Outline

PSYCHOPHARMACOLOGICAL FOUNDATIONS

- *Core Pharmacological Principles*
  - Brain structures & circuits involved in:
    - Emotional regulation
    - Executive function & inhibitory control
    - Reward & pleasure
    - Learning & memory
  - Receptors and neurotransmitters important in the actions of psychopharmacological agents
    - Biogenic amines
    - Excitatory & inhibitory neurotransmitters
    - Endorphins & endocannabinoids
- *Your Role in Combined Psychological & Pharmacological Treatments*
  - Collaboration & communication with prescribing professionals
  - Manage the combined treatments
    - Referrals for medication
    - Client psycho-education
    - Monitor drug effects & side effects
    - Promote adherence to combined treatments

DRUGS USED IN THE TREATMENT OF DSM-5® MENTAL DISORDERS

- *Depressive Disorders*
  - Neurobiology of depression
  - Drugs used to treat depressive disorders
    - Selective Serotonin Reuptake Inhibitors (SSRIs)
      - Effects, side effects, and cautions
      - Suicide risk & discontinuation syndrome
      - Serotonin syndrome
    - Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)
      - Effects, side effects, and cautions
    - Atypical antidepressant agents
      - Effects, side effects, and cautions
    - Tricyclic antidepressants (TCAs)
      - Effects, side effects, and cautions
      - Why were newer drugs needed?
    - MAO inhibitors
      - Effects, side effects, and cautions
  - Choosing an antidepressant
  - What if first-line antidepressants do not work?
  - Augmentation with antipsychotics
  - What about herbs like St. John's Wort?
- *Schizophrenia Spectrum Disorders*
  - Biological theories of schizophrenia
  - "Typical" & "atypical" antipsychotic drugs
    - Effects, side effects & cautions –similarities & differences
  - Latest evidence-based comparisons
  - Drugs for treatment-resistant schizophrenia
  - Other uses of antipsychotic drugs
- *Bipolar Disorders*
  - Biological theories for bipolar disorders
  - Drugs used to treat bipolar disorders
    - A prototype agent-lithium
      - Effects, side effects & cautions
    - Anticonvulsants
      - Effects, side effects & cautions
    - Antipsychotics – approved agents
    - Combination drug therapy
- *Anxiety, Obsessive-Compulsive & Sleep-Wake Disorders*
  - The neurobiology of anxiety-related disorders
  - The structure of sleep
  - Drugs used in the treatment of anxiety & insomnia
    - Benzodiazepines & Benzodiazepine-like drugs
    - Misuse of these drugs in treatment
    - SSRI's & other drugs used to treat anxiety
- *Attention-Deficit/Hyperactivity Disorder & Neurocognitive Disorders (Dementia)*
  - ADHD
    - Psycho-stimulants
      - Effects, side effects & cautions
    - Alpha-Adrenergic Agonists
  - Major neurocognitive disorders
    - Drugs used in the treatment of cognitive impairment
    - Future treatments
- *Prescription Drug Abuse*
  - Mental disorders & risk of comorbid prescription drug abuse
  - Classes of drugs that are frequently abused
    - Stimulants
    - Sedative-hypnotics
    - Opiates
  - Strategies for the prevention & early identification of prescription drug abuse

LIMITATIONS OF THE RESEARCH AND POTENTIAL RISK

Objectives

1. Communicate the neurotransmitter systems and neuroanatomy underlying the biological basis for mental disorders and pharmacotherapy.
2. Evaluate the role of mental health professionals who treat clients receiving both psychotherapeutic medications and psychotherapy.
3. Analyze the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
4. Compare the effects and side effects of various psychotropic medications, including antipsychotics, antidepressants, benzodiazepines and anticonvulsants.
5. Determine the abuse liability of drugs used in the treatment of anxiety, insomnia, pain and ADHD.
6. Implement methods for prevention and early identification of prescription drug abuse among clients.

Target Audience: Counselors • Psychotherapists • Psychologists • Social Workers • Nurse Practitioners • Case Managers Marriage & Family Therapists • Addiction Counselors • Nurses • Clinical Nurse Specialists • Pharmacists • School Psychologists Occupational Therapists & Occupational Therapy Assistants • Other Mental Health Professionals

