

# 2-Day: 2019 Psychopharmacology Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From her unique perspective, Sharon Freeman Clevenger, MSN, MA, PMHCNS-BC, teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Sharon's years of experience in mental health and passion for clients shines through in the detail and thoroughness of her presentation.

Clients often only have a few minutes with their prescriber and require additional support. It's vital that you are able to answer their questions, help manage side effects and understand reactions. Designed for counselors, nurses, psychotherapists, psychologists, and other mental health professionals, Sharon provides the information you need in order to best help your clients.

This conference allows time for exploration of underrepresented areas, including ADHD, sleep, eating, and substance use disorders. Take home specialized guidelines for geriatrics, pregnant or nursing women, and clients with chronic pain. Discuss how the DSM-5® has impacted prescribing patterns and the use of psychotropics in newly defined diagnoses. In addition to a general 'nuts and bolts' review of medications, you will examine case examples, discuss medication controversies and how to effectively collaborate with prescribing practitioners.

Sharon's engaging presentation includes many take home "pearls" you can use to teach your clients about their medications and how to protect them from concerning, dangerous or adverse effects. As a bonus, Sharon will discuss alternative approaches using nutrition, supplements, vitamins and essential oils. Increase your understanding about complementary alternative medications such as supplements and essential oils including expected effects, side effects and interaction effects with prescribed medications. You will find this conference to have the most up to date medication information and how to use it most effectively with your client.

The nation's top speakers and authors contact PESI first.

If you are interested in becoming a speaker or have a new topic idea, please contact **Scott Simpson** at [ssimpson@pesi.com](mailto:ssimpson@pesi.com) or call 715-855-5263.

### Conference Schedule for Both Days

**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.

## Speaker

**Sharon Freeman Clevenger, MSN, MA, PMHCNS-BC, CARN,AP**, is the founder, psychiatric nurse practitioner, and senior clinical supervisor of the Indiana Center for Cognitive Behavior Therapy in Fort Wayne, Indiana. She has national certification as an advanced practice psychiatric clinical nurse specialist with prescriptive authority, as well as senior level international certification as an advanced practice certified addiction nurse through the International Society of Nurses on Addictions. Sharon is former president of NAADAC, the Association for Addiction Professionals.

Sharon has lectured to professional and military/law enforcement audiences worldwide. She has authored more than 50 chapters and articles and has been a guest expert on the TV show, *The Doctors*. She is the co-editor for both the therapist manual and patient handbook of *Overcoming Depression: A Cognitive Behavior Approach* (Oxford University Press, 2009), senior editor and author of *Living and Surviving in Harm's Way: The Psychological Treatment Manual for Pre-and Post-Deployment of Military Members* (Routledge, 2008), *Behind the Badge: A Psychological Treatment Handbook for Law Enforcement Officers* (Routledge, 2014), and senior editor and author of *Cognitive Behavior Therapy in Nursing Practice* (Springer Publishers, 2005).

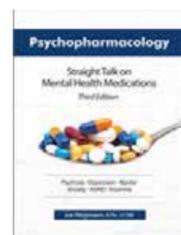
Sharon has a Master's degree in Advance Practice Psychiatric Mental Health Nursing from the University of Pennsylvania, and a Master of Arts in counseling psychology from the Adler School of Professional Psychology. She is a Doctor of Science candidate in integrative healthcare at Huntington University of Health Sciences in Knoxville, TN.

Speaker Disclosure:

Financial: Sharon Freeman Clevenger is Founder and Executive Director of the Indiana Center for Cognitive Behavior Therapy. She receives an honorarium from Allergan. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sharon Freeman Clevenger has no relevant non-financial relationship to disclose

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### Psychopharmacology

*Straight Talk on Mental Health Medications - 3rd Edition*

By Joseph F. Wegmann, Pharm.D., LCSW

A definitive guide to expand your knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD. Updates for the third edition include DSM-5 applications, newly released psychiatric meds, new risk factors with antidepressants, and the latest in geriatric psychopharmacology.



### Eat Right, Feel Right:

*Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus*

By Leslie Korn, PhD, MPH, LMHC

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.



### The Self-Compassion Deck

*50 Mindfulness-Based Practices*

By Tim Desmond, LMFT, Mitch R. Abblett, Ph.D., & Christopher Willard, Psy.D.

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2019

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# Psychopharmacology Conference

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Improve your clients' responses and  
clinical outcomes to medications

Help your clients recognize side  
effects and what their options are  
with these problems

Learn about new trends in  
prescribing, including changes from  
DSM-5®

Understand current controversies in  
the field

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# DAY ONE

## PSYCHOPHARMACOLOGY

- Drug metabolism concepts
- Drug mechanisms of action- what we know, what we don't know
- Placebo effects- power & how to get it to work for your client
- When to refer for medication- pearls for increasing client interest and participation
- Developing highly effective collaborations with prescribers

## DEPRESSIVE DISORDERS

- Neurochemistry of depression
- Controversy regarding antidepressants and placebo- Who to treat when?
- Types of antidepressants- pearls and pitfalls of different agents
- Managing side effects
- Treatment Resistant depression and drug combinations

## ANXIETY DISORDERS & OBSESSIVE COMPULSIVE DISORDERS & TRAUMA RELATED DISORDERS

- Neurochemistry of anxiety
- SGAD, panic disorder, phobias
- OCD
- PTSD
- Physiological interventions
- Anti-anxiety medications
  - Antidepressants
  - The many other options often ignored
- Benzodiazepines: risks and benefits
  - How to recognize problematic prescribing patterns
  - Getting off benzos: key pearls for success
- Managing side effects

# OBJECTIVES

1. Specify how psychotropic medications are chosen for mood disorders and specific patient characteristics.
2. Analyze the actions, therapeutic uses, and side effects of antidepressants.
3. Assist clients in overcoming barriers that impede the efficacy of their medication regime.

