

## Addiction Fellowship Didactic Schedule

### From: July 2023– June 2024

- **Fellow supervision/didactics** w/Dr. Wakhlu one Tuesday a month at Empire Central Clinic Conference Room LC2.368 1430 Empire Central Drive Plaza 1\_Dallas TX (In person) ([Sidarth.Wakhlu@UTSouthwestern.edu](mailto:Sidarth.Wakhlu@UTSouthwestern.edu))
- **Fellow supervision/didactics** w/Dr. Wakhlu remaining Tuesdays (Via Zoom)
- **Dates when Fellows are conducting didactics highlighted in pink**
- **Journal Club** with Dr dela Cruz 2<sup>nd</sup> Tuesday and 4<sup>th</sup> Tuesday of every month starting in August (Via Zoom) ([Adriane.delaCruz@UTSouthwestern.edu](mailto:Adriane.delaCruz@UTSouthwestern.edu)). Dr dela Cruz will email articles and other details
- **Empirically Supported Psychotherapies (EBPs) training** July 2023 till March 2024 one Tuesday a month (In person or Zoom) Dr Valerie Loehr ([Valerie.Loehr@UTSouthwestern.edu](mailto:Valerie.Loehr@UTSouthwestern.edu))
- Please consider using **ASAM Principles of Addiction Medicine 4<sup>th</sup> Edition** (Ries/Fiellin) and **APA Textbook of Substance Abuse Treatment** (Galanter/Kleber) for additional reading

Date	Time	Description	Speaker
July 11	2-2:30	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
July 18	2-3	<b>Motivational Interviewing Part 1 (In Person)</b>	Dr Loehr
July 18	3-4	<b>Supervision (In Person)</b>	Dr Wakhlu
July 18	4-5	<b>A) Review Article on Alcohol &amp; Public Health and Review Article on Pharmacotherapy of Alcohol Use Disorder:</b> Alcoholism causes significant morbidity and mortality. The diagnosis of alcohol use disorders is frequently missed in clinical settings. This chapter provides an overview of clinical methods, screening questionnaires and lab markers for diagnosis along with a description of psychosocial and pharmacological treatments ( <b>In Person</b> )	Dr Wakhlu
July 25	2-3	<b>Supervision (Via Zoom)</b>	Dr. Wakhlu
July 25	3-4	<b>Cocaine Methamphetamine Review Article/Synthetic Cathinones (SCs) Review Article:</b> Stimulants are second most widely used illegal drugs in the US. This chapter reviews pharmacology and attempts at pharmacotherapy for stimulant use disorders. SCs are an emerging class of designer drugs abused for psychostimulant and hallucinogenic effects. This review provides insight into the development of synthetic cathinones as substances of abuse, current patterns of their use & known mechanisms of their action and toxicology ( <b>Via Zoom</b> )	Dr. Wakhlu
July 25	4-5	<b>Management of Complicated Alcohol Withdrawal Syndromes (Via Zoom)</b>	Dr Marambage
August 1	2-3	<b>Dallas County Medical Society Physician Health and Wellness Committee Discussion (In Person)</b>	Dr. Isaacs
August 1	3-4	<b>Motivational Interviewing Part 2 (In Person)</b>	Dr Loehr
August 1	4-5	<b>NEJM Review Article on Treatment of Opioid Use Disorders:</b> This article discussed the current epidemiology of opioid use disorders, overdose deaths and the management of chronic opioid addiction. Also discuss <b>Synthetic Opioids and Kratom (In Person)</b>	Dr. Wakhlu
August 8	2-3	<b>Nicotine Dependence Review Article in NEJM by Fiore and Update on Smoking Cessation Das et al article</b> Tobacco use remains the chief avoidable cause of death in the United States. This review article discusses the challenges in the treatment of nicotine	Dr. Wakhlu

