

## OUTLINE

### Antidepressants

- The many facets which impact depression such as neurotransmitter imbalances, life events, and environmental factors
- History of antidepressants, in terms of safety and efficacy of treatments
- Classes of antidepressants – MAOIs, TCAs, SSRIs, SNRIs, SDRIs, other antidepressants, and serotonin modulators

### Antipsychotics

- Targeted neurotransmitters – DA, mechanism of action, DA pathways, D2 and 5HT<sub>2A</sub> – why is this important?
- Typical vs. atypical – what are the differences and how do we choose them?
- Adverse effects
- Off label indications
- Specific benefits of the class

### Mood Stabilizers

- Targeted neurotransmitters/Mechanism of action
- Efficacy in treatment
- Adverse reactions
- Safety – Importance of compliance and monitoring
- Off label indications
- Best in practice pearls

### Anxiolytics

- 2nd line treatment vs. 1st line treatment – and reasons these might not be used as first line
- Targeted neurotransmitters/Mechanism of action

- Cautions and safety concerns associated with this class
- Adverse effects
- Safety – addiction and withdrawal

### Stimulants

- Classes of ADHD drugs and how they differ
- Neurotransmitters involved/Mechanism of action
- Caution associated with controlled substances
- Safety in children and use in adults

### Critical Considerations for Psychopharmacology Treatment

- Challenging symptoms to treat, such as TBI and autism
- Ruling out medical conditions that mimic psychiatric conditions
- Importance of a detailed history and review of symptoms

### Enlightening Case Studies

- Depression
- Schizophrenia
- Bipolar

### Questions?

Visit our FAQ page at [www.pesihc.com/faq](http://www.pesihc.com/faq) or contact us at [www.pesihc.com/info](http://www.pesihc.com/info)

## OBJECTIVES

1. Recognize ways to conceptualize psychiatric symptomatology outside the box.
2. Evaluate common medical conditions that you may inadvertently diagnose as psychiatric in nature.
3. Analyze the 4 main neurotransmitters and how their imbalance influences different psychiatric disorders.
4. Compare efficacy of the newer class of serotonin modulators to the other widely-used antidepressant classes.
5. Determine the best combination of psychotropic medications for the patient to achieve the desired level of improvement.
6. Learn strategic ways to customize treatment plans based on your patient's individual needs.

Target Audience: Nurse Practitioners • Physician Assistants • Physicians • Pharmacists  
Nurses • Therapists • Psychologists • Case Managers



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.*

**Have a seminar idea?** If you are interested in becoming a speaker, or have a new topic idea, please contact Missy Cork at [mcork@pesi.com](mailto:mcork@pesi.com) or call (715) 855-6366.

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# Psychopharmacology for Advanced Practice Clinicians

Proven Strategies for Prescription Success



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# Psychopharmacology for Advanced Practice Clinicians

Proven Strategies for Prescription Success

Antidepressants – Antipsychotics – Mood Stabilizers – Anxiolytics – Stimulants



- Confidently select the best psychiatric medication or combination of meds
- Explore a new structured model of care to dramatically improve psychopharmacology results
- Quickly identify key details from the patient's symptom self-report, psychosocial assessment & psychiatric history
- Compare efficacy of the newer class of serotonin modulators to other widely-used antidepressant classes
- **6.3 Pharmacology CE Hours!**

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# PSYCHOPHARMACOLOGY

## for Advanced Practice Clinicians

Psychiatry is one of the most challenging areas of medicine, secondary to the subjective nature of the specialty. As clinicians, we have no objective data to base our course of treatment on. Psychopharmacology and psychotherapy are our best options in terms of treatments and therapy is only successful if the patient is committed to attending every session, completing their homework, and willing to make the necessary life changes to improve their mental health. Medication can be very helpful in terms of alleviating mental health symptoms; however, choosing the right medication and/or combination of meds is crucial to achieving successful outcomes. Secondary to the psychiatry shortage, providers in other specialties find themselves treating mental health patients, which can present additional challenges.

This course will arm attendees with a valuable update on the different classes of psychiatric medications and facilitate a deeper level of understanding in terms of how these medications work on their respective neurotransmitters and how they work in conjunction with one another. It is uncommon for mental health patients to be on only one medication, as a combination of medications is often required to reach the desired level of improvement. After this course, you will be able to identify effective medication regimens for patients based on their psychiatric history and presenting symptoms, ultimately contributing to quality of life improvements in patients with mental health conditions.

## SPEAKER

**Stephanie L. Bunch, RN, MSN, ANP-C, PMHNP-C**, works in a large private practice in Lansing, MI, providing clinical services to children, adolescents, and adults with psychiatric disorders, including ADHD, Bipolar Disorder, Depression, Anxiety, Obsessive-compulsive tendencies, Schizophrenia, Autism Spectrum Disorder, Traumatic Brain Injury, PTSD, and Personality Disorders. She has achieved considerable success treating these conditions. This success has largely resulted from the development of a structured model of care that includes a significant focus on clinical and background histories, identifying psychosocial stressors, and evaluating prior medical and psychiatric diagnoses (and treatment regimens associated with these conditions). This approach and model of medical management is essential to the effective delivery of psychiatric medications to this population.

From a clinical perspective, Stephanie has worked in a myriad of settings, including emergency medicine, primary care, and psychiatry, within a large urban hospital, community-based practice, clinics, and in a private-practice setting. Her transition from primary care to psychiatry evolved as a means of providing effective treatment for a growing population of underserved patients with psychiatric disorders.

Stephanie's commitment to her specialty is evident. She completed a post-graduate degree specializing in psychiatry at Johns Hopkins University in Baltimore, MD, earned her Psychiatric Mental Health Nurse Practitioner certificate and is a requested presenter, sharing her expertise with multidisciplinary healthcare audiences throughout the country.

### Speaker Disclosures:

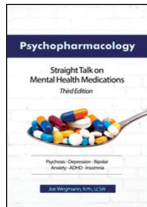
Financial: Stephanie Bunch has an employment relationship with Par Rehab Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Bunch is a member of the American Association of Nurse Practitioners.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on September 21, 2020, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesihc.com/webcast/78485](http://www.pesihc.com/webcast/78485)

**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.

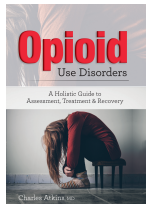


## Psychopharmacology

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

By Joseph F. Wegmann, R.PH., 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)



## Opioid Use Disorders

*A Holistic Guide to Assessment, Treatment, and Recovery*

By Charles Atkins, MD

Overdoses have lowered the life expectancy in the United States for two years in a row. The leading cause -- opioids. This epidemic has spread through every sector of our country, destroying lives as parents, friends, families, and those entrapped by opioids struggle to find help.

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## Live Seminar & Webcast Schedule (Times Listed in Eastern)

**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.

## 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.

**Case Managers:** This course has been submitted to the Commission for Case Manager Certification for approval. Full attendance is required.

**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.

**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: 0289-0000-19-004-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.

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### Psychologists & Physicians:

#### Physicians

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#### Psychologists

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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**Psychologists:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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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### ADA NEEDS

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### 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

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesihc.com/coord](http://www.pesihc.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

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### OTHER WAYS TO REGISTER

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