January 5
Evidence-Based Treatment of Post-Traumatic Nightmares: Imagery Rehearsal Therapy

Brian L. Meyer, Ph.D., LCP
Assistant Professor of Psychiatry
VCU Department of Psychiatry
Clinical Psychologist, PTSD-SUD Specialist
Hunter Holmes McGuire VA Medical Center

Introducer: Susan J. Waller, M.D.

Learning Objectives:
- Participants will be able to discuss the negative effects of post-traumatic nightmares
- Participants will be able to identify the components of a comprehensive sleep habits evaluation and use them to develop plans to treat post-traumatic stress insomnia and nightmares
- Participants will be able to identify the hot spots of nightmares and assist patients in rewriting their nightmares with neutral or positive endings

January 12
Enhancing Interprofessional Collaboration on the Psychiatric Treatment Team

Lyons Hardy, CNS, NP
Concentration Coordinator
Psychiatric Mental Health Nurse Practitioner Program
Virginia Commonwealth University School of Nursing

& Christopher Kogut, M.D.
Assistant Professor of Psychiatry
Director, Residency Education
VCU Department of Psychiatry

Introducer: Adam Rosenblatt, M.D.

Learning Objectives:
- Understand the relevance and value of interprofessional collaboration in healthcare teams
- Gain knowledge about treatment perspectives of other members of the psychiatric treatment team
- Develop awareness of strategies for improving interprofessional collaboration in psychiatric treatment

Featuring a Panel Discussion with:
- Sandra Mullen, PharmD
- Elliot Norman, MS, OTR/L
- Leila Islam, Ph.D.
- Sarah Farber, LCSW
- Elfreda Tyler, CTRS
- Sarah Saoud, BSN, RN
- Nicholas Santalucia, BS
January 19
High-Yield Cognitive Behavior Therapy for Brief Sessions

Donna M. Sudak, M.D.
Professor of Psychiatry
Interim Director of Training
Director of Psychotherapy Training
Drexel University

Introducer: William Nay, Ph.D.

Learning Objectives:
- Identify CBT methods that can be delivered effectively in treatment sessions lasting less than 50 minutes
- Employ behavioral activation in briefer sessions
- Describe key methods of integrating CBT with pharmacotherapy in brief sessions

January 26
Physician Aid in Dying

Michael Fox, D.O.
Chief Resident
VCU Department of Psychiatry

Introducers: Christopher Kogut, M.D. and James Levenson, M.D.

Learning Objectives:
- Clarify the terms related to Physician Aid in Dying
- Understand a brief history of Aid in Dying
- Understand the current role of Psychiatry in requests for Aid in Dying