

SAUNDRA JAIN, MA, PsyD, LPC

2625 MERLIN DRIVE
LEWISVILLE, TX 75056
512-660-4650

**Private Practice
Carrollton, Texas**

**Adjunct Clinical Affiliate
University of Texas at Austin
School of Nursing
Austin, Texas**

EDUCATION:

2007 MBA Texas Woman's University
2004 PsyD Southern California University for Professional Studies
1985 MA University of Houston-Clear Lake
1982 BS University of Houston-Clear Lake

CLINICAL EXPERIENCE:

August 2011 to Present Psychotherapist. Self-employed in private practice, Lewisville, Texas. Services include outpatient evaluations and psychotherapy with adults and their families (ages 18+).

August 2010 to Present Executive Director. Mental Aerobics Project (MAP), Austin, Texas. Organization focusing on wellness and the impact of positive psychology on client outcomes. Provides workshops to both healthcare practitioners and organizations interested in the power of wellness.

January 2004 to August 2010 Executive Director. Mental Health Educational Initiative (MHEI), Lake Jackson, Texas. Organization that offers educational services on mental health issues to the community and healthcare providers.

June 1992 to December 2012 Psychotherapist. Self-employed in private practice, Lake Jackson, Texas. Services include outpatient evaluations and psychotherapy with adolescents/adults and their families.

August 1991 to June 1992 Psychotherapist. Worked in association with Walter Schmalstieg, M.D., Private Practice, Houston, Texas. Participated in outpatient evaluations and psychotherapy with children/adolescents/adults and their families.

September 1988 to August 1991	Coordinator of Student Program Services: Brazosport ISD, Freeport, TX. Coordinator for district's K-12 drug education program.
July 1987 to October 1988	Psychotherapist. Baywood Hospital, Webster, Texas. Participated in evaluations and psychotherapy with inpatient and outpatient children/adolescents and their families.
August 1986 to July 1987	Postgraduate Clinical Fellowship. University of Texas Medical Branch, Division of Child and Adolescent Psychiatry, Galveston, Texas. Evaluations and psychotherapy with inpatient and outpatient children/adolescents and their families. Group therapy with inpatient adolescents; child and adolescent crisis intake.
October 1985 to July 1986	Psychotherapist. Youth Services of Brazoria County, Angleton, Texas. Outpatient evaluations and psychotherapy with children/ adolescents and their families. Cognitive/personality assessments; parent training and education. Consultation with school and legal personnel.
March 1985 to October 1985	Psychotherapist. Houston International Hospital, Houston, Texas. Inpatient evaluations and psychotherapy with adults and their families. Group therapy with inpatient adults.
June 1984 to March 1985	Graduate Internship. Mid-City Mental Health Mental Retardation, Houston, Texas. Outpatient evaluations and psychotherapy with adolescents/adults; Cognitive/personality assessments.

PROFESSIONAL MEMBERSHIPS:

Licensed Professional Counselor, #09091, Texas, Issued 1987.

CO-CREATOR WILD 5 – A Proven Path to Wellness:

WILD 5 is a 30-day proven path to wellness providing optimum wellness to everyone through an easy-to-use program that integrates established wellness practices.

CO-FOUNDER MBCT AUSTIN:

Launched the first Mindfulness-Based Cognitive Therapy class in Austin, Texas with Michele Hauser, MD in 2014.

ADVISORY BOARDS OR PANELS:

Otsuka (OAPI), Neuroscience Experts and Cross-Sector Unconventional Stakeholders (NEXUS) Steering Committee, 2019 – present.

Otsuka (OAPI), CARE Program Virtual Advisory Board, 2021- present.

Eli Lilly and Company, The Science of Wellness in GI Advisory Board, 2021- present.

NACCME. Sana Symposium Steering Committee, 2021- present.

Healthy Women, HealthyWomen Women's Health Advisory Council (WHAC), 2020 - present.

HelloMind, HelloMind Advisory Council, 2020 - present.

Eli Lilly and Company, Global Wellness Medical Education Advisory Board, 2018.

Eli Lilly and Company, Rheumatology/Immunology Advisory Board, Medical Wellness, 2017-2019.

Otsuka America Neuroscience, CNS Alliance Technology Pitch Event, 2017.

NACCME. Psych Congress Steering Committee, 2012 - present.

Eli Lilly and Company, Advisory Committee, Advancing Cancer Care Today (ACCT), 2014-2015.

National Council for Behavioral Health, Judge, Inspiring Hope Awards, supported by Eli Lilly and Company, 2013-2015.

Otsuka America Neuroscience, Cornerstone of Care: A Team Approach to Mental Health Steering Committee Meeting, 2014.

Brand Direct Health/ Nestle' Health Science - PamLab, Inc, Advisor/Consultant, My Depression Matters, My Neuropathy Matters, My Memory Matters Adherence Program, 2013-2014.

CME LLC. US Psychiatric and Mental Health Congress, Steering Committee, 2011-2012.

Eli Lilly and Company, Steering Committee, Welcome Back Awards Committee, 2009-2011.

Eli Lilly and Company. Bipolar Advisory Board, 2004. Developed *Living with Bipolar Disorder*.

Eli Lilly and Company. Differential Diagnosis Advisory Board, 2004-2010.

PUBLICATIONS:

“Call for Action: Incorporating Wellness Practices into a Holistic Management Plan for Rheumatoid Arthritis—Going Beyond Treat to Target”. Peter C. Taylor, Mart Van de Laar, Andrew Laster, Walid Fakhouri, Amanda Quebe, Inmaculada de la Torre, and Saundra Jain. *RMD Open* 2021;7:e001959. doi:10.1136/rmdopen-2021-001959.

As quoted in *“Self-Care Is Important at Every Age”*. Misha Valencia. HealthyWomen. Published online: May 4, 2021. <https://www.healthywomen.org/your-wellness/self-care--mental-health/self-care-important-every-age>.

As quoted in *“Can’t Sleep Due to COVID-19 Stress?”*. Liz Sauchelli. HealthyWomen. Published online: September 15, 2020. <https://www.healthywomen.org/your-wellness/cant-sleep-due-to-covid-19-stress/particle-1>

“HERO Wellness Scale: Examining a New Mental Wellness Scale”. Sandra Yaklin, APRN, PMHNP-BC, Rakesh Jain, MD, MPH, Stephen Cole, PhD, Charles Raison, MD, Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC, and Saundra Jain, MA, PsyD, LPC. *Annals of Clinical Psychiatry*. February 2020, Vol. 32, No. 1; 33-40.

“Wellness Interventions in Psychiatrically Ill Patients: Impact of WILD 5 Wellness, a Five-Domain Mental Health Wellness Intervention on Depression, Anxiety, and Wellness”. Donna Rolin, PhD, PMHNP, PMHCNS, Isadora Fox, RN, MSN, PMHNP, Rakesh Jain, MD, MPH, Stephen Cole, PhD, Cecile Tran, BS, and Saundra Jain, MA, PsyD, LPC. *Journal of the American Psychiatric Nurses Association*. Published online: November 18, 2019.

“Depression and Anxiety in Patients with Diabetes: A Q & A with Dr. Saundra Jain”. Cardiometabolic Risk Summit Conference; October 20-22, 2017, Dallas, Texas. Published on October 19, 2017. <https://www.consultant360.com/Depression-and-Anxiety-in-Patients-With-Diabetes>

“Experts Discuss Risks, Benefits of Benzodiazepines”. US Psychiatric and Mental Health Congress, September 16-19, 2017, New Orleans, Louisiana. Co-Presenter on Examining the Risks and Benefits from Benzodiazepines. Published on September 25, 2017. <https://www.healio.com/psychiatry/anxiety/news/online/%7Be09ef507-76c0-482b-9774-c82625bf79b0%7D/experts-discuss-risks-benefits-of-benzodiazepines?page=2>

“Addressing Diagnosis and Treatment Gaps in Adults with Attention-Deficit/Hyperactivity Disorder”. Rakesh Jain, MD, MPH, Saundra Jain, MA, PsyD, LPC, and C. Brendan Montano, MD. *Primary Care Companion CNS Disorders*. 2017;19(5):17nr02153 <https://doi.org/10.4088/PCC.17nr02153>.

“Expert Reports Success in Improving Depression, Resilience with Wellness Intervention”, Cardiometabolic Risk Summit, Fall Pre-Conference; October 13, 2016, Las Vegas, Nevada. Moderator and Presenter for Preconference on Clinician Wellness. Article about Clinician Wellness Preconference. Published October 14, 2016.

<https://www.healio.com/internal-medicine/psychiatry/news/online/%7B649482ad-d541-499b-a10f-e8f2b4c39a70%7D/expert-reports-success-in-improving-depression-resilience-with-wellness-intervention>

“ADHD as a Diagnostic Chameleon: Developing a Systematic Approach to Differential Diagnosis”. Saundra Jain, PsyD, LPC, Rakesh Jain, MD, MPH. Dialogs in ADHD, Vol 4, No.1, 2008; pgs 14-18.

POSTER PRESENTATIONS:

“Psychedelics and Wellness Study (PAWS): Psychedelic Use and Its Impact on Long-term Wellness and Holistic Mental Health & Behavioral Markers – Results from an Online Anonymous Nationwide Survey of Adults.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, San Diego, California. October 4-5, 2019.

“Validity of the Spanish Language Version of the HERO Wellness Scale: Report from Mental Health Professionals and General Community.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, San Diego, California. October 4-5, 2019.

“WILD 5 Wellness: Results of a 90-day, Self-Directed Wellness Program in Individuals With a DSM-5 Diagnosis and Receiving Psychotropic Medications.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, Orlando, Florida. October 26-27, 2018.

“HERO Wellness Scale: Examining the Validity and Reliability of a New Mental Wellness Scale.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, New Orleans, Louisiana. September 17-18, 2017.

“Chronic Pain Patients on Opioids – Examining the Impact on Pain and Mental Illness Symptoms After a 30-Day WILD 5 Wellness Based Intervention.” Saundra Jain, MA, PsyD, LPC and Rakesh Jain, MD, MPH. Poster presented at Psych Congress, New Orleans, Louisiana. September 17-18, 2017.

“Cognitive and Physical Function Improvements and Mood and Anxiety Improvements After Undergoing Wild 5 Wellness, a 30-day Wellness Intervention in Individuals Self-identified as Suffering from a Psychiatric Disorder.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, New Orleans, Louisiana. September 17-18, 2017.

“Application of Wild 5, a Wellness Intervention in Individuals Taking Psychotropic Medications Yet Have a Moderate or Higher Severity of Depression (PHQ-9 Score of 10 or Higher).” Saundra Jain, MA, PsyD, LPC and Rakesh Jain, MD, MPH. Poster presented at Psych Congress, New Orleans, Louisiana. September 17-18, 2017.

“Application of WILD 5, A Wellness Intervention at Beloit College, Wisconsin Student Population.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at Psych Congress, New Orleans, Louisiana. September 17-18, 2017.

“Effectiveness of a 30-day Wellness Program in Individuals with Chronic Pain, with and without Mental Illness.”. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at the 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas. October 22-23, 2016.

“Description of the WILD 5 Wellness Program and Its Utility in Individuals Suffering from a Psychiatric Illness: Results from a 30-day Intervention with an Optional 90-day Extension Phase”. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at the 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas. October 22-23, 2016.

“WILD 5 Wellness: Impact of a Five-Pronged (Exercise, Mindfulness, Sleep, Social Connectedness & Nutrition) 30-Day Wellness Program on Mood, Mindfulness, Sleep Behavior, Social Connectedness, Emotional Eating and Mental Wellness.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at 2015 US Psych Congress Annual Meeting, San Diego, California. September 11, 2015.

“WILD 5 Wellness: Impact of a Five-Pronged 30-Day Wellness Program on Mood, Mindfulness, Sleep Behavior, Social Connectedness, Emotional Eating and Mental Wellness for Individuals On, and Not on Psychotropics.” Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, et al. Poster presented at 2015 US Psych Congress Annual Meeting, San Diego, California. September 11, 2015.

“The Problems with ‘Super-Sizing’ in American High Schools: A Survey.” Nicholas Moore, Rakesh Jain, MD, MPH, Saundra Jain, PsyD. Poster presented at the Annual meeting of the Society for Nutritional Education, San Francisco, California, July 2006.

“A Survey Assessment of High School Students’ Knowledge and Beliefs Regarding Mental Health Issues.” Nicholas Moore, Rakesh Jain, M.D., M.P.H., Saundra Jain, PsyD. Presented at the Annual U.S. Psychiatric Congress, San Diego, California, November 2004.

“Effect of atomoxetine and stimulants on personality changes as perceived by parents”. Rakesh Jain, MD, MPH, Saundra Jain, PsyD, LPC. Poster presented at the annual meeting of American Psychiatric Association, New York City, May 2004.

BOOK AUTHORSHIP:

The Science and Practice of Wellness: Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO). Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH. WW Norton & Company, 2020. Book ISBN # 9780393713657.

WILD 5 Wellness LiveWell90: A Proven 90-Day Mental Wellness Program. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, with Betsy Burns, PhD. Kindle Direct Publications, 2019. Book ISBN # 9781798210833.

WILD 5 Wellness KickStart30: A Proven 30-Day Mental Wellness Program. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, with Betsy Burns, PhD. Kindle Direct Publications, 2019. Book ISBN # 9781791658809.

WILD 5 Wellness: Ancient Practices for Modern Times. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH, with Betsy Burns, PhD. Create Space Publications, 2017. Book ISBN # 1543278833, ISBN-13 # 978-1543278835.

Unleashed: 12-Weeks to Total Mental Fitness- Workbook to Optimize Your Mental Health. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH. 3 Cool Cats Publications, 2011. Book ISBN # 1466269057, ISBN-13 # 9781466269057.

Unleashed: Transforming My Battle with Depression. Saundra Jain, MA, PsyD, LPC, Rakesh Jain, MD, MPH. 3 Cool Cats Publications, 2011. Book ISBN # 1461014816, ISBN-13 # 9781461014812.

50 Affirmations for People Who Choose to Take Medications for Depression and Anxiety. Saundra Jain, PsyD, LPC, Rakesh Jain, MD, MPH. 3 Cool Cats Publications, 2001. Book ISBN # 0-971343-0-8.

MULTI-MEDIA AUTHORSHIP:

“Differentiating Bipolar Depression from Unipolar Depression.” Author and Presenter: Saundra Jain, PsyD, LPC. One hour, interactive-DVD presentation to assist clinicians’ education. National distribution.

“Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders”

MULTI-MEDIA PRESENTATION:

“Tardive Dyskinesia and the Challenges of Coping During COVID-19” (4-part Video Series). Moderator: Saundra Jain, PsyD, LPC.

“Managing Patients with Serious Mental Illness and Addiction Disorders During a Global Pandemic: Updated Guidance and Strategies” (8-part Video Series). Moderator: Saundra Jain, PsyD, LPC.

“Opinions DVD.” Presenter: Saundra Jain, PsyD, LPC. Educational DVD on Bipolar Disorder featuring multiple experts in the field. National distribution.

