

Argosy University
COURSE SYLLABUS

PC 6250

Clinical Psychopharmacology

Faculty Information

Faculty Name: Dr. Arinn Testa

Campus: San Francisco Bay Area

Contact Information: dr.arinn@yahoo.com – 415-505-0588

Office Hours: By Appointment

Short Faculty Bio:

Arinn Testa, PsyD

The Wright Institute

Full-Time Faculty, Counseling Psychology and Forensic Psychology

For several years Dr. Testa worked as a Forensic Psychologist for the Marin County Sheriff's Department fulfilling a research grant awarded by the California Board of Corrections. Her extensive work with forensic populations, with its emphasis on rapid treatment results such as the excessive use of pharmaceuticals, inspired her exploration into the use of Holistic alternatives in therapy.

Consequently, Dr. Testa is a certified Doula emphasizing medicinal plant resources and has volunteered with midwives in Central America. To compliment this practice she is working on certification as a Holistic Health Practitioner which includes healing through body work and movement. She is the co-founder of an organization that supports the Children's Crisis Center in Modesto, California where she provides pro-bono consultation with families and staff on Clinical and Assessment dimensions. Other areas of specialty that Dr. Testa enjoys are Neuropsychology, Spirituality and Human Sexuality. She is currently developing a private practice in San Francisco and is particularly influenced by Jungian, Gestalt and Existential Psychotherapies.

Course description:

An introduction is provided to psychopharmaceutical drugs, their neurochemical basis, their mode of action and their clinical application. Principles of use and current status of psychopharmacology are discussed.

Course Pre-requisites: None

Required Textbook:

Preston, J.D., O'Neal, J.H. & Talaga, M.C. (2005). *Handbook of psychopharmacology for therapists* (4th ed.). Oakland: New Harbinger. ISBN 1-572224-399-6

Technology: Pentium III CPU/ Windows 98; 128MB RAM, printer; Microsoft Office Acrobat (full version), Microsoft Internet Explorer 5.5 (PC) 5.0 (MAC) or Netscape Navigator 4.08. Norton Antivirus.

Course length: 7.5 Weeks

Contact Hours: 45 Hours

Credit Value: 3.0

Methods of Instruction:

This course will be delivered in a **blended-format**, including in-class lecture and discussion, video, presentations and role-plays combined with online discussion. In addition to the two required weekends on campus, students are required to participate online.

Course Objectives:

**By the completion of this course students should be familiar with, if not proficient in the following:*

- 1) Psychopharmacokinetics including basic neurophysiology, neuroanatomy and neurochemistry.
- 2) Identifying major classifications of psychotropic drugs, mechanisms of action, and therapeutic/adverse effects.
- 3) Knowledge of historical, social, economic, political and cultural influences on the use of psychiatric medications.
- 4) Defining the therapists role in assessment, management, treatment and collaboration with other medical professionals, family members/friends or other involved parties.

- 5) Understanding ethical/legal issues.
- 6) Creating a framework for considering complementary/alternative interventions for symptoms commonly treated primary with psychotropic medications.

Course Outline:

* For each chapter assigned there is a corresponding *Self Assessment* in the back of the text. It is strongly suggested that you complete each one for your own enrichment and to reinforce your comprehension. Answers are provided after the final *Self Assessment*.

Week One:

- Chapter 1: Principles of Chemical Neurotransmission
- Chapter 2: Receptors and Enzymes as the Targets of Drug Action

Week Two:

- Chapter 3: Special Properties of Receptors
- Chapter 4: Chemical Neurotransmission as the Mediator of Disease Actions

Week Three:

- Chapter 5: Depression and Bipolar Disorders
- Chapter 6: Classical Antidepressants, Serotonin Selective Reuptake Inhibitors, and Noradrenergic Reuptake Inhibitors
- Chapter 7: Newer Antidepressants and Mood Stabilizers

Week Four:

- Chapter 8: Anxiolytics and Sedative-Hypnotics
- Chapter 9: Drug Treatments for Obsessive-Compulsive Disorder, Panic Disorder, and Phobic Disorders

Week Five:

- Chapter 10: Psychosis and Schizophrenia
- Chapter 11: Antipsychotic Agents

Week Six:

- Chapter 12: Cognitive Enhancers

Week Seven:

- Chapter 13: Psychopharmacology of Reward and Drugs of Abuse

Week Eight:

- Chapter 14: Sex-Specific and Sexual Function-Related Psychopharmacology

Course Evaluation:

