

# Values & Ethics When Considering Alternative Psychotherapies: *CBT or Psychodynamic?*

Saturday - February 1, 2014  
9 AM to 12:30 PM

*Dr. Robin Jarrett (CBT) and Dr. Jerry Melchiode (Psychodynamic) will demonstrate an initial consultation for psychotherapy by sequentially interviewing Abbey Siegworth, MFA, an actor portraying a patient. Using their interviews as two options among many, Dr. John Sadler and Dr. Dale Godby will engage the audience, therapists, and patient in an exploration of the values and ethics involved in recommending alternative psychotherapies.*

## Course Co-Directors

Adam Brenner, MD - Associate Professor and Distinguished Teaching Professor at UT Southwestern, and Director of Residency Training and Vice Chair for Education in the Department of Psychiatry

Laura Howe-Martin, PhD – Assistant Professor at UT Southwestern Medical Center, and Associate Director of Continuing Education in the Department of Psychiatry

## AGENDA

- 8:30-9:00 Registration & Coffee
- 9:00-9:45 1<sup>st</sup> Interview
- 9:45-10:00 Break
- 10:00-10:45 2<sup>nd</sup> Interview
- 10:45-11:00 Break
- 11:00-12:30 Panel Discussion

**UT Southwestern Medical Center**  
**Simmons Biomedical Research Building**  
**Excellence in Education Auditorium,**  
**(NB2.EEF)**  
**6000 Harry Hines Blvd**  
**Dallas, TX 75390**

Registration: [cmetracker.net/UTSW/Catalog](http://cmetracker.net/UTSW/Catalog)

Readings: <http://gapdallas.com/courses.asp>

Add'l info: [www.utsouthwestern.edu/cme](http://www.utsouthwestern.edu/cme)



**\$125 for Participants from  
non-sponsoring organizations\***

**\$15 Fee for Students from non-  
sponsoring organizations\***

\*See list of sponsoring organizations on p. 3

**UT SOUTHWESTERN  
MEDICAL CENTER**

### Who Should Attend

This course is designed for **psychiatrists, psychologists, LPCs, social workers, residents, fellows, students, and other mental health professionals** interested in learning about the ethical issues associated with recommending alternative psychotherapies.

### Purpose and Content

This course will increase participants' knowledge of the various ethical issues surrounding recommending various psychotherapies.

### Conflict of Interest

It is UT Southwestern's policy that participants in CME activities should be made aware of any affiliation or financial interest that may affect speaker's presentation(s). Each speaker has completed and signed a conflict of interest statement. The faculty members' relationships will be disclosed in the course syllabus.

### Discussion of Off-Label Use

Because this course is meant to educate practitioners with what is currently in use and what may be available in the future, there may be "off-label" use discussed in the presentations. Speakers have been requested to inform the audience when off-label use is being discussed.

### Cancellation Policy

The Office of Continuing Medical Education reserves the right to limit registration and cancel course, no less than one week prior to the course, should circumstances make this necessary.

### Additional Information

For additional information, please call The Office of Continuing Medical Education, 214-648-3138, 1-800-688-8678, or e-mail [cmeregistrations@utsouthwestern.edu](mailto:cmeregistrations@utsouthwestern.edu)

### Program Accessibility

We accommodate people with disabilities. Please call 214-648-3138 for more information, or mark the space indicated on the registration form. To ensure accommodation, please register as soon as possible.

The University of Texas Southwestern Medical Center is committed to providing programs and activities to all persons regardless of race, color, national origin, religion, sex, age, veteran status, or disability.

UT Southwestern is an equal opportunity institution.

**Conference Location:**  
UTSW North Campus  
Building NB  
Harold C. Simmons Biomedical Research Building  
Excellence in Education Auditorium  
NB2.EEF

**PARKING:**  
Visitor parking is available in the parking garage entered from 6000 Harry Hines Blvd. The garage entrance is to the left of the front building entrance. Follow the directional signs to the Simmons Biomedical Research Building (NB). The lobby elevators will take you to the second floor.

