

## LIVE SEMINAR

Friday, August 18, 2017 in Sacramento, CA

Delta King  
1000 Front St, 95814. (916) 444-5464  
Located in Historic Old Sacramento  
Parking: \$12

Please do not contact the venue except for driving instructions.

## LIVE WEBCAST

Friday, August 18, 2017, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the live webcast.

## ON-DEMAND WEBCAST

Wednesday, August 23, 2017 – Saturday, September 23, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, August 23, 2017 through Saturday, September 23, 2017. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until August 1, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 1, 2020

# UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

✓one:

- Live Seminar with CE Credit: Friday, August 18, 2017 in Sacramento, CA
- Live Webcast with CE Credit: Friday, August 18, 2017
- On-Demand Webcast with CE Credit: August 23, 2017 – September 23, 2017

Purchase of Recordings with Home Study CE Credit: through August 1, 2020

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or more persons registering together)
- \$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by the TX chapter of the **American Physical Therapy Association (IPTA)**. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the live webcast and seminar of the program. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 3070, 5300, 5320, and 5350. CDR-approved credit is available for only the live webcast and seminar of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

**NURSES:** Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. [www.aswb.org](http://www.aswb.org). Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course. Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS:** IBP is an **American Occupational Therapy Association (AOTA)** Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by **CCAPP-EI**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The live seminar and webcast are knowledge-based activity with UANs 0492-0000-17-050-L04-P and 0492-0000-17-050-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-051-H04-P and 0492-0000-17-051-H04-T. Initial Release Date: 08/01/2017. Planned Expiration Date: 08/01/2020. This program provides 6 hours (.6 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 08/01/2017. Planned Expiration Date: 08/01/2020. IBP, provider RP-4261, is



# UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

## A 6-Hour Program for Health Professionals

**Live Seminar Schedule:** Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

**Live Webcast Schedule:** The date of the live webcast is Friday, August 18, 2017, 9 AM, Pacific Daylight Time. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Wednesday, August 23, 2017 until Saturday, September 23, 2017. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: August 1, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after September 23, 2017.

**Group Registrations:** Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can receive a tuition refund less a \$15 administrative fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

**Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**Institute for Brain Potential:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# UNDERSTANDING ADULT PSYCHOPHARMACOLOGY

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on August 18, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting August 23 until September 23. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*In this non-technical presentation, participants will receive key updates concerning the safety and effectiveness of drugs used to treat depression attention deficit disorders, depression, bipolar disorder and other mood disorders, anxiety-related disorders, OCD-spectrum disorders and PTSD, and sleep.*

*Participants completing this program should be able to identify:*

- 1. Current issues concerning the marketing, prescription, and adherence related to psychopharmacologic medications.*
- 2. How stress and elevated cortisol can undermine short-term memory and mood and the benefits of neuroprotective drugs.*
- 3. Issues underlying the diagnosis and treatment of attention deficit/ hyperactivity disorder.*
- 4. Issues in diagnosing and treating major depression, mania and bipolar disorders in adults and youth.*
- 5. Advances in diagnosing and treating disorders of anxiety, obsessive-compulsive disorders, and PTSD-related conditions.*
- 6. Advances in understanding and treating insomnia.*

## Psychiatry: A Changing Landscape

- **Prescribing Practices:** about 85% of psychiatric medications are prescribed by primary care physicians.
- **Outcome Data:** a realistic and systematic review of the effectiveness of different pharmacologic treatments and their limitations.
- **Non-Physician Health Professionals:** role of nurses, pharmacists, behavioral health, dental and allied health professions.
- **Ethical and Legal Concerns:** identifying legal issues in working with patients who are receiving psychiatric medications and how to protect yourself from liability.
- **What Drug Companies Don't Want You To Know:** what remission really means, what is the effect size of a treatment, how much of the effect is due to the therapy or to expectation. Placebo??

