

The Problem of Trauma

Discovering Resilience



Second Annual John M. Oldham
National Mental Health Symposium

May 1, 2015 | Houston



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Medicine

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Discovering Resilience

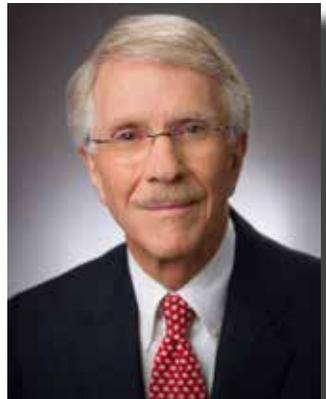
Trauma is universal. We have known that for a long time, but the magnitude of the problem has never been more visible. We are bombarded by reports of natural and man-made disasters on the international news, while stories of individual tragedies saturate the social media. Sometimes (though not always) these reports seem like contests for the most sensational headlines rather than serious recognition of a worldwide imperative of the highest priority. Add up the headlines, however, and it's hard to dispute the need to look head-on at the reality of trauma, whether it occurs in the battlefield or behind closed doors, and the devastating toll it can take.

Trauma takes many forms. Natural disasters can decimate large populations; terrorist attacks can injure or kill families and neighbors, transforming communities from safe harbors into shuttered streets of fear. The wounds from damaging physical trauma can leave visible scars, but the wounds from neglect or abandonment can be deeply disturbing and harder to see.

Whatever the trauma, it is always highly personal, and recovery from trauma is a rocky road along which helping hands are badly needed.

Our goal at The Menninger Clinic is to provide compassionate, person-centered, trauma-informed, evidence-based care and to make the hospital experience one of healing in a caring environment. Many patients at Menninger have had severe traumatic experiences, as have countless others throughout the world, so the Program Committee for this year's annual symposium chose The Problem of Trauma as its focus. **An outstanding roster of experts has been assembled to present the latest research findings about the ways that severe trauma can affect the brain, the body, the family, the workplace and the social network; and then to guide those who have experienced trauma toward resilience and the road to recovery.**

I hope that you will be able to join us for this day of discovery and of shared efforts to make the world a less traumatic place.



■ Oldham

A handwritten signature in black ink that reads "John M. Oldham".

John M. Oldham, MD, MS

Scientific Symposium Chair

The Menninger Clinic and Baylor College of Medicine

Please Join Us in Improving Lives

Each year, we strive to meet the needs of clinicians locally and nationally with the annual symposium's program. This year the focus reflects the world around us and the survivors of trauma, and their families, due to catastrophic illness, traumatic events, brain injury, abuse and violence.

The Symposium's Academic Planning Committee, chaired by this event's namesake, Dr. John M. Oldham, has assembled a stellar faculty with expertise in many facets of understanding and treating issues related to trauma. We are pleased to jointly offer this opportunity to help strengthen your clinical toolbox for transforming the lives of clients who place their trust in you to be present with them on their journey of discovering resilience.



C. Edward Coffey, MD

President and Chief Executive Officer,
The Menninger Clinic;
Professor, Menninger Department
of Psychiatry & Behavioral Sciences,
and Department of Neurology,
Baylor College of Medicine



■ Coffey



Stuart C. Yudofsky, MD

D.C. and Irene Ellwood Chair, Professor,
Distinguished Service Professor, and
Beth K. and Stuart C. Yudofsky Presidential Chair
of Neuropsychiatry, Menninger Department of
Psychiatry & Behavioral Sciences,
Baylor College of Medicine;
Chair, Psychiatry Department,
Houston Methodist Hospital



■ Yudofsky

A Standard for Educational Excellence

In 2014 The Menninger Clinic named its national spring symposium in honor of Menninger Chief of Staff John M. Oldham, MD, MS. This scientific symposium honors Dr. Oldham's over four decades-long focus on outstanding academic leadership. He continues to chair the planning of this symposium ensuring that it encompasses the latest evidence-based knowledge and clinical interventions for clinicians who care for patients experiencing challenging mental illnesses.