**NOTE ON PARKING FOR UTSW FACULTY & STAFF:**  
Due to new UTSW parking regulations, all UTSW faculty and staff must park in their designated parking areas as indicated by their parking permit. Anyone not in compliance will be ticketed by UTSW security. Please utilize campus shuttle services or nearby city public parking areas as applicable.

**Map Labels:** Mookhibi, Visitor Parking, Staff Parking, Police/Info Desk, Base Center Faculty/Staff Garage, Auditorium, New William P. Clements Jr. University Hospital (under construction), Health Professions Faculty/Staff/Visitor Parking Garage, Record Crossing, Chatterbox Place Staff Lot 8, W1 Staff/Visitor Garage, Southwestern, P, POB1, POB2, Hospital Visitor Parking Level 1 Lot, Campus Connector (Shuttle and Pedestrian Only), Inwood Rd., East Campus, Biomedical Research Building (NL), Camera Imaging Building (NE), Hamon Biomedical Research Building (NA), Memorial Radiation Oncology Building (NP), Pickens Biomedical Building (ND), Pickens Medical Education & Conference Center, Commons Food Court (NG), Police Station (BL), Prithvi Plaza & Gardens (NH), Saxe Biomedical Building (NC), Simmons Biomedical Research Building (NB), Simmons Comprehensive Cancer Center Cirrus (NC), University Store (NG), Harry Hines Blvd, Forest Park Rd, Baylor Dr, 5901, 5902, 5903, 5904, 5905, 5906, 5907, 5908, 5909, 5910, 5911, 5912, 5913, 5914, 5915, 5916, 5917, 5918, 5919, 5920, 5921, 5922, 5923, 5924, 5925, 5926, 5927, 5928, 5929, 5930, 5931, 5932, 5933, 5934, 5935, 5936, 5937, 5938, 5939, 5940, 5941, 5942, 5943, 5944, 5945, 5946, 5947, 5948, 5949, 5950, 5951, 5952, 5953, 5954, 5955, 5956, 5957, 5958, 5959, 5960, 5961, 5962, 5963, 5964, 5965, 5966, 5967, 5968, 5969, 5970, 5971, 5972, 5973, 5974, 5975, 5976, 5977, 5978, 5979, 5980, 5981, 5982, 5983, 5984, 5985, 5986, 5987, 5988, 5989, 5990, 5991, 5992, 5993, 5994, 5995, 5996, 5997, 5998, 5999, 6000.

# OBJECTIVES

- Define the ethical issues involved in recommending alternative psychotherapies.
- Understand the values & assumptions of cognitive behavioral and psychodynamic psychotherapy.
- Describe clinical responsibilities and challenges in negotiating treatment plans with mental health outpatients eligible for psychotherapeutic treatments.
- Evaluate if we privilege systematic empirical research or case studies and personal experience to decide what is the best form of treatment.
- Formulate a position as to whether psychotherapy is an emergent process, one in which we court surprise, or a more instrumental process in which we can use quantitative measures as criteria of the success or failure of treatment.
- Step outside of one's psychotherapeutic enclave and learn to listen to and value alternative treatments.



## Accreditation

The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## CREDIT DESIGNATION

The University of Texas Southwestern Medical Center designates this live activity for a maximum of **3.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

UT Southwestern Medical Center is an approved provider of psychology continuing education per the **Texas State Board of Examiners of Psychologists** per rule 461.11(c) 1A. This course is approved for 3.0 hours.

UT Southwestern Medical Center is approved by the **Texas State Board of Examiners of Professional Counselors**. This activity qualifies for 3.0 hours.

UT Southwestern Medical Center is an **approved provider of social work continuing education** per the social work licensing rule 781.511 (c1). This course is approved for 0.3 hours.