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Psychopharmacology

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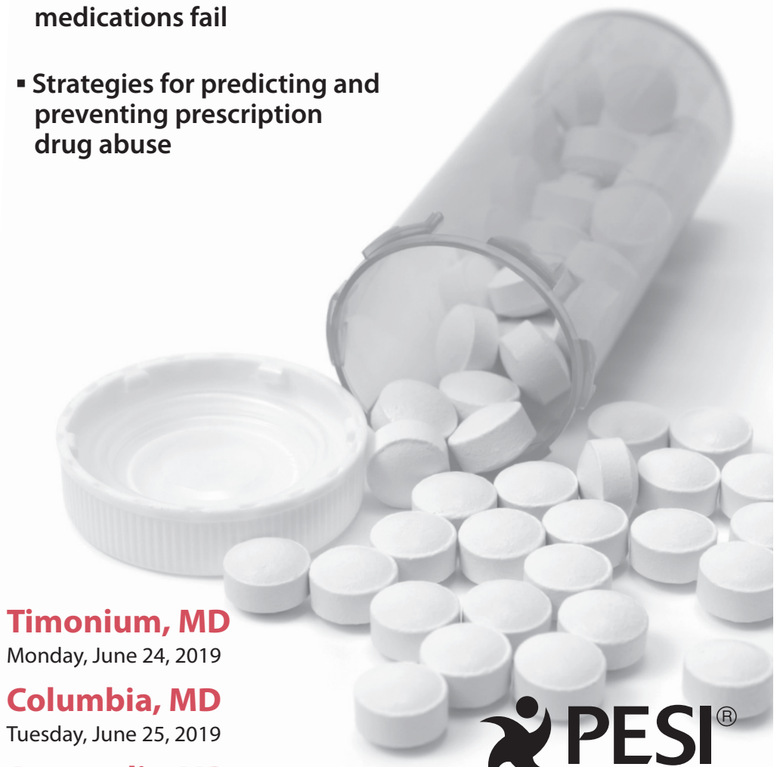
- Current neuroscience underlying DSM-5® disorders and the use of psychotropics
- Effective medications for DSM-5® disorders
- Alternative treatments when standard medications fail
- Strategies for predicting and preventing prescription drug abuse



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for Mental Health Professionals

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Psychopharmacology

for Mental Health Professionals

Most clients with DSM-5® diagnoses are being treated with a combination of psychological and pharmacological treatments. Newer drugs are being developed to treat mental disorders based on a better understanding of neurobiological contributions to mental disorders and the latest pharmacological research. To provide appropriate services, you are expected to have a thorough understanding of these common and complex issues. As a mental health professional, keeping up-to-date is essential.

This seminar will update and increase your knowledge of:

- **Neurobiological underpinnings of major DSM-5® diagnoses**
- **Effects and side effects of drugs used to treat these diagnoses**
- **Responsibilities of the non-prescribing therapist to clients taking psychiatric medication**

Specifics of the pharmacological treatment and drugs of choice for **Depressive, Bipolar, Schizophrenia Spectrum, Anxiety, OCD, Sleep-Wake, ADHD and Neurocognitive disorders** will be presented. Unique to this seminar is information on the common types of psychotherapeutic drugs and other drugs that are abused, and methods for prevention and early detection. Throughout the day, representative case studies will generate discussion and examination of the latest drug treatment for DSM-5® disorders. You will leave this seminar with knowledge and confidence regarding effective and safe application of pharmacological drugs.

Speaker

Alan S. Bloom, Ph.D., is professor of pharmacology and toxicology at the Medical College of Wisconsin where he teaches psychopharmacology to medical students and neuroscience graduate students. He earned a joint Ph.D. in psychology and pharmacology and consults regularly with psychiatrists and attorneys in drug abuse and other pharmacology related cases.

Dr. Bloom has conducted extensive research on the impact of drugs of abuse (marijuana, cocaine, etc.) on the brain through use of functional magnetic resonance imaging (fMRI). He also directed research on the cognitive effects of chemotherapy drugs administered to women with breast cancer, commonly known as "chemo-brain". His studies have been funded by the NIH and other national organizations and reported in an extensive number of publications and presentations. Dr. Bloom has served on the NIDA Center grant review panel and is an appointed member of the Controlled Substance Board of the State of Wisconsin.

Dr. Bloom is a strong and experienced presenter providing lively, information-packed seminars. He encourages the active learning of participants through application of the material in case studies and problem-based learning. In 1997 he was elected to membership in the Medical College of Wisconsin Society of Teaching Scholars.

Speaker Disclosure:
Financial: Alan Bloom is a Professor of Pharmacology and Toxicology at the Medical College of Wisconsin. He receives a speaking honorarium from PESI, Inc.
Non-financial: Alan Bloom is the vice-chair for the State of Wisconsin Controlled Substances Board.

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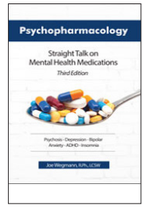

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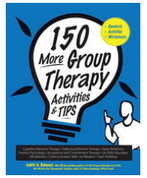

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4:00 Program ends

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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.

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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 6.3 contact hours. ACPE Universal Program Number: 0289-0000-17-012-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.

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OTHER PROFESSIONS: This activity qualifies for 380 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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