

FALL PSYCHIATRIC SYMPOSIUM 2026



NOVEMBER 19-20 —→ 8:30 AM - 4:30 PM
KNOXVILLE CONVENTION CENTER

Presented by The Mental Health Association of East Tennessee
and our Partners:

University of Tennessee Medical Center

UTHSC College of Medicine, Knoxville

National Association of Social Workers - TN Chapter

Tennessee Association of Mental Health Organizations (TAMHO)



REGISTER BY MAIL OR ONLINE AT:
<https://www.mhaet.com/symposium2026/>



FOR ONLINE
REGISTRATION

CONTINUING EDUCATION INFORMATION

It is the responsibility of the event attendee to use their professional judgment to justify that the continuing educational programs attended meet the guidelines of their respective licensure or certification boards/agencies and is relevant to their professional practice.

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Tennessee College of Medicine and Mental Health Association of East Tennessee. The University of Tennessee College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Tennessee College of Medicine designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PA's, NP's, and Nurses: Physician Assistants, Nurse Practitioners and Nurses may use these credit hours toward certification renewal. This credit is acceptable by the American Academy of Physician Assistants (AAPA), American Nurses Credentialing Association (ANCC) and the American Academy of Nurse Practitioners (AANP)

Nurses:

This event provides up to 12 ANCC contact hours through the University of Tennessee Medical Center. The University of Tennessee Medical Center is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers:

This program was approved by the National Association of Social Workers – Tennessee Chapter (Provider Number: NASWTN 2026-0087) for 12.0 continuing education units. You are also required to:

NASW-TN encourages social workers in attendance at this workshop to review Chapter 1365-1 to ensure the workshop they are attending is applicable and appropriate to their professional development. It is the responsibility of the LMSW/LCSW, using their professional judgment, to justify that the continuing educational program meets the guidelines of Chapter 1365-1 and is relevant to their professional practice. If you have any additional comments or questions, please contact the Tennessee Chapter of NASW at 615-321-5095 or info.naswtn@socialworkers.org.

Psychologists:

As stated within the rules of the Tennessee Board of Examiners in Psychology - Psychologists, Senior Psychological Examiners, and Psychological Examiners are required to obtain forty (40) hours of continuing education (CE) credit every two (2) years. This CE shall be acquired in the two (2) calendar years (January 1 - December 31) prior to the licensure renewal year. A minimum of twenty (20) of these hours must involve the opportunity for real time interaction during the event. At least nine (9) of the forty (40) hours must consist of continuing education provided by an APA approved sponsor. Per Rule 1180-01-08 Other Sponsor Approved Continuing Education - These are formal activities which are psychological in nature, provide documentation of attendance, and have a pre-assigned number of CE credits. Offerings can be sponsored by a regional psychological association, a state psychological association, a recognized and relevant national, regional or state professional credentialing body. CE Certificates will be provided by NASW-TN to Psychologists.

Licensed Professional Counselors, Licensed Marriage and Family Therapists & Other Professionals Not Listed:

Attendance at educational events sponsored by national, state, regional, or local professional associations in the field; or events related to the practice of the profession for which a nationally or regionally accredited institution of higher education grants CEUs. Each person must retain proof of attendance and completion of all CE requirements. This documentation must be retained for a period of four (4) years from the end of the calendar year in which the CE was acquired. CE Certificates will be provided by NASW-TN to Licensed Professional Counselors, Licensed Marriage and Family Therapists & Other Professionals not listed.

CONFERENCE LEARNING OBJECTIVES

- PARTICIPANTS WILL BE ABLE TO DESCRIBE STEPS TO IMPROVE HEALTH OUTCOMES FOR CO-OCCURRING PSYCHIATRIC AND SUBSTANCE USE DISORDERS
- PARTICIPANTS WILL BE ABLE TO DISCUSS EMERGING APPROACHES TO TREATMENT RESISTANT DEPRESSION, PTSD, BIPOLAR DISORDER, AND PSYCHOPHARMACOLOGY
- PARTICIPANTS WILL BE ABLE TO DESCRIBE ADDICTION TREATMENT MODELS AND INTERVENTION STRATEGIES
- PARTICIPANTS WILL BE ABLE TO REVIEW AND DISCUSS THERAPY AND ETHICAL PRACTICE APPROACHES

