

The Art and Science of Safely Stopping Psychiatric Medications

presented by

Mark Horowitz, MD, PhD

Dr. Mark Horowitz, MD, PhD is Clinical Research Fellow in the National Health Service in the UK, a Visiting Lecturer at Kings College London and a training psychiatrist. He has a PhD from the Institute of Psychiatry, Psychology and Neuroscience at King's College London in the neurobiology of depression and antidepressant action. He is the lead author of the [Maudsley Deprescribing Guidelines](#) and is an associate editor of the journal Therapeutic Advances in Psychopharmacology. He co-authored the recent Royal College of Psychiatry guidance on 'Stopping Antidepressants' in the UK, and his work informed the recent NICE guidelines on safe tapering of psychiatric medications, including antidepressants, benzodiazepines and z-drugs. He has been commissioned by Health Education England to prepare a teaching module on how to safely stop antidepressants. He is a collaborating investigator on the RELEASE trial in Queensland examining hyperbolic tapering of antidepressants. He has written several papers about safe approaches to tapering psychiatric medications including publications in The Lancet Psychiatry, JAMA Psychiatry and Schizophrenia Bulletin. He has an interest in rational psychopharmacology and deprescribing psychiatric medication. He has experienced the difficulty of coming off psychiatric medications first hand which has informed much of his work.

5/16/2024 12:00 – 1:15PM

<https://hartfordhealthcare.zoom.us/j/92539835344>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 Describe the risks of stopping these medications too quickly.*
- 2 Distinguish between withdrawal effects from these drugs and relapse of an underlying condition.*
- 3 Apply the latest principles in safe tapering to stopping these drugs classes, adjusted to the individual patient.*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Mark Horowitz, MD, PhD: Consulting Fee-  *Outro Health* (digital clinic) - 04/10/2024