12TH ANNUAL MOOD DAY CONFERENCE

Bipolar Disorder

Friday, February 10, 2017
Best Western Village Park Inn, 1804 Crowchild Trail NW, Calgary, AB

COURSE OVERVIEW
This is the 12th Annual Mood Day Conference. It offers an interdisciplinary clinical focus which is applicable to all community practitioners. The vision of the conference is to examine Bipolar Disorder from a psychiatric and psychological perspective. The conference is designed to provide strong practical and clinical resources to all members of the mental health community.

COURSE OBJECTIVES
The intent of the conference is for learners to:
• become more familiar with the management of bipolar disorder
• identify strategies used for relapse prevention in bipolar disorder
• recognize important aspects of the patient’s and family’s lived experience with bipolar disorder

WHO SHOULD ATTEND
Psychiatrists, Psychologists, Family Physicians, Nurses, Social Workers, Mental Health Professionals

CREDITS
Mainpro+ Group Learning – 5.0 credits (1.0 credit per hour)
MOC Section 1 – 5.0 credits
Friday, February 10

0730-0820  Registration and Light Breakfast

0820-0830  Opening Remarks
            - Leanne Birkett

0830-0930  PLENARY / KEYNOTE
            What Agents Qualify as Mood Stabilizers in the Long Term Management of Bipolar Disorder?
            - Frederic Goodwin
            • define relapse and recurrence of mood episodes and understand the difference
            • identify the relevance of relapse and recurrence when evaluating putative mood stabilizers
            • choose the best stabilizer regimen for long term prophylaxis based on the individual clinical picture

0930-1030  PLENARY
            Mindfulness in Clinical Practice
            - Catherine Phillips
            • experience mindfulness meditation and awareness as taught to clinical populations in foundational Mindfulness Based Programs (MBPs) such as MBSR
            • become familiar with a sampling of neuroscience research findings in this field
            • become familiar with the potential benefits and risks of mindfulness meditation and the potential need to tailor practice to specific clinical populations

1030-1050  Nutrition Break and Networking

1050-1100  Move to Morning Workshops

1100-1200  WORKSHOPS
            1 Long Term Management of Recurrent Mood Disorders
            - Frederick Goodwin
            • identify which agents have best evidence for maintenance therapy of mood disorders
            • define characteristics of a mood disorder that determine when a different approach is necessary
            • define limitations imposed by economic constraints, adverse effects and patient preference

            2 Integrating Mindfulness into Clinical Practice: Practical Applications
            - Catherine Phillips
            • describe three basic ways to integrate mindfulness into clinical practice
            • participate in the therapeutic integration of mindfulness into clinical practice as early as the initial assessment through a clinical vignette and through cases offered by participants
            • participate in mindfulness exercises suitable to clinical work – such as awareness of body and of breath, and mindful speaking and listening

            3 Developing Strategies for Families
            - Ken Farthing
            • recognize skills to assist couples/families to incorporate the diagnosis of Bipolar Disorder into healthy relationships
            • develop skills to help couples/families understand and overcome adverse events that may have occurred during an acute illness episode
            • become familiar with practical family therapy interventions that could be applied within the context of a busy, office-based practice

1200-1300  Lunch

1300-1400  Patient Lived Experience
            - Victoria Maxwell
            • discuss what life is like for a family living with a bipolar member
            • recognize the impact of stigma on families and individuals

1400-1420  Networking

1420-1430  Move to Afternoon Workshops

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL
1430-1530 WORKSHOPS

4 Delivering Psycho-Education in Office Practice
   - Ray Lamontagne
   • discuss a brief overview of the nature of bipolar mood disorders
   • describe how brief education about bipolar disorders can be used to improve patient outcomes
   • identify “highlights” that can be deployed with patients during relatively brief clinic visits

5 The Underpinnings of Adult ADHD and Bipolar Disorder
   - Sara Binder
   • recognize the presenting signs and symptoms in adults of ADD and ADHD and differentiate them from bipolar disorder
   • more confidently prioritize treatment in the management of ADD/ADHD comorbid with bipolar disorder
   • select medication strategies that complement one another in the treatment of ADD/ADHD comorbid with bipolar disorder

6 Differentiating Between Substance-induced and Primary Bipolar Disorders
   - Gina Vaz
   • identify factors in the patient’s history and mental status exam that help to differentiate between a substance-induced bipolar disorder and a primary bipolar disorder
   • describe an approach to the pharmacologic treatment of comorbid bipolar and substance use disorders
   • describe an approach to the psychological treatment of comorbid bipolar and substance use disorders

1530 Adjournment

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL
PLANNING COMMITTEE

Leanne Birkett MD FRCPC Course Chair
Clinical Assistant Professor, University of Calgary

George Barr MD CCFP
Clinical Lecturer, University of Calgary

Suzanne Black MD BSc Hon
Resident PGY2, Department of Psychiatry, Cumming School of Medicine, University of Calgary

