Families and Children: Repair & Rejuvenation

Learn, practice, and perform skills that will get families & children back on track.

Sponsored by University of Colorado School of Medicine Office of Continuing Medical Education
Aspen, Colorado is again the site for our 3 day Psychiatry Conference. For our 35th Annual Conference, we will continue our psychotherapy skill building tracks, and have added new consultation groups. The course is directed to all health professionals and clinical disciplines dealing with the treatment of depression.

The Given Institute is a delightful site for a meeting. The building is surrounded by beautifully landscaped grounds which are used for informal discussion and social events. The Institute is located at 100 E. Francis St., at the corner of Garmisch & E. Francis, 3 blocks north of Highway 82 (main street). The telephone number is 970-544-6000. Visit: www.givenstitute.org for more information.

ASPEN, COLORADO
Aspen is located 200 miles west of Denver at an elevation of 7,900 feet, in the midst of the White River National Forest, near some of the most spectacular scenery in Colorado. It may be reached from Denver by automobile via Routes 285, 24, and 82 which is a breathtaking ride over Independence Pass (approximately 3.5 hours), or via Glenwood Springs on Interstate 70 and Route 82 (approximately 4 hours). Many find it convenient to arrange for a rental car in Denver; however, regularly scheduled flights on United Express from Denver International Airport are also available. Amtrak train service is also available between Denver and Glenwood Springs, with shuttle bus service from Glenwood to Aspen. Colorado weather features warm days, cool evenings and occasional late afternoon showers. Bring clothing suitable for temperature ranges between 55-85 degrees fahrenheit. Casual wear is appropriate and encouraged. Sunglasses and sunblock are advised.

ASPEN ACTIVITIES
Aspen is one of the nation’s foremost cultural centers. The internationally renowned Aspen Music Festival attracts some of the best conductors and musicians in the world. For a free calendar of events write to Music Associates of Aspen, 2 Music School Road, Aspen, CO 81611. Telephone 970-925-3254; fax 970-920-1643; e-mail: festival@aspenmusic.org - Visit: www.aspenmusicfestival.com for more information.

Dance Aspen offers performances by top dance troupes from around the country. The Aspen Art Museum, located in the historic power plant building, features shows by nationally recognized artists and curators. Downtown Aspen also houses several well-known galleries and shops. Aspen provides unequalled opportunities for hiking, fishing, biking, horseback riding, golf, tennis, rafting, hot air balloon rides, and more. Information and a pre-registration packet are available online at www.uchsc.edu/cme, click on Events, then click on August 2010 or you may call Blazing Adventures directly at 800-282-7238 or 970-923-4544 and ask for the Group Services department. For more information on Aspen activities, visit: www.aspenchamber.org.

FEES
Postmarked by June 30, 2010: $350. Postmarked after June 30: $390. Each attendee will participate in one, 3-day skill building track in addition to daily consultation groups. See brochure for a complete description. All registration fees include a non-refundable administrative charge of $50, continental breakfasts, refreshments, reception and syllabus. Cancellation: Up to 10 working days before this course, a 90% refund (calculated after subtraction of the $50 administrative charge) will be made for cancellations. No refunds will be granted after this date or for non-attendance. The conference committee reserves the right to cancel this conference in the event of an unforeseen circumstance, or if the minimum acceptable registration is not attained.
There is a shortage of psychiatric service providers for children and families. This year our focus is on mastering skills and techniques that have demonstrated efficacy for the repair & rejuvenation of families, children and adolescents - and many which you can use for yourself. And, you will find that what you will learn here will be useful no matter the setting in which you work.

