

**Family Service Society Professional Training Institute
2010 Workshop Series**

**Working With Bipolar Disorder in Children &
Adolescents: Clinical Presentation,
Assessment Strategies, and Treatment**

Presenter: Eric Youngstrom, Ph.D.

Friday, June 4, 2010

Radisson Hotel - Corning, New York

Until recently, bipolar disorder was rarely diagnosed in youths. Now the rate of diagnosis has exploded more than 40-fold in the last 15 years, with "bipolar" becoming the most common diagnosis for psychiatrically hospitalized youths. There is great concern that bipolar disorder is being over-diagnosed and overmedicated in children. Fortunately, there has been a surge of evidence about the validity of the bipolar diagnosis in youths, along with better evidence-based tools for assessment, diagnosis, and treatment. This workshop discusses key clinical issues, including: how bipolar disorder manifests clinically, how it appears similar or different in children versus adults, how to use specialized self-report and parent-report measures to aid in differential diagnosis, and how to use CBT to address the specific needs of children and adolescents dealing with bipolar disorder. Often challenging conventional wisdom, the workshop presents evidence that can be applied immediately in practice.



Eric Youngstrom, Ph.D., is an associate professor of Psychology and Psychiatry at the University of North Carolina at Chapel Hill. He is the first recipient of the Early Career Award from the Division of Child and Adolescent Clinical Psychology, and has also been elected for membership in the American College of Neuropsychopharmacology. Dr. Youngstrom is a licensed psychologist who specializes in the relationship of emotions and psychopathology, and the clinical assessment of children and families. He teaches courses on assessment and therapy, developmental psychopathology, research design, and multivariate statistics. He has spoken on the topic of pediatric bipolar disorder at scientific meetings in Canada, Europe, South America, and Asia, as well as around the United States. Dr. Youngstrom has published more than 100 peer reviewed publications on the topics of clinical assessment and emotion, and he has served as an ad hoc reviewer on more than thirty prominent psychology and psychiatry journals.

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