Inspiring the future of mental health.

Practical psychopharmacology.
Forward-thinking education.

Psych Congress
Elevate
MARCH 27–29
2020
LAS VEGAS
Where mental health clinicians come to take on new challenges and opportunities and be at the forefront of their field.

Join us for the fourth annual Elevate by Psych Congress in Las Vegas, the ONLY conference designed especially for future-focused and early career clinicians.

For 3 days, connect with driven colleagues, partake in a conference program where cutting-edge research is translated into practical application, and leave empowered and excited to become a more effective and efficient clinician.

No other mental health conference inspires its attendees to make their mark on the future of mental healthcare.

Be part of this one-of-a-kind conference.

Download the App
With the HMP Conferences app, you can access all Elevate session slides and other important conference information.

NEW FOR 2020!

Expanded two-track agenda providing more practical psychopharmacology and forward-thinking sessions than ever before!

The Maximum Credit Package, complimentary with your registration, gives you access to every session presented in Las Vegas.

New session style featuring case studies led by expert faculty and “turn and talk” formats encouraging interaction.
Featured Session
Therapeutic Mechanisms of Psychedelics: Changing the Landscape of Psychiatric Treatment
Robin Carhart-Harris heads the Psychedelic Research Group within the Centre for Psychiatry at Imperial College London, where he has designed a number of functional brain imaging studies with psilocybin, LSD, MDMA, and DMT, plus a clinical trial of psilocybin for treatment-resistant depression. In his revolutionary featured session, he will explore the pharmacology of psychedelics, review how psychedelics inform on functioning of serotonin system, and discuss the predictive processing model of action of psychedelics (REBUS).

This Is My Brave
Screening and Q&A
The mini-doc follows four storytellers from the May 2018 cast of This Is My Brave The Show–Boston from auditions through their performance, capturing the many ways This Is My Brave is making a difference in the lives of people who have been inspired by the organization. The documentary also shares Co-Founder Jennifer Marshall’s own journey with mental illness and how she came to found This Is My Brave. After the screening, one of the storytellers featured in the film, Casey, will participate in an audience Q&A.

Networking, Mentoring, and Career Growth
Move forward on your career path by focusing on not only what you know, but who you know. At Elevate, connect with an expert and find a mentor—a leader in the field who gets your story and cares to share insight and actionable guidance. Learn, share, and identify treatment challenges and strategies with colleagues from across the globe. Have your CV reviewed by a hiring expert, and get a professional headshot taken by our photographer.

Making the Future Leaders of Mental Health, Today
Friday, March 27 | 8:45 AM
Drew Dudley is one of the foremost experts on leadership on the planet. A noted social entrepreneur, bestselling author, and the director of Day One Leadership, Drew’s massive accomplishments are all the more powerful in light of his long-term struggles with his mental health. In his invigorating, action-oriented talks, he draws from his own experience with depression and bipolar disorder to empower organizations, teams, and individuals to create a nuanced philosophy of leadership. Drew coaches his audience on how to find little moments of inspiration and foster them into something truly special—championing the values of self-care, resilience, and compassion in tomorrow’s mental health leaders.
Make a commitment to the future of mental health

Psych Congress, the force behind Elevate, is offering 50 complimentary scholarships to students, residents, or fellows in mental health eager to take on new challenges in diagnosis and treatment and be at the forefront of their field.

This scholarship includes:

- Complimentary registration to Elevate by Psych Congress 2020
- Travel and lodging costs
- All meals during the conference
- Intimate networking opportunities with colleagues and some of the nation’s leading minds in psychiatry and mental health

Scholarships are available on a first-come, first-served basis.

Apply to become an Elevate scholar!

