

**SYLLABUS FOR PSYCHOPHARMACOLOGY
COUN 234D**

Course Description: (I – 3.0, 4.0) This course on psychopharmacology is designed for non-medical mental health and counseling professionals. As such, it emphasizes the *clinical* use of psychopharmacologic agents, including their indications, expected benefits, and adverse effects. It also considers their use in conjunction with, and in light of the known efficacy of non-pharmacologic interventions in the treatment of mental disorders. The broader social context in which medications are prescribed will also be considered. There will be an emphasis on the cultural aspects of medication and mental illness and on the interface between professionals and psychiatrists.

SPRING 2020

California State University, Fresno

Course Information:

2.0 Units

Herbert A. Cruz, M.D.

Times:

Friday, February 21, 2020: 5-10 PM
Saturday, February 22, 2020: 8:30AM-5PM
Friday, March 20, 2020: 5-10 PM
Saturday, March 21, 2020: 8:30AM-5PM

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with copy to hacruzmd@sbcglobal.net
telephone: 559 696-7242

Office Hours: please contact me to
arrange a meeting time.

PLEASE NOTE THAT ALTHOUGH THE CLASS DESCRIPTION IN THE COURSE LISTING STATES THAT THE CLASS STARTS AT 4pm, MOST STUDENTS ARE AT THEIR JOB OR INTERSHIP SITES UNTIL 5

Location: Kremen Education Building Rm. 170

Prerequisites: COUN 232 or COUN 251A or 251B

Primary Learning Outcomes: At the end of this course, the successful student will be able to:

- Recognize the names of the most commonly used psychotropic agents, and what class of medication they belong to
- State which symptoms of schizophrenia respond best to medication, and which do not
- Describe the role of psychotropic medications in the comprehensive treatment of schizophrenia
- Articulate the different aspects inherent in the term “thymoleptic”

- Explain the role of antidepressant medications in the treatment of Major Depression, and when someone who is depressed might benefit from an antidepressant medication
- Discuss the rationale for the antidepressant black box suicide warning and “black box” monitoring
- List common side effects of the commonly used antidepressant medications
- Describe the role of medications in the treatment of anxiety disorders: PTSD, Panic Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder and Social Phobias.
- Discuss the role of stimulants in the treatment of Attention Deficit Hyperactivity Disorder (ADHD), including their limitations and adverse effects
- List at least 3 common or serious side effects of the most commonly used psychotropic medications: benzodiazepines, antipsychotics, SSRIs, lithium, anticonvulsants.
- Discuss the possible impact of culture on the absorption and metabolism of commonly used psychotropic agents
- Describe the most common pathways for medication metabolism and differences between particular cultures in those pathways
- (I – 2.2) Discuss important considerations in interacting as a member of a multi-disciplinary team when medications are involved
- Describe important aspects of psychopharmacology beyond the characteristics of the particular medications, such as medication compliance and the importance of the therapeutic alliance and general principles of pharmacokinetics

Required Texts and Instructional Materials:

Hand-outs of slide presentations (available on Canvas one week before class)

Access to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition

Examinations and Major Assignments:

The final course grade is primarily determined by a final exam, which may be a take-home exam which will count for 100% of the final grade. This exam will cover concepts and information from the entire course. Students will have at least 2 weeks for completion of the exam, although there will be a review and administration available during the last hour of the final class. Examinations written in pencil will not be graded and an F given for the final grade. Students are expected to work alone on the final exam. The final exam is not to be a collaborative effort with other students, former students, or anyone else. The due date for the final exam will be Friday, April 3, 2020, 1:00pm. Exams must be turned in by the due date in order to avoid penalties for tardiness. Exams turned in late may be penalized up to 10 points per late day. For example, for an exam turned in the day after the due date, the highest possible grade would be 90% (rather than the usual 100%). For an exam turned on the 2nd day after the due date, the highest possible grade would be 80%, and so on.

