

# 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:

1. Describe psychopharmacological treatment for major and persistent depressive disorders.
2. Discuss the adult treatment of bipolar disorders.
3. Compare and contrast the pharmacologic treatment of generalized anxiety.
4. Discuss the beneficial and adverse effects of drugs used to treat schizophrenic disorders.
5. Outline the indications for the use of psychostimulants in treating adult ADHD
6. Discuss the role of psychopharmacology in treating eating disorders.
7. Indicate the use of psychopharmacologic treatments for PTSD.
8. Describe guidelines applicable to the use over-the-counter and dietary supplements.



**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**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 12 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 12 CE credit. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by **FL Board of Psychology**. This course provides 12 contact hours of CE credit.



**COUNSELORS, SOCIAL WORKERS & MFTs:** 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 12 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **TX State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP), SW CPE 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 #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 mental health counselors. #MHC-0134. 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 ASWB-approved continuing education programs for social workers. This program provides 12 contact hours.



**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 12 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programing.



**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential 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: 0492-0000-20-091-H04-P and 0492-0000-20-091-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 12 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 12 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**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

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

**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 **NY State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program provides 12 contact hours.

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 12 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 12 hours of Category III credit through the ANCC. Institute for Brain Potential 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 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**.

**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 12 hours.

Initial Release Date: 11/10/2020 Expiration Date: 11/10/2023 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 Emeritus 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.*