



# IDAHO PSYCHIATRIC ASSOCIATION ANNUAL CONFERENCE

*PSYCHADELICS IN PSYCHIATRY*

**JUNE 17, 2022**

**The Grove Hotel**  
245 S Capitol Blvd, Boise, ID 83702

**Conference Attendee Kit**

 **Idaho**  
Psychiatric Association

The Attendee Kit  
Includes:

—  
Important  
Conference Info

—  
Conference  
Schedule

—  
Venue Maps

—  
Parking Maps  
and More!

IDAHO PSYCHIATRIC  
ASSOCIATION

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2022

## Annual CME Conference

# Psychedelics in Psychiatry

Find more  
conference info at:  
[www.idahopsychiatric.org](http://www.idahopsychiatric.org)

## CME Conference Schedule

Friday, June 17, 2022

The Grove Hotel, Boise, ID

7:30 AM **Registration, CME Sign-in, View Exhibits**

7:45 AM - 8:45 AM **Breakfast with Exhibitors**

8:45 AM - 9:00 AM **Welcome & Introduction**

Kirsten Aaland MD - President, Idaho Psychiatric Association

### Speaker Sessions

9:00 AM - 10:00 AM

#### Psychedelics in Psychiatry Overview

Nicole Fox, MD, MPA, FAPA - Associate Medical Director, Behavioral Health Service Line, St. Luke's Health System, Boise, ID

10:00 AM - 10:30 AM

#### Break with Exhibitors

10:30 AM - 11:30 AM

#### Ketamine - Menace, Panacea, or a Window in Time

Ryan Shackelford, MD - Owner, Sojourn Psychotherapy, Boise, ID

11:30 AM - 12:30 PM

#### MDMA - Assisted Therapy for Post-Traumatic Stress Disorder

Darrick May, MD - Medical Director, Boulder Integrated Health, Boulder, CO

12:30 PM - 1:30 PM

#### Lunch with Exhibitors

1:30 PM - 2:30 PM

#### An Overview of Psilocybin-Assisted Therapy for Psychiatric Conditions

Sandeep Nayak, MD - Postdoctoral Fellow, Center for Psychedelic and Consciousness Research, Behavioral Pharmacology Research Unit, Johns Hopkins School of Medicine, Baltimore, MD

2:30 PM - 3:00 PM

#### Break with Exhibitors

### Panel Discussion: Psychedelics in Psychiatry

3:00 PM - 4:00 PM

#### All Conference Speakers

### Wrap-up

4:00 PM

#### Evaluations, CME Certificates

## Registration

Registration will begin at 7:30 am on Friday, June 17. The check-in table will be outside of the conference center on the 2<sup>nd</sup> floor of the Grove Hotel. You will turn right when exiting the elevators. Please just follow the signage to the correct area.

## Name Badges

Name badges are required. This badge is used to identify you, provide access to the conference areas and events and distinguish you as an attendee of this conference from other people on campus. To better serve you, we require that you wear your name badge at all times.

## WI-FI

The Wi-Fi network name is: Grove Hotel; there is no password.

## Sponsors

A very big thank you to our major meeting sponsors: Optum Idaho, Brick House Recovery, ECHO Idaho, and Janssen! We also want to thank the sponsors that have come to support our meeting. They will all be set-up at booth spaces in the next room over. Please be sure to visit each of them and thank them for supporting this meeting. We would not be able to be able to keep attendance costs low and put on future conferences without them. You can also find out more about each of them and access their contact information on our sponsorship marketplace via the QR code below.



<https://idahopsychiatric.org/ipa-conference-sponsorship-marketplace/>

## CME/CEU

If you participate in all sessions, there are 5 credit hours of CME available. Be sure to sign in at the CME desk in order to document your participation for CME certificates. You will need to sign in at the beginning of the morning session and at the beginning of the afternoon session after lunch. In addition, you will need to sign out when you leave to mark how many credits you are claiming. Please see below for a QR code link to fill out the CME evaluation. You **MUST** fill this out. Certificates will then be sent to those who followed all steps within 2 weeks via email. Failure to follow any of these steps could result in you not being able to receive credit for this activity. If you require CEU credit instead of CME credit, please take your supplied certificate to your licensing body for them to determine if you are able to receive credit or not.



<https://www.surveymonkey.com/r/BZ7NDSR>

## Conference Materials:

Please scan the QR code below to access the slides from the conference on our website.

<https://idahopsychiatric.org/annual-conference-presentations/>



## Questions

If you have specific questions related to the presentation of one of our speakers, feel free to ask them during their questions section. However, if you have a general question related to psychedelics in psychiatry, or would like multiple views on a question, please write it down on the notecards put out on the tables and drop it off at the front to be answered during the panel at the end of the conference.

