

**30 mins difference due to quiz at the end of permit course which is not at the end of CE\*\*  
to be verified**

## Psychopharmacology: Biological Basis

<b>Instructor:</b> Dr. Bita Sharifzadeh, OPQ # 10884-07  <b>Email:</b> info.elite@dbn.life	<b>Class Instruction:</b>  Online at the student's own pace.  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.
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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: Biological Basis course (15 hours or 1 credit) is an introduction to psychopharmacology. This segment is a starting point for students wishing to gain a deeper understanding of the basics of psychopharmacology, starting with the basic functions of the cell and nervous systems. This knowledge will act as a foundation for understanding the role of neurotransmitters in mental disorders. Students will then learn the qualities and mechanics of drugs used to treat mental disorders as well as the impact these drugs have on the body. Finally, students will learn about drug non-adherence.

#### Learning Objectives

By the end of this course, students will achieve the following outcomes:

1. Define the various structures of functions that make up the human nervous system at different levels.

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2. Identify the various qualities and mechanics of drugs commonly used in the treatment of psychiatric disorders.
3. Recognize the major considerations associated with drug use and non-adherence.

## **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.

*-Assignments (60%):* You will be asked to submit an assignment after the lecture. Assignment instructions and rubric will be posted on the DBN Elite website.

*-Final Exam (40%):* The course evaluation will be a cumulative exam that consists of 20 multiple-choice questions and true or false designed to assess your knowledge of psychopharmacology. The final exam will be available to you once you have completed the lecture.

## **Course Schedule**

<i>Topics Covered</i>	<i>Required Reading(s)</i>
<b><i>Neurobiology</i></b> -Human nervous system -Neuroanatomy and brain structures -Intracellular communication -Neurotransmitters	Preston et al. (2017): pages 29-44 Freberg (2017): pages 64-99
<b><i>Pharmacology</i></b> -Kinetic profile -Medication effects -Drug interactions	Preston et al. (2017): pages 45-56
<b><i>Diagnostic Considerations</i></b> -State vs. trait variables -Personality disorders and primary	Freberg (2017): pages 101- 125

<p>disorders -Impact of substance abuse on diagnosis -Impact of physical illness on diagnosis</p> <p><b><i>Medication Non-Adherence</i></b></p>	<p>Preston et al. (2017): pages 65-76</p> <p>Hooley et al. (2016): pages 106-134</p> <p>Preston et al. (2017): pages 57-64</p>
<p><b><i>Segment 1: Pre-recorded Q&amp;A Exercise</i></b></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**

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.

## **Recommended Readings**

American Psychiatric Association, (2017) *Diagnostic and statistical manual of mental disorders: DSM-5*. Arlington, VA

Bezchlibnyk-Butler, K. Z., Jeffries, J. J., & Procyshyn, R. M. (2019). *Clinical handbook of psychotropic drugs*. Boston, MA: Hogrefe.

Buxbaum, J.D., Charney, D.S., Nestler, E.J., Sklar, P., (2014) *Neurobiology of Mental Illness*  
Oxford: Oxford University Press

Healy, D. (2009). *Les médicaments psychiatriques démythifiés (5<sup>e</sup> éd.)*. Issy-les-Moulineaux :  
Elsevier Masson SAS.

Muse, M., & Moore, B. A. (2012). *Handbook of clinical psychopharmacology for psychologists*.  
Hoboken, NJ: John Wiley and Sons.

Stahl, S. M., & Muntner, N. (2017). *Stahl's essential psychopharmacology: neuroscientific basis  
and practical applications*. Cambridge: Cambridge University Press.

## Psychopharmacology Biological Basis: Permit Hours Breakdown

### *In-Class*

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

### *Outside of Class*

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

<b>TOTAL COURSE</b>	<b>45 HOURS</b>
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