

## Outline

### MEDS 101

Case study  
Reasons to be knowledgeable about psychiatric medications  
Lessons from other disciplines  
Pharmacy  
Nursing  
Ethics guidelines  
The common questions clients have about their medications  
Handling differences of opinion between yourself and a prescribing professional

### GENERAL OVERVIEW OF THE NERVOUS SYSTEM

Organization of the nervous system  
Structure of the neuron  
Communication between neurons  
How medicines interact with the nervous system

### DEPRESSION MEDICATIONS

Neurobiology  
SSRIs and SNRIs  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories  
Case study

### ANXIETY DISORDER MEDICATIONS

DSM-5® anxiety categories  
Deconstructionist approach taken by prescribers  
Neurobiology  
SSRIs and Benzodiazepines  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories  
Case study

### BIPOLAR MEDICATIONS

Monotherapy  
Lithium, Anticonvulsants, and 2nd generation Antipsychotics  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories  
Case study

### ADHD MEDICATIONS

Neurobiology  
Methylphenidate and Amphetamine  
Mechanism of action  
Delivery systems  
Benefits and adverse reactions  
Medications in these categories  
Case study

### ANTIPSYCHOTIC MEDICATIONS

Psychosis symptoms  
Neurobiology  
1st and 2nd generation Antipsychotics  
Mechanism of action  
Benefits and adverse reactions  
Medications in these categories  
Case study

### INSOMNIA MEDICATIONS

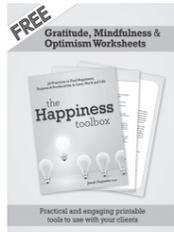
Causes and treatments for insomnia  
Medications for insomnia  
Half-life  
Benefits and adverse reactions  
Case study

### LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

"This is by far the BEST psychopharmacology course that I have EVER taken--and I've taken several over the years! Great job!!! Very comprehensive and easy to understand."

- Deborah, Psychologist

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# Psychopharmacology in Plain English

Includes 3 CE Hours of Ethics



# Psychopharmacology in Plain English

Includes 3 CE Hours of Ethics



- Why (and what) you should know about psychopharmacology
- Questions you can expect from clients and prescribers, and how to answer them
- Latest ethical guidelines from APA, NASW, ACA, and others
- Latest information and newest medications for depression, anxiety, bipolar, ADHD, psychosis and insomnia

## Objectives

1. Define the proper role of mental health professionals who treat clients receiving both psychotherapeutic medications and psychotherapy.
2. Explore specific ethical issues and resolutions related to communicating with clients and prescribing professionals about psychotropic medications.
3. Explain the neurotransmitter systems and neuroanatomy underlying the biological basis for mental disorders and pharmacotherapy.
4. Describe the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
5. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
6. Analyze the role that half-life plays in the efficacy of insomnia medications prescribed for clients.

### 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.

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Scott Simpson** at [ssimpson@pesi.com](mailto:ssimpson@pesi.com) or call 715-855-5263.

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Wednesday, November 20, 2019

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Thursday, November 21, 2019

**FREDRICK, MD**  
Friday, November 22, 2019

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# Psychopharmacology in Plain English

## Clear, Concise, and Current Information on Psychotropic Medications

Does this sound familiar? Your clients are taking multiple psychotropic medications prescribed by different health care professionals. You watch as prescriptions stream in from psychiatrists, family physicians, nurse practitioners, and others, and you discover that your clients have no idea who wrote which prescription or why they are even taking the medication. You realize that despite the confusion, you still have a responsibility to know your clients' symptoms and reactions to medications, and to coordinate their care.

Dr. Kenneth Carter shares practical and useful information that you need to advocate for your clients. You will get the latest information on antidepressants, anti-anxiety medications, medications for insomnia, and others. You will take a close look at the ethical decisions that accompany their use. You will leave better prepared to communicate with your clients as well as the prescribers, as Dr. Carter instructs you on how the medications work, their benefits, and the side effects and dangerous reactions associated with them.

Do you want to vastly increase your knowledge and ability to communicate with your clients and health care providers? The prescription: *Register for this seminar!*

## Speaker



**Kenneth Carter, PhD, ABPP**, is a board-certified clinical psychologist and professor of Psychology at Oxford College of Emory University in Atlanta, Georgia. Prior to this, Dr. Carter served as a senior assistant research scientist in the Epidemic Intelligence Service of the Centers for Disease Control and Prevention. He has been a psychotherapist and researcher for more than 20 years, during which time he has garnered awards from the National Institutes of Health, the National Heart, Lung, and Blood Institute, and the University of Michigan. In addition to his teaching and research, Dr. Carter is actively engaged in translating psychology to everyday language. He has also appeared in magazines such as *Mental Floss* and *Reader's Digest*, as well as in news programs such as *Connect with Kids* and NBC's "Today Show." Dr. Carter recently published *Learn Psychology*, an introductory psychology textbook, with Dr. Colleen Seifert of the University of Michigan.

### Speaker Disclosures:

Financial: Kenneth Carter is a professor at Oxford College of Emory University. He receives a speaking honorarium from PESI, Inc. Non-financial: Kenneth Carter is a member of the American Psychological Association; the Association for Psychological Science; and the American Board of Professional Psychology.

"Wonderful presentation. Possibly the most entertaining presenter I have ever seen. Very useful information that I can put into practice tomorrow. He made a potentially complex topic easily understandable."

- Randee, LMSW

"Bravo! Dr. Carter is an intelligent, funny, engaging presenter. I learned a lot. Thank you!"

- Souci, Pastoral Counselor

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

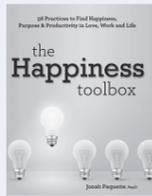
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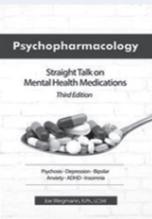


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*56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life*

By Jonah Paquette, Psy.D.

*The Happiness Toolbox* is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.



### Psychopharmacology

*Straight Talk on Mental Health Medications - Third 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.

Questions? Call customer service at 800-844-8260

## 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.

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

**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.

**Counselors (NBCC):** Psychopharmacology in Plain English has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3207. PESI is offering this activity for 6.5 clock hours of continuing education credit.

**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 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.

**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: 0289-0000-18-003-L04-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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**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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• **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. *Limited seats available; advance online registration required.*

• **\$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, or call our Customer Service Dept. at 800-844-8260.

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