

LESSONS LEARNED:

FAMILY PSYCHIATRY: A RELATIONAL APPROACH TO INDIVIDUALS, FAMILIES AND SYSTEMS

VIRTUAL
VIA
HORIZON
VIRTUAL VENUE

A SERIES DESIGNED FOR EARLY CAREER PSYCHIATRISTS AND RESIDENT FELLOW MEMBERS

Relationships are what matter in love and work. Psychiatry, including medication management, extends beyond removing symptoms. Our work is also about helping people restore relationships — with family members, colleagues, or the community — that have been broken by illness or trauma. When we allow our patients' families and loved ones into the therapy space, we gain many possibilities for information, connection, and healing. In this workshop, Drs. Berman and Nguyen will describe how individual therapists can use family systems principles, with an emphasis on relational work, in multiple psychiatric settings without using formal family therapy. Dr. Berman will focus on clinical principles and skills and Dr. Nguyen will share her use of her family systems training in various programs of interest.

Date: March 21, 2022 • Time: 7 p.m.
Invited: Resident Fellows and Early Career Psychiatrists

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Ellen Berman MD is a Clinical Professor of Psychiatry, Perelman School of Medicine, University of Pennsylvania. She has focused during her entire career on bringing a family-oriented and systemic approach to treating patients and families, to promoting family psychiatry in psychiatry training programs and clinical services, and to collaborating with other family therapy professionals. She is President of the Association of Family Psychiatrists, former chair of the Family Committee of Group for the Advancement of Psychiatry (GAP), and former Board member of organizations and journals including GAP, American Family Therapy Academy, and Family Process. She has taught in or run the family systems programs in the psychiatry residency program at the University of Pennsylvania for over 40 years. She is the co-author of Marital and Family Therapy, 4th edition, and articles and chapters on adult development, couple and family therapy, and the needs of families of psychiatric patients, and is co-author of the AADPRT model curriculum on family systems for psychiatric residents. As of 2022 she also celebrated her 50th year in private practice seeing couples, adult families and individuals. In addition to her APA work she has received the Lifetime Achievement Award from American Family Therapy Academy and the Exemplary Psychiatrist award from NAMI.



Dr. Sarah Nguyen is an early career psychiatrist who has integrated family systems work into multiple areas of psychiatric practice. She is currently an Assistant Clinical Professor of Psychiatry and Biobehavioral Sciences at University of California, Los Angeles and is the Director of Resident Mentorship and Professional Development, and the Associate Director of the Integrative Psychiatry Clinic at UCLA. She completed her Adult Psychiatry Residency at Albert Einstein College of Medicine/Montefiore Medical Center in New York and a fellowship in Geriatric Psychiatry at Yale University. Dr. Nguyen supervises residents and fellows in both the inpatient and outpatient setting and is currently completing the David Geffen School of Medicine Medical Education Fellowship this year. Before coming to UCLA, Dr. Nguyen was an Assistant Clinical Professor at University of Connecticut School of Medicine where she was very involved in teaching and training medical students and residents and received a Clinical Attending Teaching Award for her outstanding work.

Her clinical interests include mood, anxiety, and cognitive disorders in adults and older adults and her research focuses on pharmacological and combination and augmentation strategies using mind-body approaches. Because of her prior experiences working with marginalized populations in various clinical settings (ER, outpatient, inpatient, consultation-liaison), she is interested in improving systems-based practices. She is also trained in psychodynamic psychotherapy and family systems therapy and uses a combination of these techniques in her teaching and practice.

FREE EVENT

To Register: www.seniorpsych.org