

Attend this powerful workshop, **Comprehensive Treatment of Children and Adolescents with Bipolar Disorder**, and you will be able to:

- More accurately diagnose bipolar disorder in children.
- Discuss the neurobiology and genetic contributions to bipolar disorder across the life span.
- Use current state-of-the-art pharmacotherapy, based on empirical data in pediatric bipolar disorder.
- Discuss the educational considerations for children and adolescents with bipolar disorder.
- Integrate multiple forms of treatment to successfully treat children with bipolar disorder.

SPECIAL ALUMNI DISCOUNT!

We are now offering a discount to IAHB Alumni. If you have attended any of our workshops during the last 12 months, you may take \$20 off your tuition!

Want to learn more about the Institute?
Visit the IAHB web site at
www.iahb.org

This exciting workshop is targeted for both education and healthcare professionals including:

- Psychologists, social workers, marriage counselors, and other healthcare professionals who work with bipolar children/adolescents and/or families of bipolar children
- School psychologists and counselors
- Teachers (CEUs and graduate training credits are available — please call for info)
- Physicians, nurses, and other medical professionals
- Others who deal regularly with bipolar children/adolescents and their families

Institute for the Advancement of Human Behavior

4370 Alpine Road, Suite 209
Portola Valley, CA 94028

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INNOVATIVE CLINICAL TRAINING FOR
BEHAVIORAL HEALTHCARE PROFESSIONALS

Cutting-Edge Data!

**Comprehensive Treatment of
Children and Adolescents with
Bipolar Disorder**

Kiki Chang, M.D.
Workshop Leader

Fall 2005

October 7: San Francisco, CA

November 3: Baltimore, MD

November 4: Bethesda, MD

December 2: Concord, CA

Space is limited. Register early!
Earn 6 CE/CME Credit Hours

Workshop Agenda

7:45 am *Registration and CE/CME Check-in*

8:30 am **Making the Right Diagnosis in Pediatric Bipolar Disorder (PBD)**

- Cardinal symptoms
- Spectrum diagnosis (bipolar I, II, NOS, cyclothymia)
- Subsyndromal and prodromal states of bipolar disorder
- Eliciting family history
- Video vignettes

Brains, DNA, and Environment: Causes of PBD in Children and Adolescents

- How common is PBD? Who gets it?
- How neurobiology is involved
- The genetic story
- Development of Bipolar Disorder from childhood to adulthood

What We Know About Using Medications in PBD

- Review of medications used in adult bipolar disorder
- Effective medications in PBD
- Ongoing and “hot off the press” studies in PBD
- Case presentation

12:00 noon *Lunch (on your own)*

1:00 pm **How to Use Medications Effectively in Treating PBD**

- Treating comorbid conditions (ADHD, anxiety, aggression, OCD, substance abuse)
- Managing adverse effects (weight gain, cognitive effects, sedation)
- Combination pharmacotherapy
- Improving adherence to medication regimens in adolescents

Psychotherapeutic Options in PBD

- Support groups for adolescents/parents
- Individual CBT
- Psychoeducational groups for teens
- Family focused therapy
- Younger child therapeutic programs

Educational Considerations in Children with Bipolar Disorder

- Addressing learning disabilities
- Medication side effects on school performance
- ADHD
- Getting individual education programs (IEPs)

4:00 pm *Adjourn*

Please Note: Taping of this workshop is not permitted.

Why You Should Attend

Bipolar disorder is increasingly recognized in children and adolescents. The consequences of bipolar disorder can be devastating to the patient as well as to families, friends, and loved ones. However, controversies remain about the detection and treatment of this very complex problem. Pediatric Bipolar Disorder commonly occurs with aggression, anxiety, ADHD, OCD, and substance abuse. Distinctions can be subtle, and completing an accurate differential diagnosis can be challenging. Selecting and integrating treatment options from the array of available pharmacotherapies, psychotherapies, and educational interventions can be equally challenging.

This exciting new workshop provides an in-depth look at the most recent advances in the diagnosis and treatment of bipolar spectrum disorders in children and adolescents. During the morning, Dr. Chang will discuss how to make a proper diagnosis, and will summarize current research, including the results of several new and potentially important studies. He will also review medication options, and will discuss products currently available as well as those in development. The afternoon session will concentrate on psychotherapeutic and educational interventions, and on cases that demonstrate the integration of various treatment modalities. Treatment of co-morbid conditions will also be discussed.

The liberal use of case material and videotape examples will underscore Dr. Chang’s belief in the importance of an integrated, interdisciplinary approach to treatment. Dr. Chang is a gifted speaker with a warm, personal presentation style. Participants will thoroughly enjoy the time they spend with him, and will leave with practical understandings and techniques they will be able to apply immediately in their own practices.

