

MASTERPSYCH



Greetings from
MASTER¹⁹
PSYCH CONFERENCE

MASTERPSYCH CONFERENCE 2019

Dear Colleague,

When you come to the 2019 MasterPsych Conference, you're not only attending the world's most powerfully practical psychiatric conference, but you're also coming to one of the most beautiful places in the US – the Hilton at La Jolla Torrey Pines.

The life of a physician is too busy. So it's good to take advantage of an opportunity to learn and to relax and explore.

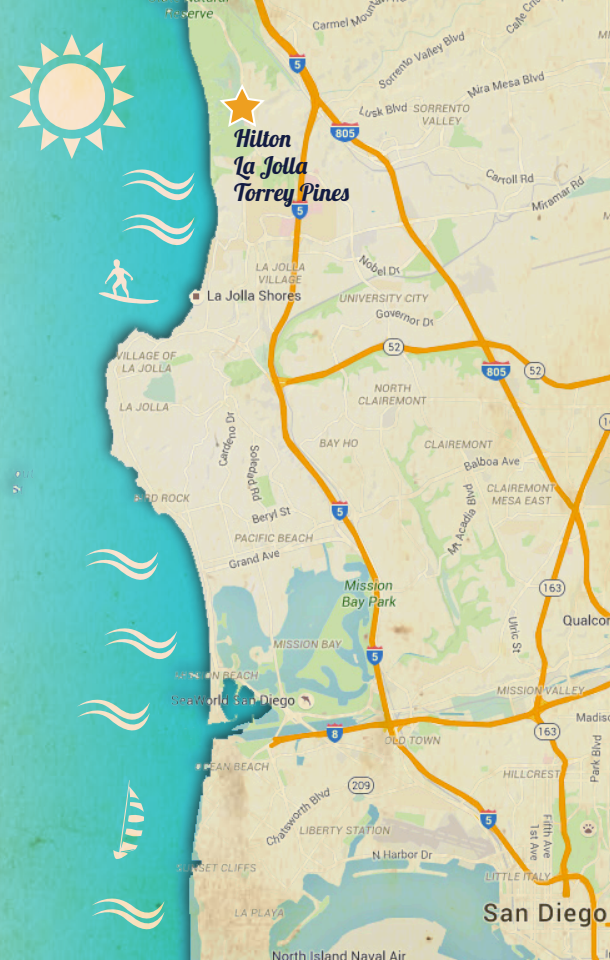
So, whether you come by yourself— we have plenty of fun communal activities planned—with your significant other, or with the whole family, you'll have a great time.

To help you get the most of your conference, we've put together this travel guide. If your schedule is tight, there's plenty to do during the afternoons and evenings of the conference. If you have the opportunity to stay longer, there are plenty of one, two, and three day itineraries to take advantage of.

Yours in living the good life,

Jack Krasuski

Jack Krasuski, MD
drjack@americanphysician.com
877-225-8384



AFTERNOON AND EVENING *Activities*

You'll have a swimmingly good time hanging out with everyone at the hotel. Michael Cho, our talented Course Manager, has several fun activities planned for the off hours for MPC attendees.

If, however, you're itching to explore there are several good ways to spend an afternoon or evening at local attractions. Here are a few to consider, as well as plenty of listing for food and drinks in the village.

1 GOLF AT TORREY PINES

When people talk about golfing in La Jolla, it's likely they are referring to Torrey Pines. Perched high on a coastal bluff overlooking the Pacific, the two courses that comprise Torrey Pines are almost distractingly beautiful. The two courses at Torrey Pines are open to the public and include an award-winning golf shop, the beautiful Lodge at Torrey Pines, and multiple player development programs.

11480 N Torrey Pines Road, La Jolla, CA 92037
858.581.7171 / www.torreypinesgolfcourse.com

2 BLACK'S BEACH

Black's Beach is a secluded section of beach beneath the bluffs of Torrey Pines on the Pacific Ocean in La Jolla, San Diego. Black's Beach is about three miles north of the popular La Jolla Shores beach in La Jolla, San Diego, California, below the bluffs of Torrey Pines, which extend up to 300 feet (91 m) above the sandy beach.

