



Psychopharmacology in Counseling

COUN 5055

Summer One

Three Credit Hours

I. CONTACT INFORMATION

Instructor: Thomas Foster, Ph.D.

Phone number: 318-342-1298

Email address: tfoster@ulm.edu

Office location: Remote

Office hours: TBA

Preferred mode of communication with instructor: email

Preferred mode of communication with other students: email, Moodle

Please Note: All students are asked to use university provided e-mail accounts when emailing his or her professor. Students' personal e-mail accounts should not be used in this case as [University Policy](#) must be followed. Emails and voicemail messages will receive a response within 48 hours (during university operating hours).

II. COURSE DESCRIPTION

Reviews basic and intermediate topics related to biopsychology, pharmacokinetics, sociocultural issues, and the main categories of psychotropic medications used in mental health.

III. PREREQUISITES

None

IV. OBJECTIVES-COURSE TOPICS/KNOWLEDGE-OUTCOMES:

Objectives

This course is designed to enable the student to:

- A. Discuss and critique the philosophies and perspectives that surround psychotropic medications

 - B. Understand the basic and intermediate neurological components and their functioning

 - C. Understand the functioning of pharmacokinetics and how these processes apply to psychotropic medication

 - D. Understand and critique the use of psychopharmacology from medical, psychological, social, and cultural perspectives, and how they intersect

 - E. Understand and critique the underlying biological mechanisms, side effects, dosage levels, and other implications of each family of psychotropic medication

 - F. Possess a perspective of how clinical mental health, addiction, and school counselors can play a role in clients' use of psychotropic medication as part of their treatment plan
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V. COURSE TOPICS

- Philosophies and perspectives of psychotropic medication
- Neurology and pharmacokinetics
- The families of psychotropic medication and their effects

VI: INSTRUCTIONAL METHODS AND ACTIVITIES

Coffee Shop Discussion Board Posts (50 points)

Each week be prepared to discuss the readings in the Coffee Shop Discussion Board. Pull out one thing out of the weekly readings and/or lectures each week you want to talk more about, have questions about, or want to contest. At a minimum, post about:

- How these things relate to you on a personal level (please disclose appropriately),
- How you are conceptualizing the content from the Interpersonal Biology perspective of Brain, Mind, and Relationships, and
- How these things will make you a better addiction, clinical mental health, and/or school counselor

Students will respond to at least two others' posts each week to receive full credit.

Students have the option of what format they wish to engage within the Coffee Shop Discussion board. Students may submit a written or video post to the board. Students may also submit a group discussion post to the board. Students may respond to others' posts in written form or by individual or group video. Students are free to change their formats week to week.

Mid-Term Exam (50 points)

Student will be tested over the first half of the content of the class. Instructions for the exam will be provided on Moodle.

Final Exam (50 points)

Students will be tested over all the content of the class. Instructions for the exam will be provided on Moodle.

Psychopharmacology Project (50 points)

Each student will create a Word or Power Point document that will possess a section for each family of psychotropics. They will list the brand name, dosage range, side effects, an explanation of how the medication works and is processed out of the body, and any known interaction effects. This project is meant to be used in clinical practice and can serve as a cheat sheet for them and also a psychoeducation tool for clients.

Students will include five additional medications from any family of psychotropics that are not covered in class to the project.

VII. EVALUATION AND GRADE ASSIGNMENT

A total of 200 are available for this course:

Grades will be assigned as follows:

A = 100-90% (200 - 180 points)

B = 89 – 80% (179 - 160 points)

C = 79 –70% (159 - 140 points)

D = 69 – 60% (139 –120 points)

F = 59-0% (119 – 0 points)

VIII. CLASS POLICIES AND PROCEDURES

At a minimum, all policies stated in the current ULM Student Policy Manual & Organizational Handbook should be followed (see catalog.ulm.edu/index.php?catoid=24). Additional class policies include:

A. Textbook(s) and Materials:**Required:**

Ingersoll, E. R., & Rak, C. F. (2015). *Psychopharmacology for the mental health professions* (2nd ed.). Boston, MA: Cengage.

Siegel, D. J. (2012). *Pocket guide to interpersonal neurobiology*. New York, NY: Norton.

Wurztel, E. *Prozac nation*. Mariner Books.

Suggested:

Preston, J. D., O'Neal, J. H., & Talaga, M. C. (2013). *Handbook of clinical psychopharmacology for therapists*. Oakland, CA: New Harbinger Publications.

