

## Conference Director



**Petros Levounis, MD, MA**, is Chair of the Department of Psychiatry at Rutgers New Jersey Medical School and Chief of Service at University Hospital in Newark, New Jersey. Prior to Rutgers, Dr. Levounis was on the faculty of New York University and Columbia University, where he served as Director of the Addiction Institute of New York from 2002 to 2013. Dr. Levounis has published six books on addiction topics and is currently working on "The Behavioral Addictions," an innovative book that includes re-enactment video clips performed by Rutgers NJMS medical students.

## Faculty



**Timothy Brennan, MD, MPH**, is an Attending Physician in Addiction Medicine at the Addiction Institute of New York. He also serves as the Associate Director of the Fellowship Program in Addiction Medicine, and holds a faculty appointment as a Clinical Instructor of Pediatrics at Weill Cornell Medical College. In 2013, he completed the prestigious Fellowship in Medical Ethics at Harvard Medical School.



**Abigail Herron, DO**, is the Director of the Fellowship Program in Addiction Medicine and Acting Medical Director at the Addiction Institute of New York. Dr. Herron completed a clinical and research fellowship in Addiction Psychiatry at Columbia University College of Physicians and Surgeons and now serves as the Editor-in-Chief of the upcoming edition of the "Essentials of Addiction Medicine."



**Najeeb Hussain, MD**, is the Director of the Psychiatry Residency Training Program at Rutgers New Jersey Medical School and Unit Chief of the Inpatient Psychiatric Unit at University Hospital in Newark, New Jersey. He completed a fellowship in Geriatric Psychiatry at Rutgers Robert Wood Johnson Medical School. Dr. Hussain is particularly interested in Alzheimer's Disease and Schizophrenia.



**Edwin Salsitz, MD, FASAM**, is an Assistant Professor of Medicine at Albert Einstein College of Medicine and an Attending in Medicine in the Division of Chemical Dependency of the Department of Medicine at Beth Israel Medical Center. Dr. Salsitz is a fellow of the American Society of Addiction Medicine and is certified by the American Board of Addiction Medicine.



**Tolga Taneli, MD**, is the Director and Training Director of the Division of Child and Adolescent Psychiatry at Rutgers New Jersey Medical School. Dr. Taneli's interests include Attention-Deficit/Hyperactivity Disorder, Tourette Syndrome, Autism Spectrum Disorder, mood disorders and pediatric Obsessive-Compulsive Disorder. Dr. Taneli also has an interest in environmental and behavioral architecture, particularly in healthcare settings.



**Erin Zerbo, MD**, has recently joined the Department of Psychiatry at Rutgers New Jersey Medical School as an Assistant Professor. Dr. Zerbo's primary interest has always been the treatment of addiction within the context of public psychiatry. She is especially interested in the pharmacotherapy of substance use disorders among underserved populations, and in addressing systemic barriers to integrated and continuous care.

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Department of Psychiatry - New Jersey Medical School  
Rutgers, The State University of New Jersey  
Behavioral Health Sciences Building, Room F-1440  
183 South Orange Avenue  
Newark, NJ 07103

# The Behavioral ADDICTIONS

### Location:

Rutgers New Jersey Medical School  
Medical Sciences Building, Room B-552  
185 South Orange Avenue, Newark, NJ 07103

### Parking:

On campus parking is available at a daily rate of \$7.50 at the P2 Parking Deck on the corner of South Orange Ave. and Bergen St.

### Directions:

Directions to the New Jersey Medical School campus can be found at [njms.rutgers.edu/about\\_njms/directions.cfm](http://njms.rutgers.edu/about_njms/directions.cfm)

### Sponsored by:

Rutgers New Jersey Medical School Department of Psychiatry and  
Rutgers University Behavioral HealthCare

The Department of Psychiatry  
at Rutgers New Jersey Medical School presents

# The Behavioral ADDICTIONS



Friday, May 2, 2014  
8:00 am - 3:00 pm

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[NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)



New Jersey Medical School

Department of Psychiatry  
Office of the Chair

Dear Colleague,

I'm very excited to announce our spring conference of the Department of Psychiatry at Rutgers New Jersey Medical School on THE BEHAVIORAL ADDICTIONS.

We are often asked if the behavioral addictions, such as shopping, food, sex, love, texting, e-mailing and gambling, are really bona fide medical conditions or just an exaggeration of everyday social and personal ailments.

While there is little doubt that these conditions present with unique and poorly researched challenges in clinical practice, the overarching hallmark of addiction—the loss of control over one's own life—seems to be quite similar for both substances and behaviors that hijack a person's pleasure and reward brain circuitry. This day-long conference will open the conversation on this fascinating area of mental health by featuring plenary sessions and interactive round table workshops on the emerging field of the behavioral addictions.

When you attend THE BEHAVIORAL ADDICTIONS conference, you will:

- ✓ Learn the latest research developments in the diagnosis and treatment of behavioral addictions
- ✓ Develop practical skills that can be readily applied to everyday clinical practice
- ✓ Receive a conference book with all the slides of the presentations
- ✓ Participate in the Rutgers NJMS Psychiatry Round-Table Workshops at lunchtime
- ✓ Earn Continuing Education credits for nurses, psychology, certified counselor, social worker, certified addiction and drug counselor, marriage and family therapy and certified rehabilitation counselor
- ✓ Enjoy a delicious lunch with your colleagues

This conference will be of interest to counselors, nurses, nurse practitioners, physicians, psychologists, researchers, social workers, students, and trainees.