		dependence. Will also discuss 2 landmarks articles by Dr Doll and Dr Jha. ( <b>Via Zoom</b> )	
August 8	3-4	<b>Journal Club (<b>Via Zoom</b>)</b>	Dr dela Cruz
August 8	4-5	<b>Review Article on E-Cigarettes</b> Electronic cigarettes (E-Cigarettes) or ENDS (Electronic Nicotine Delivery System) are battery-powered devices that vaporize a liquid solution to deliver a dose of inhaled nicotine to the user. Discuss New FDA Regulations on E-Cigarettes & ENDS ( <b>Via Zoom</b> )	Dr. Wakhlu
August 15	2-3	<b>Supervision (<b>Via Zoom</b>)</b>	Dr. Wakhlu
August 15	3-4	<b>Review Articles on Hallucinogens by Dr Halpern and The Potential use of Hallucinogens as Addiction Pharmacotherapy by Dr. Bogenschutz:</b> The Pharmacology of Hallucinogens and Dissociatives. These chapters discuss the addiction liability of classic hallucinogens, designer drugs and dissociative drugs i.e. PCP and ketamine. Discuss role of hallucinogens as possible pharmacotherapy for Addictive Disorders ( <b>Via Zoom</b> )	
August 22	2-3	<b>Treatment of AAS related disorders</b> Society's focus on physical attractiveness and win at all costs is driving this unique addiction. This addiction can be diagnosed by inspection alone. This chapter reviews the medical/psychiatric complications of steroid use and its management. ( <b>Via Zoom</b> )	Dr. Spencer
August 22	3-4	<b>Journal Club (<b>Via Zoom</b>)</b>	Dr dela Cruz
August 22	4-5	<b>Opioid Pharmacology.</b> Several opioids are available for clinical use, including morphine, hydromorphone, levorphanol, oxycodone, and fentanyl. Advantages and disadvantages of various opioids in the management of chronic pain are discussed ( <b>Via Zoom</b> )	Dr. Wakhlu
August 29	2-3	<b>Supervision (<b>Via Zoom</b>)</b>	Dr. Wakhlu
August 29	3-4	<b>Treatment of Co-occurring Psychiatric Disorders</b> Significant percent of patients with addictive disorders suffer from primary psychiatric disorders, which impede their recovery. Aggressive management of psychiatric disorders can be of immense benefit to the patients ( <b>Via Zoom</b> )	Dr. Spencer
August 29	4-5	<b>Setting up an Addiction Private Practice (<b>Via Zoom</b>)</b>	Dr. Haynes
September 5	2-3	<b>Supervision (<b>In Person</b>)</b>	Dr Wakhlu
September 5	3-4	<b>Marijuana Review Article Volkow</b> Cannabis is one of the oldest and most widely used drugs worldwide. Of concern in the last decade has been the increasing potency of marijuana available in the US. This chapter discusses the medical complications and addictive liability of marijuana <b>Review Article on Synthetic Cannabinoids (SCBs)</b> SCBs are functionally similar to delta9-tetrahydrocannabinol (THC), the Psychoactive principle of cannabis and bind to the same cannabinoid receptors in the brain and peripheral organs. From 2008, synthetic cannabinoids were detected in herbal smoking mixtures sold on websites and in head shops. Intoxication, withdrawal, psychosis, and death have been recently reported after consumption, posing difficult social, political, and health challenges ( <b>In Person</b> )	Dr Wakhlu
September 12	2-3	<b>Journal Club (<b>Via Zoom</b>)</b>	Dr dela Cruz
September 12	3-4	<b>Women &amp; Addiction and Perinatal Substance Use:</b> Gender differences exist in substance abuse disorders and women face multiple barriers in receiving treatment. Substance-exposed infants require proper evaluation and treatment ( <b>Via Zoom</b> )	Dr Wakhlu
September 19	2-3	<b>Supervision (<b>Via Zoom</b>)</b>	Dr Wakhlu