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**FACULTY**

- **Gowri Aragam, MD**
  - Co-Founder and Chief Clinical Officer, Brainstorm: The Stanford Lab for Mental Health Innovation; Clinical Faculty, Adult Psychiatry, Massachusetts General Hospital Clinical Instructor, Harvard Medical School
- **James Cannon, MS, PhD, PA-C (Psy), CAQ, DFAAPA**
  - Associate Professor, A.T. Still University, Mesa, Arizona; Associate Professor, Lynchburg College, Lynchburg, Virginia; Managing Partner, Assure Wellness Group, Southside Behavioral Health, Lynchburg, Virginia
- **Julie Carbray, PhD, FP-MHNP-BC, PMHONC-BC, APRN**
  - Clinical Professor of Psychiatry and Nursing, University of Illinois at Chicago, Institute for Juvenile Research, Chicago, Illinois
- **Robin Carhart-Harris, PhD**
  - Head of Psychodelic Research Centre for Neuro-psychopharmacology, Division of Brain Sciences, Faculty of Medicine, Imperial College London, London, United Kingdom
- **Steven Chan, MD, MBA**
  - Attending Physician, Addiction Psychiatry, VA Palo Alto Health Care System, Palo Alto, California
- **Neha Chaudhary, MD**
  - Co-Founder and Chief Research Officer, Brainstorm: The Stanford Lab for Mental Health Innovation; Clinical Faculty, Child and Adolescent Psychiatry, Massachusetts General Hospital and Clinical Instructor, Harvard Medical School
- **Leslie Citrome, MD, MPH**
  - Clinical Professor of Psychiatry and Behavioral Sciences, New York Medical College, Valhalla, New York
- **Drew Dudley**
  - Founder and Chief Catalyst, Day One Leadership, Toronto, Ontario
- **Jill Harkavy-Friedman, PhD**
  - Vice President for Research, American Foundation for Suicide Prevention, New York, New York
- **Rakesh Jain, MD, MPH**
  - Clinical Professor, Department of Psychiatry, Texas Tech Health Sciences Center School of Medicine, Austin, Texas
- **Saundra Jain, MA, PsyD, LPC**
  - Adjunct Clinical Affiliate, University of Texas at Austin School of Nursing, Austin, Texas
- **Catherine Judd, MS, PA-C, CAQ-Psy, DFAAPA**
  - Clinical Assistant Professor, Department of Physician Assistant Studies, University of Texas Southwestern Medical Center, School of Health Professions, Physician Assistant, Mental Health and Behavioral Medicine, Parkland Health and Hospital System, Dallas, Texas
- **Edward Kaftarian, MD**
  - Chief Executive Officer, Orbit Health Telepsychiatry, Encino, California
- **Samantha Lau, MSN, FNP-BC, PMHNP-BC**
  - Mind by Mind on Youtube; Instagram @mind_by_mind; Happier Living in West Hollywood; Nurse Practitioner; Alumnus at Johns Hopkins University and University of California, Los Angeles
- **John Luo, MD**
  - Clinical Professor of Psychiatry, Director of Psychiatry Residency Program, Interim Chief Medical Information Officer, University of California Riverside, Riverside, California
- **Vladimir Maletic, MD, MS**
  - Clinical Professor of Neuropsychiatry and Behavioral Science, University of South Carolina School of Medicine, Greenville, South Carolina
- **Roger S. McIntyre, MD, FRCPC**
  - Professor of Psychiatry, Perelman School of Medicine, University of Pennsylvania; Adjunct Professor College of Medicine, University of California, San Francisco, California
- **Sanjai Rao, MD**
  - Associate Clinical Professor of Psychiatry, Assistant Residency Training Director, University of California, San Diego; VA San Diego Healthcare System, San Diego, California
- **Albert “Skip” Rizzo, PhD**
  - Director, Medical Virtual Reality Lab, Institute for Creative Technologies Research Professor, Department of Psychiatry and School of Gerontology, University of Southern California, Playa Vista, California
- **Michael E. Thase, MD**
  - Professor of Psychiatry, Perelman School of Medicine, University of Pennsylvania; Philadelphia Veterans Affairs Medical Center, Philadelphia, Pennsylvania
- **Nina Vasan, MD, MBA**
  - Founder and Executive Director, Brainstorm: The Stanford Lab for Mental Health Innovation; Clinical Assistant Professor, Stanford University School of Medicine, Stanford, California
- **Sarah Y. Vinson, MD**
  - Associate Clinical Professor of Psychiatry and Pediatrics atMorehouse School of Medicine, Adjunct Faculty at Emory University School of Medicine, Atlanta, Georgia
- **Richard H. Weisler, MD**
  - Distinguished Life Fellow APA; Adjunct Professor of Psychiatry, Duke University; Adjunct Professor of Psychiatry, University of North Carolina, Chapel Hill, Raleigh, North Carolina

For complete faculty listing, please visit the conference website.

