

The 37th

July 22nd - August 9th, 2024

Welcome to the Thirty-seventh Door County Summer Institute. We
more two-day sessions. We hope this year's workshops will encourage
ongoing professional development while providing an opportunity
right to limit enrollment -5nnehihgt h t

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About Door County

Door County, WI is an area of captivating scenic beauty. From its steep limestone bluffs to the spacious sand beaches, the 250-mile shoreline is both dramatic and serene. Almost every kind of outdoor activity is available, as the area has four state parks and many local parks, beaches, hiking trails, and golf courses. It is the home of one of the largest concentrations of artists in the Midwest. There are also numerous musical and theatrical events as well as opportunities for fine dining.

Session Information

From July 22nd to August 9th, 2024, 14 separate sessions will comprise this year

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Lodging

Lodging in July and August is in great demand; you must make reservations early. A block of suites has been set aside at the Landmark Resort. These suites will be held until June 7th, 2024, or until they are filled. After that, the rooms are on a space-available basis.

Learning Objectives

Participants who engage in this education intervention will be able to:

- Identify current evidence-based practice guidelines for topic areas presented
- Articulate their responses to humanities-based stimuli such as films and improvisation exercises
- Identify and articulate non-opioid alternative strategies to pain management

Disclosure

Consistent with ACCME policy, faculty for all MCW continuing education programs must disclose all relevant financial relationships with commercial organizations. MCW has a mechanism in place to identify and resolve conflicts in advance of the DCSI.

ACCME Accreditation Statement

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation of Credit Statement

The Medical College of Wisconsin designates each five-day session of this live activity for a maximum of 15 *AMA PRA Category 1 Credits™* and each two-day session for a maximum of 8 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Registration OPEN NOW!

Please note that MCW accepts payment by Visa, MasterCard, and Discover.

EthosCE Website for Registration:

<https://ocpe.mcw.edu/2024DCSI>

If you do not already have an EthosCE account, select Create Account in the upper right-hand corner and enter all the required information. You will need to access this account again to complete a course evaluation and print your CE certificate, so please make a note of your username and password.

The deadline for claiming credit is November 30, 2024, after which you **will not** be able to obtain your credits

Register and Pay for a Session

Log in to your newly created or existing Ethos account, then select:

1. Specialties > Psychiatry & Behavioral Health > The 37th Door County Summer Institute > Click on session(s) you want to register for
2. Go to the Register tab on the session
3. Choose your attendee type (*Physician, Psychologist, APPs, etc.*)
4. Click Checkout to pay or Continue Shopping to add another session

Registration Fees:

5-Day Sessions:

Before June 15, 2024	After June 15, 2024
\$675	\$725

2-Day Sessions:

Before June 15, 2024	After June 15, 2024
\$360	\$385

Medical/Graduate Students & Residents

5-Day Sessions

Before June 15, 2024	After June 15, 2024
\$575	\$625

2-Day Sessions

Before June 15, 2024	After June 15, 2024
\$295	\$335

Questions? Contact Us

Caimen Masterson

MCW Department of Psychiatry

8701 Watertown Plank Road

Milwaukee, WI 53226

www.mcw.edu/dcsi | summerinstitute@mcw.edu

Session 2: Developing Attunement Skills Via Medical Improvisation

July 22- 26, 2024 9:00 am – 12:15 pm

(5 Days Monday – Friday)

Fred Heide PhD and Lee Becker

Frederick J. Heide, PhD, is Professor Emeritus at the California School of Professional Psychology at Alliant International University.

