

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



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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

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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.

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National Approvals

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.



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