

Psychopharmacology for Children & Adults *The Basics and Beyond*

Presented by

John Preston, Psy.D.

Program Objectives

To help mental health professionals develop better skills related to:

- Diagnosing psychiatric disorders
- Knowing which disorders are considered to be responsive to medication
- Improving abilities to collaborate with psychiatrists and primary care physicians
- Evaluating the outcome of pharmacological treatments
- Relapse prevention

Each class of psychiatric disorders is discussed in detail and includes the following:

- Theories of biologic etiology
- Diagnosis and target symptoms
- Medication treatment
- Presumed mechanisms of action
- Pharmacologic effects and side effects
- Treatment guidelines/algorithms
- Relapse prevention
- The interface between pharmacotherapy and psychotherapy

Approximately 12 hours

1) Introduction and Foundation

- Biological Psychiatry: Basic assumptions—Advances in the neurosciences: technologies and treatments—Neuroanatomy in a nutshell—Cellular physiology made simple—Evolution, adaptation, and psychopathology; circadian biology and mood regulation

2) Basics of Pharmacology

- Definitions
- How metabolism can affect treatment outcomes
- Side effects and side effect management
- Role of the non-medical therapist in:
 - Referral—Patient monitoring—Collaboration with primary care physicians and psychiatrists
 - Legal and ethical issues

3) Major Depression & Dysthymia

4) Bi-Polar Disorder & Depressive Disorder Not Otherwise Specified (NOS)

5) Bipolar Spectrum Disorders, continued

• Neurobiology Underlying the Fight or Flight Response

6) The Anxiety Disorders

- Panic Disorder
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Social Anxiety
- Post-Traumatic Stress Disorder

7) Miscellaneous Disorders

- Personality Disorders
- Eating Disorders

Geriatric Psychopharmacology

- Mood disorders in the elderly
- Prevention and treatment of dementias

8) ADHD

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 fifteen 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.

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