## Meals

Meals will be served in the hallway. Please take your food to the vendor hall. We ask you to spend some time with the vendors either before or after your meal. The vendors keep conference costs down. Let's show them our appreciation. They are here to see you so please respect their efforts with your time.

## Parking

Parking is available in various locations. First and foremost is the Capitol & Front Garage, located under the hotel, and accessible off of Capitol Blvd. is \$3.00/hour, which is the same rate as the neighboring garages. In the parking map located in this packet, you will see the garages nearby highlighted in green and yellow, the green ones are closest. Valet services are \$22/flat rate. Guests staying overnight are provided a pass and it is a \$15.00 flat rate. The IPA is not responsible for the ticketing and/or towing of your vehicle if the parking instructions are not followed.



## 2022 Annual Conference Sponsors

### **Brick House Recovery - Booth # 2**

Peter Ozuna  
Jason Coombs

### **ECHO Idaho - Booth # 4**

Lynsey Winters Juel  
Jocelyn Elvira

### **Janssen - Booth # 3**

Esther Castro  
Nathan Helm

### **Optum Idaho - Booth # 1**

Wendy Stoneberg

### **Perma Mental Health, PLLC - Booth # 5**

Christina Rebolledo  
Xion Moss

### **Project Filter - Booth # 7**

Cas Adams

### **Saint Alphonsus - Booth # 6**

Tiffanie Davis  
Michele Theiss

### **St. Luke's Health System - Booth # 9**

Tracey Cooper  
Christine Gregory

### **U.S. Air Force 348 RCS - Booth # 8**

David Springfield  
Brian Green

### **Idaho College of Osteopathic Medicine (ICOM)**

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**Thank you for your support of the Idaho Psychiatric Association!**

