

Outline

THE NITTY GRITTY OF PSYCHOPHARMACOLOGY

How the brain communicates
Specifics about nutrition & neurotransmitters
Gut-brain connection: What it is & does it really exist?
Over-the-counter medications
Nutraceuticals
Vitamins: Differences & effectiveness
Ancient Medications: Are they still useful?

GENETIC TESTING: DO'S AND DON'TS!

Do genetic assays help decide medication choices?
Common genes tested & why
How to use genetic assays
Understanding Methylation
Communicating about genetic testing
Using genetic testing to predict response & failure

WHAT TO DO BEFORE A DIAGNOSIS OR PRESCRIPTION

Symptoms vs. circuits
How to identify which brain organ to target
Using the body to heal itself:
Smart nutrition
Pharmacodynamics vs. pharmacokinetics
Expected & unexpected interactions: CYPs made simple!
Off-label medication use & concerns
Pearls from the Black Box Warnings

DEPRESSIVE DISORDERS

Screening & differential diagnosis
Integrative approaches: medications, nutraceuticals, herbals
Types of antidepressants & the pearls & pitfalls of each
Mild & severe side-effects: How to assess & what to do
Age-related differences
Treatment resistance: What it is & how to manage it
Cutting-edge treatments: What's new, What's safe

ANXIETY-RELATED DISORDERS

Screening & differential diagnosis
Brain organs: Targets & triggers
Integrative approaches: medications, nutraceuticals, herbals
Choosing gold-standard treatments
Benzodiazepines: Pearls & problems
Safely discontinuing benzodiazepines

MOOD DISORDERS

Screening, stigma & safety concerns
Types of cyclical disorders: Different types & different treatments
Types of medications: What to choose & what to avoid
Monitoring for safety: Labs, age, pregnancy & side-effects
Managing mild & severe side-effects: Assessment & interventions
When to augment & what to augment with

PSYCHOSIS & SCHIZOPHRENIA

Brain targets for treatments
1st & 2nd generation anti-psychotics
Monitoring for safety & severe side-effects
Assessment & treatment for mild to severe side-effects
Other uses for anti-psychotics with pearls for prescribing
Avoiding negative side-effects: Tapering off, switching medications, augmentation

ATTENTIONAL DISORDERS

Neurobiology of cognitive dysfunction
Screening & differential diagnosis
The science behind treatment options
Medication choices: stimulants, non-stimulants, nutraceuticals

SLEEP DISORDERS

Types of sleep disorders & how to screen
Differential diagnosis
Determining what came first
Treatment options:
Medications
Cognitive behavioral therapy
Integrative approaches:
Nutraceuticals, herbals

ADVERSE EFFECTS & INTERVENTIONS

SUBSTANCE USE DISORDERS

Screening, stigma, diagnosis & differentials
Abuse vs. addiction
Helping your client recover from use
Categories of abusable drugs:

- Caffeine
- Nicotine
- Cannabis vs. CBD
- Alcohol
- Opiates
- Stimulants
- Designer drugs

PUTTING IT ALL TOGETHER

Resources for prescribers & non-prescribers
Limitations of the research & associated risks



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Join us online, for this 2-day live conference!

2-DAY

Integrative Psychopharmacology

The Future of Medications, Nutrition & Genetics

LIVE Interactive Webcast

Thursday & Friday, November 12 & 13, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: pesi.com/webcast/83954

Join us online, for this 2-day live conference!

2-DAY

Integrative Psychopharmacology

The Future of Medications, Nutrition & Genetics

- Dynamic & Energetic Speaker who Provides Practical Information that is Easy to Use & Easy to Understand
- Genetic Testing Do's & Don'ts
- Putting it All Together: Medications, Nutraceuticals, Herbals, Nutrition
- The Newest Advances in Psychopharmacology & Contemporary Trends in Medication Management

LIVE Interactive Webcast

Thursday & Friday, November 12 & 13, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: pesi.com/webcast/83954

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

To view the learning objectives, visit: [pesi.com/webcast/83954](https://www.pesi.com/webcast/83954)

Target Audience: Counselors • Social Workers • Psychologists
Psychotherapists • Psychiatrists • Physician Assistants
Nurses • Nurse Practitioners • Clinical Nurse Specialists
Marriage & Family Therapists • Addiction Counselors
Pharmacists • Occupational Therapists • Occupational Therapy Assistants • Physicians • Other Mental Health & Health Care Professionals

Live Webcast Schedule (both days)

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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.

