



# *Updated Developments in Psychopharmacology*

Presented by

***John Preston, Psy.D., APBB***

## **Objectives**

### **Participants will be able to describe:**

- Skills related to diagnosing psychiatric disorders and the possible need for psychiatric medications
- New approaches to the medication treatments of certain disorders, specific relapse prevention strategies and ways to improve medication adherence
- The limitations of pharmacologic treatments and the need for integrated approaches (combined use of medications and psychotherapy)
- The use and limitations of over-the-counter products

## **6 Hours CE Credit**

### **Basic Considerations**

- Stress-Induced Brain Damage & “Neuro-Protection”
- Non-Adherence and Involving the Family
- Sleep Disorders
- Low-Grade Thyroid Disease

### **Mood Disorders**

- Major Depression
- Bipolar Spectrum Disorders

### **Anxiety Disorders**

- Updates
- Experimental Treatments for PTSD

### **Borderline Personality Disorders**

### **ADHD**

- Medication Treatments
- Changes in Diagnostic Criteria in DSM-5 & ICD10
- Over-the-Counter Products
- Circadian Stabilization & Other Experimental Treatments
- Questions & Answers

## **John Preston, Psy.D., APBB**

Dr. Preston received his doctoral degree in Clinical Psychology from Baylor University in 1979. He has since been the director of an MHMR adult MH Services program, the chief psychologist for the Sacramento Permanente Medical Group, and a faculty member of the University of California School of Medicine (Davis), Professor Emeritus of the California School of Professional Psychology, and Dean of the Sacramento Professional School of Psychology. He is currently a core faculty member with Alliant International University.

A board-certified clinical neuropsychologist and ABPP in Counseling Psychology, Dr. Preston is the

author of 21 books on various topics, including psychopharmacology, psychological assessment, and psychotherapy. His text, *Handbook of Clinical Psychopharmacology For Therapists*, was a #1 best-seller with the Behavioral Science Book Club. The Mental Health Association has awarded Dr. Preston with their President’s Award for his contributions to the mental health community.

Dr. Preston has lectured throughout the United States, Europe, Africa, Canada, and Russia. He has made numerous presentations for J&K Seminars and received outstanding evaluations every time.

**Approved Home Study 5.5 CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA**

## ***Accreditation***

*J&K Seminars, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (6 clock hours)*

*J&K Seminars, LLC is an approved provider of continuing education by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors. (6 clock hours)*

*J&K Seminars, LLC is an approved provider of continuing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (6 clock hours)*

*Pennsylvania Certification Board (6 clock hours)*

*Ohio Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (6 hours)*

*Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider Number BAP #758 (6 clock hours)*

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*American Occupational Therapy Association (AOTA)*

*Pennsylvania Department of Education – Act 48 approved for (6 clock hours)*

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*This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program. Provider 88 Course 1850 from 4/30/2018 to 4/30/2020 Social workers will receive the following type and number of credits: Clinical Social Work Practice 6*

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