MEET OUR **SPEAKERS**



Brittany Albright, MD



Sara C Seidel Beall,
LCMHC



Maurice Draine,
CPRS



Charles Galyon,
PhD



Kristen Gilliland,
PhD



Jennifer Hardy, PhD



Rakesh Jain, MD



Sandra Jain, MA,
PsyD, LPC



Mark C. Lasko,
PhD



Adrienne B. Loker,
LCSW, SEP



Sam MacMaster, PhD



George Massengill,
LADAC



Roger McIntyre,
MD



William M. Sauve,
MD



Abby Wallace, MA,
LPC-MHSP, NCC,
ACS

SPONSORS & EXHIBITORS

CONTACT BEN HARRINGTON AT BEN@MHAET.COM

*NOTE: FOR SYMPOSIUM QUESTIONS, CONTACT SYMPOSIUM@MHAET.COM

EVENT SCHEDULE

NOVEMBER 19, 2026 @ KNOXVILLE CONVENTION CENTER

8:30 AM - 10:00 AM
KEYNOTE

Difficult to Treat Depressive Disorders
Roger McIntyre, MD

10:00 AM

BREAK

10:30 AM - NOON
CONCURRENT
SESSIONS

A1 Association Between Adolescent Cannabis Use & Mental and Behavioral Disorders
Kristen Gilliland, PhD

A2 Innovative Treatment Approaches for Bipolar Disorder
Roger McIntyre, MD

A3 Self-Triangulation Theory
Adrienne B. Loker, LCSW, SEP

12:00 PM

NETWORKING LUNCH - Ballroom E

Complimentary Lunch & Learn - Room 301 AB
Featuring Roger McIntyre, MD
(SPONSORED BY INTRACELLULAR) *NOTE: NOT FOR CME

1:15 PM - 2:45 PM
CONCURRENT
SESSIONS

A4 Intentional Use of Microbreaks for Behavioral Health Professionals
Sara C Seidel Beall, LCMHC

A5 A Clinician's Guide to Metabolic Psychiatry
William M. Sauve, MD

A6 Practicing Ethically Across State Lines: The Counseling Compact & Other Considerations
Abby Wallace, MA, LPC-MHSP, NCC, ACS

2:45 PM

BREAK

3:00 PM - 4:30 PM
CONCURRENT
SESSIONS

A7 Using Respite to Assist in Treating OUD
Mark Lasko, PhD

A8 Building a Thriving Mental Health Practice
Brittany Albright, MD & William M. Sauve, MD

A9 Helping Therapy Clients Navigate Midlife Career Crisis & Transitions
Jennifer Hardy, PhD

***Note : 6 hours of CE every
day (1.5 hours per session)**

EVENT SCHEDULE

NOVEMBER 20, 2026 @ KNOXVILLE CONVENTION CENTER

8:30 AM - 10:00 AM
KEYNOTE

Better Together: Integrating Wellness, Meaning & Medicine
in SUD Recovery

Brittany Albright, MD & Sandra Jain, MA, PsyD, LPC

10:00 AM

BREAK

10:30 AM - NOON
CONCURRENT
SESSIONS

B1 Engagement In a Continuum of Care & Recovery
Sam MacMaster, PhD

B2 From Circuits to Clinic: PTSD Mechanisms, What Actually Works &
What is Coming Next
William M. Sauve, MD

B3 Somatically Centered EMDR
Adrienne B. Loker, LCSW, SEP

12:00 PM

NETWORKING LUNCH - Ballroom E

Complimentary Lunch & Learn - Room 301 AB

Featuring - Rakesh Jain, MD

(SPONSORED BY AXSOME) *NOTE: NOT FOR CME

1:15 PM - 2:45 PM
CONCURRENT
SESSIONS

B4 Trauma - Informed Peer Support - Bridging Lived Experience & Clinical Care
Maurice Draine, CPRS

B5 When Less is More: Evidence-Based De-Prescribing
Brittany Albright, MD

B6 Proactive Ethics as a Clinician in Dual Roles
Abby Wallace, MA, LPC-MHSP, NCC, ACS

2:45 PM

BREAK

3:00 PM - 4:30 PM
CONCURRENT
SESSIONS

B7 Building Sustainable Recovery Systems
George Massengill, LADAC

B8 Glorious Glutamate: The Spark Behind the Storm & the Stillness
Rakesh Jain, MD

B9 Interceptive Discrimination in Neurodivergence
Charles Galyon, PhD

***Note : 6 hours of CE every
day (1.5 hours per session)**

HOTEL INFORMATION



Scan the QR Code for guest room booking at the Symposium special rate - \$189 per night! Book for your **discounted** guest room rate with The Mental Health Association of East TN at the Marriott Knoxville!

SPONSORS



Johnson & Johnson



Opioid Abatement Council

This project is funded under a Grant Contract with the Tennessee Opioid Abatement Council.