2800 Torrey Pines Scenic Dr, La Jolla, CA 92037 / 858.452.9858

3 LAJOLLA VILLAGE

La Jolla is a sunny beachside village just a few minutes north of downtown San Diego. Home to well-known venues like the Birch Aquarium, Torrey Pines State Reserve and Torrey Pine Golf Course, it's the perfect location for this year's MasterPsych conference — with plenty of world-class shopping, bars and restaurants, thrilling ocean views and Pacific sunsets just steps away from the hotel.





FOOD & DRINKS

TRATTORIA PONTE VECCHIO

Featuring a robust selection of dishes from Owner Daniel Nobili's homeland of Milano, Italy, plus excellent daily specials like risotto, ossobuco, rabbit, veal chop, pork chop and fresh fish of the day.

2334 Carmel Valley Road, #A, Del Mar, CA 92014 / 858.259.9063

www.pontevecchiodelmar.com

AR VALENTIEN

Selected as one of the Top Ten Farm to Table Restaurants by Epicurious.com, AR Valentien serves locally-sourced cuisine in a beautiful Craftsman-style setting adorned with works of California Impressionism.

11480 North Torrey Pines Road, La Jolla, CA 92037 / 858.453.4420

<http://www.arvalentien.com>

TRULUCK'S

Enjoy juicy steaks prepared to perfection, a fresh-catch seafood menu which includes Crab direct from Truluck's own fisheries, and delicious wines by the glass or bottle.

8990 University Center Ln, San Diego, CA 92122 / 858.453.2583

<https://trulucks.com/locations/la-jolla-california>

GEORGE'S CALIFORNIA MODERN | GEORGE'S AT THE COVE

Featuring an ever-changing menu from Trey Foshee, one of San Diego's most admired and innovative chefs. For a casual bistro menu and rooftop dining, try the Ocean Terrace upstairs.

1250 Prospect St. La Jolla, CA 92037 / 858.454.4244

<http://www.georgesatthecove.com/california-modern>

NINE-TEN

This intimate restaurant of Evolving California Cuisine is led by award-winning chef Jason Knibb, an Iron Chef America challenger and San Diego's 2014 "Chef of the Year".

910 Prospect Street, La Jolla, CA 92037 / 858.964.5400

<http://www.nine-ten.com>

PUESTO (MEXICAN STREET FOOD)

Upscale Fast Casual Mexican Eatery. Fresh Tortillas, Salsas, Meats, Veggies all prepared in house. Serving Tacos, Salads and Bowls. Craft and Mexican Beer on Tap as well as Seasonal Margaritas.

1026 Wall Street, La Jolla, CA 92037 / 858.454.1260

<http://eatpuesto.com>

BARBARELLA

Situated on Avenida De La Playa in La Jolla Shores, Barbarella is a local favorite, featuring an organic menu and an eclectic mix of local art.

2171 Avenida De La Playa, La Jolla, CA 92037 / 858.454.7373

www.barbarellarestaurant.com

CHEDI THAI BISTRO

Chedi Thai Bistro features a sleek, modern ambiance and great Thai dishes.

737 Pearl Street, 110 La Jolla, CA 92037 / 858.551.8424

<http://www.chedithaibistro.com>

SHIMBASHI IZAKAYA | SEASONAL JAPANESE TAPAS & SAKE BAR

Based on the Izakaya, or Japanese "pub" – a unique and vital cornerstone of Japanese food culture. They offer a multi-faceted menu to be paired with sake for the light eater or sophisticated dinner entrées served in the Japanese tradition.

1555 Camino Del Mar, #201, Del Mar, CA 9201 / 858.523.0479

www.shimbashiizakaya.com

THE SPOT

The SPOT Restaurant relocated from Evanston, Illinois to southern California in the late 70's, bringing along its signature Chicago style pizza. Since then it's become a favorite for fresh fish, steaks, ribs, burgers, salads and child- friendly choices.

