

# 2019 Psychopharmacology 2-Day Conference

2 Days that will leave you both enlightened, and yes...even entertained!

How & why mental health medications work  
Which medications are evidenced-based to best treat which disorders  
Improve your clients' responses and clinical outcomes to medications  
Help your clients recognize side effects and learn how to manage them  
Learn about new trends in prescribing  
Current controversies in the field  
New and emerging ethical dilemmas both prescribing  
and non-prescribing clinicians face daily

**College Park, MD**

Monday & Tuesday, May 13-14, 2019  
Cambria Hotel College Park



A NON-PROFIT ORGANIZATION  
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Register Early and

**SAVE  
\$40**

on Conference  
Tuition

Earn up to

**3 CE  
hours of  
Ethics!**

Earn up to

**12.6**

CE hours of  
**ANCC  
Pharmacology**

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# The Foundational Psychopharmacology training you need...

*"Great presentation!  
Definitely a joy & very  
informative. Love  
Dr. Buff. 5 stars!"*

**Rhia, Nurse Practitioner**

*"This speaker was  
such a pleasure! This  
course was interesting,  
helpful, and one of the  
best I've ever taken.  
Bring him back!"*

**Lucy, Psy.D**

*"Best speaker I have  
ever had the pleasure  
of hearing. Dr. Buff  
was funny, humble,  
highly respectable,  
well informed."*

**Amanda, CRNP**

*"Dr. Buffington  
is an amazing  
storyteller and very  
knowledgeable. Bravo  
to the speaker!"*

**Jason, Counselor**

This powerful seminar will walk you step-by-step through the complex science of psychopharmacology in a non-threatening, uncomplicated way. You'll get the knowledge you need to blend medication management with psychotherapy interventions for ADHD, depression, anxiety, psychotic disorders, substance abuse, and more.

Expert instructor Perry Buffington, PhD, M.S. is your guide as you explore medical drug emergencies, how nutrition and herbal supplements impact medication effectiveness, the **psychopharmacological ethics** you need to know to best protect your clients, and more. You'll also learn specialized guidelines for geriatrics, pregnant or nursing women, and clients with chronic pain.

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



## that will leave you both **Enlightened,** and yes...even **Entertained!**

With the number of prescriptions written yearly on the rise, it's more critical than ever for mental health professionals to understand how psychotropic medications work, where in the body they work, and why they do (or don't) improve your clients' therapeutic outcomes. Clients often have only a few minutes with their prescribers and require additional support.

**Are you confident in your role as both the patient advocate and protector to effectively address medication-assisted treatments in your overall care plan?**

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From his unique perspective, Dr. Perry Buffington teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Dr. Buffington's years of experience in mental health and passion for clients, shines through in the detail and thoroughness of his presentation.

Take home specialized guidelines for geriatrics and clients with chronic pain. Discuss how the DSM-5® and the Affordable Healthcare Law have impacted prescribing patterns and the use of psychotropics in newly defined diagnoses. In addition to a general 'nuts and bolts' review of medications, you will examine case examples, discuss medication controversies and how to effectively collaborate with prescribing practitioners. You will find this conference to have the most up-to-date medication information and how to use it most effectively with your client.

## Perry Buffington, Ph.D., M.S.,



has over 20 years of experience in the medical consulting field and is a full-time senior lecturer at the University of Georgia, teaching psychopharmacology at the undergraduate and graduate levels.

He is former chairman

of the prestigious Florida Psychological Association's Prescriptive Authority Committee and teaches seminars nationwide on minimizing psychopharmacological errors. As the author of eight books (currently working on his first psychopharmacology text), his by-line has appeared in hundreds of periodicals including the *Saturday Evening Post*, *USA Today*, and *Success*. He is the former contributing editor for Delta Air Lines' in-flight magazine, *Sky*, and served as a syndicated newspaper/web columnist for Universal Press. Additionally, he hosted his own radio show, syndicated nationally, by Envision Radio Networks.

Perry's presentation style is engaging, a blend of education and entertainment; as a result, critics (and especially his students) applaud his ability to make complicated topics understandable and applicable – even useful!

### Speaker Disclosure

**Financial:** Perry Buffington is the President of Go-Buff Enterprises, Inc. He is a member of the psychology faculty, Franklin College of Arts & Sciences, The University of Georgia. Dr. Buffington receives a speaking honorarium from PESI, Inc.