The symposium has been etched with Dr. Oldham's standard for improving patient-centered care for years to come. We look forward to learning along with you.

The Menninger Symposium Program Committee



John M. Oldham National Mental Health Symposium

The Problem of Trauma: *Discovering Resilience* **Friday, May 1, 2015**

Sugar Land Marriott Town Square | Located in Southwest Houston

- 7 am Registration and Continental Breakfast
- 7:45 am **Welcome and Introduction**
C. Edward Coffey, MD
John M. Oldham, MD
- 8 am **Trauma and the Health of Populations**
Sandro Galea, MD, MPH, DrPH
- 9 am **Trauma and Memory**
Richard J. McNally, PhD
- 9:45 am **Using Advanced Neuroimaging Techniques to Predict Functional Outcome in Traumatic Brain Injury**
Erin D. Bigler, PhD
- 10:30 am Break
- 10:45 am **Trauma and the Military**
Lt. Col. Christopher G. Ivany, MD
- 11:30 am **Trauma and Trauma-related Sequelae among Youth and Families from Ethnically and Racially Diverse Backgrounds**
Michael A. de Arellano, PhD
- 12:15 pm Lunch
- 1:15 pm **Trauma and Its Sequelae**
Edna B. Foa, PhD
- 2:15 pm **Plain Old Therapy in the Treatment of Attachment Trauma**
Jon G. Allen, PhD
- 3 pm Break
- 3:15 pm **The Trauma of Beethoven's Deafness**
Richard Kogan, MD
- 4:45 pm **Closing Remarks**
Stuart C. Yudofsky, MD

■ **Your National Faculty**

■ **Trauma and the Health of Populations**

Sandro Galea, MD, MPH, DrPH

The prevalence and powerful consequences of serious traumatic events will be emphasized, and the impact of trauma will be conceptualized within a lifecourse framework, including early- and late-life vulnerabilities.



■ Galea

Sandro Galea, MD, MPH, DrPH, is Dean and Professor at the Boston University School of Public Health. Prior to his appointment at Boston University, Dr. Galea served as the Anna Cheskis Gelman and Murray Charles Gelman Professor and Chair of the Department of Epidemiology at the Columbia University Mailman School of Public Health. Dr. Galea has long had a particular interest in the consequences of mass trauma and conflict worldwide, including as a result of the September 11 attacks, Hurricane Katrina, conflicts in sub-Saharan Africa and the American wars in Iraq and Afghanistan. This work has been principally funded by the National Institutes of Health, Centers for Disease Control and Prevention and several foundations. He has published over 500 scientific journal articles, 50 chapters and commentaries, and nine books. Dr. Galea is Past President of the Society for Epidemiologic Research and an elected member of the American Epidemiological Society and of the Institute of Medicine of the National Academies of Science.

■ **Trauma and Memory**

Richard J. McNally, PhD

Topics to be covered will include apparent memory fallibility in Iraq veterans, and recovered memories of sexual abuse that were not previously “repressed” nor originally encoded as traumatic.



■ McNally

Richard J. McNally, PhD, is Professor of Psychology at Harvard University where he is Director of Clinical Training in Psychology. He has conducted laboratory studies concerning cognitive functioning in adults reporting histories of childhood sexual abuse, and his research has been supported by the National Institute of Mental Health. He has served as a consultant to the American Psychiatric Association regarding the diagnosis of post-traumatic stress disorder and he has published extensively, including a book entitled “Remembering Trauma.” He was the recipient of the 2005 Distinguished Scientist Award from the Society for the Science of Clinical Psychology and of the 2010 Outstanding Mentor Award from the Association for Behavioral and Cognitive Therapies.

Continued on next page

■ Using Advanced Neuroimaging Techniques to Predict Functional Outcome in Traumatic Brain Injury

Erin D. Bigler, PhD

Contemporary neuroimaging methods will be described that provide critical information in the evaluation of the neurobehavioral and neurocognitive sequelae of traumatic brain injury.