- B. Attendance Policy:** This is an online class so Moodle assignments are required weekly and students are required to check their ULM e-mails daily.
- C. Make-up Policy:** There will be no make-up assignments. No exceptions will be made without proof of an emergency that falls within the university excused absence guidelines (<http://bit.ly/1LbMV0c>)
- D. Academic Integrity:** Academic Integrity: Faculty and students must observe the ULM published policy on Academic Dishonesty. Please be advised that the university's policy regarding academic honesty is rigorously followed throughout this semester in this class. No cheating will be allowed and it will be reported. All papers will be checked for plagiarism.
- E. Course Evaluation Policy:** At a minimum, students are expected to complete the online course evaluation. Students are strongly encouraged to provide feedback to the instructor about their experience in class and let the instructor know if they need extra support or alternative learning activities.
- F. Student Services:** Information about ULM student services, such as Student Success Center (www.ulm.edu/studentssuccess/), Counseling Center (www.ulm.edu/counselingcenter/), Special Needs (www.ulm.edu/counselingcenter/special.htm), and Student Health Services, is available at the following Student Services website www.ulm.edu/studentaffairs/.
- G. Emergency Procedures:** (N/A for online courses.)
- H. Discipline/Course Specific Policies:** Humor, language, or stories that are offensive, or suggest disrespectful ethnic, racial, gender, religious, or national origin-related biases will not be tolerated. A diverse student body is expected and encouraged in this course. One of the tenets of this course will be an atmosphere of respect and feeling at ease while contributing to the class. Disagreements in opinions are part of the academic endeavor; however, such disagreements must be conducted in civility without sarcasm. I take disrespectful behavior very seriously and thus encourage every student to extend the same respect they wish to receive to everyone else.
- Grading and emailing: Instructor will have assignments graded within 7 days after the due date has passed. Instructor will respond to emails within 48 ULM operating business hours. If 48 hours have passed with no respond, respectfully email instructor again.
- Late Policy:** No assignments will be accepted after the last day of class. Otherwise, late papers may be accepted at the discretion of the professor with a penalty of 10% decrease in grade per day.
- Student Services:** The University of Louisiana at Monroe strives to serve students with special needs through compliance with Sections 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. These laws mandate that postsecondary institutions provide equal access to programs and services for students with disabilities without creating changes to the essential elements of the curriculum. While students with special needs are expected to meet our institution's academic standards, they are given

the opportunity to fulfill learner outcomes in alternative ways. Examples of accommodations may include, but are not limited to, testing accommodations (oral testing, extended time for exams), interpreters, relocation of inaccessible classrooms, permission to audiotape lectures, note-taking assistance, and course substitutions.

Information about ULM student services can be found via these links:

Student Success Center www.ulm.edu/studentsuccess

Counseling Center www.ulm.edu/counselingcenter/

Special Needs at www.ulm.edu/studentaffairs/

Library www.ulm.edu/library/reference.html

Computing Center Help Desk www.ulm.edu/computingcenter/helpdesk

Current college's policies on serving students with disabilities can be obtained on the ULM website: www.ulm.edu/counselingcenter/

If you need accommodation because of a known or suspected disability, you should contact the Director for Disabled Student Services at:

Voice phone: [318-342-5220](tel:318-342-5220)

Fax: [318-342-5228](tel:318-342-5228)

Walk-In: ULM Counseling Center, 1140 University Avenue (this building and room are handicapped accessible).

Mental Wellness on the ULM Campus:

If you are having any emotional, behavioral, or social problems and would like to talk with a caring, concerned professional, please call one of the following numbers:

The ULM Counseling Center: [318-342-5220](tel:318-342-5220)

The Marriage & Family Therapy and Counseling Clinic: [318-342-5678](tel:318-342-5678)

Remember that all services are offered free to students, and all are strictly confidential.

If you have special needs that I need to be made aware of, you should contact me within the first two days of class.

Sexual Harassment or Gender-Based Discrimination:

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds, including federal loans and grants. Furthermore, Title IX prohibits sex discrimination to include sexual misconduct, sexual violence, sexual harassment and retaliation. If you encounter sexual harassment or gender-based discrimination, please contact the Title IX

Coordinator at [318-342-1004](tel:318-342-1004); you may also file a complaint online, 24 hours a day, at: www.ulm.edu/titleix

How to use moodle:

[Moodle Training Guide \(PDF\)](#)

[Moodle Training Tutorial \(video\)](#)

[Moodle Training Manual \(PDF\)](#)

[Moodle Training Guide \(PDF\)](#)

Tentative Calendar/Student Expectations

***Schedule subject to change – will be announced on Moodle and via Warhawks email**

Weeks	Topics	Readings, Lectures, Projects Due
Week 1	Introductions	Readings: Ingersoll & Rak: 1 – 4
June 1-6	Neurology and Pharmacokinetics	Siegal: 1-10; Wurtzel: Prologue, 1-2
	Perspectives in Psychopharmacology: Medical Model, Psychological Model, Social, and Cultural	Lectures: 1 - 2
Week 2	Antidepressant Medication	Readings: Ingersoll & Rak: 5 – 6;
June 7-13	Anxiolytic Medication	Wurtzel: 3-4
		Lectures: 4 - 5
		Mid-Term Exam Due
Week 3	Antipsychotic Medication	Readings: Ingersoll & Rak: 7 – 8;
June 14-20	Mood Stabilizers	Wurtzel: 5-6
		Lectures: 6 - 7
Week 4	Psychotropics for Substance Use Disorders	Readings: Ingersoll & Rak: 9 & 11;
June 21-27	Using Psychotropics with Children	Wurtzel: 7-8
		Lectures: 8 - 9
		Psychopharmacology Project Due
		Final Exam Due