I sincerely hope that you will join us, and I look forward to seeing you there.

John M. Oldham, MD, MS, Scientific Symposium Program Chair, The Menninger Clinic; Interim Chair, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine

C. Edward Coffey, MD, President and CEO, The Menninger Clinic; Professor of Psychiatry and Behavioral Sciences, and of Neurology, Baylor College of Medicine

THIRD ANNUAL JOHN M. OLDHAM NATIONAL MENTAL HEALTH SYMPOSIUM

Emotion Regulation & Dysregulation | April 15, 2016

Designed for Your Practice

A hallmark quality of a sentient human being is the capacity to experience emotions. Emotions, rational or not, motivate action and can be the engine of life events, large or small—from a wedding to a war. In reverse, life events activate emotions, from laughter at a pratfall, to terror from an earthquake. The human brain is a remarkable living computer with its own hard drive and an amazing array of software, equipping us to fear danger, seek safety, protect loved ones and enjoy beauty. Life orchestrates our days with an emotional pageantry that can be (but is not always) truly awesome.

Most of the time, we regulate our emotions, sometimes automatically and sometimes quite consciously, to put them to work for us. If channeled well, envy can spark ambition and anger can stimulate competition, potentially contributing to success. But rage can be destructive, envy can become malignant and love can be possessive. How can we understand why some people can keep their emotions on an even keel, while others seem to be whipsawed by emotional extremes?

Given the centrality of emotions in our lives, the times each of us can remember when our emotions have gotten the better of us, and the disabling effect of emotion dysregulation in patients with conditions such as depression, anxiety, borderline personality disorder and PTSD, this year’s Program Committee selected Emotion Regulation and Dysregulation as the theme for our symposium. We will learn about the importance of attachment security (and the impact of disruptions in attachment—for example, when a child develops ADHD), the neurobiology of stress response and resilience, what is meant by “emotion coherence,” the principles of emotion-focused therapy, and the role of mindfulness in emotion regulation—all brought to you, once again, by an outstanding roster of experts.
Symposium Schedule

7 am  Registration and Continental Breakfast
7:45 am  Welcome and Introduction
         C. Edward Coffey, MD, and John M. Oldham, MD, MS
8 am  Emotion Regulation
      James Gross, PhD
8:45 am  Attachment Security as a Regulator of Response to Threat
         Jude Cassidy, PhD
9:30 am  Placebo Responses & Their Neurobiology: Noise or Opportunity?
         Jon-Kar Zubieta, MD, PhD
10:15 am  Break
10:45 am  Emotion Dysregulation as a Target for Inpatient Psychiatric Treatment: Behavioral and Neuroimaging Findings
         J. Christopher Fowler, PhD
11:30 am  Approaches to Emotion Dysregulation in ADHD
         Philip Shaw, PhD
12:15 pm  Lunch
1:15 pm  Psychopharmacological & Psychotherapeutic Management: Case Presentation and Discussion
         Case Presenter: Susan J. Hardesty, MD
         Discussants: Alan F. Schatzberg, MD, and Jon G. Allen, PhD
2:45 pm  Break
3 pm  The Transforming Power of Affect
      Leslie Greenberg, PhD
4 pm  Please Pay Attention Now (It Could Change Your Brain): Mechanisms of Mindfulness
      Judson Brewer, MD, PhD
5 pm  Closing Remarks
      John M. Oldham, MD, MS

Register Today

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

- $190 for professionals
- $90 for students

Your registration fee includes continental breakfast, lunch and refreshments during breaks.


Visa, MasterCard, Discover, American Express and checks are accepted. Your registration will be finalized with receipt of payment.

Symposium Location and Parking

Sugar Land Marriott Town Square Hotel and Conference Center
16090 City Walk (near Highway 59/Southwest Freeway & Highway 6)
Sugar Land, Texas 77479
281-275-8400

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.

Parking is free in three nearby city garages accessible from Brazos Drive along Highway 59 and from Town Center Boulevard, a block east of the hotel on City Walk. Valet parking is also available at the hotel for $8.