■ Bigler

Erin D. Bigler, PhD, is Professor of Psychology and Neuroscience at Brigham Young University (BYU) where he served as Chair of the Psychology Department from 1996 through 2002. In 1990, he established the Brain Imaging and Behavior Laboratory at BYU, which studies the role of neuroimaging variables in cognitive and neurobehavioral disorders such as traumatic brain injuries, neurodevelopmental disorders, anoxic brain injuries and other acquired injuries of the brain. In addition, he is an Adjunct Professor of Psychiatry and a faculty member of The Brain Institute at the University of Utah. In 2013, he was appointed Director of BYU's new Magnetic Resonance Imaging Research Facility. Dr. Bigler is the current President of the International Neuropsychological Society (2014-2015), and he is Past President of the National Academy of Neuropsychology. He has published extensively and has served in numerous key editorial roles. He was formerly a Professor of Psychology and Psychiatry at the University of Texas until he relocated to Utah in 1990 to assume his current position at BYU.

■ Trauma and the Military

Lt. Col. Christopher G. Ivany, MD

Recognition of the full impact of the conflicts in Iraq, Afghanistan and elsewhere has led to a transformation of Army Medicine to more effectively deliver behavioral health care, which will be presented in detail.



■ Ivany

Lieutenant Colonel Christopher G. Ivany, MD, attended medical school at the University of Texas, Health Science Center in San Antonio. He completed his internship and residency in Psychiatry at Walter Reed Army Medical Center in Washington, DC, and a fellowship in Child and Adolescent Psychiatry at Tripler Army Medical Center in Honolulu, Hawaii. Lt. Col. Ivany has held several key positions during his Army career, including serving as the 4th Infantry Division Psychiatrist in Baghdad in support of Operation Iraqi Freedom from 2007 to 2009. Subsequently, he served as the Chief of the Department of Behavioral Health at Evans Army Community Hospital at Fort Carson, Colorado. Lt. Col. Ivany currently serves as the Chief of the Behavioral Health Division at the Army Office of the Surgeon General and as the Army Director of Psychological Health, posts he has held since April 2013. Lt. Col. Ivany has received numerous professional recognitions and military awards, including the Bronze Star.

■ Trauma and Trauma-related Sequelae among Youth and Families from Ethnically and Racially Diverse Backgrounds

Michael A. de Arellano, PhD

Disparities in trauma exposure rates, types of traumatic events and post-trauma course among children from racial/ethnic minority groups, including Latino and African American youth, will be reviewed, as well as disparities in available health care.



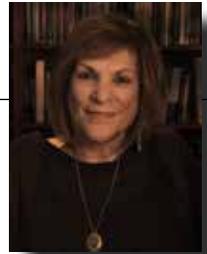
■ de Arellano

Michael de Arellano, PhD, is Professor of Psychiatry in the National Crime Victims Research and Treatment Center of the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina (MUSC). His work focuses on developing and evaluating treatment services for child victims of traumatic events from traditionally underserved population groups (e.g., Latino, African-American). He is Director of the Mental Health Disparities and Diversity Program, which facilitates research, clinical work and training to enhance culturally competent and linguistically-appropriate services across the Department of Psychiatry. In addition, he serves as the Associate Dean for Diversity within the MUSC College of Medicine.

■ Trauma and Its Sequelae

Edna B. Foa, PhD

A definition of a traumatic event will be proposed, and studies demonstrating the devastating psychological, medical and societal costs of PTSD will be summarized, followed by a discussion of the efficacy of treatment for PTSD.



■ Foa

Edna B. Foa, PhD, is a Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania and Director of the Center for the Treatment and Study of Anxiety. Dr. Foa has devoted her academic career to the study of the psychopathology and treatment of anxiety disorders, primarily obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). The treatment program she has developed for PTSD sufferers has received the highest evidence for its efficacy and has been widely disseminated in the U.S. and around the world. Dr. Foa has published 18 books and over 350 articles and book chapters. Her work has been recognized with numerous awards and honors, among them the Distinguished Scientific Contributions to Clinical Psychology Award and the 2010 Lifetime Achievement in the Field of Trauma Psychology Award from the American Psychological Association, as well as the Lifetime Achievement Award from the International Society for Traumatic Stress Studies. Additionally, Dr. Foa is the recipient of the 1996 American Psychological Association Distinguished Scientific Contribution Award.