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FRIDAY, MARCH 27

Psychopharmacology Sessions
7:00 AM–7:30 AM
Registration

7:15 AM–7:30 AM
Reigniting the Flame: Part I
The Emerging Neurobiology of Wellness
We will begin Day 1 of Elevate by focusing on the importance of wellness in clinical practice, as well as exploring the neurobiology of wellness. We will enrich our sense of awareness and mindfulness by ending the session with a mindful meditation practice.

7:30 AM–8:40 AM
Innovation Theater Breakfast

8:45 AM–9:45 AM
Keynote Session:
Making the Future Leaders of Mental Health, Today
Drew Dudley is the Founder and Chief Catalyst of Day One Leadership and has spent the last 15 years helping individuals and organizations increase their leadership capacity. Drew Dudley believes leadership is not a characteristic reserved for the extraordinary and in this motivational session, he will help attendees discover the leader within themselves.

9:50 AM–10:35 AM
Clinical Challenges in MDD:
Addressing the Needs of Patients With Mixed Specifier and SUD Comorbid Disorders
Patients with co-occurring disorders with major depressive disorder (MDD) experience especially poor outcomes and represent a distinct clinical challenge for mental health providers. Moreover, the addition of a mixed specifier to the DSM-5 has also led to a host of questions regarding the identification and management of these patients. This session will explore the unique diagnostic and treatment challenges presented by this patient population and teach you to expertly identify and treat this complex patient population.

10:45 AM–11:30 AM
Overcome Nonadherence in Schizophrenia Using Personalized Treatment Strategies
This session will provide you with a comprehensive understanding of the biologic rationale, clinical evidence, and side effect profile of all new and emerging agents to treat schizophrenia. Expert presenters will also share actionable strategies to optimize your patients’ adherence and maximize the likelihood of treatment success.

11:35 AM–12:10 PM
Addressing Adult ADHD:
Best-Practice Strategies for Improved Identification and Treatment
While well-recognized in pediatric patients as the most common neurobehavioral disorder of children under 10 years of age, the occurrence of ADHD through adolescence and adulthood is largely underappreciated. Expert faculty will lead this session focusing on addressing the unique diagnostic and treatment challenges across the lifespan of patients with ADHD.

12:15 PM–1:15 PM
Innovation Theater Lunches

1:30 PM–2:15 PM
Tardive Dyskinesia 360: Proven VMAT2 Inhibitor Treatment Strategies
Tardive dyskinesia (TD), a syndrome characterized by hyperkinetic and abnormal involuntary movements, imposes devastating effects on a patient’s quality of life and negatively impacts daily function and social well-being. Symptoms are rarely reversible, with a cumulative risk incurred by the extent of antipsychotic treatment duration. Treatment for this disorder was once bleak, but with the developments and approval of VMAT2 inhibitors over the last few years, that has drastically changed. In this session, expert faculty will review the latest data on effective VMAT2 inhibitor treatment and demonstrate how to incorporate these medications into everyday clinical practice to improve the lives of patients with TD.

Are You a Culturally Competent Clinician?
No two patients are alike. Every clinician knows this, but how well do you understand the nuances in effectively treating patients with different race, gender, or lifestyle? In this session, expert faculty will share insights on how to best approach treating patients with different demographics so you can be sure you are providing optimal treatment to your patients.

