

2019 SC Psychiatric Association Annual Meeting in conjunction with  
The SC Council of the American Academy of Child and Adolescent Psychiatry.

# MEDICE, CURA TE IPSUM: EXPLORING PSYCHIATRIST WELL-BEING

January 25 - 27

Columbia Marriott

1200 Hampton St. Columbia, SC 29201

## HOTEL RESERVATIONS

**Columbia Marriott:** 1200 Hampton Street,  
Columbia, SC 29201 (803) 771-7000

**Rate:** \$125.00/ night plus tax\*

*\*In order to receive a discounted rate, you must indicate that you are with the South Carolina Psychiatric Association*

**Reserve By Date:** Thursday, December 20, 2018

**Parking:** Available in the City-owned garage attached to the hotel. Self-parking is \$12.00 per day or \$25 for valet parking.

## SCHEDULE OF EVENTS

*Note: SC Council of the American Academy of Child and Adolescent Psychiatry topics are Friday 8 am-4:45 pm.*

### FRIDAY, JANUARY 25

7:00 am-5:00 pm	Registration
7:00-8:00 am	Breakfast
7:30-9:30 am	Exhibitor Setup
7:50-8:00 am	Welcome
8:00-10:00 am	Psychiatry Beyond the Clinic: Gaming, Paul Weigle, MD
10:00-10:30 am	Break/Exhibits
10:30-11:30 am	What Child and Adolescent Practitioners Should Know About the Internet, John Luo, MD
11:30 am-12:30 pm	The Medical-Legal Partnership, Emily Suski
12:30-1:30 pm	Lunch
1:30-2:30 pm	Current Political Issues in Healthcare, Jacqueline Fox
2:30-3:30 pm	The Top 10 Hot Topics in Pediatrics, James Stallworth, MD
3:30-3:45 pm	Break/Exhibits
3:45-4:45 pm	Gang Awareness, Lt Rafael Gonzalez, Richland County Sheriff's Department
5:00-5:45 pm	Resident Meet and Greet
6:00-7:15 pm	Welcome Reception & Poster Presentations
7:30-8:45 pm	President's Welcome and Opening Session: Role of Technology in Physician Burnout, Robert Boland, MD



BOARD MEETING

3:30-5:00 pm      SCPA Executive Committee Meeting

**SATURDAY, JANUARY 26**

7:30 am-1:00 pm      Registration/Exhibits  
7:30-8:20 am          Breakfast  
8:20-8:30 am          Welcome and Introduction  
8:30-9:30 am          Physician Wellness and Burnout, Kim Penberthy, PhD  
9:40-10:40 am        Depression and Burnout Among Training Physicians, Constance Guille, MD  
10:40-11:00 am        Break/Exhibits  
11:00 am-Noon        Myths and Biases in Psychosomatic Medicine, Robert Boland, MD  
12:10-1:10 pm        John Luo, MD (Topic TBD)  
1:15-2:15 pm        Lunch, Business Meeting, Awards

**SUNDAY, JANUARY 27**

7:30 am-Noon        Registration/Exhibits  
7:30-8:20 am          Breakfast  
8:20-8:30 am          Welcome and Introduction  
8:30-9:30 am          Identification and Treatment of Bipolar Disorder in Pregnancy and Postpartum, Stephanie Berg, MD and Ashley Jones, MD  
9:40-10:40 am        Seclusion and Restraint in Inpatient and Residential Settings: Role of the Psychiatrist, Kim Masters, MD  
10:40-11:00 am        Break  
11:00am-Noon        What Happens to Sleep and Daytime Function During Stress and Depression? Richard Bogan, MD  
12:10-1:10 pm        Psychiatric Issues in Patients with Huntington's Disease, Robert Breen, MD

# SESSION TOPICS AND OBJECTIVES

## IN ORDER BY SPEAKER'S LAST NAME

Dr. Stephanie Berg and Dr. Ashley Jones, **Identification and Treatment of Bipolar Disorder in Pregnancy and Postpartum**

1. Review strategies for identification of bipolar disorder in pregnancy and postpartum
2. Discuss evidence-based treatments of bipolar disorder in pregnancy and postpartum
3. Review strategies for identification and treatment of postpartum psychosis

Dr. Richard Bogan, **What Happens to Sleep and Daytime Function During Stress and Depression?**

1. Review normal human sleep and wake physiology in order to maintain homeostatic and optimal function.
2. Explore mood disorders as to the impact on sleep/wake processes both from a basic science perspective, clinical implications as well as diagnostic considerations.
3. Extrapolate knowledge to approach therapeutic options.

Dr. Robert Boland, **Role of Technology in Physician Burnout**

1. Describe the evidence supporting the idea of burnout as it relates to technology.
2. List the pro's and con's of technology as it relates to physician wellness.
3. Consider ways in which technology could improve one's professional life.

Dr. Robert Boland, **Myths and Biases in Psychosomatic Medicine**

1. Describe the process by which individual experiences become incorporated as "truths"

2. Identify examples of such myth building in the way we evaluate and treat our patients.
3. Develop a plan to minimize the biases that contribute these myths.

