



Massachusetts Psychiatric Society's
2022 Annual Psychotherapy Conference
 The MPS Psychotherapy Committee is pleased to present
**Contemporary Psychotherapeutic Approaches to
 Social Traumas**

**Saturday
 February 26, 2022
 8:15 a.m.–4:00 p.m.**
Virtual conference via Zoom

Program Overview

In the current national and global upheaval with its multiple societal traumas and the concurrent collective experience of a pandemic, psychiatrists are increasingly seeing patients who are suffering from trauma-related symptoms. Oftentimes, psychiatrists are expected to prescribe medication without a fuller understanding of the traumatic context from which the patient comes, and without full knowledge of newer techniques for mitigating harm and promoting resilience and healing. This conference will highlight contemporary psychotherapeutic approaches to social traumas.

The morning session will open with Alexandra Rolde, MD, presenting her first-person account of intergenerational transmission of resilience. She will be followed by Dhanviney Verma, MD, presenting on refugee trauma and therapeutic interviewing, and Nicole Christian-Brathwaite, MD,

presenting on psychotherapeutic approaches to racial trauma. The morning will conclude with a moderated panel discussion with the three morning speakers. The afternoon session will open with MPS President John Bradley, MD, presenting on vicarious trauma, from the front lines in combat to our communities and clinics. Leonard Doerfler, PhD, will present an instructive case using prolonged exposure therapy, including risks and benefits of this surprisingly gentle type of treatment. We will close with a moderated panel discussion featuring the afternoon speakers. There will also be time for Q&A after each presenter.

This activity is appropriate for psychiatrists of all levels of training and experience, as well as medical students interested in pursuing a career in psychiatry. It will offer 6.5 CME credits, including 1.0 Risk Management CME.

Faculty

John Bradley, MD, DFAPA
 President, Massachusetts Psychiatric Society
 Director, Mental Health Service VA Boston
 Healthcare System

Nicole Christian-Brathwaite, MD
 Senior Vice President and Chief Medical
 Officer, Scheduled Care and AtHome Care
 Founder and CEO of Well Minds Psychiatry and
 Consulting Company, PLLC
 Board of Directors of New England Council of
 Child and Adolescent Psychiatry (NECCAP)

Leonard Doerfler, PhD
 Professor and Director, Clinical Counseling
 Psychology Program at Assumption University
 Adjunct Professor of Psychiatry, UMass Chan
 Medical School

Stephen P. McDermott, MD
 Co-chair, Psychotherapy Committee,
 Massachusetts Psychiatric Society
 Director, Introductory Seminar in Cognitive-
 Behavioral Therapy, Beth Israel Deaconess
 Medical Center
 Lecturer, Beth Israel Deaconess Medical Center
 Chair, Psychotherapy Committee, AGLP (The
 Association of LGBTQ+ Psychiatrists)

Alexandra K. Rolde, MD
 Member, MPS Psychotherapy Committee
 Clinical Supervisor, Department of Psychiatry,
 Beth Israel - Deaconess Medical Center

Margaret C. Tuttle, MD
 Co-chair, Psychotherapy Committee,
 Massachusetts Psychiatric Society
 Instructor in Psychiatry, Harvard Medical School
 Staff Psychiatrist, Massachusetts General
 Hospital
 Member of Steering Committee, APA
 Psychotherapy Caucus

Dhanviney Verma, MD
 Associate Director, Rapid Access Psychiatry Clinic,
 Massachusetts General Hospital
 Staff Psychiatrist, MGH/MGH-Chelsea
 Instructor in Psychiatry, Harvard Medical School

Program Objectives
 At the conclusion of this activity, learners will be able to:

- Recognize and assess several kinds of psychosocial trauma and, when indicated, make referral to the most appropriate type of specialized psychotherapy.
- Understand risks and benefits of newer psychotherapies for trauma.
- Employ interviewing techniques that are therapeutic and minimize re-traumatization.
- Understand how psychosocial issues, understood from various perspectives, could affect treatment course and outcomes for patients with trauma history.
- Pursue further education in the topics presented, with resources recommended by the speakers.

Accreditation Statement
 The Massachusetts Psychiatric Society is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

AMA Credit Designation Statement
 The Massachusetts Psychiatric Society designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. 1 credit meets the criteria for Risk Management study from the Massachusetts Board of Registration in Medicine.

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Program Schedule

- 8:00-8:15 a.m.** **Signing in/informal conversation over Zoom**
- 8:15-8:30 a.m.** **Welcome and introduction**
- 8:30-9:30 a.m.** **Intergenerational Transmission of Trauma and Resilience**
Alexandra K. Rolde, MD
- 9:30-10:30 a.m.** **Pillars of Psychotherapy with Refugees and Asylum Seekers**
Dhanviney Verma, MD
- 10:30-10:45 a.m.** **BREAK**
- 10:45-11:45 a.m.** **How to Incorporate Racial Trauma Screening and Treatment into Your Daily Practice**
Nicole Christian-Brathwaite, MD
- 11:45-12:30 p.m.** **Moderated Panel Discussion**
(all morning speakers and any afternoon speakers who are present)
Moderators: Stephen P. McDermott, MD and Margaret C. Tuttle, MD
- 12:30-1:00 p.m.** **LUNCH**
- 1:00-2:00 p.m.** **Understanding Vicarious Trauma: From the Front Lines in Combat to our Communities and Clinics**
John Bradley, MD, DFAPA
- 2:00-3:00 p.m.** **Prolonged Exposure Therapy (RM)**
Leonard Doerfler, PhD
- 3:00-3:15 p.m.** **BREAK**
- 3:15-4:00 p.m.** **Moderated Panel**
(all afternoon speakers and any morning speakers who have stayed)
Moderators: Stephen P. McDermott, MD and Margaret C. Tuttle, MD
- 4:00 p.m.** **Adjourn**



2022 Annual Psychotherapy Conference

REGISTRATION FEE

- MPS/APA MEMBER \$90
- RESIDENT/FELLOW/STUDENT \$20
- NON-MEMBER \$110

[CLICK HERE](#) TO REGISTER ONLINE. **Please note the link for the conference will be sent on February 25.** If you are unable to register online, please note that we are not in the office due to the pandemic and request that you register by phone at (781) 237-8100.

[CLICK TO REGISTER ONLINE](#)

Questions?

Call (781) 237-8100, 8 a.m.–4 p.m. Monday through Friday