

Institute for Advanced Diagnostics and Therapeutics Virtual Symposium

April 1, 2022

12:00 p.m. – 4:15 p.m. ET

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Transformational change is happening in psychiatry. From the rapid expansion in the uses of neuromodulation, to the introduction of medications that may relieve depressive symptoms in mere hours or days, to the groundbreaking research into the use of psychedelic medication combined with psychotherapy—psychiatry is experiencing a quantum shift in how we regard psychiatric illness and our capacity to relieve suffering in people with mood and anxiety disorders.

Sheppard Pratt continues to be a leader in the development of these novel interventions—most recently, through the creation of the Institute of Advanced Diagnostics and Therapeutics.

Through this symposium, you will learn about the components of the Institute and meet the clinicians leading this groundbreaking work. Our researchers will define the problem of difficult-to-treat depression and provide insight into the current and future clinical answers that will be uncovered through our research.

Program

12:00 p.m. – 12:30 p.m.

Difficult-to-Treat Mood Disorders: An Overview

Scott Aaronson, MD, Chief Science Officer, Institute for Advanced Diagnostics and Therapeutics

12:30 p.m. – 1:15 p.m.

Electroconvulsive Therapy: Making Treatment Better

Monica Rettenmier, MD, Service Chief, ECT

1:15 p.m. – 2:00 p.m.

Transcranial Magnetic Stimulation: The Future is Now

Patricia Carlson, MD, Service Chief, TMS

2:00 p.m. – 2:15 p.m.

Break

2:15 p.m. – 3:15 p.m.

Psychedelics, MDMA, and Ketamine: Forging a New Path to Well

Scott Aaronson, MD, Chief Science Officer, Institute for Advanced Diagnostics and Therapeutics

3:15 p.m. – 4:15 p.m.

Expert Panel: Q&A Session

Topics covered will include:

- The evolution of Electroconvulsive Therapy (ECT) into a more patient-friendly intervention for acute, severe depression
- The increasing footprint of Transcranial Magnetic Stimulation (TMS) as a non-pharmacologic, somatic therapy for depression, obsessive-compulsive disorder, and addictions
- Exciting developments in the use of psychedelic therapies for depression and PTSD being pioneered at the Sheppard Pratt Psychedelic Center of Excellence

Learning Objectives:

At the conclusion of this activity, attendees will be able to:

1. Identify three factors to consider when evaluating a patient who presents with symptoms suggestive of difficult to treat depression.
2. Describe how ECT has changed over time to improve the overall treatment experience.
3. Describe the current and potential future indications for use of TMS in the psychiatric patient population.
4. Compare current modalities of psychiatric care with the emerging paradigm for psychedelic psychotherapy.

Scott Aaronson, MD is the Chief Science Officer of the Institute for Advanced Diagnostics and Therapeutics at Sheppard Pratt. He also serves as an Adjunct Professor in the Department of Psychiatry at the University of Maryland School of Medicine. Dr. Aaronson specializes in treatment-resistant affective disorders. His work focuses on the development of various novel paradigms, including neurostimulation and psychedelic-assisted psychotherapy, difficult-to-treat severe mood disorders, and he is an international leader in vagus nerve stimulation and transcranial magnetic stimulation. He is a member of the Board of Directors of the American Society for Clinical Psychopharmacology. Dr. Aaronson earned his MD with honors from Harvard Medical School and completed a residency in psychiatry at McLean Hospital. He is a Distinguished Life Fellow of the American Psychiatric Association and a Fellow of the American College of Psychiatrists.

Monica Rettenmier, MD is board certified in both child & adolescent and adult psychiatry. She is the service chief of the Electroconvulsive Therapy department at Sheppard Pratt. Her areas of interest include primary mood disorders, including treatment-resistant unipolar and bipolar depression, as well as anxiety disorders in both adult and pediatric populations. Dr. Rettenmier is trained in electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS). She also serves as a staff child and adolescent psychiatrist in Sheppard Pratt's Telehealth Outpatient Services.

Patricia Carlson, MD is a board-certified adult psychiatrist and is service chief of Sheppard Pratt's Transcranial Magnetic Stimulation program. Her areas of interest include mood disorders, including treatment resistant depression, as well as generalized anxiety and obsessive-compulsive disorders. Dr. Carlson is on staff with the Department of Clinical Research at Sheppard Pratt, where she works with research protocols related to treatment-resistant depression. She is trained in transcranial magnetic stimulation (TMS), electroconvulsive therapy (ECT), and VNS protocols. Dr. Carlson has also trained in transference-focused psychotherapy (TFP), dialectical behavior therapy (DBT), and exposure-response prevention therapy. She has taught courses in shame resilience and other topics related to common human sufferings such as loss and trauma.

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