In addition to the Keynote, “Timed Interventions at Critical Junctures: getting families and children back on track” and participating in our consultation groups, attendees will choose one of our 3-day skill-building tracks where you will learn, practice and perform the basic techniques, of one of the following:

1. Interventions that calm disruptive behaviors in high-conflict families
2. How to use motivational interviewing & cognitive-behavioral techniques to engage treatment-resistant patients
3. Cognitive Behavioral Therapy techniques for anxious children and anxious parents because anxiety is usually “all in the family”
4. How to reduce stress in our patients (and ourselves) with yogic breathing & deep relaxation
5. How to use the non-verbal technique of Family Sculpting to discover – and deal with - dysfunctional family dynamics

In addition, attendees will bring their clinical questions to daily consultation groups each with a specific focus:
- Mood and anxiety disorders
- Chronic illness, chronic pain
- Substance abuse
- Sleep disorders in children or parents

**LEARNING OBJECTIVES**

**SCHEDULE**

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High-conflict families are characterized by maladaptive social processes and disruptive behaviors, such as arguing, defiance, explosive outbursts, irritability, verbal and physical aggression. But, this doesn’t always have to be the case. Empirically validated programs, such as Parent Management Training (PMT), Collaborative Problem-Solving (CPS) and Parent Effectiveness Training (PET), are designed to reduce disruptive behavior in families and children. Actually, these are skills that most families can, at times, use, no matter how well functioning. Through lecture, didactic discussion, videotapes and role plays, attendees will learn to apply techniques for intervening with high-conflict, treatment resistant families. On Day One, attendees will be taught how to facilitate affect regulation, empathic understanding and conflict resolution. On Day Two, attendees will learn how to facilitate assertiveness and collaborative problem-solving between family members and On Day Three, attendees will master the facilitation of behavior modification through the use of modeling, reinforcement and praise.

Mary N. Cook, MD, Board Certified Child and Adolescent Psychiatrist, is Medical Director of Clinical Services for the Department of Psychiatry at The Children’s Hospital in Denver, CO, and the Child Psychiatry Clinic and Intensive Family Therapy Program at The University of Colorado Hospital. Dr. Cook is a highly regarded Assistant Professor at the University of Colorado School of Medicine where she is actively involved in training child psychiatry residents and other trainees. She specializes in working with families with children who’ve been diagnosed with Disruptive Behavior Disorders. She is author of Counseling Kids with Emotional and Behavioral Problems in the Schools (Love Publishing, 2008) and frequently provides presentations in the community for schools and primary care providers.

1. TURN DOWN THE HEAT IN HIGH CONFLICT FAMILIES – Interventions that reduce disruptive behaviors in high conflict families.

Mary N. Cook, MD

2. AVOID TRAPS & ROLL WITH RESISTANCE: The use of motivational interviewing & cognitive-behavioral techniques to engage treatment-resistant patients.

Christian Thurstone, MD

This three-day workshop will focus on how to engage difficult patients, no matter the setting, with the use of motivational interviewing and cognitive-therapy techniques. We will use adolescents with substance abuse disorders as a model for working with difficult patients in general. The following skills and concepts will be reviewed, practiced and learned through the use of interactive role-playing, other exercises, and brief didactic sessions.

1. How to utilize patient and client treatment resistance and ambivalence to induce change with motivational interviewing techniques.
2. How to use specific techniques to help clients resolve ambivalence in the direction of positive change (e.g. rolling with resistance, eliciting self-change talk, developing discrepancy, supporting self-efficacy, expressing empathy)
3. How to structure the feedback sessions in which therapists provide objective feedback of the client’s current behaviors
4. How to avoid common traps that move clients away from positive change
5. How to use some basic cognitive behavioral techniques in the treatment of adolescent substance use disorders (e.g. goal setting, functional analysis, and coping with cravings)

Christian Thurstone MD, Assistant Professor of Psychiatry at the University of Colorado School of Medicine, is board certified in General & Child/Adolescent Psychiatry, and Addiction Psychiatry. He is Medical Director of Denver Health’s adolescent substance treatment program. In addition, Dr. Thurstone conducts NIH-funded research to develop more effective treatments for adolescents with substance abuse disorders. He is also actively involved in the training of Psychiatry Residents, Addiction Fellows, and Medical Students.