1005 Prospect Street, La Jolla, CA 92037 / 858.459.0800

www.thespotonline.com

DONOVAN'S STEAKHOUSE

Tucked alongside the most exclusive shops, boutiques, and galleries with ocean views, Donovan's features 100% Prime Steaks, Premier Seafood, and a World Class Dining Experience. Private dining available in our elegant Wine Room.

1250 Prospect Street, La Jolla, CA 92037 / 858.450.6666

www.donovanssteakhouse.com

HERRINGBONE

Come by for a custom cocktail or stop in for dinner to enjoy one of Chef Brian Malarkey's signature dishes, like Alaskan Halibut.

7837 Herschel Avenue, La Jolla, CA, 92037 / 858.459.0221

www.herringboneeats.com

WHISKNLADLE

Through a collaboration with local farms, Whisknladle dishes up elevated comfort food like squid ink linguine, rotating flatbreads and locally-sourced seafood dishes like Spanish Octopus.

1044 Wall St, La Jolla, CA 92037 / 858.551.7575

<http://www.whisknladle.com>



OCEAN & BEACHES

WINDANSEA BEACH

You're more likely to find experienced surfers than families with small children at Windansea — the underwater reefs and jutting rocks create fierce waves.

The historic surf shack on the beach makes a popular backdrop for wedding photos and richly colored sunset shots.

<http://www.lajollabythesea.com/windansea-beach>

LA JOLLA SHORE

La Jolla Shores is an ideal spot for families, sunbathers and beginner surfers. The long, wide beach is cozy and comfortable, with soft sand, clean water and gentle waves. There's also a nice picnic area at the adjacent Kellogg Park.

www.lajollabythesea.com/la-jolla-shores-beach

LA JOLLA CHILDREN'S POOL

Originally conceived as a protected swimming area for children, the sea-walled cove now also attracts harbor seals — making it a great place to take a photo.

www.lajollabythesea.com/la-jolla-childrens-pool

SCUBA & SNORKEL

The cove's waters are part of the La Jolla Ecological Reserve, a 6,000-acre area of protected tidelands and marine life. So the cove is teeming with undisturbed sea life — fish of every color of the rainbow, lobster, seals and sharks. The cove is a safe depth of approximately 15-30 feet, and enjoyed by divers of all skill levels, day and night.

<https://www.sandiego.gov/lifeguards/beaches/cove>

LA JOLLA COVE

San Diego's most desirable spot for swimming, snorkeling and diving. The water is calm and ecologically protected, providing a safe home for colorful garibaldi, yellowtail, rays and even leopard sharks. Note: surfboards, boogie boards and other floatation devices are not permitted.

www.lajollabythesea.com/la-jolla-cove

LEOPARD SHARKS EXPERIENCE

Take this opportunity during your vacation and go snorkeling with the famous leopard sharks. These incredible creatures are very docile and are usually found very close to the ocean shore. Great for the whole family!

1133-1188 Coast Boulevard, La Jolla, CA 92037 / 858.539.0054

www.snorkelsandiegoscuba.com



GOLF AT TORREY PINES

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11480 N Torrey Pines Road, La Jolla, CA 92037 / 858.581.7171

www.torreypinesgolfcourse.com



HIKING TRAILS

TORREY PINES STATE NATURAL RESERVE

Unwind from your day of learning by winding through some of the best hiking trails in San Diego. Many easy hikes under 2 miles (Razor Point, Yucca Point, Guy Fleming Trail, Parry Grove) will take about an hour to explore and offer breathtaking views of the Pacific Ocean all year long. Beach Trail and Broken Trail are hikes with beach access and will deposit you down to the sands of cliff-lined Black's Beach. The hiking trails are lined with gorgeous sandstone, succulents and springtime wildflowers. Keep a close watch on the horizon where you may be lucky enough to spot gray whales or bottle-nosed dolphins splashing in the water.

