## Psychopharmacology Update

**For Experienced Therapists**

by

**John Preston, Psy.D.**

This seminar addresses: suicidality with antidepressants, childhood-onset bipolar disorder, new bipolar medications, empirically-derived treatment guidelines for ADHD, experimental treatments for PTSD, and new studies on over-the-counter products.

### Objectives: Participants will learn
- Better diagnostic skills
- New approaches to specific medication treatments
- Limitations of pharmacologic treatments
- Integrated approaches (combined use of medications and psychotherapy)
- The use of over-the-counter products and their limitations

### 1) Basic consideration
- Limitations of pharmacologic treatment
- Legal and ethical considerations
- Factors that interfere with pharmacologic treatment outcomes
- Treatment guidelines: evidence-based medicine

### 2) Major Depression
- New treatment guidelines
- Strategies for treatment-resistant cases
- Controversies: e.g. increased suicidality in adolescents treated with antidepressants; over-the-counter products; experimental treatments
- Combining drug treatments and psychotherapy

### 3) Bipolar Spectrum Disorders
- Changes in diagnostic criteria
- Treatment guidelines
- Guidelines for children
- Specific psychotherapy treatment approaches

### 4) Controversies
- PTSD - experimental treatments
- Autism spectrum disorders - experimental treatments
- Over-the-counter products for mood disorders
- Other experimental treatments

John Preston, Psy.D.

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), 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 eleven books on various topics including psychopharmacology, psychological assessment and psychotherapy. His text, *Handbook of Clinical Psychopharmacology For Therapists*, was a number one best-seller with the Behavioral Science Book Club. His self-help book, *You Can Beat Depression*, has been endorsed by the National Mental Health Association for use in their nationwide campaign to combat clinical depression. The Mental Health Association has also presented Dr. Preston with their President’s Award for his contributions to the mental health community.

Dr. Preston has lectured throughout the United States, Europe and Russia. He has presented for J&K Seminars several times. Each time he received outstanding evaluations.