

TRICYCLIC MEDICATIONS FOR DEPRESSION



Mechanism of action

Tricyclic antidepressants block the neuronal reuptake of norepinephrine and serotonin.

Indications for use

- Depression, including severe depression
- Chronic pain (fibromyalgia, migraine)

Contraindications

- Hx of heart disease
- Glaucoma
- Enlarged prostate
- Thyroid problems
- Urinary retention
- Liver issues

Medications and dosing

Medication	Starting dosage*	Titration
Amitriptyline	75 mg orally per day in divided doses or as a single dose at bedtime	Increase by 25–50 mg PRN up to 150 mg/day. Lower dose for geriatric and pediatric
Imipramine	75 mg orally once a day at bedtime	Increase by 25–50 mg PRN up to 150 mg/day
Ciomipramine	25 mg orally once a day at bedtime	Increase by 25–50 mg PRN up to 250 mg/day
Nortriptyline	25 mg orally 3 to 4 times per day or as single dose at bedtime	Increase by 25–50 mg PRN up to 150 mg/day
Amoxapine	50 mg orally 2 to 3 times a day or as single dose at bedtime	Increase by 25–50 mg PRN up to 600 mg/day. Doses over 300 mg should be given in divided doses.

*Starting dosages above are for outpatient treatment. Dosages may be higher in inpatient settings.
Dosages will be lower for geriatric/pediatric populations.

Antidepressant Cheat Sheet

Robert Gebka

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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an out list of foods that actively damage brain cells BONUS Includes 20 pages of delicious brain boosting recipes to get started on a new smarter eating program *DBT For Dummies* Gillian Galen,Blaise Aguirre,2021-05-11 Keep calm be skillful and take control Dialectical Behavior Therapy DBT is one of the most popular and most effective treatments for mental health conditions that result from out of control emotions Combining elements of Cognitive Behavior Therapy with Eastern mindfulness practice DBT was initially used as a powerful treatment to address the suffering associated with borderline personality disorder It has since proven to have positive effects on many other mental health conditions and is frequently found in non clinical settings such as schools Whether you struggle with depression anger phobias disordered eating or want to have a better understanding of emotions and how to focus and calm your mind DBT practice serves the needs of those facing anything from regular life challenges to severe psychological distress Written in a no jargon friendly style by two of Harvard Medical School s finest *DBT For Dummies* shows how DBT can teach new ways not just to reverse but to actively take control of self destructive behaviors and negative thought patterns allowing you to transform a life of struggle into one full of promise and meaning Used properly and persistently the skills and strategies in this book will change your life when you can better regulate emotions interact effectively with people deal with stressful situations and use mindfulness on a daily basis it s easier to appreciate what s good in yourself and the world and then act accordingly In reading this book you will Understand DBT theory Learn more adaptive ways to control your emotions Improve the quality of your relationships Deal better with uncertainty Many of life s problems are not insurmountable even if they appear to be Life can get better if you are willing to live it differently Get *DBT For Dummies* and discover the proven methods that will let you take back control and build a brighter more capable and promising future [Managing Depression with Mindfulness For Dummies](#) Robert Gebka,2016-03-21 Rise above depression and build a positive future using mindfulness If you suffer from depression you know that it s not something you can simply snap yourself out of Depression is a potentially debilitating condition that must be treated and managed with care but not knowing where to turn for help can make an already difficult time feel even more harrowing Thankfully *Managing Depression with Mindfulness For Dummies* offers authoritative and sensitive guidance on using evidence based and NHS approved Mindfulness Based Interventions similar to Cognitive Behavioural Therapy CBT to help empower you to rise above depression and discover a renewed sense of emotional wellbeing and happiness The book offers cutting edge self management mindfulness techniques which will help you make sense of your condition and teach you how to relate differently to negative thought patterns which so often contribute to low mood and depression The World Health Organization predicts that more people will be affected by depression than any other health problem by the year 2030 While the statistics are staggering they offer a small glimmer of hope you aren t alone As we continue to learn more about how depression works and how it can be treated the practice of mindfulness proves to be an effective tool for alleviating stress anxiety depression low self esteem and insomnia With the tips and guidance offered inside

