

# Categorized List of Psychiatry & Psychotherapy Podcast Episodes/CME Units\*

## Clinical Psychiatry

### Adult Psychiatry

- [Episode 001: The Basics of the Psychiatric Interview](#) (1 CME unit)
- [Episode 006: Sensorium Part 1: Total Brain Function Optimization](#) (0.75 CME units)
- [Episode 008: Schizophrenia with Dr. Cummings: Controversies, Brain Science, Crime, History ,Exercise, Successful Treatment](#) (1 CME unit)
- [Episode 011: Sensorium Part 4: Medications, Drugs \(THC, Alcohol\), Medical Issues, Sleep, and Free Will](#) (0.75 CME units)
- [Episode 013: Postpartum Depression with Dr. Perea](#) (0.75 CME units)
- [Episode 014: Hormonal Contraceptives and Mental Health](#) (0.5 CME units)
- [Episode 019: How Psychiatric Medications work with Dr. Cummings](#) (0.75 CME units)
- [Episode 020: The History and use of Antipsychotics](#) (0.75 CME units)
- [Episode 024: The History, Mechanism and Use of Antidepressants](#) (1 CME unit)
- [Episode 025: The History and Nuances of Bipolar Illness](#) (0.75 CME units)
- [Episode 031: Psychiatric Approach to Delirium with Dr. Timothy Lee](#) (0.75 CME units)
- [Episode 033: Perinatal Mood and Anxiety Disorders](#) (1 CME unit)
- [Episode 035: ADHD: Diagnosis, Symptoms & Treatment](#) (1 CME unit)
- [Episode 037: How to treat violent and aggressive patients](#) (1 CME unit)
- [Episode 039: Depression and Anxiety in Geriatric Patients](#) (1 CME unit)
- [Episode 040: Reducing Inpatient Violence in a Psychiatric Hospital](#) (0.5 CME units)
- [Episode 046: Do I have Schizophrenia?](#) (0.5 CME units)
- [Episode 047: Schizophrenia, Differential Diagnosis & DSM5](#) (0.5 CME units)
- [Episode 048: The Unspeakable Mind – Stories of Trauma and Healing from the Frontline of PTSD Science](#) (0.75 CME units)
- [Episode 049: Clozapine for Treatment Resistant Schizophrenia](#) (1 CME unit)

- [Episode 051: An Inside Look At Eating Disorders: Anorexia, Bulimia, & Orthorexia](#) (1 CME unit)
- [Episode 054: Suicide Epidemiology, Risk Factors, and Treatments](#) (1 CME unit)
- [Episode 057: Why Lithium is a Great Option for Treating Bipolar, with Dr. Walter A. Brown](#) (0.75 CME units)
- [Episode 058: Lithium Indications, Mechanism, Monitoring, & Side Effects](#) (1 CME unit)
- [Episode 060: Genetics and Environmental Factors in Suicide](#) (0.75 CME units)
- [Episode 061: Deciding for Others: Involuntary Holds and Decision Making Capacity](#) (1.25 CME units)
- [Episode 071: Valproic Acid: History, Mechanism, Treatment in Bipolar, Schizophrenia, Aggression and Side Effects with Dr. Cummings](#) (1 CME unit)
- [Episode 073: Catatonia: Diagnosis and Treatment](#) (1 CME unit)
- [Episode 075: Cancer: Depression, Anxiety, And Hypoactive Delirium – A Dive Into Psycho-Oncology](#) (1 CME unit)
- [Episode 091: Nortriptyline and the Tricyclic Antidepressants with Dr. Cummings](#) (0.75 CME units)
- [Episode 102: Anticholinergic Burden](#) (1 CME unit)
- [Episode 108: Munchausen Syndrome, Factitious Disorder, Malingering, and Munchausen Syndrome by Proxy](#) (1.75 CME units)
- [Episode 109: Duloxetine and the SNRIs Deep Dive Part 1 with Dr. Cummings](#) (1.25 CME units)
- [Episode 111: Akathisia](#) (1.25 CME units)
- [Episode 112: Duloxetine and the SNRIs Deep Dive Part 2](#) (0.75 CME units)
- [Episode 115: Borderline Personality Disorder: History, Symptoms, Environment, Genetics & Brain Science](#) (1.25 CME units)
- [Episode 117: Psychotic Disorders: Comorbidity Detection Improves Diagnosis, Treatment, and Outcome with Expert Jeffrey Paul Kahn, M.D.](#) (1.5 CME units)
- [Episode 119: Obsessive Compulsive Disorder \(OCD\)](#) (1.25 CME units)
- [Episode 122: Alzheimer's Dementia](#) (1 CME unit)
- [Episode 124: Commonly Prescribed Sleep Medications and Treatment for Insomnia](#) (1.5 CME units)
- [Episode 127: Using Antipsychotic Plasma Levels – Therapeutic Threshold](#) (1 CME unit)
- [Episode 129: Psychosis: Management of Complex Treatment-Resistant Psychotic Disorders](#) (1 CME unit)
- [Episode 132: Practical Psychopharmacology with Dr. Goldberg](#) (1.75 CME units)
- [Episode 141: Psychopharmacology Mediators](#) (1.5 CME units)

