

# PSYCHIATRY AND BEHAVIORAL HEALTH CONFERENCE

Location: Lynchburg General Hospital

Date: 10/4/24

Time: 12:30pm-5pm

## AGENDA

TIME	SESSION	DESCRIPTION	LOCATION
12:30PM-1PM	Check-In, Visit Informational Tables & Poster Presentations	Check in at registration and then explore the wide variety of informational tables & posters on display. Lunch available for pick-up.	Outside First Colony 1 & 2
1PM – 1:30PM	Welcome & Opening Remarks	Kick-off to the conference	First Colony 1 & 2
1:30PM – 2:30PM	Keynote Address: <i>Emerging Trends in Psychiatry &amp; Behavioral Health and the Role of AI in Behavioral Health</i>  Presented by: Peter Betz, MD	This presentation explores the latest advancements in psychiatry and behavioral health and the integration of artificial intelligence (AI). The presentation will address ethical considerations, potential challenges, and the future landscape of AI in behavioral health and its impact on patient care.	First Colony 1 & 2
2:30PM – 2:45PM	Visit Informational Tables & Poster Presentations	Explore the wide variety of informational tables & posters on display	Outside First Colony 1 & 2

2:45PM-  
3:30 PM

Concurrent Breakout Sessions (Choose 1)

*Motivational Interviewing*

Presented by: Brynn Davis, MEd., LPC  
and Rebecca Hunter, M.Ed

Motivational Interviewing (MI) is a patient-centered counseling method developed by William Miller and Steven Rollnick in 1983. It enhances motivation and commitment to change by exploring and resolving ambivalence, making it effective in medical settings. This training provides an overview of MI, including its theoretical foundations, key techniques, and healthcare applications. MI's collaborative and empathetic communication style elicits patients' intrinsic motivation for change. Core strategies include reflective listening, rolling with resistance, and eliciting change talk. Reflective listening shows understanding and acceptance, while rolling with resistance prevents confrontations by aligning with the patient's perspective. Eliciting change talk involves guiding patients to express their reasons for change, boosting their commitment to action. MI is widely used for health behavior modifications like smoking cessation, diabetes management, weight loss, and addiction treatment. Studies show MI's effectiveness in improving patient outcomes across diverse clinical settings. This training equips healthcare professionals with a comprehensive understanding of MI to facilitate meaningful patient-centered care.

First Colony 1

*Autism Through Different Lenses:  
Clinical, Developmental, and Family  
Perspectives*

Presented by: Emily Bradshaw, PhD,  
Teresa Brennan, MD, Savannah Carter,  
Cami Smith (moderator)

This panel discussion brings together a clinical psychologist, a developmental pediatrician, and a parent of a child with autism to provide a comprehensive exploration of autism spectrum disorder (ASD). The session aims to offer attendees a multi-faceted understanding of ASD, encompassing clinical insights, developmental considerations, and real-life experiences.

Private Dining Room

*Interventional Psychiatry*

This session will explore various aspects of interventional psychiatry such as electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS),

First Colony 2

	Presented by: Sesha-Krishna Kotapati, MD and Chudi Okafor, MD	ketamine, psychedelic drugs, and deep brain stimulation (DBS).	
3:30PM-3:45PM	Visit Informational Tables & Poster Presentations	Explore the wide variety of informational tables & posters on display	Outside First Colony 1 & 2
3:45PM-4:30PM	Concurrent Breakout Sessions (Choose 1)		
	<p><i>See Something, Say Something: Handling Emotional Conversations</i></p> <p>Presented By: Dean Gianakos, MD</p>	During this session, participants will discuss what it means to be a healthcare professional, use effective communication techniques to handle emotional conversations, and participate in emotional conversations about safety and professionalism lapses, and burnout.	First Colony 1
	<p><i>Recognizing Strengths: Setting Great Leaders Apart</i></p> <p>Presented by: Mac Duis, EdD, University of Lynchburg</p>	In this session, strengths-based leadership will be outlined in the context of approaches to leadership over time. The presentation will include the benefits of understanding and promoting colleague and client strengths and an example of a tool to assess strengths. The session will end with a participative discussion of how behavioral health professionals can use strengths-based leadership in their work and ways that university programs can be a partner in centering practice around individuals' strengths.	First Colony 2
4:30PM-5:00PM	Closing Remarks	Conference closing	First Colony 1 & 2

In support of improving patient care, Centra is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION