

## Therapeutic Modalities in Child & Adolescent Psychiatry: An Update

### 2<sup>nd</sup> KASR AL-AINY Child & Adolescent Psychiatry Conference

**ACAMH KEYNOTE SPEAKER: Professor Tom Sexton** (Prof & Director, Center for Adolescent & Family Studies, Indiana University, USA )

**GUEST SPEAKER: Dr. Gordana Milavić** (Clinical Director & Consultant Child & Adolescent Psychiatry, South London and Maudsley NHS Foundation Trust- London, UK )

Cairo Marriott Hotel -Psychiatry & Addiction Medicine Hospital, Kasr al Ainy - December 6 - 8, 2011

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#### DEAR COLLEAGUES

It is with great pleasure that the Units of Child and Adolescent Psychiatry, Department of Psychiatry, Kasr Al Ainy, Faculty of Medicine, Cairo University announce the **Second Child and Adolescent Psychiatry Conference** in Cairo 6 - 8 of December 2011. This year we are privileged with the contributions of two eminent experts:

#### **Professor Tom Sexton: Conference Keynote Speaker**

He is Prof & Director, Center for Adolescent & Family Studies, Indiana University; Past-President, Society for Family Psychology, American Psychological Association.

#### **Dr Gordana Milavić: Conference Guest Speaker**

Consultant Child & Adolescent Psychiatrist and Clinical Director of Child & Adolescent Mental Health Services, South London and Maudsley NHS Foundation Trust, UK.

In addition to our day conference on therapeutic modalities in child & adolescent psychiatry the conference offers an ACAMH Master Class Working with Behaviour Disordered Adolescents & their Families conducted by Prof. Sexton and a Workshop on Treating Depression in Children and Young People conducted by Dr Gordana Milavić.

With the contribution of our distinguished experts this conference promises to be of enormous value, offering an international perspective, a diversified wealth of clinical and evidence based information that could be applied in day-to-day practice.

We very much look forward to welcoming you.

Conference President; Suaad Moussa  
Head of Department; Momtaz Abdel Wahab  
Head of Adolescent; Unit Lamis El Ray  
Head of Child Unit : Azza El Bakry

#### Distinguished guests

#### **Professor Tom Sexton**

Professor and Director, Center for Adolescent and Family Studies, Indiana University; Past- President, Society for Family Psychology, American Psychological Association

Tom was heavily involved with the development of the Functional Family Therapy (FFT) clinical model and its national and international dissemination. He is one of the leading researchers in the transportation of evidence-based practices into community settings and his numerous research interests reflect this, most particularly family psychology, family based interventions for at-risk youth, and outcome and process research in evidence-based

psychological intervention programs. His interest in family psychology and psychotherapy research have resulted in over 40 journal articles, 25 book chapters, and 4 books, including his most recent – and the first book to be published on FFT in over thirty years – Functional Family Therapy in Clinical Practice (2010). He has presented more than 300 workshops on Functional Family Therapy and consulted with systems of care helping to integrate evidence-based practices into clinical settings both nationally and internationally.

#### **Dr Gordana Milavić**

Dr Milavić has been in clinical practice for over 30 years and has throughout her working life been at the forefront of child and adolescent mental health service developments in southeast London. Her current clinical post is that of Consultant Child and Adolescent Psychiatrist in the Mood Disorder Clinic for Children and Young People of the National and Specialist Services of the Maudsley Hospital. She is also the Clinical Director for Child and Adolescent Mental Health Services of the South London and Maudsley NHS Foundation Trust, the largest service for child and adolescent mental health in the UK. She is an undergraduate and postgraduate teacher, trainer and supervisor of junior doctors. She has been Board Member of the Special Committee on Professional Governance and Ethics of the Royal College of Psychiatrists since 2005 regularly contributing to improving quality standards in psychiatry. She has hosted visits from clinical and academic colleagues from the UK and abroad during her time at the South London and Maudsley Trust, and values the many collaborative working relationships which have arisen from meeting colleagues from different services and different countries.

Special interests include (i) mood disorders in children and young people (ii) psychological traumatization and (iii) organisational management and clinical governance.

#### **Pre Conference Workshop: 6 December (9:00 -16:30)**

Treating Depression in children and young people: the Maudsley Mood Disorder Clinic as a model of evidence based practice

Venue: Psychiatry & Addiction Medicine Hospital, Kasr al Ainy

**Coordinator:** Dr Gordana Milavić, Consultant Child and Adolescent Psychiatrist, Maudsley Hospital and Clinical Director of CAMHS, South London and Maudsley NHS Trust

**Introduction:** Depression in children and adolescents is a severe and recurring condition affecting all domains of a young person's functioning. It is associated with significant morbidity and impairment and longitudinal studies have

identified substantial continuity of youth depression into adulthood. Early recognition, identification and treatment of the disorder reduce the risks associated with the disorder and improve outcomes for children and young people.

