

## BIPOLAR DISORDER IN CHILDREN AND ADOLESCENTS

**Registration:** \$140 — NPA Members  
Nebraska Medical Association or  
NE Psychiatric Society  
\$170 — NonMembers  
\$60 — Medical Residents, Psychology Interns  
or Graduate Students

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

I am a \_\_\_\_\_ Psychologist \_\_\_\_\_ Other

I am:  NPA Member  
 Member of the NE Medical Association  
 Member of Psychiatric Society

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Make checks payable to Nebraska Psychological Association.

Send registration form with payment to:  
Nebraska Psychological Association  
P.O. Box 6785, Lincoln, NE 68506; Fax: 877-355-9234

Questions or for information on NPA Membership – Contact NPA at  
[npa@nebpsych.org](mailto:npa@nebpsych.org) or 402-475-0709

 The Nebraska Psychological Association  
P. O. Box 6785  
Lincoln, NE 68506

The Nebraska **PSYCHOLOGICAL** Association

through joint sponsorship with the

UNIVERSITY OF NEBRASKA MEDICAL CENTER,  
CENTER FOR CONTINUING EDUCATION

presents:

**NPA 2010 Fall Conference**

## BIPOLAR DISORDER IN CHILDREN AND ADOLESCENTS

**Eric A. Youngstrom, Ph.D.**

Professor of Psychology and Psychiatry  
University of North Carolina at Chapel Hill



**Friday, October 8<sup>th</sup>, 2010**

**9:00 AM - 4:30 PM**

**Scott Conference Center**

6450 Pine Street, Omaha



*This program is specifically intended for an interdisciplinary audience of psychologists, psychiatrists, physicians, medical residents, psychology interns and graduate students, with CMEs for physicians and CEs for psychologist available.*

## BIPOLAR DISORDER IN CHILDREN AND ADOLESCENTS

### Conference Schedule

8:30 — 9:00	Registration (coffee, tea, fruit, pastries)
9:00-10:30	Morning Session
10:45-12:00	Continuation of Morning Session
12:00-1:00	Lunch (Provided)
1:00-2:30	Afternoon Session
2:45-4:30	Continuation of Afternoon Session

#### Continuing Education

The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 6.0 CEs for psychologists.

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Nebraska Medical Center, Center for Continuing Education and The Nebraska Psychological Association.

The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Nebraska Medical Center, Center for Continuing Education designates this educational activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Complete refund of the registration fee will be distributed if cancellation occurs on or before October 4, 2010.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709 or npa@nebpsych.org

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

## Bipolar Disorder in Children and Adolescents

Bipolar disorder is a serious psychiatric disorder, and also one of the most commonly misdiagnosed mental health conditions in youth. The consequences of diagnostic errors can be grave. In the workshop Dr. Youngstrom will teach the latest methods for identifying children and adolescents who suffer from bipolar disorder. This workshop addresses key issues, including: how bipolar disorder appears differently in children versus adults, how often it occurs in youth in different settings, what issues make an accurate diagnosis especially challenging, how to use specialized self-report and parent-report measures to diagnose it more accurately, and how to use cognitive behavioral therapy techniques to treat pediatric bipolar disorder. He will also address additional treatment topics that includes personality factors that are likely to help or hinder treatment.

At the conclusion of this conference the participant should be better able to:

1. Identify differences between the typical presentation of bipolar disorder in children and the classic adult presentation.
2. Distinguish symptoms and features that are helpful in recognizing bipolar disorder from that that are "red herrings"
3. Explain the appropriate use of assessment procedures to aid in differential diagnosis (as well as the evidence that supports them)
4. Describe how to measure children and adolescents' response to treatment
5. Identify the framework for cognitive behavior therapy with adolescents who suffer from bipolar disorder
6. Apply the correct application of specific therapy techniques with adolescents who have bipolar disorder.

#### Directions to Scott Conference Center:

**From the South** – From I-80 and 72nd Street

- Go north on 72nd Street, left if coming from the west (1.5 miles), right (1.3 miles) if coming from the east
- Take 72nd Street to Pine Street
- Turn right on Pine Street for .6 miles
- At the curve (in front of the Ak-Sar-Ben Grandstand) is the Scott Conference Center

**From the West** – From I-680 & Pacific Street, go east to 67th Street

- Turn right on 67th Street
- Go to Pine Street, take a left
- At the curve (in front of the Ak-Sar-Ben Grandstand) is the Scott Conference Center

**Parking** – Parking in Lot 9 across from the Scott Conference Center is complimentary.

**Hotel** — Courtyard Marriott Aksarben Village, next to conference center, 1625 S. 67th Street, 402-951-4300

### Eric Youngstrom, Ph.D.



Eric Youngstrom, Ph.D., is a professor of Psychology and Psychiatry at the University of North Carolina at Chapel Hill and Director of the Center of Excellence for Research and treatment of Bipolar Disorder. He is the first recipient of the Early Career Award from the Division of Child and Adolescent Clinical Psychology, and has also been an American College of Neuropsychopharmacology Travel Fellow. He has served as

the Director of the Data Management and Statistical Analysis Unit and Research Methods Core of the Center for Research in Bipolar Disorder across the Life Cycle .He earned his doctorate in clinical psychology at the University of Delaware, and he completed his predoctoral internship training at Western Psychiatric Institute and Clinic before joining the faculty at Case Western Reserve University.

Dr. Youngstrom is a licensed psychologist who specializes in the relationship of emotions and psychopathology, and the clinical assessment of children and families. He has earned the Carl F. Witke, Glennan Fellowship, and the Northeastern Ohio Teaching Awards. He also actively investigates ways of improving the use of clinical assessment instruments for making better differential diagnoses, predictions about future functioning, or monitoring of treatment progress - particularly with regard to bipolar disorder across the lifespan. Dr. Youngstrom 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 as well as being on the editorial boards of the Journal of the American Academy of Child and Adolescent Psychiatry, the Journal of Clinical Child and Adolescent Psychology, the Journal of Child and Adolescent Psychopharmacology, and Psychological Assessment.

Dr. Youngstrom is the principal investigator on a five year grant from the National Institute of Mental Health (R01 MH066647) and co-investigator of a second, multi-site R01, both designed to improve the assessment of bipolar disorder in diverse community samples. He has received grants from the NIMH, the Ohio Department of Mental Health, Cuyahoga County, and the Schubert Center for Child Development, and has been principal or co-investigator on more than \$14 million in funded projects.