2-DAY

Integrative Psychopharmacology

The Future of Medications, Nutrition & Genetics

Does this sound familiar? Your clients are taking multiple psychotropic medications prescribed by different healthcare professionals, not to mention their use of over-the-counter medications and herbal supplements. You discover that they 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 client's symptoms, reactions to medications, and to coordinate their care. It's more critical than ever for healthcare and mental health professionals to understand how psychotropic medications work, where in the body they work, and why they do (or don't) improve your client's therapeutic outcomes.

Are you confident in your role as both the client advocate and protector to effectively address medication assisted treatments in your overall care plan?

Don't miss the opportunity to spend two-action-packed days learning from expert, Sharon M. Freeman Clevenger, MSN, MA, PMHCNS-BC. She will guide you through the newest advances and contemporary trends in blending medication management with nutrition and psychotherapy interventions for anxiety, depression, psychotic disorders and more. You'll leave with the knowledge you need to answer clients' questions, manage side effects, understand medication reactions and improve your treatment outcomes.

Speaker

Sharon Freeman Clevenger, MSN, MA, PMHCNS-BC, CARN, AP, PMHCNS-BC, is the founder, psychiatric nurse practitioner, and senior clinical supervisor of the Indiana Center for Cognitive Behavior Therapy in Fort Wayne, Indiana. She has national certification as an Advanced Practice Psychiatric Clinical Nurse Specialist with prescriptive authority, as well as senior level international certification as an Advanced Practice Certified Addiction Nurse through the International Society of Nurses on Addictions. Sharon is former president of NAADAC, the Association for Addiction Professionals.

Sharon has lectured to professional and military/law enforcement audiences worldwide. She has authored more than 50 chapters and articles and has been a guest expert on the TV show, "The Doctors." She is the co-editor for both the therapist manual and patient handbook of *Overcoming Depression: A Cognitive Behavior Approach* (Oxford University Press, 2009), senior editor and author of *Living and surviving in Harm's Way: The Psychological Treatment Manual for Pre-and-Post-Deployment of Military Members* (Routledge, 2008), *Behind the Badge: A Psychological Treatment Handbook for Law Enforcement Officers* (Routledge, 2008), *Behind the Badge: A Psychological Treatment Handbook for Law Enforcement Officers* (Routledge, 2014), and senior editor and author of *Cognitive Behavior Therapy in Nursing Practice* (Springer Publishers, 2005).

Sharon has a Master's degree in Advance Practice Psychiatric Mental Health Nursing from the University of Pennsylvania, and a Master of Arts in Counseling Psychology from the Adler School of Professional Psychology. She is a Doctor of Science candidate in Integrative Healthcare at Huntington University of Health Sciences in Knoxville, TN.

Speaker Disclosures:

Financial: Sharon Freeman Clevenger is Founder and Executive Director of the Indiana Center for Cognitive Behavior Therapy. She receives an honorarium from Allergan. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sharon Freeman Clevenger has no relevant non-financial relationship to disclose.

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 live webcast, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Digital Seminar or DVD: 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 **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.



Online Learning Made Easy!

Join us on November 12 & 13, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It's easy and convenient!

Register now! pesi.com/webcast/83954

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$79.99 each

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 12.5 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83954.

Addiction Counselors – AK, AL, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NJ, NM, NV, OK, OR, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV

Counselors – AK, AL, AZ, CA, CO, CT, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Marriage and Family Therapists – AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Nurses – All States

Occupational Therapists – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.



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, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 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.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

**2-DAY: INTEGRATIVE PSYCHOPHARMACOLOGY:
THE FUTURE OF MEDICATIONS, NUTRITION & GENETICS**

SAVE TIME! Express Register Online: pesi.com/webcast/83954

1 Please complete entire form if sending by mail *please print legibly* ©2020

*Email address _____
***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ ☐ Home ☐ Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
***Required for event updates**

2 Pick Your Training (make copy for your records)

☐ **Live Interactive Webcast**
November 12 & 13, 2020
\$439.99 tuition*
8am Eastern time
Includes:
Real-time Q&A with Speaker
Live CE Certificate
Downloadable Manual
FREE BONUS:
Replay On-demand Access for 90 Days Afterwards

☐ **Digital Seminar**
\$439.99**
Includes:
Self-study CE Certificate
Lifetime On-demand Access
Downloadable Manual

☐ **DVD**
\$439.99***
Includes:
Self-study CE Certificate
Lifetime Access
Downloadable Manual

3 Select Payment Method

All registrations must be prepaid.

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

Total	_____
Shipping - \$6.95 (DVD only)	_____
Subtotal	_____
Tax	_____
TOTAL	_____

* For webcasts, add applicable tax in HI, NM
**For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
***For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.

PLEASE RETURN ENTIRE REGISTRATION FORM