WebMD BLOGS (April 2017-present):

<http://blogs.webmd.com/mental-health/>

MEDIA BROADCASTS:

December 11, 2008 Co-Spokesperson, “*Depression in Relationships.*” Satellite Media Tour, 30 markets including, Voice of America, Nation RADIO, Houston, Texas. Chamberlain Communications, New York, NY.

PRESENTATIONS:

June 5, 2022 Moderator, “*Documentary Screening and Panel Discussion: Hiding in Plain Sight: Youth Mental Illness*”. The issues surrounding mental illness are extraordinarily complex. The risk factors are daunting, the economics bewildering, and the politics contentious. But the most important step — and often the most difficult one — is to start talking about it. The two-part, four-hour film, executive produced by Ken Burns and directed by Erik Ewers and Christopher Loren Ewers, follows the journeys of more than 20 young Americans from all over the country and all walks of life, who have struggled with thoughts and feelings that have troubled — and, at times — overwhelmed them. In the process, they, along with experts, family and peers, will directly confront the issues of stigma, discrimination, awareness, and silence’ and, in doing so, support the ongoing shift in the public perception of mental illness today. Psych Congress Elevate, Las Vegas, Nevada.

June 4, 2022 Co-presenter, “*How to be a Better Psychopharmacologist Without Prescribing: The Marriage of Neurobiology and Wellness*”. This highly innovative and practical presentation from a psychiatrist and a psychotherapist will discuss the neurobiological impact of wellness-enhancing practices, present data from an evidence-based wellness program, and offer resources to integrate these practices into a busy clinical practice. Psych Congress Elevate , Las Vegas, Nevada.

May 22, 2022 Panelist, “*Integration Panel Discussion: The Necessity of Integration in Psychedelic-Assisted Therapy*”. This panel discussion brings together several clinicians and researchers from different settings that are involved in the psychedelic space. We will engage in a robust conversation about the importance of psychedelic integration. Catalyst Summit 2022, Kingston, Ontario Canada.

May 21, 2022 Presenter, “*Psychedelic Integration: Where the Rubber Meets the Road*”. This session will explore the many facets of psychedelic integration. We will discuss the definition and components of psychedelic integration, why it matters, its practice in a clinical setting, and examine various models of psychedelic integration. Additionally, we will utilize a case presentation to illustrate many of these points. Catalyst Summit 2022, Kingston, Ontario Canada.

- May 13, 2022 Presenter, “*Wellness in Mental Health: Examining its Neurobiology & Clinical Application*”. This presentation highlighted the neurobiological underpinnings of wellness practices and featured data from a 30-day wellness program. APNA Ohio Chapter Conference 2022: Resiliency, Self-Care, and Mindfulness: Practice Tools for Nurse Survival in Today’s Clinical Climate, Virtual Conference.
- May 3, 2022 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Spring 2022.
- April 5, 2022 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Spring 2022.
- March 8, 2022 Presenter, “*Measure Twice and Cut Once: Measurement-Based Care Matters*”. This presentation focuses on the important role of measurement-based care in traditional psychiatry and in the psychedelic space. Specific scales and screeners are reviewed. Integrative Psychiatric Institute, Virtual Conference.
- February 3, 2022 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Winter 2022.
- January 25, 2022 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Winter 2022.
- December 12, 2021 Co-presenter, “*Benzodiazepines: An open discussion between mental health specialists.*” This panel discussion offers conversation between mental health providers to address the pros and cons associated with the use of benzodiazepines in clinical practice. UCSF School of Nursing, San Francisco, CA. Virtual Program.

- November 23, 2021 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Virtual Conference.
- November 19, 2021 Co-presenter, “*Bidding a Fond Goodbye: Examining Deprescribing as an Art and Science in Psychiatry*”. This presentation pairs a psychiatrist and a psychotherapist who will offer clinical and scientific pearls on how best to approach this thorny topic with our patients and to achieve success in deprescribing medications. Mental Health Association of East Tennessee Fall Psychiatric Symposium, Virtual Conference.
- November 19, 2021 Co-presenter, “*Is Psychiatry Ready for Psychedelic Therapy? - A Deep Examination of the Potential Advantages and Pitfalls of Psychedelics*”. This presentation prepares mental health professionals for the soon to arrive wave of psychedelic therapies. Mental Health Association of East Tennessee Fall Psychiatric Symposium, Virtual Conference.
- November 1, 2021 Moderator, “*Reunited and It Feels So Good: Psychiatry and Psychotherapy Magnify Each Other with Psychedelics*”. NACCME Psych Congress 2021 National Meeting, San Antonio, Texas.
- November 1, 2021 Moderator, “*Adults and the Mental Health Effects of COVID-19*”. NACCME Psych Congress 2021 National Meeting, San Antonio, Texas.
- October 31, 2021 Moderator, “*Difficult-to-Treat Patients with Generalized Anxiety Disorder*”. NACCME Psych Congress 2021 National Meeting, San Antonio, Texas.
- October 31, 2021 Co-presenter, “*From Clinician Burnout to Recovery: Wellness Interventions as an Antidote*”. This presentation looks at the impact of burnout in mental healthcare providers, especially as a result of COVID-19. We will explore preliminary data from a 30-day wellness program examining the role of wellness interventions for nurses in crisis. NACCME Psych Congress 2021 National Meeting, San Antonio, Texas.
- October 29, 2021 Co-presenter, “*Welcome Session: The COVID-19 Pandemic Impact on the Mental Healthcare Landscape*”. This presentation reviews the negative impact of COVID-19 on mental health and reviews several proven wellness-enhancing strategies. NACCME Psych Congress 2021 National Meeting, San Antonio, Texas.
- October 26, 2021 Presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-

- assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Virtual Conference.
- October 26, 2021 Presenter, *“Radical Self-Care”*. The Summit opening session offers participants an opportunity to share their radical self-care practices. NEXUS Virtual Summit, Virtual Conference.
- October 26, 2021 Panelist, *“Prioritizing Trauma: Perspectives and Experiences from Across the Community”*. During this discussion panelists addressed the role of trauma across women’s health, the prison system, and its impact on children and adolescents. NEXUS Virtual Summit, Virtual Conference.
- October 12, 2021 Presenter, *“Standing Tall in the Face of Adversity: Building Resilience and Wellness in the Era of COVID-19”*. This presentation reviews the negative impact of COVID-19 on mental health and reviews several proven wellness-enhancing strategies along with data from an ongoing wellness research study. The Washington State Nursing Commission Conference, Addressing Substance Use Disorder: The Path Forward, Virtual Conference.
- September 28, 2021 Presenter, *“Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo”*. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Psychedelic-Assisted Therapy Training Course, Virtual Conference.
- September 19, 2021 Presenter, *“Working with Patients Who Use Psychedelics Outside the Clinical Setting”*. This presentation focuses on mental health providers that encounter patients using psychedelics outside of a clinical setting and how we can best be prepared for these conversations. Sana Symposium, Virtual Conference.
- September 17, 2021 Co-presenter, *“Psychedelics—Bridging the Gap Between Psychiatry and Psychotherapy”*. This presentation focuses on the way mental health professional specialties will play a role in administering psychedelics in the treatment setting. Sana Symposium, Virtual Conference.
- September 10, 2021 & September 11, 2021 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
- August 16, 2021 Presenter, *“Measure Twice and Cut Once: Measurement-Based Care Matters”*. This presentation focuses on the important role of measurement-based care in traditional psychiatry and in the psychedelic space. Specific scales and screeners are reviewed. Integrative Psychiatric Institute, Virtual Conference.

- August 13, 2021 & August 14, 2021 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
- July 16, 2021 & July 17, 2021 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
- June 25, 2021 & June 26, 2021 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
- June 23, 2021 Co-presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Therapist Training Course, Virtual Conference.
- June 16, 2021 Co-presenter, “*Standing Tall in the Face of Adversity: Building Resilience and Wellness*”. This presentation reviews the negative impact of COVID-19 on mental health and reviews several proven wellness-enhancing strategies. University of Missouri - Columbia, Division of Cardiovascular Medicine, Virtual Conference.
- June 13, 2021 Moderator, “*Documentary Screening: Psychedelia*”. Psych Congress Elevate, Virtual Conference.
- June 13, 2021 Moderator, “*Why is it So Hard to Talk About Racism?: A Look at the Mental Health Impact*”. Psych Congress Elevate, Virtual Conference.
- June 13, 2021 Moderator, “*Posttraumatic Growth: Helping Patients Adjust to a World During and After Pandemic*”. Psych Congress Elevate, Virtual Conference.
- June 12, 2021 Moderator, “*Radical Beliefs: The Difference Between Cults and Conviction*”. Psych Congress Elevate, Virtual Conference.
- June 11, 2021 Moderator, “*Keynote: Making the Impossible, Possible Location*”. Psych Congress Elevate, Virtual Conference.
- June 11, 2021 Co-presenter, “*Ask the Experts (COVID-19 and Mental Illness)*”. This discussion focuses on the negative impact of COVID-19 on mental health from the perspective of several mental health specialists. Psych Congress Elevate, Virtual Conference.

- June 11, 2021 Moderator, “*ADT of EDS: Awareness, Diagnosis, and Novel Treatment of Excessive Daytime Sleepiness in Patients with Psychiatric Disorders*”. Psych Congress Elevate, Virtual Conference.
- June 10, 2021 Co-presenter, “*Psychedelic-Assisted Psychotherapy and Wellness Enhancement: An Excellent Duo*”. This presentation explores psychedelic-assisted psychotherapy and wellness, and highlights data from the Psychedelics and Wellness Study (PAWS). ATMA Academy Therapist Training Course, Virtual Conference.
- May 23, 2021 Presenter, “*Might Wellness Enhancement Be Another Gift from Psychedelics? Psychedelics and Wellness Study (PAWS)*”. This presentation explores the intersect between psychedelics and wellness and highlights data from the Psychedelics and Wellness Study (PAWS). Los Angeles Medicinal Psychedelics Society Symposium: Shadow and Light—The Good, the Bad and the Ugly of the Psychedelic Renaissance (LAMPSS 2021), Virtual Conference.
- May 9, 2021 Presenter, “*Wellness Enhancement – Another Gift from Psychedelics? An Exploration of the Science and Practice of Wellness Enhancement via Psychedelics*”. This presentation explores the intersect between psychedelics and wellness and highlights data from the Psychedelics and Wellness Study (PAWS). Catalyst Summit 2021, Virtual Conference.
- April 30, 2021 Presenter, “*Standing Tall in the Face of Adversity: The Power of Wellness-Enhancing Practices*”. This presentation reviews the negative impact of COVID-19 on mental health and reviews several proven wellness-enhancing strategies. Oley Foundation Mini Meeting 2021, Virtual Conference.
- April 29, 2021 Presenter, “*Exploring Wellness Strategies in Mental Health*”. This presentation highlights the importance of wellness in everyday clinical practice, as well as the neurobiological changes seen as a result of wellness behaviors and activities. Austin Oaks Monthly Conference, Virtual Program.
- April 29, 2021 Co-Presenter, “*Wellness in Mental Health: Examining Its Neurobiology and Clinical Application*”. This presentation highlights the importance of wellness in everyday clinical practice, provides a review of HERO wellness traits, as well as the neurobiological changes seen as a result of wellness behaviors and activities. PsychU Program. Sponsored by Otsuka Pharmaceutical Development & Commercialization, Inc, Virtual Program.
- April 23, 2021 & April 24, 2021 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.

April 13, 2021	Presenter, “ <i>Wellness Deficit Disorder: Addressing the New Monster in American Mental Health</i> ”. This presentation defines the concept of 'Wellness Deficit Disorder', outlines the importance of wellness as an effective augmentation strategy, explores the neurobiology of wellness and positive psychology traits, and introduces a new validated wellness scale - The HERO Wellness Scale. Data and resources from an integrated wellness program will be presented to help attendees in their goal of integrating wellness into their clinical practices. MHA 4th Annual Conference, Virtual Conference.
April 9, 2021 & April 10, 2021	Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
April 8, 2021	Presenter, “ <i>A Deep Dive into KickStart30: Integrating a Novel Wellness Program into a Busy Clinical Practice</i> ”. Project ECHO is a webinar-based program that offers a module-based curriculum each academic year to support primary care providers in the Intermountain West area for education and case presentation for the assessment and management of mental health and substance use disorders. ECHO Behavioral Health series, University of Utah, Webinar.
April 1, 2021	Presenter, “ <i>Standing Tall in the Face of Adversity: The Power of Resilience and Wellness</i> ”. Project ECHO is a webinar-based program that offers a module-based curriculum each academic year to support primary care providers in the Intermountain West area for education and case presentation for the assessment and management of mental health and substance use disorders. ECHO Behavioral Health series, University of Utah, Webinar.
March 19, 2021 & March 20, 2021	Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
March 10, 2021	Panelist, “ <i>Success on Her Terms</i> ”. A panel discussion exploring the definition of success and sharing of personal stories. DreamBank, University of Wisconsin, Virtual.
February 26, 2021 & February 27, 2021	Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
January 28, 2021	Co-Presenter, “ <i>Psychedelics for the Treatment of Depression: Focus On 5HT-2A</i> ”. This presentation explores the history of psychedelics, the neurobiological effects of psychedelics, and the future of psychedelics specific to depression. PsychU Program. Sponsored by Otsuka

- Pharmaceutical Development & Commercialization, Inc, Virtual Program.
- December 8, 2020 Co-Presenter, *“Biopsychopharmacology: What Psychotherapists Need to Know”*. This presentation reviews the importance of coordinated care between pharmacological and non-pharmacological interventions. Pre-Conference: Evolution of Psychotherapy 2020, Virtual Conference.
- December 4, 2020 & December 5, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- November 20, 2020- November 21, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- November 19, 2020 Co-presenter, *“Addressing the New Monster in American Mental Health: Facing Down the Pandemic of Wellness Deficit Disorder.”* This presentation defines the concept of 'Wellness Deficit Disorder', outlines the importance of wellness as an effective augmentation strategy, explores the neurobiology of wellness and positive psychology traits, and introduces a new validated wellness scale - The HERO Wellness Scale. Data and resources from an integrated wellness program will be presented to help attendees in their goal of integrating wellness into their clinical practices. 23rd Fall Psychiatric Symposium for Mental Health Association of East Tennessee. Virtual Conference.
- November 13, 2020- November 14, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- November 7, 2020 Co-presenter, *“Addressing the Monster in Treatment-Resistant Depression: Facing down the pandemic of Wellness Deficit Disorder.”* The goal of this presentation is to address the importance of proactively integrating wellness into clinical practice. We will define the concept of 'Wellness Deficit Disorder', outline the importance of wellness as an effective augmentation strategy, explore the neurobiology of wellness and positive psychology traits, and introduce a new validated wellness scale - The HERO Wellness Scale. Data and resources from an integrated wellness program will be presented to help attendees in their goal of integrating wellness into their clinical practices. AAPPN 2020 Annual Conference. Virtual.
- October 23, 2020 & October 24, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- October 15, 2020 Co-presenter, *“Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”*. This presentation provides the science

- behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- October 9, 2020 & October 10, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2021, Virtual Conference.
- October 8, 2020 Co-presenter, “Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- September 29, 2020 Co-presenter, “Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- September 25, 2020-September 26, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- September 13, 2020 Moderator, “*rTMS for the Advanced Practitioner*”. Psych Congress 2020 National Meeting. Virtual Conference.
- September 13, 2020 Presenter, “*Slaying the Demon: 7 Habits of a Highly Effective Anxiety Disorder Treating Clinician*”. This presentation provides an overview of the prevalence of anxiety disorders and offers the mental health clinician 7 clinical practices to help in the management of anxiety disorders. Psych Congress 2020 National Meeting. Virtual Conference.
- September 13, 2020 Presenter, “*Extinguishing the Flames: The Role of Inflammation in Mental Health and Anti-Inflammatory Interventions*”. This presentation reviews the overlap between inflammation and mental health along with providing 5 wellness practices that are known to reduce inflammation. Psych Congress 2020 National Meeting. Virtual Conference.
- September 13, 2020 Moderator, “*Me2/ - Classical Music for Mental Health*”. Psych Congress 2020 National Meeting. Virtual Conference.

