Mayo School of Continuous Professional Development

Science and Stories—Depression and Bipolar Disorder
Mayo Clinic at the Guthrie

May 5-6, 2016
Guthrie Theater, Minneapolis, MN

Course Director
Mark A. Frye, M.D.

In Collaboration with:
Dolores Jean Lavins Center for Humanities in Medicine

REGISTER NOW! Registration and additional course information can be found on our NEW course website: ce.mayo.edu/node/5243
Course Description

This CME Program is an innovative program meant to address issues associated with stigma and understanding of psychiatric illness. This course aims to improve understanding of the individual cost and challenges associated with depression and mania through insights provided by faculty and audience interactive participation. The course faculty presenting has special interest and expertise in the experience of mental illness.

The Guthrie Theater, located in Minneapolis, MN, is internationally renowned for its theatrical productions and has been described by Time Magazine as a 21st Century Dream Factory. An architectural masterpiece, the Guthrie Theater provides striking views of Minneapolis, the Mississippi River, St. Anthony Falls, and the Stone Arch Bridge. Mayo Clinic is thrilled to have the opportunity to host “Science and Stories—Depression and Bipolar Disorder” at this exciting venue.

This unique CME event, to be held on May 5-6, 2016, will explore mood disorders with an emphasis on patient stories, diagnosis, treatment intervention and recovery. A special focus will be on an investigation into the relationship between mood and the creative mind through biographical review, scientific data, and performance.

Intended Audience

This course is intended for psychiatrists, family physicians, general internists, advanced practice nurses, graduate students, the general public, medical and mental health communities, family members and anyone with any interest in mood disorders.

Course Learning Objectives

Upon conclusion of this program, participants should be able to:

• Recognize personal impact of mania and depression
• Appreciate association of creativity of mood disorders
• Identify non-pharmacologic options for treatment of depression
• Appreciate the link between substance use disorder and bipolar disorder
• Appreciate gender differences in the epidemiology and treatment of depression
• Identify risk factors for suicide

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Credit

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Mayo Clinic College of Medicine designates this live activity for a maximum of 11.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

APA

The Department of Psychiatry and Psychology at Mayo Clinic, Rochester is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The Department of Psychiatry and Psychology at Mayo Clinic, Rochester maintains responsibility for this program and its content.
Nursing
Contact Hours: 13.6
This activity is designed according to the Minnesota Board of Nursing rules for continuing education.

Other Health Care Professionals
A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Registration
To register online, visit https://ce.mayo.edu/node/5243. The registration fee includes tuition, comprehensive electronic course syllabus, continental breakfast, lunch and break refreshments. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form.

<table>
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<tr>
<th>Registration Fees</th>
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<tbody>
<tr>
<td>Physician/Scientists</td>
<td>$250.00</td>
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<tr>
<td>Residents, PAs and NPs</td>
<td>$150.00</td>
</tr>
<tr>
<td>General Public/Students</td>
<td>$50.00</td>
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Cancellation Policy
If you cancel your participation in this course, your registration fee, less a $50 administrative fee, will be refunded when written notification is received by Mayo School of CPD on or before April 21, 2016 (cme-jax@mayo.edu or fax#: 904-956-3096). No refunds will be made after April 21, 2016. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

For additional information, contact:
Mayo School of Continuous Professional Development
Website: ce.mayo.edu
E-mail: cme-jax@mayo.edu
Phone: 800-462-9633
Fax: 904-956-3096

Travel and Lodging Accomodations
Aloft Minneapolis
900 Washington Avenue South
Minneapolis, MN 55415
612.455.8400
Ask for the “Groovy Guthrie Rate” of $119!

You may also wish to view http://www.minneapolis.org/ for additional accommodations as well as recreation and leisure activities.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

Parking
Parking is available in the ramp on South 2nd Street directly across from the Guthrie and in numerous parking lots throughout the neighborhood. The event rate for Guthrie performances is $8. The cost for parking is not included in the registration fee.
**Social Programs – Evening Break**

“Harvey” -- April 09 - May 15, 2016 on the Wurtele Thrust Stage

*Tickets to Harvey available at [http://www.guthrietheater.org/plays_events/plays/harvey](http://www.guthrietheater.org/plays_events/plays/harvey)*

by Mary Chase and directed by Libby Appel

Elwood P. Dowd is charming, lovable and kind with just one catch: his best friend is a 6-foot-tall invisible rabbit named Harvey. When Elwood’s sister Veta hosts a social gathering to launch her daughter into society, Elwood’s idiosyncrasies threaten to upset the family’s reputation. Veta tries to have him committed to the sanatorium, but a whirlwind of confusion and chaos ensues as the town tries to catch a man and his invisible rabbit. Winner of the Pulitzer Prize, Harvey is a delightfully eccentric comedy for the whole family.

