

# 2019 Psychopharmacology 2-Day Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From his unique perspective, Dr. Perry Buffington teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Dr. Buffington's years of experience in mental health and passion for clients, shines through in the detail and thoroughness of his presentation.

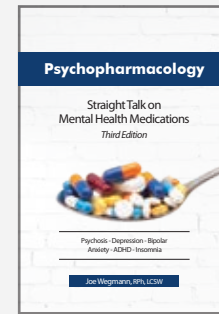
Clients often only have a few minutes with their prescriber and require additional support. It's vital that you are able to answer their questions, help manage side effects and understand reactions. Designed for counselors, nurses, psychotherapists, psychologists, and other mental health professionals,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

This conference allows time for exploration of underrepresented areas, including ADHD, substance use disorders and psychopharmacological ethics. Take home specialized guidelines for geriatrics and clients with chronic pain. Discuss how the DSM-5® and the Affordable Healthcare Law have impacted prescribing patterns and the use of psychotropics in newly defined diagnoses. 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. You will find this conference to have the most up- to-date medication information and how to use it most effectively with your client.

## CONFERENCE DESIGNED ESPECIALLY FOR

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

## SAVE by Including These Products With Conference Registration!



### **Psychopharmacology:** *Straight Talk on Mental Health Medications, 3rd Edition*

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

A definitive guide to expand your knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD. Updates for the third edition include DSM-5 applications, newly released psychiatric meds, new risk factors with antidepressants, and the latest in geriatric psychopharmacology.



### **Mindful Chair Yoga:** *50+ Practices for All Ages*

By Mayuri Gonzalez and  
Jennifer Cohen Harper, MA, E-RCYT

*Mindful Chair Yoga* is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

More info and resources at [www.pesi.com](http://www.pesi.com)



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. *Limited seats available; advance online registration required.*

### **Seminar on DVD or CD Package:**

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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](http://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.

### **The nation's top speakers and authors contact PESI first.**

If you are interested in becoming a speaker or have a new topic idea, please contact Scott Simpson at [ssimpson@pesi.com](mailto:ssimpson@pesi.com) or call 715-855-5263.

### **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.



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# 2019 Psychopharmacology 2-Day Conference

**SAN ANTONIO, TX**

Thursday & Friday  
September 12-13, 2019



A NON-PROFIT ORGANIZATION  
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# 2019 Psychopharmacology 2-Day Conference

How & why mental health medications work  
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 learn how to manage them

Learn about new trends in prescribing

Current controversies in the field

New and emerging ethical dilemmas both  
prescribing and non-prescribing clinicians  
face daily

Earn up to  
**3 CE hours of Ethics!**

Register Early!  
**SAVE \$40**  
on Conference  
Tuition

**SAN ANTONIO, TX**

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# DAY ONE

## PSYCHOPHARMACOLOGY

Historical antecedents of modern psychopharmacology  
Diagnostic issues  
Clarification of terms  
Drug metabolism concepts: pharmacokinetics & pharmacodynamics  
Drug mechanism of action  
Placebo & Nocebo  
Pharmacotherapy vs. Psychotherapy

## DEPRESSIVE DISORDERS

Biogenic Amine, Cortisol, Down-Regulation, & Neurotropic Hypotheses  
Neurochemistry of depression  
Types of anti-depressants  
Preventing side effects  
Tardive Dysphoria: real or imagined?

## ANXIETY DISORDERS & OBSESSIVE COMPULSIVE DISORDERS & TRAUMA RELATED DISORDERS

Neurochemistry of anxiety  
GAD, panic disorders, phobias  
OCD  
PTSD  
Physiological interventions  
Anti-anxiety medications

Anti-depressants  
Non-pharmacologic options

Benzodiazepines: risks and benefits  
Preventing side effects

# OBJECTIVES

1. Analyze the historical antecedents of psychopharmacological products and their relation to today's psychotropic medications.
2. Designate the mechanism of action of today's psychotropic medications and how it relates to your clients.
3. Breakdown the process of medication selection and receptor activation/blocking for specific disorders.
4. Communicate the side effects including nutritional, cognitive, sexual, and behavioral associated with psychotropic medications.
5. Specify how medications are chosen for mood disorders and specific patient characteristics.
6. Compile medication treatment options for your clients with ADHD.