- [Episode 145: How to Manage Aggression with Psychopharmacology in an Inpatient Setting](#) (1 CME unit)
- [Episode 152: ECT Efficacy and Controversies with Dr. Cummings](#) (1 CME unit)
- [Episode 157: Polypharmacy in Psychiatry](#) (1.25 CME units)
- [Episode 158: Obesity and Weight Loss with Endocrinologist Rocio Salas-Whalen](#) (0.75 CME units)
- [Episode 166: Identifying Malingering with Dr. Phillip Resnick](#) (1 CME unit)
- [Episode 167: Long-Acting Injectables with Dr. Cummings](#) (1 CME unit)
- [Episode 169: Social Anxiety with Dr. Cummings](#) (1 CME unit)
- [Episode 174: "Serotonin Toxicity". Otherwise known as Serotonin Syndrome](#) (1.25 CME units)
- [Episode 180: Psychotherapy for Psychosis with Dr. Michael Garrett](#) (1.5 CME units)
- [Episode 181: Alcohol Use Disorder with Dr. Cummings](#) (1 CME unit)
- [Episode 182: Opioid Use Disorder with Dr. Cummings](#) (1 CME Unit)
- [Episode 183: Xylazine, Methamphetamines, Bath Salts, and Spice with Dr. Cummings](#) (1.5 CME Units)
- [Episode 184: Pregnancy Planning for Patients Taking Psychiatric Medications or with a Mental Health History](#) (1.25 CME Units)
- [Episode 190: Schizophrenia Treatment: Clozapine, LAIs, Technology and Equity with John Kane, MD and Lauren Hanna, MD](#) (1.75 CME Units)
- [Episode 193: Buprenorphine and Opioid Use Disorder Management with Dr. Neal Christopher](#) (1.5 CME Units)
- [Episode 197: Sick Enough: Dr. Jennifer Gaudiani On Eating Disorders](#) (1.5 CME Unites)
- [Episode 198: Connection and Supervision in Medical Education: Exploring the Utility of the Connection Index in Postgraduate Psychiatry Training](#) (1.0 CME Unit)
- [Episode 201: Psychotic Depression with Dr. Cummings](#) (1.25 CME Units)
- [Episode 207: 5 Factors and Domains of Psychiatric Care](#) (1.75 CME Units)
- [Episode 210: Q&A with Dr. Michael Cummings](#) (1.0 CME Units)
- [Episode 211: Early Psychosis: Detection and Treatment](#) (1.25 CME Units)

## Child Psychiatry

- [Episode 004: Inpatient Child and Adolescent Suicidality. "Culture of Death". "13 Reasons Why"](#) (0.75 CME units)
- [Episode 136: Turn Autism Around with Dr. Mary Lynch Barbera](#) (1 CME unit)
- [Episode 147: PANS & PANDAS](#) (1.5 CME units)

- [Episode 162: The Autism Wave with Dr. Cummings](#) (1 CME unit)
- [Episode 192: Inpatient Child & Adolescent Psychiatry: Dr. Bender's Journey Through Curiosity and Connection](#) (1.75 CME units)

