

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Clinical Essentials on Emotional Dysregulation: Evaluating and Managing Impairing Emotional Outbursts in Youth

Course Design: 3 modules (videos) tailored to each learning objective, and a 15-question post-test.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Explain the historical context, diagnostic challenges, and measurement for patients with agitation, irritability, and disruptive mood dysregulation disorder.
2. Describe the basic neuroscience of aggression.
3. Identify examples of manifestations of emotion dysregulation within specific diagnostic contexts.
4. Develop management strategies in specific clinical settings for explosive youth.

Content Outline:

Introductory Case Vignette

Speaker: Sarah Goodrum, PhD, 2020 AACAP Virtual Annual Meeting

Module 1: Overview of the Explosive Child

- Topic 1: Historical Context
- Topic 2: Diagnostic Challenges
- Topic 3: Measurement

Speaker: Gabrielle A. Carlson, MD: 2018 AACAP's Douglas B. Hansen, MD, 43rd Annual Review Course

Module 2: Basic Neuroscience of Aggression and Examples of Manifestations of Emotion Dysregulation Within Specific Diagnostic Contexts

- Topic 1: Proactive and Reactive Aggression
- Topic 2: Basics of Irritability
- Topic 3: Examples of Manifestations of Emotion Dysregulation, Including:
 - Attention-Deficit/Hyperactivity Disorder
 - Bipolar Disorder
 - Autism Spectrum Disorder
 - Disruptive Mood Dysregulation Disorder

Speakers: Scott J. Russo, PhD: 2020 AACAP Virtual Annual Meeting; Ellen Leibenluft, MD: 2020 AACAP Virtual Annual Meeting; Timothy E. Wilens, MD: 2020 AACAP Virtual Annual Meeting; Alice R. Mao, MD: 2020 AACAP Virtual Annual Meeting

Module 3: Managing Explosive Youth Within Specific Diagnostic and Clinical Settings

- Topic 1: Overview - Treatment for Explosive Children
 - Treatment for Children With Attention-Deficit/Hyperactivity Disorder and Bipolar Disorder
 - Treatment for Children With Autism Spectrum Disorder
- Topic 2: Clinical Setting: Schools
 - Practical Guidelines for Threat Assessments
 - Early Clinical Characteristics and Warning Behaviors
- Topic 3: Clinical Setting: Emergency Room
 - Risk Factors, Identification, and Mitigation
 - Guidelines for Pharmacologic Management
 - Management of Emergency Level Aggression
- Topic 4: Clinical Setting: Inpatient and Residential Settings
 - Medication Selection, Use, and Dose
 - PRN's/Seclusion and Restraints
 - Ethical Considerations of Medication Utilization
- Topic 5: Clinical Setting: Outpatient
 - Special Procedures
 - General Principles to Maintain Safety for Patients and Staff
 - Treatment Plan to Implement Safety Strategies

Speakers: Gabrielle A. Carlson, MD: 2018 AACAP's Douglas B. Hansen, MD, 43rd Annual Review Course and AACAP's 64th Annual Meeting; Timothy E. Wilens, MD: 2020 AACAP Virtual Annual Meeting; Alice R. Mao, MD: 2020 AACAP Virtual Annual Meeting; Deborah Marcia Weisbrot, MD: 2020 AACAP Virtual Annual Meeting; Megan Mroczkowski, MD: 2020 AACAP Virtual Annual Meeting; Ruth S. Gerson, MD: 2020 AACAP Virtual Annual Meeting; Christopher Bellonci, MD: AACAP's 64th Annual Meeting; Alice R. Mao, MD: AACAP's 65th Annual Meeting