

# Psychopharmacology Workshop

## For Non-Medical Mental Health Professionals

Early Bird closes  
23/12/2009

16 February 2010 – Cairns (Novotel Hotel)

### 8.30am - 9.00am Registration and morning coffee

### 9.00am – 10.40am *What drugs are doing to the brain: an overview*

- \* History of psychopharmacology
- \* How the brain works
- \* What happens when you take a drug: where does it go?
- \* Australia's favourite drugs: licit and illicit
- \* Why some drugs are more addictive than others
- \* Co-morbidity of substance abuse and depression/anxiety disorders

### 10.40am-11.00am Morning Tea

### 11.00am–12.45pm *The major classes of prescribed drugs in Australia: Therapeutic and side effects*

- \* Anxiolytic and sedatives
- \* Antidepressants
- \* Antipsychotics
- \* Drugs for bipolar disorder
- \* Drugs for ADHD
- \* Drugs to treat addictive disorders

### 12.45pm-1.30pm Lunch

### 1.30pm – 3.00pm *Critical issues in prescribing psychotropic drugs*

- \* How drugs are prescribed: GPs versus psychiatrists
- \* Polypharmacy, misdiagnosis and other questionable practices
- \* Drugs for small people: pediatric psychopharmacology
- \* First line, second line and third line approaches for depression, anxiety and bipolar disorder
- \* Combining pharmacotherapy and psychotherapy
- \* Prescribing rights for clinical psychologists: a good idea?

### 3.00pm-3.20pm Afternoon Tea

### 3.20pm-4.50pm *Case studies and knowledge self-test*

- \* Psychopharmacology quiz: name that drug and what it does
- \* Depression, anxiety disorder, psychosis and addiction-related case studies
- \* Open discussion

### 4.50pm/5.00pm Close of Workshop

## WORKSHOP OVERVIEW

*This workshop is designed to help non-medical mental health providers develop a better understanding of psychopharmacology so they can be a more informed member of the mental health care team. As the number of individuals being prescribed psychiatric medications grows, it becomes increasingly important for professionals to understand the positive and negative potentials of these drugs. Workshop participants will learn about the various classes of psychiatric medications, their influence on brain function and the effect of the medication on a client's wellbeing. The effects of recreational drugs and drugs of abuse (e.g. cannabis, ecstasy, methamphetamine, alcohol and nicotine) will also be considered.*

## ABOUT YOUR WORKSHOP LEADER

**Iain S. McGregor M.A. (Oxon) Ph.D. (Sydney)** is Professor of Psychopharmacology and Director of the Psychopharmacology Laboratory in the School of Psychology at the University of Sydney. Iain completed his undergraduate degree in Experimental Psychology at the University of Oxford and his PhD in Psychology at the University of Sydney. Iain is one of Australia's foremost researchers in the fields of psychopharmacology and neuroscience. His research is currently funded by the Australian Research Council and the National Health and Medical Research Council and focuses on the effects of drugs such as ecstasy, cannabis, methamphetamine and antidepressants on brain and behaviour. This research encompasses studies in both human subjects and laboratory animals and spans behavioural, genetic and neural levels of analysis.

Iain is a much sought after speaker and has given numerous invited keynote addresses and presentations around the world. He also lectures extensively to psychology undergraduates and trainee clinical psychologists. He was a member of the recent working party of the Australian Psychological Society investigating the issue of prescribing rights for clinical psychologists. Iain has made numerous appearances in the national media talking about psychopharmacology and is frequently consulted as an expert witness in legal cases involving drug-related issues.

