

Behavioral Issues Special Interest Section

June 22, 2012

Minutes

Present: Todd Smitherman, PhD; Donald Penzien, PhD; Rachel Davis; Brooke Walters; Jeanetta Rains, PhD; Elizabeth Seng, MS; Lauren Baillie, PhD; Frank Andrasik, PhD; Michael Schonberger, DO; Frederick Taylor, MD; Al Lake, PhD; Steve Baskin, PhD; John Wendt, MD; Rob Nicholson, PhD; Robert Roeshman, DO; Sita Kedia, MD; Rebecca Wells, MD, MPH; Tim Houle, PhD; Dana Turner; Dawn Buse, PhD

Staff: Andrea Taylor

Paul Winner requested one person from the Section to act as the Section's liaison to ACHE. Dr. Wells will be the liaison.

Dr. Smitherman reminded everyone that the Section will be presenting a symposium on Sunday. He reviewed the topics and faculty members.

There is a lot going on within the Section right now. Sutapa Ford received a grant for military PTH.

Dr. Nicholson explained the behavioral survey that was sent to the membership last year for the Chronic Migraine Education Program. A poster was being presented at the meeting and will be turned into a manuscript for publication in Headache. He thanked everyone for their help with the project. At this year's Comprehensive Migraine Education Program (renamed from Chronic Migraine Education Program) there will be an afternoon behavioral workshop.

There was a consensus about the lack of information on biofeedback, CBT, and relaxation available for clinicians, as well as difficulty clinicians have in locating providers who can administer these treatments to patients.

Dr. Smitherman shared there are about 10-12 goals of the Section that fall under education, research, and patient care. He would like to condense them into a smaller list. He'll solicit feedback via email for discussion at the next meeting.

Dr. Smitherman requested 2 articles a year from the Section on behalf of ACHE. These articles are to be written on a 6th or 7th grade level and can be 200 – 500 words. Dr. Buse recommended writing these articles from the behavioral newsletter that was published in March 2011. Dr. Wendt agreed to write the first article, focused on mindfulness.

Dr. Taylor discussed having another behavioral themed ACHE newsletter in 2013.

The members discussed future symposium topics including mindfulness, motivating and adhering, neurocognitive function in migraine, cogniphobia, working behaviorally with

complex patients in inpatient settings, needed areas for research and clinical guidance on abuse, and how behavioral treatment get used in patients with abuse. Abuse is more prevalent than people know.

The role of mindfulness in the Behavioral SIS was discussed. Members were in agreement that mindfulness is within the purview of our SIS and should be a focus of research efforts. While interest was expressed in disseminating mindfulness for use among providers, it was also noted that further research on efficacy should inform suggested uses.

Dr. Smitherman would like to have a conference call in late summer, early fall.