2:20 PM–3:05 PM
Opioid Addiction and Overdoses: Recent Advances in Treatment and Prevention
Opioid addiction/overdose is the major public health epidemic in the United States and the numbers are staggering. Mental health clinicians are unfamiliar with effective strategies to address this epidemic, including better practice of opioid prescribing for pain management, increasing use of medication-assisted therapies, promoting use of overdose-reversing drugs, improving access to treatment and recovery services, and strengthening public health surveillance. The importance of proper diagnosis of comorbid mood and anxiety disorders, as well as appropriate pharmacotherapy and psychotherapeutic approaches will be discussed. Suicide risk assessment and treatment approaches will also be covered for this population.

Best Practices for Maintaining a Professional Online Profile
Many psychiatric providers experience difficulty deciding how to best embrace the digital age with regard to their practice. From maintaining personal social media accounts to responding to negative patient reviews online, this session will equip you with the knowledge you need to make important decisions regarding your credibility and professionalism on the internet.

I left Elevate feeling like a psych provider superstar! Ready to conquer all barriers and heal every single patient.”
— TAISHA BOWEN-BROWN, PA-C, GARNER, NC

3:10 PM–4:10 PM
Virtual Reality: The New Frontier in Mental Health
Since the mid-1990s, a significant scientific literature has evolved regarding the outcomes from the use of what we now refer to as clinical virtual reality (VR). This use of VR simulation technology has produced encouraging results when applied to address cognitive, psychological, motor, and functional impairments across a wide range of clinical health conditions. But is it ready for prime time? VR expert Dr. Skip Rizzo will illustrate the advances VR has made in psychiatric treatment and discuss future applications of the technology and how it may soon become an indispensable item in the toolbox of practitioners to treat their patients.

4:15 PM–5:45 PM
Exhibit Hall, Mentoring Session, and Career Fair

5:50 PM–7:00 PM
Innovation Theater Dinner

7:15 PM–9:15 PM
Innovation Theater Dinner

In partnership with the American Foundation for Suicide Prevention, we have designed a dynamic educational session focused on training mental health clinicians to effectively identify, manage, and treat patients at risk for suicide. Attend this session to brush up on your skills and make sure you are keeping up with best practices regarding treating patients at risk for suicide.

Please visit elevate.psychcongress.com for up-to-date agenda information. | 877.878.3101

REGISTER EARLY & SAVE | AGENDA SUBJECT TO CHANGE.
**SATURDAY, MARCH 28**

7:15 AM – 7:30 AM
Reigniting the Flame: Part II Implementing a Practical Manual-Based Wellness Program
Day 2 of Elevate will begin with sharing a wealth of wellness resources along with some practical implementation tips. To celebrate and expand our happiness, we will end the session with a happiness meditation.

7:30 AM – 8:40 AM
Innovation Theater Breakfast

**PLENARY SESSION**

8:45 AM – 9:45 AM
Meet the Mentors
Have you ever been listening to an expert mental health clinician present at a national conference and wondered, “what do I need to do to take my career in that direction?” This question, and many more, will be answered during Meet the Mentors, an interactive series of interviews conducted by the conference moderator to kick-off Day 2 of Elevate. Several interviews will be conducted on stage with faculty experts from all different backgrounds, talk show style, and you’ll be surprised what you’ll learn. You will also have a chance to meet with many of these faculty members, and more, during the Elevate with the Experts Event in the Exhibit Hall coffee break, immediately following this morning’s session.

9:50 AM – 10:50 AM
Exhibit Hall, Mentoring Session, and Career Fair

10:55 AM – 11:40 AM
Overcome Comorbid Challenges in Schizophrenia
Psychiatric comorbidities, such as substance use, anxiety, and depression, are common among patients with schizophrenia and are often difficult to detect and treat. In this session, expert faculty will discuss best practices to identify and address these comorbid disorders while still maintaining effective treatment for your patients with schizophrenia.

Nonclinical Careers in Mental Health
Are you leveraging your expertise as a mental healthcare provider to its full potential? Having a career in mental health can be so much more than seeing and treating patients directly. In this session, expert faculty will discuss other avenues you can take your career, such as news correspondence, blogging, podcasts, start-ups, speaking, and more.