- September 12, 2020 Moderator, *“Treating the Suicidal Patient: Psychopharmacologic and Behavioral Opportunities”*. Psych Congress 2020 National Meeting. Virtual Conference.
- September 12, 2020 Presenter, *“Standing Strong during the COVID-19 Pandemic: Resilience Building and Enhancing Wellness in Difficult Times”*. This presentation reviews the negative impact of COVID-19 in mental health, the role of resilience, and the positive impact of wellness interventions. Psych Congress 2020 National Meeting. Virtual Conference.
- September 11, 2020 Moderator, *“Whither Happiness? When, How, and Why Might Positive Activities Boost vs Undermine Well-Being”*. Psych Congress 2020 National Meeting. Virtual Conference.
- September 11, 2020 Co-Presenter, *“Ask the Experts: Wellness”*. This presentation focuses on the role of wellness interventions in mental health. Psych Congress 2020 National Meeting. Virtual Conference.
- September 11, 2020 Moderator, *“Treatment of Postpartum Mood and Anxiety Disorders”*. Psych Congress 2020 National Meeting. Virtual Conference.
- September 11, 2020 Moderator, *“Treatment of Psychiatric Disorders During Pregnancy”*. Psych Congress 2020 National Meeting. Virtual Conference.
- September 10, 2020 Moderator, *“Elevating Efficacy with LAIA Treatment in Schizophrenia: A Focus on Administration and Adherence”*. Psych Congress 2020 National Meeting. Virtual Conference.
- September 10, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- September 10, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- September 9, 2020 Co-Presenter, *“Hot Topics in Psychedelics”*. This presentation explores the history of psychedelics, the neurobiological effects of psychedelics, and the future of psychedelics. Preconference: Psych Congress 2020 National Meeting. Virtual Conference.
- September 9, 2020 Presenter, *“Might Wellness Enhancement Be Another Gift from Psychedelics?”*. This presentation explores the intersect between psychedelics and wellness and highlights data from the Psychedelics and Wellness Study (PAWS). Preconference: Psych Congress 2020 National Meeting. Virtual Conference.

- August 31, 2020 Co-Presenter, “*COVID-19 and the Impact in Nephrology (Panel discussion during 2020 ANNA National Symposium)*”. This conversation engages several clinicians from the space of nephrology and mental health to explore the negative impacts of COVID-19, and available treatment interventions. PsychU Program. Sponsored by Otsuka Pharmaceutical Development & Commercialization, Inc, Virtual Program.
- August 28, 2020 & August 29, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- August 14, 2020 Co-Presenter, “*Managing Mental Health During and in the Aftermath of a Pandemic*”. This presentation reviews the negative impact of COVID-19 in mental health, the role of resilience, and the positive impact of wellness interventions. PsychU Program. Sponsored by Otsuka Pharmaceutical Development & Commercialization, Inc, Virtual Program.
- July 26, 2020 Co-Presenter, “Elevate with the Experts - "Inflammation and Mental Health" ”. This presentation explores the overlap between inflammation and mental health and treatment strategies including wellness interventions. Elevate Virtual Conference.
- July 25, 2020 Co-Presenter, “*Elevate with the Experts - "The Power of Wellness and Meditation*”. This presentation explores meditation and other wellness interventions offering a variety of ways to integrate these practices into a busy clinical setting. Elevate Virtual Conference.
- July 25, 2020 Panelist, “*Elevate with the Experts - Still Standing Tall - Important Lessons Learned by Psychiatry During the COVID-19 - Panel Discussion*”. This presentation is an exploration into what we have learned so far in the area of mental health as a result of COVID-19. Elevate Virtual Conference.
- July 25, 2020 Presenter, “*The Power of Wellness: A Possible Antidote to Clinician Burnout*”. This presentation explores wellness as a possible antidote to burnout and provides data from a wellness research project focused on nursing, a specialty negatively impacted by burnout. Elevate Virtual Conference.
- July 21, 2020 Co-Presenter, “*Motivational Interviewing in Chronic Kidney Disease (CKD)*”. This presentation focuses specifically on motivational interviewing strategies within the specialty of nephrology. NephU Program. Sponsored by Otsuka Pharmaceutical Development & Commercialization, Inc, Virtual Program.

- July 17, 2020 & July 18, 2020 Moderator, NACCME Psych Congress Regional Meetings Series 2020, Virtual Conference.
- June 29, 2020 Co-presenter, *“Why Wellness Matters: Science and Practice”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI). Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company, Canada. Virtual Program.
- June 23, 2020 Co-presenter, *“Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- June 18, 2020 Co-presenter, *“Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- June 11, 2020 Co-presenter, *“Understanding the Science of Wellness, Divide No More: The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Virtual Program.
- April 24, 2020 Co-Presenter, *“The Power of Wellness: A Possible Antidote to Clinician Burnout”*. This presentation explores clinician burnout and wellness as a possible antidote. Along with exploring the neurobiology of wellness, we will discuss the importance of wellness in clinical practice. A wealth of wellness resources will be reviewed along with some practical implementation tips. During this session, we will enrich our sense of mindful awareness by engaging in a short mindful meditation practice. Virtual Elevate 2020.
- November 16, 2019 Presenter, *“Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)”*. This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. *“Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)”*. This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement

these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, St Louis, Missouri.

- November 12, 2019 Co-presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. American College of Rheumatology Annual Meeting, Atlanta, Georgia.
- November 1, 2019 Presenter, *“Reigniting the Flame: Moving from Burnout to Wellness”*. This presentation explores the topic of burnout within the mental health field. We will also explore wellness interventions as an antidote to burnout. 11th Annual International Behavioral Medicine Conference, Edinburg, Texas.
- October 6, 2019 Co-presenter, *“Caught Between a Rock and a Hard Place: Examining the Risks and Benefits of Benzodiazepines”*. The goal of this presentation is to offer cutting-edge, state of the art information on the risk and benefit profile of these medications and offer clear, practical advice to clinicians to minimize harm and maximize benefits. 31st Annual Psych Congress, San Diego, California.
- October 4, 2019 Co-presenter, *“A Real Chill Pill: The Power of Mindfulness in the Treatment of Anxiety Disorder”*. The goal of this presentation is to present the neurobiology of mindfulness, introduce clinicians to practical ways to implement this practice into a busy clinical setting, and provide user-friendly resources. 31st Annual Psych Congress, San Diego, California.
- October 1, 2019 Presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. Gadsden Regional Medical Center, Gadsden, Alabama.
- September 21, 2019 Presenter, *“Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)”*. This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. *“Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)”*. This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement

these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Austin, Texas.

- August 18, 2019 Co-Presenter, *“Examining the Risks and Benefits from Benzodiazepines”*. The goal of this presentation is to offer cutting-edge, state of the art information on the risk and benefit profile of these medications and offer clear, practical advice to clinicians to minimize harm and maximize benefits. National Conference on Addiction Disorders (East), Baltimore, Maryland.
- July 13, 2019 Presenter, *“Reigniting the Flame: Moving from Burnout to Wellness”*. This presentation explores the topic of burnout within the field of rheumatology. We will also explore wellness interventions as an antidote to burnout. Florida Society of Rheumatology 2019 Meeting, Orlando, Florida.
- June 26, 2019 Presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Emory University School of Medicine, Atlanta, Georgia.
- June 20, 2019 Presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. Mountain View Hospital, Las Vegas, Nevada.
- June 15, 2019 Presenter, *“Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)”*. This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. *“Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)”*. This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Tampa, Florida.
- June 1, 2019 Presenter, *“Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)”*. This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. *“Reigniting the Flame: A Practical Manual-Based*

Wellness Program for the Busy Clinician (Part 2)". This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Denver, Colorado.

May 24, 2019 Co-Presenter, "*The Value of Using Scales and Screeners*" and "*The Power of Wellness-Enhancing Practices as Augmentation Strategies*". These breakout sessions will address the clinical value of routinely using psychiatric scales and screeners along with wellness-enhancing practices in both psychiatry and rheumatology. Sponsored by Pfizer. Foro de Practica Clinica, Miami, Florida.

May 16, 2019 Co-Presenter, "*Examining the Science of Wellness – Divide no more; The Brain-Body Connection*". This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. Biologic Therapies VIII Summit, Cleveland, Ohio.

May 11, 2019 Presenter, "*Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)*". This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. "*Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)*". This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Chicago, Illinois.

May 4, 2019 Presenter, "*Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)*". This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. "*Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)*". This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Seattle, Washington.

April 13, 2019 Presenter, "*Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)*". This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. "*Reigniting the Flame: A Practical Manual-Based*

Wellness Program for the Busy Clinician (Part 2)". This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Atlanta, Georgia.

April 7, 2019 Presenter, "*KickStart30: A Practical Manual-Based Approach to Reigniting the Flame of Wellness in Clinical Practice*". This presentation will explore the anti-inflammatory effects of wellness-enhancing interventions. An evidenced-based wellness program will be presented along with a variety of resources. Sixth Annual IAS 2019 Conference, Chicago, Illinois.

April 7, 2019 Co-Presenter, "*Examining the Science of Wellness – Divide no more; The Brain-Body Connection*". This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Sponsored by Eli Lilly and Company. Sixth Annual IAS 2019 Conference, Chicago, Illinois.

March 30, 2019 Presenter, "*Walking on Sunshine: Wellness Interventions in Medication Partial Responders - A Practical Manual-Based Approach to Wellness*". This presentation will discuss partial responders and wellness as an augmentation strategy. An evidenced-based 30-day wellness program will be presented along with a variety of resources. The Alaska Psychiatric Association Annual Continuing Medical Education Conference, Girdwood, Alaska.

March 23, 2019 Presenter, "*Reigniting the Flame: The Science Behind Wellness for the Busy Clinician (Part 1)*". This presentation provides an introduction to wellness, explores the science behind wellness, and engages attendees in a short mindfulness meditation. "*Reigniting the Flame: A Practical Manual-Based Wellness Program for the Busy Clinician (Part 2)*". This presentation provides attendees with a variety of wellness resources including a 30-day evidence-based wellness program called KickStart30. How to implement these wellness resources into a busy clinical practice is discussed. Psych Congress Regional Meetings Series, Philadelphia, Pennsylvania.

March 1, 2019 Presenter, "*Examining the Science of Wellness – Divide no more; The Brain-Body Connection*". This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. Allegheny Health

Network West Penn Hospital (Grand Rounds), Philadelphia, Pennsylvania.

- January 23, 2019 Presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. Alabama Society of Rheumatic Diseases Meeting, Birmingham, Alabama.
- December 7, 2018 Co-Presenter, *“The Value of Using Scales and Screeners”* and *“The Power of Wellness-Enhancing Practices as Augmentation Strategies”*. These breakout sessions will address the clinical value of routinely using psychiatric scales and screeners along with wellness-enhancing practices in both psychiatry and rheumatology. Sponsored by Pfizer. Foro de Practica Clinica, Lake Buena Vista, Florida.
- November 7, 2018 Keynote Speaker, *“Take a Walk on the WILD Side: A Practical Manual-Based Approach to Wellness”*. This presentation will discuss wellness-enhancing interventions as an augmentation strategy. An evidenced-based 30-day wellness program will be presented along with a variety of resources. North Central College Health Association, Bloomington, Minneapolis.
- November 3, 2018 Presenter, *“An Introduction to PsychoNeuroImmunology for Psychiatry and Mental Health Practitioners”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI). Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness will be reviewed. 10th Annual International Behavioral Medicine Conference, November 3, 2018, Edinburg, Texas.
- October 23, 2018 Co-Presenter, *“Examining the Science of Wellness – Divide no more; The Brain-Body Connection”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness are reviewed. Sponsored by Eli Lilly and Company. American College of Rheumatology (ACR) Meeting, Chicago, Illinois.
- September 25, 2018 Presenter, *“Anxiety and Depression in Patients with RA”*. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically as it relates to anxiety and depression. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness will be reviewed. Monthly Session of the Mexican Rheumatoid College, Mexico City, Mexico.

- July 28, 2018 Presenter, “*Double Trouble Overlap Between RA & Depression/Anxiety/Insomnia*”. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically as it relates to anxiety and depression. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness will be reviewed. Sponsored by Pfizer. Foro de Practica Clinica, Cancun, Mexico.
- June 9, 2018 Co-Presenter, “*New Perspectives in Advanced Psychopharmacology: Improving the Quality of Care for Patients with Depression*”. The mind-body connection in psychiatry is better understood today than ever before, and clinicians need to take advantage of this emerging knowledge base. As we leverage this new research, clinical outcomes are expected to improve. The goal of this cutting-edge presentation is to give attendees the most recent, clinically relevant information on mind-body psychiatry, positive psychiatry, and mental wellness. Psych Congress Regional Meetings Series, Columbus, Ohio.
- May 12, 2018 Co-Presenter, “*New Perspectives in Advanced Psychopharmacology: Improving the Quality of Care for Patients with Depression*”. The mind-body connection in psychiatry is better understood today than ever before, and clinicians need to take advantage of this emerging knowledge base. As we leverage this new research, clinical outcomes are expected to improve. The goal of this cutting-edge presentation is to give attendees the most recent, clinically relevant information on mind-body psychiatry, positive psychiatry, and mental wellness. Psych Congress Regional Meetings Series, San Francisco, California.
- May 8, 2018 Creator and Presenter, “*Understanding the Science of Wellness - Divide No More: The Brain-Body Connection*”. This presentation provides the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Eli Lilly and Company, Indianapolis, Indiana.
- May 5, 2018 Co-Presenter. Mental wellness social media ad campaign. Created a Q&A series addressing a variety of issues related to mental wellness. Pfizer Pharmaceuticals, New York, New York.
- April 29, 2018 Co-Presenter, “*WILD 5 Wellness: A Practical Manual-Based Approach to Improving Wellness at the Intersection of Inflammation and Mental Health*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health

practice. Interdisciplinary Autoimmune Summit (IAS), Boston, Massachusetts.

