

# 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

1. Articulate the clinical uses of the five major psychotropic medication classes – antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics and psychostimulants –including their efficacy and their common side effects.
2. Implement effective methods to collaborate with patients and prescribers on issues surrounding compliance with medication treatments.
3. Communicate the potential benefits and risks of using psychotropic medication to treat a wide array of conditions.
4. Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
5. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
6. Explain current controversies in psychopharmacology, including Alzheimer’s medications and newly approved medications for various conditions.

## 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.

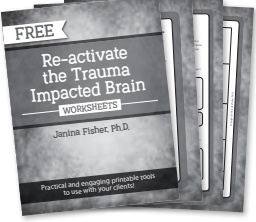
### Target Audience

Counselors • Social Workers • Psychologists • Psychotherapists  
Case Managers • Marriage & Family Therapists • Nurses  
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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

**ROANOKE, VA**  
Wednesday, March 11, 2020

**RICHMOND, VA**  
Thursday, March 12, 2020

**NORFOLK, VA**  
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# 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

**N. BRADLEY (BRAD) KEELE, Ph.D.,** is an Associate Chair of the Department of Psychology & Neuroscience at Baylor University. He has more than 20 years of experience teaching psychopharmacology to both graduate and undergraduate students. Prior to coming to Baylor in 1998, he was a post-doctoral fellow at the National Institutes of Health in Bethesda, MD. Brad is an expert on the neurobiology of complex emotional behaviors such as fear and anxiety disorders and depression. His research lab, with support from the NIH, examines pharmacological and physiological mechanisms involved in emotional behavior and psychopathology. He has published over 25 peer-reviewed, primary research papers and book chapters, and has made presentations at several dozen national scientific meetings. Brad earned his B.S. degree in psychology from Baylor, and his Ph.D. in neuroscience from the University of Texas Medical Branch in Galveston.

Brad is a dynamic and energetic speaker who weaves together empirical findings with everyday examples. His audience (especially his students) appreciates his natural ability to present psychopharmacology in a friendly and practical manner. Brad is passionate about providing behavioral health care providers with practical information that is easy to use and easy to understand, improving the lives of people living with mental health problems.

Speaker Disclosure:

Financial: N. Bradley Keele is an associate professor at Baylor University. He receives a speaking honorarium from PESI, Inc.

Non-financial: N. Bradley Keele has no relevant non-financial relationship to disclose.

### Questions? Visit our FAQ page at [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info).



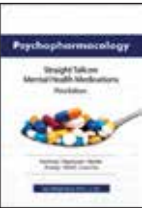
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#### **Psychopharmacology** *Straight Talk on Mental Health Medications - 3rd Edition*

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.

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*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.*

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*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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**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.

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