

The Nebraska PSYCHOLOGICAL *Association*

Presents...

*Integrating Medication with
Psychotherapy: Case Studies in the
Combined Treatment of Anxiety and
Depression*

**Mikel M. Merritt, Maj., Ph.D.,
ABPP, M.A.**

Prescribing Psychologist, USAF
Mental Health Flight Commander

Friday, March 28, 2014

The Jackie Gaughn Multicultural Center

University of Nebraska - Lincoln
1505 S Street, East of Student Union

Registration available online at:

<https://www.regonline.com/NPAMerritt14>

Continuing Education

This program is approved
for 3 CEs for psychologists.



Integrating Medication with Psychotherapy: Case Studies in the Combined Treatment of Anxiety and Depression

Since the Psychopharmacology Demonstration Project (PDP) was undertaken by the Department of Defense (DoD) in 1991, psychologists with specialized training have served in the Air Force, Army, and Navy with an expanded scope of practice. The prescribing psychologists have improved medical readiness at their locations by reducing the time patients must wait for treatment. Specifically, patients that required both psychotherapy and drug therapy did not have to wait longer for care when seeing a prescribing psychologist vs. seeing two mental health providers.

This workshop will provide a brief overview of Dr. Merritt's path to prescriptive authority, and will then focus on description of integrated care using psychotherapy and psychotropic medications delivered by a prescribing psychologist. The case studies focus on the treatment of anxiety and depression. The learning objectives are listed below.

Learning Objectives

At the end of this presentation, attendees will:

1. Recognize the role of medication in the psychotherapy process.
2. Identify cultural practices and beliefs that may impact the role of medication in the therapeutic process.
3. Observe case study reviews and decision making processes regarding poly-pharmacy.
4. Be able to name at least three primary pharmaceutical agents and one adjunctive agent.
5. Be able to demonstrate knowledge of at least one medication selection algorithm.

Workshop Schedule

1:00 – 1:30	Registration
1:30 – 4:45	Combined Treatments (includes 15 minute break)



Mikel Merritt, Maj., Ph.D., ABPP, M.A. — Mikel Merritt is a prescribing psychologist and Mental Health Flight Commander in the Air Force. In 2008 Dr. Merritt served as the team leader for a Combat Operational Stress Control Detachment in Afghanistan. His other positions in the military included Behavioral Health Element Chief, Alcohol and Drug Abuse Prevention and Treatment Program Manager, and current duties as Mental Health Flight Commander. Dr. Merritt is currently stationed at Whiteman Air Force Base in Missouri. He received his doctorate in clinical psychology from the University of Nebraska and postdoctoral masters in clinical psychopharmacology from New Mexico State University. Dr. Merritt is a native Nebraskan from the North Platte area.

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Registration Form

- Registration:** \$50 — General Registration
 \$40 — NPA Member
 \$20 — Student (graduate, interns)

Name/Degree: _____

Address: _____

City/State/Zip: _____

Phone Number: _____

Email: _____

I am: Psychologist Other

Check # _____ VISA Mastercard

Amount to Charge: \$ _____

Acct #: _____

Exp: _____ Card Verification # _____

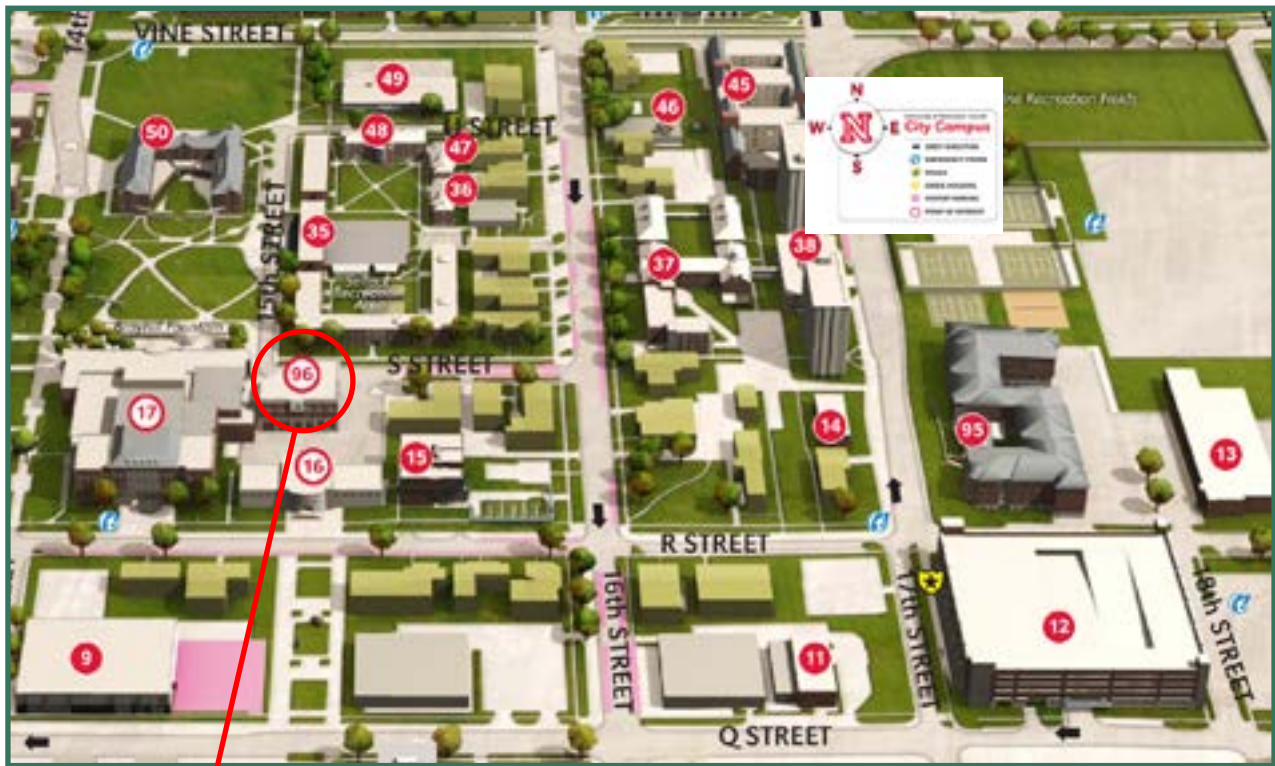
Signature: _____

Make checks payable to:
Nebraska Psychological Association

Send registration form with payment to:
Nebraska Psychological Association
P.O. Box 6785, Lincoln, NE 68506
Fax: 877-355-9234

Complete refund of the registration fee
will be distributed if cancellation occurs
on or before March 24, 2014.

Questions – Contact NPA at:
npa@nebpsych.org or
402-475-0709 or 877-355-7934



#96 — Jackie Gaughan Multicultural Center — 1505 “S” Street

Additional Parking Information will be sent in Registration Confirmation.

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<https://www.regonline.com/NPAMerritt14>

The Nebraska PSYCHOLOGICAL Association and The UNL Psychology Department

*Integrating Medication with Psychotherapy: Case Studies
 in the Combined Treatment of Anxiety and Depression*

Continuing Education

The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 3 CEs for psychologists.

Complete refund of the registration fee will be distributed if cancellation occurs on or before March 24, 2014.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

The Psychology Department's collaboration with NPA on the workshop is not intended to reflect an endorsement of prescriptive authority for psychologists.