## Psychotherapy

- [Episode 002: Cognitive Distortions and Practicing Truth](#) (0.5 CME units)
- [Episode 005: A Journey Learning Psychotherapy](#) (0.5 CME units)
- [Episode 021: How to Fix Emotional Detachment](#) (1 CME unit)
- [Episode 026: Setting Boundaries in Relationships](#) (0.75 CME units)
- [Episode 027: How to Treat Emotional Trauma](#) (1.25 CME units)
- [Episode 028: Therapeutic Alliance Part 1](#) (0.75 CME units)
- [Episode 029: What is psychodynamic theory?](#) (0.75 CME units)
- [Episode 032: Therapeutic Alliance Part 2: Meaning and Viktor Frankl's Logotherapy](#) (0.75 CME units)
- [Episode 036: Therapeutic Alliance Part 3: How Empathy Works and How to Improve It](#) (1 CME unit)
- [Episode 041: Therapeutic Alliance Part 4: What is Transference and Countertransference?](#) (1 CME unit)
- [Episode 043: How to Help Patients with Sexual Abuse](#) (1 CME unit)
- [Episode 050: The Process of Grief](#) (0.5 CME units)
- [Episode 053: Frontal Lobe Damage: Treating Patients through Grief, Acceptance, and Growth](#) (1.25 CME units)
- [Episode 055: How to Pick a Good Therapist](#) (0.75 CME units)
- [Episode 062: Therapeutic Alliance Part 5: Emotion](#) (1 CME unit)
- [Episode 069: Therapeutic Alliance Part 6: Attachment Types and Application](#) (1 CME unit)
- [Episode 070: Connecting with the Psychotic Patient, Therapeutic Alliance Part 7](#) (1 CME unit)
- [Episode 074: The Unconscious](#) (0.75 CME units)
- [Episode 077: Getting Better Results from your Patients as a Psychotherapist](#) (1 CME unit)
- [Episode 082: How Does Mental Pain, Meaning in Life & Locus of Control Influence Suicidality](#) (0.75 CME units)
- [Episode 087: Disorganized Attachment: Fear without Solution](#) (1 CME unit)
- [Episode 088: Disorganized Attachment: Fear Without Solution Part 2](#) (1 CME unit)
- [Episode 103: Acceptance and Commitment Therapy with Dr. Steven Hayes](#) (1.75 CME units)

- [Episode 126: Psychotherapy for Obsessive-Compulsive Disorder](#) (1 CME unit)
- [Episode 130: Borderline Personality Disorder: Psychotherapy Schema Therapy](#) (1 CME unit)
- [Episode 138: Working with Spiritual Struggles in Psychotherapy](#) (1.25 CME units)
- [Episode 140: Borderline Personality Disorder: Common Factors in Effective Therapies with Dr. Robert Feinstein](#) (1.25 CME units)
- [Episode 144: Psychodynamic Psychotherapy with Jonathan Shedler, Ph.D.](#) (1 CME unit)
- [Episode 146: Moral Injury](#) (1 CME unit)
- [Episode 148: Karen Horney: Neurosis and Human Growth](#) (1.25 CME units)
- [Episode 150: Wishes and Fears – in Couples Therapy: Dan Wile and Dorothy Kaufmann](#) (1 CME unit)
- [Episode 151: Dr. Robert Feinstein Learning Psychotherapy](#) (0.75 CME units)
- [Episode 154: The Integration of Psychotherapy as a Treatment Modality](#) (1.25 CME units)
- [Episode 159: What is Parental Alienation?](#) (1.25 CME units)
- [Episode 164: Listening Psychodynamically](#) (1 CME unit)
- [Episode 168: Obsessive-compulsive Personality and the Personality Continuum with Dr. Shedler](#) (1 CME unit)
- [Episode 170: Using Transference To Improve Connection](#) (1 CME unit)
- [Episode 171: Nancy McWilliams on Mental Health, Transference and Dissociation](#) (1.5 CME units)
- [Episode 175: Partial and Intensive Outpatient Program for Psychosomatic and Medical Illness](#) (1.25 CME Units)
- [Episode 177: How Anxiety Can Lead to Growth](#) (1.25 CME units)
- [Episode 178: Red Face: Social Anxiety with Russell Norris](#) (1.25 CME units)
- [Episode 185: Narcissism with Jonathan Shedler](#) (1.25 CME units)
- [Episode 186: Using Deliberate Practice to Improve Psychotherapy Results with Dr. Scott Miller](#) (1.5 CME units)
- [Episode 188: Depersonalization and Derealization](#) (1.5 CME units)
- [Episode 189: Non-Violent Communication with Matthew Lederman, MD](#) (1.5 CME units)
- [Episode 191: Body Dysmorphic Disorder: A Guide for Therapists and Mental Health Professionals with Dr. Katharine Phillips](#) (1.25 CME Units)
- [Episode 194: Dr. Sue Johnson: Attunement, Attachment and the Development of Emotionally Focused Therapy](#) (1.5 CME Units)
- [Episode 195: Dr. Robert Sapolsky: Baboons, Stress Research, Connection and Determinism](#) (1.25 CME Units)

