

INTERACTIVE WEBCAST

FRIDAY, DECEMBER 11, 2020

INTERACTIVE WEBCAST

Friday, December 11, 2020, 9 AM – 4 PM (PST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Wednesday, December 16, 2020 – Saturday, January 16, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, December 16, 2020 through Saturday, January 16, 2021 to earn home study credit. Release Date: 11/10/20. Planned Expiration Date: 11/10/23.

HOME STUDY RECORDINGS

Valid for CE until November 10, 2023

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 11/10/20. Planned Expiration Date: 11/10/23.

UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

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☐ Interactive Webcast with CE Credit: Friday, December 11, 2020

☐ On-Demand Webcast with CE Credit: December 16, 2020 – January 16, 2021

Purchase of Recordings with Home Study CE Credit: through November 10, 2023

☐ 4 Audio CDs ☐ 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

☐ 4 Audio CDs, \$50 ☐ 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, _____ Zip _____

Work Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- ☐ \$79 Individual Rate
☐ \$74 Group Rate (3 or more persons registering together)
\$89 Registration on the Day of the Program

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: ☐ Visa ☐ MasterCard ☐ AmEx ☐ Discover

Card # _____ Exp Date _____ / _____

Signature _____



Institute for Brain Potential, ACE Approval Number: 1160, 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. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

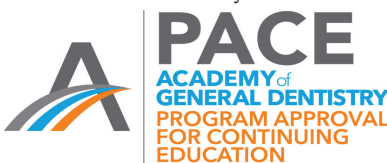


Approved Provider
This program provides 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.



Planned Expiration Date: 11/10/2023. This program provides 6 hours (.6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.



Institute for Brain Potential
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by any regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 11/10/20. Expiration Date: 11/10/23

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the American Physical Therapy Association (APTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 3070, 5300, 5320, and 5350. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

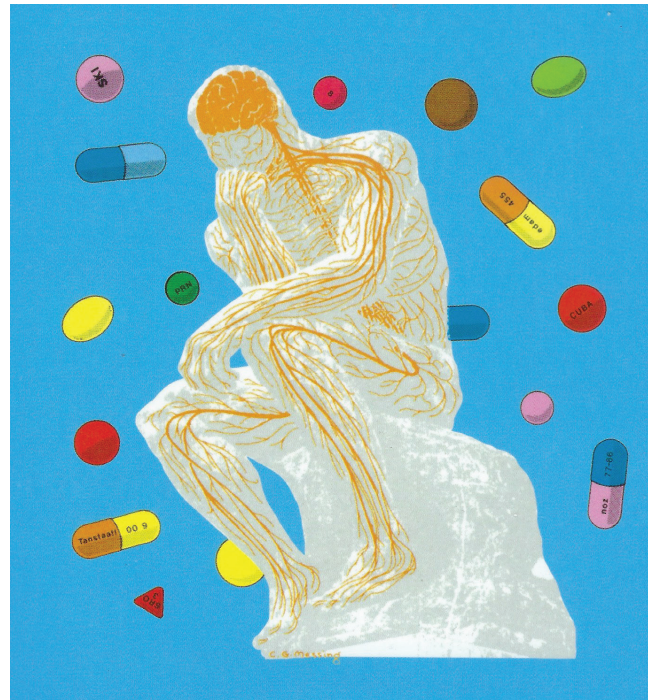
EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.



UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, December 11, 2020, 9 AM, Pacific Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, December 16, 2020 until Saturday, January 16, 2021. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: November 10, 2023.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can order interactive webcasts, on-demand webcasts, or home study recordings.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/apxi.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 11, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting December 16 until January 16. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

This non-technical program presents advances in the diagnosis and treatment of key disorders of mood, anxiety, OCD, PTSD, ADHD, and sleep.

Emphasis is placed on evidence-based psychopharmacological and behavioral interventions.

Participants completing this 6-hour program should be able to identify diagnostic and treatment guidelines for common forms of the following conditions:

1. Depressive Disorders
2. Bipolar Disorders
3. Generalized Anxiety Disorders
4. Obsessive-Compulsive Disorders
5. Posttraumatic Stress Disorders
6. Attention Deficit/Hyperactivity Disorders
7. Sleep Disorders

