Psychopharmacology Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From her unique perspective, Sharon Freeman Clevenger teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Sharon's years of experience in mental health 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, Sharon 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.

Sharon'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. As a bonus, Sharon will discuss alternative approaches using nutrition,

supplements, vitamins and essential oils. Increase your understanding about complementary alternative medications such as supplements and essential oils including expected effects, side effects and interaction effects with prescribed medications. You will find this conference to have the most up to date medication information and how to use it most effectively with your client.

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.

Speaker

Sharon Freeman Clevenger, MSN, MA, PMHCNS-BC, is the CEO of the Indiana Center for Cognitive Behavior Therapy in Fort Wayne, Indiana. She has national certification as an Advanced Practice Psychiatric Clinical Nurse Specialist with prescriptive authority, she has senior level international certification as an Advanced Practice Certified Addiction Nurse through the International Society of Nurses on Addictions (IntSNA) and is former president of NAADAC, The Association for Addiction Professionals.

Sharon has lectured to professional and military/ law enforcement audiences worldwide. She has authored more than 50 chapters and articles and has been a quest expert on the TV show, The Doctors. She is the co-editor for both the therapist manual and patient handbook of Overcoming Depression: A Cognitive Behavior Approach (Oxford University Press, 2009), senior editor and author of Living and Surviving in Harm's Way: The Psychological Treatment Manual for Pre-and Post-Deployment of Military Members (Routledge, 2008), Behind the Badge: A Psychological Treatment Handbook for Law Enforcement Officers, (Routledge, 2014) and senior editor and author of Cognitive Behavior Therapy in Nursing Practice (Springer Publishers, 2005).

Mrs. Clevenger has a Master's in Advance Practice Psychiatric Mental Health Nursing, and a Masters in Counseling in Psychology. She is currently pursuing a Doctor in Health Sciences at the Huntington College of Health Sciences in Knoxville, TN.

Speaker Disclosure

Financial: Sharon Freeman Clevenger is Founder and Executive Director of the Indiana Center for Cognitive Behavior Therapy. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sharon Freeman Clevenger has no relevant non-financial relationship to disclose.

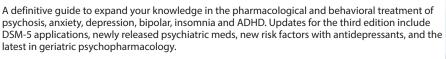


SAVE by including these Products with Conference Registration!

Psychopharmacology

Straight Talk on Mental Health Medications - 3rd Edition

By Joseph F. Wegmann, Pharm.D., LCSW



Eat Right, Feel Right

Psychosis - Depression - Bipolar Anxiety - ADHO - Insomnia

Eat Right, Feel Right:

Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus By Leslie Korn,

PhD, MPH, LMHC

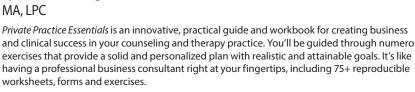
Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.



Private Practice Essentials:

Business Tools for Mental Health Professionals

By Howard Baumgarten,



Private Practice Essentials is an innovative, practical guide and workbook for creating business and clinical success in your counseling and therapy practice. You'll be guided through numerous February 1 & 2, 2018 exercises that provide a solid and personalized plan with realistic and attainable goals. It's like

More info and resources at www.pesi.com



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Psychopharmacology Conference

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

2018 Psychopharmacology Conference

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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
- PTSD
- Physiological interventions
- Anti-anxiety medications
- Antidepressants
- The many other options often ignored
- Benzodiazepines: risks and benefits
- How to recognize problematic prescribing
- Getting off benzos: key pearls for success

OBJECTIVES

Breakdown how mental health.

2. Specify how medications are chosen

side effects of antidepressants.

for mood disorders and specific patient

3. Analyze the actions, therapeutic uses, and

medications work.

characteristics.

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

4. Establish and 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. Evaluate the three critical strategies for improving collaboration with prescribing practitioners.

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

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. Explore the use of complementary and alternative agents for treatment of mental illnesses.
- 7. Determine the unique medication considerations for geriatric clients.

Live Seminar Continuing Education Credit Information for Conference

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 w be issued to participants who register at the event, arrive late, or leave early. Fo those who reaistered day of (walk-ins), and are in full attendance, a certificate o completion for full CE credit will be sent within 30 days following the event. Fo those in partial attendance (arrived late or left early), an adjusted certificate of completion reflectina partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end tim 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 or 800-844-8260 before the event

Materials that are included in this course may include interventions and modali 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 pract accordance with and in compliance with your professions standards.

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PHYSICIANS/PSYCHIATRISTS: PESI, Inc. is accredited by the creditation Council for Continuing Medical Education to provid entinuing medical education for physicians.

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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, . maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their redits. 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

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