April 29, 2018 Co-Creator and Presenter, *“Understanding the Science of Wellness - Divide No More: The Brain-Body Connection”*. Rheumatology Advisory Board on Wellness offering training specific to the science behind wellness and psychoneuroimmunology (PNI), specifically the overlap between rheumatology and mental health. Several wellness interventions that reduce inflammation, improve depression and anxiety, and improve wellness were reviewed. Speaker Training for Rheumatology and Mental Health, Eli Lilly and Company, Boston, Massachusetts.

April 28, 2018 Co-Presenter, *“New Perspectives in Advanced Psychopharmacology: Improving the Quality of Care for Patients with Depression”*. The mind-body connection in psychiatry is better understood today than ever before, and clinicians need to take advantage of this emerging knowledge base. As we leverage this new research, clinical outcomes are expected to improve. The goal of this cutting-edge presentation is to give attendees the most recent, clinically relevant information on mind-body psychiatry, positive psychiatry, and mental wellness. Psych Congress Regional Meetings Series, Baltimore, Maryland.

April 25, 2018 Presenter, *“Low Effort, High Yield: Incorporating Scales and Screeners into a Busy Mental Health Practice”*. The goal of this session is to provide an overview of several psychiatric scales and screeners highlighting their value to clinicians in clinical practice. This session will also discuss the pros and cons of using these clinical tools, as well as, availability, scoring, ease of use, and time efficiency. University of Texas at Austin, School of Nursing, Nurse Practitioner Program, Austin, Texas.

March 24, 2018 Co-Presenter, *“Examining the Risks and Benefits from Benzodiazepines”*. The goal of this presentation is to offer cutting-edge, state of the art information on the risk and benefit profile of these medications and offer clear, practical advice to clinicians to minimize harm and maximize benefits. Alaska Psychiatric Association Annual Meeting, Girdwood, Alaska.

March 24, 2018 Presenter, *“Communication Savvy: Tips for Successful Conversations with Your Patients”*. The doctor-patient rhetoric can be difficult to navigate, especially with patients who may have an impaired mental status. Strong communication skills are essential to providing the level of care mental health patients need to understand their prescribed treatment regimen. This session will review tips and tricks all mental healthcare providers should keep in mind when interacting with their patients to combat non-adherence

and promote better outcomes. Alaska Psychiatric Association Annual Meeting, Girdwood, Alaska.

- March 17, 2018 Co-Presenter, “*New Perspectives in Advanced Psychopharmacology: Improving the Quality of Care for Patients with Depression*”. The mind-body connection in psychiatry is better understood today than ever before, and clinicians need to take advantage of this emerging knowledge base. As we leverage this new research, clinical outcomes are expected to improve. The goal of this cutting-edge presentation is to give attendees the most recent, clinically relevant information on mind-body psychiatry, positive psychiatry, and mental wellness. Psych Congress Regional Meetings Series, Glendale, Arizona.
- March 3, 2018 Co-Presenter, “*Mindfulness in a Psychiatric Practice*”. This 3-hour presentation/workshop highlights the science behind mindfulness including the neurobiology and anti-inflammatory effects of mindfulness-based practices, provide experiential practices, and practical tips to integrate these practices into a busy clinical practice. Pfizer VI SNC Summit, San Juan, Costa Rica.
- February 24, 2018 Presenter, “*Communication Savvy: Tips for Successful Conversations with Your Patients*”. The doctor-patient rhetoric can be difficult to navigate, especially with patients who may have an impaired mental status. Strong communication skills are essential to providing the level of care mental health patients need to understand their prescribed treatment regimen. This session will review tips and tricks all mental healthcare providers should keep in mind when interacting with their patients to combat non-adherence and promote better outcomes. Elevate, Austin, Texas.
- February 24, 2018 Co-Presenter, “*Disrupting Mental Illness: The Next Generation of Innovation*”. In celebration of the vibrant startup community in Austin, Texas, Otsuka America Pharmaceutical, Inc., in conjunction with Elevate, will host a Live Pitch Event to spark the next generation of innovation. The program will begin with a panel conversation on opportunities for innovation in mental health to address unmet needs and will set the foundation for the evening’s second event – a Live Pitch Competition. Elevate, Austin, Texas.
- February 1, 2018 Co-Presenter, “*Red Hot Mess: Mindfulness as An Augmentation Strategy in the Management of Chronic Pain*”. This webinar highlights the science behind mindfulness including the neurobiology and anti-inflammatory effects of mindfulness-based practices and provides practical tips to integrate these practices into a busy clinical practice. UCB Pharma Ltd Webinar.
- January 23, 2018 Co-Presenter, “*The Power of Mental Wellness: Wellness in Psychiatry*”. This webinar highlights the importance of wellness in

everyday clinical practice, provides a review of HERO wellness traits, as well as the neurobiological changes seen as a result of wellness behaviors and activities. PsychU Virtual Forum.

- November 18, 2017 Co-Presenter, “*Seven Scientifically Proven Anti-Inflammatory Strategies for Today's Modern Mental Health Practice*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health practice. Psych Congress Regional Meetings Series, Orlando, Florida.
- November 5, 2017 Co-Presenter, “*Mindfulness in Psychiatric Practice*”. This session will review mindfulness techniques as applied in a wide variety of mental and physical disorders, and the evidence supporting these techniques, as well as increasing awareness of the usefulness and implementation of mindfulness techniques in a psychiatric practice. Texas Society of Psychiatric Physicians Annual Convention, San Antonio, Texas.
- November 4, 2017 Presenter, “*Walk the Walk: Practical Wellness Tips for Busy Clinicians*”. This session will review issues of clinician burnout and provide specific wellness practices appropriate for both patients and clinicians alike. 9th Annual International Behavioral Medicine Conference, November 3-4, 2017, Edinburg, Texas.
- Presenter, “*Wellness Breaks*”. Series of three 15-minute breaks focusing on mindfulness meditation. Cardiometabolic Risk Summit, October 20-22, 2017, Dallas, Texas.
- October 22, 2017 Wellness Break: “*Meditation: How Do I Start*”
- October 21, 2017 Wellness Break: “*Mindful Moment: Change Your Perspective*”
- October 20, 2017 Wellness Break: “*Mindful Moment: Finding Your Inner Calm*”
- October 20, 2017 Presenter, “*The ADA Speaks Out: Psychosocial Care Promoting Optimal Outcomes and Psychological Well-Being*”. This session will review evidence-based guidelines on the assessment and management of the psychosocial aspect of diabetes, including Diabetes Distress and other comorbidities, highlighting the use of screening/assessment tools. Cardiometabolic Risk Summit, October 20-22, 2017, Dallas, Texas.
- October 7, 2017 Co-Presenter, “*Seven Scientifically Proven Anti-Inflammatory Strategies for Today's Modern Mental Health Practice*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health practice. Psych Congress Regional Meetings Series, Dallas, Texas.

- September 26, 2017 Presenter, “*Differentiating Bipolar from Unipolar Depression*”. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- September 19, 2017 Presenter, “*Creating a Mental Wellness Practice Incorporating HERO Principles (Happiness, Enthusiasm, Resilience, and Optimism)*”. This session highlights the importance of wellness in everyday clinical practice, provides a review of HERO wellness traits, as well as the neurobiological changes seen as a result of wellness behaviors and activities. 2017 Psych Congress, New Orleans, Louisiana.
- September 18, 2017 Co-Presenter, “*Examining the Risks and Benefits from Benzodiazepines*”. This session offers state-of-the-art information on the risk-benefit profile of these medications and offers clear, practical advice to clinicians in order to minimize harm and maximize benefits. 2017 Psych Congress, New Orleans, Louisiana.
- September 14, 2017 Co-Presenter, “*Rapid Fire Insomnia – CBT-I*”. This session highlights a non-pharmacological intervention called CBT-I, an effective and proven treatment for insomnia. 2017 Psych Congress, Pre-Conference, New Orleans, Louisiana.
- September 14, 2017 Presenter, “*When Advanced Psychopharmacology Proves Inadequate: Nonpharmacological Augmentation Strategies to the Rescue*”. This session is an in-depth review of several non-pharmacological augmentation strategies. Each intervention is partnered with a variety of clinician resources, which are available as downloads for use in a busy clinical practice. 2017 Psych Congress, Pre-Conference, New Orleans, Louisiana.
- July 14, 2017 Presenter, “*Bipolar Depression: Prudent Use of Scales and Screeners to Improve Diagnostic Accuracy*”. This webinar series focused on the challenges faced by clinicians in caring for patients with bipolar disorder, especially in a mixed phase. The use of psychiatric scales and screeners was highlighted with special attention given to the PHQ-9, the MDQ, and the BSDS. Canadian psychiatrists and other mental health specialists participated in this webinar series. Sunovion Pharmaceuticals, Canada.
- July 13, 2017 Presenter, “*Bipolar Depression: Prudent Use of Scales and Screeners to Improve Diagnostic Accuracy*”. This webinar series focused on the challenges faced by clinicians in caring for patients with bipolar disorder, especially in a mixed phase. The use of psychiatric scales and screeners was highlighted with special attention given to the PHQ-9, the MDQ, and the BSDS. Canadian psychiatrists and other mental health specialists participated in this webinar series. Sunovion Pharmaceuticals, Canada.

- June 28, 2017 Presenter, “*Bipolar Depression: Prudent Use of Scales and Screeners to Improve Diagnostic Accuracy*”. This webinar series focused on the challenges faced by clinicians in caring for patients with bipolar disorder, especially in a mixed phase. The use of psychiatric scales and screeners was highlighted with special attention given to the PHQ-9, the MDQ, and the BSDS. Canadian psychiatrists and other mental health specialists participated in this webinar series. Sunovion Pharmaceuticals, Canada.
- June 10, 2017 Co-Presenter, “*Seven Scientifically Proven Anti-Inflammatory Strategies for Today's Modern Mental Health Practice*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health practice. Psych Congress Regional Meetings Series, Newark, New Jersey.
- May 6, 2017 Co-Presenter, “*Seven Scientifically Proven Anti-Inflammatory Strategies for Today's Modern Mental Health Practice*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health practice. Psych Congress Regional Meetings Series, Chicago, Illinois.
- March 27, 2017 Presenter, “*The Power of Mental Wellness*”. This session addresses the importance of integrating wellness into our clinical practices. Reviews data supporting exercise, mindfulness, sleep, social connectedness, and nutrition as effective wellness interventions. Discusses the data from a 30-day prescriptive wellness program, and implementation strategies. Utah Department of Health, UCCP BeWise Conference, Park City, Utah.
- March 18, 2017 Co-Presenter, “*Seven Scientifically Proven Anti-Inflammatory Strategies for Today's Modern Mental Health Practice*”. This session describes how inflammation negatively affects mental health, how to diminish it through scientifically valid principles, and how to apply well-studied anti-inflammatory interventions in an everyday mental health practice. Psych Congress Regional Meetings Series, Seattle, Washington.
- March 4, 2017 Presenter, “*Low Effort, High Yield: Incorporating Scales and Screeners into a Busy Mental Health Practice*”. The goal of this session is to provide an overview of several psychiatric scales and screeners highlighting their value to clinicians in clinical practice. This session will also discuss the pros and cons of using these clinical tools, as well as, availability, scoring, ease of use, and time efficiency. Elevate, San Francisco, California.

- March 4, 2017 Presenter, *“Got Wellness? Incorporating Mental Wellness Strategies into Your Clinical Practice Matters”*. The goal of this session is to consider the importance of integrating wellness into a busy clinical practice by reviewing five well-studied and researched wellness elements: exercise, mindfulness, sleep, social connectedness, and nutrition. Data from a pilot study will be presented, which integrates all five elements into a simple, prescriptive, and trackable 30-day program. Elevate, San Francisco, California.
- March 4, 2017 Presenter, *“Meet the Mentors”*. This session is an interactive panel discussion featuring mental health professionals who transcend professional categories and practice settings. The goal of this session is to hear from professionals who work in busy psychiatric hospitals, run successful private practices, teach residents, partake in clinical trial research discoveries, and more. Elevate, San Francisco, California.
- November 19, 2016 Presenter, *“A Walk on the WILD Side: Pursuit of Mental Wellness”*. This session examines wellness as a multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. Psych Congress Regional Meetings Series, Miami, Florida.
- November 19, 2016 Co-Presenter, *“Adults with ADHD: Current Approaches to Diagnosis and Management”*. This session will highlight screening and measurement tools, as well as the neurobiology of this disorder. Both pharmacological and non-pharmacological interventions will be discussed. Psych Congress Regional Meetings Series, Miami, Florida.
- November 5, 2016 Co-Presenter, *“A Walk on the WILD Side: Pursuit of Mental Wellness”*. This session examines wellness as a multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. We will examine a small wellness pilot study. 8th Annual Behavioral Medicine Conference, Edinburg, Texas.
- October 24, 2016 Presenter, *“The Power of Mental Wellness: A Psych Congress Collaborative Project”*. This session highlights the need to include wellness into treatment efforts to gain the best possible treatment outcomes. 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas.
- October 22, 2016 Co-Presenter/Moderator, *“It Takes a Village: Collaborative Mental Health for the 21st Century Clinician”*. This session brings together 5 specialties to engage in a conversation about the need to practice coordinated, collaborative care, and outline strategies to support these

- efforts. 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas.
- October 20, 2016 Presenter, “*Management of the Top 5 Psychotropic Side Effects – Weight Gain*”. This session explores the challenges of prevention and weight loss as a result of psychotropic medications. A review of both pharmacological and nonpharmacological interventions will be presented. 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas.
- October 20, 2016 Co-Presenter, “*When Generalized Anxiety Disorder Doesn’t Respond to First-Line Treatment: A Comprehensive Pharmacologic and Nonpharmacological Treatment Primer*”. This session explores the challenges of identification and treatment for Treatment Resistant-Generalized Anxiety Disorder, as well as providing comprehensive resources. 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas.
- October 20, 2016 Co-Presenter, “*Two Tools Every Psychopharmacologist Should Utilize Even in a Medication-Based Practice: A Modern Update on Exercise and Mindfulness as Tools to Enhance Medication Outcomes*”. This session explores the clinical benefits of both exercise and mindfulness, as well as providing comprehensive resources for both interventions. 2016 US Psychiatric and Mental Health Congress, San Antonio, Texas.
- October 14-16, 2016 Presenter/Facilitator: “*A Moment of Gratitude*”, “*A Happiness Meditation*”, and “*A Mini Meditation*”. Meditations featured as part of a twenty-minute wellness break presented during the general session at the Cardiometabolic Risk Summit Fall, Las Vegas, Nevada.
- October 13, 2016 Moderator & Presenter, Preconference Day Clinician Wellness: “*Walk the Walk: Practical Wellness Tips for Busy Clinicians*”. This session focused on an effective multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition for improving clinician wellness. Cardiometabolic Risk Summit Fall, Las Vegas, Nevada.
- June 11, 2016 Presenter, “*A Walk on the WILD Side: Pursuit of Mental Wellness*”. This session examines wellness as a multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. Psych Congress Regional Meetings Series in Milwaukee, Wisconsin.
- April 15, 2016 Co-presenter, “*Introduction to a Wellness Program: WILD 5 Wellness Program*”. This all-day session examines wellness as a multipronged

intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. Pfizer Mental Wellness Day, Johannesburg, South Africa.

