

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
    - 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

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Psychopharmacology  
for Mental Health Professionals



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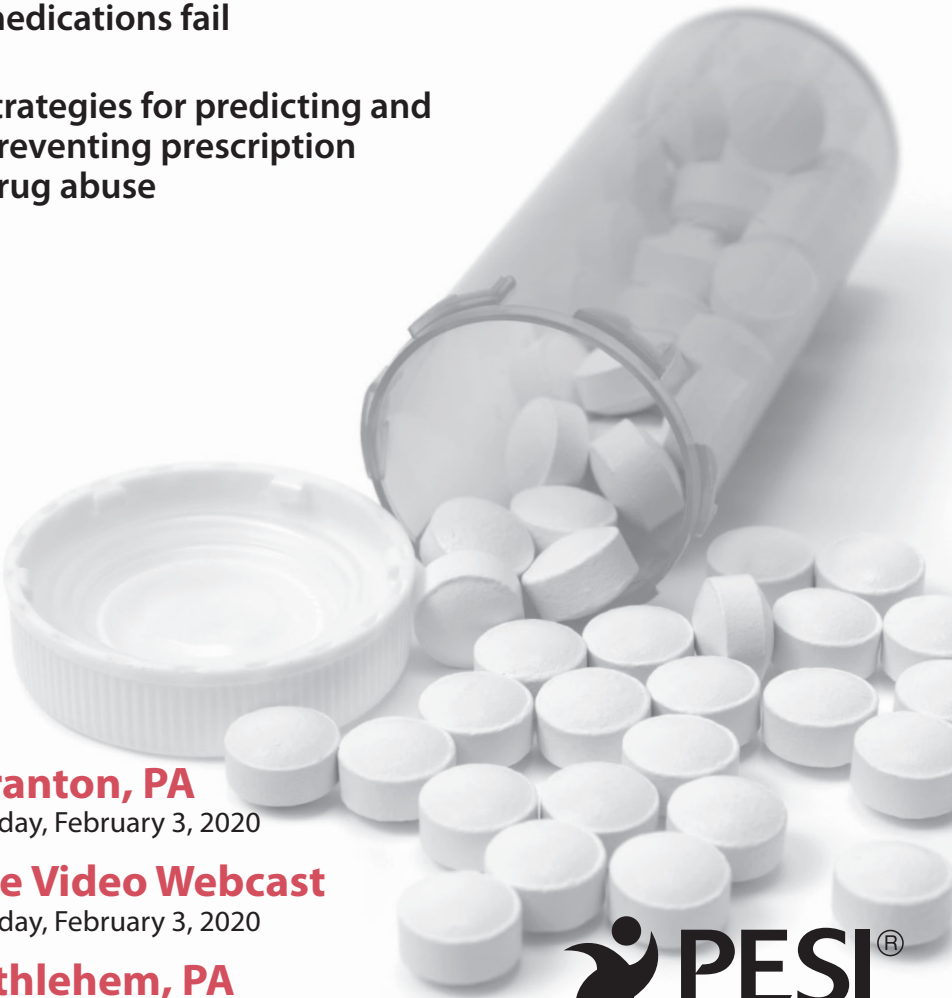
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Psychopharmacology  
for Mental Health Professionals

- 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



Scranton, PA

Monday, February 3, 2020

Live Video Webcast

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Wednesday, February 5, 2020



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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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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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

**Sonata Bohan, MSN, ARNP, CS, NEI Master Psychopharmacologist,** has been in practice 34 years as a bilingual psychiatric nurse practitioner and clinical nurse specialist in diverse clinical settings in the U.S., Mexico, and Central and South America. In addition, Sonata brings 37 years of teaching experience across a wide spectrum of settings, including a refugee camp in war time and academic settings at Morehead State University, University of Kentucky and Vanderbilt University, with a focus of capacitating local health promoters. Sonata is a sought-after national and state conference speaker on mental health issues and immigrant health, and currently serves in her community in outpatient and inpatient services at a regional hospital. She has a passion for teaching and an ability to make complex knowledge understandable and usable across diverse clinical settings.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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**100% SATISFACTION GUARANTEE**

**Live Seminar & Webcast Schedule (Times Listed in Eastern)**

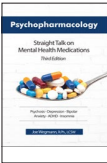
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

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 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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**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

### 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 [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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**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.

**Pennsylvania Addiction Counselors:** This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

**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.

**Pennsylvania Counselors:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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.

**Pennsylvania Marriage & Family Therapists:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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.

**Pharmacology 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: 0289-0000-17-012-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.

**Pennsylvania Psychologists:** PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider #PSY000211. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

**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.

**Pennsylvania Social Workers:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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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### FOR MENTAL HEALTH PROFESSIONALS

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**2**

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Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.
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