

THE PRACTICE OF PSYCHOPHARMACOLOGY: EVIDENCE AND UNCERTAINTY

*Presenters: Jose A. Rey, Pharm.D., BCPP
Andrew A. Nierenberg, M.D.*

**Friday, February 6, 2015 ♦ 9:00 a.m. – 4:00 p.m.
Fort Lauderdale, Florida**

Review of Currently Available Psychopharmacological Agents: To Treat or Not to Treat with Medications will re-introduce and discuss the psychotropic medications that are currently approved by the FDA with emphasis on three areas: recently approved agents and novel mechanisms of action; the practice of polypharmacy in the light of evidenced-based medicine; and the available data on use of psychotropics as prophylaxis treatment prior to first major psychiatric episodes. 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.

Making the Impossible Possible: The Challenges of Practicing Evidence Based Psychiatry with a Focus on Bipolar Depression. The treatment of bipolar disorder and especially bipolar depression continues to challenge patients and their clinicians. Many people with bipolar depression experience difficult-to-treat depressive episodes and even if they recover from the episode, their depression frequently returns. Dr. Nierenberg and colleagues have conducted clinical trials to determine if treatments work in the short-term, to determine if treatments work in the long-term, and to compare treatments to find what works best. In his presentation, Dr. Nierenberg will present the challenges that clinicians face in treating bipolar depression and describe how he and his colleague's studies have informed clinical practice. He will discuss the evidence from some of the largest studies of bipolar disorder ever conducted – the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD) and the Lithium Moderate Dose Use Study (LiTMUS). STEP-BD results question the use of antidepressants for bipolar depression while LiTMUS showed that low doses of lithium in addition to other medications did not seem to make much of a difference. He will also discuss a recently completed study Bipolar CHOICE that compares the benefits and risks of lithium (a mood stabilizer) compared to quetiapine (Seroquel®, a second generation mood-stabilizing antipsychotic). Dr. Nierenberg will not only review the available evidence for treatments for bipolar depression, but will also critique the structure of the evidence and the impossible challenge of practicing and implementing evidence-based psychiatry.

ABOUT THE PRESENTERS

Jose A. Rey, M.S., Pharm.D., BCPP, is an Associate Professor of Pharmacy Practice at Nova Southeastern University (NSU), 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 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 Society of Health-System Pharmacists, the Board of Pharmaceutical Specialties, and the College of Psychiatric and Neurologic Pharmacists. He has over 30 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 the only fully accredited ASHP residency in psychiatric pharmacy and psychopharmacology and in South Florida is board-certified in psychiatric pharmacy.

Andrew Nierenberg, M.D. earned his M.D. from the Albert Einstein College of Medicine of Yeshiva University and completed his residency in psychiatry at New York University/Bellevue Hospital. He studied clinical epidemiology at Yale University as a Robert Wood Johnson Clinical Scholar and then joined the faculty at Harvard Medical School at McLean Hospital in Belmont, Massachusetts. He joined the Department of Psychiatry at Massachusetts General Hospital in Boston, where he holds his current positions. Dr. Nierenberg has authored or co-authored over 400 papers that have been cited by other investigators over 16,000 times. He has been listed in The Best Doctors in America for the treatment of mood and anxiety disorders in every edition since 1994. In 2000, he was awarded the Gerald L. Klerman Young Investigator Award by the National Depression and Manic-Depressive Association (NDMDA). He was elected as a member of the American College of Neuropsychopharmacology (ACNP) and Collegium Internationale Neuro-Psychopharmacologicum (CINP). In 2013, he was awarded the Brain and Behavior Foundation Colvin Prize for Outstanding Achievement in Mood Disorders Research. Finally, he was listed as one of the world's most influential scientific minds in 2014 for being the top 1% of cited psychiatrists.

PROGRAM OBJECTIVES

Participants will be able to:

- List the names and discuss indications of current and newly approved psychotropic medications along with their pharmacological mechanisms of action
- Compare and contrast the available psychotropic with respect to advantages and disadvantages or benefits versus risks, including cost considerations and patient specific issues
- Discuss the role that medications may have in prophylaxis or delay of onset of major psychiatric events
- Discuss the issues surrounding psychotropic polypharmacy, including efficacy, adverse event risks, and the reasons and evidence supporting the practice of polypharmacy
- Describe evidence based medicine
- Describe uncertainty in practicing psychiatry
- Discuss the evidence for treating bipolar depression

PROGRAM LOCATION

Nova Southeastern University
Carl DeSantis Bldg. (Huizenga School of Business and Entrepreneurship)
Knight Auditorium – Room 1124
3301 College Avenue
Fort Lauderdale, Florida 33314

For maps and directions to Nova Southeastern University's main campus in Ft. Lauderdale, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

PROGRAM AGENDA

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| 8:30 a.m. – 9:00 a.m. | Registration, sign in, light breakfast |
| 9:00 a.m. – 10:30 a.m. | Recently approved psychotropic medications and their mechanisms of action (<i>Dr. Rey</i>) |
| 10:30 a.m. – 12:00 p.m. | Practice and evidence of polypharmacy and prophylaxis (<i>Dr. Rey</i>) |
| 12:00 p.m. – 1:00 p.m. | Lunch (on your own) |
| 1:00 p.m. – 2:00 p.m. | Evidence based medicine and practicing psychiatry (<i>Dr. Nierenberg</i>) |
| 2:00 p.m. – 3:30 p.m. | Treating bipolar depression (<i>Dr. Nierenberg</i>) |
| 3:30 p.m. – 4:00 p.m. | Discussion |

For additional information on continuing education policies, please visit our web site at <http://cps.nova.edu/programs/continuingeducation/workshops.html>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's Center for Psychological Studies 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 Center for Psychological Studies 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. 03/31/15.

School psychologists: Nova Southeastern University's Center for Psychological Studies 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. 11/30/15.

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

Professional counselors: Nova Southeastern University's Center for Psychological Studies is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #4548, Exp. 04/30/15.

All mental health professionals will receive six (6) 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 **Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two doctoral programs (Ph.D. and Psy.D.) in clinical psychology and two predoctoral internship programs. The center offers master's programs in mental health counseling, school counseling, counseling (online), forensic psychology (online), and general psychology (online). The center also offers a specialist (Psy.S.) program and doctoral (Psy.D.) program in school psychology.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida.

The Center for Psychological Studies Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The Center for Psychological Studies Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The Center for Psychological Studies Psychology Services Center Predoctoral Internship Program is accredited by the Commission on Accreditation of the American Psychological Association. 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. Additionally, the Center for Psychological Studies sponsors the South Florida Consortium Internship Program, which is a member in good standing of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The center's master's degree program in school counseling and specialist and doctoral programs in school psychology are approved by the Florida Department of Education. In addition, the specialist program in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The Center for Psychological Studies offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

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.