September 19	3-4	<b>Inhalant use AAP Review Article</b> Inhalants are a pharmacologically diverse group of substances that vaporize at room temperature. Inhalant abuse is under-recognized. Inhalants are a gateway drug, and this article discusses the importance of early diagnosis & management ( <b>Via Zoom</b> )	Dr Wakhlu
September 26	2-3	<b>Geriatric Addiction: The Hidden Epidemic</b> Addiction among people 65 and up is often underestimated and under-diagnosed, which can prevent them from getting the help they need. Substance abuse among older adults can be classified into two general forms: the “hardy survivor,” or those who have been abusing substances for many years and have reached 65, and the “late onset” group, which is those who develop addiction later in life. Older adults require age-specific screening and interventions ( <b>Via Zoom</b> )	Dr. Marambage
September 26	3-4	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
September 26	4-5	<b>Sleep Disorders: Clinical Approaches to Sleep Disorders in Patients with Substance Use Disorders (Via Zoom)</b>	Dr Khawaja
October 3	2-3	<b>Understanding the theory behind psychotherapy for SUD (In Person)</b>	Dr Loehr
October 3	3-4	<b>Supervision (In Person)</b>	
October 3	4-5	<b>Drug Testing:</b> Drug testing encompasses a variety of tests that can be used to diagnose addiction or diversion, adherence to an agreed upon treatment plan and patient advocacy. This article details types & methods of testing and the reasons for false positives & negatives. ( <b>In Person</b> )	Dr Wakhlu
October 3	4-5pm	<b>Substance use disorders in Adolescents:</b> To describe recent trends in substance use in adolescents, dynamics in prevalence of substances of abuse in this age group, specifics of intervention and treatment. To educate about risks and consequences of excessive use of legal substances (alcohol, tobacco) and use of illegal substances on developing brain ( <b>In Person</b> )	Dr Moore
October 10	2-3	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
October 10	3-4	<b>Gambling Disorder:</b> Gambling Disorder is a psychiatric disorder characterized by persistent and maladaptive patterns of gambling behavior associated with high rates of bankruptcy, divorce, and incarceration. In this seminar, we will discuss epidemiology, clinical features and management of gambling disorders. ( <b>Via Zoom</b> )	Dr Ewell
October 17	2-3	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
October 17	3-4	<b>Medical Complications in patients with SUDs (Via Zoom)</b>	Dr. Barbosa
October 24	2-3	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
October 24	3-4	<b>Substance use disorders in Physicians. Please refer to the Textbook “Physician as a Patient”.</b> Both chemical (substance use disorders) and nonchemical (non–substance use disorders) addictions occur in physicians. In addition to genetic vulnerability to addictions, physicians are subject to other determinants. These include a knowledge about and openness to the use of pharmacological agents, an intellectual tendency to argue against susceptibility in oneself, a predisposition to overwork and justification of chemical relief. Most addicted physicians do not seek help voluntarily, interventions are often necessary. Many physicians with addictions also have concurrent psychiatric disorders. It is imperative that these illnesses receive attention and that psychiatrists work closely with addiction medicine specialists to be clear about treatment goals and to foster mutual respect. Untreated chemical and nonchemical addictions are serious.	Dr Wakhlu

