



Childhood Bipolar Disorder: Diagnosis and Treatment

Presented by

Mary A. Fristad, PhD, ABPP

Objectives - Participants will better understand:

- Identify symptoms of depression and mania and how they appear
- Differentially diagnose bipolar disorder and common co-morbid conditions
- Identify and describe currently available biological interventions and their role in treatment
- Develop a conceptual basis for comprehensive care in the context of the child's family and school system
- Identify and use specific therapeutic techniques
- Identify resources that will help families cope

12 hours CE Credit

<ol style="list-style-type: none"> 1) Recognizing Symptoms of Depression and Mania 2) Differential Diagnoses & Co-morbid Disorders 3) Biological Interventions 4) Predictable Problems & Promising Possibilities <ul style="list-style-type: none"> • Building Therapeutic Teams • Working with Families • The 3 Ss: Spouse, Self & Sibling Issues 5) Therapeutic Exercises with Children <ul style="list-style-type: none"> • Naming the Enemy • Building a Tool Kit • Thinking-Feeling-Doing 	<ol style="list-style-type: none"> 6) Exercises with Children Continued <ul style="list-style-type: none"> • Problem Solving • Paying Attention to Feelings • Let's Talk 7) Therapeutic Exercises with Parents <ul style="list-style-type: none"> • Fix-It List • Mood Logs 8) Exercises with Parents Continued <ul style="list-style-type: none"> • Treatment Teams, Managing Symptoms • Out with the Old - In with the New
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Mary A. Fristad, PhD, ABPP

Dr. Fristad is a 1986 graduate of the University of Kansas Clinical Psychology program and is board certified in clinical psychology and clinical child and adolescent psychology.

Since 1986 she has been a Professor of Psychiatry and Psychology at the Ohio State University where she serves as the Director of Research and Psychological Services in the OSU Division of Child and Adolescent Psychiatry. She also directs the child psychometric laboratory and supervises assessment and treatment services to the inpatient, day treatment and outpatient programs.

Dr. Fristad has published over 125 articles and book chapters addressing the assessment and treatment of childhood-onset depression, suicidality and bipolar disorder. Most recently she edited the *Handbook of Serious Emotional Disturbance in Children and Adolescents* and has written a book for families entitled, *Raising a Moody*

Child: How to Cope with Depression and Bipolar Disorder.

Dr. Fristad has served on and chaired multiple NIMH review and APA committees. She currently serves on the APA Psychotropic Medications and Children Task Force.

Dr. Fristad has been the principal or co-principal investigator on over a dozen federal, state, and local grants. Recently, she was awarded two different 5-year NIMH grants and a 2-year grant from the Ohio Department of Mental Health, each related to better understanding and treating children and adolescents who have mood disorders.