

2017 Psychopharmacology Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From her unique perspective as a prescribing clinical psychologist, Caroline teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Caroline's extensive 19 years of experience in mental health and passion for her clients shine through in the detail and thoroughness of her presentation.

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

This conference allows time for exploration of underrepresented areas, including ADHD, chronic pain, sleep, eating, and substance abuse disorders. Take home specialized guidelines for geriatrics and pregnant or nursing women. Discuss how the DSM-5® may impact 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 learn the "inside scoop" about newly released medications.

Caroline's engaging style makes her an excellent teacher. She uses metaphors from daily life to illustrate complex neurological and psychological concepts. Her vivid, down to earth teaching approach generates an easy guide for providers. Her presentation includes many take home points that you can use to teach your clients about mental illness, and how medications work. Update your psychopharmacology knowledge, and discover why attendees appreciate Caroline, with comments like, "Wonderful presenter and teacher," and, "Extremely knowledgeable presenter who was very collaborative with the audience."

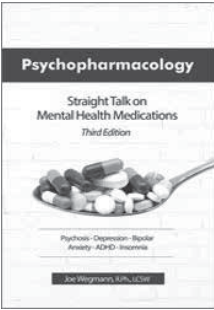
Speaker

Caroline Williams, PhD., MP (medical psychologist), is a clinical prescribing psychologist in New Mexico. She has experienced psychopharmacology from both sides; as a provider referring patients for medication management, and for the last five years as a prescriber. Currently she provides medication management services in private practice, and for The LifeLink, both in Santa Fe, NM. She has worked as a clinical psychologist for more than 19 years. Her practice has included psychological evaluation, psychotherapy, consultation, forensic work, supervision, and training.

Dr. Williams has provided training and education to many professional and consumer groups. She has presented at the American Psychological Association (APA) yearly conference, and has trained psychologists through the New Mexico Psychological Association (NMPA), and the Texas Psychological Association (TPA). She has taught consumers and their supporters through the National Alliance for the Mentally Ill (NAMI), and Court Appointed Special Advocates (CASA). Dr. Williams has taught at the University of New Mexico, and at New Mexico State University's prescribing psychologist degree program. Find out more about Dr. Williams and her professional activities at www.carolinewilliamsphd.com.

Speaker Disclosures:
Financial: Caroline Williams maintains a private practice. She will address various medications during her seminar. Dr. Williams receives a speaking honorarium from PESI, Inc.
Non-financial: Caroline Williams has no relevant non-financial relationship to disclose.

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.

You Can Handle It

10 Steps to Shift Stress from Problem to Possibility

By Margaret Wehrenberg, PsyD

Other books may give you quick tips and promise success, but *You Can Handle It* tells you why these techniques work on the brain, and gives you step-by-step directions, worksheets, and scripts that will make implementing these methods feel effortless.

In *You Can Handle It*, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to's to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.

More info and resources at www.pesi.com

Live Seminar 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

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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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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2017 Psychopharmacology Conference

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**Thursday & Friday
September 28 & 29, 2017**



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2017 Psychopharmacology Conference

Earn up to
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Learn current understanding of how & why mental health medications work

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 learn how to manage them

Learn about new trends in prescribing, and new medication options for patients

Understand current controversies in the field

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DAY ONE

PSYCHOPHARMACOLOGY

- Alternative treatment approaches
- 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
- Neurological effects of medication
- Understand the decision-making process for choosing a specific medication

DEPRESSIVE DISORDERS

- Neurochemistry of depression
- New research about depression's origins
- 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
- Anti-anxiety medications
 - Antidepressants
 - The many other options often ignored
- Specific prescribing protocols for each anxiety disorder
 - GAD, panic disorder, phobias
 - OCD
 - PTSD

- Medical marijuana, cost vs. benefit
- Benzodiazepines: risks and benefits
- Getting off benzos: key pearls for success
- Managing side effects