**Your grade in this course will be based on the following requirements:*

- 1) **Online assignments** (8 points each x 8 weeks): Students will have to complete online discussions related to assigned readings. Readings must be completed for thoughtful participation in the online discussions.
- 2) **Attendance and Class Participation** (15 points x 2 weekends): Students are expected to attend both weekends in their entirety and actively participate in class discussions and role-plays. More than three hours of missed class time will lower your grade a full step. If you have an emergency that prevents you from attending the course, please make arrangements with the program office to withdraw.
- 3) **Examination** (30 questions worth 1 point each): Exam questions will be taken directly from the readings assigned from the text. It will be given the Sunday of the second weekend, multiple choice and open book.
- 4) **Paper** (50 points): The paper, due Saturday morning of the second weekend, must be 4-6 pages, written in APA format and include a minimum of five references (all references must be within the last five years). It must include the following:
 1. *Historical background of a drug*: Introduce the selected drug and give a brief historical perspective.
 2. *Mechanism of Action*: Discuss the pharmacodynamics of the drug. Include any specific Impacts of the drug at both the cellular and the systemic levels on the CNS.
 3. *Pharmacokinetics*: Discuss the absorption, distribution, metabolism and elimination of the drug. Include specific events such as blood brain barrier, placental barrier and physiological and psychological reactions and side effects.
 4. *Pharmacotherapy*: Indications and Contraindications for this drug. Discuss why and for whom this drug is prescribed. Include relevant psychopathology and psychodiagnostics.
 5. *Other forms of therapy*: Provide a list of complementary therapies and alternatives to the drug you have chosen. Please think out of the box here, everything from biofeedback to rebirthing to chewing gum will be accepted (please have a resource to support your claim).
- 5) **Presentation** (25 points): The paper will be presented to the class on Saturday morning of the second weekend. The presentation

should be 10-15 minutes in length and it is strongly encouraged to bring visual aids or other materials to assist your classmates in learning the material. In addition, please make a copy of your reference list to share with everyone in the class.

Grading Criteria

Grading Scale

A	100 – 93
A-	92 – 90
B+	89 – 88
B	87 – 83
B-	82 – 80
C+	79 – 78
C	77 - 73
C-	72 – 70
D+	69 – 68
D	67 – 63
D-	62 – 60
F	59 and below

Grading requirements

<i>Attendance/participation</i>	<i>15%</i>
<i>Weekly Assignments</i>	<i>32%</i>
<i>Final paper</i>	<i>25%</i>
<i>Presentation</i>	<i>13%</i>
<i>Final Exam</i>	<i>15%</i>
	<i>100%</i>

Library

All resources in Argosy University's online collection are available through the Internet. The campus librarian will provide students with links, user IDs, and passwords.

Library Resources: Argosy University's core online collection features nearly 21,000 full-text journals and 23,000 electronic books and other content covering all academic subject areas including Business & Economics, Career & General Education, Computers, Engineering & Applied Science, Humanities, Science, Medicine & Allied Health, and Social & Behavior Sciences. Many titles are

directly accessible through the Online Public Access Catalog at <http://library.argosyu.edu>. Detailed descriptions of online resources are located at <http://library.argosyu.edu/misc/onlinedblist.html>.

In addition to online resources, Argosy University's onsite collections contain a wealth of subject-specific research materials searchable in the Online Public Access Catalog. Catalog searching is easily limited to individual campus collections. Alternatively, students can search combined collections of all Argosy University Libraries. Students are encouraged to seek research and reference assistance from campus librarians.

Information Literacy: Argosy University's Information Literacy Tutorial was developed to teach students fundamental and transferable research skills. The tutorial consists of five modules where students learn to select sources appropriate for academic-level research, search periodical indexes and search engines, and evaluate and cite information. In the tutorial, students study concepts and practice them through interactions. At the conclusion of each module, they can test their comprehension and receive immediate feedback. Each module takes less than 20 minutes to complete. Please view the tutorial at <http://library.argosyu.edu/infolit/>

Academic Policies

Academic Dishonesty/Plagiarism: In an effort to foster a spirit of honesty and integrity during the learning process, Argosy University requires that the submission of all course assignments represent the original work produced by that student. All sources must be documented through normal scholarly references/citations and all work must be submitted using the *Publication Manual of the American Psychological Association, 5th Edition (2001)*. Washington DC: American Psychological Association (APA) format. Please refer to Appendix A in the *Publication Manual of the American Psychological Association, 5th Edition* for thesis and paper format. Students are encouraged to purchase this manual (required in some courses) and become familiar with its content as well as consult the Argosy University catalog for further information regarding academic dishonesty and plagiarism.

Scholarly writing: The faculty at Argosy University is dedicated to providing a learning environment that supports scholarly and ethical writing, free from academic dishonesty and plagiarism. This includes the proper and appropriate referencing of all sources. You may be asked to submit your course assignments through "Turnitin," (www.turnitin.com), an online resource established to help educators develop writing/research skills and detect potential cases of academic dishonesty. Turnitin compares submitted papers to billions of pages of content and provides a comparison report to your instructor. This comparison detects papers that share common information and duplicative language.

Americans with Disabilities Act Policy

It is the policy of Argosy University to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If a student with disabilities needs accommodations, the student must notify the Director of Student Services. Procedures for documenting student disability and the development of reasonable accommodations will be provided to the student upon request.

Students will be notified by the Director of Student Services when each request for accommodation is approved or denied in writing via a designated form. To receive accommodation in class, it is the student's responsibility to present the form (at his or her discretion) to the instructor. In an effort to protect student privacy, the Department of Student Services will not discuss the accommodation needs of any student with instructors. Faculty may not make accommodations for individuals who have not been approved in this manner.

The Argosy University Statement Regarding Diversity

Argosy University prepares students to serve populations with diverse social, ethnic, economic, and educational experiences. Both the academic and training curricula are designed to provide an environment in which students can develop the skills and attitudes essential to working with people from a wide range of backgrounds.