About the Speaker



Kiki Chang, MD is Assistant Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, Division of Child Psychiatry. He is Director of the Pediatric Bipolar Disorders Clinic, where he specializes in pediatric psychopharmacology and the treatment of depression and bipolar disorder in children and adolescents. Dr. Chang is the recipient of the Eli Lilly Pilot Research Award from the American Academy of Child and Adolescent Psychiatry. He has also received the Klingenstein Third Generation Foundation Fellowship in Child and Adolescent Depression, and the 2003 American Psychiatric Association/AstroZeneca

Young Minds in Psychiatry Award. He has been the recipient of two NARSAD Young Investigator Awards and received a 5-year Career Development Award from the National Institute of Health.

As Director of the Pediatric Bipolar Disorders Program, Dr. Chang conducts research into various facets of bipolar disorder. He is currently conducting phenomenologic, biologic, pharmacologic, and genetic studies of bipolar disorder in adults and children. These studies include brain imaging (MRI, MRS, fMRI) and medication trials. He is particularly interested in detecting prodromal bipolar disorder in children who might then be treated to prevent the development of full bipolar disorder. To do this, he has been studying children of parents with bipolar disorder who are at high risk for developing the disorder themselves.

Dr. Chang is the author of numerous papers and book chapters regarding bipolar disorder and has presented widely at national and international scientific conferences and meetings.

WORKSHOP INFORMATION

Locations

- October 7** South San Francisco Conference Center, 255 S. Airport Blvd., SSF, CA 94080 (650) 877-8787
November 3 Radisson Cross Keys, 5100 Falls Rd., Baltimore, MD 21210 (410) 532-6900
November 4 Holiday Inn Select Bethesda, 8120 Wisconsin Ave., Bethesda, MD 20814 (301) 652-2000
December 2 Hilton Concord, 1970 Diamond Blvd., Concord, CA 94520 (925) 827-2000

Workshop Discounts *Must be noted on original registration. (One discount per person)*

- Groups:** Organize a group of three or more and save! Mail registrations together and deduct \$15 from each.
- Alumni:** If you have attended an IAHB workshop within the last 12 months, you may deduct \$20 from your tuition.
- Full-time students:** Deduct \$25 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.

Cancellations Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all refunds. No refund will be issued within 7 days prior to the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

Workshop aides Save over 40% on your tuition by working at the beginning and end of each day and at breaks. Check box labeled "Workshop aide" on the registration form and include a payment of \$89. Selection is on a first-come, first-served basis. Act now; positions fill quickly. You must arrive by 7:00 am.

Continuing Education The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 6 hours of CE/CME by the following agencies:

Alcoholism & Drug Abuse Counselors: IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 6 CEHs. Provider approved by CAADAC, Provider #4S-86-074-1006, an ICRC member which has reciprocity with most ICRC member states, for 6 CEHs.

Counselors & MFTs: IAHB is recognized by the National Board of Certified Counselors to offer continuing education for national Certified Counselors. IAHB adheres to NBCC Continuing Education Guidelines (NBCC Prov. #5216). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider #PCE 36). The Maryland Board of Professional Counselors & Therapists has reciprocity with other state MFT and counseling boards for course approval.

Nurses: IAHB has been approved as a provider of continuing education in nursing by the Utah Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (UNA=7.2 contact hours, Provider Code P03-07). Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 6 contact hours.

CEAPs: IAHB has applied for 6 Professional Development Hours to the Employee Assistance Certification Commission. Approval Pending.

Physicians: IAHB is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. IAHB designates this educational activity for up to 6 credit hours of Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit actually spent on the educational activity.

Psychologists: IAHB is approved by the American Psychological Assoc. (APA) to offer continuing education for psychologists. This activity is offered for 6 credit hours. IAHB maintains responsibility for the program.

Social Workers: IAHB is approved by the State of Maryland Board of Social Work Examiners to sponsor Category I continuing education programs. This course meets the qualification for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). The Department of Consumers and Regulatory Affairs Occupational and Professional Licensing Administration District of Columbia Board of Social Work recognizes all other social work boards for course approvals.

In all cases, IAHB, as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above.

Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

COMMENTS ABOUT DR. CHANG

"Dr. Chang is an internationally respected child and adolescent psychiatrist. He is not only an expert researcher in pediatric bipolar disorder, but also a gifted clinician. He is an engaging lecturer whose insights are consistently of great value."

— Robert Finding, MD, Professor of Psychiatry
Chief, Child and Adolescent Psychiatry
Case Western Reserve University

"Dr. Kiki Chang is highly knowledgeable about his specialty, pediatric bipolar disorder, and communicates scientific and clinical concepts clearly to both families and professionals."