## BIPOLAR DISORDERS

- Neurochemistry and symptoms
- The Bipolar Spectrum concept & DSM-5® changes
- Types of mood stabilizers, when to use which and potential adverse effects
  - Lithium
  - Anticonvulsants
  - Atypical antipsychotics
  - Augmenting agents
- Effective strategies for improving outcomes for clients
  - Using blood levels effectively- what the prescriber may not be watching
- Treating pregnant or potentially pregnant women with bipolar disorder

## PSYCHOTIC DISORDERS/ SCHIZOPHRENIA

- Neurochemistry of psychosis and schizophrenia
- Antipsychotic Medications:
  - First generation (typical)
  - Second generation (atypical)
- Managing side effects
  - Extrapyramidal symptoms and TD
  - Metabolic problems- what blood tests are needed and when
  - Preventing Diabetes Mellitus
- Recognizing hyperprolactinemia- and why you need to know
- Use of atypical antipsychotics for multiple disorders
- Pregnancy and psychotic disorders

## LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

4. Determine options for clients with treatment resistant mood disorders.
5. Communicate the actions, side effects, and therapeutic uses of antipsychotic medications.
6. Evaluate the three critical strategies for improving collaboration with prescribing practitioners.

# DAY TWO

## ATTENTIONAL DISORDERS

- Differential diagnosis
- Neurochemistry of ADHD
- Controversy about treatment of ADHD with stimulants
- Substance abuse and ADHD
- Stimulant medications
- Non-stimulant options
- Managing side effects

## SLEEP DISORDERS

- Sleep disorders
- Differential diagnosis
- Chicken or the egg? What came first, sleep problems or mental illness
- Controversy about treating sleep problems with hypnotics
- Sleep interventions that really work
- Hypnotic medications: risks and benefits
- Alternatives to hypnotics
- Recognizing adverse Effects

## SUBSTANCE USE DISORDERS

- Neurochemistry of addiction & habit development
- Drugs of abuse and interaction with psychiatric medications
  - Caffeine
  - Nicotine
- Marijuana (discussion of medical marijuana, cost vs. benefit)
- Others
- Challenging the old thinking about when to prescribe for clients with dual diagnosis-what we now know
- Medication assisted treatments for addictions
  - Alcohol
  - Nicotine
  - Cannabis
  - Opiates
- Behavioral addictions- what we know works

## EATING DISORDERS

- Anorexia, bulimia, binge eating disorder
- Weight gain from psychotropic medications
- Recognizing medical emergencies
  - Standard of care for lab work
- Integrating psychotherapy with psychopharmacology

## SPECIAL POPULATIONS: GERIATRIC

- Specialized guidelines for geriatric clients
- Discussion of dementia treatment
- Antipsychotic controversy

## SPECIAL POPULATIONS: WOMEN

- Hormonal issues in mood disorders & anxiety
- Pregnancy and breastfeeding-
  - Presenting the choices
  - Resources for you and your clients
- The dangerous, the concerning, and the possibly good options for psychopharmacology
- Menopause- current knowledge and agents

## TREATING CLIENTS WITH COMORBID CHRONIC PAIN

- Neurochemistry implications- why it's critical to intervene
- When psychopharmacology can help
- Other alternative interventions

## LIMITATIONS OF THE RESEARCH & POTENTIAL RISKS

# OBJECTIVES

1. Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity Disorder.
2. Articulate the efficacy of psychotropic medications in treating eating disorders and discuss how to integrate psychotherapy with psychopharmacology for successful treatment outcomes.
3. Formulate medication treatment options for substance use disorders and discuss how to effectively incorporate medication assisted treatments into an overall plan for care.
4. Analyze the interaction between women's hormone levels and their mental health symptoms.
5. Explore the use of complementary and alternative agents for treatment of mental illnesses.
6. Determine the unique medication treatment considerations for geriatric clients.

## Live Conference Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. 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 reciprocity approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cpesigesi.com](http://cpesigesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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**MAINE COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This activity has been certified by the Massachusetts Board of Registration of Allied Mental Health & Human Services Professions, for LMFT professional continuing education. Full attendance at this activity qualifies for 12.5 contact hours.

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partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHARMACISTS:** PESI, Inc. is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Successful completion of this Knowledge-based activity qualifies for 12.6 contact hours. ACEP Universal Program Number: 0289-0000-18-007-L01-P. Full attendance is required. No partial contact hours will be awarded for partial attendance. You are required to complete a program evaluation/post-test and bring your e-Profile ID to the seminar to receive CPE credit. Don't have your e-Profile ID yet? Visit the National Association of Boards of Pharmacy (NABP) website and complete your e-profile at [www.nabp.net](http://www.nabp.net) in order to obtain your NABP e-Profile ID.

**PSYCHOLOGISTS:** This activity consists of 12.5 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**MAINE PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/72976](http://www.pesi.com/events/detail/72976).

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**NEW HAMPSHIRE SOCIAL WORKERS:** This intermediate activity consists of 12.5 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 760 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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