Dr. Robert Breen, **Psychiatric Issues in Patients with Huntington's Disease**

Jacqueline Fox, **Current Political Issues in Healthcare**

1. Provide updates on local and national healthcare law and policies.

Lt Rafael Gonzalez, Richland County Sheriff's Department, **Gang Awareness**,

1. This session will provide an update on the current status of gangs.

Dr. Constance Guille, **Depression and Burnout Among Training Physicians**

1. Recognize the prevalence of depression among medical interns
2. Identify risk factors for depression during internship year
3. Know what evidence-based interventions are available to reduce depression and burnout

Dr. John Luo, **What Child and Adolescent Practitioners Should Know About the Internet**

1. Recognize what activities on the Internet are addicting to children and adolescents
2. Utilize in-person interventions to mitigate risk of harm
3. Determine what online treatment modalities may be effective in detection and treatment

**Dr. Kim Masters, Seclusion and Restraint in Inpatient and Residential Settings: Role of the Psychiatrist**

1. Review the Role of the Psychiatrist in Seclusion and Restraint practice in inpatient and residential settings
2. Review current regulations regarding the implementation of seclusion and restraint and its monitoring
3. Learn opportunities for psychiatric intervention in the teaching, prevention and management of seclusion and restraint
4. Examine the concept of Chemical Restraint and its relationship to PRN medication doses
5. Apply these objectives in Seclusion and Restraint prevention and reduction efforts

**Kim Penberthy, PhD, Physician Wellness and Burnout**

1. Describe stress and burnout and how is it related to distressed behaviors in physicians, with a specific focus on psychiatrists.
2. Describe contributions to burnout and related symptoms and behaviors.
3. Present strategies to prevent and address burnout and related challenges, including emotional intelligence, mindfulness, etc.

**Dr. James Stallworth, The Top 10 Hot Topics in Pediatrics**

1. What are the hot topics in the literature?
2. What kinds of things are you seeing that are hot topics?

**Emily Suski, The Medical-Legal Partnership**

1. This session will discuss how physicians work with attorneys to get the services that they need.

**Dr. Paul Weigle, Psychiatry Beyond the Clinic: Gaming**

1. Identify signs and symptoms associated with gaming disorder, a behavioral addiction to video games including diagnostic criteria listed in the DSM-V and upcoming ICD-11.
2. Understand the epidemiology of the phenomenon, including known risk factors, comorbidity, and prognosis.
3. Recognized evidence- and consensus- based treatments for youth suffering from gaming disorder including individual and family therapy options and medication interventions.

**EARLY REGISTRATION DEADLINE: JANUARY 11, 2019**

Register early to take advantage of our early bird special! We will also have onsite registration- but higher rates will apply. Registration fee includes breakfast and lunch for attendee Friday and Saturday as well as breakfast Sunday morning. Registration also includes the Welcome Reception for attendee and guest on Friday.

Please submit your registration form and credit card payment on our website at [www.scpsych.org](http://www.scpsych.org) or by check made payable to SCPA. Mail to: SCPA, 1215 Anthony Avenue, Columbia, SC 29201. For questions call (803) 540-7500 or email at [shelby.walker@scpsych.org](mailto:shelby.walker@scpsych.org).

\*\$25 fee waived for those entered in the poster competition

# REGISTRATION FORM

## MEMBERSHIP CLASS

- |  |  |
|--|--|
| <input type="checkbox"/> Student           | <input type="checkbox"/> Life Fellow               |
| <input type="checkbox"/> Resident & Fellow | <input type="checkbox"/> Distinguished Fellow      |
| <input type="checkbox"/> General Member    | <input type="checkbox"/> Distinguished Life Fellow |
| <input type="checkbox"/> Life Member       | <input type="checkbox"/> Retired                   |
| <input type="checkbox"/> Fellow            |  |

NAME \_\_\_\_\_

NICKNAME FOR BADGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

SPECIAL MEAL: VEGETARIAN OR GLUTEN FREE \_\_\_\_\_

SPOUSE/GUEST NAME (IF ATTENDING FRIDAY RECEPTION) \_\_\_\_\_

### REGISTRATION FEES:

	SCPA/APA/ AACAP Member	After 1/11/2019
AACAP Only Sessions (Friday)	\$175	\$225
SCPA Only Sessions (Friday evening-Sunday)	\$250	\$300
Both Programs (Friday-Sunday)	\$395	\$445
Resident	\$25.00*	
Medical Student	\$0	
	Nonmember Rates	After 1/11/2019
AACAP Only Sessions (Friday)	\$225	\$275
SCPA Only Sessions (Friday evening-Sunday)	\$300	\$350
Both Programs (Friday-Sunday)	\$445	\$495

### I PLAN TO ATTEND (CHECK ALL THAT APPLY)

#### FRIDAY ACTIVITIES

- |   |  |
|---|--|
| <input type="checkbox"/> AACAP Sessions   | <input type="checkbox"/> Breakfast       |
| <input type="checkbox"/> Lunch  | <input type="checkbox"/> Keynote Session |
| <input type="checkbox"/> Welcome Reception ( <input type="checkbox"/> Check here if a guest is attending) |  |

#### SATURDAY ACTIVITIES

- |  |   |
|--|---|
| <input type="checkbox"/> Breakfast Buffet  | <input type="checkbox"/> Scientific Session |
| <input type="checkbox"/> Business Meeting & Luncheon to honor Residents/Students |   |

#### SUNDAY ACTIVITIES

- |   |
|---|
| <input type="checkbox"/> Breakfast Buffet   |
| <input type="checkbox"/> Scientific Session |

TOTAL AMOUNT DUE \_\_\_\_\_

### PAYMENT OPTIONS

PAY ONLINE! [www.scpsych.org](http://www.scpsych.org) or by mailing a check made payable to SCPA, 1215 Anthony Avenue, Columbia, SC 29201.

### REFUND POLICY

Refunds will not be made after January 11, 2019. All requests for refunds must be sent in writing to SCPA, 1215 Anthony Avenue, Columbia, SC 29201, faxed to (803) 254-3773 or sent via email to [info@scpsych.org](mailto:info@scpsych.org).