**Faculty**

**Course Director**

Mark A. Frye, M.D.
Professor and Chair
Department of Psychiatry & Psychology
Director, Mayo Clinic Depression Center

**Mayo Faculty**

Brian A. Palmer, M.D.,
Assistant Professor of Psychiatry

Joanna M. Biernacka, Ph.D.,
Associate Professor of Biostatistics & Psychiatry

William V. Bobo, M.D.,
Associate Professor of Psychiatry

J. Michael Bostwick, M.D.,
Professor of Psychiatry

Paul Croarkin, D.O.,
Assistant Professor of Psychiatry

Kristin Vickers Douglas, Ph.D.,
Professor of Psychology

**Guest Faculty**

Mary Pat Gleason
Actress/Playwright

Kay Redfield Jamison, Ph.D.
Dalio Family Professor in Mood Disorders
Professor of Psychiatry at the Johns Hopkins University School of Medicine

Terrence A. Ketter, M.D.
Professor of Psychiatry and Behavioral Sciences
Stanford University

Lisa J. Klein
Director/Writer/Producer

Mark A. Meier, L.I.C.S.W., M.S.W.
Executive Director and Founder of Face It Foundation
Faculty Member University of Minnesota

**Faculty Disclosure**

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

Program

**THURSDAY, MAY 5, 2016**

11:00 AM-12:00 PM Registration

12:00-12:10 Mark Frye: Welcome

12:10-12:40 Suicide – The Data
*Michael Bostwick, M.D.*

12:40-1:40 The S Word
*Lisa J. Klein*

1:40-2:10 The S Word Discussion
*Klein, Bostwick, & Palmer*

2:10-2:25 Break

2:25-3:05 Suicide from a Psychiatrist Standpoint
*Michael Bostwick, M.D.*

3:05-3:45 Interventions for Acute Suicidality
*Brian Palmer, M.D.*

3:45-4:25 Panel Discussion
*Klein, Bostwick, & Palmer*

Evening Break

*Tickets to Harvey available

**FRIDAY, MAY 6, 2016**

7:00-8:00 AM Continental Breakfast and Registration

8:00-8:45 Creativity and Mood Disorders
*Kay Redfield Jamison*

8:45-8:55 Q & A

8:55-9:20 Mania Matters
*Mark Frye, M.D.*

9:20-9:45 Downside of Bipolar Depression
*Terrence Ketter, M.D.*

9:45 -10:00 Panel Discussion
*Redfield Jamison, Frye, & Ketter*

10:00-10:15 Women & Depression
*Kristin Vickers Douglas, Ph.D. & William Bobo, M.D.*

10:15-10:45 Men & Depression
*Mark Meier, L.I.C.S.W., M.S.W. & Mark Frye, M.D.*

10:45-11:15 Panel Discussion
*Vickers Douglas, Bobo, Meier, & Frye*

11:15-11:45: Panel Discussion
*Vickers Douglas, Bobo, Meier, & Frye*

11:45 AM-12:30 PM: Lunch Break

12:30-1:15 Biomarkers in Mood Disorders
*Joanna M. Biernakca, Ph.D.*

1:15-1:45 Adolescent Depression – What is it?
*Paul Croarkin, M.D.*

1:45-2:15 Individual Psychotherapy – When & Where
*Kristin Vickers Douglas, Ph.D.*

2:15-2:35 Panel Discussion
*Croarkin, Vickers Douglas, & Biernakca*

2:35-2:50 Break

2:50-4:05 Dramatic Presentation – “Stopping Traffic”
*Mary Pat Gleason*

4:05-4:35 Panel Discussion
*Gleason, Frye, Palmer, & Vickers Douglas*
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