- [Episode 196: The Ordinary Effect: Resisting Conformity to Authority and Groups Through Values and Attachment-Based Psychotherapy](#) (2.0 CME Units)
- [Episode 199: Motivational Interviewing with William Miller](#) (1.5 CME Units)
- [Episode 202: Cognitive Behavior Therapy \(CBT\) with Dr. Judith Beck](#) (1.25 CME Units)
- [Episode 203: Adverse Childhood Experiences and Their Lasting Impact on Health: A Comprehensive Guide](#) (1.0 CME Unit)
- [Episode 204: Adverse Childhood Experiences Part 2: Measurement, Impact on Future Mental Health, Dissociation, and Timing of Trauma](#) (1.0 CME Unit)
- [Episode 205: Beginning Treatment with Jonathan Shedler, PhD](#) (1.25 CME Units)
- [Episode 206: Mentalization Based Therapy \(MBT\), with Dr. Anthony W. Bateman, MA, FRCPSYCH and Dr. Peter Fonagy, Ph.D., FBA](#) (1.0 CME Unit)
- [Episode 208: What People Want From Therapy](#) (1.0 CME Unit)
- [Episode 209: PTSD and Cognitive Processing Therapy with Patricia Resick](#) (1.25 CME Units)
- [Episode 212: Bruce Perry on the Healing Power of Human Connection and Resilience in Trauma](#) (1.0 CME Unit)

## Other

### Forensic Psychiatry

- [Episode 003: Psychopathy with Michael A. Cummings M.D.](#) (1 CME unit)
- [Episode 038: The Dark Triad \(Psychopathy, Narcissism, Machiavellianism\), sexually violent predators, Ted Bundy, and porn](#) (1.75 CME units)
- [Episode 072: How Much Violence is Due to Mental Illness?](#) (0.5 CME units)
- [Episode 093: Forensic Pedophilia](#) (1 CME unit)
- [Episode 094: Cuties and the Oversexualization of Children in Our Culture](#) (1.25 CME units)
- [Episode 114: How To Identify A Female Psychopath](#) (1.5 CME units)
- [Episode 116: Interview on Psychopathy with Expert Carl Bruce Gacono, Ph.D., ABAP](#) (1.75 CME units)
- [Episode 123: Mass Shootings: An Interview with Criminologists Drs. Jillian Peterson and James](#) (1.5 CME units)

- [Densley, the Argument for Data-Driven Nuance, and Steps for Prevention](#)
- [Episode 156: What Causes Mass Shooting in America?](#) (1.25 CME units)

### Book Club

- [Episode 113: Book Club: Viktor Frankl's "Man's Search For Meaning"](#) (1.5 CME units)
- [Episode 120: Book Club: Marcus Aurelius' "Meditations"](#) (1 CME unit)
- [Episode 128: Dostoevsky – Crime and Punishment](#) (1.25 CME units)
- [Episode 133: Blitzed: Nazi Germany, Hitler, Pervitin \(Methamphetamine\)- How Drugs Influenced World War 2](#) (1.25 CME units)