Free Wi-Fi will be available in the conference ballrooms.

On Twitter, follow #MennSym before, during and after the symposium.

Single and double rooms are available at the conference rate of $129 when booked by March 30 at the Sugar Land Marriott. To make a reservation, call the hotel directly at 281-275-8400.
Emotion Regulation
James Gross, PhD

Presentation Description: In this presentation, a framework for understanding the role of emotion regulation will be described, along with key findings suggesting that specific forms of emotion regulation have different consequences for affective, cognitive and social functioning.

Biosketch: Dr. Gross is Professor of Psychology at Stanford University and Director of the Stanford Psychophysiology Laboratory. He is Founding President of the Society for Affective Science. Dr. Gross has served as principal investigator and co-investigator for major research grants funded by NIH and other agencies to study emotion regulation. He has received numerous research and teaching awards, including a Distinguished Scholar Award from the Social and Affective Neuroscience Society and Stanford’s highest teaching award, the Walter J. Gores Award for Excellence in Teaching.

Attachment Security as a Regulator of Response to Threat
Jude Cassidy, PhD

Presentation Description: The development of a secure attachment base enhances regulatory capacities that support adaptive responses to threat. At the representational, behavioral and physiological levels, links between attachment and threat-management will be described in infants, young children, adolescents and adults.

Biosketch: Dr. Cassidy is Professor of Psychology at the University of Maryland, where she has been named as a University of Maryland Distinguished Scholar-Teacher. Her research interests include socio-emotional development from infancy through adolescence, with an emphasis on attachment and family relationships, and on early intervention to support children’s regulatory capacities. Dr. Cassidy’s research has been funded by NIMH, NICHD, NIDA, SAMSHA and The Krieger Fund. Dr. Cassidy has published extensively, including, with Dr. Phillip Shaver, the Handbook of Attachment: Theory, Research and Clinical Applications, now in its third edition.

Placebo Responses and their Neurobiology: Noise or Opportunity?
Jon-Kar Zubieta, MD, PhD

Presentation Description: Functional and molecular neuroimaging techniques have clarified the neurobiological systems that are involved in the formation of placebo effects. Inter-individual differences in resiliency may be partially explained by biological placebo effects, and the potential importance of these new findings in the study of conditions that present high levels of placebo response will be discussed.

Biosketch: Dr. Zubieta is Professor of Psychiatry and Chair of the Department of Psychiatry at the University of Utah Health Science Center. He is also Psychiatrist-in-Chief of the University Neuropsychiatry Institute and he holds the Edna Stimson Presidential Endowed Chair. His research focuses on the neurobiological mechanisms underlying motivational mechanisms and the regulation of stress responses, in order to better understand affective regulation in conditions such as chronic pain, mood disorders and substance use disorders. He utilizes in vivo functional imaging to quantify metabolism, blood flow, anatomy and neuroreceptor sites in human subjects, and his published work has been widely influential in the field.

Emotion Dysregulation as a Target for Inpatient Psychiatric Treatment: Behavioral and Neuroimaging Findings
J. Christopher Fowler, PhD

Presentation Description: Results from a series of studies of hospitalized patients with complex illnesses will be described that explore the links between emotion dysregulation and psychiatric symptoms, and the potential underlying neurocircuitry involved. The central role of emotion dysregulation in many major, disabling psychiatric disorders will be noted, emphasizing its importance as a primary focus of treatment.

Biosketch: Dr. Fowler is Director of Psychology and Associate Director of Clinical Research at The Menninger Clinic, where he serves as the Principal Investigator of the Menninger Adult Outcomes Project and as Co-PI of the McNair Initiative for Neuroscience Discovery at Menninger and Baylor (MIND-MB). Additionally, he is Associate...
Professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine, and he is nationally recognized for his expertise, particularly in the realm of psychological assessment.

