

Craig Strickland, Ph.D.

1. **Proposed Course Name:**

Introduction to Psychopharmacology: Commonly Prescribed Medications Used to Treat Behavioral Health Conditions

2. **Brief Course Description:** This training is designed to provide a basic overview of commonly prescribed medications used to treat different behavioral health disorders. In addition, medications used to treat opioid addiction (MAT) will be reviewed. All medications will be discussed in terms of benefits and cautions associated with the medications. Information is presented in such a way that attendees need not have extensive experience with pharmacology

3. **Learning Objectives:**

At the conclusion of this session participants will be able to:

- List three classes of medications used to treat post-traumatic stress disorder (PTSD)
- List three benefits and three side-effects of psychostimulants used to treat attention deficit hyperactivity disorder (ADHD)
- Differentiate between traditional and atypical anti-psychotic medications
- Compare and contrast buprenorphine and methadone in treating opioid addiction.

4. **Content Level: Beginner-Intermediate**

5. **Outline**

Welcome/Overview

9:30 am-9:35 am

I. PTSD

9:35 am-10:20 am

- a. Anti-depressants (SSRIs)
- b. Other anti-depressants
- c. Anti-anxiety
 - i. BZDs
 - ii. Buspar
 - iii. SSRIs (again)
 - iv. Anti-adrenergic medication
 - 1. Prazosin
 - 2. Clonidine, etc.

II. ADHD

10:20 am-11:10 am

- a. Psychostimulants
- b. Strattera
- c. Second-line/other medications

III. Psychotic Spectrum Disorder

11:10 am- 11:55 pm

- a. First generation anti-psychotics
- b. Second generation anti-psychotics

IV. MAT medications

11:55 am-12:25pm

- a. Methadone
- b. Buprenorphine (and associated products)

c. NARCAN (for overdose)

- V. Considerations for All clients (time permitting) 12:15 pm- 12:30 pm
- a. History of traumatic exposure/ ACES study
 - b. Sleep
 - c. Metabolic syndrome
 - d. WBC
 - e. Decisional uncertainty
 - f. Liver/Kidney function

6. Reference Section

Garakani A, Murrough JW, Freire RC, Thom RP, Larkin K, Buono FD, Iosifescu DV. (2020) Pharmacotherapy of Anxiety Disorders: Current and Emerging Treatment Options. *Frontiers in Psychiatry*, 23;11:595584. doi: 10.3389/fpsyt.2020.595584.

Magliocco F, de Filippis R, Aloï M, Staltari FA, Gaetano R, Segura-Garcia C, De Fazio P. (2020) Second-generation long-acting injections anti-psychotics improve executive functions in patients with schizophrenia: a 12-month real-world study. *International Journal of Psychiatry Clinical Practice*, 24(2):201-207. doi: 10.1080/13651501.2020.1737134

Maiti T, Das S, Ramasamy A, Stanley Xavier A, Kumar Behera S, Selvarajan S. (2020) An overview on medication-assisted treatment (MAT) for opioid dependence. *Journal of Opioid Management*, 16(2):141-149. doi: 10.5055/jom.2020.0560. PMID: 32329889.

Zhang Y, Ren R, Sanford LD, Yang L, Ni Y, Zhou J, Zhang J, Wing YK, Shi J, Lu L, Tang X. (2019) The effects of prazosin on sleep disturbances in post-traumatic stress disorder: a systematic review and meta-analysis. *Sleep Medicine*, 67:225-231. doi: 10.1016/j.sleep.2019.06.010.

7. Biography

Dr. Strickland graduated from Bryn Mawr College in with a Doctorate in Psychology and a focus on experimental research and neuroscience. Past positions include a faculty position at the Medical College of Pennsylvania and affiliate faculty positions at Widener University and Springfield College. He currently has guest lecturer privileges at the Bryn Mawr Graduate School of Social Work and Social Research, the Rutgers School of Social Work and an affiliate professor position at Thomas Jefferson University, East Fall Campus in the Community and Trauma Counseling program. Dr. Strickland is the owner of Biobehavioral Education and Consultation, LLC.