— Martha Hellander
Executive Director and co-founder
Child and Adolescent Bipolar Foundation,
Chicago, IL

"Kiki Chang is an outstanding speaker, able to effectively and enthusiastically communicate the essence of potentially complex material to a wide range of consumers and healthcare professionals."

— Terrance Ketter, MD
Associate Professor of Psychiatry
Chief, Bipolar Disorders Clinic
Stanford University School of Medicine

"Dr. Chang is a nationally renowned expert in pediatric bipolar disorders. His research and clinical work in this field has been extremely innovative and productive, and will add significant new knowledge to the field of child psychiatry."

— Robert Kowatch, MD
Professor of Psychiatry
Univ. of Cincinnati School of Medicine

The Institute for the Advancement of Human Behavior acknowledges



for extending an unrestricted educational grant in support of this program.

IAHB HOME STUDY PROGRAMS AND REGISTRATION FORM (Chang)

To Order: Indicate your home study selections below, and fill out your mailing address and payment information on the registration form. Mail this page and the registration page to ACEI, P.O. Box 17980, St. Paul, MN 55117. **Please make checks out to ACEI.** You may also order by phone (800) 258-8411. **Please note:** Orders can only be shipped to your street address (no P.O. Box). Please allow 4 to 5 weeks for delivery.

	Quantity	Amount	
HOME STUDY AUDIO COURSES (Includes tapes or CDs, handouts, and post-test):			
Fast, Effective Treatment for Anxiety Disorders David Burns, M.D.	(13 CE/CME hrs)	\$149.00	
How to Overcome Anger and Interpersonal Conflict David Burns, M.D.	(13 CE/CME hrs)	\$149.00	
When Push Comes to Shove (Domestic Violence) David Wexler, Ph.D.	(7 CE/CME hrs)	\$89.00	
Relationships in Conflict David Wexler, Ph.D.	(12 CE/CME hrs)	\$129.00	
Compassion's Boundaries: Law and Ethics for Psychotherapists* A. Steven Frankel, Ph.D., J.D.	(6 CE/CME hrs)	\$79.00	
<small>*Satisfies relicensure requirements in several states, and qualifies for American Professional Agency 5% insurance discount—please call for information</small>			
Stop Walking on Eggshells: Dealing with Difficult Adolescents Janet Edgette, Psy.D.	(6 CE/CME hrs)	\$79.00	
Treating Complex Psychological Trauma John Briere, Ph.D.	(12 CE/CME hrs)	\$129.00	
		Subtotal	
		CT residents add sales tax	
		Total (US dollars)	
		CHA5B	

Home study audio courses have been recorded at live workshops, and include the course handouts. You may find detailed descriptions of these and other IAHB home study courses at www.iahb.org.

Please Note: Call for additional information. Not all boards accept home study for continuing education. Please contact your own board for more information.

Shipping & Handling: 1 item \$6.00, each add'l item \$2.00

Tapes or CDs

- October 7: San Francisco, CA** CHA5BSF
 November 3: Baltimore, MD CHA5BBM
 November 4: Bethesda, MD CHA5BDC
 December 2: Concord, CA CHA5BCO

Name _____ Degree _____
 Company _____
 Address _____
 City _____ State _____ Zip _____
 Phone (_____) _____ Fax (_____) _____
 Email Address _____

Profession(s): Please complete.

Profession(s) _____ Prof. License(s)# _____

Registration Fees

- \$149 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$169 Regular Registration (Must be received by noon the day prior to workshop)
- \$189 On-Site Registration (If space is still available)
- \$89 Workshop Aide (Please call for approval. No other discounts apply.)

Discounts (one per person)

- Groups: Deduct \$15.00 (Three or more registrations; must be received together)
- Full-Time Students: Deduct \$25.00 (Proof of student status must accompany registration)
- Alumni: Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)

Registration Total

Home Study Total

(check choice on home study page)

TOTAL PAYMENT ENCLOSED (U.S. funds)

Payment must accompany registration.

YOUR PRIORITY CODE

Help us expedite your registration. Enter the characters printed above your name on the mailing label.

Method of Payment

Check enclosed made payable to ACEI (U.S. bank)

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American Continuing Education, Inc. (ACEI) is the conference registration company proudly handling IAHB registrations.

Guarantee: If, at the first morning break, you are dissatisfied, simply inform the on-site coordinator and turn in all materials. Write to us requesting a refund and tell us why the workshop did not meet your needs. Your money will be refunded upon receipt of your written request.

Return this form with payment to:
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Register by Phone: (800) 258-8411
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