## \*Sponsoring Organizations



\*Members of the above organization pay a reduced fee of \$100 (\$10 for students)

## SPEAKER BIOGRAPHIES

### **INTERVIEWING THERAPISTS**

#### **Robin Jarrett, PhD**

Professor of Psychiatry  
Elizabeth H. Penn Professorship in Clinical Psychology  
University of Texas Southwestern Medical Center at Dallas

#### **Gerald Melchiode, MD**

Clinical Professor of Psychiatry  
University of Texas Southwestern Medical Center at Dallas

### **DISCUSSANTS**

#### **John Sadler, MD**

Daniel W. Foster, M.D. Professor of Medical Ethics and  
Professor of Psychiatry and Clinical Sciences  
University of Texas Southwestern Medical Center at Dallas

#### **Dale C. Godby, PhD**

Group Analytic Practice of Dallas  
Clinical Professor of Psychiatry  
University of Texas Southwestern Medical Center at Dallas

#### **Abbey Siegworth, MFA**

Abbey holds a BFA from the University of Illinois, Champaign-Urbana, and an MFA from SMU. She is a recent member of Dallas Theater Center's Brierley Resident Acting Company and currently resides in New York City. Various Credits include: *A Midsummer Night's Dream, Macbeth, All's Well that Ends Well, Winter's Tale, Two Gentlemen of Verona, Henry IV, The Tempest, King Lear, Shape of Things, Reasons to Be Pretty, Arsenic and Old Lace, and Tigers Be Still.*

## SPONSORING ORGANIZATIONS



Bob Bennett, MD, PLLC  
Melissa Black, PhD, PLLC  
Dale Godby, PhD, PLLC  
Myrna Little, PhD, PLLC  
Kimberly Philippi, MD, PLLC  
Scott Nelson, PhD, PLLC

**THE GROUP ANALYTIC PRACTICE OF DALLAS** is a group of 2 psychiatrists and 4 psychologists offering individual, group, couples, and family psychotherapy from a psychodynamic perspective for adolescents and adults. We also provide psychiatric consultation and psychoanalysis. We welcome all inquiries at [www.GAPDallas.com](http://www.GAPDallas.com) or 972-392-4155.

### **THERAPY DALLAS**

PSYCHOLOGICAL SERVICES FOR  
CHILDREN, ADOLESCENTS, & ADULTS

Kristen M. Ohlenforst, PhD  
Jaime D. Crowley, PhD  
Kristin S. Bemis, MEd LPC, RPT

**THERAPY DALLAS** is a psychotherapy group practice specializing in individual and family-based interventions for children, adolescents and adults. We specialize in Cognitive Behavioral Therapy (CBT) for children and adolescents with Anxiety Spectrum Disorders and in parent consultation for parents of children with Attention-Deficit/Hyperactivity Disorder (ADHD) and other behavioral difficulties. For more information, please visit our website at [www.therapydallas.com](http://www.therapydallas.com) or call us at 214-755-6119.



Since 1956 the **DALLAS PSYCHOLOGICAL ASSOCIATION** has been a valuable resource for both Dallas Psychologists and the community they serve. In its current form, Dallas Psychological Association (DPA) is comprised of licensed psychologists, licensed associates, graduate/postgraduate students in psychology-based programs, and affiliates with interests consonant with the purposes of the organization. The benefits of membership are numerous and include: Networking with colleagues, Membership Directory listing, Affordable CEU's and even discounted credit card processing for your practice. Please visit our website [www.dpadallas.org](http://www.dpadallas.org) to learn more and to join the DPA.



**THE DALLAS PSYCHOANALYTIC CENTER'S** purpose is to provide full training in the theory and practice of psychoanalysis to qualified candidates and to teach psychoanalytic principles to other mental health professionals. We offer educational programs throughout the year that have a broad appeal to the wider community. More information is available at [www.dalpsa.org](http://www.dalpsa.org).



The **DALLAS SOCIETY FOR PSYCHOANALYTIC PSYCHOLOGY** (DSPP) directs its efforts to exploring and promoting psychoanalytic theory and its applications as a basis for understanding human experience and for various forms of psychotherapy. DSPP's members come from a number of mental health fields and include psychologists, licensed professional counselors, social workers, physicians, and students. DSPP emphasizes the application of psychoanalytic theory to a variety of clinical settings. [www.DSPP.com](http://www.DSPP.com).

