



EPA COURSE TITLE	Management of the depressed and suicidal adolescent
COURSE DIRECTOR	Gil Zalsman, Israel Alan Apter, Israel
COURSE CO-DIRECTORS	N/A
COURSE LEVEL	Advanced
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	<p>The proposed course targets a major clinical and public Health issue -adolescent depression and suicidal behavior. 10% of adolescents suffer from depression but not all of them will be diagnosed properly and treated. Adolescent's depression may cause school refusal, delinquency, drug abuse and suicide. There are over three million suicide attempts made by adolescents annually.</p> <p>The objective of the course are:</p> <ol style="list-style-type: none">1. Updating the knowledge on adolescent depression.2. Enhancing competence in pharmacological and psych-social treatments for adolescent depression.3. Enhancing risk assessment of suicidal behaviour4. Training on adolescent depression rating scales for clinical and research use.
COURSE DESCRIPTION	<p>The course will have the format of an interactive workshop and will combine frontal Presentations with case videos, training of rating scales, clinical case discussion and case presentation by the audience. We will start with introductory presentations by the course directors and move on to the interactive discussions and training.</p> <p>The outline of the course include:</p> <ol style="list-style-type: none">1. Introduction of the updated knowledge in the field including recent meta-analyses and clinical guidelines.2. Presentation of pharmacological treatments for adolescent depression3. Presentation of psycho-social treatments for adolescent depression (CBT-A, DBT, IPT-A, Mindfulness).4. Presentation and training of the rating scales for clinical and research use (Children Depression Inventory –CDI, Child Depression Rating Scale Revised CDRS-R).5. Real cases: two videos and oral presentation with discussion.6. Risk factors for teen suicide attempts and completion will be discussed and role played. Questions and answers from the audience including cases for consultation. <p>English level required: intermediate Max number of participants: unlimited</p>
PREREQUISITE KNOWLEDGE	Basic knowledge on major depression
COURSE METHODS AND MATERIAL	Case studies; role play; debate; video; slides; handouts
TARGET AUDIENCE	Psychiatrists who treat young people, child and adolescent psychiatrists, psychotherapists, students and residents



RECOMMENDED READINGS	<ol style="list-style-type: none">1. TADS study-Am J Psychiatry 166:10, October 20092. TORDIA study- Shamseddeen et al., JAACAP 20113. SSRI and suicidality-Gibbons et al., - Am J Psychiatry 2007; 164:1356-13634. Clinical manifestation Review: Zalsman G, Brent DA, Weersing VR. Depressive disorders in childhood and adolescence: an overview: epidemiology, clinical manifestation and risk factors. Child Adolesc Psychiatr Clin N Am. 2006, 15(4):827-415. Neurobiology Review: Zalsman G, Oquendo MA, Greenhill L, Goldberg PH, Kamali M, Martin A, Mann JJ. Neurobiology of depression in children and adolescents. Child Adolesc Psychiatr Clin N Am. 2006 Oct;15(4):843-68,
LANGUAGE(S)	English, Hebrew