12600 N Torrey Pines Road, La Jolla, CA 92037 / 888.755.2063

www.torreypine.org

LA JOLLA WALKING TRAIL

Need a quick recharge? Hit the La Jolla Coast Walk Trail. It's an easy and scenic trail that runs from La Jolla Shores beach to La Jolla Cove. The trailhead for this hike is just north to the left of the Cave Store. If you prefer to head south, follow the sidewalk that wraps around Kellogg Park and head towards the Children's Pool. Keep an eye in the ocean for harbor seals!

www.lajollabythesea.com/activities/hiking

SHOPPING

LAJOLLA BY THE SEA

Wouldn't you rather browse a beautiful seaside village than a crowded, noisy mall? The choice of celebrities and bargain-hunters alike, La Jolla offers both everyday values as well as the world's most luxurious items.

www.lajollabythesea.com/shopping

MUSEUMS

STEPHEN BIRCH AQUARIUM-MUSEUM

The Stephen Birch Aquarium is the largest oceanographic museum in the country, featuring more than 3,000 fish, a tide pool, a giant octopus and a 13,000-gallon shark tank.

2300 Expedition Way La Jolla, CA / 858-534-3474

<http://aquarium.ucsd.edu>



WINERIES & BREWERIES

LA JOLLA BREWING COMPANY

Located in Sunny Jim's Cave, a hidden treasure from the Prohibition Era and only accessible by kayak or through a hidden underground staircase beneath The Cave Store.

7536 Fay Ave, La Jolla, CA 92037 / 858.246.6759
www.lajollabeer.com

KARL STRAUSS BREWING COMPANY

For 25 years, Karl Strauss has exposed fans to beers they have never tried before by brewing a wide range of craft beers and experimenting with different ingredients.

1044 Wall Street, La Jolla, CA 92037 / 858.273.2739
www.karlstrauss.com

FAMILY FUN



BELMONT PARK

San Diego's Belmont Park is a beachfront amusement park and entertainment center in one. From rollercoasters and thrill rides to a wave house and rock-climbing course, it's full steam ahead for all ages. Free admission and parking!

3190 Mission Blvd. San Diego, CA 92109 / 858-488-1549
belmontpark.com

WAVE HOUSE

Catch a wave in the comfort of a contained wave pool. Perfect for first-timers looking to get their feet wet or more experienced surfers up to the challenge of taking on 10 foot waves and endless barrels. Located on the boardwalk at Belmont Park.

3125 Ocean Front Walk San Diego, CA 92109 / 858-228-9304
wavehousesandiego.com

DOWNTOWN *San Diego*

If you can block out a some time before, during, or after the conference to explore San Diego, do it. Be sure to check out the historic Gaslamp District, visit the San Diego Zoo, climb aboard the ships at the USS Midway Museum, and take a stroll along the gorgeous Embarcadero boardwalk. There are plenty of choices for casual eats, fine dining, shops and night clubs — this travel guide should get you started!

1 SAN DIEGO AIR & SPACE MUSEUM

Journey through the history of aviation. Exhibits include a larger-than-life model of the Montgolfier brothers' hot air balloon of 1783—the first-ever, manned vehicle in recorded history to lift humans into the sky — as well as stylistic planes and aircrafts from the 1920s.

2001 Pan American Plz, San Diego, CA 92101 / 619-234-8291
sandiegoairandspace.org

2 PETCO PARK

Petco Park is spectacular in every way, combining the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, the sky, the natural beauty, cultural diversity and unique spirit of our region. 100 Park Blvd, San Diego, CA 92101

sandiego.padres.mlb.com

3 THE NEW CHILDREN'S MUSEUM

This interactive Children's Museum will entertain your little ones for hours with everything from experimental papermaking techniques to a pen, ink, and watercolor creation station. Rotating exhibits are creative and educational touching on cultural traditions throughout the world, artistic expression and dance workshops, storybook creation, and garden art.

