

Sheppard Pratt Professional Education Program

Professional Workshops

Online Broadcast - 9:00 a.m. to 12:15 p.m. EST

[Click here](#) to register and for more information

Friday, October 1, 2021

Psychopharmacological Review for Clinicians Working in Adult Outpatient Settings

Marla M. Sanzone, PhD, MP

Program Description

This workshop will provide an overview of some of the latest advances in psychopharmacology research and changing treatment models for conditions we commonly treat in outpatient clinical settings such as anxiety disorders, unipolar and bipolar depressions with and without psychotic features. Research over the past five to 10 years has led to new understandings about mechanisms of action and the complex interactions of pharmacodynamics and pharmacokinetics that inform medication practices. How these findings have contributed to treatment practices will be discussed. For example, several new antidepressants and antipsychotic agents have hit the market in recent years which are being used alone, and in combination with the older drugs. Older TCAs, SSRIs, SNRIs and mood stabilizers are being administered according to different algorithms than they have been in the past. In addition, some of the older medications have new indications for use and are being prescribed in new ways to treat symptoms resistant to other treatments. These factors and the sometimes controversial off-label applications of medications are among the issues covered to address recent trends and practices in the treatment of mood, anxiety and psychotic conditions.

Learning Objectives

After this lecture, registrants will be able to:

1. Identify how new research has changed our understanding of different underlying mechanisms of action particularly with regard to mood and anxiety disorders.
2. Identify how new research has influenced

changes in medication practices.

3. Identify differences in diagnostic and medication practices between unipolar depression and bipolar depression in the context of medication treatment algorithms.
4. Describe the shifting perspectives about off-label use of medications.

Friday, November 5, 2021

Cutting-Edge Ethical Issues in Behavioral Health: A Risk-Management Perspective

Frederic G. Reamer, PhD

Program Description

This webinar will examine compelling ethical challenges in behavioral health. Moving beyond introductory ethics concepts, Dr. Frederic Reamer will explore difficult ethical issues and practical strategies designed to protect clients and practitioners. The webinar will include challenging ethics cases and discuss practical steps that professionals can take to manage ethical issues skillfully. Key topics will include boundary issues, dual relationships, conflicts of interest, confidentiality, privileged communication, informed consent, clients' rights, termination of services, documentation challenges, and impaired professionals. Dr. Reamer will highlight unique ethics and risk management challenges that have emerged due to the dramatic increase in practitioners' use of technology to serve and communicate with clients remotely. The webinar will include discussion of relevant ethics standards, statutes, regulations, and case law.

Learning Objectives

After this lecture, registrants will be able to:

1. Identify challenging ethical issues and dilemmas in behavioral health.
2. Apply practical ethical decision-making frameworks and protocols.

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3. Identify ethical issues that pose malpractice and liability risks.
4. Design strategies to protect clients and practitioners.

Friday, December 3, 2021

Best Practices in PTSD Clinical Care: How to Optimize Recovery after Trauma

Erin Romero, PhD & Lisa-Ann Cuccurullo, PsyD

Program Description

About 7% of people will develop PTSD in their lifetime, and it is projected that this will remain constant as both civilians, veterans, and active-duty service members continue to encounter traumatic experiences. Notably, PTSD is a heterogeneous disorder with its hallmark symptom of avoidance making PTSD difficult for providers to effectively assess and treat. To support providers this talk will focus on identifying and assessing for Criterion A stressors and the four symptom clusters of PTSD; recognize the key points of the Clinical Practice Guidelines for PTSD; understand how Measurement Based Care can be utilized to optimize clinical outcomes; and provide National Center for PTSD resources and educational products.

Learning Objectives

After this lecture, registrants will be able to:

1. Identify and assess for Criterion A stressors and the four symptom clusters of PTSD.
2. Describe the key points of the 2017 VA/DoD Clinical Practice Guideline (CPG) for PTSD.
3. Recognize how Measurement Based Care can be utilized to optimize clinical outcomes.
4. List at least three National Center for PTSD resources and educational products.

