



# **Psychotherapy for Children with Bipolar Disorder (DVD Workshop Series on Clinical Child and Adolescent Psychology)**

*Mary Fristad*

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# Psychotherapy for Children with Bipolar Disorder (DVD Workshop Series on Clinical Child and Adolescent Psychology)

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## **Psychotherapy for Children with Bipolar Disorder (DVD Workshop Series on Clinical Child and Adolescent Psychology) Mary Fristad**

This workshop provides an overview of bipolar disorder in children, considerations for assessment of bipolar disorder symptoms, and available treatment options. Dr. Fristad first goes into depth about methods to assess bipolar disorder in children by reviewing the information that should be collected from teachers, families, and children. In addition, she describes the differential diagnosis of bipolar disorder and a variety of other conditions. Dr. Fristad also reviews biological, psychological, and social treatment options for pediatric bipolar disorder. Lastly, she reviews the research and demonstrates the techniques for psychoeducational psychotherapy (PEP), a psychosocial treatment option for children with bipolar disorder. Runtime: 312 minutes

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