

# Psychopharmacology in Plain English

Day 1: Thursday, July 11, 2019

### Clear, Concise, and Current Information on Psychotropic Medications

Does this sound familiar? Your clients are taking multiple psychotropic medications prescribed by different health care professionals. You watch as prescriptions stream in from psychiatrists, family physicians, nurse practitioners, and others, and you discover that your clients have no idea who wrote which prescription or why they are even taking the medication. You realize that despite the confusion, you still have a responsibility to know your clients' symptoms and reactions to medications, and to coordinate their care.

Dr. Kenneth Carter shares practical and useful information that you need to advocate for your clients. You will get the latest information on antidepressants, anti-anxiety medications, medications for insomnia, and others. You will take a close look at the ethical decisions that accompany their use. You will leave better prepared to communicate with your clients as well as the prescribers, as Dr. Carter instructs you on how the medications work, their benefits, and the side effects and dangerous reactions associated with them.

Do you want to vastly increase your knowledge and ability to communicate with your clients and health care providers? The prescription: *Register for this seminar!*

### Objectives

1. Define the proper role of mental health professionals who treat clients receiving both psychotherapeutic medications and psychotherapy.
2. Explore specific ethical issues and resolutions related to communicating with clients and prescribing professionals about psychotropic medications.
3. Explain the neurotransmitter systems and neuroanatomy underlying the biological basis for mental disorders and pharmacotherapy.
4. Describe the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
5. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
6. Analyze the role that half-life plays in the efficacy of insomnia medications prescribed for clients.

### Outline

#### MEDS 101

Case study  
Reasons to be knowledgeable about psychiatric medications  
Lessons from other disciplines

Pharmacy  
Nursing  
Ethics guidelines  
The common questions clients have about their medications  
Handling differences of opinion between yourself and a prescribing professional

#### GENERAL OVERVIEW OF THE NERVOUS SYSTEM

Organization of the nervous system  
Structure of the neuron  
Communication between neurons  
How medicines interact with the nervous system

#### DEPRESSION MEDICATIONS

Neurobiology  
SSRIs and SNRIs  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories

 Case Study

#### ANXIETY DISORDER MEDICATIONS

DSM-5® anxiety categories  
Deconstructionist approach taken by prescribers  
Neurobiology  
SSRIs and Benzodiazepines  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories

 Case Study

#### BIPOLAR MEDICATIONS

Monotherapy  
Lithium, anticonvulsants, and 2nd generation antipsychotics

Mechanism of action  
Benefits and adverse reactions  
Medications in these categories

 Case Study

#### ADHD MEDICATIONS

Neurobiology  
Methylphenidate and amphetamine  
Mechanism of action  
Delivery systems  
Benefits and adverse reactions  
Medications in these categories

 Case Study

#### ANTIPSYCHOTIC MEDICATIONS

Psychosis symptoms  
Neurobiology  
1st and 2nd generation  
Antipsychotics  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories

 Case Study

#### INSOMNIA MEDICATIONS

Causes and treatments for insomnia  
Medications for insomnia  
Half-life  
Benefits and adverse reactions

 Case Study

#### LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

#### 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 • Case Managers • Addiction Counselors • Marriage & Family Therapists • Clinical Supervisors • Psychotherapists • Nurses • Pharmacists • Other Mental Health Professionals

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## Anchorage, AK

Day 1: Thursday, July 11, 2019

# Psychopharmacology in Plain English

Day 2: Friday, July 12, 2019

# Clinical Supervision in Plain English



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## Anchorage, AK

Day 1: Thursday, July 11, 2019

# Psychopharmacology in Plain English

Includes 3 CE Hours of Ethics

- Why (and what) you should know about psychopharmacology
- Questions you can expect from clients and prescribers, and how to answer them
- Latest ethical guidelines from APA, NASW, ACA, and others
- Latest information and newest medications for depression, anxiety, bipolar, ADHD, psychosis and insomnia

Day 2: Friday, July 12, 2019

# Clinical Supervision in Plain English

- Meet clinical, supportive, administrative, and gatekeeping demands
- Balance the needs of multiple stakeholders
- Discover 8 things that new clinical supervisors should know
- Includes 2 hours of ethics credit



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# Clinical Supervision in Plain English

Day 2: Friday, July 12, 2019

So much is asked of today's clinical supervisor. This person must not only be able to select the best fit among various models of supervision and then embrace that model on a daily basis. The supervisor must also balance traditional supervisor functions while also staying abreast of changing expectations regarding their roles. Legal and ethical landmines, coupled with complexities of cultural sensitivity, only add to the premium placed on supervision training that is current and comprehensive.