200 West Island Avenue San Diego, California 92101 / 619-233-8792
thinkplaycreate.org

4 Prepare yourself for a lifetime memory aboard San Diego's top attraction. You'll explore a floating city at sea and relive nearly 50 years of world history aboard the longest-serving Navy aircraft carrier of the 20th century.

www.midway.org



MUSEUMS

CONGRESS HALL

Originally built in 1867 by George Dewitt Clinton Washington Robinson, one of the last known survivors of the Pony Express rode north from here.
2734 Calhoun Street, Old Town San Diego State Historic Park

MARITIME MUSEUM

Explore exhibits of historical sea voyages of the Americas. The Maritime Museum houses paintings, sculptures, artifacts, maps, and features San Diego's iconic Star of India—the world's oldest sea-going ship.

1492 North Harbor Drive San Diego, CA 92101 / 619-234-9153

sdmaritime.org

OLD TOWN SAN DIEGO STATE HISTORIC PARK

Replicating the rich cultural period between 1821 and 1872, the park includes a historical plaza, exhibits and museums.

San Diego Avenue and Twiggs Street in San Diego / 619.220.5422

parks.ca.gov

SAN DIEGO ART INSTITUTE (SDAI)

SDAI is highly-acclaimed as the “museum of the living artist.” Contemporary works are seen in poetry and art, as well as a unique visual art venue which combines artistic talent with community outreach—including breast cancer, aids, and environmental awareness issues.

1439 El Prado, San Diego, CA 92101 / 619-236-0011

sandiego-art.org

SAN DIEGO MUSEUM OF MAN

The museum's anthropology exhibits include Ancient Egypt; Maya: Heart of Sky; Heart of Earth; Kumeyaay: Native Californians; Footsteps Through Time; as well as a Children's Discovery Center.

1350 El Prado, Balboa Park San Diego, CA 92101 / 619-239-2001

museumofman.org

THE SAN DIEGO NATURAL HISTORY MUSEUM

Current exhibits include Sharks in 3D, Ocean Oasis, Titanic: The Artifact Exhibition, Skulls, and All That Glitters; The Splendor & Science of Gems and Minerals.

1788 El Prado, Balboa Park San Diego, CA 92101 / 619-232-3821

sdnhm.org

SAN DIEGO AIR & SPACE MUSEUM

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2001 Pan American Plz, San Diego, CA 92101 / 619-234-8291

sandiegoairandspace.org

WELLS FARGO HISTORY MUSEUM

Once a flourishing hotel and saloon for early American travelers and frontiersmen heading west, the museum features authentic stagecoaches, bank notes, mining tools, and other “wild west” memorabilia.

2733 San Diego Ave, San Diego, CA 92110 / 619-238-3929

wellsfargohistory.com

KID MUSEUMS

CALIFORNIA SURF MUSEUM

Covering everything from big wave surfing, local competitions, and a plethora of surf trivia, this museum is jam-packed with classic surfboards, vintage surf movie posters, old photos and artifacts, and so much more. Admission is free.

312 Pier Way Oceanside, CA / 760-721-6876

surfmuseum.org

THE NEW CHILDREN'S MUSEUM

This interactive Children's Museum will entertain your little ones for hours with everything from experimental papermaking techniques to a pen, ink, and watercolor creation station. Rotating exhibits are creative and educational touching on cultural traditions throughout the world, artistic expression and dance workshops, storybook creation, and garden art.

200 West Island Avenue San Diego, California 92101 / 619-233-8792

thinkplaycreate.org



TOURS

SAIL SAN DIEGO

Sail the harbor or head out to the deep sea to get up-close and personal with some of the oceans' most captivating sea creatures. Shelter Island Marina. 2051 Shelter Island Drive, San Diego, CA 92106 / 619-297-7426

Sailsandiego.com



FAMILY FUN

SAN DIEGO ZOO

Home to more than 4,000 rare and endangered animals. Visit the Polar Rim, Panda Canyon, Urban Jungle and the new Elephant Odyssey exhibits. Located in Balboa, the San Diego Zoo is conveniently located just north of downtown San Diego.

