

Psychopharmacology & Pediatrics

Instructor: Dr. Bitá Sharifzadeh, OPQ # 10884-07	Class Instruction:
Email: psy.elite@dbn.life	Online at the student's own pace.
	CEC #: RA06085-24

Course Syllabus

Problem & Need

Children and youth are seeking psychological treatment for psychiatric issues more and more. As clinicians, we need to be aware of the various psychotropic medications used to treat the disorders commonly seen in this population. This brief course will explore a variety of mental health issues commonly seen in children and 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 client. Finally, clinicians will learn the primary psychotropic medications used in the treatment of these disorders and possible side effects that we must be aware of when working with children and youth.

Course Clientele:

Psychotherapists and psychologists looking to gain an in-depth knowledge of a variety of mental health disorders seen in the pediatric population and who wish to learn more about the use of psychotropic medication in their treatment.

Length of Activity and Course Format:

The course is a total of 3 hours and will be available online on [DBN Elite](#). The course must be completed within 6 months of purchasing it.

Trainer:

Dr. Bitá 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 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 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><i>Therapeutic considerations</i></p> <ul style="list-style-type: none"> - Physiological development <ul style="list-style-type: none"> - Adult vs. pediatric - Chronic vs. acute conditions - Neurotoxicity and psychotropics - Cognitive <ul style="list-style-type: none"> - Lack of verbal skills - Minimal emotional experience - Potential ambiguities - Therapist/Guardian Relationship <ul style="list-style-type: none"> - Awareness of possible medication side effects - Implementation of treatment plan 	<p>Bowers et al.: pages 1-23 Martin et al.: pages 329-352</p>
<p><i>Ethical considerations in working with</i></p>	<p>Bowers et al.: pages 219-297</p>

<p><i>children and youth</i></p> <ul style="list-style-type: none"> - Biological age, maturity, legal status 	<p>Hooley et al.: pages 534-540; 563-567 American Psychiatric Association: pages 155-188</p>
<p><i>Major depressive disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Pharmacological treatments <ul style="list-style-type: none"> - TCAs, MAOIs, SSRIs, SNRIs, atypical antidepressants 	<p>Bowers et al.: pages 344-359 Hooley et al.: pages 224-269; pages 537-540</p>
<p><i>Anxiety disorders</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Pharmacological treatments <ul style="list-style-type: none"> - Benzodiazepines, atypical, SSRIs, SNRIs 	<p>American Psychiatric Association: pages 189-233 Bowers et al.: pages 130-298 Hooley et al.: pages 173-220; pages 535-37</p>
<p><i>Eating disorders</i></p> <ul style="list-style-type: none"> - Anorexia nervosa risk factors Anorexia nervosa differential diagnosis - Anorexia nervosa treatment <ul style="list-style-type: none"> - Psychotherapy, dietician, family support - Bulimia nervosa risk factors - Bulimia nervosa differential - Diagnosis - Bulimia nervosa pharmacological treatments <ul style="list-style-type: none"> - SSRI (Fluoxetine) 	<p>American Psychiatric Association: pages 329-354 Bowers et al.: page 243 Hooley et al.: pages 303-341</p>
<p><i>Oppositional defiant disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Treatments - Parent management training - Teaching clients positive behaviours, responses 	<p>American Psychiatric Association: pages : 462-66 Bowers et al.: pages 64-129 Hooley et al.: pages 545-549</p>
<p><i>Attention deficit/hyperactivity disorder</i></p> <ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Pharmacological Treatments <ul style="list-style-type: none"> - Stimulants, amphetamines, NRIs 	<p>American Psychiatric Association: pages 59-65 Bowers et al.: pages 145-146, 165-167, 199-200, 243, 321-322, 355 Hooley et al.: pages 549-552</p>
<p><i>Autism spectrum disorder</i></p>	

<ul style="list-style-type: none"> - Risk factors - Differential diagnosis - Pharmacological treatments <ul style="list-style-type: none"> - Antipsychotics, antidepressants, mood stabilizers <p><i>Substance related disorders</i></p> <ul style="list-style-type: none"> - Basic terminology - Alcohol use - Opioid use - Cannabis use - Differential diagnosis - Pharmacological treatments for alcohol: <ul style="list-style-type: none"> - Acamprosate or Campral - Disulfiram or Antabuse - Pharmacological treatments for opioid use: <ul style="list-style-type: none"> - Buprenorphine - Pharmacological treatments for cannabis use: <ul style="list-style-type: none"> - No FDA-approved drugs BUT... N-Acetylcysteine is being studied as a possible option 	<p>American Psychiatric Association: pages 50-9</p> <p>Bowers et al.: pages 130-298</p> <p>Hooley et al.: page 551</p> <p>American Psychiatric Association: pages 490-503, 509-519, 540-550</p> <p>Bowers et al: pages 359-372</p> <p>Preston et al.: pages 153-160</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

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

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>

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.

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

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

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>