

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

JANUARY 2024

Santa Barbara Cottage Hospital
Psychiatry and Addiction
Medicine Department invites
you to virtually attend its
January 2024 presentation.

Please register at:

[cottagehealth.org/
psychgrandrounds](http://cottagehealth.org/psychgrandrounds)

After registering you will receive
a confirmation email containing
information about joining the
training.



New Frontiers in Psychopharmacology

Tuesday, January 23, 2024

Noon to 1:30 p.m. (No meals or breaks provided)

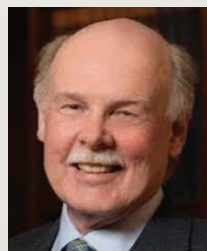
PRESENTER:

Paul Erickson, MD
Medical Director of Psychiatry and Addiction Medicine Services,
Cottage Health

Psychopharmacologic therapies for treating mood, anxiety, and thought disorders have not changed much in decades. Current antipsychotics are modifications of Thorazine from the 1950s. Prozac was developed in 1988 and antidepressant therapies have not changed much since SSRIs were introduced. New therapies are emerging rapidly now. Auvelity is a new NDMA receptor antidepressant. Zuranolone is a new synthetic neurosteroid, FDA approved for postpartum depression, and requires only one pill daily for two weeks. The sitagliptins are revolutionizing the treatment of diabetes and weight loss, and also appear to reduce cravings for alcohol and substances. Neuromodulation therapies are progressing quickly, as well. A new protocol for treating depression is rapid theta burst TMS given multiple times daily for one week. The rate of remission from severe major depression is remarkable in early studies. These therapies are changing clinical practice. Understanding them will benefit all clinicians who treat psychiatric patients.

LEARNING OBJECTIVES:

- Describe what receptors Auvelity (dextromethorphan/bupropion) and zuranolone target.
- Determine which patients may benefit from a new therapy for depression.
- Explain new treatment options for depression.



PAUL ERICKSON, MD, has been the Medical Director of Psychiatry and Addiction Medicine Services at Santa Barbara Cottage Hospital since 2002. Prior to that he was the Clinical Director of Services in the Department of Psychiatry at the Cambridge Hospital, Harvard Medical School. Dr. Erickson graduated cum laude from Yale University and received his MD from the University of Massachusetts Medical School. He is board certified in Addiction Medicine. Dr. Erickson

created and leads the Medical School clerkship in Psychiatry for USC Medical students. One of his most recent community leadership roles was as the developer of the Bridge Clinic with Santa Barbara Neighborhood Clinics.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT
Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN
Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

01/2024 RLC



CAMFT / BRN Continuing Education Credits for **Cottage Health Employees**

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

Continuing Education Credit for **Physicians** and **Psychologists**

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speakers of this live internet activity have stated that they do not have any relationships with ineligible companies. This activity did not receive commercial support.