

**Pacific Northwest Psychoanalytic Society  
A Local Chapter of Division 39  
Of the American Psychological Association**

Fall 2009 Program

Wednesday 7, October, 2009

7:30-9:30 P.M., doors open at 7:00

**"Update on anti-depressants"**

**Presented by: Steven Mitchell, M.D., Ph.D.**

Meeting Location: The home of Janice Hickey, MSW

Steven Mitchell, M.D. Ph.D. will offer a discussion of the current research relevant to psychotherapists regarding the use of anti-depressants. He will explain the differences between the various anti-depressants, their advantageous properties and their specific risks or limitations. He will also address the use of medication adjunctive to psychotherapy.

**LEARNING OBJECTIVES**

- 1) Be able to identify major indications for each of the different classes of antidepressants
- 2) Be able to summarize the common risks, benefits and limitations of each of the major classes of antidepressants
- 3) Be able to address common misconceptions about antidepressants that limit acceptance of their use

Steven Mitchell is board certified in psychiatry. He holds an M.A. in psychology and a Ph.D. in physiology and biophysics. He has worked for 24 years in general psychiatry, including consulting for Ballard Hospital 's Eating Disorders Unit. He has a private practice in Ballard.

CE credits: 2

This program, when attended in its entirety, is offered for 2 CE credits. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. The instructional level is intermediate. Free to members, \$15 for non-members.

PNPS and Division 39 are committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Participants are asked to be aware of need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concern and any complaints to Bev Osband, (206) 324-5455.