Chapter 1: General Principles

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-responder 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. 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.

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
- Seasonal affective disorder
- Premenstrual dysphoric disorder
- Psychotic depressions
- Precautions: tricyclic antidepressants
- Precautions: watch for bipolar disorder
- MAO inhibitors
- Notes on complementary and alternative products

Chapter 3: Bipolar Illness

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

Chapter 5: Psychotic Disorders
• Major clinical features and differential diagnosis
  o Schizophrenia: positive and negative symptoms
  o Psychotic mood disorders
  o Psychosis associated with neurological conditions
  o 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 pelapse checklist

Chapter 8: Case Examples
• Major depressions
• Bipolar illnesses
• Acute situational anxiety
• Panic disorder
• Acute schizophrenia

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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.
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