

COURSE DESCRIPTION

Because of the growing interest in natural and “alternative” therapies, clinicians are increasingly called upon to manage and offer recommendations to patients who use, or are considering, these treatments. This groundbreaking course will provide the practicing clinician with reliable, scientific, and clinically useful sources of information for practitioners.

A faculty of experts from Massachusetts General Hospital, Harvard Medical School and other major institutions, will present a synthesis of the state of knowledge from peer-reviewed published research on the applications, clinical effectiveness, and safety of the better-known natural psychotropic medications such as St. John’s Wort, Kava, and SAMe. The course will also address the therapeutic contributions of acupuncture, relaxation therapy, and spirituality.

Guidelines for management of side effects, polypharmacy, and drug-drug interaction will also be provided. Those who complete the course will be able to comfortably discuss alternative treatments with interested patients, decide whether and when to prescribe such treatments, and recommend appropriate doses.

18 Category 1 Credits.*

OBJECTIVES

Upon completion of this program, the participant will have an understanding of the following:

- Be able to comfortably discuss alternative treatments with interested patients, decide whether and when to prescribe such treatments, and recommend appropriate doses and/or refer patients to appropriate sources.

Release date: November 1, 2003

Credits expire: October 31, 2006

Recorded at the live course:
April 25 - 27, 2003

** CME credit is obtained upon successful completion of a self-assessment examination. Examination due by October 31, 2006.*

Epidemiology of Complementary and Alternative Medicine (CAM) and Integrative Medicine

David Eisenberg, M.D.

SAMe, Folate, B12 and Depression

Jonathan E. Alpert, M.D., Ph.D.

St. John’s Wort for Depression

Andrew Nierenberg, M.D.

Omega-3 Fatty Acids for Bipolar Disorder and Unipolar Depression

Andrew Stoll, M.D.

National Center for Complementary and Alternative Medicine (NCCAM) —History and Overview

Margaret A. Chesney, Ph.D.

Evaluating the Data: Limitations of Research and Quality Assurance Issues with Natural Remedies

Maurizio Fava, M.D.

Drug Interactions with Natural Medications

Jerry Cott, Ph.D.

Relaxation Therapy Training

Herbert Benson, M.D.

Botanical Approaches to Anxiety

Jonathan Davidson, M.D.

Melatonin for Insomnia/ Jet Lag

Irina Zhdanova, M.D., Ph.D.

Inositol for Panic, OCD, and Depression

A. Eden Evins, M.D., provided syllabus pages; David Mischoulon, M.D., Ph.D., lecturer

Natural Remedies for Drug and Alcohol Dependence

Scott E. Lukas, Ph.D.

Ginkgo Biloba, Galantamine, GH, and Dehydroepiandrosterone (DHEA) for Dementia

David Mischoulon, M.D., Ph.D.

Glycine and Other Natural Agents for Psychotic Disorders

Donald C. Goff, M.D.

Natural Medications for Management of Sexual Dysfunction: Maca, Ginseng, Ginkgo, Yohimbine

Christina M. Dording, M.D.

Natural Medications for Management of Weight Gain

Anne E. Becker, M.D., Ph.D.

Legal/Ethical Issues in the Use of Alternative Remedies

Ronald Schouten, M.D., J.D.