

# Psychopharmacology for Psychotherapists

According to the Journal of Clinical Psychiatry, approximately 10% of US adults fill one or more antidepressant prescriptions each year, with many of these prescriptions coming from non-psychiatrists. They are some of the most widely prescribed medications of our generation. As more and more patients are prescribed antidepressants and other psychotropic medications, an increased need and responsibility is raised for non-prescribing therapists to be knowledgeable enough to work more effectively with patients and their prescribers in this arena. The following webinar is intended to be an introductory course that offers general, yet comprehensive information about psychopharmacology, including understanding neurobiological underpinnings of how medications work, commonly prescribed drug categories, how to work more effectively with patients, and how to work more effectively with prescribers. Unique to this webinar will be the inclusion of how to maximize treatment outcomes and effectively use collaborative care strategies.

## Target Audience

Psychologist      Social Workers      Counselors  
Teachers              Therapists              Case Managers  
Marriage and Family Therapists      Nurses  
This seminar is for intermediate to advanced level clinicians

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. State and discuss the biopsychosocial theory of health and why it is important.
  2. Describe the biological basis of psychopharmacology.
  3. Describe major categories of psychotropic medications, their uses and potential side effects.
  4. Implement ways to work more collaboratively with psychotropic medication prescribers.
  5. Discuss how to maximize treatment outcomes.

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

# Outline

Begin 4:30 PM ET

The Biopsychosocial Theory

Biological Basis of Psychopharmacology

Tenets of Pharmacodynamics and Pharmacokinetics

Drug Safety

Medication Side Effects

Major Mental Health Drug Classes

Maximizing Treatment Outcome

How to Work with Prescribers

End 6:30 PM ET



## The Presenter

Sarah Shevchuk, Psy.D. earned her doctorate in clinical psychology from the Georgia School of Professional Psychology in 2011. Dr. Shevchuk received specialty training in the treatment of serious and persistent mental illness at the Cleveland VA Medical Center, and has since provided psychological services throughout New York State, including state prisons, psychiatric hospitals, and Veterans Health Administration (VHA). She has held positions as Residential Crisis Treatment Program Coordinator, Psychological Evaluation Coordinator, and Inpatient Clinical Coordinator. At present she works as the Primary Care-Mental Health Integration Psychologist within VHA, and holds an academic appointment at New York Medical College. Dr. Shevchuk has chaired numerous committees for mental health environments of care, program evaluation and process improvement, which utilized Lean 6-S yellow- and greenbelt trainings. She has been a major rotation preceptor and assessment supervisor for an APA-accredited predoctoral psychology internship training program. Dr. Shevchuk has co-facilitated the clinical restructuring of mental health unit providing recovery services to adults with serious and persistent mental illness which opened in 2018. Prior to becoming a psychologist, Dr. Shevchuk studied biological science and conducted neuroscience research for several years, investigating the impact of psychoactive substances on brain cells associated with pain pathways. Dr. Shevchuk considers herself a cognitive-behavioral therapist who values recovery-oriented and patient-centered care, as well as whole-health and wellness in her work. Outside of work Dr. Shevchuk enjoys time with family and friends, making her family's pasta and cookie recipes, and running. She is a proud finisher of the 2018 Nationwide Children's Marathon in Columbus, Ohio.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 2 CE's for attending once they have completed these requirements.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940