

AGENDA

Psychopharmacology For Difficult Cases: Treatment of Insomnia, ADHD, PTSD, and Treatment Resistant Depression

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Note: All Times are Pacific Time

9:00-9:10 Welcome and Introduction

9:10- 10:30 **Catching Some Zzz's: Understanding Psychopharmacology to Help with Insomnia**

- What neurotransmitter systems are involved in sleep disorders
- Understanding the sleep parameters we look for in treatment
- Identifying the classes of medications used to treat insomnia
- How to educate clients and support safe outcomes

10:30-10:40 Morning Break

10:40-12:10 **Stimulating Discussion on ADHD and PTSD Patients**

- The neurobiology of ADHD
- Educating clients on the treatment of ADHD
- Symptoms of PTSD and how medications can help
- Identifying long term safety concerns

12:10-12:50 Lunch Break

12:50-2:20 **Treatment Resistant Depression Part 1: Adjunct Therapies and Optimization**

- Identifying treatment resistant depression
- Common pitfalls in managing treatment resistant depression
- Describe adjunct treatments for depression beyond first line treatments
- Educate clients on important safety and efficacy concerns

2:20-2:30 Afternoon Break

2:30-4:00 **Treatment Resistant Depression Part 2: Ketamine, Psychedelics, and Beyond**

- Understanding emerging treatments of depression
- Recognize areas of symptom improvement objectively
- Setting expectations with medication treatment
- Identifying risks associated with unproven therapies