

## Psychopharmacology: General Psychopathology (CE)

<b>Instructor:</b> Dr. Bita Sharifzadeh, OPQ # 10884-07	<b>Class Instruction:</b>
<b>Email:</b> psy.elite@dbn.life	Online at the student's own pace.
	CEC# RA06084-24

### Course Syllabus

#### **Problem & Need**

The Psychopharmacology: General Psychopathology (CE) course 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. Students will become acquainted with the primary symptoms that encompass several disorders, including, obsessive compulsive disorder, psychotic disorders, post traumatic stress disorder, borderline personality disorder, and substance related disorders. 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 Clientele**

Psychotherapists and psychologists looking to gain an in-depth knowledge of a variety of mental health disorders and the use of psychotropic medication in their treatment.

#### **Length of Activity and Course Format:**

The course is a total of 2.5 hours and will be available online on [DBN Elite](#). The course must be completed within 6 months of purchasing it.

#### **Trainer:**

Dr. Bita is a Clinical Psychologist with over 20 years of experience in treating individuals, couples, and families. She holds a doctoral degree in Clinical Psychology from Concordia University as well as a postdoctoral degree in Psychopharmacology from Alliant University. Her specialties include the treatment of depression, anxiety, trauma, and OCD, amongst others. Her preferred modalities are CBT, mindfulness, and sensorimotor psychotherapy.

## Course Objectives

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

1. Identify the primary symptoms of mental health disorders, including obsessive compulsive disorder, psychotic disorders, post traumatic stress disorder, and borderline personality disorder, and substance related disorders.
2. Assess for differential diagnoses of various disorders.
3. Identify the primary psychotropic medications used to treat specific mental health disorders.

## Course Evaluation

The course is pass/fail, no numeric grade will be provided, however, a passing grade is 75%.

-*Final Exam* (100%): 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.

## Content

<i>Topics Covered</i>	<i>Required Readings</i>
<p><b><i>Obsessive Compulsive Disorder</i></b>                      -Related disorders                      -Etiology                      -Differential diagnosis                      -Pharmacological treatment</p>	<p>American Psychiatric Association: 237-242                      Preston et al.: Pages 123 - 128                      Hooley et al.: pages 203-212</p>
<p><b><i>Psychotic Disorders</i></b>                      -Different disorders                      -Schizophrenia                      -Etiology                      -Early indicators                      -Differential diagnosis                      -Neurochemical hypothesis                      -Pharmacological treatment</p>	<p>American Psychiatric Association: pages 90-122                      Preston et al.: Pages 129-138, pages 227 - 238                      Hooley et al.: pages 459-502</p>
<p><b><i>Post Traumatic Stress Disorder</i></b>                      -Etiology                      -Differential diagnosis                      -Pharmacological treatment</p>	<p>American Psychiatric Association: pages 271-280                      Preston et al.: Pages 139 - 146</p>
<p><b><i>Borderline Personality Disorder</i></b>                      -Etiology</p>	<p>Hooley et al.: Pages 158-165</p>

<p>-Differential Diagnosis -Pharmacological treatment</p> <p><b><i>Substance Related Disorders</i></b></p> <p>-Terminology -Etiology, pharmacological treatment, and notes for: alcohol, opiates, hallucinogens, and cannabis</p>	<p>American Psychiatric Association: Pages 663-666 Preston et al.: Pages 147-152 Hooley et al.: Pages 359-364</p> <p>American Psychiatric Association: Pages 483-585 Preston et al.: Pages 153-160 Hooley et al.: Pages 384-420</p>
<p><b><i>Segment 3: 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**

***Resources for the class are available on [DBN Lib](#). The references link to the resources themselves or to their purchase pages if they are unavailable for free.***

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

*DSM-5*. Arlington, VA

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**

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

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.