

# Clinical Strategies for Treatment Resistant Depression

**Charles DeBattista, D.M.H., M.D.**

## Faculty Brief Bio

Charles DeBattista received his M.D. degree from University of California San Francisco in 1989, where he had previously received his Doctorate in Mental Health in 1986. He completed his psychiatric residency at Stanford University School of Medicine from 1989-1992, where he was Chief Resident in 1991-1992, and a Fellow in Psychopharmacology in 1992-1994.

Following his fellowship, he joined the faculty of Stanford University School of Medicine and is currently Associate Professor of Psychiatry and Behavioral Sciences. He has been honored multiple times as the "Teacher of the Year" for the Department of Psychiatry and Behavioral Sciences and directs the introduction to clinical psychiatry courses in the Stanford School of Medicine. In addition to teaching, Dr. DeBattista is actively engaged in clinical practice, serving as the Director of the Depression Research Clinic and Director of the outpatient Depression and Psychopharmacology Clinics.

Dr. DeBattista's research interests include the pharmacotherapy of severe and resistant depression. He is the winner of the NARSAD young Investigator's Award, a NIMH New Investigator Award and is the assistant editor of the Journal of Psychiatric Research. Among his numerous publications are the Medical Management of Depression in 2002 (3rd edition), and the 2005 Black Book of Psychotropic Dosing and Monitoring (with Alan Schatzberg). In addition, he has co-authored the 5th edition of the Manual of Clinical Psychopharmacology with Drs. Alan F. Schatzberg and Jonathan O. Cole for 2005.

## Course Description

Most patients with major depressive disorder fail to respond completely to initial treatment with an antidepressant. In addition, at least 10-20% of patients do not respond adequately to multiple medication trials and psychotherapy. Even a robust response to treatment with some residual symptoms is associated with a poorer long term outcome. The NIMH funded STAR\*D trial has provided a number of insights and about treatment resistant depression. In this lecture, we will review the finding of this STAR\*D study and its implications for clinical practice. In addition, the use of devices for the treatment of resistant depression will be discussed.

## Course Objectives

Participants will be able to identify:

1. The implications of failing to treat patients to remission.
2. The implications of the Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) Trial for treating resistant depression
3. The role of devices for resistant depression including ECT, vagus nerve stimulation (VNS), transcranial magnetic stimulation (TMS) and deep brain stimulation (DBS)

## Course Outline

Introduction	2 minutes
Financial Disclosures	1 minute
Course Overview and Agenda	2 minutes
Prevalence of treatment resistant depression	3 minutes
Risks for patients who fail to respond to treatment	10 minutes
Management and treatment issues	15 minutes
Remission rates in the STAR* D trial	10 minutes
Adjunctive treatments for resistant depression	10 minutes
Summary	5 minutes
Questions and Answers	15 minutes

## Continuing Education credits

### 1 Credit Hour of CE

Many state boards accept offerings accredited by national or other state organizations. For example, the National Association of Social Workers, Georgia Chapter will grant credit for activities approved by the California Board of Behavioral Sciences. If your board is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted. **It is your responsibility to check with your licensing board regarding their specific requirements.** To receive CE credit, registrants must attend the entire session. **The below *checked* Boards will accept CE credit for this course:**

#### One Credit Hour of CE

##### Psychologists

- X United Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. United Behavioral Health maintains responsibility for this program and its content.

##### Social Workers

- X This program was approved by the National Association of Social Workers (provider # 886366512) for one continuing education contact hour.
- X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).

##### Certified Counselors

- X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).
- X United Behavioral Health is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to the NBCC continuing education guidelines. United Behavioral Health maintains responsibility for the program. (Provider #5922)

##### Registered Nurses

- X Provider approved by the California Board of Registered Nursing (Provider # CEP 10225).
- X UBH is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For professionals credentialed by organizations other than those checked above, please check with your respective boards to verify the acceptability of the continuing education credit earned through this event.