

The International Benzodiazepine Symposium (TIBS):
September 15-17, 2017 St. Charles Medical Center-Bend, Oregon
Schedule at a Glance

[The International Benzodiazepine Symposium website](#)

Friday September 15

Evening Sessions

Robert Whitaker Why Was the Evidence Ignored? The Long Record of Research Findings Documenting the Harm from Benzodiazepines
Panel Open Dialogue in Benzodiazepine Recovery

Saturday September 16

Morning Sessions

Robert Raffa, PhD The Neuropharmacology of Benzodiazepines and Drugs with Similar Mechanism of Action
Anna Lembke, MD Benzodiazepines: Compassionate Doctor, Drug-Seeking Patient, and the Risks of Overprescribing
Michael Miller, MD Anxiety States and Benzodiazepines

Afternoon Sessions

Lydia Bartholow, DNP Trauma-Informed Difficult Conversations: Building Capacity for Resilient Clinical Relationships
Mary J. O'Leary, PhD Motivational Interviewing Essentials for Busy Clinicians
Wallace Mendelson, MD Hypnotic Medications
Shane Kenny The Benzodiazepine Medical Disaster
Joe Pergolizzi, MD Exploring the Benzodiazepine Opioid Co-Prescription Dilemma
Mary Rose, PsyD Behavioral Sleep Medicine with Special Emphasis on Insomnia and CBT-I
Lisa Nagy, MD Integrative and Environmental Approach to Anxiety and Insomnia
Steve Flowers A Mindful Way through Anxiety

Sunday September 17

Morning Sessions

Martin Rossman, MD The Worry Solution: A Cognitive / Emotional Approach to Reducing Anxiety and Stress
Kim Swanson, PhD CBT Tools for All Providers in the Treatment of Anxiety Spectrum Disorders
Steven Wright, MD Non-benzodiazepine Pharmacologic Approaches to Anxiety
Elaine Walters, PhD Considering Trauma in Treatment and Prescribing
Michael Twohig, PhD Acceptance and Commitment Therapy for Anxiety
Mark Sullivan, MD Benzodiazepine Risk Mitigation and Tapering
Cheryl Emerson, LPC Imagine: No Suicide

Afternoon Sessions

Legislative Panel
Next Steps Panel
