

MENNONITE BRETHREN BIBLICAL SEMINARY
COURSE MF-643, PSYCHOPHARMACOLOGY (2 Units)
SUMMER 2007

1. Dates:	June 22,2007:	6:00PM – 9:00PM
	June 23, 2007:	8:30AM – 4:30PM
	July 6, 2007:	6:00PM – 9:00PM
	July 7, 2007	8:30AM – 4:30PM
	July 21, 2007:	8:30AM – 4:30PM

2. Location:

MBBS Campus
4824 E. Butler Ave. Fresno 93727

3. Instructor:

Robert Hierholzer, M.D.
Associate Chief of Staff, Research and Education, VA-Central California Health
Care System – Fresno
Clinical Professor
University of California, San Francisco (UCSF)

4. Contact Information:

email: Hierholzer5@sbcglobal.net
Phone: 559-259-2494

5. Course Description: Psychopharmacology refers to the scientific understanding of the medications used in the treatment of mental disorders and psychological distress. It also refers to the practical use of these medications in clinical practice. 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. This is a two unit course. The primary method of teaching is lecture; however, there are amply opportunities for class and group discussions.

6. Course Objectives:

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

- Recognize the names and class of the most commonly used psychotropic agents
- 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 four different aspects inherent in the term “mood stabilizer”
- Explain the role of antidepressant medications in the treatment of Major Depression, and when someone who is depressed might benefit from an antidepressant medication
- Compare outcomes for the treatment of Major Depression with selected psychotherapies v. antidepressant medications
- 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
- Describe the major effects of the anti-dementia medications in the treatment of Alzheimer’s Disease
- Discuss the types of medications used to treat and manage substance abuse and its complications
- List at least 3 common or serious side effects of the most commonly used psychotropic medications: benzodiazepines, antipsychotics, SSRIs, lithium, anticonvulsants.
- Discuss how the government approval process for herbal substances differs from that for pharmaceutical products
- Describe the essential components of modern psychopharmacologic research, and also at least 3 limitations of most such research
- Discuss important considerations in the use of psychotropic agents in women who are pregnant or lactating
- 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

7. **Resources:** There is one recommended text for this class:

Preston, John: *Clinical Psychopharmacology Made Ridiculously Simple*. 5th Edition. MedMaster, 2005 or 2007.

In addition, the instructor will provide detailed outlines for the basic lecture material.

8. **Course Outline:** The lectures/discussion will occur over the course of five sessions. While impossible to predict precisely how fast or slow we will move through the material, the initial plan is to cover the topics for this course as follows:

Session 1 (June 22 – 3 hours)

- Introduction to the Course: Syllabus review; psychotropic medications and American society
- General Principles of Psychopharmacology: pharmacokinetics and Pharmacodynamics; neurotransmission; basic principles of diagnosing and prescribing
- Antipsychotic Medications - start

Session 2: (June 23 – 8 hours)

- Antipsychotic Medications – continued
- Antidepressant Medications
- Drug Approval Process and regulatory issues
- Mood Stabilizers - start

Session 3: (July 6- 3 hours)

- Review of prior sessions
- Exam 1

Session 4: (July 7 -8 hours)

- Exam 1 - review
- Antianxiety Medications
- Psychostimulants and the treatment of ADHD
- Medications Used to treat dementia
- Medications used in the treatment of addictions
- Herbal medications and dietary supplements and their approval process
- Medications used for sleep

Session 5: (July 21)

- Review of prior sessions
- Treatment of select Psychiatric Disorders
 - i. Schizophrenia: role of medications in the comprehensive treatment of this disorder
 - ii. Depression: Depressive subtypes; “depressive continuum”, treatment of refractory depression, role of nonpharmacologic interventions: psychotherapy, ECT and other “somatic” treatments
 - iii. Posttraumatic Stress Disorder: role of medications and other treatment interventions
 - iv. Bipolar Disorder: Role of medications
 - v. Personality Disorders
 - vi. Obsessive-Compulsive Disorder
- Use of medications during pregnancy and lactation
- Extra Credit Presentations

9. Learning activities:

There are several **learning activities** in this course:

Reading assignments: Students are encouraged to read the entire course text

Class discussion: while primarily a lecture – oriented course, there will be ample opportunity for class discussion, including class exercises and case discussions

Lectures: as noted above

Extra Credit: opportunities for such will be discussed in class

10. **Grading:** the final grade for the course is determined by two exams, and by extra credit opportunities (if taken)

Exam 1: (July 6-7, 2007) – 50% of grade

This exam will consist of 40-50 multiple choice questions based on information covered in prior sessions. The grade for this exam is determined by the simple percentage of correct answers. There may be extra credit questions on this exam which allows for the possibility of scores over 100%.

Final Exam: 50% of grade

This exam is a take-home, open-book exam which the student is expected to complete on his/her own. Students will have at least 2 weeks to complete the exam. It will consist of ten questions which require that the student integrate what has been covered in the course, i.e. the answers rely on students' thinking about issues that "cut across" the treatment of different psychiatric disorders and narrowly described classes of medications. For each question there are certain essential ideas or a requisite number of examples the student must include in his/her answers in order to get full credit for the question. Each question is worth 10 points, with each question graded separately on the basis of the completeness and accuracy of the answer. The grade is the total number of points earned, out of a possible 100 points. Late final exams will be accepted, but points will be deducted for each day the exam is late. Exceptions may be made for serious extenuating circumstances. If the student finds he/she will be late turning in the final exam, he/she should contact the professor before the due date of the final exam.

Extra Credit: opportunities will be announced and discussed in class

Evaluation/Grading. Each of the assignments/exams has specific grading criteria (see descriptions above).

All assignments must be completed to be eligible to earn a passing grade for the course, i.e. both exams must be taken and turned in. Please note that "student work will be evaluated by two standards: a) by what is considered the appropriate level of graduate performance, and b) by comparison with work submitted in a given class" (see <http://www.mbseminary.edu/fresno/policies/grading>). The letter

grade conversions follow the MBBS Grading Template: A (100-94%), A- (93-90%), B+ (89-87%), B (86-83%), B- (82-80%), C+ (79-77%), C (76-73%), C- (72-70%), and F (69-0%) (see <http://www.mbseminary.edu/fresno/policies/grading>). The performance expectations are as follows: “A ‘B’ grade is the baseline. A ‘B’ grade means the student is doing satisfactory work. The ‘B+’ or higher grade indicates that the student has exceeded the baseline performance standard. The ‘C’ grade indicates that the student has not achieved the baseline level” (see <http://www.mbseminary.edu/fresno/policies/grading>).

11. **Academic Policies:** MBBS academic policies (as well as other school policies) are described at <http://www.mbseminary.edu/fresno/policies/>. These policies provide guidance on academic integrity and plagiarism, accommodations for disability, incomplete course work, extensions, dates for changing registration, non-discriminatory and inclusive language, appeals, etc. Students are expected to be familiar with these policies and will be held responsible for adhering to them. If you have questions about how these policies relate to you or to a situation that you face in your studies, please speak to the professor or consult the Registrar.