

2-Day 2019 Psychopharmacology Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From her unique perspective as a psychiatric nurse practitioner, Connie Yip, teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Connie's extensive experience in mental health and passion for clients, shines through in the detail and thoroughness of her presentation.

Clients often only have a few minutes with their prescriber and require additional support. It's vital that you are able to answer their questions, help manage side effects and understand reactions. Designed for counselors, nurses, psychotherapists, psychologists, and other mental health professionals, Connie provides the information you need in order to best help your clients.

This conference allows time for exploration of underrepresented areas, including attention deficit hyperactivity, eating, and substance use disorders. Take home specialized guidelines for geriatrics, pediatrics, and pregnant or nursing women. In addition to a general 'nuts and bolts' review of medications, you will examine case examples, discuss medication controversies, and how to effectively collaborate with prescribing practitioners.

Connie's engaging presentation includes many take home "pearls" you can use to teach your clients about their medications and how to protect them from concerning, dangerous or adverse effects. You will find this conference to have the most up to date medication information and how to use it most effectively with your client.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

★ **Satisfaction 100% Guaranteed** ★

Speaker

Connie Yip, M.S., PMHNP, is a nationally board-certified Family Psychiatric and Mental Health Nurse Practitioner (NP) who received her training from Columbia University. She maintains a private practice in Manhattan and leads workshops on psychopharmacology for therapists, nurses, and graduate students.

Drawing from years of experience working with adolescents, adults, and families in hospitals, schools, and residential treatment centers, Connie is a psychiatric provider committed to a collaborative approach to providing comprehensive, clinically effective psychiatric care. Within a multidisciplinary team, she has worked with patients with acute, severe, and chronic forms of psychiatric disorders at leading academic institutions such as New York-Presbyterian University Hospital of Columbia and Mount Sinai Hospital. As a former special education teacher for adolescents with emotional, behavioral, and academic challenges, she uses her passion for teaching to integrate psycho-education in her clinical practice and empower others to do the same with psychopharmacology seminars.

Speaker Disclosures:

Financial: Connie Yip maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Connie Yip has no relevant non-financial relationships to disclose.

Live Seminar Schedule (Both Days)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

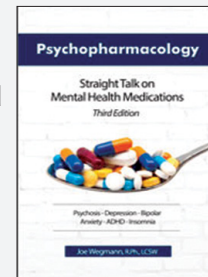
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

SAVE by including these Products with Conference Registration!

Psychopharmacology Straight Talk on Mental Health Medications - Third Edition

By Joseph F. Wegmann, Pharm.D., LCSW

This is the definitive guide and desk reference for healthcare professionals and patients to expand their knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD.



Private Practice Essentials: Business Tools for Mental Health Professionals

By Howard Baumgarten, MA, LPC

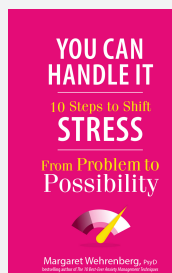
Private Practice Essentials is an innovative, practical guide and workbook for creating business and clinical success in your counseling and therapy practice. You'll be guided through numerous exercises that provide a solid and personalized plan with realistic and attainable goals. It's like having a professional business consultant right at your fingertips, including 75+ reproducible worksheets, forms and exercises.

You Can Handle It 10 Steps to Shift Stress from Problem to Possibility

By Margaret Wehrenberg, PsyD

Other books may give you quick tips and promise success, but *You Can Handle It* tells you why these techniques work on the brain, and gives you step-by-step directions, worksheets, and scripts that will make implementing these methods feel effortless.

In *You Can Handle It*, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to's to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.



More info and resources at www.pesi.com

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2-Day 2019 Psychopharmacology Conference

Learn current understanding of how & why mental health medications work

Increase your effectiveness communicating and collaborating with prescribing practitioners

Understand which medications are evidenced-based to best treat which disorders

Improve your clients' responses and clinical outcomes to medications

Help your clients recognize side effects and what their options are with these problems

Learn about new trends in prescribing and newer psychotropic medications

Understand current controversies in the field

Register Early & Save

\$40

On Conference Tuition

DAY ONE

PSYCHOPHARMACOLOGY

- Drug metabolism concepts
- Drug mechanisms of action- what we know, what we don't know
- Placebo effects- power & how to get it to work for your client
- When to refer for medication- pearls for increasing client interest and participation
- Developing highly effective collaborations with prescribers

DEPRESSIVE DISORDERS

- Neurochemistry of depression
- Controversy regarding antidepressants and placebo- Who to treat when?
- Types of antidepressants- pearls and pitfalls of different agents
- Managing side effects
- Treatment Resistant depression and drug combinations

ANXIETY DISORDERS & OBSESSIVE COMPULSIVE DISORDERS & TRAUMA RELATED DISORDERS

- Neurochemistry of anxiety
- SGAD, panic disorder, phobias
- OCD
- PTSD
- Physiological interventions
- Anti-anxiety medications
 - Antidepressants
 - The many other options often ignored
- Benzodiazepines: risks and benefits
 - How to recognize problematic prescribing patterns
 - Getting off benzos: key pearls for success
- Managing side effects

OBJECTIVES

1. Specify how psychotropic medications are chosen for mood disorders and specific patient characteristics.
2. Analyze the actions, therapeutic uses, and side effects of antidepressants.
3. Assist clients in overcoming barriers that impede the efficacy of their medication regime.
4. Determine options for clients with treatment resistant mood disorders.
5. Communicate the actions, side effects, and therapeutic uses of antipsychotic medications.
6. Evaluate three critical strategies for improving collaboration with prescribing practitioners.

