

# Clinical Psychopharmacology Made Ridiculously Simple

Non-prescribing therapists are crucial to the effective and safe use of psychiatric medications by their clients. In contrast to clinicians who focus primarily on medications, therapists generally spend more time with their clients and are more familiar with their history and current situation. They also tend to develop a greater rapport. And considering that most clients diagnosed with depression, anxiety, psychosis, posttraumatic stress disorder, and virtually every other psychiatric disorder receive pharmacological interventions, the non-prescribing therapist needs to understand how psychiatric medications work, their limitations and side effects, and how to help their clients maximize gains through increasing medication compliance. This course is designed to present the non-prescribing mental health practitioner with a review of basic concepts in clinical psychopharmacology and the effective use of common psychiatric medications in the treatment of mental health conditions. Effective medication strategies for treating depression, bipolar disorder, anxiety, psychosis, sleep disorders, and other common psychiatric conditions are covered in detail. Basic general pharmacological concepts such as pharmacodynamics and pharmacokinetics are reviewed as are more specific concepts such as drug absorption, distribution, metabolism, and elimination. You will also become aware of common medication treatment errors to avoid and learn tips for helping your clients become more educated about the medications they take as well as help them manage their side effects.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Summarize the concepts of pharmacodynamics and pharmacokinetics in clinical psychopharmacology.
2. List the different reasons non-prescribers should understand clinical psychopharmacology.
3. Describe the effective treatment of depressive disorders with psychotropic medications.
4. Describe the effective treatment of anxiety disorders with psychotropic medications.
5. Describe the effective treatment of psychotic disorders with psychotropic medications.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 10AM EST

Pharmacology and Neurobiology  
Neurotransmission  
Pharmacodynamics  
Pharmacokinetics  
Medication Treatments for Psychiatric Disorders  
Depressive Disorders  
Bipolar Disorders

Break 11:30-11:45 AM EST

Anxiety Disorders  
Psychotic Disorders  
Sleep Disorders  
Miscellaneous Disorders  
Experimental and Over-the-Counter Supplements  
Improving Outcomes  
Strategies for Increasing Medication Adherence  
Troubleshooting Non-Response to Psychiatric Medications  
Identifying Potential Reasons for Relapse

END 1:15 PM EST

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### Continuing Education Credit

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## The Presenter

Bret A. Moore, Psy.D., ABPP is Vice Chair of the Boulder Crest Institute for Posttraumatic Growth and a clinical and prescribing psychologist based in San Antonio, Texas. He is a former active duty Army psychologist and completed two tours (27 months) in Iraq as a Clinical Psychologist and held the positions of Chief of Clinical Operations and Officer in Charge of Preventative services while deployed. He is the author and editor of 20 books, including Handbook of Clinical Psychopharmacology for Psychologists, Handbook of Clinical Psychopharmacology for Therapists, Child and Adolescent Clinical Psychopharmacology Made Simple, Treating PTSD in Military Personnel: A Clinical Handbook, The Posttraumatic Growth Workbook, Wheels Down: Adjusting to Life after Deployment, and Taking Control of Anxiety: Small Steps for Overcoming Worry, Stress, and Fear. In addition to writing dozens of book chapters and journal articles, Dr. Moore has written feature articles for a number of popular press publications to include Scientific American Mind, The New Republic, Psychology Today, and Military Times. Dr. Moore is a Fellow of the American Psychological Association and recipient of the Charles S. Gersoni Military Psychology Award and the Arthur W. Melton Award for Early Career Achievement in Military Psychology from Division 19 and the Early Career Achievement Award in Public Service Psychology and the Peter J. N. Linnerooth National Service Award from Division 18 of APA. His views on clinical and military psychology have been quoted in USA Today, The New York Times, and The Boston Globe, and on CNN and Fox News. He has appeared on NPR, the BBC, and CBC.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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