		They adversely affect every dimension of the lives of physicians—their physical, mental, and spiritual health; marriage; relationships with children; work colleagues; and ability to practice medicine. Suicide is the most tragic outcome. The prognosis for recovery in physicians is excellent, with more than 80% returning to practicing medicine at 5 years. ( <b>Via Zoom</b> )	
October 31	2-3	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
October 31	3-4	<b>Management of Benzodiazepine Use Disorders.</b> Benzodiazepines (BZDs) impair cognition and are associated with motor vehicle accidents, misuse and abuse as well as falls and fractures. After opioids, BZDs are the second-most common medication class linked with pharmaceutical overdose deaths, the rate of which grew 13.6% per year from 1996 to 2013. Surprisingly, a significant amount of prescribing occurs in the absence of clearly defined anxiety or insomnia diagnosis ( <b>Via Zoom</b> )	Dr Alag
November 7	2-3	<b>Instilling hope through values with SUD patients (In Person)</b>	Dr Loehr
November 7	3-4	<b>Alcoholic Anonymous:</b> Today, millions of people worldwide are living fuller and more complete lives because of their involvement in 12 Step recovery groups. This discussion of recovery groups will emphasize AA and its basic philosophy ( <b>In Person</b> )	Dr Wakhlu
November 7	4-5	<b>Update on Center for Spiritual Development (In Person)</b>	Andrea Tabor
November 14	2-3	<b>Supervision (Via Zoom)</b>	
November 14	3-4	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
November 14	4-5	<b>Update on Substance Abuse Residential Programs: What does the data show? (Via Zoom)</b>	Dr. Spencer
November 21		<b>No Didactics</b>	
November 28	2-3	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
November 28	3-4	<b>Buprenorphine and Pain Management.</b> Sublingual buprenorphine is a unique opioid medication based on its pharmacokinetics and pharmacodynamic properties. It may be used “off-label” for the treatment of both acute and chronic pain. Because of high m receptor affinity and resultant blockade, it has been suggested that this might interfere with the management of moderate to severe pain in patients ( <b>Via Zoom</b> )	Dr Wakhlu
December 5	2-3	<b>Supervision (In Person)</b>	Dr Wakhlu
December 5	3-4	<b>Review of Alcohol Use Disorders (In Person)</b>	Dr Sidhu
December 12	2-3	<b>Review of Cannabis Use Disorders (Via Zoom)</b>	Dr Walther
December 12	3-4	<b>Common Infections in Substance users:</b> Infectious diseases are common complications of alcoholism and drug addiction. Dr Barbosa will discuss factors related to increased risk of infections and how they complicate the management of an acutely admitted hospital patient ( <b>Via Zoom</b> )	Dr Barbosa
December 12	4-5	<b>Journal Club (Via Zoom)</b>	Dr dela Cruz
December 19	12:30-2pm	<b>Fellow Christmas Lunch &amp; Ty Sanders /No Didactics</b>	La Vui 5321 Maple
December 26	2-3	<b>No Didactics</b>	
January 2		<b>No Didactics</b>	
January 9	2-3	<b>Journal Club (Via Zoom)</b>	Dr dela Cruz
January 9	3-4	<b>Review of Opioid Use Disorders (Via Zoom)</b>	Dr Zhang
January 16	2-3	<b>Supervision (In Person)</b>	Dr Wakhlu

January 16	3-4	<b>Review of Stimulant Use Disorders (In Person)</b>	Dr Seminario
January 16	4-5	<b>ASAM Book Section 13 Chapter 100 Neurobiology of Addiction from a Developmental Perspective</b> Untreated comorbid disorders, genetic predisposition, environmental stressors, personality and age of onset of use are factors that add to increased risk for using substances of abuse during adolescence & may contribute to a more chronic and severe form of addiction. This chapter discusses the importance of early intervention and treatment <b>(In Person)</b>	Dr Moore
January 23	2-3	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
January 23	3-4	<b>Review of Nicotine Use Disorders (Via Zoom)</b>	Dr Wakhlu
January 23	4-5	<b>Discussion on HIV/Hepatitis in the patients with SUDs</b> Infections are among the most serious complications of drug use Drug use plays a major role in the transmission of human immunodeficiency virus (HIV) and viral hepatitis. Dr will discuss risk reducing strategies in HIV/Hepatitis transmission <b>(Via Zoom)</b>	Dr. Barbosa
January 30	2-3	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
January 30	3-4	<b>Contingency Management (Via Zoom)</b>	Dr Loehr
January 30	4-5	<b>Review of Addiction Board Questions (Via Zoom)</b>	Dr Alag
February 6	2-3	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
February 6	3-4	<b>Introduction to Obesity:</b> The last few decades had witnessed an alarming increase in obesity rates in the United States and other internalized nations. Many developing countries, where there has been a dramatic shift from undernutrition to overnutrition, are also experiencing a marked rise in obesity and obesity related diseases including hypertension, type 2 diabetes and cardiovascular disease. In parallel with a rising obesity epidemic, the number of studies on consequences and determinants of obesity has grown exponentially <b>(Via Zoom)</b>	Dr Pittman
February 6	4-5	<b>Assessment of Pilots with SUDs (Via Zoom)</b>	Dr Heyne
February 13	2-3	Book Chapter Part 1, Chapter 4: <b>Cross-Cultural Aspects of Addiction.</b> The goal of this chapter is to advance knowledge of how to provide optimal clinical care to patients from different cultures. Several risk and protective factors moderates the impact of ethnicity <b>(Via Zoom)</b>	Dr Wakhlu
February 13	3-4	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
February 20	2-3	<b>Supervision (In Person)</b>	Dr Wakhlu
February 20	3-4	<b>SUDs in the LGBTQ population</b> Substance use disorders have been shown to be more prevalent among sexual minority (lesbian, gay, and bisexual adults than among heterosexual adults in the United States. In accordance with the minority stress model, distal stressors such as the experience of discrimination—that is, unequal or unfair treatment by others due to identity or category membership—have negative psychological consequences for sexual minority individuals and specifically can contribute to substance use. Indeed, empirical evidence has found that discrimination based on sexual orientation or sexual identity is associated with substance use disorder among sexual minority people <b>(In Person)</b>	Dr Wakhlu
February 27	2-3	<b>Relapse Prevention (Via Zoom)</b>	Dr Loehr
February 27	3-4	<b>Management of Obesity:</b> Comprehensive lifestyle interventions, including nutrition, physical activity, and behavioral therapy, are the foundation for clinical obesity management. New tools and treatment	Dr Pittman