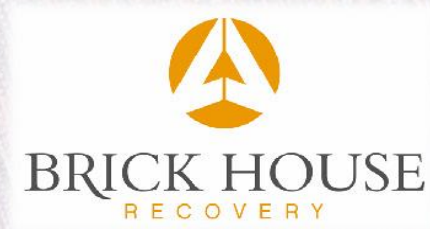
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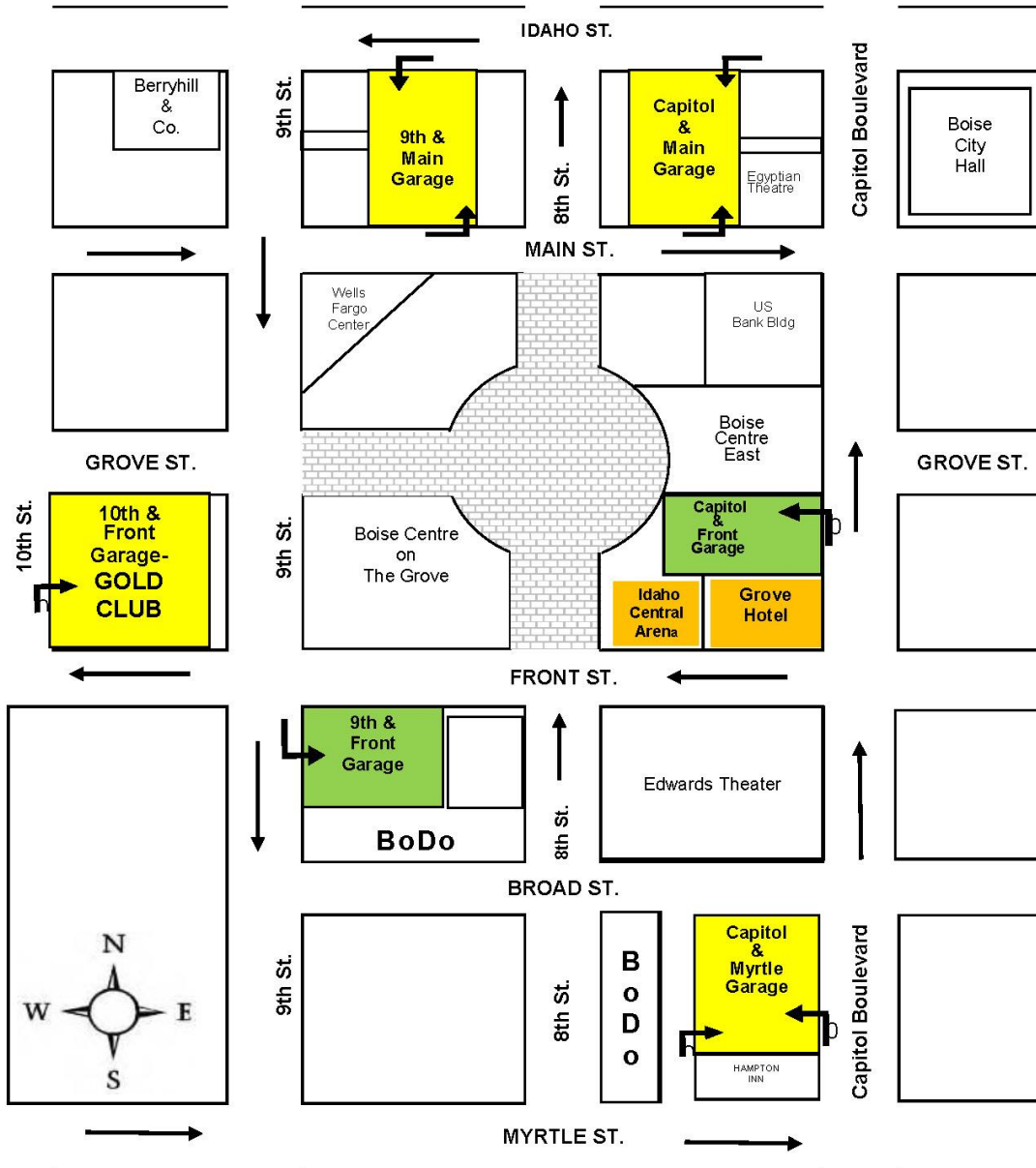
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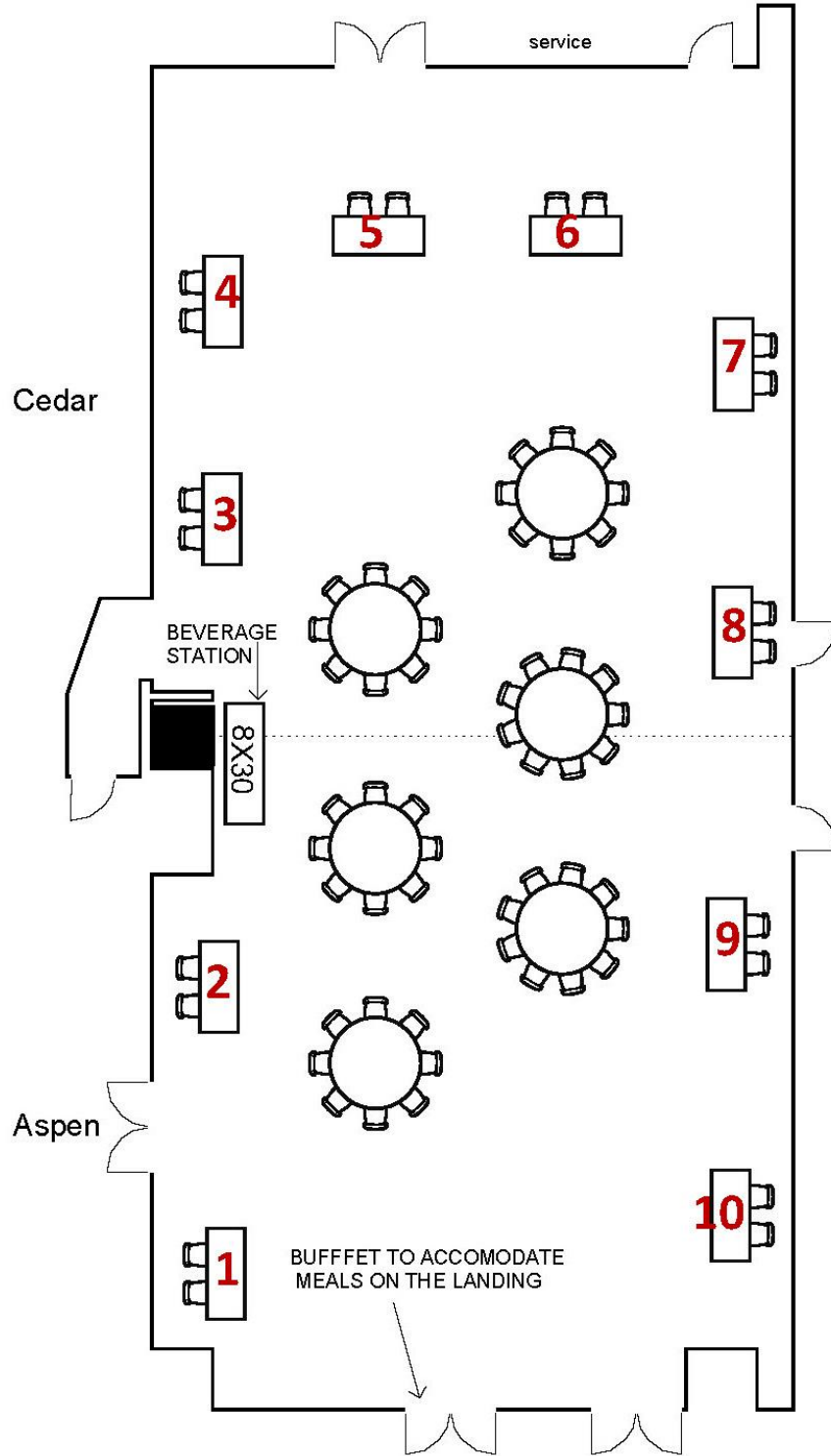


