1. Discuss the challenges in the diagnosis and management of major depressive disorder and the recent advances in the treatment of MDD, and apply this knowledge in clinical practice
2. Explain the current role of psychotherapeutic interventions in the management of major depressive disorder
3. Define alternative pharmacological and nonpharmacological approaches to the management of treatment-resistant major depressive disorders

Agenda
Friday, September 20, 2019
1:00 p.m.  Check-in & Onsite Registration (Light Refreshments provided)

Session 1: Depression across the life-span
2:00 p.m.  Depression in Children
   - Daniele Schatte, MD
   - Associate Professor of Psychiatry, The University of Texas Medical Branch

2:30 p.m.  Depression in Adults
   - Marisol Sanchez, MD, PhD
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

3:00 p.m.  Depression in the Elderly
   - Ali Abbas Agha-Alli, MD
   - Associate Professor of Psychiatry, Baylor College of Medicine

3:30 p.m.  Q&A

3:45 p.m.  Break

Session 2: Psychotherapy for Depression Treatment
4:00 p.m.  Behavioral Activation
   - Gene L. Evans-Hudnall, PhD

4:30 p.m.  Interpretive Therapy
   - Brittany O’Brien, MD
   - Assistant Professor of Psychiatry, Baylor College of Medicine

5:00 p.m.  Cognitive Behavioral Therapy
   - Thomas D. Meyers, PhD
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

5:30 p.m.  Q&A

5:45 p.m.  Evening Break & Light Dinner (included with registration)

6:45 p.m.  Welcoming Remarks
   - Dr. P. R. Bhatker, Jr, Chair in Psychiatry, McGovern Medical School at UTHealth

7:00 p.m.  Keynote
   - Mauricio Tohen, MD, DePh, MBA
   - Professor & Chair of Psychiatry, University of New Mexico School of Medicine

8:15 p.m.  End

Session 3: Complex Presentations of Depression
10:15 a.m.  Bipolar Depression
   - Alan Swann, MD
   - Professor of Psychiatry, Baylor College of Medicine

10:45 a.m.  Suicidality in Children (Ethics Credit)
   - Elizabeth Nolan, MD, ARNP
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

11:15 a.m.  Suicidality in Adults (Ethics Credit)
   - Melissa Allen, DO
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

11:45 a.m.  Q&A

12:00 p.m.  Lunch (included with registration)

Session 4: Pharmacological Therapeutic Strategies for Treatment-Resistant Depression
1:00 p.m.  Pharmacogenomics
   - Consuelo Wu-Bass, PhD
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

1:30 p.m.  Revisiting Monoamine Oxidase Inhibitors
   - Snihakar Sarma, MBBS, DPPhD (PhD, Oxon), MRCPsych
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

2:00 p.m.  Ketamine
   - Rodrigo Machado-Vieira, MD, PhD
   - Professor of Psychiatry, McGovern Medical School at UTHealth

2:30 p.m.  Q&A

2:45 p.m.  Break

Session 5: Neurostimulation Strategies for Treatment-Resistant Depression
3:00 p.m.  Transcranial Magnetic Stimulation (TMS)
   - Saule Seidke, MD, PhD
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

3:30 p.m.  Electroconvulsive Therapy (ECT)
   - Salah Seidke, MD
   - Associate Professor of Psychiatry, McGovern Medical School at UTHealth

4:00 p.m.  Deep Brain Stimulation (DBS)
   - Paul Schulz, MD
   - Professor of Neurology, McGovern Medical School at UTHealth

4:30 p.m.  Q&A

4:45 p.m.  Closing Remarks

5:00 p.m.  End

Who Should Attend?
This symposium is designed for all health care professionals who work with mental health issues, including physicians, nurse practitioners, physician assistants, social workers, psychologists, and therapists, as well as residents, fellows, medical students, and other trainees.

Registration
Register online at: https://go.uth.edu/2019MoodDisordersConf

Location & Parking
Memorial Hermann-Texas Medical Center Conference Room
6411 Fannin, Houston, TX 77030
Parking is available at the Memorial Hermann Medical Plaza and the UT Physicians Professional Building at the cost of $10 per day and does not include in and out privileges. Please refrain from using the hospital valet. This service is for the patients and visitors of the hospital.

Continuing Education
PHYSICIANS – This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Baylor College of Medicine and The University of Texas Health Science Center at Houston. Baylor College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 11.25 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

NURSES – This activity provides 11.25 contact hours of nursing continuing education. The Texas Nurses Association – Approved, an approved provider with distinction by the American Nurses Credentialing Center’s Commission on Accreditation. This activity provides 11.25 contact hours of nursing continuing education.

Social Workers – This program has been approved for 11.25 credit hours in accordance with the requirements of the Texas State Board of Social Work Examiners. Provider Sponsor: UT-Harris County Psychiatric Center/Provider Number: CS1177.

Regular Registration (After 9/3/2019)
- Health care professionals………………………………………………………….. $75
- Students & Non-Health Professionals………………………………………... $25

Early Bird Registration (Before 9/3/2019)
- Students & Non-Health Professionals………………………………………... $25
- Health care professionals………………………………………………………….. $100

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