

**Outline of the course:**

1. Mental illness vs mental wellness
2. Psychiatric medications: Useful for some, but widely overprescribed
3. Psychiatric medications: The case of benzodiazepines
4. Psychiatric medications: The case of SSRIs
5. Diagnoses: Does the DSM have any meaning outside research and billing?
6. Integrative psychiatry: A 21<sup>st</sup> century approach
7. Integrative psychiatry: Diet, Exercise, supplements, and more
8. How can psychiatrists and MFTs better collaborate and learn from each other