**Non-financial:** Perry Buffington has no relevant non-financial relationship to disclose.

# Comprehensive Course A

**COURSE HOURS EACH DAY: 8 a.m. to 4 p.m.**

Registration and Morning Coffee & Tea at 7:30 a.m.

Lunch Bre

## DAY 1

### Psychopharmacology

Historical antecedents of modern psychopharmacology  
Diagnostic issues  
Clarification of terms  
Drug metabolism concepts: pharmacokinetics & pharmacodynamics  
Drug mechanism of action  
Placebo & Nocebo  
Pharmacotherapy vs. Psychotherapy

### Depressive Disorders

Biogenic amine, cortisol, down-regulation, & neurotropic hypotheses  
Neurochemistry of depression  
Types of anti-depressants  
Preventing side effects  
Tardive Dysphoria: real or imagined?

### Anxiety Disorders & Obsessive Compulsive Disorders & Trauma-Related Disorders

Neurochemistry of anxiety  
GAD, panic disorders, phobias  
OCD  
PTSD  
Physiological interventions  
Anti-anxiety medications  
Anti-depressants  
Non-pharmacologic options  
Benzodiazepines: risks and benefits  
Preventing side effects

### Bipolar Disorders

Neurochemistry  
The Bipolar Spectrum & DSM-5® changes  
Mood stabilizers  
Lithium  
Anti-convulsants & neuromodulators  
Typical, atypical, & third-generation antipsychotics  
Effective strategies for improving outcomes for clients

### Psychotic Disorders/Schizophrenia

Neurochemistry of psychosis and schizophrenia  
Antipsychotic medications:  
First generation (typical)  
Second generation (atypical)  
Managing side effects  
Extrapyramidal symptoms and TD  
Metabolic problems  
Recognizing hyperprolactinemia—and why you need to know  
Use of atypical antipsychotics for multiple disorders

### Limitations of the Research and Potential Risks

## DAY 2

### Attentional Disorders

Differential diagnosis  
Neurochemistry of ADHD  
Treatment controversies  
Substance abuse and ADHD  
Stimulant medications  
Non-stimulant options  
Preventing side effects

### Substance Abuse Disorders

Neurochemistry of addiction  
Negative reinforcement & creation of habits  
Alcohol  
Caffeine  
Nicotine  
Cannabis  
Opiates  
PCP & Ketamine  
MDMA (Ecstasy)  
Energy vs. chill drinks  
Over-the-counter & herbal psychopharmacology  
Addiction treatments  
Behavioral addictions

### Special Populations

Specialized guidelines for geriatric patients  
Dementia treatment  
Slow vs. rapid metabolizers (genetic polymorphisms)



#### 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.

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

# Agenda

Break (on your own) 11:50 a.m. to 1 p.m.

## Treating Clients' Pain

Acute vs. chronic pain

Alternatives to pharmacology

Pain vs. depression: which comes first?

## Ethics & Psychopharmacology

High-risk pharmacology & psychopharmacology

Off-label use of medications

Prescribing for children

Elective psychopharmacology

Marketing of mental illness

Polypharmacy

Informed vs. uninformed consent

Patient & third party pressures

Professional boundaries

Ethics associated with medical errors

Role of placebo

## Future Trends

Change of mind: preventing vs. managing side effects

Medicalization of normal

Computer-assisted devices

New meds, new diagnoses, new theories, new normal

Top 10 medical emergencies

Integrating psychotherapy with psychopharmacology

## Limitations of the Research and Potential Risks

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 Analyze the historical antecedents of psychopharmacological products and their relation to today's psychotropic medications.
- 2 Designate the mechanism of action of today's psychotropic medications and how it relates to your clients.
- 3 Breakdown the process of medication selection and receptor activation/blocking for specific disorders.
- 4 Communicate the side effects including nutritional, cognitive, sexual, and behavioral associated with psychotropic medications.
- 5 Specify how medications are chosen for mood disorders and specific patient characteristics.
- 6 Compile medication treatment options for your clients with ADHD.
- 7 Determine the unique medication considerations for geriatric clients.
- 8 Determine acute and chronic pain and methods of treatment.
- 9 Analyze future trends, including preventing side effects vs. managing side effects.
- 10 Establish ethical issues specifically relating to the child and adolescent population as they relate to clinical psychopharmacology.
- 11 Apply traditional standards (autonomy, beneficence, nonmaleficence, confidentiality, veracity) of ethical behavior to issues peculiar to the practice of clinical psychopharmacology.
- 12 Explore specific ethical issues and their resolve to the everyday practice of clinical psychopharmacology.

