



AMERICAN PSYCHIATRIC ASSOCIATION'S 167TH ANNUAL MEETING
NEW YORK, NY • MAY 3-7, 2014
CHANGING THE PRACTICE AND PERCEPTION OF PSYCHIATRY



COMPLEMENTARY, ALTERNATIVE AND INTEGRATIVE MEDICINE IN PSYCHIATRY TRACK

Sessions Listing



Understanding alternative and complementary treatments in psychiatry and the integration of non-conventional treatments into psychiatric care.



COMPLEMENTARY, ALTERNATIVE AND INTEGRATIVE MEDICINE IN PSYCHIATRY TRACK

Sessions Listing

SATURDAY, MAY 3, 2014

1:30 p.m. – 3:00 p.m.

*New York Marriott Marquis, Majestic/Music Box/
Winter Garden, 6th Floor*

**Self-Care Meditation Approaches Used Adjunctively
in PTSD Management I Workshop 27**

Chairperson(s): Marina Khusid, MD, Matthew Fritts, MPH
Speaker(s): Marina Khusid, MD, Matthew Fritts, MPH

3:30 p.m. – 5:00 p.m.

*New York Marriott Marquis, Shubert/Uris/
Plymouth, 6th Floor*

**Employing Mind-Body Medicine: Modalities in
the Military Health System I Workshop 38**

Chairperson(s): Jeffrey Millegan, MD, MPH,
Paul Sargent, MD
Speaker(s): Jeffrey Millegan, MD, MPH,
Paul Sargent, MD

3:30 p.m. – 5:00 p.m.

*New York Marriott Marquis, Majestic/Music Box/
Winter Garden, 6th Floor*

**Current Concepts Review: The Growing Evidence
Base for the Use of Complementary and Alternative
Medicine for Treating PTSD I Workshop 37**

Chairperson(s): Elspeth Ritchie, MD, MPH,
Brian Engdahl, PhD
Speaker(s): Anita Hickey, MD, Maryam Navaie, DrPH,
Salahadin Abdi, MD, PhD

SUNDAY, MAY 4, 2014

9:00 a.m. – 11:00 a.m.

*Sheraton New York Times Square Hotel,
Conference J, Lower Lobby*

**APA Caucus on Complementary &
Alternative Medicines ■**

Chairperson(s): Lila Massoumi, MD

10:00 a.m. – 11:30 a.m.

Javits Convention Center, Rooms 3D05/06/07/08, Level 3

**Mind/Body Medicine: The Link Between Clinical
Medicine and Public Health I Advances in Medicine 5**

Chairperson(s): Kelli Harding, MD
Speaker(s): Gregory Fricchione, MD

12:30 p.m. – 2:00 p.m.

Javits Convention Center, Rooms 1E16, Level 1

**Mind/Body Practices for Trainees: Reducing
Stress, Enhancing Empathy, and Treating
Patients Integratively I Workshop 67**

Chairperson(s): Patricia Gerbarg, MD, Richard Brown, MD
Speaker(s): Heather Mason



■ = not a part of the scientific program



MONDAY, MAY 5, 2014

9:00 a.m. – 10:30 a.m.

New York Marriott Marquis, Majestic/Music Box, Winter Garden, 6th Floor

Complementary and Alternative Medicine (CAM) in the Military I Workshop 91

Chairperson(s): Elspeth Ritchie, MD, MPH, Gary Wynn, MD

Speaker(s): Paul Sargent, MD, Joseph Helms, MD, Gary Wynn, MD, Elspeth Ritchie, MD, MPH

9:00 a.m. – 12 noon

New York Marriott Marquis, Soho/Herald/ Gramercy, 7th Floor

The Meaning of Despair: Existential & Spiritual Dimensions of Depression and Its Treatment I Symposia 54

Chairperson(s): John Peteet, MD

Speaker(s): David Rosmarin, PhD, Arjan Braam, MD, Gerrit Glas, MD, PhD, John Peteet, MD, Walid Sarhan, MD

9:00 a.m. – 4:00 p.m.

New York Hilton Midtown, Petit Trianon, 3rd Floor

Yoga of the East & West Experiential for Stress, Anxiety, PTSD, Mass Disasters, Stress-Related Medical Conditions and More I Course 24

Director: Patricia Gerbarg, MD

Co-Director: Richard Brown, MD

2:00 p.m. – 5:00 p.m.

Javits Convention Center, Rooms 1A10, Level 1

Evolutionary Psychiatry: Clinical Pearls from a Paradigm Shift I Symposia 57

Chairperson(s): Drew Ramsey, MD

Speaker(s): Emily Deans, MD, Drew Ramsey, MD, Georgia, MD

TUESDAY, MAY 6, 2014

9:00 a.m. – 10:30 a.m.

