

# 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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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

**KNOXVILLE, TN**  
Wednesday  
October 9, 2019

**CHATTANOOGA, TN**  
Thursday  
October 10, 2019

**NASHVILLE, TN**  
Friday  
October 11, 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

1. Articulate the clinical uses of the five major psychotropic medication classes – antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics and psychostimulants –including their efficacy and their common side effects.
2. Implement effective methods to collaborate with patients and prescribers on issues surrounding compliance with medication treatments.
3. Communicate the potential benefits and risks of using psychotropic medication to treat a wide array of conditions.
4. Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
5. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
6. Explain current controversies in psychopharmacology, including Alzheimer's medications and newly approved medications for various conditions.

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

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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.

### Live Seminar 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.*

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

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**GEORGIA COUNSELORS:** 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

**KENTUCKY COUNSELORS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/73930](http://www.pesi.com/events/detail/73930).

**TENNESSEE COUNSELORS:** This intermediate activity consists of 6.25 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 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.

**GEORGIA MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

**KENTUCKY MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

**NURSES, NURSE PRACTITIONERS, AND 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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**PHARMACOLOGY NURSE PRACTITIONERS:** This program offers 380 instructional minutes of pharmacology content which is designed to qualify for 6.3 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 6.0 contact hours or .6 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 6.3 contact hours. ACEP Universal Program Number: 0289-0000-19-007-L05-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 6.25 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.

**KENTUCKY PSYCHOLOGISTS:** PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

**TENNESSEE PSYCHOLOGISTS:** This course is designed to meet Type II CE of the Tennessee Board of Examiners of Psychology. The Board accepts approvals by any recognized national credentialing body. Please retain all documents to provide to your board should this be requested of you. This activity consists of 6.25 clock hours of continuing education instruction.

**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 6.25 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 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.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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