Psychiatry Talks

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Conflicts of Interest: None
Requests: chrisaikenmd.com/speakerrequest

Top Research Findings

Ten practice-changing trials from the past year.

Difficult to Treat Depression

Explores what works – and what doesn't – after antidepressants fail, including novel therapies (pramipexole) and neuromodulation.

High Dose Psychiatry

What happens when we dose beyond the regulatory limits.

Diagnosing Bipolar

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 and dark therapy, and CBT-insomnia.

Top CAM Therapies

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



Lithium: A Practical Guide

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

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