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The Psychopharmacology Blue Book Bryan B. Shapiro,2025-08-07 Intended for fast paced high volume settings The Psychopharmacology Blue Book Outpatient Practice Companion tells the complete story of a psychiatric drug distilled down to a single page including pharmacologic properties acute and chronic side effects critical warnings monitoring guidance drug drug interactions titration and tapering schedules and contingency plans for treatment resistance A first of its kind resource that strikes an ideal balance between theory and practice The Psychopharmacology Blue Book provides succinct actionable guidance for more than 100 psychotropic drugs spanning psychiatry addiction medicine and neurocognitive disorders with additional emphasis on special clinical situations that influence pharmacotherapy Whether you re a primary care clinician psychiatric advanced practice provider or psychiatrist The Psychopharmacology Blue Book is your trusted companion for outpatient psychiatric practice

Essential Oils for Hormone Bliss Michelle Schoffro Cook,2021-08-03 A trusted natural health expert reveals how you can use essential oils to address a range of hormone imbalances so you can feel your very best What do brain fog moodiness low energy and skin problems have in common They can all be signs of a hormone imbalance Hormones chemical messengers that regulate the body s most vital functions are essential to your well being When they re out of sync they can wreak havoc Whether you struggle with menopausal symptoms chronic fatigue or another hormone related health issue essential oils inhaled applied topically or taken internally can offer an effective solution Michelle Schoffro Cook a board certified doctor of natural medicine aromatherapist and author of the bestselling The Ultimate pH Solution 2007 teaches you how to harness their hormone balancing power She covers the benefits of essential oils on seven parts of the body outlining how these powerful all natural substances can combat adrenal fatigue facilitate the production of feel good brain hormones and give relief from hot flashes Readers will also walk away with a 10 day plan for achieving hormonal health and recommendations for addressing specific health issues including an underactive thyroid severe pre menopausal symptoms estrogen dominance and low testosterone This rigorously researched and beautifully illustrated guide will offer an all natural way for you to feel your best

Spice Memory Boost Sophie Carter,AI,2025-02-27 Spice Memory Boost explores the exciting potential of common spices to enhance memory and cognitive function It bridges the gap between traditional medicine and modern neuroscience revealing how compounds in spices like turmeric rosemary and sage can support brain health Delving into the science the book highlights spices ability to reduce inflammation and promote neuroplasticity key factors in maintaining a sharp mind Interestingly ancient practices like those in Ayurvedic

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Depression For Dummies Laura L. Smith, Charles H. Elliott, 2021-04-06 The good news on beating the blues Do you want the good the bad or the best news first OK the bad news is that an estimated 264 million people worldwide suffer from a depressive illness The good news is that we know how to defeat these illnesses better than ever before using a growing range of highly effective psychotherapies medications and other therapeutic methods that are improving all the time And the best news because of these advances the majority of people no longer need to suffer the debilitating and sometimes dangerous effects of long term depressive illness The new edition of Depression For Dummies shows how you can make this happen for you by providing the latest and best information on how to banish the noonday demon and bring the sunshine back into your world In this friendly cheerful no nonsense guide leading clinical psychologists Laura L Smith and Charles H Elliot give you the straight talk on what you face and proven practical advice on how to punch back and win Showing you how to know your enemy they demystify common types of depression explain its physical effects and help identify the kind you have Armed in this way you can take firmer steps toward the lifestyle changes as well as therapy or medication that will put you back in control Learn about different forms of depression Build simple daily habits into your life that help banish the blues Understand conventional alternative and experimental therapies Move on avoid relapses and stay happy Whatever your level of depression occasional bouts or long term this book gives you the insight the tools and the inner strength and persistence to put enjoyment back in your life

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