

# 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

Dr. Sarah Shevchuk, Psy.D., earned her doctorate in clinical psychology from the Georgia School of Professional Psychology in 2011. With specialized training in the treatment of serious and persistent mental illness from the Cleveland VA Medical Center, Dr. Shevchuk has provided psychological services throughout New York State, including in state prisons, psychiatric hospitals, and within the Veterans Health Administration (VHA).

She has held several pivotal roles, including Residential Crisis Treatment Program Coordinator, Psychological Evaluation Coordinator, and Inpatient Clinical Coordinator. For the past five years, Dr. Shevchuk has concentrated on integrative mental health care, particularly within Primary Care Mental Health Integration. She has also held various academic appointments throughout her career.

Dr. Shevchuk has chaired numerous committees dedicated to mental health environments of care, program evaluation, and process improvement, drawing on her Lean Six Sigma Yellow and Green Belt certifications. She has been actively involved in the national deployment of evidence-based psychotherapies within the Department of Veterans Affairs. Additionally, Dr. Shevchuk has served as a major rotation preceptor and assessment supervisor for an APA-accredited predoctoral psychology internship program.

Identifying as a generalist, Dr. Shevchuk is largely informed by cognitive-behavioral therapy and acceptance and commitment therapy. She emphasizes care that is recovery-oriented, patient-centered, and inclusive of holistic health and wellness. Early in her career, Dr. Shevchuk conducted research in biological sciences and neuroscience, focusing on the impact of psychoactive substances on brain cells involved in pain pathways.

Outside of her professional life, Dr. Shevchuk enjoys spending time with her family during what she humorously refers to as her "Hockey-Soccer-Dance-Cheer-Basketball-Lacrosse and Gymnastics Mom Era." Despite her Ukrainian surname, she proudly identifies as an American of Italian descent, and her neighborhood delights in her Sunday suppers.

**Continuing Education Credit**  
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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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