Frederick J. Heide
Alliant International

- List and describe Fu's (2019) three categories of medical improvisation's goals and core skills: (a) Attunement (knowledge of self and others), (b) Affirmation (validation of self and others), and (c) Advancement (enrichment of self and others)
- Demonstrate core affirmation skills including acceptance, agreement, and appreciation
- Demonstrate comfort with uncertainty/risk and failure

Monday:

- What is medical improvisation?
- Definitions
- The critical role of spontaneous adaptability in healthcare
- Overview of Fu's (2019) classification of the goals and benefits of medical improvisation
- Literature documenting the critical role of provider-patient communication

Session 3: Update in Psychopharmacology and General Hospital Psychiatry

July 22- 23, 2024 8:30 am – 12:35 pm

(2 Days Monday – Tuesday)

Thomas Heinrich, MD and Harold Harsch, MD

Thomas Heinrich, MD, Professor of Psychiatry and Family Medicine at the Medical College of Wisconsin (MCW), completed a combined residency in psychiatry and family medicine, followed by a fellowship in consultation psychiatry at Massachusetts General Hospital. He is board-certified in family medicine and general adult psychiatry and holds subspecialty certification in consultation-liaison psychiatry.

Thorazine was the first widely used anti-psychotic and its structure gave rise to almost half of the psychoactive agents we now have available. In the last 15 years, four new antipsychotics have been approved by the FDA. We will discuss these in detail. Exciting potential antipsychotics are being tested based on the muscarinic system and the Trace amine-associated receptor 1 (TAAR1). We will critique where these mechanisms may be beneficial. Finally, we will scrutinize Alzheimer's disease and the new anti-amyloid treatments and the FDA's approval of brexpiprazole for agitation in Alzheimer's disease means for clinical practice.

Learning Objectives:

Participants who engage in this education intervention will be able to:

- Identify the mechanisms of action of newer antidepressants
- Identify the mechanisms of new and potential antipsychotics
- Describe anti-amyloid therapies and their place in geropsychiatry
- Describe various management techniques to address challenging patient interactions in a healthcare setting

Monday:

- Review ~~antidepressants~~ antidepressants and Major Depression

- Forging the Alliance with the Difficult-to-Treat Patient
- Addressing Psychological and Interpersonal Drivers of Treatment-Resistance
- Clinical Exercise
- Bringing It Back Home: Clinical Applications and Impediments

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Session 5: Openness to Belonging in Film: Transforming Intolerance by Embracing the Other as a Way of Resilient Well-being

July 29 – August 2, 2024 9:00 am – 12:15 pm

(5 Days Monday – Friday)

Francis G. Lu, MD, DLFAPA

Francis G. Lu, MD, DLFAPA, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at the University of California, Davis. As a Distinguished Life Fellow of the American Psychiatric Association (APA), Dr. Lu has contributed to the areas of cultural psychiatry including the interface with religion/spirituality, psychiatric education, diversity/inclusion, mental health equity, and psychiatry/film. He has presented at every APA Annual Meeting since 1984. He was awarded APA Special

Wednesday:

- "The Burmese Harp," 1956, directed by Kon Ichikawa

Thursday:

- "Long Night's Journey Into Day," 2000, directed by Deborah Hoffman and Frances Reid (excerpt)
- "Invictus," 2009, directed by Clint Eastwood
- Bonus evening film: "Won't You Be My Neighbor?" 2018, directed by Morgan Neville

Friday:

- "Pride," 2014, directed by Matthew Warchus

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Session 7: Contemporary Approaches in Diagnosis, Treatment, and Transitions for Neurodevelopmental Disabilities Across the Lifespan

July 29 – 30, 2024 8:30 am – 12:35 pm

(2 Days Monday – Tuesday)