**Approaches to Emotion Dysregulation in Attention Deficit Hyperactivity Disorder (ADHD)**

**Philip Shaw, PhD**

**Presentation Description:** In this presentation, Dr. Shaw will review the prevalence of various forms of emotion dysregulation in ADHD throughout the lifespan. Cognitive data will highlight a possible etiological role for dysfunction within a striato-amygdalo-medial prefrontal cortical network. Three models to explain the overlap between emotion dysregulation and ADHD will be described, and the differing predictions from each model to guide research on ADHD and emotion dysregulation.

**Biosketch:** Dr. Shaw is an Earl Stadtman Investigator in the Section on Neurobehavioral Clinical Research at the Social and Behavioral Research Branch of the National Human Genome Research Institute at NIH. A major focus of work conducted in this section is on ADHD, one of the most common and heritable childhood psychiatric disorders. One focus of Dr. Shaw's work is to better understand emotion dysregulation that is frequently present in patients with ADHD. Dr. Shaw has degrees from Oxford University and the Institute of Psychiatry in London, and he is a member of the Royal College of Physicians and the Royal College of Psychiatry.

**Psychopharmacological and Psychotherapeutic Management: Case Presentation & Discussion**

**Case Presenter:** Susan J. Hardesty, MD

**Discussants:** Alan F. Schatzberg, MD, and Jon G. Allen, PhD

**Panel Description:** This panel presentation will focus on psychotherapeutic and pharmacological strategies in the management of a patient with a complex and disabling pattern of emotion dysregulation. Dr. Hardesty, an expert in hospital-based psychiatric care, will present a case of a patient for whom emotion dysregulation was a central and highly destabilizing component of the patient's pathology. The patient's illness involved multiple co-occurring disorders characterized by a wide range of symptoms that resulted in severe impairment in functioning, particularly in the interpersonal realm. Dr. Allen, an authority on mentalization-based therapy, and Dr. Schatzberg, a leading psychopharmacologist, will consider evidence-based approaches to the development of an integrated treatment plan for this patient.

**Hardesty Biosketch:** Dr. Hardesty is Senior Vice President and Medical Director of The Menninger Clinic and Associate Professor of Psychiatry at Baylor College of Medicine. She previously served as the Medical Director of the Mental Health Service Line at the Medical University of South Carolina and as a Psychiatrist Surveyor for CMS. Dr. Hardesty has been named NAMI Psychiatrist of the Year for South Carolina, and her special interests are on trauma-focused care, patient safety, emergency psychiatry and forensic psychiatry.

**Schatzberg Biosketch:** Dr. Schatzberg served as Clinical Director of the Massachusetts Mental Health Center and Professor of Psychiatry at Harvard from 1988 to 1991, then becoming the Kenneth T. Norris, Jr., Professor and Chairman of the Department of Psychiatry and Behavioral Sciences at Stanford until 2010. He now directs the Stanford Mood Disorders Center and continues his investigative work centering on the biology, pharmacogenetics and psychopharmacology of depressive disorders. He is a Past President of the American Psychiatric Association, the American College of Neuropsychopharmacology and the Society of Biological Psychiatry, and he has published extensively, most notably serving as senior editor of the *American Psychiatric Publishing Textbook of Psychopharmacology*, now in its fourth edition, and as coauthor of the *Manual of Clinical Psychopharmacology*, now in its eighth edition.

**Allen Biosketch:** Dr. Allen is Senior Staff Psychologist and holds the Helen Palley Chair in Mental Health Research at The Menninger Clinic; in addition he is Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. Dr. Allen is also an adjunct faculty member at the Center for Psychoanalytic Studies in Houston and at the Institute for Spirituality and Health in the Texas Medical Center. He has published prolifically and is author of numerous books including *Coping with Trauma*, *Coping with Depression*, *Mentalizing in Clinical Practice*, *Restoring Mentalizing in Attachment Relationships* and *Mentalizing in the Development and Treatment of Attachment Trauma*. 
The Transforming Power of Affect
Leslie Greenberg, PhD

Presentation Description: A brief description of the theory of emotion-focused therapy (EFT) will be presented. The role of emotion in change and evidence on how to promote emotional change will be discussed, along with aspects of emotion utilization and emotion regulation. Videotaped segments of therapy will be shown to exemplify some of the principles of emotional change.

