

MEDICATIONS IN CONTEXT: COLLABORATING AND PRESCRIBING FROM A CONTEXTUAL THERAPY FRAMEWORK

Presenter: Jeremy Bidwell, Ph.D., MSCP

**Friday, January 10, 2025 ♦ 12:00 p.m. – 2:00 p.m.
Zoom Webinar**

Contextual Theory provides a framework through which individualized, flexible, and collaborative care helps chart a path to improved quality of life. Contextual therapy seeks to understand a client's specific history, difficulties, strengths, trauma, and identity in an ongoing negotiation of therapeutic goal development. This presentation applies these principles to the broader framework of comprehensive mental healthcare, integrating both psychotherapy and pharmacotherapy treatments. Specifically, we will explore the use of evidence-based medications such as selective serotonin reuptake inhibitors (SSRIs), adrenergic blocking medications, and other pharmacological interventions for the treatment of PTSD and trauma-related disorders. The role of medication, in conjunction with therapeutic techniques, will be discussed to highlight how a combined approach can enhance outcomes for patients suffering from trauma-related conditions. We will also discuss professional cultural variables and systemic barriers—such as the tendency of provider groups to operate in isolation—that contribute to the loss of contextualized treatment. Practical strategies for improving this within your own practice by enhancing collaborative care models and promoting an intra-professional and patient-centered collaborative approach will be discussed.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Jeremy Bidwell, Ph.D., MSCP is a prescribing psychologist in Illinois and the Executive Director of The LodeStone Center for Behavioral Health, a large multidisciplinary group practice in the Chicago suburbs. Dr. Bidwell is a graduate of Nova Southeastern University and of the TRIP program. He completed specialty training programs with The University of Massachusetts Medical School and Loyola University Medical Center in primary care psychology and prescribing psychology, respectively. He brings an interprofessional perspective to the topic of the contextual treatment of trauma.

PROGRAM OBJECTIVES

Participants will be able to:

- Compare symptom and process-based contextualization in medication selection
- Describe two trauma therapy goals that can be supported by a planned change in medication dosing

PROGRAM AGENDA

12:00pm – 12:25pm	Contextual Theory for trauma and in the broader treatment plan
12:25pm – 12:45pm	Professional culture and systemic barriers to contextualizing care
12:45pm – 1:15pm	Medications and their psychotherapy counterparts
1:15pm – 1:40pm	Case examples of treatment blended goals in context
1:40pm – 2:00pm	Bridging professional culture as a means to better contextualization

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CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

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All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

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