■ Plain Old Therapy in the Treatment of Attachment Trauma

Jon G. Allen, PhD

A mentalizing approach to psychotherapy will be presented that employs attachment theory to help patients address the core traumatic experience of feeling psychologically alone in unbearable emotional states.



■ Allen

Jon G. Allen, PhD, is Senior Staff Psychologist at The Menninger Clinic and Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. He is also an adjunct faculty member of the Houston Center for Psychoanalytic Studies and the Institute for Spirituality and Health. He is on the editorial boards of the “Bulletin of the Menninger Clinic,” “Journal of Trauma and Dissociation,” “Psychiatry” and “Psychological Trauma.” His recent books include “Mentalizing in Clinical Practice,” “Restoring Mentalizing in Attachment Relationships: Treating Trauma with Plain Old Therapy” and “Mentalizing in the Development and Treatment of Attachment Trauma.”

■ The Trauma of Beethoven’s Deafness

Richard Kogan, MD

Physical disability itself can be powerfully traumatic, and a dramatic example is the complete loss of hearing by the towering musician, Ludwig van Beethoven. Dr. Richard Kogan, a psychiatrist and a concert pianist, will explore, with words and piano performance, the impact of this trauma along with the composer’s remarkable resilience.



■ Kogan

Richard Kogan, MD, has had distinguished careers both as a concert pianist and as a psychiatrist. He has been praised for his “eloquent, compelling and exquisite playing” by “The New York Times.” “The Boston Globe” wrote that “Kogan has somehow managed to excel at the world’s two most demanding professions.” Dr. Kogan has gained renown for his lectures and recitals, which explore the role of music in healing and the influence of psychological factors on the creative output of composers such as Mozart, Chopin, Schumann, Gershwin, Tchaikovsky and Beethoven. Dr. Kogan graduated from the Juilliard School of Music Pre-college Division, followed by graduation from Harvard College and Harvard Medical School. He has a private practice of psychiatry in New York City and is affiliated with Weill Cornell Medical College as Co-director of its Human Sexuality Program. He is also Co-chairman of the recently established Weill Cornell Music/Medicine Initiative.

■ Registration

Please enroll in advance to help us plan an optimal experience for you.

- **\$180 for professionals**
- **\$90 for students**
- Registration fee includes continental breakfast, lunch and refreshments during breaks. Your registration will be finalized with receipt of payment.
- Sign up by completing our convenient online registration form at: www.TheMenningerClinic.camp9.org
- VISA, MasterCard, Discover, American Express and checks are accepted.

NEW Symposium Location & FREE Parking (valet parking also available)

Sugar Land Marriott Town Square Hotel and Conference Center
16090 City Walk
Sugar Land, Texas 77479
281-275-8400

www.marriott.com/hotels/travel/housl-sugar-land-marriott-town-square/

Sugar Land is a Houston suburb. The hotel is 41 miles from Intercontinental Airport of Houston, 29 miles from Houston Hobby Airport and 18 miles from the Texas Medical Center.

Internet & Symposium Hashtag

- Free Wi-Fi will be available.
- On Twitter, follow #MennSym before, during and after the symposium.



Lodging

Single and double rooms are available at the Sugar Land Marriott at the conference rate of \$185. To make a reservation, call 281-275-8400.



