

Psychopharmacology & Female Specific Issues

Instructor: Dr. Bita Sharifzadeh, OPQ # 10884-07 Email: psy.elite@dbn.life	Class Instruction: Online at the student's own pace. CEC #: RA06098-24
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Course Syllabus

Problem & Need

When it comes to therapy as well as the use of psychotropic medication, therapists must be vigilant to not make any generalizations. This also applies when comparing psychological issues in men versus women.

Throughout this course, 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 Clientele:

Psychotherapists and Psychologists 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.

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.

Course Objectives

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

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

Course Format:

The course lecture will be available online. Students will be assessed once in the form of a final exam.

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.

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 	Burt and Hendrick: 95-116

<ul style="list-style-type: none"> - 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: 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

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: 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.