11:45 AM – 12:30 PM
Expert Opinions on Increasing Functionality in Bipolar I Disorder
Functional impairment in bipolar disorder is a common issue mental health clinicians struggle with improving in their patients. Attend this session to discuss with expert faculty how best to approach treatment in order to improve patient outcomes.

12:35 PM – 1:45 PM
Innovation Theater Lunches

**PLENARY SESSION**

3:30 PM – 4:30 PM
Therapeutic Mechanisms of Psychedelics: Changing the Landscape of Psychiatric Treatment?
Human research with psychedelic compounds has been gaining momentum in recent years and recent trials have shown that they may have therapeutic efficacy for a range of different psychiatric disorders. It is therefore important we understand this work, including how they may be working psychologically, and in the brain, to elicit these effects. Dr. Carhart-Harris will explain the basic pharmacology and mechanism of action of psychedelics both acutely in healthy populations and in therapeutic contexts.

4:35 PM – 6:05 PM
Exhibit Hall, Mentoring Session, and Career Fair

6:10 PM – 7:20 PM
Innovation Theater Dinner
SUNDAY, MARCH 29

7:15 AM–7:30 AM
Reigniting the Flame: Part III
Wellness and Gratitude as Antidotes to Clinician Burnout
On our final morning together at Elevate, we will explore clinician burnout and the power of wellness and gratitude as effective antidotes. To nurture our own sense of wellness and gratitude, we will end the session with a gratitude meditation.

7:30 AM–8:40 AM
Innovation Theater Breakfast

8:45 AM–9:45 AM
re:Think
@ELEVATE presented by HMP

What do you get when you mix breakout thinkers with breakthrough ideas? This year’s Elevate will feature re:Think, a series of dynamic TED-style talks led by some of today’s most exciting professionals from the fields of psychiatry and mental health.

Through short, compelling, and never boring sessions, you will hear some truly groundbreaking and unexpected ideas designed to examine the challenges in mental health, question convention, and engage you in discovery and deep conversation on how to improve patient care. Leave Elevate inspired by ideas and concepts you simply haven’t heard before.

9:55 AM–10:40 AM
Addressing Patient Adherence in Bipolar Depression: Managing Comorbidities for Improved Quality of Life and Functional Ability
Managing comorbidities in patients with bipolar depression can be difficult. In this case-based presentation, expert faculty will dissect complex patient case examples and discuss best practices to improve outcomes.

The Technological Age of Addiction
Technology has become an integral part of the way generations communicate, connect, work, and entertain. But when does a patient’s relationship with technology cross the line into addiction? In this session, expert faculty will discuss how to diagnose and treat patients suffering from a technology addiction.

The last day of Elevate will feature a conference staple re:Think, our series of dynamic TED-style talks. Hear about groundbreaking ideas that are disrupting the field of mental health.

I have only attended one other conference regularly before my first time at Elevate and found this experience to be truly enjoyable and dynamic. The combination of up-to-date clinical information along with career-focused guidance and advice was engaging and relevant.”

— CHRISTINA LEE, MD
ARLINGTON, TX

10:45 AM–11:30 AM
Best Practices for Treating Generalized Anxiety Disorder
Generalized anxiety disorder (GAD) is characterized by excessive, exaggerated anxiety and worry about everyday life events with no obvious reasons for worry. There are various treatment approaches and options for patients suffering from GAD, but some mental health providers struggle with identifying successful approaches for unique patients. In this session, expert faculty will break down treatment approaches and review best practices for treating your patients with GAD.

The Impact of Inflammation on Mental Health
Over the last several years, inflammation has come to the forefront of mental health research and clinical practice. Dr. Raison, a leading researcher in the field of immune-brain interactions, will review recent scientific findings on the role of inflammation in the development and treatment of psychiatric conditions. This session will focus on important clinical topics, including the use of inflammatory biomarkers to guide treatment selection and how to determine which patients are likely to benefit from, and be harmed by, immune-based treatments.

