

## 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

### Improving 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

### 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.

## 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. Communicate the potential benefits and risks of using psychotropic medication to treat a wide array of conditions.
3. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
4. Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
5. Implement effective methods for collaborating with clients, families and prescribers in order to build a comprehensive treatment plan.
6. Explore specific ethical issues and their resolve to the everyday practice of clinical psychopharmacology.

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

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# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

**FREDERICK, MD**  
Wednesday  
December 5, 2018

**ROCKVILLE, MD**  
Thursday  
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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

Featuring **Dr. Tom Smith**

One of the nation's few credentialed combinations of Doctor of Pharmacy & Licensed Mental Health Counselor

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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

**Tom Smith, P.D., FASCP, LMHC, NCP, BCCP**, is a Doctor of Pharmacy, a Licensed Mental Health Counselor, a Nationally Certified Psychologist, and a Board Certified Clinical Counselor. He holds academic appointments at Butler School of Pharmacy and Health Sciences, the Saint Louis University School of Graduate Nursing, and the University of Phoenix. Tom is a Fellow of the American Society of Consulting Pharmacists.

Tom has spoken on Bipolar Disorder, the DSM-5®, and psychopharmacology throughout the United States, He is the author of Psychopharmacology Made Simple: A Primer, and he is internationally published on the topic of Aromatherapy.

Tom maintains an active private practice in Martinsville, Indiana, where he works with clients of all ages.

### Speaker Disclosures

Financial: Tom Smith maintains a private practice. He will address 'off-label' uses of commercial products. Mr. Smith is a speaker who receives an honorarium for PESI, Inc.

Non-financial: Tom Smith is nationally published on the Americans with Disabilities Act and receives no compensation.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit 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.

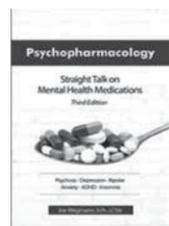
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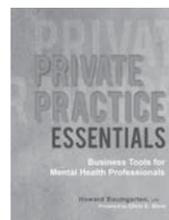


### Psychopharmacology

*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" 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 professions standards.

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**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.

**DISTRICT OF COLUMBIA 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.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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**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: 0289-0000-17-002-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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