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## Neuromodulation in Psychiatry: Beyond Treatment Resistant Depression

**May 17th, 2024**  
**12:00pm - 1:30pm**

Register: [https://weillcornell.zoom.us/webinar/register/WN\\_DiQZovleSD-iETwxge6iDA](https://weillcornell.zoom.us/webinar/register/WN_DiQZovleSD-iETwxge6iDA)

Registration and attendance to the live online conference is free.

1.5 CE credit hours are available free of charge to Weill Cornell Medicine Department of Psychiatry full time and voluntary psychology and social work faculty. For everyone else, 1.5 CE credit hours can be purchased for \$30 **here** on the event website. Please note that CE credits must be purchased ahead of the event by May 17 at 12pm.

Credits are available to those who sign in with their full name, attend the entire event live, and complete a survey which will be emailed following the completion of the event. Note that the survey must be completed within 30 days of the lecture. Live attendance is required for CE credit hours. No partial credit will be given and no refunds will be provided to those not meeting CE requirements. CME credits for physicians are not available for this event

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## Abstract

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Neuromodulation is the use of medications or technology to alter the activity of neurons to reduce symptoms, improve functioning, and improve quality of life. Over the past year, there have been some changes to the neuromodulation program here at NYP–Weill Cornell Medicine. Dr. Dennis Popeo will discuss uses for electroconvulsive therapy beyond mood disorders. Dr. Roy Smetana will discuss the current state of research on the use of ketamine to treat refractory depression and suicidal ideation. Dr. Benjamin Zebley will discuss TMS. After the presentations, the three presenters will field questions about access to these services and other topics of interest regarding neuromodulation.

## Learning Objectives

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1. Describe the uses of ketamine, ECT and TMS in patients with other disorders aside from treatment resistant depression.
2. Explain the risks and benefits of ketamine, ECT and TMS .
3. Discuss the profile of the patient who would best be treated with ketamine, ECT and TMS.
4. Describe general mechanism of transcranial magnetic stimulation (TMS) and its effect on the brain.
5. Describe recent advances in the field, including the use of MRI-guided neuronavigation to identify brain targets.



# Featured Speakers

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## Dennis Popeo, MD, MSc

Director of Neuromodulation, NewYork-Presbyterian/ Weill Cornell Medical Center

Dr. Dennis Popeo is a psychiatrist and medical educator with extensive experience in ECT. He graduated with honors from Union College, attended SUNY Stony Brook School of Medicine, and trained in psychiatry and geriatric psychiatry at Mount Sinai School of Medicine. Dr. Popeo worked at Mount Sinai as an attending psychiatrist and Unit Chief of the geriatric psychiatry inpatient unit before being recruited to NYU Grossman School of Medicine and Bellevue Hospital Center to revive their ECT program. He developed and expanded the ECT service at Bellevue Hospital, which grew to include six providers and increased the number of treatments given by over 500%. Dr. Popeo has a Master of Science in Health/Science Professions Education and has held various positions in medical education at Mount Sinai and NYU Grossman. He is a fellow of the American Psychiatric Association and the host of "The Healthy Aging Show" on SiriusXM's Doctor Radio. Dr. Popeo is currently serving as the Director of Neuromodulation at NewYork-Presbyterian -Weill Cornell Medicine.



## Roy Smetana, M.D., PhD

Director of Neuromodulation, NewYork-Presbyterian Westchester Behavioral Health

Dr. Roy Smetana earned a degree in Anthropology and Human Biology at Emory University. He then got his MD/PhD from The University of Illinois at Chicago, where he researched the neural circuitry behind locomotor behavior. After completing his Psychiatry Residency at Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, Dr. Smetana became the Medical Director of their Outpatient Clozapine Clinic. Later, he became Unit Chief for one of Zucker Hillside's General Adult Inpatient Units. Currently, Dr. Smetana is the Director of Neuromodulation at NYP Westchester Behavioral Health Center. He oversees the inpatient ECT Service, Ambulatory ECT, and ketamine infusion treatments for hospitalized patients. Dr. Smetana's contributions were recognized when he was named "Physician of the Year" by the WBHC Department of Nursing in 2021. He is working to expand neuromodulatory offerings throughout the NYP enterprise and to provide information about these treatments to patients, trainees, and providers in the region.



## Benjamin Zebley, MD

Director, Interventional Psychiatry Program, Weill Cornell Medicine

Benjamin Zebley, MD is Assistant Professor of Clinical Psychiatry at Weill Cornell Medicine and Director of the Weill Cornell Interventional Psychiatry Program. Dr. Zebley is a graduate of St. John's College (Annapolis, Md.) and the Georgetown University School of Medicine. He trained in general adult psychiatry at NewYork-Presbyterian Hospital/Weill Cornell Medical Center and completed a fellowship in emergency psychiatry at NewYork-Presbyterian/ Columbia University Medical Center. Prior to joining the Weill Cornell faculty, Dr. Zebley maintained a private practice and served in various clinical and clinical leadership roles at NYP/Columbia.

# References

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1. Brody, B. D., Park, N., Christian, A., Shaffer, C. W., Smetana, R., Kotbi, N., Russ, M. J., & Kanellopoulos, D. (2024). Ketamine for major depressive disorder in during an inpatient psychiatric admission: Effectiveness, adverse events, and lessons learned. *Journal of Affective Disorders*, 351, 293–298.  
<https://doi.org/10.1016/j.jad.2024.01.207>
2. Connell, J., Oldham, M., Pandharipande, P., Dittus, R. S., Wilson, A., Mart, M., Heckers, S., Ely, E. W., & Wilson, J. E. (2023). Malignant Catatonia: A Review for the Intensivist. *J Intensive Care Med*, 38(2), 137–150.  
<https://doi.org/10.1177/08850666221114303>
3. Lynch, C. J., Elbau, I. G., Ng, T. H., Wolk, D., Zhu, S., Ayaz, A., Power, J. D., Zebley, B., Gunning, F. M., & Liston, C. (2022). Automated optimization of TMS coil placement for personalized functional network engagement. *Neuron*, 110(20), 3263–3277.e4. <https://doi.org/10.1016/j.neuron.2022.08.012>

# Financial Disclosures

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Drs. Popeo and Smetana have no relevant financial relationships with ineligible companies to disclose but will be discussing off-label use of medication, technology and Ketamine infusions for depression and other mental illnesses. Ketamine infusions ( a generic medication made by several companies: Pfizer, J&J, Allergan, Janssen) are not FDA approved for use in mental illnesses and is used off-label. All views expressed are their own and do not necessarily reflect the opinions of any off-label medication/technology or of Pfizer, J&J, Allergan, or Janssen. Dr. Zebley has no relevant financial relationships with ineligible companies to disclose. Dr Zebley DOES NOT INTEND to discuss off-label and investigational use of products and services.