NAME: _____

CREDENTIALS: _____

EMPLOYER: _____ NPI # _____

EMAIL: _____

***Note: Please use personal e-mail address to avoid event communications going to spam.**

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ T-SHIRT SIZE (XS-4XL) _____

ALL ATTENDEES MUST BE REGISTERED & PAID

Registration will close at midnight on November 15th.



**FOR ONLINE
REGISTRATION**

29th FALL PSYCHIATRIC SYMPOSIUM CEs / CMEs for:

- | | |
|---|---|
| ☐ Physician, NPs, PA'S (CME) | ☐ Social Work (CE) |
| ☐ Nursing (CE) | ☐ LMFT (CE) |
| ☐ Psychology (CE) | ☐ Other _____ |
| ☐ LADAC (CE) | ☐ Need Multiple CE - |
| ☐ LPC - MHSP (CE) | Specify _____ |

- ☐ Standard Meal ☐ Gluten Free Meal
- ☐ Vegetarian Meal ☐ Other _____
- ☐ Attend Free Thurs Lunch & Learn Meal (Limited Seating)
- ☐ Attend Free Fri Lunch & Learn Meal (Limited Seating)

ONLINE REGISTRATION ONLY PLEASE

OR - MAIL WITH CHECK - NO CREDIT CARD BY PHONE OR MAIL

Group discounts are available. Groups of 5-9 (5% discount); Groups of 10+ (10% discount). To qualify, individuals must be registered at the same time with corporate or clinic payment. Current students who can verify enrollment will receive a 35% discount at the time of registration. Former employees of MHAET are eligible for registration discounts. Please reach out to symposium@mhaet.com for information on receiving student discounts or for registration and/or payment arrangements.

By October 31, 2026

☐ Thursday Only \$220

☐ Friday Only \$220

☐ Thursday & Friday \$330

☐ \$10 Nurse CE Certificate Fee Required

November 1-10, 2026

☐ Thursday Only \$253

☐ Friday Only \$253

☐ Thursday & Friday \$380

☐ \$10 Nurse CE Certificate Fee Required

November 11-15, 2026

☐ Thursday Only \$291

☐ Friday Only \$291

☐ Thursday & Friday \$437

☐ \$10 Nurse CE Certificate Fee Required

On Site

☐ Thursday Only \$420

☐ Friday Only \$420

☐ Thursday & Friday \$630

☐ \$10 Nurse CE Certificate Fee Required

MHAET reserves the right to close registration at any time.

Choose one session for each break-out to ensure seating is available:

Thursday 10:30 AM to 12:00 PM

☐ A1 - Adolescent Cannabis Use & Behavioral Health

☐ A2 - Innovative Treatment Approaches for Bipolar Disorder

☐ A3 - Self Triangulation Theory

Thursday 1:15 PM to 2:45 PM

☐ A4 - Intentional Use of Micro Breaks

☐ A5 - A Clinician's Guide To Metabolic Psychiatry

☐ A6 - Practicing Ethically Across State Lines

Thursday 3:00 PM to 4:30 PM

☐ A7 - Using Respite In Treating OUD

☐ A8 - Building a Thriving Mental Health Practice

☐ A9 - Helping Clients Navigate Midlife Career Crisis & Transitions

Friday 10:30 AM to 12:00 PM

☐ B1 - Engagement in Continuum of Care & Recovery

☐ B2 - PTSD Mechanisms, What Works & What's Coming Next

☐ B3 - Somatically Centered EMDR

Friday 1:15 PM to 2:45 PM

☐ B4 - Trauma Informed Peer Support

☐ B5 - When Less is More: Evidence-Based De-Prescribing

☐ B6 - Proactive Ethics as a Clinician in Dual Roles

Friday 3:00 PM to 4:30 PM

☐ B7 - Building Sustainable Recovery Systems

☐ B8 - Glorious Glutamate

☐ B9 - Interoceptive Discrimination in Neurodivergence

**REFUNDS BEFORE NOVEMBER 1, 2026 WILL DEDUCT A \$50 FEE; ON/AFTER NOVEMBER 1, 2026 WILL DEDUCT A \$100 FEE.
NO REFUNDS AFTER NOVEMBER 12, 2026.**

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Knoxville, TN 37923

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Address Correction Requested



MENTAL HEALTH Association of east tennessee

FALL PSYCHIATRIC SYMPOSIUM 2026



Thursday Lunch & Learn Featuring Roger McIntyre, MD
Friday Lunch & Learn Featuring Rakesh Jain, MD

FALL PSYCHIATRIC SYMPOSIUM



Knoxville Convention Center
701 Henley St,
Knoxville, TN 37902

KNOW BEFORE YOU GO Parking

Please note that parking is **NOT INCLUDED** - please plan accordingly.