Dr. Ken Carter gives you the tools needed to meet the challenges of today's clinical supervision. You will become a skillful and effective supervisor who can handle the many complex situations you will encounter. You will explore the models of supervision, pick the one that's right for you, and ready yourself for the tasks and professional satisfaction of doing clinical supervision.

## Objectives

1. Explain the roles and functions of clinical supervision and their impact on the supervisor-supervisee relationship.
2. Distinguish between psychotherapy-based, developmental, and competency-based models of clinical supervision and determine which one to use.
3. Assess how to increase competence of both supervisees and supervisors at various levels of development.
4. Apply key ethical guidelines to the structure of the clinical supervision setting.
5. Describe the steps to be taken when addressing ethical violations by supervisees.
6. Identify the issues commonly faced by new supervisors and how to handle these in an effective manner.

**Kenneth Carter, Ph.D., ABPP**, is a clinical supervisor at Positive Impact Health Centers, as well as a board-certified clinical psychologist and professor of psychology at Oxford College of Emory University in Atlanta, Georgia. Dr. Carter received his M.A. and Ph.D. in clinical psychology from the University of Michigan in Ann Arbor and a postdoctoral master's degree in clinical psychopharmacology from Fairleigh Dickerson University. Dr. Carter has taught clinical psychopharmacology classes at Emory University since 2005 and has presented highly rated psychopharmacology and clinical supervision workshops to clinicians throughout the United States since 2010. Dr. Carter has served as a senior assistant research scientist in the Epidemic Intelligence Service of the Centers for Disease Control and Prevention. He has been a psychotherapist and researcher for more than 20 years, during which time he has garnered awards from the National Institutes of Health, the National Heart, Lung and Blood Institute, and the University of Michigan. Dr. Carter has presented at numerous conferences and written several books and articles on introductory psychology, neuropsychology and psychopharmacology.

Speaker Disclosure:  
Financial: Kenneth Carter is a professor at Oxford College of Emory University. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Kenneth Carter is a member of the American Psychological Association; the Association for Psychological Science; and the American Board of Professional Psychology.

## Outline

### WHAT CLINICAL SUPERVISION IS, AND ISN'T

Aims of clinical supervision  
Clinical supervision vs. consultation  
Clinical supervision vs. counseling  
Roles and functions of clinical supervision  
The supervisory relationship  
Effective clinical supervision

### SELECT THE APPROPRIATE MODEL OF CLINICAL SUPERVISION

Psychotherapy-based approaches  
Client-centered  
Behavioral  
Cognitive-behavioral  
Systematic (family systems)  
Psychodynamic and psychoanalytic  
Required supervisee self-disclosure



Developmental model  
Domains of clinical activity  
Levels of development in supervisees  
Criteria for selection of supervision interventions  
Levels of development in supervisors  
Competency-based approach  
Integrity in relationships  
Ethical values-based practice  
Appreciation of diversity  
Science-informed practice



### ADDRESS ETHICAL AND LEGAL ISSUES IN CLINICAL SUPERVISION

Know your professional codes  
Ethical guidelines for clinical supervision

Informed consent  
Beneficence  
Fidelity  
Due process

Nonmaleficence  
Veracity  
 Case Study  
Balancing multiple stakeholders  
Identifying common legal and ethical issues

Multiple relationships  
Confidentiality  
Exceptions to assumption of privacy  
Ensuring supervisee competence  
Malpractice

Handling ethical violations by supervisees  
Minimize risk  
Due process and clinical supervision  
Record keeping  
Multicultural clinical supervision



### GET STARTED IN CLINICAL SUPERVISION

Types of supervision  
Documentation  
8 things new supervisors should know  
Evaluation  
Creating an environment for effective clinical supervision  
Prevent and manage burnout and compassion fatigue

### RISKS AND LIMITATIONS OF THE RESEARCH

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**TARGET AUDIENCE:** Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors • Marriage & Family Therapists • Clinical Supervisors • Psychotherapists • Other Mental Health Professionals

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### Psychopharmacology Straight Talk on Mental Health Medications - Third 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.

### The Happiness Toolbox 56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life

By Jonah Paquette, Psy.D.  
So many books, websites, apps, and podcasts claim they contain the secrets to finding happiness. But rarely are they backed by research or real tools - instead just anecdotal fairy tales that work for a select few.  
The Happiness Toolbox is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.



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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.

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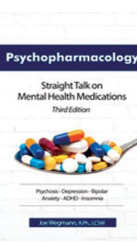
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2-DAY: PSYCHOPHARMACOLOGY IN PLAIN ENGLISH AND CLINICAL SUPERVISION IN PLAIN ENGLISH

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