Biography: Dr. Greenberg serves as Distinguished Research Professor of Psychology at York University in Toronto. He is widely recognized for his work as the founder of EFT, a person-centered, neuroscience-informed and evidence-based therapeutic approach that has proven to be effective for psychiatric syndromes such as depression, trauma and many other conditions characterized by emotion dysregulation. Dr. Greenberg is a Past President of the Society for Psychotherapy Research, and throughout his career he has actively trained countless mental health practitioners in the use of EFT.

Please Pay Attention Now (It Could Change Your Brain): Mechanisms of Mindfulness
Judson Brewer, MD, PhD

Presentation Description: There has been a groundswell of interest in mindfulness, sometimes referred to as a “mindful revolution.” Until recently, however, little was known about the psychological mechanisms and brain processes underlying mindfulness. Recent evidence will be presented from clinical studies, as well as from neuroimaging research, that begins to reveal the nature of meditation and how it might apply to our own daily lives.

Biography: Dr. Brewer is Associate Professor of Medicine and Psychiatry at the University of Massachusetts Medical School, and he is on the adjunct faculty at Yale and is a research affiliate at MIT. He serves as Director of Research at the Center for Mindfulness at UMass, and he is an internationally known expert in mindfulness training as a component of treatment of addiction—utilizing both in-person and app-based strategies. Dr. Brewer is interested in understanding brain mechanisms of mindfulness and technologies that measure mindfulness, such as fMRI and neurofeedback. He has published extensively and has presented his work widely, including to the U.S. President’s Office of National Drug Control Policy.

Continuing Education

Learning Purpose Statement
The purpose of this educational activity is to expand the knowledge base and clinical skills of mental health professionals related to the assessment of and treatment for emotion dysregulation. By examining the biological, psychological and interpersonal underpinnings in the development of emotion regulation and dysregulation, mental health professionals will enhance their ability to assess disturbance in emotion regulation in multiple patient populations. Through an exploration of neuroimaging research related to stress response and resilience, and recent clinical studies, related to effectiveness of targeted therapeutic strategies, mental health professionals will gain an expanded ability to identify, differentiate and utilize effective therapeutic approaches that promote emotion regulation.

Target Audience
Physicians, Psychologists, Registered Nurses, Social Workers, Addiction Professionals and Licensed Professional Counselors (all levels of experience)

Learning Objectives
At the conclusion of this learning activity, participants should be able to:
1. Define emotion regulation and identify its link to psychopathology.
2. Recognize theory and research about links between attachment quality and response to threat at multiple levels, in individuals throughout the lifespan.
3. Discuss how placebo response mechanisms can be integrated into the understanding of psychiatric neurobiology.
4. Discuss the rationale for integrating multiple psychotherapeutic techniques to improve emotion regulation in psychiatric patients.
5. Identify various forms of emotion dysregulation in ADHD throughout the lifespan and how specific patterns of neurocircuitry may relate to impairment in functioning.
6. Consider the potential implications and rationale for incorporating mentalization-based therapy and pharmacological approaches in developing an integrated treatment plan for a patient experiencing severe impairment in functioning from emotion dysregulation and other symptoms related to co-occurring disorders.
7. Summarize the theory and the evidence demonstrating the effectiveness of emotion-focused therapy (EFT) in promoting emotional change in individuals seeking mental health care.
8. Explain how mindfulness affects brain processes and how mindfulness approaches can help change addictive habit patterns.
Addiction Professionals—The Menninger Clinic, approved by the Texas Certification Board of Addiction Professionals (TCBAP) Standards Committee, Provider No. 1741-06, seven (7.25) hours general. Expires 7/2016. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, fax number 512-476-7297.

*Note: Addiction Professionals are required to complete post-test for CE activities >6 hours.

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 (ACME).

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 symposium 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/Registration Assistance

• For assistance with registration or payment, 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, at tsteele@menninger.edu or 713-275-5056.