**Objectives:** This workshop will provide an opportunity to learn about current evidence-based treatments for child and adolescent depression, including both psychological and pharmacological therapeutic interventions. There will be an emphasis on the basic principles of Cognitive Behavioural Therapy.

**Methods:** Recommendations for clinical practice will be reviewed against a background of growing research and within the context of the National Institute of Clinical Excellence Guidelines (NICE). The methodology applied to running the National and Specialist Mood Disorder Services at the Maudsley Hospital will be described. Teaching methods will include case illustration, video vignettes and group discussion. Comparisons will be made between UK and local practice and attendees will be encouraged to contribute with their own case material.

**Results:** Group participants will have the opportunity to learn about the presentation and clinical features of depression in youth, the research underlying the clinical practice recommendations and the principles of treating depression in this age group.

**Conclusions:** Adherence to evidence based practice and proven treatment methods lead to improved outcomes for children and young people presenting with depression.

1. NICE (2005) Depression in children and young people: Identification and management in primary, community and secondary care, London, UK: The British Psychological Society and the Royal College of Psychiatrists

2. American Academy of Child and adolescent psychiatry (AACAP) (2007) Practice Parameter for the assessment and treatment of children and adolescents with depressive disorders. *Journal of the American academy of Child and adolescent Psychiatry*, 46, 1503-1526

3. Dubicka et al. Pharmacological Treatment of Depression and Bipolar Disorder in Children and Adolescents. *Advances in Psychiatric Treatment* (2010), vol. 16, 402-412

4. Dubicka, B., Elvins, R., Roberts, C., Chick, G., Wilkinson, P., & Goodyer, I.M. (2010). Combined treatment with cognitive-behavioural therapy in depression: A meta-analysis. *British Journal of Psychiatry*, 197, 433-440.

5. Brent, D.A., & Malouf, F.T. (2009). Paediatric depression: is there evidence to improve evidence-based treatments? *Journal of Child Psychology & Psychiatry*, 50, 143-152.

#### ACAMH Master Class: 8 December (9:00 -16:30).

Working with Behaviour Disordered Adolescents & their Families

Class Leader: Prof. Tom Sexton

Venue: Psychiatry & Addiction Medicine Hospital, Kasr al Ainy

#### Overview of the Day

Adolescents with behaviour disorders represent some of the most challenging cases facing the clinician. The focus of this Master Class aims to address this by looking at the clinical application of FFT in ways that are relevant to typical practice and demonstrating how Functional Family Therapy, an evidence based family treatment, offers a fundamental approach for clinicians to use to conceptualize cases, assess treatment relevant factors, and systematically conduct family therapy.

#### The format will be a mixture of

- Presentation and discussion of the FFT Clinical Model
- Video presentations of cases in each phase of treatments
- Methods to bring treatment fidelity and creativity into the practice room
- Integrating systematic process and outcome measurement into the FFT clinical treatment system

#### Issues to be covered during the Day

- The Context: adolescents, family therapy, and the rise of evidence based treatment
- Using FFT as a core case conceptualization approach that emphasizes:
  - o the relational basis of symptom assessment
  - o functionally oriented case conceptualizations
  - o theme hints and clinical hypotheses
- FFT as a treatment model with a focus on:
  - o moving through the FFT phases with the changing goals and related therapist skills needed
  - o matching the model to the unique family in a way that balances model specific structure and clinical creativity making sure that the process is both family drive and model specific
  - o integrating own personal style into FFT
- Keeping FFT effective over time: Continuous Quality Improvement focused specifically on:
  - o Importance of fidelity in "real world"
  - o Clinician friendly methods to integrate fidelity, process and outcome measurement into treatment
  - o The role of real time clinical feedback in session planning

#### Registration

##### Workshop, December 6, 2011

300 L. E. for Egyptians and ACAMH members and 300 USD for Non Egyptians)

##### Day Conference, December 7, 2011

Registration for the day conference with Servo Egypt (300 L.E. for Egyptians & ACAMH members, 300 USD for Non Egyptians)

##### Master Class, December 8, 2010

300 L. E. for Egyptians and ACAMH members and 300 USD for Non Egyptians)

**Registration for Workshop and ACAMH Class:**

Given the interactive nature of the both activities, the number of attendee is limited, and based on first registered first served. So if interested please register with Department Secretary Mme Rokaya.

Deadline for paying for workshop and master class is 31st of October 2011 depending on availability

If you have any queries please do not hesitate to contact Prof Suaad Moussa on [suaadmoussa@yahoo.com](mailto:suaadmoussa@yahoo.com)

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