2920 Zoo Drive San Diego, CA 92101 / 619-231-1515

<http://www.sandiegozoo.org>

SAN DIEGO ZOO SAFARI PARK

Located 30 miles north of downtown San Diego in the San Pasqual Valley, this 1800+ acre wildlife preserve is home to more than 3,500 animals representing more than 400 species. Get up close and personal with the animals and handfeed giraffes with the caravan safari tour, go zip-lining above the exhibits, or experience the roar and snore safari and sleep amongst the sounds of wildlife.

15500 San Pasqual Valley Road Escondido, CA 92027 / 619-231-1515

<http://www.sandiegozoo.org>

BELMONT PARK

San Diego's Belmont Park is a beachfront amusement park and entertainment center in one. From rollercoasters and thrill rides to a wave house and rock-climbing course, it's full steam ahead for all ages. Free admission and parking!

3190 Mission Blvd. San Diego, CA 92109 / 858-488-1549

belmontpark.com

WAVE HOUSE

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3125 Ocean Front Walk San Diego, CA 92109 / 858-228-9304

wavehousesandiego.com

ONE- TO THREE-*Day Trips* NEXT:

ONE- TO THREE Day Trips

If you can swing coming one to three days earlier or staying later, then this section is for you. Most people think of beaches when in Southern California. But there is so much more (truly!) to see and do. When you're in the very epicenter of Southern California, it's easy to explore some unexpected and breath-taking locations.

1 LEGOLAND CALIFORNIA

With more than 50 rides, shows and attractions to choose from, parents and kids alike will enjoy exploring this larger-than-life fantasy world. Everything your child has only dreamt of building is a reality at Legoland — from Pirate Shores and Dino Island to Fun Town and Miniland USA.

One LEGOLAND Drive, Carlsbad, CA 92008 / 760-918-5346

legolanddiscoverycenter.com

2 TEMECULA VALLEY WINEGROWERS

Known for its diversity, wineries in the Temecula Valley grow and produce over 50 different varieties of wine; from Cabernet Sauvignon to Sauvignon Blanc, Merlot to Mourvedre, Viognier to Chardonnay. Along with fabulous wines, you'll find incredible winery restaurants, intimate bed and breakfast inns, lush resorts, splendid gift shops and beautiful picnic grounds.

29377 Rancho California Road, Suite 203, Temecula, CA 92591 / 800.801.9463

www.temeculawines.org

3 DISNEYLAND PARK

Disneyland Park has attracted millions of visitors since it first opened its doors more than 50 years ago. When you enter Disneyland, the cares and worries of the day are left behind. Once you enter Disneyland Park, you're transported to a fantasy world where elephants can fly and pirates serenade.

disneyland.disney.go.com



LEGOLAND CALIFORNIA

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15500 San Pasqual Valley Road Escondido, CA 92027 / 619-231-1515

<http://www.sandiegozoo.org>

SEA WORLD

Featuring more than 10 aquatic life exhibits, including Dolphin Cove, Sting Ray Lagoon, Pacific Point Preserve and the world famous Shamu Harbor! Looking for an adrenaline rush? Get up close and personal with some of our prehistoric predators in the Shark Encounter Exhibit. Daring visitors can explore the deep sea from the safety of our 60 foot glass tunnel.

500 Seaworld Drive San Diego, CA 92109 / 714-939-6212

<http://seaworldparks.com>

HORNBLOWER CRUISES & EVENTS

Renowned for their signature dinner cruises, brunch cruises, harbor cruises, and sunset happy hour cruises in the midst of the San Diego Bay.

1066 North Harbor Drive Downtown/Gaslamp, CA 92101 / 888-467-6256

FLAGSHIP CRUISES & EVENTS

Offering a wide variety of cruises, including brunch, lunch, & dinner cruises on their luxury yachts. 1050 N Harbor Dr Downtown/Gaslamp, CA 92101 / 877-828-1272

SAIL SAN DIEGO

Sail the harbor or head out to the deep sea to get up-close and personal with some of the oceans' most captivating sea creatures. Shelter Island Marina. 2051 Shelter Island Drive, San Diego, CA 92106 / 619-297-7426

Sailsandiego.com

CATALINA ISLAND

Known for its wildlife, dive sites and Mt. Orizaba, its highest peak. The resort town of Two Harbors lies to the north. To the south, in the city of Avalon, palm trees and cabanas line Descanso Beach. Avalon's circular, art deco Catalina Casino is a cultural center with a movie theater, ballroom and museum.

