



**Idaho**  
**Psychiatric Association**

---

**Annual Conference**

***Evidence-Based Psychiatry***

**Rex Lott, PharmD, BCPP - *Evidence-Based Psychopharm***  
**Zach Morairty, MD - *ECT & TMS: Evidence and Practice***  
**Barbara McCann, PhD - *Evidence-Based Psychotherapy***

**April 22 - 23, 2016**

**St. Luke's RMC - Meridian**  
**520 S. Eagle Rd, Meridian, Idaho**



## Evidence-Based Psychiatry

What is evidence-based medicine? The integration of research evidence with clinical expertise and patient values. Using the best-available medical evidence in the context of patient values and preferences to support clinical decision-making is an essential clinical tool.

The use of evidence-based guidelines and algorithms is widely encouraged in modern psychiatric settings, yet many psychiatrists and other practitioners find it challenging to apply and incorporate the latest evidence-based psychosocial and biological interventions. The goal of this seminar is to provide psychiatrists and other physicians, residents, and other mental health providers with a primer and update on EBM approaches to psychiatric care.

Topics include *ECT: Evidence and Practice*, presented by Zach Morairty, MD; *Evidence-Based Psychopharm*, presented by Rex Lott, PharmD, BCPP; and *Evidence-Based Psychotherapy*, presented by Barbara S McCann Ph.D.

### Meeting Details

**Accreditation:** The Ada Canyon Medical Education Consortium is accredited by the Idaho Medical Association and the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Ada Canyon Medical Education Consortium designates this live activity for a maximum of eight (8) AMA PRA Category 1 credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Business Meeting:** An IPA business meeting and social will be held Friday, April 22 at 1:00 pm and is open to all IPA members. Please indicate on the registration form if you will be attending the meeting and social.

**Exhibits:** Our exhibits will be open on Friday (11:30 - 1:00 PM) and Saturday (7:30 am - 1:00 pm) Please make time to visit with the exhibitors who support Idaho psychiatrists and this meeting.

### Speakers

**Zach Morairty, MD** practices adult and geriatric psychiatry, with an emphasis on late life depression, dementia, and memory problems. He is also experienced in electroconvulsive therapy (ECT). As medical director of adult services at St. Luke's Clinic – Behavioral Health Services, he works closely with local physicians to provide a collaborative approach to physical and mental healthcare.

**Rex Lott, PharmD, BCPP** is a Professor of Pharmacy Practice with Idaho State University College of Pharmacy with practice, teaching, and research activities at Boise VA Medical Center in Boise. He provides consultation regarding pharmacotherapy of psychiatric and neurologic disorders to staff and patients of BVAMC, teaches Doctor of Pharmacy students, PGY1 Pharmacy Residents, PGY2 Psychiatry Pharmacy Residents, and PGY2 & PGY3 Psychiatry Residents.

**Barbara McCann, PhD**, is a Professor of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine, Seattle, WA. She is the Mental Health Counseling and Hypnosis Endowed Chair and maintains a clinical practice at Harborview Medical Center.

### Schedule of Events

#### **Friday, April 22, 2016**

11:30 - 1:00 pm - Lunch with Exhibitors (IPA members only)

1:00 - 4:30 pm - IPA Business Meeting (IPA members only)

4:30 - 6:30 pm—Social with beer, wine and hors d'oeuvres (IPA members only)

#### **Saturday, April 25, 2016**

7:30 - 8:00 am - Registration, CME Sign-in, Continental Breakfast and Exhibits

8:00 - 10:00 am - ***Evidence-Based Psychopharm***

10:00 - 10:20 am - Morning Break with Refreshments and Exhibitors

10:20 - 12:20 pm - ***Evidence-Based Psychopharm***

12:20 - 1:00 pm - Lunch with Exhibitors

1:00 - 2:00 pm - ***ECT & TMS Evidence and Practice***

2:00 - 3:30 pm - ***Evidence-Based Psychotherapy***

3:30 - 3:45 pm - Afternoon Break

3:45 - 5:15 - ***Evidence-Based Psychotherapy***

5:15 pm - Meeting Concludes - Evaluations/CME Certificates

# IPA Conference Registration

*Registration fee includes - lunch, breaks, and course materials*

Name: \_\_\_\_\_ Degree \_\_\_\_\_

Practice Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Email (for confirmation): \_\_\_\_\_

\_\_\_\_\_ I plan to attend the IPA business meeting and Social on Friday (IPA members only)

To help keep meeting registration fees affordable, the IPA will be providing some course materials electronically. Details to follow.

	Advance Price (Until 4-8-2016)**	Full Price (After 4-8-2016)	
IPA Members (2 days) <i>Lunch, business meeting &amp; social (Friday); Lunch and CME (Saturday)</i>	\$225	\$275	\$ _____
IPA Members (Saturday) <i>Lunch and CME</i>	\$175	\$225	\$ _____
IPA Members (Friday) <i>Lunch, business meeting &amp; social</i>	\$50	\$75	\$ _____
Non Member Psychiatrists & Physicians (Saturday) <i>Lunch and CME Saturday</i>	\$275	\$325	\$ _____
Psychologists (Saturday) <i>Lunch and CME Saturday</i>	\$275	\$325	\$ _____
Other Mental Health Practitioners (Saturday) <i>Lunch and CME Saturday</i>	\$100	\$125	\$ _____
Residents	N/A	N/A	\$ _____
		<b>TOTAL</b>	<b>\$ _____</b>

**\*\*Group Discounts for multiple providers attending from one practice or clinic are available. Please contact Margy Leach at (208) 344-7888 or [margy@idmed.org](mailto:margy@idmed.org).**

Visa/MC/Amex #: \_\_\_\_\_ Verification Code: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Amount to Charge: \$ \_\_\_\_\_ Authorized CC Signature: \_\_\_\_\_

**MAIL or FAX form and payment to the IPA, PO Box 2668, Boise, ID 83701 or (fax) 208-344-7903.**

**Confirmation:** All meeting confirmations are sent to the email address indicated on this registration form.

**Cancellations:** Cancellations received prior to April 8, 2016 will receive a refund of registration fees minus a \$35 administration fee. After April 8, 2016 no refunds will be provided.

**For additional information, please contact Margy Leach at (208) 344-7888 or [margy@idmed.org](mailto:margy@idmed.org).**

**Thank you to our sponsors and exhibitors!**

Idaho Psychiatric Association  
PO Box 2668  
Boise, ID 83701

**Idaho Psychiatric Association Annual Conference**  
***Evidence-Based Psychiatry***



**April 22 - 23, 2016**

**St. Luke's RMC - Meridian**  
**520 S. Eagle Rd,**  
**Meridian, Idaho**