3. THE PRANAYAMA TRACK: Yogic breathing & deep relaxation to reduce stress in ourselves and in our patients.

Marianne Z. Wamboldt, MD, RYT

Most people know about yogic postures but there is emerging evidence in Western medicine that yoga also offers more subtle and effective techniques that are easily integrated with traditional psychotherapeutic approaches. Some of these practices can be transformative and can lead to breakthroughs when more usual approaches have not proved sufficient.

Yogic breathing, pranayama, is one such practice. A central part of health and spiritual practices in Indo-Tibetan traditions, pranayama is thought to be fundamental for the development of physical well-being, mindfulness and enlightenment. Pranayama is both a form of meditation in itself and a preparation for deep meditation. There is evidence that Yoga breathing has a role in stress reduction and in the treatment of depression, anxiety, post-traumatic stress disorder, and has been used for victims of mass disasters. Yoga Nidra is a profoundly transformative practice that leads to lasting psychological change, as well as physical and emotional healing. It teaches you how to live a contented life, free of conflict, anxiety, fear and suffering by opening your mind and body to their inherent ground of health and wholeness. It is a practice of deep relaxation and visualizations, and is currently being used in the military to disrupt the symptoms of PTSD in combat veterans.

In this three day workshop, Dr. Wamboldt, a registered yoga teacher, will teach attendees the key practices she has found most helpful for herself, in working with children, and in working with adults. On Day One, attendees will learn and practice a number of yogic breaths, or pranayama. These will include three part yogic breath (for relaxation), kapalabati (for energizing) and alternate nostril breathing (for balance). Attendees will discuss how to integrate the use of these techniques with their clinical work. On Day Two, attendees will learn theoretical background about the practice of yoga nidra, and experience two different 30 minute sessions of this deep relaxation technique. On Day Three, attendees will practice teaching each other the yogic breaths, and will each teach and experience a yoga nidra session.

Marianne Z. Wamboldt, MD

The Cannon Y. and Lyndia K. Harvey Chair in Child and Adolescent Psychiatry Professor and Vice Chair, Department of Psychiatry, University of Colorado School of Medicine Chair, Psychiatry and Behavioral Sciences, The Children’s Hospital, Colorado

4. THE SCULPTING GAME – Discover relationships in non-verbal ways

Isabelle Guillenet, MD & Ashley Smith, LCSW

If you have never tried it, want a new adventure, and wish to add “therapeutic” spontaneity to your practice - join our workshop! Family Sculpting is a well recognized, active, non-verbal, experiential technique that can be used in variety of treatment settings at any point in the course of therapy. It’s an energizing and tremendously useful “game” which confronts attitudes and behaviors in non-verbal ways. Sculpting creates a visual representation of relationships that inevitably brings insight and awareness in ways that pure verbal expression cannot. For instance, family members...
might be physically modeled as they are perceived and experienced by other family members. The same can be done in other interactions. In this way, new understandings about relationships and relationship dynamics are reached in ways that are different - and likely more “real” – than can be achieved in more traditional therapy.

On Day One, attendees will be introduced to the theoretical models used in family sculpting, the techniques utilized in sculpting, participate in movement exercise to increase participant’s comfort level and body awareness and break into small groups to practice sculpting an emotion. Afterwards, we will discuss how the group sculpts went. On Day Two, we will introduce two clinical vignettes which attendees will use to switch between the roles of therapists and family members and participate in an active family sculpt. On Day Three, attendees will present vignettes from their own professional work and we all will discuss – and demonstrate – active sculpting as a possible intervention.

Ashley Smith, LCSW, is a therapist on the Intensive Services Department of Psychiatry and Behavioral Sciences at The Children’s Hospital in Aurora, CO. She has a special interest in family work and training in narrative family therapy. She is actively involved in the education of child psychiatry residents and social work trainees.