<http://www.catalinachamber.com>

TEMECULA VALLEY WINEGROWERS

Known for its diversity, wineries in the Temecula Valley grow and produce over 50 different varieties of wine; from Cabernet Sauvignon to Sauvignon Blanc, Merlot to Mourvedre, Viognier to Chardonnay. Along with fabulous wines, you'll find incredible winery restaurants, intimate bed and breakfast inns, lush resorts, splendid gift shops and beautiful picnic grounds.

29377 Rancho California Road, Suite 203, Temecula, CA 92591 / 800.801.9463

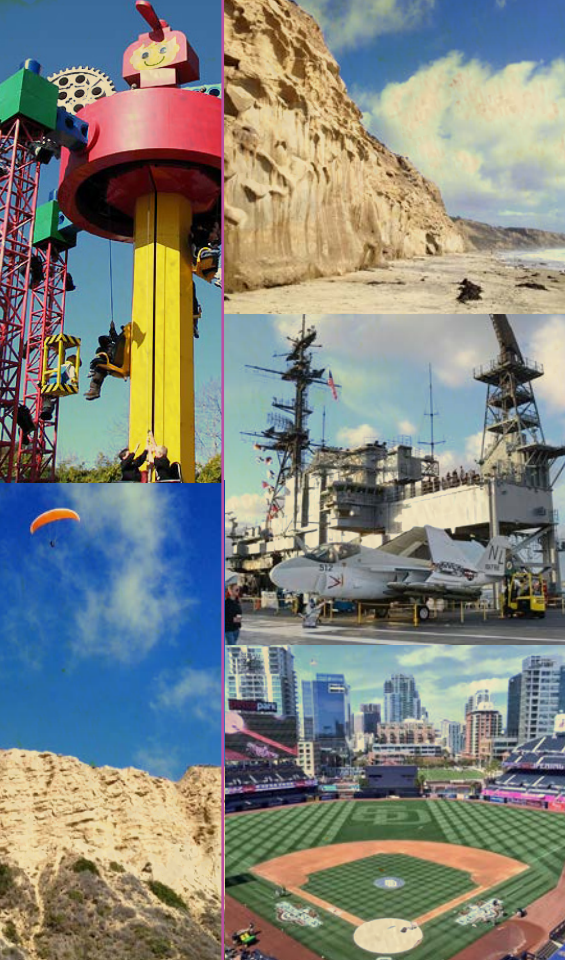
www.temeculawines.org

JULIAN IN SAN DIEGO EAST

This historic gold mining town in the Cuyamaca Mountains offers a multitude of options from taking a day trip to sample its famous warm apple pie to escaping for a romantic weekend in the tranquility of the great outdoors.

<http://www.sandiego.org/articles/east-county/julian.aspx>

THE *End*



Now It's Your Turn

I hope we've inspired you to come join us for the MasterPsych Conference. Here are my suggestions on what to do next.

1. Share this travel guide with your significant other. Ask if he or she would want to join you in La Jolla. If so, discuss if you can add a day or two or three before or after the conference and, if you have kids, if you can bring the whole family.
2. Once you've decided who's going, register for the conference here. It's important you do it as soon as you can, for two reasons: 1) you don't want to miss the early bird tuition, and 2) since the MPC has two tracks, one fills before the other. You want to make sure you have a seat for your preferred track or for both tracks if you choose the Platinum option.
3. Block off your clinic schedule now and schedule your vacation from work.
4. Book your hotel room here and make flight arrangements.

TAKE CARE AND I'LL SEE YOU THERE!

Jack Krasuski

Jack Krasuski, MD
877-225-8384

**MASTER
PSYCH**

PSYCHIATRIC CONFERENCE 2019

