2016 Psychopharmacology Conference

Spend two action-packed days learning about the newest advances in psychopharmacology and contemporary trends in medication management. From his unique perspective, Dr. Perry Buffington teaches psychopharmacology thoughtfully, with an emphasis on the experience of the client. Dr. Buffington's years of experience in mental health and passion for clients, shines through in the detail and thoroughness of his 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, Dr. Buffington 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® and the Affordable Healthcare Law have 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. You will find this conference to have the most up- to-date medication information and how to use it most effectively with your client.

Speaker

Perry Buffington, Ph.D., M.S., has worked for 20+ years in the medical-consulting field before turning to teaching and writing. Dr. Buffington teaches psychopharmacology at the undergraduate and graduate levels for the University of Georgia, Georgia Southern University, and the Georgia School of Professional Psychology. He is former chairman of the prestigious Florida Psychological Association's Prescriptive Authority Committee and teaches seminars nationwide on minimizing psychopharmacological errors.

As the author of eight books (currently working on his first psychopharmacology text), his by-line has appeared in hundreds of periodicals including the *Saturday Evening Post*, *USA Today*, and *Success*. He is the former contributing editor for Delta Air Lines' in-flight magazine, *Sky*, and served as a syndicated newspaper/web columnist for Universal Press. Additionally, he hosted his own radio show, syndicated nationally, by Envision Radio Networks.

Perry's presentation style is engaging, a blend of education and entertainment; as a result, critics (and especially his students) applaud his ability to make complicated topics understandable and applicable – even useful!

Speaker Disclosures:
Financial: Perry Buffington is the President of Go-Buff Enterprises, Inc. He is a member of the psychology faculty, Franklin College of Arts & Sciences, The University of Georgia. Dr. Buffington receives a speaking honorarium from PESI, Inc.

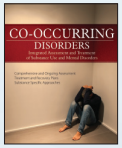
Nonfinancial: Perry Buffington has no relevant nonfinancial relationship to disclose.

SAVE by including These Books With Conference Registration!

Psychopharmacology: Straight Talk on Mental Health Medications, 3rd Edition

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

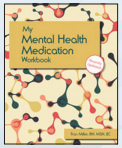
A definitive guide to expand your knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD. Updates for the third edition include DSM-5 applications, newly released psychiatric meds, new risk factors with antidepressants, and the latest in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



Co-Occurring Disorders: Integrated Assessment and Treatment of Substance Use and Mental Disorders

By Charles Atkins, MD

A practical, step-by-step guide with diverse case studies gives you the tools to improve your clinical outcomes. Ideal for both the rubber-meets-the-road clinician, who wants effective strategies and a clear direction for treatment and recovery, and the administrator who creates interventions at the system level with attention to regulatory and reimbursement demands.



My Mental Health Medication Workbook

By Fran Miller, RN, MSN, BC

A complete guide for clients and patients to better understand their illness - and how to manage their recovery. Full of charts, guides and drug information, ideal for clients being treated for depression, anxiety, bipolar, mood disorders, ADHD, dementia, schizophrenia, and sleep disorders.

Seminar 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

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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- Understand current controversies in the field

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DAY ONE

PSYCHOPHARMACOLOGY
- Historical antecedents of modern psychopharmacology
- Diagnostic issues
- Clarification of terms
- Drug metabolism concepts: pharmacokinetics & pharmacodynamics
- Drug mechanism of action
- Placebo & Nocebo
- Pharmacotherapy vs. Pharmacotherapy
- Developing highly effective collaborations with prescribers

DEPRESSIVE DISORDERS
- Biogenic Amine, Cortisol, Down-Regulation, & Neurotropic Hypotheses
- Neurochemistry of depression
- Types of anti-depressants
- Preventing side effects
- Treatment Resistant depression and drug combinations
- Tardive Dysphoria: real or imagined?