11:35 AM–12:20 PM
I Bid You a Fond Adieu: Deprescribing for the Thoughtful Clinician
Some of the most complex patients in psychiatry are those that are taking a number of prescriptions but are still experiencing problems. Sometimes, the best approach to treat these patients is to taper them off their prescribed regimen to help identify and isolate side effect issues. Dr. Rakesh Jain will discuss best practices in deprescribing medications while still maintaining positive patient outcomes.

Trauma: What are We Missing?
Trauma is a difficult disorder to treat because it can manifest and affect the lives of patients suffering from it in so many different ways. In this session, expert faculty will explore best practices to treat trauma and provide you with effective diagnosis and treatment strategies so you can have a positive impact on the lives of these patients.

12:25 PM–1:35 PM
Innovation Theater Lunch

1:40 PM–3:10 PM
This Is My Brave
Preview the mini-documentary This Is My Brave, which follows four storytellers from the May 2018 cast of This Is My Brave The Show – Boston from auditions through their performance, capturing the many ways This Is My Brave is making a difference in the lives of people who have been inspired by the organization. The documentary also shares Co-Founder Jennifer Marshall’s own journey with mental illness and how she came to found This Is My Brave. After the screening, one of the storytellers featured in the film, Casey, will participate in an audience Q&A.
**HOTEL & TRAVEL**

**The Mirage**
3400 South Las Vegas Boulevard
Las Vegas, Nevada 89109

**Discounted Group Rates**
Wednesday, March 25, Thursday, March 26, and Sunday, March 29: $105 per night, plus tax
Friday, March 27 and Saturday, March 28: $150 per night, plus tax

**Resort Fee**
The daily resort fee is mandatory and includes property-wide highspeed wireless internet access (public spaces, meeting space, and inroom), airline boarding pass printing, and fitness center access. $37 per night, plus tax

**Cutoff Date**
Monday, February 24, 2020

**Reservation Phone**
702.791.7444 or 800.627.6667
Ask for Elevate by Psych Congress

**Check-in/Checkout**
Check in time is 3:00 PM
Checkout is at 11:00 AM

**Deposit and Cancellation Policy**
A deposit of 1 night’s room and tax deposit is due at the time of booking. Cancellations require 72 hours’ notice to receive a refund.

**Accreditation Information**
In support of improving patient care, North American Center for Continuing Medical Education (NACCME) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**CME**
Physicians NACCME designates this live activity for a maximum of 15.50 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physician Assistants** NACCME has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA CME Criteria. This activity is designated for 15.50 AAPA Category 1 CME credit. PA should only claim credit commensurate with the extent of their participation in the activity.

**CNE** The continuing nursing education activity awards 15.50 contact hours.
Provider approved by the California Board of Registered Nursing, Provider #13925, for 15.50 contact hours.

**Psychologists** As a jointly accredited organization, North American Center for Continuing Medical Education, LLC (NACCME) is approved by the American Psychological Association to sponsor continuing education for psychologists. NACCME maintains responsibility for this program and its content. Variable credit for partial attendance may not be awarded. Full attendance is required for all CE activities.

**Inservice Training**
This activity will award 15.50 continuing education credits.

**Requirements for Credit**
To be eligible for documentation of credit, participants must attend the educational activity and complete the evaluation form. If successful completion of the examination is required, participants must immediately send their documentation of credit. Health care providers treating patients with mental health disorders should check with their state licensing and certification boards to determine if Elevate meets their continuing education requirements.

*Accreditation information pertains only to the main conference; accreditation information for Elevate On Demand will be provided separately. If you claim credit for a live session at Elevate, you cannot claim credit for the same session via Elevate On Demand. Total credit hours are subject to change.

**ADA Statement**
North American Center for Continuing Medical Education complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please call 609.371.1127.

**Contact Information**
For questions regarding this educational activity, please call 609.371.1127.

**Method of Payment**
Please Note: NACCME will appear as the business name on your bank or credit card statement.

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**Questions? Call 877.878.3101 • Register online at psychcongress.com/elevate**
Transformative Mental Health Education

2 Dynamic Tracks
12 Psychopharmacology Sessions
30 World-Renowned Faculty

Register Today!
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