BIPOLAR DISORDERS

- Neurochemistry and symptoms
- Types of mood stabilizers, when to use which and potential adverse effects
 - Lithium
 - Anticonvulsants
 - Atypical antipsychotics
 - Augmenting agents
- Long Term Management
- Effective strategies for improving outcomes for clients
 - Using blood levels effectively- what the prescriber may not be watching

PSYCHOTIC DISORDERS/ SCHIZOPHRENIA

- Neurochemistry of psychosis and schizophrenia
- Antipsychotic Medications:
 - First generation (typical)
 - Second generation (atypical)
- Managing side effects
 - Extrapyramidal symptoms and TD
 - Metabolic problems- what blood tests are needed and when
 - Preventing Diabetes Mellitus
- Recognizing hyperprolactinemia- and why you need to know
- Use of atypical antipsychotics for multiple disorders

LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

DAY TWO

ATTENTIONAL DISORDERS

- Differential diagnosis
- Neurochemistry of ADHD
- Controversy about treatment of ADHD with stimulants
- Substance abuse and ADHD
- Stimulant medications
- Non-stimulant options
- Managing side effects

SLEEP DISORDERS

- Sleep disorders
- Differential diagnosis
- Controversy about treating sleep problems with hypnotics
- Sleep interventions that really work
- Hypnotic medications: risks and benefits
- Alternatives to hypnotics
- Recognizing adverse Effects

SUBSTANCE USE DISORDERS

- Neurochemistry of addiction & habit development
- Drugs of abuse and interaction with psychiatric medications
 - Caffeine
 - Nicotine
- Marijuana (discussion of medical marijuana, cost vs. benefit)
- Others
- Challenging the old thinking about when to prescribe for clients with dual diagnosis-what we now know
- Medication assisted treatments for addictions
 - Alcohol
 - Nicotine
 - Cannabis
 - Opiates
- Behavioral addictions- what we know works

EATING DISORDERS

- Anorexia, bulimia, binge eating disorder
- Weight gain from psychotropic medications
- Recognizing medical emergencies
 - Standard of care for lab work
- Integrating psychotherapy with psychopharmacology

SPECIAL POPULATIONS: GERIATRIC

- Specialized guidelines for geriatric clients
- Discussion of dementia treatment
- Antipsychotic controversy

SPECIAL POPULATIONS: WOMEN

- Hormonal issues in mood disorders & anxiety
- Pregnancy and breastfeeding-
 - Presenting the choices
 - Resources for you and your clients
- The dangerous, the concerning, and the possibly good options for psychopharmacology
- Menopause- current knowledge and agents

NEW THERAPIES IN PSYCHIATRY

- Newest treatments for depression
- Newest treatments for bipolar disorder
- Newest Antipsychotic medications

LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

OBJECTIVES

1. Explore psychotropic medication treatment options for clients with Attention Deficit/ Hyperactivity Disorder.
2. Articulate the efficacy of psychotropic medications in treating eating disorders and discuss how to integrate psychotherapy with psychopharmacology for successful treatment outcomes.
3. Formulate medication treatment options for substance use disorders and discuss how to effectively incorporate medication assisted treatments into an overall plan for care.
4. Analyze the interaction between women's and men's hormone levels and their mental health symptoms.
5. Explore the use of complementary and alternative agents for treatment of mental illnesses.
6. Determine the unique medication treatment considerations for geriatric clients.

Live Conference Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact ce@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: OS-03-036-1017. This activity meets the qualifications for 12.5 CEH's (continuing education hours).

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 12.5 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

NURSE PRACTITIONERS: This program offers 760 instructional minutes of pharmacology content which is designed to qualify for 12.6 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #:

3322. Full attendance at this course qualifies for 12.5 contact hours or 12.5 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHARMACISTS: PESI, Inc. is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Successful completion of this Knowledge-based activity qualifies for 12.6 contact hours. ACPE Universal Program Number: 0289-000-18-007-L01-P. Full attendance is required. No partial contact hours will be awarded for partial attendance. You are required to complete a program evaluation/post-test and bring your e-Profile ID to the seminar to receive CPE credit. Don't have your e-Profile ID yet? Visit the National Association of Boards of Pharmacy (NABP) website and complete your e-profile at www.nabp.net in order to obtain your NABP e-Profile ID.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 12.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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TUITION OPTIONS

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 - **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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