In order to facilitate learning and class discussion, students will be expected to ask questions in an oral presentation manner based upon the material being discussed in class. These oral presentations will not be graded.

Grading:

Class attendance is **required**. This instructor cannot emphasize enough that if you have enrolled in an intensive course that presents an enormous amount of material, you must be present to be exposed to that material. There are **no** arrangements that can be made to excuse class presence. If you cannot attend class, do not enroll in this course. Participation is strongly encouraged for several reasons, among them: class discussion and class exercises are designed to enhance learning and sharpen critical thinking, and this is a seminar course. In addition, the instructor will use the class time to highlight the material most likely to appear on exams. There is a **huge** amount of information in realm of psychopharmacology. Even within the slim written material provided for this course, there is a huge amount of information. Those attending the classes will have a significant advantage in terms of knowing what material the instructor deems to be most relevant. If you are absent from class, it is your responsibility to check on announcements made while you were away.

Students will not be graded on participation, although it can enhance a marginal grade.

There will be opportunities for extra credit which the student is encouraged to take advantage of.

Under no circumstances can a student attend class in another section of this same course with a different course number.

Course Policies and Safety Issues:

Subject to Change: This syllabus and schedule are subject to change in the event of extenuating circumstances. If you were absent from class, it is your responsibility to check on announcements made while you were absent.

Copyright: You may be provided with digital and/or print materials to support your learning in this course. As all of these materials are proprietary in nature, and most are protected by copyright, you may not reproduce or retain any of the materials for purposes other than class work.

Sensitive Issues: Mental health and illness are sensitive topics in many ways. The instructor will make every effort to handle the discussions and present information in a way that does not demean or embarrass anyone. Quotations of specific case examples may include the use of expletives, topics that are controversial, and possible triggers of difficult feelings. Every effort will be made to demonstrate sensitivity. In turn, students are asked to do so as well. If you feel that this has not occurred, you are encouraged to speak with the instructor.

Course Intent: educational-not therapeutic: This course is intended to be educational. It is not intended to provide treatment advice, suggestions, or recommendations to students or for others. Treatment recommendations depend upon the establishment of a therapeutic relationship and proper examination and history-taking. The nature of the educational enterprise is such that a therapeutic relationship is not established and it is not the appropriate forum for history and examination. *Please do not ask the instructor for specific treatment advice for yourself or others. Nothing said by the instructor in this course (including comments made during breaks or before or after sessions) should be construed as treatment advice or recommendations.*

University Polices:

Policy on Students with Disabilities. Upon identifying themselves to the instructor and the university, students with disabilities will receive reasonable accommodation for learning and evaluation. For more information, contact Services to Students with Disabilities in Madden Library 1049 (278-2811).

Honor Code. Members of the CSU Fresno academic community adhere to principles of academic integrity and mutual respect while engaged in university work and related activities.” You should:

- a) understand or seek clarification about expectations for academic integrity in this course (including no cheating, plagiarism and inappropriate collaboration)
- b) neither give nor receive unauthorized aid on examinations or other course work that is used by the instructor as the basis of grading.
- c) take responsibility to monitor academic dishonesty in any form and to report it to the instructor or other appropriate official for action.

Policy on Cheating and Plagiarism. Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term 'cheating' not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means. Plagiarism is a specific form of cheating which consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one's own work. Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the university. For more information on the University's policy regarding cheating and plagiarism, refer to the Schedule of Courses (Legal Notices on Cheating and Plagiarism) or the University Catalog (Policies and Regulations)

Computers. At California State University, Fresno, computers and communications links to remote resources are recognized as being integral to the education and research experience. Every student is required to have his/her own

computer or to have other personal access to a workstation (including a modem and a printer) with all the recommended software. The minimum and recommended standards for the workstations and software, which may vary by academic major, are updated periodically and are available from Information Technology Services (<http://www.csufresno.edu/ITS/>) or the University Bookstore. In the curriculum and class assignments, students are presumed to have 24-hour access to a computer workstation and the necessary communication links to the University's information resources.