## BIPOLAR DISORDERS

Neurochemistry  
The Bipolar Spectrum & DSM-5® Changes  
Mood stabilizers  
Lithium  
Anti-convulsants & neuromodulators  
Typical, atypical, & third-generation antipsychotics  
Effective strategies for improving outcomes for clients

## 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

Recognizing hyperprolactinemia- and why you need to know  
Use of atypical antipsychotics for multiple disorders

## LIMITATIONS OF THE RESEARCH AND POTENTIAL RISKS

# DAY TWO

## ATTENTIONAL DISORDERS

Differential diagnosis  
Neurochemistry of ADHD  
Treatment controversies  
Substance abuse and ADHD  
Stimulant medications  
Non-stimulant options  
Preventing side effects

## SUBSTANCE ABUSE DISORDERS

Neurochemistry of addiction  
Negative reinforcement & creation of habits  
Alcohol  
Caffeine  
Nicotine  
Cannabis  
Opiates  
PCP & Ketamine  
MDMA (Ecstasy)

Energy vs. Chill Drinks  
Over-the-counter & herbal psychopharmacology  
Addiction treatments  
Behavioral addictions

## SPECIAL POPULATIONS

Specialized guidelines for geriatric patients  
Dementia treatment  
Slow vs. rapid metabolizers (genetic polymorphisms)

## TREATING CLIENTS PAIN

Acute vs. chronic pain  
Alternatives to pharmacology  
Pain vs. depression: which comes first?

## ETHICS & PSYCHOPHARMACOLOGY

High-risk pharmacology & psychopharmacology  
Off-label use of medications  
Prescribing for children  
Elective psychopharmacology  
Marketing of mental illness  
Polypharmacy  
Informed vs. uninformed consent  
Patient & third party pressures  
Professional boundaries  
Ethics associated with medical errors  
Role of placebo

## FUTURE TRENDS

Change of mind: preventing vs. managing side effects  
Medicalization of normal  
Computer assisted devices  
New meds, new diagnoses, new theories, new normal  
Top 10 Medical Emergencies  
Integrating psychotherapy with psychopharmacology

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# SPEAKER

**Perry Buffington, Ph.D., M.S.,** has over 20 years of experience in the medical consulting field and is currently a full-time senior lecturer at the University of Georgia, teaching psychopharmacology at the undergraduate and graduate levels. He is former chairman of the prestigious Florida Psychological Association's Prescriptive Authority Committee and teaches seminars nationwide on minimizing psychopharmacological errors.

As the author of eight books (currently working on his first psychopharmacology text), his by-line has appeared in hundreds of periodicals including the *Saturday Evening Post*, *USA Today*, and *Success*. He is the former contributing editor for Delta Air Lines' in-flight magazine, Sky, and served as a syndicated newspaper/web columnist for Universal Press. Additionally, he hosted his own radio show, syndicated nationally, by Envision Radio Networks.

Perry's presentation style is engaging, a blend of education and entertainment; as a result, critics (and especially his students) applaud his ability to make complicated topics understandable and applicable – even useful!

### Speaker Disclosures:

Financial: Perry Buffington is the President of Go-Buff Enterprises, Inc. He is a member of the psychology faculty, Franklin College of Arts & Sciences, The University of Georgia. Dr. Buffington receives a speaking honorarium from PESI, Inc. Non-financial: Perry Buffington has no relevant non-financial relationship to disclose.

## 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" on this brochure 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 [cepsi@pesi.com](mailto:cepsi@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 profession's standards.*

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

**ETHICS:** This seminar qualifies for 3.0 hours of general ethics instruction. If ethics is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

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**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.

**TEXAS MARRIAGE & FAMILY THERAPISTS:** This activity consists of 12.5 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

**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.

**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 1.25 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. ACEP Universal Program Number: 0289-0000-17-005-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](http://www.nabp.net) in order to obtain your NABP e-Profile ID.

**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers 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.

## How to Register

### 2019 Psychopharmacology 2-Day Conference

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- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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— **\$269.99\*** *Psychopharmacology 2-Day Conference on CD* (audio) (RNA048500)

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— **\$19.99\*** *Mindful Chair Yoga* card deck (PUB085920)

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