Kathleen Koth, DO, DFAACAP

Kathleen A. Koth, DO, DFAACAP, is an Associate Professor of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin and the Director of Neurodevelopmental Disabilities in the division of Child and Adolescent Psychiatry where she provides clinical services to individuals with intellectual developmental disorder, autism spectrum disorder, and genetic conditions with co-occurring psychiatric disorders and severe behavioral issues. Dr. Koth is a member of the Autism and Intellectual Disability Committee of the American Academy of Child and Adolescent Psychiatry where she is the Chair of the Intellectual Developmental Disorder Subcommittee and Co-Chair of the Education and Training Working Group. She enjoys working with her colleagues on the committee in increasing the education of clinicians caring for individuals with neurodevelopmental disorders. Her work includes speaking, research, and developing teaching materials, some of which may be found at the group's website:

https://www.aacap.org/AACAP/Member_Resources/ASD-ID/Resources.aspx

Locally she plays an active role on the Wisconsin Council of Child and Adolescent Psychiatry's executive committee as a past president and current Member-At-Large and is involved in increasing the diagnosis of autism spectrum disorder in primary care through a grant from Advancing a Healthier Wisconsin and partnership with Marquette University.

Course Description:

During this 8-hour course we will use active case-based discussion to take a closer look at the care and treatment of individuals with neurodevelopmental disorders (NDD). Day one will focus on diagnosis of autism spectrum disorder and intellectual developmental disorder including using DSM-5-TR criteria, controversies surrounding the diagnosis, current recommendations for genetic testing, and how genetic testing results can be used in clinical practice. The first day will conclude with discussion of the difficult diagnosis of co-occurring psychiatric disorders. Day two will continue with the topic of co-occurring psychiatric disorders and then cover therapeutic and pharmacologic treatments both specific to and adapted for those with NDD. Finally, we will discuss some key factors for transitions both from adolescents to adulthood and beyond that can promote health and well-being for the individual and the family.

Learning Objectives:

Participants who engage in this education intervention will be able to:

- Review the DSM-5-TR diagnosis for autism spectrum disorder and intellectual developmental disorder focusing on changes and relevance to clinical practice
- Explore genetic testing with neurodevelopmental disabilities including how this is relevant to clinical practice now and in the near future
- Discuss the complexities of diagnosing co-occurring psychiatric illness in individuals with neurodevelopmental disabilities
- Discern therapeutic interventions for neurodevelopmental disabilities for behavioral issues and co-occurring psychiatric disorders
- Recognize and review the complexities of pharmacologic management for individuals with neurodevelopmental disabilities
- Analyze the components of transition to adulthood that can help adolescents and young adults be successful and these principles can be used to support the individual across the lifespan.

Monday:

- Diagnosis of autism spectrum disorder
- Genetic testing
- Applying genetic testing results in clinical practice
- Discussion on the difficulty of diagnosing co-occurring psychiatric disorders

Tuesday:

- Co-occurring psychiatric disorders
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Session 8: Integrated Management of Pain

August 1 - 2, 2024 8:30 am – 12:35 pm

(2 Days Thursday – Friday)

Rebecca Anderson, PhD and Sarah Trost, PhD

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Session 10: We're Doing the Best We Can and We Need to Do Better: Incorporating Dialectical Behavior Therapy (DBT) Theory and Skills into Your Clinical Practice

August 5 - 9, 2024 9:00 am – 12:15 pm

(5 Days Monday – Friday)

Beth Shaw, PhD and Jessica Brumm-Larson, PhD

Beth Shaw, PhD, is an Assistant Professor in the Department of Psychiatry and Behavioral Medicine at MCW specializing in the treatment of adults with disorders of emotional dysregulation. She is the team lead of the Dialectical Behavior Therapy (DBT) program at the MCW Tosa Health Center and provides clinical training and supervision to medical students and residents with an emphasis on DBT and Cognitive Behavioral interventions. Dr. Shaw received her PhD in Clinical Psychology from Marquette University and is a member of the Wisconsin Institute of Neuroscience.