### Big 5 Personality Traits

- [Episode 092: The Big Five: Neuroticism Part 1](#) (1.5 CME units)
- [Episode 095: The Big Five: Neuroticism Part 2](#) (0.5 CME units)
- [Episode 097: The Big Five Personality Traits: Conscientiousness Part 1](#) (1.25 CME units)
- [Episode 098: The Big Five: Openness](#) (1.5 CME units)
- [Episode 099: The Big Five: Conscientiousness Part 2](#) (1.5 CME units)
- [Episode 100: The Big Five: Agreeableness](#) (1.75 CME units)
- [Episode 101: The Big Five: Extraversion](#) (2 CME units)

### Microexpressions

- [Episode 015: Microexpressions to Make Microconnections Part 1](#) (1.25 CME units)
- [Episode 016: Microexpressions: Fear, Surprise, Disgust, Empathy, and Creating Connection](#) (0.75 CME units)
- [Part 2](#)
- [Episode 017: Microexpressions in Psychotherapy Part 3](#) (0.75 CME units)
- [Episode 118: Using Microexpressions To Improve Empathy, Therapeutic Alliance & Emotional](#) (0.75 CME units)
- [Intelligence \(Therapeutic Alliance Series Part 8\)](#)

### Popular Culture

- [Episode 045: Schizophrenia in Film and History](#) (0.75 CME units)
- [Episode 067: Joker: An In Depth Character Analysis](#) (1.75 CME units)



- [Episode 121: Britney Spears – Discussion with a Conservatorship Lawyer and Several](#) (1.25 CME units)
- [Psychiatrists](#)
- [Episode 161: The Encouraged Suicide of Conrad Roy by Michelle Carter](#) (1 CME unit)

## Diet and Exercise

- [Episode 009: Diet Optimization for Cognitive Function and Brain Optimization](#) (0.5 CME units)
- [Episode 010: Sensorium Part 3: Exercise as a Prescription for Depression, Anxiety, Chronic](#) (0.5 CME units)
- [Stress \(like Diabetes\) and Sensorium](#)
- [Episode 012: Performance Enhancement with Dr. MaryEllen Eller](#) (0.75 CME units)
- [Episode 018: Prescribing Strength Training for Depression](#) (0.75 CME units)
- [Episode 059: Which Foods are Good for Mental Health?](#) (0.75 CME units)
- [Episode 096: The Best Exercise Program for Depression](#) (1.5 CME units)
- [Episode 131: Diet to Treat Depression and Anxiety](#) (1.25 CME units)
- [Episode 142: Exercise as a Drug for Mental Health and Longevity](#) (1 CME unit)
- [Episode 163: Dr. Chris Palmer: Ketogenic Diet for Mental Health](#) (1.5 CME units)
- [Episode 165: Exercise for the Brain](#) (0.75 CME units)
- [Episode 179: Exercise & Mental Health 2023 Update](#) (2 CME units)
- [Episode 187: Best Diet For Mood Update 2023](#) (1.75 CME units)

## Neuroscience

- [Episode 023: Emotional Shutdown – Understanding Polyvagal Theory](#) (1.75 CME units)
- [Episode 056: Is Elon Musk’s Neuralink a Science Fiction Horror Show or the Salvation of Humanity?](#) (1 CME unit)
- [Episode 139: Affective Neuroscience in Psychotherapy with Francis Stevens, Ph.D.](#) (1 CME unit)
- [Episode 153: Consciousness & Emotion with Mark Solms](#) (1.5 CME units)

## Ketamine and Psychedelics

- [Episode 030: Ketamine and Psychedelics with Dr. Michael Cummings](#) (0.75 CME units)



- [Episode 104: Psilocybin Therapy Part 1: History, Pop Culture, Safety and Side Effects, MDMA](#) (1.75 CME units)
- [Studies, and Early Research](#)
- [Episode 106: Psilocybin Therapy – Part 2: Clinical Trials, Secondary Effects, Brain Imaging, and the Future of Psilocybin Therapy](#) (2.5 CME units)
- [Episode 137: Ketamine Update with Brandon Kitay, M.D.](#) (1.25 CME units)
- [Episode 176: Microdosing LSD & Psilocybin: The Future of Psychiatry or Placebo?](#) (1.25 CME units)