- April 2, 2016 Presenter, “*A Walk on the WILD Side: Pursuit of Mental Wellness*”. This session examines wellness as a multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. Psych Congress Regional Meetings Series in Providence, Rhode Island.
- January 26, 2016 Presenter, “*Exercise and Cardiometabolic Concerns*”. This session encourages a clinical dialogue regarding exercise and Cardiometabolic concerns. Non-pharmacologic interventions will be discussed. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- October 6, 2015 Presenter, “*Differentiating Bipolar from Unipolar Depression*”. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. University of Texas at Austin, School of Nursing, Nurse Practitioner Program, Austin, Texas.
- September 26, 2015 Presenter, “*Diabetes Distress: The Hidden Impediment to Quality of Care*”. This session provides a review of the clinical presentation of Diabetes Distress as a barrier to quality care. Examine scales and screeners in the identification of Diabetes Distress, as well as non-pharmacologic interventions to minimize the negative impact of Diabetes Distress. Cardiometabolic Risk Summit, Las Vegas, Nevada.
- September 9, 2015 Presenter, “*Weight Gain and Psychotropics: Examining the Data and Looking for Solutions*”. This session examines the rates of weight gain in various medications. We will review metabolic issues and a variety of solutions regarding weight gain. 2015 US Psychiatric and Mental Health Congress, Pre- Conference Day, San Diego, California.
- September 11, 2015 Presenter, “*See No Evil, Hear No Evil, Speak No Evil: Reconsidering Benzodiazepine Use in an Era of Increasing Concern*”. This session examines the benefits and limitations of using benzodiazepine in a population of patients with anxiety disorder and insomnia. Non-pharmacological and pharmacological interventions will be reviewed. 2015 US Psychiatric and Mental Health Congress, San Diego, California.
- September 12, 2015 Co-presenter, “*When Healers Are Mortally Wounded: Clinician Suicide*”. This session examines the crisis of clinician suicide. We will examine

clinician burnout and ways to more effectively manage burnout. 2015 US Psychiatric and Mental Health Congress, San Diego, California.

- September 12, 2015 Presenter, *“Mental Wellness Matters: Applying Wellness Interventions Even in the Busiest Clinical Practice”*. This session examines wellness as a multipronged intervention including exercise, mindfulness meditation, sleep, social connectedness, and nutrition as an effective intervention. 2015 US Psychiatric and Mental Health Congress, San Diego, California.
- June 25, 2015 Presenter, *“Exercise and Nutrition”*. This session encourages a clinical dialogue regarding exercise and nutrition as effective interventions in the treatment of major depression and anxiety disorders. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- May 30, 2015 Co-presenter, *“Improving Medication Adherence and Outcomes in MDD”*. This session examines the problem of medication adherence and outcomes in MDD. The importance of using adherence scales will be addressed. Psych Congress Regional Meetings Series in Seattle, Washington.
- May 30, 2015 Presenter, *“Who Has Time? Making a Case for the Use of Scales and Screeners in Differential Diagnosis”*. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Psych Congress Regional Meetings Series in Seattle, Washington.
- March 7, 2015 Presenter, *“A Senior Moment or Something More? The Spectrum of Aging from MCI through Dementia”*. This session examines the prevalence of cognitive decline and dementia-related disorders, as well as the importance of early and accurate identification. The importance of using screening tools to lessen the impact of suboptimal recognition will be addressed. Both pharmacologic and nonpharmacologic treatment options for cognitive decline and dementia-related disorders will also be discussed. Psych Congress Regional Meetings Series in Miami, Florida.
- March 7, 2015 Presenter, *“Who Has Time? Making a Case for the Use of Scales and Screeners in Differential Diagnosis”*. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Psych Congress Regional Meetings Series in Miami, Florida.

- March 3, 2015 Presenter, *“Everything Old is New Again: An Update on Meditation’s Neurobiology and Clinical Utility”*. This session offers both clinical and neurobiological data on mindfulness meditation as an effective intervention in both major depression and anxiety disorders. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- February 10, 2015 Presenter, *“Nonpharmacologic Therapies for Depression and Bipolar Depression”*. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar depression. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- November 11, 2014 Presenter, *“Is It Pediatric Bipolar Disorder?”* This session explores the challenges of the diagnostic process and how clinicians can utilize psychiatric scales and screeners in the process of differentiating pediatric bipolar from other comorbidities. A comprehensive resource section will be presented. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- October 10, 2014 Presenter, *“Distress and Depression in Patients with Cardiometabolic Risk”*. This session examines 1. Rates of overlap and causality between mental health disorders and CMR, 2. How mental health disorders cause mind-body neurobiological adversities and how this impacts morbidity and mortality rates in patients, and 3. Data on interventions that are available to minimize the impact of metabolic disorders on patients with mental illness and how we can apply specific interventions in everyday clinical practices. Cardiometabolic Risk Summit 2014, Las Vegas, Nevada.
- October 7, 2014 Presenter, *“Differentiating Bipolar from Unipolar Depression”*. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- September 23, 2014 Presenter, *“A Pie in the Sky or an Idea Whose Time has Come? Creating a Wellness Centric Practice”*. This session examines wellness as a multipronged intervention including exercise, nutrition, social connectedness, cognition, and meditation. Practical tools are provided to facilitate incorporation into a busy clinical practice. 2014 US Psychiatric and Mental Health Congress, Orlando, Florida.
- September 23, 2014 Co-presenter, *“Examining the Weakest Link in Our Practice Chain: Barriers to Adherence and Practical Solutions”*. This session considers

the topic of adherence from both the HCP and patient's perspective and offers practical solutions. 2014 US Psychiatric and Mental Health Congress, Orlando, Florida.

- September 22, 2014 Presenter, "*Exercise and Mindfulness Meditation*". This session encourages a clinical dialogue between HCPs regarding exercise and mindfulness meditation as effective interventions in the treatment of major depression and anxiety disorders. Psych Congress Network Live (Meet the Experts), 2014 US Psychiatric and Mental Health Congress, Orlando, Florida.
- September 21, 2014 Co-presenter, "*Who Has Time to Meditate? The Power of Integrating Meditation into Your Busy Clinical Practice*". This session examines cutting edge neurobiological and clinical data supporting Mindfulness Based Cognitive Therapy and Cognitive Based Compassion Therapy as effective clinical interventions. 2014 US Psychiatric and Mental Health Congress, Orlando, Florida.
- September 19, 2014 Presenter, "*Everything Old is New Again: An Update on Meditation's Neurobiology and Clinical Utility*". This session offers both clinical and neurobiological data on mindfulness meditation as an effective intervention in both major depression and anxiety disorders. 2014 US Psychiatric and Mental Health Congress, Preconference, Orlando, Florida.
- September 9, 2014 Presenter, "*Nonpharmacologic Therapies for Depression and Bipolar Depression*". This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar depression. The use of specific, practical, and patient-friendly tools to fully utilize the benefits of nonpharmacologic treatments to increase remission rates and diminish risk of relapse will be reviewed. Central Texas PA Society Monthly Meeting, Austin, Texas.
- September 6, 2014 Presenter, "*Use of Scales and Screeners in a Busy Primary Care Practice: Save Time and Improve Diagnostic Yield and Outcomes*". This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Integrating Mental Health in Primary Care Regional Meetings Series, Miami, Florida.
- September 6, 2014 Presenter, "*Nonpharmacological Therapies for Depression and Bipolar Depression: Interventions for a Primary Care Practice*". This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar depression. The use of specific, practical, and patient-friendly tools to fully utilize the benefits of nonpharmacologic

treatments to increase remission rates and diminish risk of relapse will be reviewed. Integrating Mental Health in Primary Care Regional Meetings Series, Miami, Florida.

September 6, 2014 Presenter, “*Distress and Depression in Patients with Cardometabolic Risk*”. This session examines 1. Rates of overlap and causality between mental health disorders and CMR, 2. How mental health disorders cause mind-body neurobiological adversities and how this impacts morbidity and mortality rates in patients, and 3. Data on interventions that are available to minimize the impact of metabolic disorders on patients with mental illness and how we can apply specific interventions in everyday clinical practices. Integrating Mental Health in Primary Care Regional Meetings Series, Miami, Florida.

July 30, 2014 Presenter, “*Everything Old is New Again: An Update on Meditation’s Neurobiology and Clinical Utility*”. This lecture addresses the benefits of meditation in terms of stress reduction and overall health and wellness. Discussions include scientific and practical information, as well as in class meditative experiences. Freshman Signature Course, University of Texas, Austin, Texas.

July 15, 2014 Presenter, “*Mental Fitness: Mental Illness and Mental Health*”. During this lecture, an overview of the presenter’s workbook, Unleashed: 12-weeks to Total Mental Fitness, will be reviewed, as well as strategies for strengthening mental fitness. Freshman Signature Course, University of Texas, Austin, Texas.

May 17, 2014 Presenter, “*Use of Scales and Screeners in Primary Care Mental Health: Improving Diagnostic Yield and Improving Outcomes*”. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Integrating Mental Health in Primary Care Regional Meetings Series, Anaheim, California.

May 17, 2014 Presenter, “*Nonpharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice*”. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar depression. Integrating Mental Health in Primary Care Regional Meetings Series, Anaheim, California.

April 1, 2014 Presenter, “*Everything Old is New Again: An Update on Meditation’s Neurobiology and Clinical Utility*”. Meditation practices are centuries old and the benefits documented, but use in clinical settings is quite low. This

session addresses the benefits of meditation. Discussions include scientific and practical information. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.

- March 27, 2014 Presenter, “*My Depression Matters: Taking Control as Prescribed*”. This webinar examines some of the challenges patients face regarding medication adherence. Several different strategies to tackle these challenging barriers will be presented. Brand Direct Health, Covington, Louisiana.
- March 26, 2014 Presenter, “*My Neuropathy Matters: Taking Control as Prescribed*”. This webinar examines some of the challenges patients face regarding medication adherence. Several different strategies to tackle these challenging barriers will be presented. Brand Direct Health, Covington, Louisiana.
- March 25, 2014 Presenter, “*My Memory Matters: Taking Control as Prescribed*”. This webinar examines some of the challenges patients face regarding medication adherence. Several different strategies to tackle these challenging barriers will be presented. Brand Direct Health, Covington, Louisiana.
- March 18, 2014 Presenter, “*Non-pharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice*”. This session examines the need for non-pharmacologic therapies in the treatment of both unipolar depression and bipolar disorder. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- March 18, 2014 Presenter, “*Clinical Pearls in Differential Diagnosis of Schizophrenia Spectrum and Psychotic Disorders*”. This session will review DSM-5 changes, as well as provide tools for incorporation into practice that differentiate between these disorders. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- March 15, 2014 Co-Presenter, “*Non-pharmacological Therapies for Depression*”. This session examines the need for non-pharmacologic therapies, meditation and exercise, in the treatment of unipolar depression. 2014 UC Davis Clinical Pharmacotherapy Conference, Napa, California.
- November 16, 2013 Presenter, “*The Advent of a New Psychiatric Classification System: DSM-5 Changes of Interest to Primary Care*”. This session reviews the history of the DSM, describes DSM-5 changes of interest to primary care clinicians, and reviews practical tips and resources related to DSM-5 in order to improve diagnostic accuracy. Integrating Mental Health in Primary Care Regional Meetings Series, Phoenix, Arizona.

- November 16, 2013 Presenter, “*Nonpharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice*”. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar disorder. Integrating Mental Health in Primary Care Regional Meetings Series, Phoenix, Arizona.
- November 16, 2013 Presenter, “*Use of Scales and Screeners in Primary Care Mental Health: Improving Diagnostic Yield and Improving Outcomes*”. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. Integrating Mental Health in Primary Care Regional Meetings Series, Phoenix, Arizona.
- November 12, 2013 Presenter, “*Is It Pediatric Bipolar Disorder?*” This session explores the challenges of the diagnostic process and how clinicians can utilize psychiatric scales and screeners in the process of differentiating pediatric bipolar from other comorbidities. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- November 2, 2013 Presenter, “*Mild Cognitive Impairment: What Role Does Nutrition and Nutritional Supplements Play in Treating This Modern-Day Epidemic*”. This session defines Mild Cognitive Impairment (MCI) and its prevalence and progressive nature. We will explore the role of nutrition, nutritional supplements, exercise, and meditation. 5th Annual Behavioral Medicine Conference, Edinburg, Texas.
- October 19, 2013 Presenter, “*The Advent of a New Psychiatric Classification System: DSM-5 Changes of Interest to Primary Care*”. This session reviews the history of the DSM, describes DSM-5 changes of interest to primary care clinicians, and reviews practical tips and resources related to DSM-5 in order to improve diagnostic accuracy. Integrating Mental Health in Primary Care Regional Meetings Series, Jersey City, New Jersey.
- October 19, 2013 Presenter, “*Nonpharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice*”. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar disorder. Integrating Mental Health in Primary Care Regional Meetings Series, Jersey City, New Jersey.
- October 19, 2013 Presenter, “*Use of Scales and Screeners in Primary Care Mental Health: Improving Diagnostic Yield and Improving Outcomes*”. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will

be addressed. Integrating Mental Health in Primary Care Regional Meetings Series, Jersey City, New Jersey.

- October 12, 2013 Presenter, *“The Advent of a New Psychiatric Classification System: DSM-5 Changes of Interest to Primary Care”*. This session reviews the history of the DSM, describes DSM-5 changes of interest to primary care clinicians, and reviews practical tips and resources related to DSM-5 to improve diagnostic accuracy. Integrating Mental Health in Primary Care Regional Meetings Series, San Francisco, California.
- October 12, 2013 Presenter, *“Nonpharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice”*. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar disorder. Integrating Mental Health in Primary Care Regional Meetings Series, San Francisco, California
- October 12, 2013 Presenter, *“Use of Scales and Screeners in Primary Care Mental Health: Improving Diagnostic Yield and Improving Outcomes”*. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Integrating Mental Health in Primary Care Regional Meetings Series, San Francisco, California.
- October 8, 2013 Presenter, *“Differentiating Bipolar from Unipolar Depression”*. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- October 5,2013 Presenter, *“Food for Thought: Mild Cognitive Impairment and the Mind-Body Connection”*. This session defines Mild Cognitive Impairment (MCI) and its prevalence and progressive nature. During this session we will discuss the importance of screening and early identification to minimize impairment. We will explore the mind-body connection in MCI, specifically the role of exercise, nutrition, and meditation. Life@50+ - AARP’s National Event & Expo, Atlanta, Georgia
- October 2, 2013 Co-presenter, *“Using Benzodiazepines: The Good, The Bad and The Ugly”*. This session offers both risks and benefits of using benzodiazepines so that clinicians can decide about the potential benefits and the pitfalls of using these controversial medications. The power of CBT, a non-pharmacological intervention, as an add-on to medication taper is also presented. 2013 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.

