

# 2-Day Psychopharmacology Conference for Today's Mental Health Professionals

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. Sonata Bohen teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Sonata's extensive 30 plus years of experience 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, Sonata provides the information you need in order to best help your clients.

This conference allows time for exploration of underrepresented areas, including ADHD, sleep, eating, and substance use disorders. Take home specialized guidelines for geriatrics, pregnant or nursing women, and clients with chronic pain. Discuss how the DSM-5® has 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.

Sonata'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.

**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.

## Speaker

### Sonata Bohen, MSN, ARNP, CS, NEI Master Psychopharmacologist,

has been in practice 34 years as a bilingual psychiatric nurse practitioner and clinical nurse specialist in diverse clinical settings in the U.S., Mexico, and Central and South America. In addition, Sonata brings 37 years of teaching experience across a wide spectrum of settings, including a refugee camp in war time and academic settings at Morehead State University, University of Kentucky and Vanderbilt University, with a focus of capacitating local health promoters. Sonata is a sought-after national and state conference speaker on mental health issues and immigrant health, and currently serves in her community in outpatient and inpatient services at a regional hospital. She has a passion for teaching and an ability to make complex knowledge understandable and usable across diverse clinical settings.

#### Speaker Disclosure:

Financial: Cynthia "Sonata" Bohen maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Cynthia "Sonata" Bohen has no relevant non-financial relationships to disclose.



PESI Inc. is proud to offer this seminar (at this location only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

#### Conference Schedule for 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.



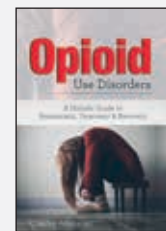
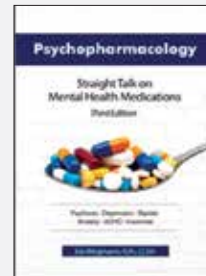
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Conference Registration!**

#### 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.



#### Opioid Use Disorders A Holistic Guide to Assessment, Treatment, and Recovery

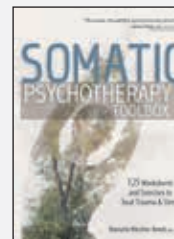
By Charles Atkins, MD

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.

#### Somatic Psychotherapy Toolbox 125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds,  
MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.



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"Must Have" Information  
to Better Serve Your Clients

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January 13 & 14, 2020

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# 2-Day Psychopharmacology Conference for Today's Mental Health Professionals

"Must Have" Information to Better Serve Your Clients

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, including changes from DSM-5®

Understand current controversies in the field

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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

BIPOLAR DISORDERS

- Neurochemistry and symptoms
- The Bipolar Spectrum concept & DSM-5® changes
- Types of mood stabilizers, when to use which and potential adverse effects
  - Lithium
  - Anticonvulsants
  - Atypical antipsychotics
  - Augmenting agents
- Effective strategies for improving outcomes for clients
  - Using blood levels effectively- what the prescriber may not be watching
- Treating pregnant or potentially pregnant women with bipolar disorder

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
- Pregnancy and psychotic disorders

LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

- 4. Determine options for clients with treatment resistant mood disorders.
- 5. Communicate the actions, side effects, and therapeutic uses of antipsychotic medications.
- 6. Evaluate the three critical strategies for improving collaboration with prescribing practitioners.

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
- Chicken or the egg? What came first, sleep problems or mental illness
- 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

TREATING CLIENTS WITH COMORBID CHRONIC PAIN

- Neurochemistry implications- why it's critical to intervene
- When psychopharmacology can help
- Other alternative interventions

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 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" 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 [cepesi@pesi.com](mailto:cepesi@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 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.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been submitted to OASAS for review.

**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.

**NEW JERSEY COUNSELORS:** This intermediate activity consists of 12.5 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.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MH-C-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

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**PHARMACOLOGY 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. ACPE Universal Program Number: 0289-0000-19-012-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](http://www.nabp.net) in order to obtain your NABP e-Profile ID.

PSYCHOLOGISTS & PSYCHIATRISTS:

**PSYCHIATRISTS:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**NEW YORK PSYCHOLOGISTS:** This live activity consists of 760 minutes of continuing education instruction and is related to the practice of psychology.

**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.

**NEW JERSEY SOCIAL WORKERS:** 2-Day Psychopharmacology Conference for Today's Mental Health Professional: "Must Have" Information to Better Serve Your Clients, Course #2420, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/19/2019 - 04/19/2021. Social workers completing this course receive 12.5 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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**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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