## COVID-19

- [Episode 076: COVID-19: Dealing with Panic, Anxiety, Delirium, and Mental Health](#) (0.5 CME units)
- [Episode 078: COVID-19 and the Brain: Delirium & Viral Encephalitis](#) (0.75 CME units)
- [Episode 079: Courage to have the Tough Conversations in the COVID-19 Pandemic](#) (1 CME unit)
- [Episode 080: Meaning and Decision Making in times of Crisis](#) (1 CME unit)
- [Episode 081: The Link Between Unemployment, Depression and Suicide in the COVID-19](#) (0.75 CME units)
- [Pandemic](#)
- [COVID Increasing Suicidality](#)

## Race

- [Episode 083: Racism & Trauma: Discussion with Danielle Hairston M.D.](#) (0.5 CME units)
- [Episode 143: Overdiagnosis of Schizophrenia in Black Patients](#) (1 CME unit)

## Helping the Mental Health Professional

- [Episode 007: Physicians Receiving Treatment, with Dr. Trenkle](#) (0.75)
- [Episode 028.5: Advice for Medical Students applying to Psychiatric Residency with Dr. Timothy Lee](#)
- [Episode 063: Interviewing Well For Psychiatry Residency & Beyond](#)
- [Episode 090: How to Rock the USMLE Step 1 \(or Any Big Test\)](#) (1.75 CME units)
- [Episode 105: Vulnerability and Imposter Syndrome with David Burns](#) (1.5 CME units)
- [Episode 107: Hero's Journey: Getting Rid of the Faulty Narratives](#) (1 CME unit)

- [Episode 110: The Hero's Journey for the Mental Health Professional](#) (1.25 CME units)
- [Episode 173: Real Self-Care with Pooja Lakshmin, M.D.](#) (1 CME unit)

### Social Media and Mental Health

- [Episode 065: Is Social Media Good for Mental Health](#) (0.75 CME units)
- [Episode 160: The Psychology Behind Catfishing](#) (0.75 CME units)

### Substance Use

- [Episode 044: Marijuana and Mental Health](#) (0.5 CME units)
- [Episode 064: Does Cannabis Use Increase Schizophrenia and Psychosis?](#) (0.75 CME units)
- [Episode 066: Fentanyl: The Next Phase in the Opiate Epidemic](#) (0.75 CME units)

### Other

- [Episode 022: The Psychology of Procrastination](#) (0.75 CME units)
- [Episode 034: Understanding Placebo](#) (1 CME unit)
- [Episode 042: The Science Behind Forgiveness and How it Affects Our Mental Health](#) (0.75 CME units)
- [Episode 052: An Introduction to Psychodermatology: "The Mind-Skin Connection"](#) (1 CME unit)
- [Episode 068: IQ: Predictability, Influences, Genes, Environment, & Trauma](#) (2 CME units)
- [Episode 084: Free Will in Psychiatry & Psychotherapy Part 1](#) (1.5 CME units)
- [Episode 085: Free Will in Psychiatry & Psychotherapy Part 2](#) (1.75 CME units)
- [Episode 086: Free Will in Psychiatry & Psychotherapy Part 3](#) (1.5 CME units)
- [Episode 089: How to Retire Happy with Dr. Osorio](#) (1 CME unit)
- [Episode 125: Treating the VIP: Physicians and the Famous or Wealthy](#) (1 CME unit)
- [Episode 134: The Strengths of Dyslexia](#) (1 CME unit)
- [Episode 135: From Survive to Thrive with Margaret Chisolm, M.D.](#) (1 CME unit)
- [Episode 149: Connection Index](#) (0.5 CME units)
- [Episode 155: Is Depression a Chemical Imbalance?](#) (1 CME unit)
- [Episode 172: Prisons in Ancient Mesopotamia with Nicholas Reid](#) (1 CME unit)
- [Episode 200: 200 Episodes Later: A Journey Through Psychiatry Podcasting with Dr. Puder](#) (No CME)

\*CME units are credited after quizzes are passed through the [CME program](#).