

Psychopharmacology & Female Specific Issues

<p>Instructor: Dr. Bita Sharifzadeh, OPQ # 10884-07</p> <p>Email: info.elite@dbn.life</p>	<p>Class Instruction:</p> <p>Online at the student's own pace.</p> <p>Students can expect to devote 2 hours of personal time (e.g. course readings, exam prep, research) for every 1 hour of in-class work.</p>
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Important Notes:

Please verify that the course satisfies the requirements that you require to receive your psychotherapy permit.

Course Syllabus

Course Description

The Psychopharmacology and Female Specific Issues course (15 hours or 1 credit) is designed for students wishing to gain an in-depth knowledge of a variety of mental health disorders and the use of psychotropic medication in their treatment, specifically those pertaining to women-specific issues. Students will become acquainted with the primary symptoms that encompass several disorders related to sexual dysfunction and the different female hormonal stages. Etiologies and risk factors will be discussed as well as the differential diagnoses that one must be aware of when assessing a client. Finally, students will learn the primary psychotropic medications used in the treatment of these disorders and possible side effects that mental health clinicians must be aware of when working with clients.

Course Objectives

Upon the successful completion of this course, students will be able to...

1. Identify the mental health disorders that are unique to females. Major considerations include sexual dysfunction disorders and disorders associated with female hormonal stages.
2. Describe the mental disorders that are associated with different female hormonal stages and life events.

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3. Identify the appropriate pharmaceuticals for the different disorders that female clients experience.

Course Format:

The course lecture will be available online [DBN Elite](#). Students will be assessed twice throughout the course. They will be asked to complete a case study assignment and complete a final exam.

Course Evaluation

The course is pass/fail, no numeric grade will be provided.

-Assignment (60%): You will be asked to submit a case study assignment after the completion of the lecture. Assignment instructions and rubric will be posted on the DBN Elite website.

The assignment will consist of 2 clinical cases for which you have to demonstrate your knowledge. Your response to each case should be 300-500 words and should draw upon the material presented in the lecture and the required readings.

Each response should be structured in the following manner:

- Briefly introduce the case
- Provide a diagnosis supported by an analysis of the client's presentation. Include any differential diagnoses as well
- A treatment plan, with mention of the possible risks associated with the psychotropic medication(s) you suggest

****Note** that for each case, you will be provided with questions that should be answered in your responses. This information will be available to you as you are completing the assignment.

Other guidelines to follow:

- Use the required textbooks to support your analysis. Quotes are not required, however, you should summarize and apply key concepts
- You will not be required to use additional resources, however, any reference made to the textbook should be cited in accordance with APA standards

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Final Exam (40%): The course evaluation will be a cumulative exam that consists of 35 multiple-choice and true or false questions designed to assess your knowledge of psychopharmacology. The final exam will be available to you once you have completed the lecture. A passing grade is 75% or 27 correct questions.

Course Schedule

<i>Topics Covered</i>	<i>Required Reading(s)</i>
<p><i>Sexual Development</i></p> <ul style="list-style-type: none"> - Genetics of sex - Biology of sex 	Freberg: pages 326-333
<p><i>Endocrine system</i></p>	Freberg: page 57
<p><i>Pharmacokinetics and pharmacodynamic</i></p>	Burt and Hendrick: 20-25
<p><i>Epidemiology of female psychiatric disorders</i></p>	Burt and Hendrick: 16-19
<p><i>Puberty</i></p> <ul style="list-style-type: none"> - Hormonal changes - Physical changes - Emotional changes 	Freberg: pages 333-335
<p><i>Menstrual Cycle</i></p> <ul style="list-style-type: none"> - Follicular stage - Ovulation stage - Luteal stage - Menstruation stage 	Freberg: 350-352
<p><i>Premenstrual dysphoric disorder:</i></p> <ul style="list-style-type: none"> - Risk factors and etiology - Differential diagnosis - Treatment 	Preston et al.: pages 86, 175-200 American Psychiatric Association: 171-175
<p><i>Pregnancy</i></p> <ul style="list-style-type: none"> - Depressive disorders - Bipolar disorders - Anxiety disorders 	Burt and Hendrick: 53-93 Preston et al: 201-215, 217-225

<p><i>Postpartum psychiatric disorder</i></p> <ul style="list-style-type: none"> - Postpartum blues - Postpartum depression - Postpartum psychosis <p><i>Female infertility</i></p> <ul style="list-style-type: none"> - Diagnosis - Treatment <p><i>Perimenopause and menopause</i></p> <ul style="list-style-type: none"> - Symptoms - Treatment <p><i>Female orgasmic disorder</i></p> <ul style="list-style-type: none"> - Risk factors and etiology - Differential diagnosis - Treatment <p><i>Female sexual interest/arousal disorder</i></p> <ul style="list-style-type: none"> - Risk factors and etiology - Differential diagnosis - Treatment <p><i>Genito-pelvic pain disorder</i></p> <ul style="list-style-type: none"> - Risk factors and etiology - Differential diagnosis - Treatment 	<p>Burt and Hendrick: 95-116</p> <p>Burt and Hendrick: 131-142</p> <p>Burt and Hendrick: 143-160</p> <p>American Psychiatric Association: 429-432 Kornstein and Clayton: 274-275</p> <p>American Psychiatric Association: 433-436 Kornstein and Clayton: 270-274</p> <p>American Psychiatric Association: 437-440 Kornstein and Clayton: 275-278</p>
<p><i>Segment 5: Pre-recorded Q&A Exercise</i></p>	<p>This exercise is to be done as in-class work and should take students up to 5 hours to complete.</p>

Required Readings:

American Psychiatric Association, (2017) *Diagnostic and statistical manual of mental disorders:*

DSM-5. Arlington, VA: American Psychiatric Publishing

Burt, V. K., Kendrick, V.C., (2005) *Clinical manual of women's mental health*. Arlington, VA:
American Psychiatric Publishing

Recommended Readings

Clayton, A.H., Kornstein, S.G., (2017). *Women's Mental Health. Psychiatric Clinics of North America, Volume 40, Number 2.*

Freberg., L.A., (2017) *Discovering behavioral neuroscience: An introduction to biological psychology*. USA: Cengage Learning

Hooley, J. M., Butcher, J., Knock, M., & Mineka, S. (2016). *Abnormal psychology*. Essex,
England: Pearson Education Limited.

Preston, J., O'Neal, J. H., & Talaga, M. C. (2017). *Handbook of clinical psychopharmacology for therapists*. Oakland, CA: New Harbinger Publications, Inc.

Hours Breakdown

In-Class

Task	Number of Hours
Lecture Time	3 hours
Lecture Readings	11.5 hours
Final Exam	1.5 hours
TOTAL IN-CLASS TIME	15 hours

Outside of Class

Task	Number of Hours
Assignment	7 hours
Textbook Readings	13 hours
Final Exam Prep	10 hours
TOTAL OUT OF CLASS TIME	30 HOURS

TOTAL COURSE	45 HOURS
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