ANXIETY DISORDERS & OBSESSIVE COMPULSIVE DISORDERS & TRAUMA RELATED DISORDERS
- Neurochemistry of anxiety
- GAD, panic disorders, phobias
- OCD
- PTSD
- Physiological interventions
- Anti-anxiety medications
  - Anti-depressants
- Non-pharmacologic options
- Benzodiazepines: risks and benefits
- Preventing side effects

BIPOLAR DISORDERS
- Neurochemistry
- The Bipolar Spectrum & DSM-5® Changes
- Mood stabilizers
  - Lithium
  - Anti-convulsants & neuromodulators
- Typical, atypical, & third-generation antipsychotics
- Effective strategies for improving outcomes for clients

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

OBJECTIVES

- Demonstrate a basic knowledge of the historical antecedents of psychopharmacological products and their relation to today's psychotropic medications.
- Describe mechanism of action of today's psychotropic medications.
- Explain process of medication selection and receptor activation/blocking for specific disorders.
- Define side effects including nutritional, cognitive, sexual, and behavioral associated with psychotropic medications.
- Discuss options for clients including medications and/or psychotherapy.
- Explain how medications are chosen for mood disorders and specific patient characteristics.

DAY TWO

ATTENTIONAL DISORDERS
- Differential diagnosis
- Neurochemistry of ADHD
- Treatment controversies
- Substance abuse and ADHD
- Stimulant medications
- Non-stimulant options
- Preventing side effects

SLEEP DISORDERS
- Differential diagnosis
- Hypnotic medications: risks vs. benefits
- Sleep interventions that really work
- Alternative to hypnotics
- Preventing side effects

SUBSTANCE ABUSE DISORDERS
- Neurochemistry of addiction
- Negative reinforcement & creation of habits
- Alcohol
- Caffeine
- Nicotine
- Cannabis
- Opiates
- PCP & Ketamine
- MDMA (Ecstasy)
- Energy vs. Chill Drinks
- Over-the-counter & herbal psychopharmacology
- Addiction treatments
- Behavioral addictions

EATING DISORDERS
- Anorexia, bulimia, binge eating disorder
- Weight gain from psychotropic medications
- Psychotropic medications & metabolic syndrome

SPECIAL POPULATIONS
- Specialized guidelines for geriatric patients
- Dementia treatment
- Specialized guidelines for women
  - Hormonal issues in mood disorders & anxiety
  - Pregnancy and breastfeeding
- Slow vs. rapid metabolizers (genetic polymorphisms)

TREATING CLIENTS PAIN
- Acute vs. chronic pain
- Advances in pharmacology
- Alternatives to pharmacology
- Pain vs. depression: which comes first?
- Co-morbid pain
- Alternatives

FUTURE TRENDS
- Change of mind: preventing vs. managing side effects
- Medicalization of normal
- Computer assisted devices
- New meds, new diagnoses, new theories, new normal
- Top 10 Medical Emergencies
- Integrating psychotherapy with psychopharmacology

OBJECTIVES

- Discuss medication treatment options for ADHD.
- Define medication management of sleep disorders.
- Identify medications effective with eating disorders.
- List medication treatment options for substance use disorders and discuss how to effectively incorporate medication assisted treatments into an overall plan for care.
- Distinguish the unique medication considerations for geriatric clients.
- Differentiate between acute and chronic pain and methods of treatment.
- Analyze future trends, including preventing side effects vs. managing side effects.

Live Seminar Continuing Education Credit Information for Conference

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register at least 10 days prior to the seminar date and who complete the full day. Partial certificates of completion (if your board allows), and for those who register within 10 days before the event, will receive their certificate of completion within 30 days following the event. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cme@pesi.com or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI HealthcareHome, PESI Rehab, MEDS-PDN, Psychotherapy Networker, HealthEd and EdMNurses.

COUNSELORS: This activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

SOCIAL WORKERS: PESI, Inc Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. 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.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

HAWAII DRUG AND ALCOHOL ABUSE COUNSELORS: This course has been submitted to the Hawaii Alcohol and Drug Abuse Division for review. Credit is pending.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

NURSE PRACTITIONERS: This program offers 760 instructional minutes of pharmacology content for entire conference which is designed to qualify for 12.6 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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 for entire conference. ACPE Universal Program Number: 0289-0000-15-002-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 in order to obtain your NABP e-Profile ID.

OTHER PROFESSIONS: This seminar qualifies for 12.5 continuing education clock hours 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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