

2026 UPDATE & REVIEW OF CURRENT PSYCHOTROPIC MEDICATIONS

Presenter: Jose A. Rey, Pharm.D., M.S., BCPP

**Friday, May 22, 2026 ♦ 9:00 a.m. – 12:00 p.m.
Zoom Webinar**

This workshop will focus on introducing the newly approved psychotropic medications in 2025-2026 and also re-introduce and discuss all of the psychotropic medications that are currently approved by the FDA with emphasis on three areas: recently approved agents and novel mechanisms of action; established agents in new pharmaceutical formulations to improve adherence and outcomes; differentiating the various psychotropic medications for patient-specific diagnoses and applications. Participants will be able to compare and contrast the available medications with regard to risks and benefits. Issues regarding the place of medications in the presence of psychotherapy will also be discussed.

Level of Curriculum Content: Advanced

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

Jose A. Rey, M.S., Pharm.D., BCPP is a professor and chair of pharmacy practice at Nova Southeastern University's College of Pharmacy, in Ft. Lauderdale, Florida. He is currently the clinical psychopharmacologist for the South Florida State Hospital. Dr. Rey's research interests include cosmetic neuropsychopharmacology, geropsychiatry, psychotropic polypharmacy, pain management with non-opioids such as antidepressants and anticonvulsants, communication disorders, and clinical and pharmaco-economic outcomes research with antipsychotics and antidepressants. He has presented his research at national and international meetings. Dr. Rey has published original research, articles, abstracts, book chapters, and reviews in peer-reviewed journals and textbooks and has been an invited speaker at regional, state, national, and international meetings. He is currently a member of the American Psychological Association, the Board of Pharmaceutical Specialties, and a Fellow of the American Association of Psychiatric Pharmacists. He has over 90 publications in the area of psychopharmacology and teaches courses in psychopharmacology at the undergraduate, graduate, and post-graduate levels. Dr. Rey received his doctorate in pharmacy from the University of Florida, completed an ASHP-accredited specialty residency in psychiatric pharmacy practice at the Gainesville VAMC and Shands Hospital in Gainesville, Florida. He is also the Director of a PGY2 residency in psychiatric pharmacy practice and psychopharmacology at NSU, and is board-certified in psychiatric pharmacy.

PROGRAM OBJECTIVES

Participants will be able to:

- List the names and discuss the indications of newly approved psychotropic medications along with their pharmacological mechanisms of action and pharmacokinetic properties
- Compare and contrast the available psychotropic medications with respect to advantages and disadvantages, or benefits versus risks, including cost considerations and patient-specific issues
- Discuss the role of pharmaceutical formulations, such as long-acting injectable antipsychotics, nasal administration, and transdermal systems in improving treatment outcomes for patients with severe mental illness

PROGRAM AGENDA

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| 9:00 a.m. – 10:30 a.m. | Recently approved psychotropic medications and their pharmacodynamic and pharmacokinetic properties |
| 10:45 a.m. – 12:00 p.m. | Review of established psychotropic medications and their comparisons to the newer agents. The role of pharmaceutical formulations in drug development and recently approved agents will be discussed. |

For additional information on continuing education policies, please visit our web site at <https://psychology.nova.edu/ce>

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.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive three (3) 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.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling (clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Nova Southeastern University also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Nova Southeastern University may be directed in writing to the Southern Association of Colleges and School Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or by calling (404) 679-4500, or by using information available on SACSCOC's website (www.sacscoc.org). The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) programs are accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.