

# Clinical Psychopharmacology Made Ridiculously Simple

A 12-Hour Home Study Program for Health Professionals | 87-Page Book

*Clinical Psychopharmacology Made Ridiculously Simple provides succinct and clear information for nurses, behavioral health professionals, pharmacists, and allied health professions on the diagnosis and pharmacologic treatment of adults with depression, bipolar disorder, anxiety disorders, psychotic disorders, and miscellaneous disorders including obsessive-compulsive disorder, attention-deficit/hyperactivity disorder, aggression, eating disorders, and PTSD. The text contains useful summary information on dosing and side-effect profiles, and information on non-responders and "break through" symptoms. Case studies for each major disorder are provided.*

Participants completing this program should be able to identify psychopharmacological treatment of adults with the following conditions:

1. Major and Minor Depressive Disorders
2. Bipolar Disorders
3. Anxiety Disorders
4. Psychosis
5. ADHD
6. Eating Disorders
7. PTSD
8. Disorders related to the use of over-the-counter and dietary supplements.

## CONTINUING EDUCATION



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

IBP is approved as a provider of continuing education by the **CA Board of Registered Nursing**, Provider #CEP13896, and by the **FL Board of Nursing**. This program provides 12 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 12 CE credits.



**IBP, Provider #1160,** is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17.

Social workers should contact their regulatory board to determine course approval. Social workers will receive 12 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **OH CSWMFT Board**, Provider #RCST030801, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by the **TX State Board of Examiners of MFTs**, Provider #830. This program provides 12 CE hours.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by provider by **CCAPP-EL**, Provider Number 4S-09-128-1217. This program provides 12 CEHs.



**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 12 contact hours (1.2 CEUs). UANs: 0492-0000-15-009-H04-P and 0492-0000-15-009-H04-T.



**Academy of General Dentistry**

**PACE**

Program Approval for Continuing Education

**DENTAL PROFESSIONALS:** IBP is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 12 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **FL Board of Dentistry**. This program provides 12 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation Approved CE Sponsor** for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 12 CE hours.

**MASSAGE THERAPISTS:** IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 12 CE hours. This course is approved for 12 hours of "General" CE Credit by the **FL Board of Massage Therapy**.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the **CA SLPAB**, # PDP247. This program provides 12 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 12 hours of Category III credit through IBP's accreditation by the **ANCC**. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides 12 CE hours.

Initial Release Date: 05/13/2015 Expiration Date: 05/13/2018 Content Level: Intermediate

## Chapter 1: General Principles

### Chapter 2: Depression

- Major clinical features
- Differential diagnosis
- Common disorders and drugs that may cause depression
- Symptoms common to all depressions
- Vegetative symptoms
- Choosing medication: sedation and cholinergic effects
- Prescribing treatment: typical start-up regimes
- Decision tree for diagnosis and treatment: first episode
- Decision tree for diagnosis and treatment: subsequent episodes
- Special problems and medications of choice
- Side effect management: SSRIs
- Key points to communicate to clients
- If first line medications do not lead to remission
- Dysthymia
- Selection actions of antidepressants on neurotransmitters
- Major depression with atypical symptoms
  - o Seasonal affective disorder
  - o Premenstrual dysphoric disorder
  - o Psychotic depressions
  - o Precautions: tricyclic antidepressants
- Precautions: watch for bipolar disorder
- MAO inhibitors
- Notes on complementary and alternative products

### Chapter 3: Bipolar Illness

- Diagnosis
  - o Common disorders and drugs that may cause mania
  - o Bipolar I versus Bipolar II
  - o Typical bipolar versus rapid cycling bipolar disorders
  - o Dysphoric mania or mixed mania
- Medications to treat bipolar disorders
  - o When to prescribe

- o Choosing medication
- o Prescribing treatment
- o Decision tree for treatment of bipolar disorders
- o Lab tests of patients taking lithium
- o Common errors to avoid
- Key points to communicate to patients

## Chapter 4: Anxiety Disorders

- Major clinical features and differential diagnosis
  - o Generalized anxiety disorder
  - o Stress-related anxiety
  - o Panic disorder
  - o Social phobias
  - o Medical illnesses and medication side effects
  - o Anxiety as a part of primary mental disorder
- Antianxiety medications
  - o When to prescribe antianxiety medications:
    - Generalized anxiety disorder
    - Stress-related anxiety
    - Panic disorder
    - Social phobias
  - o Choosing a medication
    - Generalized anxiety disorder
    - Stress-related anxiety
    - Stress-induced insomnia
    - Panic disorder
    - Social phobias
    - Common errors to avoid
  - o Key points to communicate to patients

## Chapter 5: Psychotic Disorders

- Major clinical features and differential diagnosis
  - o Schizophrenia: positive and negative symptoms
- Psychotic mood disorders
- Psychosis associated with neurological conditions
- Common diseases and disorders that may cause psychosis
- Antipsychotic medications
  - o How to prescribe antipsychotic medications
  - o Choosing a medication
  - o Four forms of extrapyramidal side effects
  - o Prescribing treatment and what to expect
- Key points to communicate to patients

## Chapter 6: Miscellaneous Disorders

- Obsessive-Compulsive Disorder
  - o Major clinical features

- o Medical treatment
- Borderline Personality Disorder
  - o Major clinical features
  - o Medical treatment
- Attention Deficit Hyperactivity Disorder
  - o Symptoms of ADHD
  - o Medications used to treat ADHD
- Aggression
  - o Psychiatric disorders presenting with aggression
  - o Medication options in the treatment of aggression
- Eating Disorders: Anorexia and bulimia
- Posttraumatic Stress Disorder
  - o Treating transient psychotic symptoms
  - o Treating acute symptoms of PTSD

## Chapter 7: Non-Response and “Breakthrough Symptoms”

- Non-response checklist
- Unexplained relapse checklist

## Chapter 8: Case Examples

- Major depressions
- Bipolar illnesses
- Acute situational anxiety
- Panic disorder
- Acute schizophrenia

### PRIMARY AUTHOR

*John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at University of California, Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Counseling Survivors of Traumatic Events, Child and Adolescent Psychopharmacology, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.*

*An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.*