

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
- 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

• 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
    - Why were newer drugs needed?
  - 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?
- 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

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.

**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

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Psychopharmacology  
for Mental Health Professionals

Langhorne, PA  
Wednesday, October 23, 2019  
King of Prussia, PA  
Thursday, October 24, 2019  
Mount Laurel, NJ  
Friday, October 25, 2019



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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

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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

**Alan S. Bloom, Ph.D.,** is professor of pharmacology and toxicology at the Medical College of Wisconsin where he teaches psychopharmacology to medical students and neuroscience graduate students. He earned a joint Ph.D. in psychology and pharmacology and consults regularly with psychiatrists and attorneys in drug abuse and other pharmacology related cases.

Dr. Bloom has conducted extensive research on the impact of drugs of abuse (marijuana, cocaine, etc.) on the brain through use of functional magnetic resonance imaging (fMRI). He also directed research on the cognitive effects of chemotherapy drugs administered to women with breast cancer, commonly known as “chemo-brain”. His studies have been funded by the NIH and other national organizations and reported in an extensive number of publications and presentations. Dr. Bloom has served on the NIDA Center grant review panel and is an appointed member of the Controlled Substance Board of the State of Wisconsin.

Dr. Bloom is a strong and experienced presenter providing lively, information-packed seminars. He encourages the active learning of participants through application of the material in case studies and problem-based learning. In 1997 he was elected to membership in the Medical College of Wisconsin Society of Teaching Scholars.

**Speaker Disclosure:**  
Financial: Alan Bloom is a Professor of Pharmacology and Toxicology at the Medical College of Wisconsin. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Alan Bloom is the vice-chair for the State of Wisconsin Controlled Substances Board.

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

**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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**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.

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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.

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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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**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.

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**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.

**PSYCHOLOGISTS:** This activity consists of 6.0 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, Oklahoma, 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.

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

**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.

**NEW JERSEY SOCIAL WORKERS:** Psychopharmacology for Mental Health Professionals, Course #2624, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 08/14/2019 - 08/14/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

PLEASE RETURN ENTIRE REGISTRATION FORM

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

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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.

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