You are cordially invited to attend
The Eleventh Annual
Bruce A. Gibbard, M.D. Memorial Lectureship Program
Sponsored by the University of Vermont College of Medicine Department of Psychiatry

Jonathan Shedler, Ph.D.
The Efficacy of Psychodynamic Therapy: The Talking Cure in the Era of Evidence-Based Practice
Friday, April 11, 2014
The Davis Auditorium
Fletcher Allen/UVM Medical Education Center, Burlington

Morning Program:
10:15 - 10:30 A.M. Vermont Psychiatric Association’s Presentation of the  
Bruce A. Gibbard, M.D. Award for Clinical Excellence for 2014

10:30 – 11:45 A.M. Gibbard Lecture (Grand Rounds Workshop # 14-128-32)  
The Efficacy of Psychodynamic Therapy: The Talking Cure in the Era of Evidence-Based Practice

12:00 – 1:00 P.M. Lunch Reception—Davis Auditorium Lobby

Afternoon Program:
1:00 – 3:00 P.M. Workshop* (Davis Auditorium)  
Personality Pathways to Depression: A Clinical Conversation with Dr. Jonathan Shedler

*The Afternoon Workshop is open to Clinicians and Mental Health Professionals only.  
Attendance and clinical affiliation will be taken at the door.

Lecture and Workshop Descriptions:

Morning Lecture

The Efficacy of Psychodynamic Therapy: The Talking Cure in the Era of Evidence-Based Practice
Psychodynamic therapy is an evidence-based treatment. Effect sizes are as large as those for other therapies that are actively promoted as “empirically supported” or “evidence-based”, and patients who receive psychodynamic therapy not only maintain therapeutic gains, but continue improving after treatment ends. Research also shows that other forms of therapy may be effective in part because the more skilled practitioners incorporate psychodynamic methods. Dr. Shedler will discuss the seven key features of contemporary psychodynamic treatment, review empirical evidence from randomized controlled trials and meta-analyses, and discuss how psychodynamic therapy compares to other evidence-based treatments such as CBT and antidepressant medication.
Learning Objectives:
1. Participants will be able to describe seven distinctive features of contemporary psychodynamic therapy.
2. Participants will understand the concepts of effect size and meta-analysis.
3. Participants will be able to describe empirical evidence supporting psychodynamic therapy.

Afternoon Workshop

Personality Pathways to Depression: A Clinical Conversation with Dr. Jonathan Shedler

It has become increasingly common to refer to depression as a “disease”, but it may be more helpful to view it as a nonspecific symptom—the psychic equivalent of fever—of a wide range of underlying disturbances. For most patients, these disturbances are rooted in characteristic patterns of thinking, feeling, attaching, coping, defending, relating and experiencing self and others—in other words, in personality. This seminar will focus on common personality pathways to depression and their practical treatment implications, with discussion of clinical case material and clinical vignettes to demonstrate case formulation and treatment strategies.

Learning Objectives:
1. Participants will understand how different personality styles and syndromes (e.g., borderline, narcissistic, avoidant) constitute unique diatheses for depression.
2. Participants will practice clinical case formulation linking depression to personality dynamics.
3. Participants will develop greater understanding of effective treatment strategies based on personality patterns and syndromes.

About Our Speaker:

Jonathan Shedler, Ph.D. is known internationally as a psychologist, consultant, researcher, and author. He is best known for his article The Efficacy of Psychodynamic Psychotherapy, which won worldwide acclaim for establishing psychodynamic therapy as an evidence-based treatment. His research and writing on personality are shaping contemporary views of personality syndromes and their treatment. He has authored numerous scholarly and scientific articles in psychiatry, psychology, and psychoanalysis, and is author of the Shedler-Westen Assessment Procedure (SWAP) for personality diagnosis and case formulation.

Dr. Shedler lectures and leads workshops for professional audiences nationally and internationally, consults on psychological issues to U.S. and foreign government agencies, and provides clinical consultation and study groups by teleconference to mental health professionals worldwide. Dr. Shedler is a Clinical Associate Professor of Psychiatry at the University of Colorado School of Medicine and was formerly Director of Psychology at the University of Colorado Hospital Outpatient Psychiatry Department. When not teaching or practicing psychology, he is a certified professional ski instructor at Vail Ski Resort.
Continuing Education Credits:
The morning lecture (Workshop #14-128-32) is part of the UVM Department of Psychiatry Grand Rounds Series. Attendees will receive 1.25 AMA PRA Category 1 Credits™. The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Vermont designates this educational activity for a maximum of 1.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Afternoon Workshop is not accredited for Category 1 CME or CEU Credits. Application has been made for CEUs for Psychologists, Social Workers, and Mental Health Counselors.

Registration and Program Fees:
No registration is required for the morning program. Attendance and clinical affiliation will be recorded for the afternoon program. The annual Gibbard Lectureship Program is provided at no charge to participants, thanks to donations made to the Bruce A. Gibbard M.D. Lectureship in Psychiatry Fund at the University of Vermont, College of Medicine. To learn more about the Gibbard Lectureship Fund or to make a donation, contact: james.gilbert@uvm.edu

Directions to Davis Auditorium:
From the Fletcher Allen Health Center parking garage Level 2 (orange), enter the Ambulatory Care Center (ACC). Once inside, follow the signs to the Medical Education Center. At the snack kiosk, turn left through the double glass doors. Davis Auditorium is on the right.

Directions to Fletcher Allen Health Center Parking Garage:
Map available at: http://www.fletcherallen.org/Quick_Links/mchv_flrplan.html

Questions?
Contact: Jean Pieniadz, Ph.D., UVM Gibbard Committee Chair, at 802.651.7506, or Committee Members: Brooke Barss, M.D., James Jacobson, M.D., Judith Lewis, M.D., & Debra Lopez, M.D.