Disruptive Classroom Behavior. The classroom is a special environment in which students and faculty come together to promote learning and growth. It is essential to this learning environment that respect for the rights of others seeking to learn, respect for the professionalism of the instructor, and the general goals of academic freedom are maintained. Differences of viewpoint or concerns should be expressed in terms which are supportive of the learning process, creating an environment in which students and faculty may learn to reason with clarity and compassion, to share of themselves without losing their identities, and to develop an understanding of the community in which they live . . . Student conduct which disrupts the learning process shall not be tolerated and may lead to disciplinary action and/or removal from class. Such behavior would include, but is not limited to, carrying on conversations (whether with other students or via cell phone) during class or repeatedly making hostile comments (especially after being asked to not do so.) **THERE WILL BE NO TEXTING DURING CLASS. NO EXCEPTIONS.** **Students may utilize class time to access Facebook, Twitter, Instagram, and other forms of social media as long as they step out of the class to do so.**

Copyright policy. Copyright laws and fair use policies protect the rights of those who have produced the material. The copy in this course has been provided for private study, scholarship, or research. Other uses may require permission from the copyright holder. The user of this work is responsible for adhering to copyright law of the U.S. (Title 17, U.S. Code). To help you familiarize yourself with copyright and fair use policies, the University encourages you to visit its copyright web page:

<http://www.csufresno.edu/library/libraryinformation/campus/copyright/copyrtpolicyfull.pdf>

For copyright Questions & Answers:

<http://www.csufresno.edu/library/libraryinformation/campus/copyright/faqcopyright.pdf>

Professional Fitness. Counselor education students are evaluated throughout their time in the program. Any faculty member may present concerns regarding a student's academic progress, dispositional characteristics, emotional stability, and professional fit to the Clinical Review Committee at any time during the student's tenure in the program. Please see the program handbook for additional information regarding the Clinical Review process.

Tentative Class Schedule

The schedule and procedures for this course are subject to change in the event of extenuating circumstances. In addition, the exact sequence of topics covered, and the time spent on each may vary in response to the students' interests and knowledge.

Friday, February 21, 2020

Introduction to the Course: overview and approach to psychopharmacology
Psychiatric Disease State Basics
Multi-Axial Diagnosis vs Dimensional Approach
 A Brief review of DSM-IV-TR as a seminal work leading to the DSM 5
Diseases of Childhood
Substance Abuse Disorders
Mood Disorders

Saturday, February 22, 2020

Psychotic Spectrum Illness
Anxiety States and Disorders
Somatoform Disorders
Dementia
Personality Disorders
Malingering

Friday, March 20, 2020

Introduction to the Course: overview and approach to psychopharmacology
Brief Review of Neuropsychopharmacology: The biopsychosocial model
Basics of Pharmacology: Pharmacokinetics, Pharmacodynamics,
 Absorption, Elimination
Basics of Metabolic Pathways
Ethnopsychopharmacology Basics
Antidepressants
Black Box Warnings

Saturday, March 21, 2020

Sedative Hypnotics

Antihistamines

Barbiturates

Chronotropic agents

Antipsychotics

Thymoleptics

Psychostimulants

Adherence

Polypharmacy

Test Review

As noted above, **the final exam will be a take-home exam.** Students will be told no later than during the final session on March 22, 2020 if there are any changes to when the final exam will be due. However, the last hour of the March 22, 2020 class will be a review wherein students can submit the final at the conclusion of the review time. Students will have at least 2 weeks to complete the final exam, with the due date being determined by University policy on final exams (if applicable). Dr. Cruz has sole authority over the course, its content, and the examination process and may choose to change any component of this syllabus within the University policies. Under no circumstances will final examinations written in pencil be accepted.