

## 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*)

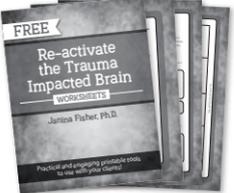
**4:00** Program ends

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  
Nurse Practitioners • Clinical Nurse Specialists • Addiction  
Counselors • Pharmacists • Occupational Therapists  
Occupational Therapy Assistants • Psychiatrists • Other  
Mental Health & HealthCare Professionals

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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

# Psychopharmacology

## What You Need to Know Today about Psychiatric Medications

**VALDOSTA, GA**  
Thursday  
December 19, 2019

**JACKSONVILLE, FL**  
Friday  
December 20, 2019

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Thursday  
December 19, 2019

**JACKSONVILLE, FL**  
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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.

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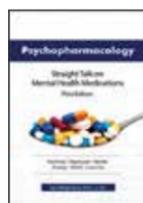
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#### Psychopharmacology

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

By Joseph F. Wegmann, R.P.H., 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.*

*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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**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.

**Georgia Counselors:** 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

**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.

**Georgia Marriage & Family Therapists:** This activity has been approved by the Georgia Association for Marriage & Family Therapy for continuing education hours for licensed marriage and family therapists. Full attendance at this activity qualifies for 6.25 Core continuing education hours. ID #: . Full attendance is required. No partial contact hours will be issued for partial attendance.

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**Florida Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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#### Psychologists & Psychiatrists: Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.



#### Psychologists

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