

Psychopharmacology & Pediatrics

Instructor: Dr. Bitá Sharifzadeh, OPQ # 10884-07 Email: info.elite@dbn.life	Class Instruction: 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 and Pediatrics 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 with children and adolescents. Students will become acquainted with the primary symptoms that encompass several disorders frequently seen in youth, including mood disorders, anxiety disorders, feeding disorders, ADHD, ODD, and Autism Spectrum Disorder. Considerations that are unique to this group in particular, including the role of guardians in treatment, will be explored. Etiologies and risk factors will be discussed as well as the differential diagnoses that one must be aware of when assessing a child or youth 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 children and youth.

Course Objectives

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

1. Identify the primary symptoms of mental health disorders, including major depressive disorder, anxiety disorders, feeding disorders, attention deficit hyperactivity disorder, oppositional defiant disorder, and autism spectrum disorder all through the lens of youth clients.
2. Recognize the unique circumstances and ethical standards associated with the psychotropic treatment of children and adolescents.

3. Identify the primary psychotropic medications used to treat specific mental health disorders in youth.

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, however, a passing grade is 75%.

-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 3 clinical cases for which you have to demonstrate your knowledge. Your response to each case should be 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

-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>Therapeutic considerations</i></p> <ul style="list-style-type: none"> - Physiological - Cognitive - Therapist/Guardian Relationship 	<p>Bowers et al.: pages 1-23</p>
<p><i>Ethical considerations</i></p>	<p>Martin et al.: pages 329-352</p>
<p><i>Major depressive disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Treatment 	<p>Hooley et al.: pages 537-540, Pages 224-227 American Psychiatric Association: pages 160-167 Bowers et al.: pages 219-297</p>
<p><i>Anxiety disorders</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Treatment 	<p>Hooley et al.: pages 176-177 Pages 535-537 American Psychiatric Association: pages 222-226 Bowers et al.: pages 344-359</p>
<p><i>Eating disorders</i></p> <ul style="list-style-type: none"> - Anorexia nervosa risk factors - Anorexia nervosa differential diagnosis - Anorexia nervosa treatment - Bulimia nervosa risk factors - Bulimia nervosa differential diagnosis - Bulimia nervosa treatment 	<p>American Psychiatric Association: pages 338-350 Hooley et al.: pages 304-313 Bowers et al.: page 243</p>
<p><i>Oppositional defiant disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Treatment 	<p>American Psychiatric Association: pages 462-466 Hooley et al.: pages 540-544</p>
<p><i>Attention deficit/hyperactivity disorder</i></p> <ul style="list-style-type: none"> - Risk factors 	<p>Hooley et al.: pages 545-549 American Psychiatric Association: pages :</p>

<ul style="list-style-type: none"> - Differential diagnosis - Treatment <p><i>Autism spectrum disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Treatment <p><i>Substance related disorders</i></p> <ul style="list-style-type: none"> - Basic terminology - Alcohol use - Opioid use - Cannabis use - Differential diagnosis 	<p>59-65 Bowers et al.: pages 64-129 Hooley et al.: pages 549-552</p> <p>American Psychiatry Association: pages 50-59 (9 pages) Bowers et al.: pages 145-146, 165-167, 199-200, 243, 321-322, 355 (10 pages)</p> <p>Preston et al.: pages 153-160 Bowers et al: pages 359-372 American Psychiatric Association: pages 490-503,509-519, 540-550.</p>
<p><i>Segment 4: 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

Bowers, R.T., Weston, G.T., Mast, R.C., Nelson, S.C., Jackson, J.C. (2019) *Green's child and adolescent clinical psychopharmacology, sixth edition*. Philadelphia, USA: Wolters Kluwer

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

Recommended Readings

Antshel, K.M., Faraone, S. V., Gordon, M. (2012) Cognitive Behavioral Treatment Outcomes in Adolescent ADHD, *Child and Adolescent Psychiatry: Life Cycle and Family*, 10, (3), pages 334-345, <https://doi.org/10.1176/appi.focus.10.3.334>

Bloch, M.H., Martin, A., Volkmar, F.R., (2017) *Lewis Child and Adolescent Psychiatry*. Philadelphia: Wolters Kluwer

Martin, L., Shepard, B., Lehr, R., (2015) *Canadian counselling and psychotherapy experience: ethics based issues and cases*. Ottawa, Canada: Canadian Counselling and Psychotherapy Association

Polite, Laura C. MD; Henry, Charles A. MD; McDougale, Christopher J. MD (2014) Psychopharmacological Interventions in Autism Spectrum Disorder, *Harvard Review of Psychiatry*, 22, (2), pages 76-92. doi: 10.1097/HRP.0000000000000030

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

Schmitz, K., Southammakosane, C. (2015) Pediatric Psychopharmacology for Treatment of ADHD, Depression, and Anxiety, *Pediatrics*, 136, (2), pages 351-359, <https://doi.org/10.1542/peds.2014-1581>

Permit 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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