I'm looking forward to seeing you on May 2!

Best wishes,

Petros Levounis, MD, MA  
Chair, Department of Psychiatry  
Rutgers New Jersey Medical School

# AGENDA

7:30 am	Registration and Continental Breakfast	
8:30 am	Welcome and Opening Remarks	Petros Levounis, MD, MA
8:45 am	FOOD	Edwin Salsitz, MD
9:30 am	SHOPPING	Najeeb Hussain, MD
10:15 am	Break	
10:45 am	EXERCISE	Abigail Herron, MD
11:30 am	LOVE & SEX	Erin Zerbo, MD
12:15 pm	Lunch & Round-Table Workshops	
1:15 pm	INTERNET GAMING	Tolga Taneli, MD
2:00 pm	SURFING, TEXTING & E-MAILING	Timothy Brennan, MD
2:45 pm	Closing Remarks and Evaluation	Petros Levounis, MD, MA
3:00 pm	Adjourn	

## LEARNING OBJECTIVES:

At the conclusion of this program the participants should be able to:

1. Assess patients who suffer from behavioral addictions, such as addiction to food, love, sex, shopping, internet surfing and gaming, e-mailing, and texting.
2. Examine psychosocial approaches to treat behavioral addictions in inpatient, outpatient, office-based, and community clinical settings.
3. Contrast the psychiatric and social manifestations of the behavioral addictions with substance use disorders.

## AUDIENCE:

This conference will be of interest to counselors, nurses, nurse practitioners, physicians, psychologists, researchers, social workers, students, and trainees.

## METHOD OF PARTICIPATION:

In order to meet the learning objectives and receive continuing education credits, participants are expected to check in at the registration desk, attend the program, and complete the evaluation form at the conclusion of the program. A letter certifying your attendance and credit verification will be mailed to you within 4 to 6 weeks of the program.

## Questions?

For additional program information or if you require special arrangements to attend this activity, please contact Shri Patel at 973-972-0614.

For Continuing Education information, please contact Sharon Eaton at 732-235-9282.

For additional information on the registration process, please call 973-972-4267 or e-mail: [ccoe@ca.rutgers.edu](mailto:ccoe@ca.rutgers.edu).

# GENERAL INFORMATION

## REGISTRATION:

General registration fee: \$90. Full Time Students, Interns, Residents and Fellows registration fee: \$50 (registration must be accompanied by program director's letter confirming your full time trainee status. Please fax the letter to 973-972-3371). The fee includes continental breakfast, lunch, refreshment breaks, handout materials, credits and a certificate of completion. Registration will only be accepted through our secure online website through April 29, 2014. Payment may be made with MasterCard or Visa credit cards. We are sorry we cannot accept American Express. Pre-registration is highly recommended. On-site registration will be based upon availability of space.

To register, please visit: [NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)

## Confirmation:

Once registered, you will receive a confirmation and additional information to assist you with your plans to participate in the conference.

## Refund Policy:

A full refund, less a \$20 cancellation fee, will be granted if notice is received up to the date of the program. Refunds can not be given for "no shows."

## How to Cancel:

Go to <http://ccoe.rbhs.rutgers.edu/portal>. Click "Log In" and enter your user name (email address) and password. Select "Current Schedule" on the top menu, and select "Cancel Registration."

## ACCREDITATION

**Certified Counselor:** Rutgers University Behavioral HealthCare is an NBCC Approved Continuing Education Provider (ACEPTM) and a co-sponsor of this program. Rutgers University Behavioral HealthCare may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this program. (6 clock hours). Approval Number 6198.

**Nurse:** Rutgers University Behavioral HealthCare is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation. P#204-7/012-15 (5.5 contact hours). Accredited status does not imply endorsement by Rutgers University Behavioral HealthCare, NJSNA or ANCC of any commercial products or services.

**Psychologist:** Rutgers University Behavioral HealthCare is approved by the American Psychological Association to sponsor continuing education for psychologists. University Behavioral HealthCare maintains responsibility for the program and its content. Instructional Level: Beginning. (6 CE Credits)

**Certified Addiction and Drug Counselor (CADC):** This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. This course is approved for 6 hours of training for course C401. Rutgers University Behavioral HealthCare approval number is #1902010. Approval number for this course is #1902010C401.

**Marriage and Family Therapist:** This course will count for recertification credit towards NJ DCA marriage and Family Board licenses and certifications. Approved for 6 recertification credits. Rutgers University Behavioral HealthCare Approval #1902010. Approval number for this course is #1902010C401.

**Social Worker (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral HealthCare in accordance with New Jersey administrative code 13:44G and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 7 general continuing education hours.

**Social Worker (Association of Social Workers Board):** Rutgers University Behavioral HealthCare, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program from August 10, 2012 to August 10, 2015. Rutgers University Behavioral HealthCare maintains responsibility for the program. Social workers participating in this course will receive 6 continuing education clock hours. Targeted social work practice level: Beginning.

**All Social Workers Please Note:** Social Workers must be prepared to write in their Social Work license/certification/registration number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. Check with your state board to ensure these credits are accepted.