- October 1, 2013 Co-presenter, “*Meet the Experts – Mild Cognitive Impairment*”. This 30-minute session will discuss the importance of early identification, the need to use objective screening tools, and treatment considerations. 2013 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- October 1, 2013 Co-presenter, “*Meet the Experts – Alzheimer’s Disease*”. This 30-minute session will discuss the importance of early identification, the need to use objective screening tools, and treatment considerations. 2013 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- September 30, 2013 Presenter, “*Taming the Beast: Practical and Effective Non-Pharmacological Treatment Options for Bipolar Depression*”. This session reviews practical and effective non-pharmacological treatment options and a variety of tools and resources to assist in caring for patients with bipolar depression. 2013 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- June 8, 2013 Presenter, “*Use of Scales and Screeners in Primary Care Mental Health: Improving Diagnostic Yield and Improving Outcomes*”. This session examines the prevalence and frequency of common mental health disorders and repercussions of misdiagnosis. The importance and ease of implementing psychiatric scales and screeners into clinical practice will be addressed. Integrating Mental Health in Primary Care Regional Meetings Series, Chicago, Illinois.
- June 8, 2013 Presenter, “*Nonpharmacological Therapies for Depression and Bipolar Depression in Primary Care Practice*”. This session examines the need for nonpharmacologic therapies in the treatment of both unipolar depression and bipolar disorder. Integrating Mental Health in Primary Care Regional Meetings Series, Chicago, Illinois.
- June 8, 2013 Presenter, “*The Advent of a New Psychiatric Classification System: DSM-5 Changes of Interest to Primary Care*”. This session reviews the history of the DSM, describes DSM-5 changes of interest to primary care clinicians, and reviews practical tips and resources related to DSM-5 to improve diagnostic accuracy. Integrating Mental Health in Primary Care Regional Meetings Series, Chicago, Illinois.
- June 1, 2013 Presenter, “*The Mind-Muscle Connection: Emerging Science and Practical Application of Physical Exercise in Depression*”. This session reviews the neurobiology of exercise’s positive effects on mood and practical ways to incorporate exercise into clinical practice. 7th Pain & 2nd CNS Latin American Forum, Merida, Mexico.

- May 31, 2013 Presenter, *“What’s Old Is New: Scientific Examination of Meditation in Mood Regulation”*. This session addresses the benefits of meditation in mood regulation. 7th Pain & 2nd CNS Latin American Forum, Merida, Mexico.
- March 26, 2013 Presenter, *“What’s Old Is New: Scientific Breakthroughs and Clinical Applications of Meditation Training”*. This session addresses the benefits of meditation. Discussions include scientific and practical information. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- February 19, 2013 Presenter, *“Clinical Pearls in Differential Diagnosis: Differentiating Adult ADHD from Bipolar Disorder”*. This session provides tools that help differentiate Adult ADHD and Bipolar Disorder. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- November 11, 2012 Presenter, *“The Mighty MINI: Unleashing the Diagnostic Power of a Simple Psychiatric Assessment Tool”*. This session introduces participants to the MINI and teaches them how to use it in everyday clinical practice. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- November 10, 2012 Presenter, *“Restoring Balance Workshop: Meditation (non-CME)”*. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- November 9, 2012 Co-presenter, *“The “X” Factor (Alprazolam): Friend or Foe”*. This session reviews the risks and benefits of using benzodiazepines so clinicians can decide about the potential benefits and the pitfalls of using this controversial medication. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- November 9, 2012 Presenter, *“Is Happiness Teachable? Positive Psychology in Everyday Clinical Practice”*. The session also offers practical tips on how to incorporate positive psychology into everyday clinical practice. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- November 9, 2012 Presenter, *“Restoring Balance Workshop: Meditation (non-CME)”*. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- November 8, 2012 Presenter, *“Brief, Brief, Brief! Scientific Breakthroughs and Clinical Applications of Ultra Short Meditation Training”*. This session addresses

the benefits of brief meditation, as little as one hour of training and practice. Discussions include scientific and practical information on its benefits. 2012 US Psychiatric and Mental Health Congress, San Diego, California.

- November 8, 2012 Presenter, “*Restoring Balance Workshop: Meditation (non-CME)*”. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2012 US Psychiatric and Mental Health Congress, San Diego, California.
- October 23, 2012 Presenter, “*Differentiating Bipolar from Unipolar Depression*”. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. University of Texas at Austin, School of Nursing, Psychiatric Nurse Practitioner Program, Austin, Texas.
- September 6, 2012 Presenter, “*Differentiating Bipolar from Unipolar Depression*”. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. Texas Nurse Practitioners 24th Annual Conference, Austin, Texas.
- February 22, 2012 Presenter, “*Clinical Pearls in Differential Diagnosis: Differentiating Bipolar Depression from Unipolar Depression*”. Bipolar Depression is frequently misdiagnosed as Unipolar Depression. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. Austin Area PA Association, Austin, Texas.
- November 10, 2011 Presenter, “*Clinical Pearls in Differential Diagnosis: Differential Diagnosis of Psychotic Disorders*”. This session provides clinical tools to help differentiate between Psychotic Disorders such as psychotic mood disorders, schizophrenia, and schizo-affective disorder. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- November 9, 2011 Presenter, “*Clinical Pearls in Differential Diagnosis: Differentiating Adult ADHD from Bipolar Disorder*”. This session provides clinical tools to help clinicians differentiate Adult ADHD and Bipolar Disorder. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- November 9, 2011 Presenter, “*Restoring Balance Workshop: Meditation (non-CME)*”. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.

- November 8, 2011 Presenter, “*Restoring Balance Workshop: Meditation (non-CME)*”. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- November 7, 2011 Presenter, “*Clinical Pearls in Differential Diagnosis: Differentiating Bipolar Depression from Unipolar Depression*”. This session provides an overview and tools for differentiating Unipolar Depression and Bipolar Depression. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- November 7, 2011 Presenter, “*Restoring Balance Workshop: Meditation (non-CME)*”. The meditation workshop will help participants unwind while providing insight on how they can share these techniques with their patients. 2011 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.
- April 17, 2011 Co-Presenter, “*Mindfulness-Based Cognitive Therapy*”, An introduction to MBCT. 18th Annual CME of the Alaska Psychiatric Association, Girdwood, Alaska.
- April 17, 2011 Co-Presenter, “*Panel Discussion Designed to Synthesize Data and Perspectives*”, 18th Annual CME of the Alaska Psychiatric Association, Girdwood, Alaska
- April 16, 2011 Co-Presenter, “*A Busy Clinician's Treasure Chest: Creating a Toolkit of Screeners and Rating Instruments*”, An interactive, hands-on workshop on the use of various scales and screeners to improve patient outcomes. 18th Annual CME of the Alaska Psychiatric Association, Girdwood, Alaska.
- Presenter, “*Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders*”. An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.

	Audience	Location
March 4, 2011	Speaker Training	Hollywood, Florida
February 12, 2011	Speaker Training	San Francisco, California
December 14, 2010	Treatment Team, Echo Community Health Care	Evansville, Indiana
December 11, 2010	Physicians and Physicians Assistants. Practicing Clinicians Exchange	King of Prussia, Pennsylvania
December 7, 2010	Psychology	Philadelphia, Pennsylvania
December 4, 2010	Physicians and Physicians Assistants. Practicing Clinicians Exchange	Melville, New York
November 30, 2010	Psychology	Napa, California

November 23, 2010	Treatment Team, Echo Community Health Care	Evansville, Indiana
November 22, 2010	Psychology	Muncie, Indiana
November 20, 2010	Co-Presenter, <i>“Improving Patient Adherence: The Role of Scales and the Physician-Patient Relationship”</i> . This session educates clinicians on the causes of medication non-adherence and provides tools to use in recognizing the problem in order to optimize care in patients with mental illnesses. 2010 US Psychiatric and Mental Health Congress, Orlando, Florida.	
November 18, 2010	Co-Presenter, <i>“Cross Communication and Collaborative Care: How to Talk with Colleagues”</i> . This session provides specific tools to enhance shared knowledge and open communication within a collaborative care team. 2010 US Psychiatric and Mental Health Congress, Orlando, Florida.	
	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
November 3, 2010	Psychology	Honolulu, Hawaii
October 21, 2010	Physician Assistants. Kentucky Academy of Physician Assistants	Lexington, Kentucky
July 16, 2010	Psychology	Denver, Colorado
July 15, 2010	Psychology	Belmont, Wisconsin
July 14, 2010	Mental Health Team. Hartford Clinic Froedtert and Community Health Center	Hartford, Wisconsin
July 14, 2010	Psychology	Wauwatosa, Wisconsin
July 13, 2010	Mental Health Team	Appleton, Wisconsin
June 23, 2010	Co-Presenter: Speaker Training, <i>“Speaker Training Webcast: Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive speaker training addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
June 11, 2010	Mental Health Team	Moran, Wyoming

June 10, 2010	Mental Health Team. Columbia Community Mental Health Creekside Center	Saint Helens, Oregon
June 9, 2010	Psychiatry	Tigard, Oregon
May 8, 2010	Co-Presenter: Speaker Training, <i>“Differential Diagnosis Speaker Training Workshop”</i> . An interactive speaker training addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company. Dallas, Texas.	
April 23, 2010	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company. Audience: Family Practice. Florida Academy of Family Physicians Conference, Grand Hyatt Tampa Bay, Tampa, Florida.	
March 20, 2010	Co-Presenter: Speaker Training, <i>“2010 Cymbalta MDD/GAD Speaker Training Workshop”</i> . An interactive speaker training addressing depressive and anxiety issues sponsored by Eli Lilly and Company. Tampa, Florida.	
March 6, 2010	Co-Presenter: Speaker Training, <i>“2010 Cymbalta MDD/GAD Speaker Training Workshop”</i> . An interactive speaker training addressing depressive and anxiety issues sponsored by Eli Lilly and Company. Dallas, Texas.	
	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
February 25, 2010	Mental Health Team. Columbia Community Mental Health	St Helens, Oregon
February 24, 2010	Adult Psychiatry	Portland, Oregon
January 31, 2010	Co-Presenter: Speaker Training, <i>“2010 Cymbalta MDD/GAD Speaker Training Workshop”</i> . An interactive speaker training addressing depressive and anxiety issues sponsored by Eli Lilly and Company. Scottsdale, Arizona.	
	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	

	Audience	Location
January 14, 2010	Mental Health Clinicians	Portland, Oregon
January 14, 2010	NPs	Portland, Oregon
January 13, 2010	Mental Health Clinicians. Columbia River Behavioral Health	Vancouver, Washington
November 11, 2009	NPs, Case Management	Peru, Indiana
November 11, 2009	Primary Care, Internal Medicine, Mental Health Clinicians	Carmel, Indiana
November 4, 2009	Co-Presenter, <i>“Impact of Nonadherence on the Comorbid Patient: Overcoming Clinical Challenges in Psychiatric Care”</i> . A workshop on the topic of medical adherence. 2009 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.	
November 4, 2009	Co-Presenter, <i>“Encore Presentation: Expanding our Clinician’s Treasure Chest: Creating a Toolkit of Screeners and Rating Instruments”</i> . An interactive, hands-on workshop on the use of various scales and screeners to improve patient outcomes. 2009 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.	
November 3, 2009	Co-Presenter, <i>“Expanding our Clinician’s Treasure Chest: Creating a Toolkit of Screeners and Rating Instruments”</i> . An interactive, hands-on workshop on the use of various scales and screeners to improve patient outcomes. 2009 US Psychiatric and Mental Health Congress, Las Vegas, Nevada.	
	Presenter, <i>“Differential Diagnosis CEM Pilot Program”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
October 28, 2009	Primary Care, Internal Medicine	Milwaukee, Wisconsin
October 27, 2009	Primary Care, PAs, Medical Assistants	Wausau, Wisconsin
October 26, 2009	Psychiatry, Pharmacy	Madison, Wisconsin
	Presenter, <i>“Navigating, Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
October 21, 2009	Psychiatry Department, Residents. University of Louisville Ambulatory Care Clinic	Louisville, Kentucky
October 21, 2009	NPs, Psychologists, Psychotherapists	Louisville, Kentucky
October 15, 2009	Adult Psychiatry	Clackamas, Oregon
October 15, 2009	Adult Psychiatry.	Saint Helens, Oregon

October 14, 2009 Cascade Mental Health Clinic
 Psychiatry. Clatsop Behavioral
 Healthcare Clinic Astoria, Oregon

Presenter, “*Completing the Puzzle: Interpreting and Enhancing Differential Diagnosis of Selected Mental Health Disorders*”. An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.

	Audience	Location
October 14, 2009	Psychiatry, NPs	Vancouver, Washington
September 10, 2009	Case Management, Administration, Nursing, Nurse Practitioners, Adult Psychiatry. Good Samaritan Clinic	Puyallup, Washington
September 10, 2009	NPs	Bremerton, Washington
August 7, 2009	Administration, Mental Health	Anchorage, Alaska
August 6, 2009	Mental Health	Anchorage, Alaska
July 23, 2009	Psychiatry, Psychology. Northwest Catholic Counseling Services	Portland, Oregon
July 23, 2009	Treatment Team. Peace Health Community Mental Health Clinic	Longview, Washington
July 22, 2009	Community Mental Health Center Treatment Team. Cascadia Behavioral Healthcare Plaza	Portland, Oregon
July 22, 2009	Treatment Team	Salem, Oregon
July 10, 2009	Primary Care, NPs, Psychiatry, Treatment Team	Evansville, Indiana
July 9, 2009	Primary Care, Psychiatry, Treatment Team	Evansville, Indiana
July 9, 2009	Primary Care, NPs, Psychiatry, Treatment Team	Evansville, Indiana
July 8, 2009	Primary Care, NPs, Psychiatry, Treatment Team	Evansville, Indiana
June 12, 2009	Mental Health Clinic. Sound Mental Health Center	Seattle, Washington
June 11, 2009	NPs	Gig Harbor, Washington
June 5, 2009	Speaker Training	Scottsdale, Arizona
June 3, 2009	Case Management, Pharmacy, Nursing. Austin Travis County MHMR	Austin, Texas
June 3, 2009	Family Practice Clinic, Primary Care, NPs, Medical Assistants	Cypress, Texas
May 15, 2009	Internal Medicine. James A. Watson Wellness Center	Oakland, California
May 14, 2009	Internal Medicine, Psychiatry	San Francisco, California

Presenter, “*Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders*”. An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.

