

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

Objectives

- Articulate the clinical uses of the five major psychotropic medication classes- the antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics and psychostimulants- including their efficacy, and their common side effects.
- Communicate the potential benefits and risks of using psychotropic medication to treat a wide array of conditions.
- Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
- Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
- Implement effective methods for collaborating with clients, families and prescribers in order to build a comprehensive treatment plan.
- Explore specific ethical issues and their resolve to the everyday practice of clinical psychopharmacology.

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.

Target Audience

Counselors • Social Workers • Psychologists • Psychotherapists  
Case Managers • Marriage & Family Therapists • Nurses  
Nurse Practitioners • Clinical Nurse Specialists  
Addiction Counselors • Pharmacists • Occupational Therapists  
Occupational Therapy Assistants • Other Mental Health & HealthCare Professionals

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

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Psychopharmacology

What You Need to Know Today about Psychiatric Medications

LAS VEGAS, NV  
Monday, February 4, 2019

BOISE, ID  
Tuesday, February 5, 2019

SALT LAKE CITY, UT  
Wednesday, February 6, 2019

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

**JeanAnne Johnson Talbert, DHA, APRN-BC, FNP, PMHNP, AOCN, CARN-AP**, has over 25 years of experience in the medical field as both a family practice and psychiatric nurse practitioner. She is board certified in family practice, oncology, substance abuse/addiction treatment, and psychiatric/mental health. JeanAnne currently owns her own clinical practice and is the medical director for three substance use disorder rehab centers comprised of residential, outpatient, and sober living programs. She has previously been employed as an Associate Professor at Utah Valley University, chief nursing officer/ chief clinical officer at HCA, Mountain View Hospital in Payson, Utah, and the director of medicine and oncology at HCA, Rose Medical Center in Denver, Colorado. In addition, JeanAnne has served as the associate editor and peer reviewer for the Clinical Journal of Oncology Nursing, as well as an expert witness and case reviewer for medical malpractice cases. JeanAnne earned her MSN from Georgetown University, Doctor of Health Administration from the University of Phoenix, and a Post-Doctorate certificate as a Psychiatric/Mental Health Nurse Practitioner from Rush Medical College.

Speaker Disclosure:

Financial: JeanAnne Johnson Talbert maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: JeanAnne Johnson Talbert is a member of the International Nurses Society on Addictions; American Psychiatric Nurses Association; and American Academy of Nurse Practitioners.

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



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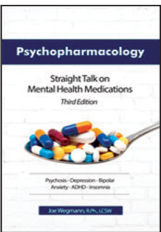
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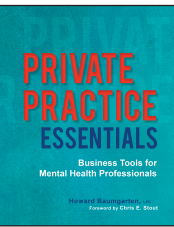


### Psychopharmacology

*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)



### Private Practice Essentials

*Business Tools for Mental Health Professionals*

By Howard Baumgarten, MA, LPC

*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 exercises that provide a solid and personalized plan with realistic and attainable goals. It's like having a professional business consultant right at your fingertips, including 75+ reproducible worksheets, forms and exercises.

### 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" 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 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 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.

**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.

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**NEVADA COUNSELORS & MARRIAGE AND FAMILY THERAPISTS:** This program has been submitted to the State of Nevada Board of Examiners for Marriage and Family Therapists for review. Credit is pending.

**OREGON 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.

**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 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**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. ACPE Universal Program Number: 0289-0000-18-001-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:** 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 6.25 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](http://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 6.25 (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 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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### WALK-INS

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.

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