BIPOLAR DISORDERS

- Neurochemistry and symptoms
- Diagnostic challenges of bipolar spectrum disorders
- Types of mood stabilizers, when to use which and potential adverse effects
 - Lithium
 - Anticonvulsants
 - Atypical antipsychotics
 - Augmenting agents
- Managing side effects

PSYCHOTIC DISORDERS/ SCHIZOPHRENIA

- Neurochemistry of psychosis and schizophrenia
- New research about schizophrenia's origins
- More than medication: new treatment approaches
- Antipsychotic Medications
 - First generation (typical)
 - Second generation (atypical)
- Managing side effects
 - Extrapyramidal symptoms and tardive dyskinesia (TD)
 - Metabolic problems- what blood tests are needed and when
 - Preventing Diabetes Mellitus
 - Recognizing hyperprolactinemia - and why you need to know

OBJECTIVES

1. Breakdown how mental health medications work.
2. Specify how medications are chosen for mood disorders and specific patient characteristics.
3. Analyze the actions, therapeutic uses, and side effects of antidepressants.
4. Overcome barriers that block your clients' success with their medication.
5. Determine options for clients with treatment resistant mood disorders.
6. Communicate the actions, side effects, and therapeutic uses of antipsychotic medications.
7. Explore the use of complementary and alternative agents for treatment of mental illnesses.

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

- Differential diagnosis
- Chicken or the egg? What came first, sleep problems or mental illness
- Controversy about treating sleep problems with hypnotics
- Neurochemistry of sleep problems
- Non-medication sleep interventions
- Hypnotic medications: risks and benefits
- Alternatives to hypnotics
- Recognizing adverse effects

SUBSTANCE USE DISORDERS

- Neurochemistry of addiction & habit development
- Prescription Drug Abuse
- Review of the schedule system
- When to prescribe for clients with dual diagnosis?
- Medication treatments for addictions
 - Alcohol
 - Nicotine
 - Cannabis
 - Opiates
 - Exploration of controversy over Suboxone
 - Stimulants
- Behavioral addictions

EATING DISORDERS

- Anorexia, bulimia, binge eating disorder
- Medication treatments for eating disorders
- Weight gain from psychotropic medications

TREATING CLIENTS WITH COMORBID CHRONIC PAIN

- Neurochemistry implications- why it's critical to intervene
- When psychopharmacology can help
- Opioids and pain sensitivity syndrome

SPECIAL POPULATIONS: GERIATRIC

- Specialized guidelines for geriatric clients
- Discussion of dementia treatment
- Antipsychotic controversy

SPECIAL POPULATIONS: WOMEN

- Hormonal impact on mood disorders
- Premenstrual issues, PMDD
 - Medication options
- Birth control strategies for minimizing impact on mood
- Post-partum Depression
 - Medication options
- Pregnancy
 - Medication risks and benefits
- Breastfeeding
 - Medication risks and benefits
- Menopause-current knowledge and medication options
- What about male hormones?

OBJECTIVES

1. Compile medication treatment options for ADHD.
2. Explore medication management of sleep disorders.
3. Articulate medications effective with eating disorders.
4. Formulate medication treatment options for substance use disorders and discuss how to effectively incorporate medication assisted treatments into an overall plan for care.
5. Specify the interaction between women's and men's hormone levels and their mental health.
6. Determine the unique medication considerations for geriatric clients.

Live Conference Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 reciprocity approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact 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 professions 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 12.5 CE in the Clinical Assessment 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.

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 MEXICO COUNSELORS: Please contact PESI, Inc. at 800-844-8260 or info@pesi.com for information about continuing education credits for New Mexico counselors.

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.

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.

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 12.5 contact hours. ACPE Universal Program Number: 0289-0000-14-032-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: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. 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.

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September 28-29, 2017

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ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. *Advance registration by phone required.*

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- **Psychopharmacology Conference on CD*** (audio) \$269.99 (RNA046350)
- **Psychopharmacology, 3rd Edition** book* \$24.99 (PUB083825)
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