

# Psychiatry Talks

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*Conflicts of Interest:* None

*Requests:* [chrisaikenmd.com/speakerrequest](http://chrisaikenmd.com/speakerrequest)

## Top Research Findings

The top 10 practice-changing trials from the past year. Features a timeline of regulatory updates from the US FDA.

## High Dose Psychiatry

What happens when we dose beyond the regulatory limits? Some plateau, some cause harm, and a few work better as the dose goes higher. We'll learn from the mistakes of history and the latest research on dose-response curves for antipsychotics, antidepressants, stimulants, and benzodiazepines.

## Diagnosing Bipolar

Bipolar is misdiagnosed in both directions, under- and over-. Learn how to improve diagnostic accuracy with structured interviews, rating scales, family input, and illness markers.

## Behavior Therapies for Bipolar Disorder

Engage patients to take an active role in their recovery with brief therapies that compliment a medication visit: Social rhythm therapy, light therapy for depression, and dark therapy for mania.



## Benzodiazepines: Risks, Benefits, and Accidental Overdose

Benzodiazepines were introduced as a safer alternative to barbiturates, but an interaction with opioids has unleashed a wave of overdose deaths on them. On the other hand, coming off benzodiazepines carries its own risks, and their anxiolytic effects are difficult to replace.

## Lithium: A Practical Guide

Lithium is one of the most studied and most misunderstood medications in psychiatry. This talk will separate the myths from facts. Featuring newly discovered medical benefits, updated dosing guidelines, and strategies to manage its adverse effects.

## Other Topics

*A Diet for Depression*

*Cognitive Behavioral Therapy for Insomnia*

*Stimulants: Methylphenidate vs. Amphetamine*

*The Therapists' Guide to Psych Meds*

*Pharmacogenetic Testing*