



IDAHO PSYCHIATRIC ASSOCIATION ANNUAL CONFERENCE

PSYCHADELICS IN PSYCHIATRY

JUNE 17, 2022

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

Conference Virtual Attendee Kit

 **Idaho**
Psychiatric Association

The Attendee Kit
Includes:

Important
Conference Info

Conference
Schedule

Speaker Bios

Sponsorship Info
and More!

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ASSOCIATION

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2022

Annual CME Conference

Psychedelics in Psychiatry

Find more
conference info at:
www.idahopsychiatric.org

 Idaho
Psychiatric Association

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

Sponsors

A very big thank you to our major meeting sponsors: Optum Idaho, Brick House Recovery, ECHO Idaho, and Janssen! Did you not get a chance to speak to one of our sponsors or exhibitors and want to connect? Are you a virtual attendee who still wants to support IPA by interacting with our exhibitors and sponsors? Visit our vendor page below or scan this QR code to access the webpage.

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



CME/CEU

If you participate in all sessions, there are 5 credit hours of CME available. 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 our speakers, feel 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, save it and enter it into the chat during the panel session at the end of the conference.



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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.

“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.

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“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.

“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.