

# Outline

## PSYCHOPHARMACOLOGICAL FOUNDATIONS

### • Core Pharmacological Principles

Brain structures & circuits involved in:

- Emotional regulation
- Executive function & inhibitory control
- Reward & pleasure
- Learning & memory

Receptors and neurotransmitters important in the actions of psychopharmacological agents

- Biogenic amines
- Excitatory & inhibitory neurotransmitters
- Endorphins & endocannabinoids

### • Your Role in Combined Psychological & Pharmacological Treatments

- Collaboration & communication with prescribing professionals
- Manage the combined treatments
- Referrals for medication
- Client psycho-education
- Monitor drug effects & side effects
- Promote adherence to combined treatments

## DRUGS USED IN THE TREATMENT OF DSM-5® MENTAL DISORDERS

### • Depressive Disorders

Neurobiology of depression

Drugs used to treat depressive disorders

Selective Serotonin Reuptake Inhibitors (SSRIs)

- Effects, side effects, and cautions
- Suicide risk & discontinuation syndrome
- Serotonin syndrome

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

Effects, side effects, and cautions

Atypical antidepressant agents

Effects, side effects, and cautions

Tricyclic antidepressants (TCAs)

Effects, side effects, and cautions

Why were newer drugs needed?

MAO inhibitors

Effects, side effects, and cautions

• Choosing an antidepressant

• What if first-line antidepressants do not work?

Augmentation with antipsychotics

• What about herbs like St. John's Wort?

### • Schizophrenia Spectrum Disorders

Biological theories of schizophrenia

"Typical" & "atypical" antipsychotic drugs

Effects, side effects & cautions – similarities & differences

Latest evidence-based comparisons

Drugs for treatment-resistant schizophrenia

Other uses of antipsychotic drugs

### • Bipolar Disorders

Biological theories for bipolar disorders

Drugs used to treat bipolar disorders

A prototype agent-lithium

Effects, side effects & cautions

Anticonvulsants

Effects, side effects & cautions

Antipsychotics – approved agents

Combination drug therapy

### • Anxiety, Obsessive-Compulsive & Sleep-Wake Disorders

The neurobiology of anxiety-related disorders

The structure of sleep

Drugs used in the treatment of anxiety & insomnia

Benzodiazepines & Benzodiazepine-like drugs

SSRI's & other drugs used to treat anxiety

### • Attention-Deficit/Hyperactivity Disorder & Neurocognitive Disorders (Dementia)

ADHD

Psycho-stimulants

Effects, side effects & cautions

Alpha-Adrenergic Agonists

Major neurocognitive disorders

Drugs used in the treatment of cognitive impairment

Future treatments

### • Prescription Drug Abuse

Mental disorders & risk of comorbid prescription drug abuse

Classes of drugs that are frequently abused

Stimulants

Sedative-hypnotics

Opiates

Strategies for the prevention & early identification of prescription drug abuse

## LIMITATIONS OF THE RESEARCH AND POTENTIAL RISK

# Objectives

1. Communicate the neurotransmitter systems and neuroanatomy underlying the biological basis for mental disorders and pharmacotherapy.
2. Evaluate the role of mental health professionals who treat clients receiving both psychotherapeutic medications and psychotherapy.
3. Analyze the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
4. Analyze the effects and side effects of various psychotropic medications, including antipsychotics, antidepressants, benzodiazepines and anticonvulsants.
5. Determine the abuse liability of drugs used in the treatment of anxiety, insomnia, pain and ADHD.
6. Implement methods for prevention and early identification of prescription drug abuse among clients.

### Live Webinar Schedule (Times listed in Pacific)

**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.

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# Psychopharmacology for Mental Health Professionals



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# Psychopharmacology for Mental Health Professionals

- Current neuroscience underlying DSM-5® disorders and the use of psychotropics
- Effective medications for DSM-5® disorders
- Alternative treatments when standard medications fail
- Strategies for predicting and preventing prescription drug abuse



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# Psychopharmacology

## for Mental Health Professionals

Most clients with DSM-5® diagnoses are being treated with a combination of psychological and pharmacological treatments. Newer drugs are being developed to treat mental disorders based on a better understanding of neurobiological contributions to mental disorders and the latest pharmacological research. To provide appropriate services, you are expected to have a thorough understanding of these common and complex issues. As a mental health professional, keeping up-to-date is essential.

