

# Outline

## Biological Psychiatry

Neurotransmitters: The theoretical emotional signaling chemicals of the brain  
 Limitations of the research and potential risks

## DSM-5® and Psychotropic Med Use Depression

Antidepressants: How they are thought to work  
 Cyclics  
 SSRIs  
 SNRIs  
 Other common antidepressants – and why they are used  
 Side effects and risk factors  
 Herbals and depression  
 Treatment-resistant depression

## Improve patient compliance with mental health medications

Limitations of the research and potential risks  
 What you and your clients should know

## Bipolar Spectrum

Medicating Bipolar disorder  
 Current “gold standard” treatment and side effects  
 Anticonvulsant and antipsychotic use in Bipolar disorder  
 Anticonvulsant side effects  
 Risks of medication non-compliance  
 New! Controversial concepts in treating Bipolar spectrum

## The Many Manifestations of Anxiety

Medicating anxiety  
 Benzodiazepines  
 Non-benzodiazepines  
 Medications used to treat insomnia  
 Using anxiolytics safely  
 Side effects of the anxiolytics

## Schizophrenia

How antipsychotic medications are thought to work  
 Conventional antipsychotics  
 Second generation agents  
 Antipsychotic side effects  
 Relapse and non-compliance

## Controversy surrounding antidepressants in treating children and adolescents

Antidepressants and suicide in children: The real truth  
 Medicating anxiety in children  
 Disruptive mood dysregulation disorder – the new pediatric bipolar disorder?

## ADHD Medications –

### What’s new, what’s old. Stimulants, Non-Stimulants, and some surprises!

The evolution of psychostimulants

## Alzheimer’s medications, treatments, theory and controversy

## What’s Next: Newly Approved Mental Health Medications

### Live Seminar Schedule

- 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.

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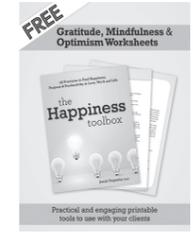
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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

<b>PROVIDENCE, RI</b> Wednesday September 18, 2019	<b>CROMWELL, CT</b> Thursday September 19, 2019	<b>SHELTON, CT</b> Friday September 20, 2019
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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

- Improve your clients’ adherence to their meds
- Practical ways to effectively communicate med information
- Best meds for each disorder & age group
- Depression, bipolar, anxiety, schizophrenia, ADHD
- DSM-5® and psychotropic med use



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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

### Most Up-To-Date Psychotropic Medication Info

Demands on mental health professionals to expand their knowledge of psychotropic meds are like never before . . . not only do you need to be on top of the latest developments and what is on the horizon, but you also have to take that information, and use it most effectively for your client.

- \* Improve clients' understanding of their mental illness, and how medication aids recovery
- \* Identifying treatment concerns with inappropriate, inadequate doses of medication
- \* Tools to help clients manage unpleasant side effects
- \* Strategies to improve client adherence to medications
- \* Depression, bipolar, anxiety, schizophrenia, ADHD -- the latest trends in medication management

## Speaker

**ANTHONY TOBIA, MD**, holds titles of professor of psychiatry and clinical professor of internal medicine at Rutgers Robert Wood Johnson Medical School. Dr. Tobia has dual appointments in the division of general internal medicine and department of psychiatry where he serves as the vice chair of education. He is also certificated by the Board of Psychosomatic Medicine (2010) and is the director of the division of consultation psychiatry at Robert Wood Johnson Barnabas Health in New Brunswick, NJ.

Dr. Tobia has lead seminars in Inter-Professional education (IPE) at the Ernest Mario School of Pharmacology at Rutgers University. His academic interests include various innovative teaching approaches integrating popular culture, social media, and psychiatry, six of which are registered in the Office of Research Commercialization at Rutgers University.

Dr. Tobia earned a BA with a double major in biology and psychology from Lehigh University, an MA *Summa Cum Laude* in counseling & community psychology from Norfolk State University, and an MD from St. George's University School of Medicine. He completed a dual residency in internal medicine and psychiatry from West Virginia University, where is served as chief resident.

#### Speaker Disclosure:

Financial: Anthony Tobia is a professor at Rutgers University. He has an employment relationship with Robert Wood Johnson University Hospital. Dr. Tobia receives a speaking honorarium from PESI, Inc.

Non-financial: Anthony Tobia is a member of The Academy of Psychosomatic Medicine; and the American Board of Medical Specialities.

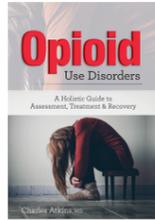
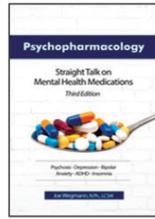
## Objectives

- Articulate the clinical uses of the five major psychotropic medication classes- the antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics and psychostimulants- including their efficacy, and their common side effects.
- Communicate the potential benefits and risks of using psychotropic medication to treat a wide array of conditions.
- Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
- Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
- Implement effective methods for collaborating with clients, families and prescribers in order to build a comprehensive treatment plan.
- Explore specific ethical issues and their resolve to the everyday practice of clinical psychopharmacology.

### Target Audience

Counselors • Social Workers • Psychologists • Psychiatrists • 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 seminar registration!



### Psychopharmacology

*Straight Talk on Mental Health Medications - 3rd Edition*

By Joseph F. Wegmann, R.Ph., 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. (2015)

### Opioid Use Disorders

*A Holistic Guide to Assessment, Treatment, and Recovery*

By Charles Atkins, MD

Overdoses have lowered the life expectancy in the United States for two years in a row. The leading cause -- opioids. This epidemic has spread through every sector of our country, destroying lives as parents, friends, families, and those entrapped by opioids struggle to find help.

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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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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PSYCHOPHARMACOLOGY: WHAT YOU NEED TO KNOW TODAY ABOUT PSYCHIATRIC MEDICATIONS

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