

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

Objectives

- 1. Discuss the proper role of mental health professionals who treat clients receiving both psychotherapeutic medications and psychotherapy.
- 2. Describe 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. Identify the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
- 5. Describe adverse effects and drug reactions of the commonly prescribed psychotropic medications and when to alert the prescriber about them.
- 6. Analyze the role that half-life plays in the efficacy of insomnia medications prescribed for clients and how it may affect behavioral interventions.

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PSYCHOPHARMACOLOGY

Essential Information for Mental Health Professionals

EUGENE, OR
Monday
March 9, 2020

SALEM, OR
Tuesday
March 10, 2020

PORTLAND, OR
Wednesday
March 11, 2020



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PSYCHOPHARMACOLOGY

Essential Information for Mental Health Professionals

Featuring **Dr. Perry Buffington**, licensed psychologist with a master’s degree in clinical psychopharmacology and former chairman of the Florida Psychological Association’s Prescriptive Authority Committee

- 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

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PSYCHOPHARMACOLOGY

Essential Information for Mental Health Professionals

Dr. Perry Buffington, a counseling psychologist with over 40 years experience and with a Master's degree in Clinical Psychopharmacology, shares his clinical experience and training to provide detailed information about the range of common medications prescribed for mental health conditions. You will get the latest information on antidepressants, anxiolytics, and common medications for insomnia and Attention Deficit/Hyperactivity Disorder among others. Through lecture, the examination of multi-disciplinary ethics codes and real case examples, you will take a close look at the ethical decisions that accompany medication use and the non-prescriber's role and limits with regards to medication discussions with your patients.

Dr. Buffington answers questions from providers in the field and walks through examples of practical clinical discussions that come up every day in practice, including how to discuss scope of practice with your patients in order to optimize their care when working with multiple providers. The goal is for you to leave better prepared to communicate with your clients as well as the prescribers, as Dr. Buffington instructs you on how the medications work, their benefits, and the side effects and dangerous reactions associated with them.

SPEAKER

Perry Buffington, Ph.D., M.S., has over 10 years of experience in the medical consulting field and over 40 years experience as a counseling psychologist and psychology professor. He is currently 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 twelve books, 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.

Speaker Disclosures:

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.

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.*



Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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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 cepsi@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: 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.

Oregon 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.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

Washington Marriage & Family Therapists: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

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.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and 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 or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Val Whitehead at vwhitehead@pesi.com or call 715-855-8166.

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: 0289-0000-19-019-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 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. Course Level: Intermediate.

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.

Washington Social Workers: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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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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 • Other Mental Health & HealthCare Professionals

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTRATION FORM PSYCHOPHARMACOLOGY: ESSENTIAL INFORMATION FOR MENTAL HEALTH PROFESSIONALS

***SAVE TIME!* Express Register Online: pesi.com/express/77947**

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3	Select Tuition
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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar *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 for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

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