Jessica Brumm-Larson, PhD, (she/her) is an Assistant Professor for the Medical College of Wisconsin and a Licensed Psychologist at Children's Wisconsin. Dr. Brumm-Larson provides therapy, assessment, and psychological evaluations to families, adolescents, and school-age children. She facilitates a DBT skills-only group for adolescents and caregivers at Children's Wisconsin. With specialized training in cognitive-behavioral therapy (CBT) and dialectical behavioral therapy (DBT), she has experience in clinical, academic, and school-ba

- Key differences between DBT and CBT
- Goals and structure of skills training
- Mindfulness Module with skill practice and demonstration

Wednesday:

- Mindfulness exercise
- Distress Tolerance Module with skill practice and demonstration
- Emotion Regulation Module with skill practice and demonstration

Thursday:

- Mindfulness exercise
- Emotion Regulation (continued)
- Interpersonal Effectiveness Module with skill practice and demonstration

Session 11: Practical Neuropsychiatry for Clinicians Part 1— Prefrontal Function & TBI, Neuropsychiatric Assessment Techniques

August 5 – 6, 2024 8:30 am – 12:35 pm

(2 Days Monday – Tuesday)

Sheldon Benjamin, MD, DLFAPA, FANPA, FAAN

Sheldon Benjamin, MD, is Professor of Psychiatry and Neurology at the University of Massachusetts T H Chan School of Medicine (UMass Chan), where he has served as Director of Neuropsychiatry since 1986. He served as Interim Chair of Psychiatry from 2017-2020, Director of the UMass Chan Neuropsychiatry Fellowship since 1989, founding director of the Combined Neurology/Psychiatry Residency Program from 1997-2020 (now associate director), and co-director of the

Monday:

- The Frontal Lobes: A Users Guide for Clinicians
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Session 13: Practical Neuropsychiatry for Clinicians Part 2 — The Neuropsychiatry of Memory, Molecular Mimicry, and Memorable Maladies

August 8 – 9, 2024 8:30 am – 12:35 pm

(2 Days Thursday – Friday)

Sheldon Benjamin, MD, DLFAPA, FANPA, FAAN

Sheldon Benjamin, MD, is Professor of Psychiatry and Neurology at the University of Massachusetts T H Chan School of Medicine (UMass Chan), where he has served as Director of Neuropsychiatry since 1986. He served as Interim Chair of Psychiatry from 2017-2020, Director of the UMass Chan Neuropsychiatry Fellowship since 1989, founding director of the Combined Neurology/Psychiatry Residency Program from 1997-2020 (now associate director), and co-director of the UMass Chan Fellowship in Adult Neurodevelopmental Disabilities. In 2020 he stepped down after 25 years as Psychiatry Program Director and is now Vice Chair for Education and Associate Program Director.

Session 14: Women's Mental Health Update

August 8 – 9, 2024 8:30 am – 12:35 pm

(2 Days Thursday – Friday)

Laura Miller, MD

Laura J. Miller, MD, is a Professor of Psychiatry at Loyola Stritch School of Medicine and the Medical Director of Reproductive Mental Health for the Veterans Health Administration. She has developed nationally award-winning women's mental health services and educational programs and has participated in numerous women's mental health policy initiatives. She has authored or co-authored more than 90 articles and book chapters related to women's mental health. She has devoted her career to improving the mental health of women through clinical care, education, and research.

Course Description:

Female reproductive cycle stages can affect the expression, course, and treatment of psychiatric disorders. In this course, we will discuss clinically relevant updates about premenstrual, perinatal, and perimenopausal mental health conditions and interventions.

Learning Objectives:

Participants who engage in this education intervention will be able to:

- Define the three main types of premenstrual mental health conditions.
- Weigh perinatal risks of untreated symptoms against perinatal risks of psychotropic medications for common psychiatric conditions.
- Describe how perinatal loss can affect mental health.
- Explain factors that can influence the likelihood of depression during perimenopause.

Thursday:

- The menstrual cycle and mental health
- Perinatal depression
- Perinatal bipolar disorder
- Perinatal anxiety disorders and sleep disorders

Friday:

- Perinatal ADHD
- Perinatal loss and mental health
- Perinatal eating disorders and OCD
- Perimenopause, midlife, and mental health

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