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## EXHIBIT HALL MAP





## IPA 2022 Hybrid Annual CME Conference

### “Psychedelics in Psychiatry”

### Speaker Profiles

**“Psychedelics in Psychiatry Overview”- Nicole Fox, MD, MPA, FAPA** ; Associate Medical Director, Behavioral Health Service Line, St. Luke’s Health System, Boise, ID



Dr. Fox is board-certified in psychiatry and in lifestyle medicine. She completed both medical school and psychiatry residency at the University of Washington, where she is now on faculty as Clinical Assistant Professor. Her clinical practice at St. Luke’s is primarily hospital based, where she sees a variety of adult medical, neuropsychiatric and psychiatric patients. She also serves as President-Elect of the IPA.

Dr. Fox is a highly awarded scholar educator. Most recently she was honored as the 1st UW faculty member to receive the Irma Bland Award for excellence in teaching residents from the American Psychiatric Association. In 2021, she was named the Clinical Faculty of the Year from the psychiatry residency program. During residency she also received the Outstanding Teacher Scholar of the Year Award for her work related to the neurology of stress, trauma and connectivity. When not seeing patients, she trains students, resident physicians, and others both in health care settings and at conferences. Dr. Fox also does corporate consulting on resiliency, engagement and well-being.

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**“Ketamine - Menace, Panacea, or a Window in Time” - Ryan Shackelford, MD** ; Owner, Sojourn Psychotherapy, Boise, ID



Ryan Shackelford, MD is the owner of Sojourn Psychotherapy, a private practice in Boise, ID specializing in intensive psychotherapy and ketamine assisted psychotherapy. He is on the faculty of the UW Idaho Psychiatry Residency and the Family Medicine Residency of Idaho. He grew up in Boise and then moved through Colorado and California for training, earning board licensure in both Family Medicine and Psychiatry at UC San Diego, and going on to complete a fellowship in Public Psychiatry at UC San Francisco. He has worked in county mental health systems in San Francisco, Houston and Boise. He completed a 3 year core training in Intensive Short-Term Dynamic Psychotherapy with master therapist Patricia Coughlin, PhD as well as Ketamine Assisted Psychotherapy training with the Ketamine Institute and pioneering psychonaut Phil Wolfson, MD. He is pleased to be presenting today on Ketamine as both a treatment for major depression as well as an augmentation for effective psychotherapy.

## IPA 2022 Hybrid Annual CME Conference

### “Psychedelics in Psychiatry”

#### Speaker Profiles

**“MDMA - Assisted Therapy for Post-Traumatic Stress Disorder”- Darrick May, MD** ; Medical Director, Boulder Integrated Health, Boulder, CO



Darrick May, MD, has a longstanding interest in the therapeutic potential of psychedelics which led him to pursue a career in psychiatry and psychedelic-assisted psychotherapy. Dr. May is board-certified in general and addiction psychiatry, having completed his psychiatry residency in University of Washington’s Idaho track (he lived in Boise for 3 years). He also completed a three-year research fellowship in 2018 at Johns Hopkins, where he helped develop and conduct multiple psilocybin studies, including a study examining the antidepressant effects of psilocybin. He currently lives in Boulder, CO, where he provides ketamine-assisted psychotherapy in his private practice and is a Co-Principal Investigator and therapist on a phase 3 clinical trial examining the therapeutic effects of MDMA-assisted psychotherapy in people with post-traumatic stress disorder.

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**“An Overview of Psilocybin-Assisted Therapy for Psychiatric Conditions ” - Sandeep Nayak, MD** ; Postdoctoral Fellow, Center for Psychedelic and Consciousness Research, Behavioral Pharmacology Research Unit, Johns Hopkins School of Medicine, Baltimore, MD



Sandeep Nayak MD is a psychiatrist and postdoctoral research fellow at the Johns Hopkins Center for Psychedelic and Consciousness Research. His research focuses on the application of psychedelics to various psychiatric conditions, especially mood and substance use disorders. His other research interests within this field include the application of Bayesian statistics to clinical trials and how to understand psychedelic therapy as psychotherapy more broadly. Clinically, he works as a psychiatrist at Addiction Treatment Services at Johns Hopkins Bayview Medical Center.