Friday, December 17, 2021

Lost in a New Land: Addressing Refugee Mental Health

Rupa M. Khertarpal, MA, MSW, LCSW

Program Description

The long-term impact of adverse health outcomes in refugee populations is a dominant problem in the United States. Each year, thousands of individuals fleeing persecution in their homelands come to the United States as refugees and asylum seekers. The combined impact of premigration, migration and post migration stressors including lack of access to services and continued challenges frequently exacerbate negative health outcomes for refugees, both psychological symptoms and physiological health concerns (Berthold et al., 2014). These unaddressed health concerns are specifically harmful and result in increased morbidity, increased mental health concerns, decreased life expectancy and poor quality of life (Kim et al., 2016).

This presentation aims to discuss the challenges that refugees endure, and ways to address their wellbeing within their current existence in the U.S. Achievement of wellbeing is argued as an integrative approach utilizing a multidisciplinary approach recognizing the varied experiences, ethnic and religious beliefs, and their identities both as individuals and as belonging to the community. This will help bring much needed attention to the development of specialized services for this population.

Learning Objectives

After this lecture, registrants will be able to:

1. Discuss the pre-migration, migration and post migration journeys: socio-political impact.
2. Barriers to mental health care and wellbeing: enabling collaborative care.
3. Recognizing some culturally competent and effective response strategies.

See last page for registration & instructions.

In the event an announced speaker is unable to present, Sheppard Pratt reserves the right to present an alternative speaker on a comparable subject.

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Target Audience: These activities are intended for psychologists, social workers, counselors, and other mental health professionals. *This series offers 12.0 contact hours for attending all four dates.*

Approval Statements:

Psychologist Statement: Sheppard Pratt is authorized by the State Board of Examiners of Psychologists as a sponsor of continuing education. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. Sheppard Pratt designates this educational activity for a maximum of 3.0 contact hours for Psychologists.

Social Worker Statement: Sheppard Pratt is authorized by the Board of Social Work Examiners of Maryland to offer continuing education for Social Workers. Sheppard Pratt takes responsibility for the content, quality, and scientific integrity of this continuing education activity. This activity is approved for 3.0 contact hours in Category I credits for Social Workers.

Counselor Statement: Sheppard Pratt has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5098. Programs that do not qualify for NBCC credit are clearly identified. Sheppard Pratt is solely responsible for all aspects of the program. This activity is available for 3.0 NBCC clock hours.



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General Registration

- Fee to attend one activity is \$75.
- Early Bird Rates (valid now through September 10, 2021): Attend all four activities for \$180
 - Includes: October 1, November 5, December 3, & December 17, offering 12 contact hours
 - Use coupon code: *Prof 2021* when purchasing all four activities
- Purchase three activities for \$162 – Use coupon code: *3 Prof 2021*
- Purchase two activities for \$138 – Use coupon code: *2 Prof 2021*

Employees of Sheppard Pratt and Affiliate Agencies Registration

- Fee to attend one activity is \$60.
- Early Bird Rates (valid now through September 10, 2021): Attend all four activities for \$120
 - Includes: October 1, November 5, December 3, & December 17, offering 12 contact hours
 - Use coupon code: *SP Prof 2021* when purchasing all four activities
- Purchase three activities for \$162 – Use coupon code: *3 SP Prof 2021*
- Purchase two activities for \$138 – Use coupon code: *2 SP Prof 2021*

Instructions

- [Click here](#) to register to earn credit for attending this activity, log into, or register for an account in Sheppard Pratt's Ethos continuing education system.
- Payment can be made by credit card online through the Sheppard Pratt Ethos System. We accept Visa, MasterCard, American Express and Discover.
- An email with the link to view the broadcast and handout attachments will be sent the week of the broadcast.

Withdrawal Deadlines & Refund Policy

No refunds or credits will be issued for request for withdrawal after the listed deadlines. Withdrawals from are subject to a \$20/\$10 administrative charge per event.

- **September 17** is the deadline to request a refund for withdrawal from the October 1 event.
- **October 22** is the deadline to request a refund for withdrawal from the November 5 event.
- **November 19** is the deadline to request a refund for withdrawal from the December 3 event.
- **December 3** is the deadline to request a refund for withdrawal from the December 17 event.

Questions? Please email cme@sheppardpratt.org