■ **Continuing Education**

■ **Practice Gap Statement**

Nearly 80 percent of clients seen in a mental health clinic have experienced at least one incident of trauma. Clinicians who provide treatment to individuals who have experienced significant trauma can benefit from specialized knowledge and skills. The new edition of the “Diagnostic Manual of Mental Disorders” (DSM-5) of the American Psychiatric Association, published in 2013, provided new data on “Trauma- and Stressor-related Disorders,” updating diagnostic criteria for disorders such as post-traumatic stress disorder (PTSD). Organizations such as the National Institute of Mental Health, the National Center for PTSD of the U.S. Department of Veterans Affairs, the PTSD Alliance, the Substance Abuse and Mental Health Services Administration, the American Red Cross, the American Psychiatric Association, the American Psychological Association and many other organizations are actively expanding educational and research programs, as well as treatment capacity, for the broad scope of trauma-related conditions.

■ **Learning Goal/Purpose Statement**

The purpose of this scientific symposium is to address the public health concerns about the increasing number of individuals struggling with the impact of trauma. Through examination of current scientific works, theoretical advancements and evidence-based therapeutic strategies, mental health professionals will gain a wider scope of understanding about the impact of trauma on individuals, and gain effective assessment and therapeutic strategies proposed to promote resilience in traumatized patients.

■ **Target Audience**

Physicians, psychologists, registered nurses, social workers, addiction professionals and licensed professional counselors

■ **Learning Objectives**

At the conclusion of this learning activity, participants should be able to:

- Discuss the consequences of traumatic events using a lifecourse perspective.
- Explain how people can recover memories of childhood sexual abuse without such memories having been previously repressed.
- Identify distinctive differences between imaging modalities to assess brain injury and apply this knowledge to the clinical care of patients who have sustained traumatic brain injury.
- Articulate challenges inherent in identifying and treating soldiers with the psychological sequelae of trauma, and analyze how the Army has modified its approach to behavioral health care in the context of other health care systems.
- Identify potential strategies to address trauma-related health disparities among youth and families from diverse cultural groups through research and clinical work.
- Become familiar with the negative impact of trauma and gain an understanding of the etiology and treatment of PTSD.
- Apply key findings from attachment research to psychotherapy for patients with a history of attachment trauma.
- Appreciate the traumatic impact of deafness on creative and musical development.

Continued on next page

■ Joint Providers

- The Menninger Clinic
- Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine

■ Requirements

- Successful completion of this activity requires 100 percent attendance at all lectures and completion of the evaluation form.
- No partial credits will be awarded.

■ Continuing Education Credit

Seven and one-quarter (7.25) contact/credit/clock hours have been designated by The Menninger Clinic for the following disciplines:

Physicians – The Menninger Clinic is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)[™].

Registered Nurses – The Menninger Clinic is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Menninger Clinic awards 7.25 contact hours for this live activity.

Psychologists – The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content (7.25 CE credit hours).

Social Workers – The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is approved for 7.25 continuing education credit hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

Licensed Professional Counselors – The Menninger Clinic has been approved by the National Board of Certified Counselors (NBCC) as an Accredited Continuing Education Provider (ACEP No. 5139). Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the program.

Addiction Professionals – Provider is approved by the Texas Certification Board of Addiction Professionals (TCBAP) Standards Committee, Provider No. 1741-06, 7.25 hours general. Expires 7/2015.

This live educational activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME). The Menninger Clinic maintains responsibility for this program and its content.

■ Refunds

With two weeks minimum advance written notice, Menninger will provide a full refund. In the unlikely event that the program must be cancelled, prepaid registrants will be given a registration fee refund.

■ Special Needs

If you have any specific dietary or ADA needs, please request in advance when registering online or by calling Bree Scott, 713-275-5060.

■ Questions?

- For registration or payment matters, **Bree Scott** will be glad to assist you, bscott@menninger.edu or 713-275-5060.
- For Continuing Education information, please contact **Terrilynn Steele**, MSN, RN, tsteele@menninger.edu or 713-275-5056.



The Problem of Trauma

Discovering Resilience



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Advancing treatment.
Transforming lives.

Affiliated with Baylor College of Medicine
in the Texas Medical Center



May 1,
2015

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National Mental Health Symposium

- CE is available for:
 - physicians,
 - psychologists,
 - registered nurses,
 - social workers,
 - addiction professionals
and licensed
 - professional counselors

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