Course: understanding psychiatric medications: what every therapist should know

Address:
https://asadis.net/en/course/understanding-psychiatric-medications-what-every-therapist-should-know/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Psychotherapists routinely work with clients who are taking psychiatric medications, yet most have received little formal training in psychopharmacology. As a result, clinicians may feel uncertain about how to interpret behavioural changes during therapy, respond to client questions about their medications, recognize adverse effects that emerge between sessions, or communicate effectively with prescribing professionals. These uncertainties can weaken the therapeutic alliance, complicate case formulation, and reduce the coordination of care.

This training provides psychotherapists with practical, clinically relevant psychopharmacology knowledge that directly supports psychotherapeutic processes and methods. Participants will learn how commonly prescribed psychiatric medications influence mood, cognition, sleep, anxiety, attention, and psychotic symptoms, and how these effects present in session. The training emphasizes the observable clinical effects, side effects, and response patterns that psychotherapists are uniquely positioned to monitor over the course of treatment.

The workshop also addresses how to integrate medication-related content into psychotherapy: exploring clients' expectations and beliefs about medication, working with adherence concerns as part of the therapeutic process, supporting an expanded informed consent process, and applying ethical and scope-of-practice principles when medication topics arise. Participants will develop skills for recognizing medication-related concerns, communicating observations to prescribers using a complementary-colleague model, and knowing when consultation with a prescriber is required.

By the end of the training, psychotherapists will have greater confidence in integrating medication awareness into their psychotherapeutic work and contributing to coordinated, patient-centred care.

Learning objectives:

1. Explain the appropriate role of mental health professionals in the treatment of clients receiving both psychotherapy and psychotropic medications.
2. Describe the neurotransmitter systems and neuroanatomy underlying common mental disorders and the mechanisms of action of major classes of psychiatric medications covered during the training.
3. Identify the major classes of psychotropic medications used to treat depression, anxiety, bipolar disorder, ADHD, psychosis, and insomnia, including their primary indications and common adverse effects.

Learning material:

A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

Audience: This course is intended for all mental health professionals.

The expert

Dr. Kenneth Carter is Charles Howard Candler Professor of Psychology at Oxford College of Emory University and founding director of the Emory University Center for Public Scholarship and Engagement. He served as interim dean of Oxford College from 2022 to 2023.

A graduate of Oxford College and Emory University, Dr. Carter earned his MA and PhD in psychology from the University of Michigan. He subsequently completed an MS in psychopharmacology from Fairleigh Dickinson University and holds board certification as a clinical psychologist, giving him a rare dual grounding in clinical practice and pharmacological science.

He is the author of several textbooks, including Psychopathology: Understanding Psychological Disorders (Cambridge University Press) and the forthcoming Living Psychology (SAGE Publications). His most recent book, Buzz!: Inside the Minds of Thrill-Seekers, Daredevils, and Adrenaline Junkies (Cambridge University Press), reflects his research interest in the psychology of thrill-seeking.

Dr. Carter is widely recognized for translating psychological science into accessible language. His work has appeared in Psychology Today and Women's Health, and he has been featured on CNN Tonight, NPR's Short Wave and All Things Considered, and NBC's Today show. He has delivered a TEDx talk on thrill-seekers and hosts Mind of a Motorhead, an NBC Sports web series exploring the personalities of motorsport athletes.

Syllabus

PowerPoint

Introduction

Introduction and Professional Foundations

The Therapist's Role in Medication Conversations
Why Therapists Need Psychopharmacology Knowledge
Helping Clients with Expectations and Side Effects
Monitoring and Advocacy
Practice Guidelines and Informed Consent Process
Particular Issues That Necessitate Consultation with a Prescriber
Neuroscience Foundations
Basic Neurobiology for Clinicians
Pharmacology Concepts Relevant to Practice
Antidepressant Medications
Focus Concepts
Neurobiology of Depression
Selective Serotonin Reuptake Inhibitors (SSRIs)
Differences Among SSRIs
Newer Serotonergic Agents
Serotonin Norepinephrine Reuptake Inhibitors (SNRIs)
Other Antidepressants
Medications Across Conditions
Anxiety Disorders, Symptom Dimensions, and SSRIs
Benzodiazepines and Other Anxiety Medications
Bipolar Disorder
ADHD Medications
Drug Delivery Systems
Psychosis
Insomnia
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*