



**AAPPN**  
Association Of Advanced  
Practice Psychiatric Nurses

# On the Forefront: Treatment-Resistant Depression and the Psychiatric Nurse Practitioner

**2020 SPRING CONFERENCE  
MARCH 28, 2020**

# On the Forefront: Treatment-Resistant Depression and the Psychiatric Nurse Practitioner

## When and Where

- Saturday, March 28, 2020  
8:30 a.m. – 4:45 p.m.
- Bastyr University  
14500 Juanita Dr. NE  
Kenmore, WA

MAP: [www.bastyr.edu](http://www.bastyr.edu)

PHONE: 425-602-3000

You will be sent detailed directions after you register.

## Registration

Use attached form or register at [www.aappn.org](http://www.aappn.org). Register by March 14 to take advantage of reduced rates.

## Refund policy

Balance minus \$35 processing fee refundable until March 14. Requests for refunds made after March 14 will be calculated minus conference costs incurred.

## Contact Hours

This activity has been submitted to Oregon Nurses Association for approval to award contact hours. Oregon Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Upon approval, attendees may earn 6 contact hours, of which 4.5 can be applied toward the pharmacotherapeutic continuing education requirement for advanced practice nurses with prescriptive authority. Participants must be present for all of the educational activity to receive contact hours.

## Advancing Your Practice, Your Career, and Our Community

AAPPN is Washington State's only organization committed specifically to advanced practice psychiatric nursing.

AAPPN promotes excellence for advanced practice psychiatric nurses by providing a forum to exchange ideas, identifying issues pertaining to advanced practice, and fostering networking and professional visibility.

## Planning Committee

Melanie Kristoferson, MSN, ARNP,  
PMHNP-BC, Chair

Deborah Eti, PhD, MSN

Bernadette Gilroy, MN, ARNP

Erika Giraldo, DNP, ARNP

Mary Ellen O'Keefe, MN, MBA,  
PNHCNS-BC, ARNP

Jinn Schladweiler, MN, OEHN, PMHNP,  
ARNP

Soonja Tyrrell, MSN, ARNP, PMHNP-BC

Patricia Wuertzer, MSN, ARNP-BC, PLLC

## QUESTIONS?

Contact AAPPN at 360-734-3166  
or visit [www.aappn.org](http://www.aappn.org).



## 2020 SPRING CONFERENCE MARCH 28, 2020

You can also register online at [www.aappn.org](http://www.aappn.org)  
or by phone at **360-734-3166**.

### Registration Form:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL (You will receive periodic AAPPN news via email) \_\_\_\_\_

Yes, I plan to attend the Member Reception from 4:50 – 5:30 p.m.

### Conference Fees:

Fees include refreshments, lunch, contact hours, and all materials.

	By March 14	After March 14
Members	\$190	\$220
Student Members	\$120	\$150
Nonmembers	\$250	\$280

Total Enclosed \$: \_\_\_\_\_

Check (payable to AAPPN)  VISA  Mastercard  AMEX

NAME ON CARD \_\_\_\_\_ CVV CODE \_\_\_\_\_

CARD # \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

Fax registration form to 360-230-3294 or mail to:

**AAPPN – 1229 Cornwall Ave, Suite 308, Bellingham, WA 98225**

Helping clients struggling with treatment-resistant depression is one of the most difficult challenges in our profession. Explore the full spectrum of treatment considerations and modalities that psychiatric nurse practitioners can utilize to enhance treatment outcomes.

Sessions will offer new information, research support, methods, and tools, including:

- How biopsychosocial elements and the therapeutic relationship contribute to our struggle to attain success through our interventions.
- The role of the PMHNP as a Psychiatric Consultant, working with Primary Care Providers on complex medical and psychiatric illness in resource-limited situations.
- Durability of response to the newer treatments such as Esketamine nasal spray, and neuromodulation treatments, and rationale for when to utilize.
- Evidence for and clinical use of ECT and TMS, including mechanisms of action, efficacy, tolerability, and when and how to refer.

### Conference Presentations

#### “A Multi-Faceted, Person-Centered Approach to ‘Treatment Resistance’”

with Susan Caverly, PhD, ARNP, BC

Treatment resistance or failure is a challenge faced by all practitioners. The etiology can sometimes be very complex, involving multiple or rapidly changing prescriptions and often frustration for the patient and the practitioner.