	Audience	Location
April 29, 2009	Psychiatry, Psychology, Family Medicine	Wilmington, North Carolina
April 28, 2009	Family Medicine	Hickory, North Carolina
April 17, 2009	Social Work, Psychiatry, Psychology, Behavioral Health	Joliet, Illinois
April 16, 2009	Behavioral Health	Dixon, Illinois
April 16, 2009	Psychiatry	Sycamore, Illinois
April 1, 2009	Primary Care, Nursing	San Rafael, California
April 1, 2009	Acute Care, Adult Psychiatry, Behavioral Health, Family Practice, Forensic Psychiatry, Mental Health Nursing, Psychiatry, Pharmacy	Atascadero, California
March 31, 2009	Primary Care, Nursing	Ripon, California
March 31, 2009	Child Psychiatry, Family Medicine, Mental Health Nursing, Mental Health, Nursing, Primary Care, Psychiatry	Modesto, California
March 19, 2009	Primary Care, Nursing	San Jose, California
March 19, 2009	Psychiatry, Primary Care, Behavioral Health	Vallejo, California
March 18, 2009	Primary Care, NPs	San Francisco, California
March 18, 2009	Psychiatry, Psychology, Primary Care, Nursing	San Francisco, California
March 18, 2009	Psychiatry, Psychology, Primary Care, Pharmacy, Nursing	Palo Alto, California
March 17, 2009	Psychiatry, Behavioral Health	San Francisco, California
March 17, 2009	Family Practice, Psychiatry, Psychology, Pharmacy, Health and Wellness, Nursing	San Francisco, California
February 25, 2009	Primary Care, NPs	Indianapolis, Indiana
February 25, 2009	Primary Care, NPs, PAs	Indianapolis, Indiana
February 12, 2009	Primary Care	Durham, North Carolina
February 12, 2009	Primary Care, Mental Health	Reidsville, North Carolina
February 11, 2009	Behavioral Health, Psychology, Nursing	Greensboro, North Carolina
February 11, 2009	Psychiatry, Primary Care, Nursing, NPs	Southern Pines, North Carolina
February 10, 2009	Primary Care	Columbia, South Carolina
February 10, 2009	Behavioral Health, Family Practice, Psychiatry, Psychology, Mental Health, Mental Health Nursing	Charlotte, North Carolina

February 5, 2009	General Practice, Family Practice	San Luis Obispo, California
February 5, 2009	Pediatrics, Adult Psychiatry, Family Practice, Clinical Pharmacy	Pismo Beach, California
February 4, 2009	Adult Psychiatry, Behavioral Health, Family Practice	Santa Maria, California
January 8, 2009	NPs	Poulsbo, Washington
December 19, 2008	Family Practice	Marysville, Washington
December 18, 2008	Mental Health, Adult Psychiatry	Seattle, Washington
December 5, 2008	Primary Care	Yakima, Washington
December 4, 2008	Primary Care. Cornerstone Medical	Yakima, Washington
December 4, 2008	Psychiatry	Yakima, Washington
November 19, 2008	Behavioral Health, Administration and Adult Psychiatry. Stanislaus County Behavioral Health	Modesto, California
November 12, 2008	Mental Health Practitioners and Administration for community mental health centers statewide. The Ohio Council of Behavioral Healthcare Providers, Annual Conference	Columbus, Ohio
November 11, 2008	Nurse Practitioners, Registered Nurses, Case Managers, and Therapists	Worthington, Ohio
November 5, 2008	Mental Health Treatment Team and Students. Cook County Hospital	Chicago, Illinois
November 5, 2008	Mental Health Treatment Team and Students. Will County Department of Public Health	Chicago, Illinois
November 4, 2008	Mental Health Treatment Team. The Core Center	Chicago, Illinois
October 31, 2008	Co-Presenter, <i>“Encore Presentation: A Busy Clinician’s ‘Treasure Chest’: Creating a Toolbox Filled with Screeners and Rating Instruments to Improve Patient Outcomes”</i> . An interactive, hands-on workshop on the use of various scales and screeners to improve patient outcomes. US Psychiatric and Mental Health Congress, San Diego, California.	
October 30, 2008	Co-Presenter, <i>“A Busy Clinician’s ‘Treasure Chest’: Creating a Toolbox Filled with Screeners and Rating Instruments to Improve Patient Outcomes”</i> . An interactive, hands-on workshop on the use of various scales and screeners to improve patient outcomes. US Psychiatric and Mental Health Congress, San Diego, California.	
	Presenter, <i>“Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	

	Audience	Location
October 22, 2008	Mental Health Treatment Team, Residential Pharmacy Group	Portland, Oregon
October 22, 2008	Mental Health Treatment Team. Cascadia Behavioral Healthcare	Portland, Oregon
October 21, 2008	Internal Medicine and Psychiatry	Portland, Oregon
August 12, 2008	Social Work, Nursing, Mental Health Treatment Team. Department of Behavioral Health	Fresno, California
August 11, 2008	Primary Care. Indian Health Clinic	Porterville, California
August 11, 2008	Social Work, Nursing, Mental Health Treatment Team	Fresno, California
July 25, 2008	Mental Health, Roseburg VA	Roseburg, Oregon
July 24, 2008	Social Work and Mental Health, Medford VA	Medford, Oregon
July 24, 2008	Psychiatry and Primary Care	Medford, Oregon
July 23, 2008	Psychiatry and Primary Care	Eugene, Oregon
July 10, 2008	Behavioral Health, Clinical Diagnostics and Mental Health Team. Central Peninsula Counseling Services	Kenai, Alaska
July 10, 2008	Administration, Psychiatry, Nursing, Nurse Practitioners, Adult Psychiatry and Mental Health Nursing. South Peninsula Community Health Center	Homer, Alaska
July 9, 2008	Administration, Addiction Psychiatry, Adult Psychiatry and Mental Health Nursing. Bartlett Memorial Hospital	Juneau, Alaska
July 8, 2008	Psychiatry and Mental Health Team. Q House (ANMC)	Anchorage, Alaska
July 8, 2008	Psychiatry, Social Work and Mental Health Team. Anchorage Community Mental Health Center	Anchorage, Alaska
June 26, 2008	Neuroscience, Pharmacy and Mental Health Team. Fort Lewis Army Base, Madigan Hospital, Department of Behavioral Health	Tacoma, Washington
June 26, 2008	Psychiatry, Primary Care, General Practice, Nursing, Nurse Practitioners, Mental Health Team	Spokane, Washington
June 25, 2008	Psychiatry	Olympia, Washington
June 25, 2008	Mental Health Team	Seattle, Washington
June 19, 2008	Behavioral Health, Social Work, Mental Health Nursing, Psychiatry and Adult Psychiatry. CCS/APS Mental Health Center	Honolulu, Hawaii

June 19, 2008 Addiction Medicine, Social Work,
Nursing, Psychology, Psychiatry and
Addiction Psychiatry. Windward Oahu
Mental Health Center Kaneohe, Hawaii

June 18, 2008 Addiction Medicine, Nursing, Addiction
Psychiatry and Adult Psychiatry. Kalihi
Palama Adult Mental Health Center Honolulu, Hawaii

May 30, 2008 Co-presenter, “*The Promise of Factor-Based Medical Education*” Round-
table symposium: Differentiate between current best practices in the field
of medical education (i.e., disease state education, therapy-based
education) and FBE, and review the implications and potential
applications for FBE in enhancing patient care and outcomes. CME
Congress 2008, Vancouver, British Columbia.

Presenter, “*Reading the Signs: Interpreting the Proper Route for Differential
Diagnosis of Selected Mental Health Disorders*”. An interactive workshop
addressing the complexities of differential diagnosis and the use of appropriate
screening tools sponsored by Eli Lilly and Company.

	Audience	Location
May 21, 2008	Primary Care	Indianapolis, Indiana
May 20, 2008	Primary Care	Indianapolis, Indiana
May 20, 2008	Multiple Specialties	Indianapolis, Indiana
May 14, 2008	Family Practice and Psychiatry	Raleigh, North Carolina
May 14, 2008	Primary Care and Psychiatry	Durham, North Carolina
May 13, 2008	Behavioral Health, Psychiatry and Administration. Broughton State Hospital	Morganton, North Carolina
May 13, 2008	Primary Care and Psychiatry	Boone, North Carolina
April 22, 2008	Case Management and Psychiatry. Colorado Department of Corrections	Colorado Springs, Colorado
April 22, 2008	Case Management and Social Work	Colorado Springs, Colorado
April 18, 2008	Psychology, Social Work and Psychiatry. Tulsa Center Behavioral Health	Tulsa, Oklahoma
April 17, 2008	Psychology, Social Work, Addiction Psychiatry and Adult Psychiatry. Tulsa VA Behavioral Health Clinic	Tulsa, Oklahoma
April 17, 2008	Psychiatry	Tulsa, Oklahoma
April 10, 2008	Psychiatry and Social Work. Region VI Mental Health	Pocatello, Idaho
April 10, 2008	Psychiatry and Social Work. Region VII Mental Health	Idaho Falls, Idaho
April 9, 2008	Psychiatry and Social Work. Region V Mental Health	Twin Falls, Idaho
April 8, 2008	Psychiatry and Social Work. Department of Health and Welfare	Boise, Idaho

April 7, 2008	Psychiatry, Psychology, Public Health. Region I Mental Health	CDA, Idaho
March 28, 2008	Mental Health and Psychologist. South Carolina State Meeting of American Psychological Association	Myrtle Beach, South Carolina
March 26, 2008	Behavioral Health, Case Management, Social Work, Mental Health and Adult Psychiatry. North Baltimore Center	Baltimore, Maryland
March 25, 2008	Behavioral Health, Case Management, Clinical Pharmacy, and General Psychiatry	Havre de Grace, Maryland
March 7, 2008	Adult Psychiatry, Case Management, and Mental Health Nursing. Sound Mental Health – Capitol Hill	Seattle, Washington
March 6, 2008	Pharmacy, Psychology and Psychiatry. Rainer School	Buckley, Washington
March 6, 2008	Adult Psychiatry, Forensic Psychiatry and Addiction Psychiatry	Tacoma, Washington
March 5, 2008	Case Management, Administration, Mental Health Nursing and Adult Psychiatry	Kent, Washington
February 28, 2008	Behavioral Health, Psychiatry, Primary Care, Internal Medicine, and Family Practice. Walter Reed Hospital	Washington, DC
February 27, 2008	Behavioral Health, Family Practice, Primary Care, Adult Psychiatry, Mental Health and Mental Health Nursing. Andrews Air Force Base	Andrews AFB, Maryland
February 27, 2008	Geriatric Psychiatry, Internal Medicine, General Practice and Adult Psychiatry	Washington, DC
February 22, 2008	Psychology, Internal Medicine, Family Practice and Psychiatry	Madera, California
February 21, 2008	Psychology, Internal Medicine, Family Practice and Psychiatry. Tulare County Mental Health	Tulare, California
February 21, 2008	Psychology, Internal Medicine, Family Practice and Psychiatry	Visalia, California
February 20, 2008	Psychology, Internal Medicine and Psychiatry	Fresno, California
February 20, 2008	Psychology, Internal Medicine, Family Practice and Psychiatry	Modesto, California
January 29, 2008	Psychiatry and Primary Care	Houston, Texas
January 17, 2008	Primary Care	Indianapolis, Indiana
January 17, 2008	Primary Care and Nutritionist	Carmel, Indiana
January 17, 2008	Primary Care, Residents,	Merrillville, Indiana

	NPs and Nurses	
January 16, 2008	Psychiatry	Carmel, Indiana
January 16, 2008	Primary Care. Capital Region Blue Hills Center	Burlington, Indiana
January 16, 2008	Primary Care	Indianapolis, Indiana
January 15, 2008	Internal Medicine	Carmel, Indiana
January 15, 2008	Primary Care and Residents	Muncie, Indiana
December 13, 2007	Psychiatry	Minneapolis, Minnesota
December 12, 2007	Psychiatry and Residents	Minneapolis, Minnesota
November 15, 2007	Primary Care	Philadelphia, Pennsylvania
November 14, 2007	Primary Care	Bridgewater, New Jersey
November 2, 2007	Psychiatry, Psychology, Social Work, Sociology, NPs and Residents. Boston Medical Center South End Clinic	Boston, Massachusetts
November 1, 2007	Psychiatry. Anna Jaques Hospital	Newburyport, Massachusetts
November 1, 2007	Psychiatry, Residents and Treatment Team	Worcester, Massachusetts
October 31, 2007	Psychiatry and Treatment Team. Health Alliance Hospital	Fitchburg, Massachusetts
October 31, 2007	Psychiatry and Treatment Team	Williamsburg, Massachusetts
October 30, 2007	General Psychiatry and Behavioral Health. Community Mental Health Center	Middletown, Connecticut
October 30, 2007	General Psychiatry and Behavioral Health	Danbury, Connecticut
October 25, 2007	Psychiatry and Treatment Team	Greenville, South Carolina
October 24, 2007	Psychiatry	Columbia, South Carolina
October 24, 2007	Family Practice	Columbia, South Carolina
October 23, 2007	Primary Care. Community Mental Health Center	Charleston, South Carolina
October 23, 2007	Primary Care and Internists	Charleston, South Carolina
October 18, 2007	Primary Care. Community Mental Health Clinic	Denver, Colorado
October 17, 2007	Primary Care. Fort Collins Mental Health Clinic	Fort Collins, Colorado
October 17, 2007	Primary Care and Treatment Team	Denver, Colorado
October 12, 2007	Psychiatry and Addiction Medicine. Louisiana Psychiatric Medical Association, Louisiana Affiliate APA	New Orleans, Louisiana
October 11, 2007	Family Practice and Residents	Mandeville, Louisiana
October 5, 2007	Psychiatry, Psychology, Social Work and Pharmacy. Cook County Jail	Chicago, Illinois
October 4, 2007	Psychiatry and Primary Care	Oak Brook, Illinois

October 3, 2007	Behavioral Health, Case Management, CNS Disorders, Addiction Medicine and Administration. Fayette Companies	Peoria, Illinois
September 29, 2007	Case Management, Psychiatry, Psychology, Nursing, NPs & Social Work. OCHSA Conference, Sun River Resort	Bend, Oregon
September 27, 2007	Behavioral Health, Psychiatry, Addiction Medicine, Administration, and Social Work. VA Homeless Clinic	Phoenix, Arizona
September 26, 2007	Psychiatry, Psychology, Social Work and Sociology. The Gulf Coast Center	Galveston, Texas
September 21, 2007	Psychiatry and Primary Care	Portland, Maine
September 20, 2007	Psychiatry and Primary Care. Brunswick Naval Shipyard	Brunswick, Maine
September 20, 2007	Psychiatry and Primary Care	Togus, Maine
September 19, 2007	Psychiatry, Primary Care and NPs	Farmington, Connecticut
September 17, 2007	Psychiatry, Psychology, Social Work and Sociology	Tyler, Texas
September 14, 2007	Family Practice. Castleton Health Center	Bomoseen, Vermont
September 13, 2007	Family Practice	Poultney, Vermont
September 13, 2007	Long Term Care Staff	Saint Albans, Vermont
September 12, 2007	Psychiatry	Wolfeboro, New Hampshire
September 12, 2007	Mixed	Cornish, Maine
September 11, 2007	Psychiatry	Brattleboro, Vermont
September 11, 2007	Mixed. Valley Regional Hospital	Claremont, New Hampshire
September 10, 2007	Mixed	Bretton Woods, New Hampshire
September 7, 2007	Psychiatry. Hampton VA Hospital	Hampton, Virginia
September 6, 2007	Psychiatry and Primary Care	Norfolk, Virginia
September 4, 2007	Psychiatry. Portsmouth Hospital	Portsmouth, Virginia
August 31, 2007	Pediatrics, Pharmacy, Behavioral Health and Family Medicine	Everett, Washington
August 31, 2007	Family Practice	Edmonds, Washington
August 30, 2007	Psychiatry. Sound Mental Health Clinic	Seattle, Washington
August 30, 2007	Psychiatry. Highline Mental Health Clinic	Burien, Washington
August 30, 2007	Family Practice	Kenmore, Washington
August 29, 2007	Family Practice. Seattle Arthritis Clinic	Seattle, Washington
August 22, 2007	Psychiatry. Catawba's Hospital	Roanoke, Virginia

