UCI School of Medicine

University of California, Riverside Psychiatry Journal Club

Beyond Prazosin: Of Nabilone & Nightmares

December 2, 2026 – 12:00 PM

Teleconference

Target Audience

Specialties – Psychiatry & Human Behavior
Professions – Physician, Resident Physician, Psychologist

Objectives

At the conclusion of this activity, the participant should be able to:

1 Describe current approaches to PTSD-related nightmares and limitations of prazosin
2 Discuss nabilone pharmacology, off label reasoning, and safety concerns
3 Evaluate the methodology, efficacy, and limitations of the randomized controlled trial of nabilone usage in PTSD-associated nightmares
4 Discuss implications of cannabinoid treatments for nightmares concerning safety, new evidence, and current treatment guidelines

Faculty & Planner Disclosures

University of California, Irvine School of Medicine Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Dennis Alters, MD	Course Director	Nothing to disclose - 08/12/2026
Fred Jones-Rosa, MD	Faculty	Nothing to disclose - 07/01/2026
Jonathan Odufalu, MD	Faculty	Nothing to disclose - 11/08/2026
Carrie Pyle, Other	Activity Coordinator	Nothing to disclose - 10/15/2026

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and University of California, Riverside. The University of California, Irvine

UCI School of Medicine

School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. to provide continuing medical education for physicians.

Designation Statement

The University of California, Irvine School of Medicine designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ADA Statement

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact the department administrator before the meeting dates.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, https://medschool.uci.edu/cme, for AB 1195 and AB 241 resources.