

AGENDA

Psychopharmacology Essentials for Non-Prescribers: Understanding Medications for Mental Health Disorders

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Note: All Times are Pacific Time

9:00-9:10 Welcome and Introduction

9:10- 10:30 **Setting the Foundation of Psychopharmacology**

- An introduction to neurotransmitters and receptors
- Understanding the timeline of how medications work
- What does your body do to the medication?
- What does the medication do to your body?

10:30-10:40 Morning Break

10:40-12:10 **Separating Fact From Fiction: Classifying the Severity of Common Medication Warnings**

- FDA warnings: what they are, and how to use them appropriately
- Recognizing the dynamic between weighing benefits and harms of medications
- How to properly educate clients on the side effects of medications
- Recognizing safety issues as they pertain to initiating or discontinuing medications

12:10-12:50 Lunch Break

12:50-2:20 **Setting Appropriate Expectations for Medication Benefit**

- Identifying benefits of medications, and the time course to their effect
- Discussing treatment refractory clients and the process of trying new strategies
- Describing specific symptoms that medications may be able to target in a given disease state

2:20-2:30 Afternoon Break

2:30-4:00 **Educating and Monitoring Clients as They Start, Continue, or Discontinue Medications**

- Identify the principles of clear client teaching
- Recognize areas of symptom improvement objectively
- Expectation setting as clients may transition from one medication to another