

# 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<sup>®</sup> 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
    - Misuse of these drugs in treatment
    - 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 Seminar & Webinar Schedule

(Times listed in Central)

**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.

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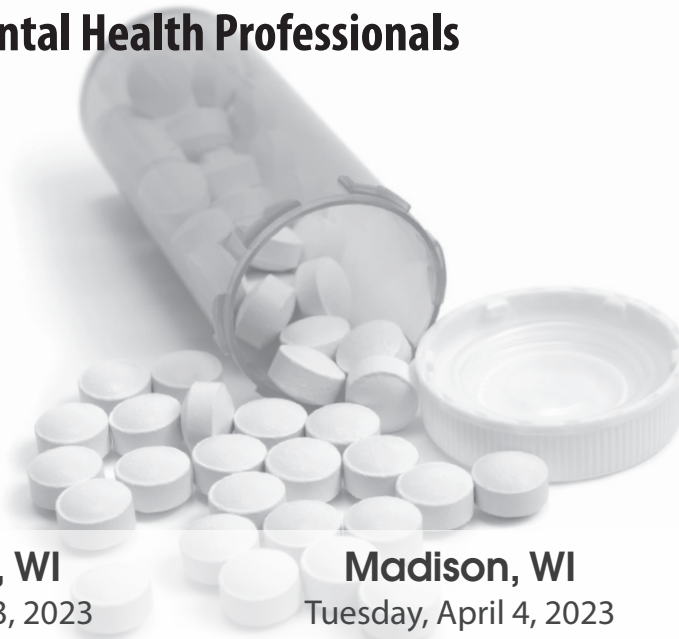


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# Psychopharmacology for Mental Health Professionals



**Appleton, WI**  
Monday, April 3, 2023

**Madison, WI**  
Tuesday, April 4, 2023

**Pewaukee, WI**  
Thursday, April 6, 2023

**Live Interactive Webinar**  
Thursday, April 6, 2023



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# Psychopharmacology for Mental Health Professionals

- Current neuroscience underlying DSM-5<sup>®</sup> disorders and the use of psychotropics
- Effective medications for DSM-5<sup>®</sup> 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:

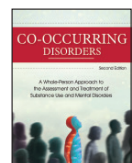
Counselors • Psychotherapists • Psychologists • Social Workers • Nurse Practitioners  
Case Managers • Marriage & Family Therapists • Addiction Counselors • Nurses • Physicians  
Clinical Nurse Specialists • Pharmacists • School Psychologists • Occupational Therapists & Occupational Therapy Assistants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



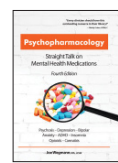
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### Recommended Reading:

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**Co-Occurring Disorders**  
*A Whole-Person Approach to the Assessment and Treatment of Substance Use and Mental Disorders, 2nd Edition*  
By Charles Atkins, MD



**Psychopharmacology**  
*Straight Talk on Mental Health Medications, 4th Edition*  
By Joe Wegmann, RPh, LCSW

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

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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 is a member of the Organization for Human Brain Mapping, the International Brain Research Organization, and the International Society for Magnetic Resonance in Medicine.

**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: Dr. Margaret Bloom has an employment relationship with Marquette University. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Margaret Bloom serves as an Assessment Mentor for the Assessment Academy of the Higher Learning Commission and as a Peer Consultant Evaluator for the Higher Learning Commission, North Central Association. She is a member of the American Counseling Association, the American Psychological Association, and the Association for Counselor Education and Supervision.

## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see “live seminar schedule” for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 [cespi@pesi.com](mailto:cespi@pesi.com) or 800-726-3888 before the event. Materials that are included 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. For planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, 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.

**Wisconsin Counselors:** CE credit is available. This course consists of 6.25 continuing education clock hours for Wisconsin Counselors. The Wisconsin Department of Safety and Professional Services (MPSW 19) accepts continuing education programs relevant to counseling by approved providers of the Association of Social Work Boards (Sec. 20-195cc-3). Please see social work CE statements for this program.

**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.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** This 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 this activity and contact your state board or organization to determine specific filing requirements.

**Pharmacology Nurse Practitioners:** This program offers 180 instructional minutes of pharmacology content which is designed to qualify for 3.0 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 professional development. Approved provider# 3322. This live activity is offered at .60 CEUs intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

#### Psychologists & Physicians:

Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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.

**Wisconsin Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for Wisconsin Psychologists. The State of Wisconsin Department of Safety and Professional Services under Wis. Administrative Code Chapter PSY 4 confirms acceptance of continuing education programs relevant to psychology by providers that are approved for Category 1 AMA credit. This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**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, 2020 - January 27, 2023. Social Workers completing this live course receive 6.25 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

**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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**Psychopharmacology for Mental Health Professionals**

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### 4 Recommended Reading

**\$34.99 \$26.99\*\*** *Co-Occurring Disorders* book PUB086780

**\$29.99 \$22.99\*\*** *Psychopharmacology* book PUB086420

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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