## Stress-Induced Brain Damage and Neuroprotection

- **Toxic Effects of Chronic Stress:** how cortisol, a key adrenal hormone identified with chronic stress has been linked to impaired regulation of short-term memory and the hippocampal connectivity, impaired reactivity to stress and key areas of limbic and prefrontal cortex.
- **Neuroprotective Medications:** evidence that mood regulating drugs including antidepressants and anti-manic agents can prevent stress-related pathology.
- **Neuroprotective Proteins:** how the right levels of physical activity and adaptive cognitive strategies elevate the levels of brain-derived nerve growth factor protect neurons from stress and aid in their regrowth.

## Major Depression

- **Hormones:** thyroid diseases, reduced growth hormone, melatonin, and hypercortisolemia.
- **Neurotransmitters:** role of subtypes of serotonin, dopamine, norepinephrine, and glutamate.
- **Antidepressants:** evidence-based treatment algorithms; do antidepressants work? Yes, but it is complicated.
- **Rapid Acting Antidepressants:** new findings with ketamine – indications and complications.
- **Managing Common Side Effects:** sexual, acute anxiety caused by antidepressants, restless leg syndrome, and emotional blunting.
- **Depression in Children:** evidence of efficacy; do antidepressants increase the risk of suicide?

## Bipolar Disorder

- **Overdiagnosis:** why a significant number of children and teens are incorrectly diagnosed and inappropriately treated.
- **Childhood-Onset Bipolar Disorder:** what health professionals and educators need to know about misdiagnosis, effects of standard mood stabilizers; limited role in treating childhood onset bipolar disorder.
- **Treatment of Adolescents and Adults:**
  - Mood stabilizers and other bipolar medications; treating acute mania.
  - Special approaches for mixed (dysphoric) mania and rapid cycling.
  - Lithium for reducing risk of suicide
  - Antipsychotics: benefits and their significant side-effects.
  - Antidepressants: key risks when used to treat bipolar disorders.

## Anxiety Disorders

- **Treatment Combinations:** the interface between psychological treatments and medications.
- **Clinical Syndromes and Specific Treatment Guidelines**
  - Substance use/abuse and anxiety
  - Generalized anxiety disorder: standard and experimental treatments.

- Social anxiety disorder
- Panic disorder
- Anxiety disorders in children

## Obsessive-Compulsive Disorder and PTSD

- **Diagnostic update in the DSM-5**
- **Obsessive-compulsive Disorder:** treatment protocols with SSRIs and second generation antipsychotics.
- **Post-traumatic stress reactions including PTSD**
  - Differential diagnosis
  - Problems with benzodiazepines
  - Medical approaches to enhancing affect regulation
  - Experimental treatments: clonidine, prazosin, NMDA, ketamine.

## Attention-Deficit Hyperactivity Disorders

- **Diagnostic Criteria:** DSM-5 criteria and keys to differential diagnosis; common misdiagnoses.
- **Psychostimulants:** indications and adverse effects that can spell disaster; the long-term effects of amphetamines on the developing brain and body.
- **Antidepressants:** role of bupropion (Wellbutrin) and antidepressant-like effects of atomoxetine (Strattera).
- **Alpha-2 Agonists:** clonidine and guanfacine.
- **Sluggish Cognitive Tempo:** is this a new attention disorder or a way to prescribe more psychostimulants to children and teens?

## Insomnia

- **Long-Term Effects of Sleep Deprivation:** new understanding that restorative sleep helps remove neurotoxic waste products.
- **Sedative-Hypnotics:** indications and side effects of Ambient (zolpidem), Lunesta (eszopiclone), and Halcion (triazolam) including memory-related disorders.
- **Suvorexant:** a new generation of hypnotics; comparison of approved medications.
- **Melatonin:** indications, how melatonin can worsen depression and bipolar disorders; new cautions for use in children.
- **Maximizing Quality Sleep:** high yield approaches.

## ABOUT THE INSTRUCTOR



*John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is author or coauthor of numerous texts including of Clinical Psychopharmacology Ridiculously Simple (2016), Handbook of*

*Clinical Psychopharmacology for Therapists (2017), Child and Adolescent Clinical Psychopharmacology Made Ridiculously Simple (2010). Dr. Preston received the Mental Health Association's President's Award for exceptional contributions to the mental health community.*

*An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.*

*In addition to Q & A sessions in class, Dr. Preston will answer your questions during the second half of the lunch break and by email after the program concludes.*