- Depression
- **Diagnosis:** mixed anxiety and depression, persistent depression (dysthymia), major depression, and psychotic depression.
 - **Role of Stress:** cortisol, chronic stress, mood, cognition, and sleep.
 - **Classic Neurotransmitters (Monoamines)**
 - **Dopamine Depletion:** impaired experience and anticipation of pleasure (anhedonia).
 - **Serotonin Depletion:** lowered mood, irritation, sadness, and despair.
 - **Norepinephrine Depletion:** impaired motivation.
 - **Novel Neurotransmitter: Glutamate**
 - **Ketamine:** the dissociative anesthetic can provide rapid antidepressant effects in selected patients. Unlike classic antidepressants that increase the availability of dopamine, serotonin, and or norepinephrine, ketamine inhibits a form of glutamate, NMDA.
 - **Types of Antidepressants**
 - **Monoamine Oxidase Inhibitors (MAOIs):** increase dopamine, serotonin and norepinephrine activity, but due to toxic food and drug interactions, it is used infrequently.
 - **Tricyclic Antidepressants (TCAs):** mood elevating effects mainly involve norepinephrine and serotonin; TCAs also can have sedating and antihistaminic effects.
 - **Selective Reuptake Inhibitors:** they increase the availability of selected neurotransmitters.
 - **Selective Serotonin Reuptake Inhibitors (SSRIs):** are often first line treatments for common depressive disorders.
 - **Selective Norepinephrine Reuptake Inhibitors (SNRIs):** indicated for conditions such as mixed anxiety and depression.
 - **Selective Norepinephrine and Dopamine Reuptake Inhibitors (SNDRIs):** indicated for selected combinations of symptoms.
 - **Ketamine:** is indicated for treatment-resistant forms of depressive disorders; unlike other antidepressants that require weeks to become clinically effective, ketamine works rapidly. All antidepressants are correlated with the rebirth of hippocampal neurons.
 - **Psychological Interventions**
 - **Cognitive Behavioral Therapy (CBT):** is a first line treatment for many depressive disorders. CBT is often as effective and at least as enduring as pharmacological interventions, however, the combination of CBT and antidepressants is usually better than either intervention alone.
 - **Behavioral Activation:** works as well as CBT in elevating mood through carefully designed and purposeful engagement in enjoyable activities.

- Bipolar Disorders
- **Diagnosis**
 - **Manic Disorder:** impaired cognition, judgment, self awareness, decreased sleep, and increased risk of self-harm.
 - **Bipolar I:** clearly defined manic episodes.
 - **Bipolar II:** clearly defined depressive episodes.
 - **Rapid Cycling Disorder:** rapid transition in mood states.
 - **The Role of Chronic Stress:** lithium carbonate, a key mood stabilizer, can protect the hippocampus from neurotoxic stress.
 - **Psychopharmacology:** bipolar disorder is chronic with a high relapse rate relapse rate and nonadherence to drug regimens.
 - **Lithium Carbonate:** indications for this first-line mood stabilizer for most bipolar disorders; short- and long-lasting forms.
 - **Anticonvulsants:** although initially developed for seizure disorders, they also can stabilize mood swings.
 - **Atypical Antipsychotics:** how they affect glutamate and dopamine.
 - **Adverse Effects of Antidepressants:** antidepressants can greatly worsen manic episodes and are usually contraindicated in the treatment of bipolar disorders.
 - **Behavioral Interventions**
 - **Evidence-Based Psychological Therapies:** CBT, Interpersonal Therapy, Psychoeducation, and Functional Remediation.
 - **Managing Anxiety:** mindfulness-based interventions.
 - **Family Intervention:** social support can reduce medication non-adherence, medical problems, and risk of suicide.

- Generalized Anxiety Disorder (GAD)
- **Key Symptoms:** characterized by excessive and persistent worry and by somatic symptoms including heightened arousal, poor concentration, fatigue, and sleep, GAD can be a chronic and disabling condition.
 - **Role of Chronic Stress:** anxiety and fear are part of the stress circuit that involves the amygdala.
 - **Psychopharmacology**
 - **Antidepressants:** the comparative benefits of drugs that selectively target norepinephrine, dopamine, or both.
 - **Minor Tranquilizers:** although benzodiazepines were once the first line pharmacotherapy for GAD, they increase risk of CNS depression, impaired cognition, poor sleep, drug dependence, and serious withdrawal symptoms.
 - **Behavioral Interventions**
 - **CBT:** is a first line treatment for GAD; the benefits of individual and group CBT.
 - **CBT Combined with Motivational Interviewing:** reduces relapse and anxiety to help manage worry and sadness.
 - **CBT Combined with Mindfulness:** this also reduces relapse and anxiety by using mindfulness to manage worry and depressive symptoms.
 - **Managing Fear that Coexists with Anxiety:** the use of exposure-based therapies helps extinguish habit-based fear responses and improves the effectiveness of PTSD.

- Obsessive-Compulsive Spectrum Disorders (OCD)
- **Key Symptoms**
 - **Obsessions:** time-consuming and disabling, repetitive thoughts, e.g., fear of contamination or persistent doubting.
 - **Compulsions:** repetitive behaviors usually performed to address obsessions e.g., cleaning, washing, or checking.
 - **Additional Symptoms:** OCD spectrum can include a wide range of conditions that involve the body (hair pulling, skin-picking), physiological symptoms (e.g., tics) and other compulsive behaviors such as hoarding.
 - **Quality of Life:** OCD is one of the most disabling neuropsychiatric disorders.
 - **Pharmacotherapy**
 - **SSRIs:** are considered the first line therapy for many patients, however, 40%- 60% experience residual symptoms
 - **Atypical Neuroleptics:** are indicated for selected disorders, e.g., hoarding, tics, and related conditions.