Isabelle Guillemet, MD, a board certified Child and Adolescent Psychiatrist and Trained Family Therapist, is Medical Director of Intensive Services in the Department of Psychiatry and Behavioral Sciences at The Children’s Hospital in Aurora, CO. She is an Associate Professor of Psychiatry at the University of Colorado, School of Medicine. She utilizes a variety of family therapy interventions in acute and short term settings. Dr. Guillemet is a highly sought after teacher and actively involved in the education of psychiatric residents, child psychiatry residents and medical students.

5. ANXIOUS CHILDREN, ANXIOUS ADULTS: Cognitive Behavioral Therapy when anxiety is all in the family Tami Roblek, PhD

Anxiety disorders are the most prevalent mental health issue. Cognitive Behavioral Therapy (CBT) – designed to modify maladaptive thoughts, feelings and behaviors - is the gold standard treatment for these disorders. Therefore, a working knowledge of CBT should be in all providers’ tool kits. Additionally, literature has identified the importance of evaluating family factors when treating anxious children since most often there is also an anxious parent. For clinicians treating anxious adults, these techniques will help parents prevent their children from developing similar anxiety problems. At the end of this skill-building track, which will use anxiety in children as its model, attendees will be able to apply CBT approaches for the treatment of anxiety in any clinical setting.

Through lecture, didactic discussion, videotapes and role plays, attendees will be taught cognitive behavioral therapy approaches for addressing childhood anxiety as well as parental anxiety. On Day One, attendees will learn the conceptual underpinnings of cognitive behavioral therapy and its tailored application with youth. Modules will focus on how to present psycho-education and cognitive restructuring techniques to children, adolescents and their families. On Day Two, attendees will learn how to conduct exposure interventions and how to apply exposure to real life situations. On Day Three, attendees will be taught how to identify - and intervene in - parental interactions that contribute to the development and maintenance of childhood anxiety including parental enmeshment and accommodation.

Tami Roblek, PhD is the Clinical Director of the Stress and Anxiety Disorders Program in the Department of Psychiatry and Behavioral Sciences at The Children’s Hospital in Aurora, CO. She is an Assistant Professor of Psychiatry at the University of Colorado, School of Medicine. She received her PhD in Clinical Psychology from the University of Louisville and completed internships and a postdoctoral fellowship at the UCLA Neuropsychiatric Institute where she specialized in child and adolescent anxiety disorders. Dr. Roblek was the recipient of an NIMH-funded National Research Service Award focused on family environmental factors associated with Obsessive Compulsive Disorder. She specializes in assessing and treating youth with anxiety and related disorders. She is the co-author of “Cognitive-Behavioral Treatment of Childhood OCD: It’s Only a False Alarm” (Oxford, 2007), a therapist manual and workbook for clinicians and their patients. Dr. Roblek has presented nationally and published articles on childhood anxiety, OCD, school refusal and trichotillomania.

TRANSPORTATION

For flight arrangements, please contact Custom Travel, Ltd. at 1-800-634-3273 or 303-333-5471. Information will be provided for the best fare available from your market. Booking fees will be applied. Reservations may be faxed to 303-333-1688 or emailed to info@customtravel.agencymail.com or visit: www.customtravel.co.com. Custom Travel can also reserve discounted car rentals. When making reservations, please reference PSYCH.

ACCOMMODATIONS

Please reference the University of Colorado Psychiatry Conference when calling for reservations.

**Aspen Mountain Lodge**: 311 W. Main St., 4 blocks from the Given Institute. Outdoor swimming pool and hot tub, air conditioned rooms, complimentary parking. Rates from $159 includes expanded continental breakfast. Email: rockies@sorps.net. 800-362-7736 or 970-925-7650 Visit: www.aspenmountainlodge.com.