Karen Dudley RN
Registered Nurse, Alberta Health Services

Raymond Lamontagne PhD R Psych
Clinical Psychologist, Foothills Medical Centre Mood Disorders Program; Adjunct Assistant Professor, Department of Psychology, University of Calgary; Residency Program Coordinator, Foothills Medical Centre Site

Marcia MacKay BSW
Social Worker, Alberta Health Services

Thomas Raedler MD
Associate Professor, Department of Psychiatry, Cumming School of Medicine, University of Calgary

Linda Shorting BSN
Acting Director, CME Representative

FACULTY

Sara Binder BPE MD FRCPC
Clinical Lecturer, Department of Psychiatry, Cumming School of Medicine, University of Calgary

Ken Farthing RPN
Psychiatric Nurse, Mood Disorders Program, University of Calgary/Alberta Health Services

Frederick Goodwin MD
Clinical Professor, Department of Psychiatry, George Washington University

Ray Lamontagne PhD R Psych
Clinical Psychologist, Foothills Medical Centre Mood Disorders Program; Adjunct Assistant Professor, Department of Psychology, University of Calgary; Residency Program Coordinator, Foothills Medical Centre Site

Victoria Maxwell BFA
Creative Director, Crazy for Life Co (Sechelt, British Columbia)

Catherine Phillips MD FRCPC
Assistant Clinical Professor, Department of Psychiatry, University of Alberta

Gina Vaz MD
Resident PGY5, Department of Psychiatry, Cumming School of Medicine, University of Calgary

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker’s presentation.
ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Canadian Medical Schools (CACMS).

STUDY CREDITS

**CFPC**

**MAINPRO+ GROUP LEARNING**

This Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the University of Calgary, Office of Continuing Medical Education and Professional Development for up to 5.0 Mainpro+ credits.

**AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC**

Members of the American Academy of Family Physicians are eligible to receive up to 5.0 prescribed credits for attendance at this meeting/event due to a reciprocal agreement with The College of Family Physicians of Canada.

**RCPSC**

**MOC SECTION 1**

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. Participants may claim up to a maximum of 5.0 credits.

ADDITIONAL PROGRAM INFORMATION

**DRESS**

Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

**MEALS**

In general, each course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

**SCENT FREE**

To ensure the comfort of everyone attending this event, please do not wear scented products.

**CONFIRMATION OF REGISTRATION**

On-line registration confirmation is automatic after registering on-line. A tax receipt will be sent approximately 2 weeks after registering.

For all other methods of registration (mail, fax), confirmation will be in the form of a tax receipt. No other confirmation will be sent. Please allow 2 weeks for registration processing.

**COURSE CANCELLATION POLICY**

The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

**REFUND POLICY**

A registration refund will be made upon written request if made at least 2 weeks before the start of the program. However $50 will be retained for administrative costs. No refunds will be available for cancellations made within 2 weeks of the start of the program and thereafter. NOTE: Refunds are processed only on the return of original receipt. All receipts must be returned within 30 days after program date.

**REIMBURSEMENT OF REGISTRATION FEES**

Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

**FOR FURTHER INFORMATION**

Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB  T2N 4Z6

**ABOUT COURSE CONTENT**

Lauren MacLellan, Program Assistant
Phone 403.220.6493
Email lauren.maclellan2@ucalgary.ca

**ABOUT REGISTRATION**

Phone 403.220.7032
Email cmereg@ucalgary.ca
REGISTRATION FEE

PLUS 5% GST – UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE on or before January 12, 2017

$ 295.00 Physician
$ 205.00 Other Health Professional
$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE after January 12, 2017

$ 340.00 Physician
$ 255.00 Other Health Professional
$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

ON-SITE RATE (Based on availability and not guaranteed)

$ 395.00 Physician
$ 305.00 Other Health Professional
$ 200.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGISTER

ON-LINE
cmeregistration.ucalgary.ca

BY FAX
Credit Card Payment Only
Confidential Fax
Fax 403.270.2330

BY MAIL
Cheque Payable – UNIVERSITY OF CALGARY
CHEQUE MUST INCLUDE 5% GST
Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES
Phone 403.220.7032
Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.4251 if you have questions about the collection or use of this information.
WORKSHOP SELECTIONS

Friday AM • 1100-1200
Select 3 – Number in order of preference with 1 being most important

- [ ] 1 Long Term Management of Recurrent Mood Disorders
- [ ] 2 Integrating Mindfulness into Clinical Practice: Practical Applications
- [ ] 3 Developing Strategies for Families

Friday PM • 1430-1530
Select 3 – Number in order of preference with 1 being most important

- [ ] 4 Delivering Psycho-Education in Office Practice
- [ ] 5 The Underpinnings of Adult ADHD and Bipolar Disorder
- [ ] 6 Differentiating Between Substance-induced and Primary Bipolar Disorders