- **Behavioral Interventions**
 - **Exposure-Response Prevention:** this first line intervention involves repeated and prolonged exposure to stimuli that trigger symptoms of OCD; response inhibition or substitution usually include multiple weekly sessions and booster sessions.
 - **CBT:** although CBT does not reduce core symptoms; individual or computer-based interventions can reduce distress by restructuring maladaptive thoughts.
- **Posttraumatic Stress Disorders (PTSD)**
- **Key Symptoms**
 - **Primary Symptoms:** intrusive memories of the traumatizing event(s), flashbacks, heightened vigilance, and sleep disturbance.
 - **Secondary Symptoms:** avoidance of cues that remind the person of the traumatic event, isolation, and substance use disorders.
- **Role of Chronic Stress:** hippocampal atrophy is a common finding in adults that have had repeated or sustained adverse experiences in childhood or adolescence.
- **Psychopharmacology:** although SSRIs are often a first line treatment, there are insufficient randomized clinical trials to demonstrate efficacy; ongoing research with cannabinoids, oxytocin, and ketamine are inconclusive.
- **Exposure-Based Therapies**
 - **In-Vivo Prolonged Exposure:** the first line treatment involves exposure to situations, places and people the client has avoided; direct exposure enables gradual extinction of the habitual fear-based response.
 - **Imaginal Exposure:** techniques that desensitize clients to trauma-associated memories.
- **Cognitive-Based Therapies:** Cognitive Processing Therapy and Trauma-Focused Cognitive Behavior can help manage maladaptive thoughts and feelings, however, core symptoms benefit most from exposure-based therapies.

- Attention Deficit/Hyperactivity Disorder (ADHD)
- **Key Symptoms**
 - **Persistence of Symptoms from Childhood or Youth:** ADHD is considered a chronic condition when core symptoms remain in adulthood.
 - **Core Symptoms:** impaired attention, emotion regulation, and impulsive decision-making; these symptoms are termed “executive impairments” and involve the frontal cortex; untreated, ADHD carries a high risk of chronic anxiety, impaired relationships, unemployment, auto accidents, and self-harm.
 - **Psychopharmacology**
 - **Psychostimulants:** are the first line treatment; long-term benefits typically outweigh common side effects, e.g. insomnia.
 - **Other Treatments:** NDRIs, SNRIs and Alpha-2 Agonists increase brain norepinephrine and other neurotransmitters.
 - **Behavioral Interventions**
 - **CBT:** in combination with pharmacotherapy, CBT may improve self-reported symptom severity.
 - **Psychosocial Interventions:** there are inconsistent findings concerning the benefits of this approach.

- Selected Sleep Disorders
- **Key Symptoms**
 - **Difficulty Initiating Sleep:** rumination, anticipatory anxiety, threat, heightened vigilance, inability to calm an overactive brain; increased arousal to environmental distractions, internal sensations (e.g., pain), and cognitions (e.g., anxiety).
 - **Difficulty Maintaining Sleep:** flattening of the circadian cortisol rhythm and depression, are associated with early morning awakening with difficulty returning to sleep; exposure to light, e.g., shift-work, and winter depression (Seasonal Affective Disorder).
 - **Psychopharmacology**
 - **TCIs:** are prescribed for certain sleep-related disorders; they can improve sleep depth and duration through sedating and analgesic effects; a discussion of the key side-effects.
 - **SSRIs:** there are insufficient high-quality studies to provide clear indications of efficacy.
 - **Suvorexant:** identified with improved sleep onset and total sleep time for up to 3 months.
 - **Benzodiazepines:** although sedative-hypnotics were once prescribed for many sleep-related disorders, they are only indicated for short-term use. Adverse effects include abuse, dependence, withdrawal, risk of overdose, and harm for people with sleep apnea.
 - **Melatonin:** the light-sensitive pineal hormone resets sleep-wake circadian rhythms; indications for jet lag and shift-work; evidence-based guidelines for use.
 - **Behavioral Interventions**
 - **CBT:** individual-, group-, and internet-based interventions are first-line therapies for treating disorders of initiating and maintaining sleep when sleep is impaired by psychological factors.
 - **Physical Activity:** can significantly improve time to fall asleep, depth of sleep, and sleep duration; physical activity can also improve sleep by exposure to full-spectrum light and mood, anxiety, and other conditions related to adrenal stress-related hormones.

ABOUT THE INSTRUCTOR

Angelo Pezzote, PharmD., LPCC, LMHC, and LMFT, is a Board Certified Psychiatric and Neurologic Pharmacist with expertise in psychopharmacology and complementary psychological interventions. This unique background has prepared him to provide specialized information to healthcare professionals concerning the effectiveness of interventions for the treatment of neuropsychiatric disorders occurring in adults.

Dr. Pezzote is an outstanding speaker and has appeared on national radio and television programs. In addition, Dr. Pezzote has developed and taught continuing education programs to thousands of health professionals for over a decade. Participants highly recommend his practical and entertaining programs and his exceptional ability to communicate valuable information with clarity and warmth.

In addition to Q & A sessions in class, Dr. Pezzote will answer your questions by email after the program concludes.