

Argosy University
COURSE SYLLABUS

PC 6250

Clinical Psychopharmacology
Summer 5/10/2010-8/21/2010

Faculty Information

Faculty Name: Dr. Arinn Testa, Psy.D

Campus: San Francisco Bay Area

Contact Information: dr.arinn@yahoo.com

Office Hours: By Appointment

Short Faculty Bio:

Arinn Testa, PsyD

The Wright Institute

Adjunct 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/complements in therapy. Consequently, Dr. Testa is a certified Doula emphasizing medicinal plant resources and has volunteered with midwives in Central America. To complement 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 Health Psychology and Trauma Therapy, Neuropsychology, Spirituality and Human Sexuality. She is currently developing a private practice in Marin County 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, however, a familiarity with the foundations of Biopsychology is recommended.

Required Textbook:

Preston, J.D., O'Neal, J.H. & Talaga, M.C. (2005). Handbook of psychopharmacology for therapists . Oakland: New Harbinger. ISBN-10: 1572245352

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: 15 Weeks

Contact Hours: 45 Hours

Credit Value: 3.0

Final Date to Drop the Class:

To receive a "W" grade a student must officially drop this class by the date listed below that corresponds to this course's term and length. Students may not withdraw from this course after this date. If a student chooses to discontinue course work after the final drop date, the student may receive an "F" grade for the course.

Summer Session (15 week courses):

Deadline for 100% refund: 05/21/2010

Deadline for withdrawal "W": 7/17/2010

Methods of Instruction:

This course will be delivered on-line including lecture, discussion, web-media, and creative learning assignments.

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:**Module One:**

Chapter 1: Introduction

Chapter 2: Integrated Models

Appendix A

Module Two:

Chapter 3: Neurobiology

Chapter 4: Pharmacology

Module Three:

Chapter 5: Preliminary Diagnostic Criteria

Appendix E

Module Four:

Chapter 6: Depressive Disorders

Chapter 15: Antidepressant Medications

Module Five:

Chapter 7: Bipolar Disorders

Chapter 16: Mood Stabilizers

Module Six:

Chapter 8: Anxiety Disorders

Chapter 9: Obsessive-Compulsive Disorder

Chapter 17: Anti-anxiety Medications

Module Seven:

Chapter 10: Psychotic Disorders

Chapter 18: Antipsychotic Medications

Module Eight:

Chapter 11: Post-Traumatic Stress Disorder

Chapter 12: Borderline Personality Disorder

Module Nine:

Chapter 13: Substance Related Disorders

Module Ten:

Chapter 21: Child and Adolescent Psychopharmacology

Module Eleven:

Chapter 14: Other Miscellaneous Disorders
Appendix B

Module Twelve:

Chapter 19: Over the Counter Products
Chapter 20: Red-Flags: When to Reevaluate

Module Thirteen:

Review

Module Fourteen:

Exam / Submit Final Paper

Module Fifteen:

Wrap-up

Course Evaluation:

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

- 1) Creative Learning Assignments** (145 points): Students will have to complete online discussions related to assigned readings and web-media. Readings must be completed for thoughtful participation in the online discussions. The Module One Lecture will expand on how you can maximize your points and get the most out of this opportunity.
- 2) Attendance and Class Participation** (145 points): Students are expected to engage in on-line discussions and assignments twice per week. Attendance and Participation means that you have read the assigned readings for that module and *if* you are assigned to view a website you have done so prior to engaging in on-line discussions/assignments. You will automatically be dropped from class if you miss more than three Modules. If you have an emergency that prevents you from attending the course, please make arrangements with the program office to withdraw.
- 3) Examination** (35 points): Exam questions will be taken directly from the readings assigned from the text. The questions will be

multiple choice and short answer. I will post a study guide under “Doc Sharing” during Module Thirteen.

4) Paper (100 points): The paper, due Module Fourteen, must be 6-8 pages (not including the title page, abstract, and references), **written in APA format** and include a minimum of five references. All references must be within the last five years unless you clear them with me and must be peer -reviewed journals or a resource that has strong research to support its claims (not Wikipedia or web-blog for instance...the the drug brand brochure [i.e. Prozac®] is an acceptable resource). 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*: Also sometimes referred to as Psychopharmacodynamics or Mode of Action in the literature. 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. *Psychopharmacokinetics*: 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).

Grading Criteria

Grading Scale

Grading requirements

<i>Attendance/participation</i>	<i>33%</i>
<i>Assignments</i>	<i>33%</i>
<i>Final paper</i>	<i>23%</i>
<i>Final Exam</i>	<i>11%</i>
<i>TOTAL</i>	<i>100%</i>

All

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

Library

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.

Argosy Communication:

If you choose to use an email address other than the assigned Argosy email, please be advised that you do so at your own risk. Any difficulty receiving Argosy emails will be your responsibility.

Program Outcomes: Master of Arts in Counseling Psychology:**Program Outcome One: Professional Practice****Competency 1: Assessment and Skills**

Formulate assessments of psychological functioning and apply therapeutic intervention strategies when working with individuals, couples, families, and groups, toward the development of optimal mental health.

Competency 2: Theory

Interpret and apply psychological and developmental theories to therapeutic intervention strategies.

Competency 3: Writing

Employ media and technology when presenting counseling information orally and in writing, so that the presentation is concise, organized, well supported, professional, and appropriate to the audience.

Program Outcome Two: Research

Competency 1: Analyze research, and translate research findings for improvement of counseling services using statistics and program evaluation methods.

Program Outcome Three: Interpersonal Effectiveness and Professional Development

Competency 1: Students will develop positive relationship skills that promote personal and

professional development via effective communication, encouragement, empathy, respect for others, self-awareness, and other-awareness.

- a. Apply active listening communication skills in interpersonal scenarios to establish empathetic relationships.
- b. Analyze the importance of effective nonverbal communication skills in interpersonal relationships.
- c. Solicit and utilize feedback to build and maintain interpersonal relationships.

Program Outcome Four: Ethics

Competency 1: Using the American Counseling Association's Standards of Practice /or the American Psychological Association's Ethical Code, as well as, and local state law as it applies to the behavior of mental health professionals, identify ethical dilemmas and apply ethical decision-making strategies while engaging in professional activities.

Program Outcome Five: Diversity

Competency 1: Multicultural Skills

Provide assessment, counseling, and consultation services in work with clients by applying psychological and multicultural theories and research to diverse populations, and modifying interventions as needed to work effectively with diverse clients.

Competency 2: Multicultural Awareness

Examine personal values and biases, reflect on beliefs, and understand how they impact work with clients and interpersonal relationships with other students and faculty.

Competency 3: Multicultural Knowledge

Identify and assess the complexity and multidimensionality of cultural/diversity theories and issues in the field of counseling psychology while working with clients and interpersonal relationships with other students and faculty.

