

Psychiatry Talks

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Conflicts of Interest: None

Requests: chrisaikenmd.com/speakerrequest

Top Research Findings

Top 10 practice-changing trials from the past year, with an overview of evidence based medicine and a timeline of FDA updates.

Difficult to Treat Depression

Evidence-based guide to medication, neuromodulation, lifestyle, and CAM.

High Dose Psychiatry

What happens when we dose beyond the regulatory limits.

The Much to Medicated Patient

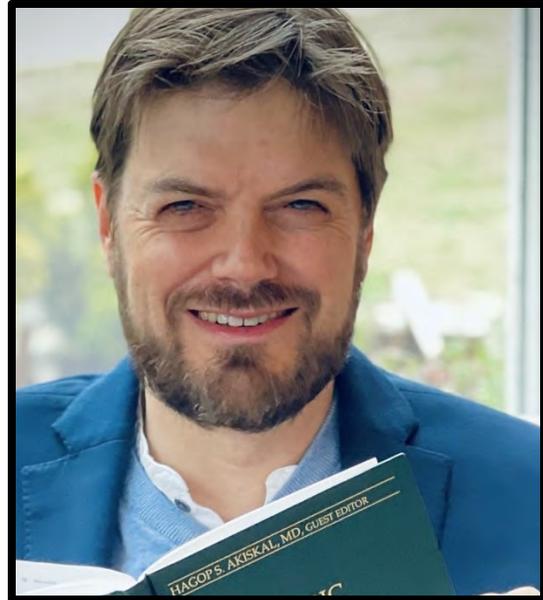
Pros and cons of polypharmacy with a focus on deprescribing as a collaborative process.

Diagnosing Bipolar

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 recovery with therapies that compliment the med visit: Social rhythm therapy, light therapy for depression, and dark therapy for mania.



Lithium: A Practical Guide

Newly discovered medical benefits, updated dosing guidelines, and strategies to manage its adverse effects.

Top CAM Therapies

Light therapy, omega-3, methylfolate, probiotics, saffron, and lavender.

Benzodiazepines

Risks, benefits, and accidental overdose. Includes updates on opioid interactions and benzo-withdrawal risks.

Writing and Rumination

In this talk, clinicians learn art of well-crafted prose, and how it overlaps with therapeutic techniques for depressive rumination.

Other Topics

A Diet for Depression

Cognitive Behavioral Therapy for Insomnia

Stimulants: Methylphenidate vs. Amphetamine

The Therapists' Guide to Psych Meds

Pharmacogenetic Testing