Javits Convention Center, Rooms 1E12, Level 1

Biological Psychiatry I Scientific and Clinical Report 22

Moderators: Iqbal Ahmed, MD, Elizabeth Guinto, MD

9:00 a.m. – 10:30 a.m.

Javits Convention Center, Rooms 1A19/1A20, Level 1

Exercise Prescription for Major Depressive Disorder I Workshop 131

Chairperson(s): Chad Rethorst, PhD, Madhukar Trivedi, MD

Speaker(s): Chad Rethorst, PhD, Madhukar Trivedi, MD

9:00 a.m. – 10:30 a.m.

New York Marriott Marquis, Columbia/Duffy, 7th Floor

Yoga-Mindfulness Interventions in Mental Health and Illness: Moving Toward Symptom-Specific Models I Workshop 138

Chairperson(s): Basant Pradham, MD, Barry Sarvet, MD

Speaker(s): Basant Pradham, MD, Vijoy Varma, MD, Andres Pumariega, MD, Madhusmita Sahoo, MD, Anup Sharma, MD, PhD, Nitin Gupta, MD

9:00 a.m. – 12 noon

New York Marriott Marquis, Westside Ballroom 3-4, 5th Floor

Integrative and Non-Medication Treatments for Attention Deficit/Hyperactivity Disorder: Herbs, Nutrients, Mindfulness, Yoga, Breathing and Movement I Symposia 81

Chairperson(s): Lidia Zylowska, MD, Patricia Gerbarg, MD

Speaker(s): Patricia Gerbarg, MD, Lidia Zylowska, MD, Joy Bennett, Richard Brown, MD

TUESDAY, MAY 6, 2014 *(continued)*

11:00 a.m. – 12:30 p.m.

*New York Marriott Marquis, Majestic/Music Box/
Winter Garden, 6th Floor*

**Depression, Inflammation, and Adiposity:
Obesity as a Causal and Perpetuating
Factor for Depression I Workshop 147**

Chairperson(s): Richard Shelton, MD

11:00 a.m. – 12:30 p.m.

New York Marriott Marquis, Cantor/Jolson, 9th Floor

**Food For Thought: Eating Well for
Psychiatric Health I Workshop 151**

Chairperson(s): Nubia Lluberés, MD

Speaker(s): Kaitlin Mock, MS, Nubia Lluberés, MD

11:00 a.m. – 12:30 p.m.

Javits Convention Center, Rooms 1A19/1A20, Level 1

**Shamanism in Mental Health Care: Views from
the Outside and the Inside I Workshop 142**

Chairperson(s): Janet Lewis, MD, Cecile Carson, MD

3:30 p.m. – 5:00 p.m.

Javits Convention Center, Rooms 1E12, Level 1

**Particular and Rarely Discussed Treatments in
Psychiatry I Scientific and Clinical Report 28**

Moderators: Elias Shaya, MD, Jerome Taylor, MD

Speaker(s): Barbara Bartlik, MD, David Sheski, MD,
Alejandro Acevedo, MD



WEDNESDAY, MAY 7, 2014

9:00 a.m. – 10:30 a.m.

Javits Convention Center, Rooms 1D03/04, Level 1

**Yoga and Breath Practices as Add-On
Treatments for Schizophrenia: Effects on
Cognition, Epigenetics, PANSS Symptoms,
Oxytocin, and Brain Imaging I Workshop 176**

Chairperson(s): Robert Smith, MD, PhD,
Patricia Gerbarg, MD

Speaker(s): Shivarama Varambally, MD,
Robert Smith, MD, PhD, Richard P. Brown, MD,
Elizabeth Visceglia, MD, Patricia Gerbarg, MD

9:00 a.m. – 12 noon

*New York Marriott Marquis, Broadway South
Center, 6th Floor*

**Emerging Neuroscience of Mind/Body Interventions
for Stress-Related Neuropsychiatric Disorders
Across the Life Cycle I Symposia 107**

Chairperson(s): Helen Lavretsky, MD, MS

Discussant: David Spiegel, MD

Speaker(s): Elizabeth Hoge, MD, Autumn Gallegos, PhD,
Thaddeus Pace, PhD, Chris Streeter, MD

11:00 a.m. – 12:30 p.m.

*New York Marriott Marquis, Majestic Music Box,
Winter Garden, 6th Floor*

**Veterans at Ease: Integrating Complementary
and Alternative Therapies I Workshop 186**

Chairperson(s): Jennifer Cho, LCSW, MSW

Speaker(s): Harita Raja, MD, Jennifer Cho, LCSW, MSW,
Gail Feagans, RN

1:30 p.m. - 3:00 p.m.

Javits Convention Center, Rooms 1D03/04, Level 1

**Feeling Burned Out? There's an App for That!
Mindfulness Training and Compassion Cultivations
as a Potential Antidote for Burnout I Workshop 190**

Chairperson(s): Sermsak Lolak, MD