This seminar will update and increase your knowledge of:

- Neurobiological underpinnings of major DSM-5® diagnoses
- Effects and side effects of drugs used to treat these diagnoses
- Responsibilities of the non-prescribing therapist to clients taking psychiatric medication

Specifics of the pharmacological treatment and drugs of choice for **Depressive, Bipolar, Schizophrenia Spectrum, Anxiety, OCD, Sleep-Wake, ADHD and Neurocognitive disorders** will be presented. Unique to this seminar is information on the common types of psychotherapeutic drugs and other drugs that are abused, and methods for prevention and early detection. Throughout the day, representative case studies will generate discussion and examination of the latest drug treatment for DSM-5® disorders. You will leave this seminar with knowledge and confidence regarding effective and safe application of pharmacological drugs.

### Target Audience:

Counselors • Psychotherapists • Psychologists • Social Workers • Nurse Practitioners  
Case Managers • Marriage & Family Therapists • Addiction Counselors • Nurses • Physicians  
Clinical Nurse Specialists • Pharmacists • School Psychologists • Occupational Therapists &  
Occupational Therapy Assistants • Other Mental Health Professionals



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## Meet Your Speakers

**Alan S. Bloom, Ph.D.**, is professor of pharmacology and toxicology at the Medical College of Wisconsin where he teaches psychopharmacology to medical students and neuroscience graduate students. He earned a joint Ph.D. in psychology and pharmacology and consults regularly with psychiatrists and attorneys in drug abuse and other pharmacology related cases.

Dr. Bloom has conducted extensive research on the impact of drugs of abuse (marijuana, cocaine, etc.) on the brain through use of functional magnetic resonance imaging (fMRI). He also directed research on the cognitive effects of chemotherapy drugs administered to women with breast cancer, commonly known as "chemo-brain". His studies have been funded by the NIH and other national organizations and reported in an extensive number of publications and presentations. Dr. Bloom has served on the NIDA Center grant review panel and is an appointed member of the Controlled Substance Board of the State of Wisconsin.

Dr. Bloom is a strong and experienced presenter providing lively, information-packed seminars. He encourages the active learning of participants through application of the material in case studies and problem-based learning. In 1997 he was elected to membership in the Medical College of Wisconsin Society of Teaching Scholars.

#### Speaker Disclosure:

Financial: Dr. Alan Bloom has an employment relationship with the Medical College of Wisconsin. He receives a speaking honorarium and recording royalties from PESI, Inc. Dr. Alan has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Alan Bloom is the Vice Chair of the State of Wisconsin Controlled Substances Board. He serves on the advisory board for the Functional Imaging Research Center.

**Margaret (Peggy) L. Bloom, Ph.D.**, Professor Emerita, Counselor Education and Counseling Psychology, Marquette University, Milwaukee, Wisconsin is a licensed psychologist and NCC certified counselor. Dr. Bloom is nationally recognized for her knowledge and expertise in assessment, DSM diagnosis and counselor education. She is past chair and member of the board of directors of the Center for Credentialing & Education (NBCC), an elected fellow of the American Psychological Association (APA) and past-president of the Association for Counselor Education and Supervision (ACES). Beginning her career as a psychiatric nurse and earning graduate degrees in nursing, counseling, and a Ph.D. in counseling psychology, Peggy brings a unique interdisciplinary perspective to each seminar. She has published numerous journal articles and presented professional education seminars across the world on assessment, diagnosis and counselor education. In addition to her university positions, she maintained a private therapy practice for many years.

#### Speaker Disclosure:

Financial: Margaret Bloom has an employment relationship with Marquette University. She is a consultant for Provost, St. Norbert College and Higher Learning Commission, North Central Association. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Margaret Bloom serves on the National Board Counselor Certification, Center for Credentialing and Education and the Higher Learning Commission, North Central Association. She is a member of American Counseling Association, American Psychological Association, and Association for Counselor Education and Supervision. She has no relevant non-financial relationships.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Physicians, Psychologists, Social Workers, Marriage & Family Therapists, Addiction Counselors, Nurses, and Occupational Therapists.**

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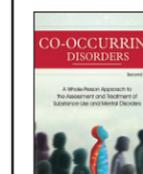
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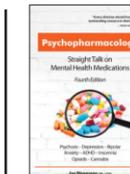


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By Charles Atkins, MD

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