

NPA 2018 Spring Conference:

Not all that blows up is Bipolar (But some of it is...): Evidence-Based Assessment and Treatment for Bipolar Disorders in Youth and Young Adults

Eric Youngstrom, PhD

Professor of Psychology and Neuroscience,
and Psychiatry, at the University of North
Carolina at Chapel Hill



Friday, June 8, 2018

Scott Conference Center

6450 Pine Street
Omaha, NE

Remote internet streaming site in
Scottsbluff

John N. Harms Advance Technology Center
2620 College Park

Register online at:

<https://www.regonline.com/NPA18Spring>

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Continuing Education

This program is approved for 6 CEs for psychologists and meets the criteria of an approved continuing education program for mental health practice. See next page for details.

The Nebraska
PSYCHOLOGICAL
Association

Not All that Blows Up is Bipolar (But some of it is):...

Bipolar disorder is a chronic, recurring, serious, and potentially life-threatening disease. If left untreated, episodes are likely to grow more severe and resistant to treatment. It also is one of the leading causes of disability and early death in the U.S.A., and not just because of its strong connection with suicide. It is also one of the most commonly undetected or misdiagnosed conditions in mental health, with years passing between when the illness causes problems versus getting appropriate treatment. For all of these reasons, it is vital to accurately recognize and know how to treat bipolar disorder. There are now more than 9600 articles on bipolar disorders in children and adolescents, with more than 90% published in the last 15 years. This explosion of evidence arrived after most practitioners finished their training and obtained licensure.

This workshop summarizes the literature, using expert review and meta-analyses, focusing on clinical implications about the presentation in youths, practical evidence-based assessment tools, differential diagnosis, and how to select effective treatment options. The workshop uses a case-centered approach to illustrate how the information changes clinical practice.

Learning Objectives

Participants will receive a detailed handout (more than 300 slides), copies of new assessment instruments in the public domain and handouts that are useful in therapy for mood disorders.

At the end of this presentation, participants at the workshop will be able to:

1. identify what assessment procedures are available to aid in differential diagnosis and measuring response to treatment, and the evidence base that supports them;
2. apply new assessment approaches to improve differential diagnosis and measure treatment response;
3. describe how to integrate risk factors and test results to guide next clinical actions for assessment and treatment;
4. identify new evidence of the role of sleep in mood disorders;
5. describe specific techniques to use in session with patients with bipolar disorder.

Workshop Schedule

| | | | |
|---------------|---|--------------|--|
| 8:00 – 8:30 | Registration (coffee, tea, juices, fruit, pastries) | 12:00 - 1:30 | Lunch and NPA Business Meeting (Lunch included with registration) |
| 8:30 – 10:15 | Morning Session | 1:30 – 3:00 | Afternoon Session |
| 10:15 – 10:30 | Break | 3:00 – 3:15 | Break |
| 10:30 – 12:00 | Continue Morning Session | 3:15 – 4:30 | Continue Afternoon Session |



Eric Youngstrom, Ph.D., is a professor of Psychology and Neuroscience, and Psychiatry, at the University of North Carolina at Chapel Hill, where he is also the Acting Director of the Center for Excellence in 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 is an elected full member of the American College of Neuropsychopharmacology. He has consulted on the 5th Revision of the Diagnostic and Statistical Manual (DSM-5) and the International Classification of Diseases (ICD-11). He chairs the Work Group on Child Diagnosis for the International Society for Bipolar Disorders.

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.

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Please register me for:

Omaha

Scottsbluff*

NPA Members, and Members of NE School Psychologists Association

\$165

\$145

General Registration/NonMembers

\$195

\$175

Interns, Graduate Students

\$30

\$30

*Internet streaming teleconference. Scottsbluff has on-site coordinator to manage handout materials and lunch. (Box lunch will be provided at the Scottsbluff location. Please advise below special dietary needs.) Please note all scheduled times listed are Central Standard Time! Please adjust for Mountain Time. Scottsbluff on-site Contact: Dr. Katie Carrizales – 308-632-8547, kcarrizales@optionspsych.biz.

Name/Degree: _____ Phone #: _____

Address: _____

City/State/Zip: _____

Email: _____

I am: Psychologist Intern Graduate Student Other: _____

Lunch RSVP:

Yes – lunch at the Conference

No – lunch on my own

Please advise if you have special dietary needs, i.e. gluten free, nonfat, vegan:

Check # _____ VISA Mastercard

Amount to Charge: \$ _____

Acct #: _____

Exp: _____ CVV # _____ Zip Code _____
(Billing Address)

Signature: _____

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

Written notification is required on or before June 4, 2018, for complete refund of registration fee.

Questions – Contact NPA at:
npa@nebpsych.org or
402-475-0709 or 877-355-7934



Not All that Blows Up is Bipolar (But some of it is):... Evidence-Based Assessment and Treatment for Bipolar Disorders in Youth and Young Adults

Eric Youngstrom, Ph.D., continued from inside

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. His team is focused on understanding how sleep affects mood and health, helping translate and share high quality mood assessments globally, and making it easier for people to use evidence based assessment to make better clinical decisions and get better outcomes.

He teaches courses on assessment, developmental psychopathology, research design, and multivariate statistics, and has earned the Tanner, Carl F. Wittke, Glennan Fellowship, and the Northeastern Ohio Teaching Awards.

He 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 250 peer reviewed publications on the topics of clinical assessment and emotion, and he has served as an ad hoc reviewer on more than eighty prominent psychology and psychiatry journals as well as being on the editorial boards of *Clinical Psychology: Science and Practice*, *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*.

He is currently on the Education Committee and the Research Committee of the International Society for Bipolar Disorders. Dr. Youngstrom was 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 \$30 million in funded projects.

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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 CEs for psychologists. This program meets the criteria of an approved continuing education program for mental health practice.

Complete refund of the registration fee will be distributed if cancellation occurs on or before June 4, 2018.

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.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.