**Hotel Aspen**: 110 W. Main St., 2 blocks from the Given Institute. Contemporary classic with a variety of room types, some with jacuzzis, balconies, solariums. Rates starting at $199 includes mountain breakfast, high speed internet access, outdoor heated pool and jacuzzis, air-conditioned rooms, and more!! Email: cal@hotelaspen.com. Call: 800-527-7389 or 970-925-3441 Visit: www.hotelaspen.com.


For additional lodging information, telephone Aspen Central Reservations at 800-282-7736 or visit: www.aspenchamber.org.
The 35th Annual Psychiatry Conference
August 4-6, 2010 • The Given Institute, Aspen, Colorado

REGISTRATION

(Please print or type)

Name ______________________________________________________________________
(print name as you would like it to appear on your CME certificate)

Degree: ❑ MD ❑ DO ❑ PhD ❑ PsyD ❑ Other ________________________

Address ____________________________________________________________________

City __________________________ State ___________ Zip ______________________

Office Phone ( ) ______________________ FAX ( ) ______________________

E-mail _________________________

Registration Fee: Prior to June 30 - $350 Postmarked after June 30 - $390

Enclosed: ❑ Check made payable to: University of Colorado School of Medicine
❑ Visa ❑ MasterCard

Credit Card Number ________________________ Exp. Date______ Verification Code ______

Signature __________________________

Please indicate if you have any need for auxiliary aids or special assistance services:

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Register on-line at www.uchsc.edu/cme or detach and return this registration form to:
University of Colorado, School of Medicine, MS - C295, Continuing Medical Education,
13001 E. 17th Place, Aurora, Colorado 80045.

Register online at www.uchsc.edu/cme
Click on the “Register Now” button. You will receive an immediate confirmation of your conference registration and a receipt for payment. We accept MasterCard, Visa or check. Check payments must be made out for the exact amount of the registration to the University of Colorado. Please include the participant’s registration number and name on the check.

Please indicate ( #1, #2, #3) your top three choices for the SKILL-BUILDING TRACKS you would like to participate in:

❑ Turn Down the Heat
   with Mary N. Cook, MD

❑ Avoid Traps & Roll with Resistance
   with Christian Thurstone, MD

❑ The Pranayama Track
   with Marianne Z. Wamboldt, MD, RYT

❑ The Sculpting Game
   with Isabelle Guillemet, MD,
   and Ashley Smith, LCSW

❑ Anxious Children
   with Tami Roblek, PhD
**Faculty**

**Course Director**
Michael Weissberg, MD
Professor of Psychiatry
Executive Vice-Chair
Department of Psychiatry
University of Colorado
School of Medicine

Robert Freedman, MD
Professor of Psychiatry
Chairman
Department of Psychiatry
University of Colorado
School of Medicine

**Course Coordinator**
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Audio-Visual Producer/Director
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University of Colorado
School of Medicine

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Assistant Professor
Department of Psychiatry
University of Colorado
School of Medicine

Isabelle Guillemet, MD
Associate Professor
Department of Psychiatry
University of Colorado
School of Medicine

Tami Roblek, PhD
Assistant Professor
Department of Psychiatry
University of Colorado
School of Medicine

Ashley Smith, LCSW
Therapist
Department of Psychiatry and Behavioral Sciences
The Children’s Hospital
Aurora, Colorado

Christian Thurstone, MD
Assistant Professor
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University of Colorado
School of Medicine

Marianne Z. Wamboldt, MD
Professor and Vice Chair
Department of Psychiatry
University of Colorado
School of Medicine

John Talbott, MD
Professor of Psychiatry
Department of Psychiatry
University of Maryland
School of Medicine
Baltimore, MD

**Program Certification**

**Accreditation**
The University of Colorado Denver School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Colorado Denver School of Medicine designates this educational activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.
For Additional Information
Please contact Jennifer White at 303-724-7401 or visit www.uchsc.edu/cme.

Register at www.uchsc.edu/cme.

Reserve your place now!
Enrollment is limited
due to the small group format.

This program is part of the Colorado Statewide Extended Campus. State funds were not used to develop or administer this program.