		approaches help clinicians provide these interventions and support weight management in clinical settings. Escalating treatment, such as using pharmacotherapy, medical devices, or bariatric surgery, are important considerations for appropriate patients who do not respond to lifestyle counseling <b>(Via Zoom)</b>	
February 27	4-5	<b>Sexual Addiction:</b> Dr Niderostek will review the scientific evidence regarding the concept of Sexual Addiction; discuss the epidemiology and comorbidities of the disorder. He will also discuss the evidence for different approaches to treatment <b>(Via Zoom)</b>	Dr. Niderostek
March 5	2-3	<b>Supervision (In Person)</b>	Dr Wakhlu
March 5	3-4	<b>Texas Physician Health Program.</b> Physician Health Programs (PHPs) are integral and imperative elements in the comprehensive disease management of physician addiction; they increase the long-term prognosis of physicians who suffer from addictive disease. Dr Jackson will discuss the Texas PHP and special issues related to physician addiction <b>(In Person)</b>	Dr Jackson
March 12	2-3	<b>The Pharmacology of Caffeine.</b> Caffeine is the most widely used mood-altering drug in the world. Caffeine is not associated with any life-threatening illnesses and typical daily dietary doses can be consumed without incident. However, Caffeine is not completely innocuous. It has the potential to clinically significant negative physiologic and psychological effects, tolerance and withdrawal, discrete psychiatric symptoms and disorders and features of a use disorder <b>(Via Zoom)</b>	Dr Zayour
March 12	3-4	<b>Journal Club (Via Zoom)</b>	Dr. dela Cruz
March 12	4-5	<b>Eating Disorder Lecture I:</b> Diagnosis & Management of Eating Disorders – primarily focus on criteria for anorexia nervosa, bulimia nervosa, and binge-eating disorder, medical complications and levels of care <b>(Via Zoom)</b>	Dr McAdams
March 19	2-3	<b>Supervision (Via Zoom)</b>	Dr Wakhlu
March 19	3-4	<b>Treating comorbid Trauma and SUD (Via Zoom)</b>	Dr Loehr
March 19	4-5	<b>Eating Disorder Lecture II:</b> Outpatient Eating Disorder Management – This lecture will focus on coordination of an outpatient team, and provide an overview/the key components of CBT-E <b>(Via Zoom)</b>	Dr McAdams
March 26	2-3	<b>Journal Club (Via Zoom)</b>	Dr dela Cruz
March 26	3-4	ASAM Book Section 14 Chapter 111 <b>Drug Courts and the Treatment of Incarcerated Populations.</b> Drug courts represent a major retooling of the criminal justice system, as well as a new court role in society as an interdisciplinary, problem-solving community institution with therapeutic implications <b>(Via Zoom)</b>	Dr Wakhlu
		<b>DIDACTICS OVER!!!!</b>	