August 22, 2007	Psychiatry and Primary Care	Roanoke, Virginia
August 10, 2007	Psychiatry. Anchorage Community Mental Health Center	Anchorage, Alaska
August 9, 2007	Psychiatry. Matsu Health Services	Anchorage, Alaska
August 9, 2007	Psychiatry and Primary Care	Anchorage, Alaska
August 9, 2007	Psychiatry	Anchorage, Alaska
August 8, 2007	Psychiatry	Fairbanks, Alaska
August 8, 2007	Psychiatry, Primary Care and NPs	Fairbanks, Alaska
July 25, 2007	Psychiatry and Internal Medicine. Community Mental Health Center	Bridgeport, Connecticut
July 24, 2007	Case Management. Health New England	Springfield, Massachusetts
July 13, 2007	Internal Medicine. Bedford VA	Bedford, Massachusetts
July 12, 2007	Family Medicine	Natick, Massachusetts
July 11, 2007	Nursing and Family Medicine	Newton, Massachusetts
June 22, 2007	Psychiatry	Rochester, Minnesota
June 21, 2007	Psychiatry	Madison, Wisconsin
June 13, 2007	Family Medicine. Partners Community Healthcare Network	Needham, Massachusetts
June 12, 2007	Internal Medicine	Kingston, Massachusetts
June 12, 2007	Psychiatry	Burlington, Massachusetts
June 7, 2007	Psychiatry, Psychology and Psychiatric Medicine. Sacramento County Treatment Center	Sacramento, California
June 6, 2007	Primary Care. Sacramento County Primary Care	Sacramento, California
June 6, 2007	Psychology and Psychiatric Medicine. HRC Community Mental Health	Sacramento, California
June 6, 2007	Psychiatry and Psychology. Sacramento County Treatment Center	Sacramento, California
June 6, 2007	Psychiatry, Psychology, Primary Care and Psychiatric Medicine	Modesto, California
June 5, 2007	Psychiatry and Psychiatric Medicine. Alliance for Community Mental Health	San Jose, California
June 5, 2007	Psychiatry, Psychology, Public Health, Primary Care, Pharmacy and PAs	Sacramento, California
May 30, 2007	Case Management	Albuquerque, New Mexico
May 16, 2007	Behavioral Health and General Psychiatry	Waterbury, Connecticut
May 15, 2007	Behavioral Health and Case Management	West Haven, Connecticut
May 15, 2007	Behavioral Health and	Weathersfield, Connecticut

	General Psychiatry	
April 25, 2007	Psychiatry. Manchester Counseling	Manchester, New Hampshire
April 25, 2007	Psychiatry	Nashua, New Hampshire
April 24, 2007	Psychiatry	Raymond, New Hampshire
April 24, 2007	Psychiatry	Andover, Massachusetts
April 23, 2007	Psychiatry	North Berwick, Maine
April 23, 2007	Psychiatry	Portland, Maine
April 18, 2007	Psychiatry	Boston, Massachusetts
April 17, 2007	Psychiatry	Salem, Massachusetts
March 7, 2007	Psychiatry and Social Work. The Human Service Center	Peoria, Illinois
February 20, 2007	Primary Care	Wethersfield, Connecticut
February 8, 2007	Psychiatry and Psychology. Dorothea Dicks Psychiatric Center	Bangor, Maine
February 7, 2007	Psychiatry and Psychology. Maine Medical Center	Portland, Maine
February 7, 2007	Psychiatry and Psychology	Rockport, Maine
February 6, 2007	Primary Care	Freeport, Maine
January 26, 2007	Psychiatry and Nursing	Plymouth, New Hampshire
January 25, 2007	Psychiatry	Concord, New Hampshire
January 25, 2007	Psychiatry	Keene, New Hampshire
January 24, 2007	Psychiatry	Concord, New Hampshire
January 23, 2007	Psychiatry	Colebrook, New Hampshire
January 23, 2007	Psychiatry	Wolfeboro, New Hampshire
January 22, 2007	Psychiatry	North Conway, New Hampshire
January 18, 2007	Psychiatry, Psychology, Public Health and Primary Care. Tulare County Mental Health	Tulare, California
January 17, 2007	Psychiatry and Primary Care	Fresno, California
January 16, 2007	Psychiatry	Omaha, Nebraska
December 13, 2006	Behavioral Health and General Psychiatry. Backus Hospital	Norwich, Connecticut
December 13, 2006	Behavioral Health and General Psychiatry	New London, Connecticut
December 7, 2006	Behavioral Health, Case Management, Addiction Medicine, Administration, Social Work, and General Psychiatry	Springfield, Illinois
November 16, 2006	Psychiatry	Seattle, Washington
November 15, 2006	Psychiatry	Seattle, Washington
November 14, 2006	Psychiatry, Psychology, Social Work and Nursing. Martinsburg V.A. Medical Center	Martinsburg, West Virginia

November 3, 2006	Psychiatry. Spring Harbor Mental Health	Portland, Maine
November 2, 2006	Psychiatry. Manchester Mental Health Center	Manchester, New Hampshire
November 2, 2006	Psychiatry	Portsmouth, New Hampshire
November 1, 2006	Psychiatry. Riverview Psychiatric Center	Augusta, Maine
November 1, 2006	Psychiatry	Newburyport, Massachusetts
October 31, 2006	Psychiatry. Manchester V.A.	Manchester, New Hampshire
October 31, 2006	Psychiatry	Andover, New Hampshire
October 30, 2006	Psychiatry. Nashua Community Health Center	Nashua, New Hampshire
October 30, 2006	Psychiatry	Freeport, Maine
October 27, 2006	Behavioral Health, Case Management, Addiction Medicine, Administration, Child Psychiatry, & General Psychiatry. West Yavapai Guidance Center	Prescott, Arizona
October 26, 2006	Psychiatry and Primary Care. Newington V.A.	Newington, Connecticut
October 11, 2006	Behavioral Health and Primary Care	Omaha, Nebraska
September 28, 2006	Psychiatry and Residents. VA Medical Center	Brockton, Massachusetts
September 27, 2006	Psychiatry, Primary Care and Nursing. VA Outpatient Clinic	Worcester, Massachusetts
September 27, 2006	Psychiatry and Nurse Practitioners	Boston, Massachusetts
September 26, 2006	Psychiatry and NPs	Bedford, Massachusetts
August 23, 2006	Family Practice, General Practice and Internal Medicine	Westport, Connecticut
August 22, 2006	Behavioral Health, Case Management and Psychiatry. Community Health Center	Williamsport, Pennsylvania
August 17, 2006	Psychology, Pharmacy, Nursing and Nurse Practitioners. Northern Nevada Adult Mental Health Hospital	Sparks, Nevada
August 16, 2006	Psychiatry and Primary Care	Lawrence, Massachusetts
August 15, 2006	Psychiatry and Primary Care	Manchester, New Hampshire
August 14, 2006	Primary Care	Kennebunkport, Maine
August 10, 2006	Psychiatry and Family Practice. V.A. Medical Center	Anchorage, Alaska
August 9, 2006	Family Practice and Psychiatry. Alaskan Native Medical Center	Anchorage, Alaska
August 9, 2006	Psychiatry and Family Practice	Anchorage, Alaska
August 8, 2006	Psychiatry.	Anchorage, Alaska

August 8, 2006	Community Mental Health Center Psychiatry and Primary Care	Kenai, Alaska
August 7, 2006	Treatment Team and Primary Care. Eastern Alucian Medical Clinic	Anchorage, Alaska
August 7, 2006	Primary Care	Wasilla, Alaska
July 27, 2006	Family Practice, Psychiatry, and Internal Medicine	Fort Leonard Wood, Missouri
July 14, 2006	Speaker Training	Dallas, Texas
July 13, 2006	Psychiatry, Psychology, Public Health, Administration and Social Work. New Mexico Mental Health Institute	Las Vegas, New Mexico
June 28, 2006	Mental Health Services (Treatment Team). Maricopa County Jail	Phoenix, Arizona
May 18, 2006	National Business to Business Meeting	Dallas, Texas
May 11, 2006	Behavioral Health, Nursing and NPs. Nevada Rural Clinics	Elko, Nevada
May 10, 2006	Treatment Team and Primary Care. Eastern Alucian Medical Clinic	Anchorage, Alaska
May 10, 2006	Family Practice. Alaskan Native Medical Center	Anchorage, Alaska
May 9, 2006	General Practice. Elmendorf Air Force Base	Anchorage, Alaska
May 8, 2006	Primary Care. V.A. Medical Center	Anchorage, Alaska
May 8, 2006	Psychiatry, Primary Care and Internal Medicine	Anchorage, Alaska
April 27, 2006	Family Practice and PAs. Langley AFB Hospital	Langley AFB, Virginia
April 26, 2006	Psychiatry and Nursing	Providence, Rhode Island
April 25, 2006	Psychiatry and Nursing	Easton, Massachusetts
April 22, 2006	Speaker Training	San Juan, Puerto Rico
April 12, 2006	Presenter, <i>“Early-onset Bipolar”</i> . An educational workshop for school nurses sponsored by Brazosport Independent School District, Lake Jackson, Texas.	
	Presenter, <i>“Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders”</i> . An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.	
	Audience	Location
April 6, 2006	Psychiatry, Social Work, Nursing and NPs	Sarasota Springs, New York
April 5, 2006	Psychiatry and Primary Care	Rochester, New York

March 22, 2006 Presenter, “*Early-onset Bipolar*”. An educational workshop for school counselors sponsored by Angleton Independent School District, Angleton, Texas.

Presenter, “*Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders*”. An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.

	Audience	Location
March 2, 2006	Pharmacy. Medicaid Office	Providence, Rhode Island
March 1, 2006	Psychiatry, Nursing and NPs	Wethersfield, Connecticut
March 1, 2006	Psychiatry, Primary Care and Nursing	North Hampton, Massachusetts
February 23, 2006	Psychiatry. Portsmouth Naval Hospital	Portsmouth, Virginia
February 16, 2006	Psychiatry. Cedar Crest Hospital	Newington, Connecticut
February 16, 2006	Psychiatry and NPs	Hartford, Connecticut
February 15, 2006	Psychiatry. Capitol Region Blue Hills Center	Hartford, Connecticut
February 15, 2006	Primary Care	Providence, Rhode Island
February 2, 2006	Family Practice, NPs and PAs. National Naval Medical Center	Bethesda, Maryland
December 20, 2005	Psychiatry and NPs	Newington, Connecticut
December 15, 2005	Psychiatry and NPs	Albany, New York

October 7, 2005 Co-presenter. “*Understanding Personality Disorders - Separating the Truth from the Myths*”. An educational workshop sponsored by Mental Health Professionals Association, Angleton, Texas.

September 13, 2005 Co-presenter. “*Mental Health and Managed Care: Facing the Challenges*”. An educational workshop sponsored by Managed Care Concepts, Orange Texas.

September 7, 2005 Co-presenter, “*Trauma Associated with Hurricane Katrina*”. Community education/support group for Hurricane Katrina evacuees organized by Brazoria County Red Cross, Angleton, Texas.

Co-presenter, “*Advances in Mental Health: A Three-Part Series – Focus on Impulse Control Disorders*”. An educational workshop sponsored by Brazoria County Juvenile Probation, Angleton, Texas.

	Audience	Location
July 12, 2005	Part 3 - Juvenile Probation Officers	Angleton, Texas

June 15, 2005	<i>Part 2 - Juvenile Probation Officers</i>	Angleton, Texas
May 10, 2005	<i>Part 1 - Juvenile Probation Officers</i>	Angleton, Texas

Co-presenter, *“Reading the Signs: Interpreting the Proper Route for Differential Diagnosis of Selected Mental Health Disorders (Pilot Program)”*. An interactive workshop addressing the complexities of differential diagnosis and the use of appropriate screening tools sponsored by Eli Lilly and Company.

	Audience	Location
May 3, 2005	Psychiatry, Nursing and NPs	Atlanta, Georgia
April 21, 2005	Psychiatry, Primary Care and Nursing	Houston, Texas

August 9, 2004 Presenter, *“Differentiating Bipolar Disorder from Unipolar Depression”*. Teacher In-service. Polk Elementary, Clute, Texas.

April 2, 2004 Presenter, *“Differentiating Bipolar Disorder from Unipolar Depression”*. An educational workshop sponsored by National Association of Social Workers, Texas Chapter, Gulf Coast Unit, Angleton, Texas.

March 30, 2004 Presenter, *“Improving Patient Compliance with Medication and Therapy”*. An educational breakfast program sponsored by GlaxoSmithKline, Beaumont, Texas.

March 30, 2004 Presenter, *“Improving Patient Compliance with Medication and Therapy”*. An educational lunch program sponsored by GlaxoSmithKline, Beaumont, Texas.

March 30, 2004 Presenter, *“Improving Patient Compliance with Medication and Therapy”*. An educational dinner program sponsored by GlaxoSmithKline, Beaumont, Texas.

November 5, 2002 Presenter, *“Depression – A Patient’s Perspective”*. An educational program sponsored by GlaxoSmithKline, Clear Lake, Texas.

October 23, 2002 Presenter, *“ADHD: Myth vs. Fact”*. Monthly family educational program at Greater Works Ministries, Angleton, Texas.

August 13, 2002 Presenter, *“Mental Health Issues – Female ADD”*. Teacher In-service (secondary schools). Brazoswood High School, Clute, Texas.

July 3, 2002 Presenter, *“Special Needs of Psychiatric Patients in an ICU”*. Round table discussion involving a psychiatrist, nurses and administration at Brazosport Memorial Hospital, Lake Jackson, Texas.

April 4, 2002 Presenter, *“ADHD: The Female ADD Cycle”*. Community educational program at Brazosport Memorial Hospital, Lake Jackson, Texas.

February 23, 2002 Presenter, “*ADHD: The Female ADD Cycle*”. Teacher In-service Training, Bess Brannen Elementary School, Lake Jackson, Texas.

February 1, 2002 Co-Instructor, “*Stress Management: Learning Skills for a New Millennium*”. A series of four Tuesday night workshop presentations at Brazosport College, Clute, Texas.