

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
for Mental Health Professionals

Nanuet, NY

Monday, January 13, 2020

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Tuesday, January 14, 2020

Albany, NY

Wednesday, January 15, 2020

Live Video Webcast

Wednesday, January 15, 2020

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Psychopharmacology
for Mental Health Professionals

- 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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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

Marwa Azab, Ph.D., teaches for the Psychology and Human Development departments at Cal State University, Long Beach, (CSULB). She has also taught for the Biology department at University of California, Irvine (UCI). Marwa studied psychology for many years and completed a masters in Counseling. She has facilitated many groups such as anger management, stress management, interpersonal communication and many others for patients suffering from a variety of mental disorders. After many years of addressing human behaviors from a psychological perspective, she realized that there were blind spots that needed to be satiated from complementary fields. Thus, she completed a Ph.D. in Biological Sciences with emphasis on Neuroscience. Marwa started life coaching utilizing an interdisciplinary approach that intersects psychology, biology and genetics.

Marwa is a sought after international public speaker who is invited to speak on a variety of interdisciplinary topics, including three TEDx talks. She recently published her first book titled, *Anxiety Disorders: New Science on Mind-Body Connections and Healing* and blogs for *Psychology Today*, her blog is called “Neuroscience in Everyday Life”. You can connect with her on her Facebook page: www.facebook.com/DrMarwaAzab.

Speaker Disclosure:

Financial: Marwa Azab has an employment relationship with Cal State University, Long Beach. She receives a speaking honorarium from PESI, Inc.

Non-financial: Marwa Azab writes a blog for *Psychology Today* called “Neuroscience in Everyday Life.”

Questions? Call customer service at **800-844-8260**

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 \$30 cancel fee. Substitutions are permitted at any time.



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Live Seminar & Webcast Schedule (Times Listed in Eastern)

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: Straight Talk on Mental Health Medications - 3rd Edition

By Joseph F. Wegmann, RPN, 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.



150 More Group Therapy Activities & TIPS

By Judith A. Belmont, MS, NCC, LPC

A treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. Interactive group strategies for leading successful group experiences, including DBT, CBT, ACT and positive psychology-inspired resources. Over 100 reproducible handouts and worksheets.



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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 ces@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.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Legal, Ethical, & Professional Development 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 6.25 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.

Massachusetts Counselors: Application for MaMHC/MMCEP continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/76371.

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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. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

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 7.5 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.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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. ACPE Universal Program Number: 0289-0000-15-037-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.



Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

New York Psychologists: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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.



New Jersey Social Workers: Psychopharmacology for Mental Health Professionals, Course #2623, 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: 08/14/2019 - 08/14/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

New York Social Workers: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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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