This presentation will consider biopsychosocial elements as well as aspects of the therapeutic relationship or interview that contribute to our struggle to attain success through our interventions. We'll discuss meeting the individual where they are and working with the goals they present, as well as the value of consultation to overcome obstacles to meeting agreed-upon treatment goals.

Case exemplars will focus on youth, co-occurring disorders (substance and process), interviewing style, goal-setting, and concerns specific to pharmacologic management.

#### “Managing Treatment-Resistant Depression in a Primary Care Setting”

with Virginia Buccola, DNP, PMHNP-BC

Collaborative or Integrated Care is opening opportunities for PMHNPs to practice within a primary care setting as Psychiatric Consultants. This model of integration expands access to mental health care, improving both patient and provider experiences.

This session will discuss Collaborative Care and the role of the PMHNP as a Psychiatric Consultant, presenting new challenges for PMHNPs, including co-management with Primary Care Providers (PCP's) of complex medical and psychiatric illness in resource-limited situations. Explore the challenges inherent in caring for those who have barriers to accessing specialty mental health care outside of their PCP's office.

The Biopsychosocial Model of Care will be presented as a framework for holding the distress of the patient, the PCP, and the PMHNP.

#### “The Five D's of Treatment-Resistant Depression”

with David Dunner, MD

Examine the “5 D's” of treatment-resistant depression: Diagnosis, Duration of treatment, Dosage of treatment, Drug mechanism of action, and Different treatment.

We will discuss augmentation strategies, new treatments such as Esketamine nasal spray, and neuromodulation treatments such as transcranial magnetic stimulation, electroconvulsive therapy, and Vagus nerve stimulation therapy.

We will also discuss durability of response to the newer treatments and provide a rationale for when to utilize the newer treatments.

#### “Brain Stimulation in Psychiatry: ECT, TMS, and Beyond”

with Rebecca Allen, MD, MPH

Electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS) are effective, sometimes life-saving interventions for many of the approximately 1/3 of depressed patients who do not achieve remission with multiple medication and psychotherapy trials.

Review the evidence for and clinical use of ECT and TMS, including mechanisms of

### About the Speakers



**Susan Caverly, PhD, ARNP, BC**, is the Director of Psychiatric Services and the Integrated Cognitive Therapies Program at Therapeutic Health Services, and also has a private practice.

She is a Clinical Professor at the University of Washington and Adjunct Faculty at Seattle University.

She has worked extensively in clinical and program development roles in Emergency and Community Psychiatry, particularly with disenfranchised or minority populations, individuals with co-occurring disorders and process addictions, school systems, and youth involved with the justice system.



**Virginia Buccola, DNP, PMHNP-BC**, works as a PMHNP in a Primary Care setting, seeing both children and adults for psychiatric medication management, as well as providing psychiatric consultation to her team of Primary Care Providers at Community Health Care in Tacoma.

She previously worked as a psychiatric prescriber in Community Mental Health and in a private practice focused on the mental health care of pregnant and breastfeeding persons.

action, efficacy, tolerability, and when and how to refer. Gain an understanding of the relative risks and benefits of ECT and TMS for common and debilitating treatment-resistant conditions which often pose a significant clinical challenge to manage.

Vagal nerve stimulation (VNS) and experimental interventions (DBS, tDCS) will also be briefly reviewed.

For more information, please visit [www.aappn.org](http://www.aappn.org).



**David Dunner, MD**, has spent several decades treating patients with treatment-resistant mood disorders, as well as conducting research in treatment-resistant depression. He is the Director

of the Center for Anxiety and Depression on Mercer Island, and is a Professor Emeritus of the Department of Psychiatry and Behavioral Sciences at the University of Washington. He previously taught at Columbia University (NYC).

His clinical practice includes treatment with transcranial magnetic stimulation, Esketamine nasal spray, and Vagus nerve stimulation.



**Rebecca Allen, MD, MPH**, is the Director of Neuropsychiatry and Research at Seattle Neuropsychiatric Treatment Center (SeattleNTC), the largest provider

of psychiatric brain stimulation services (ECT, TMS, DBS, VNS) in the Pacific Northwest. As a Clinical Assistant Professor at the UW Department of Psychiatry, Dr. Allen serves as a site training director for the Brain Stimulation Psychiatry elective for UW psychiatry residents.

She is board-certified in Behavioral Neurology and Neuropsychiatry. She is also the President-Elect of the Washington State Psychiatric Association.

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**Kenmore, WA**

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