



# INTEGRATIVE MEDICINE GRAND ROUNDS

TUESDAY, NOVEMBER 6, 2018 AT 8:00AM

## Understanding the Role of Non-Pharmacologic Treatments in Insomnia

**\*FOLLOWED BY COFFEE HOUR FROM 9-10AM\***

**Description:** Dr. Bertisch will discuss the evaluation of sleep disturbance, and discuss the evidence for integrative and behavioral therapies for treatment of sleep disturbance, with specific focus on chronic insomnia. The presentation will include a patient narrative describing the experience of insomnia, including treatment with pharmacologic and behavioral therapies. The patient's primary care provider, Dr. Amy Ship, will also be present to share her perspective.

**Presenting Institution:** Brigham and Women's Hospital

**Location:** Bornstein Family Amphitheater, BWH  
45 Francis St., Boston, MA, 02115



**Presenter:**  
Suzie Bertisch,  
MD, MPH



**Discussant:**  
Amy Ship, MA,  
MD, FACP

### MONTHLY | FIRST TUESDAY'S 8:00–9:00AM

**December 4:** "Making Placebos Honest" - Ted Kaptchuk, Beth Israel Deaconess Medical Center

**January 1:** Cancelled in observance of New Years Day

**February 5:** "Respiratory-Gated Vagus Nerve Stimulation for Enhancing Autonomic Regulation" - Vitaly Napadow, PhD, LicAc, Massachusetts General Hospital

**HMS CME CREDITS AVAILABLE**

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HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL



## Biographies



**Suzie Bertisch, MD, MPH** is an Associate Physician and Clinical Director of Behavioral Sleep Medicine at Brigham and Women's Hospital, and an Assistant Professor of Medicine at Harvard Medical School. Her research focuses: 1) adapting sleep health interventions to a variety of community and clinical populations and 2) impact of sleep disorders consequent influence on pain and cardiometabolic health, for which she has won several awards. Dr. Bertisch has also published on national patterns of use of pharmacologic and behavioral treatments of insomnia. Dr. Bertisch completed her residency in Internal Medicine at Beth Israel Deaconess Medical Center, followed by a the Osher T32 research fellowship in Complementary and Integrative Therapies at Harvard Medical School, and completed her sleep medicine training at Brigham and Women's Hospital and Beth Israel Deaconess Medical Center, Boston, MA.



**Amy N. Ship, MA, MD, FACP** is an internist and educator at Atrius Health and Brigham and Women's Hospital, and an Assistant Professor of Medicine at Harvard Medical School. Dr. Ship has advanced training in medical education and is Faculty at the Academy on Communication in Healthcare. She is the Associate Director of Medical Education at Atrius Health, and Director of the Primary Care Residency Program at Brigham and Women's Hospital / Atrius Health / Harvard Medical School's Department of Population Medicine. She serves as a Deputy Editor of the Healing Arts: Materia Medica column at the Journal of General Internal Medicine. Dr. Ship's teaching and writing focuses on humanism, communication skills, and physician well-being. Dr. Ship has received numerous awards for teaching, mentoring, and humanism. She was the recipient of the Schwartz Center's Compassionate Caregiver of the Year Award in 2009 and the S. Robert Stone Award for Excellence in Teaching from Harvard Medical School and Beth Israel Deaconess Medical Center in 2010.