### THIS COURSE IS DESIGNED FOR:

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 & Health Care Professionals

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# 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ETHICS:** This seminar qualifies for 3.0 hours of general ethics instruction. If ethics is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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 12.5 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 12.5 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 12.5 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 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 12.6 contact hours. **PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.**

**NURSE PRACTITIONERS:** This program offers 760 instructional minutes of pharmacology content which is designed to qualify for 12.6 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

**ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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 12.6 contact hours. ACPE Universal Program Number: 0289-0000-17-005-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:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## DISTRICT OF COLUMBIA PSYCHOLOGISTS:

Please contact our customer service department at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the most current information.

## 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 9.5 (Clinical) and 3.0 (Ethics) continuing education clock hours for completing this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. No more than 12.5 total CE hours may be awarded for this activity. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 760 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.



APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.



PESI Inc. is proud to offer this seminar (at these locations only) **free of charge** (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

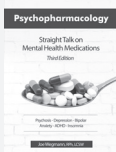
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are 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. Order today by using the order form on this brochure or by calling 800-844-8260.

## QUESTIONS? Call customer service at 800-844-8260

Save by including these products with registration!

## Psychopharmacology:

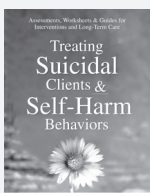
*Straight Talk on Mental Health Medications, 3rd Edition*



By Joseph F. Wegmann, Pharm.D., LCSW

A definitive guide to expand your knowledge in the pharmacological and behavioral treatment of psychosis,

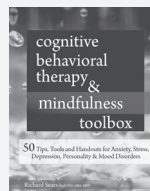
anxiety, depression, bipolar, insomnia and ADHD. Updates for the third edition include DSM-5 applications, newly released psychiatric meds, new risk factors with antidepressants, and the latest in geriatric psychopharmacology.



**Treating Suicidal Clients & Self-Harm Behaviors: Assessments, Worksheets & Guides for Interventions and Long-Term Care**

By Meagan N. Houston, Ph.D., SAP

*Treating Suicidal Clients & Self-Harm Behaviors* is filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods of their lives where suicidal and/or self-harm behaviors appear to be their primary options to cope. This complete resource also includes underlying etiology, varying life factors, and mental health concerns that influence suicidal and self-destructive behaviors.



**Cognitive Behavioral Therapy & Mindfulness Toolbox:**

*50 Tips, Tools and Handouts*

*for Anxiety, Stress, Depression, Personality and Mood Disorders*

By Richard Sears, PsyD, PhD, MBA, ABPP

Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy -- all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.

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## How to Register

### ONLINE

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### FAX

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### MAIL

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QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## 1 Please complete entire form

(to notify you of seminar changes); please print; staple duplicate forms.

**Make a copy for your records**

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\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

## 3 Check Tuition (with Seminar Manual)

- ☐ **Early Bird Tuition \$399.99** per person (postmarked 3 weeks prior to event) or for two or more people registering together.
- ☐ **Standard Tuition \$439.99** per person

## 4 Add-On Products

	Distributed at seminar FREE SHIPPING	Shipped to You
<b>Psychopharmacology 2-Day Conference on DVD*</b> (video) \$299.99 (RNV048500)	N/A	<input type="checkbox"/>
<b>Psychopharmacology 2-Day Conference on CD*</b> (audio) \$269.99 (RNA048500)	<input type="checkbox"/>	<input type="checkbox"/>
<b>Psychopharmacology book*</b> \$24.99 (PUB083825)	<input type="checkbox"/>	<input type="checkbox"/>
<b>Treating Suicidal Clients &amp; Self-Harm Behaviors book*</b> \$29.99 (PUB085170)	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cognitive Behavioral Therapy &amp; Mindfulness Toolbox book*</b> \$29.99 (PUB085015)	<input type="checkbox"/>	<input type="checkbox"/>
<b>Product Total</b> _____		
*Shipping is \$6.95 first item + \$2.00 each add'l item.	<b>*Shipping</b> N/A	_____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	<b>Subtotal</b>	_____
	<b>**Tax</b>	_____
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## 5 Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### 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.

### TUITION OPTIONS

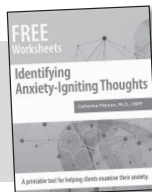
- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advanced online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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## FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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