

Using Holistic Strategies To Improve Outcomes In Mood Disorders

Thursday, July 11, 2019 | 12pm ET | 9am PT

Mood disorders are highly prevalent and a leading cause of disability in patients worldwide. Approved pharmacologic treatments are not adequate to provide full symptom relief in a significant portion of patients, leaving a substantial unmet need. Several nonpharmacologic treatment strategies have been shown to be effective in providing symptom relief for mood disorders when augmenting pharmacotherapy.

In this webinar, Dr. Michael Thase and Dr. Sandra Jain provide an overview of evidence-based nonpharmacologic options that can be used as part of a holistic strategy for the treatment of mood disorders. Some of the treatment strategies they'll discuss include: psychotherapy, exercise, activity management, sleep, mindfulness, meditation, diet, and wellness.

Speakers are paid consultants to Otsuka Pharmaceutical Development & Commercialization, Inc.



WEBINAR



Scan Me



Sandra Jain, MA, PsyD, LPC
Adjunct Clinical Affiliate, School of Nursing, University of Texas & Co-Founder, WILD-5 Wellness




Michael Thase, MD
Professor, Psychiatry, Perelman School of Medicine; Director, Mood & Anxiety Disorders Section; Researcher, Corporal Michael J. Crescenz Veterans Affairs Medical Center, University Of Pennsylvania; Distinguished Life Fellow, American Psychiatric Association; Founding Fellow, Academy Of Cognitive Therapy; & Fellow, American College Of Neuropsychopharmacology



Mark Tacelosky, PharmD
Medical Science Liaison for Otsuka Pharmaceutical Development & Commercialization, Inc. will be the moderator of this event.

Visit www.PsychU.org to learn more and register today!

 Listen To PsychU Radio: PsychU.org/radio

 [linkedin.com/company/PsychU](https://www.linkedin.com/company/PsychU)

 [@PsychUCommunity](https://twitter.com/PsychUCommunity)