

# 1<sup>st</sup> ESCAP residential course on assessment and treatment of psychiatric disorders in children and adolescents

Oct 2-5, 2019, Grand Hotel Baia Verde, Catania (Italy)

## Attendees:

- 1) residents (trainees) in child and adolescent psychiatry/neuropsychiatry, psychiatry, neurology, pediatric neurology, clinical psychology (any year) or
- 2) early career consultants in the field of mental health within the first 3 year of substantive position or
- 3) PhD students in topics related to child and adolescent psychiatry

## Synopsis of the contents:

Daily lectures will be planned as well as working groups with a focus on the clinical aspects and the development history in relation to the main neurodevelopmental and core psychiatry disorders such as autism spectrum disorders, ADHD, early-onset psychosis, OCD, and mood disorders. The course material will be prepared and supported by academics in the field of child and adolescent psychiatry and technical staff. Teaching will include frontal presentations and additional resources including simulated academic interviews, live tutorials, quizzes, and discussion of case studies. Each participant will be requested to prepare one clinical case observed in their clinical practice, that will be discussed in groups with tutors and other students. Cases will need to be submitted to the scientific organization 2 weeks before the first day of the course

## Program

### Wednesday 2<sup>nd</sup> October

3 pm-5pm | Registration

5pm-7pm | Lecture: Benedetto Vitiello (Turin, Italy): "Mood disorders in children and adolescents"

8 pm | Welcome Dinner

## Thursday 3<sup>rd</sup> October. Day-session

Samuele Cortese (Southampton, UK)

### Update on ADHD

#### Talks of the session:

- Learn how to properly diagnose ADHD
- Understand the interplay between genetic and environmental factors in the aetiology of ADHD, and the implications for treatment.
- Recognise that ADHD is a neuro-biologically heterogeneous condition, and ask whether it is important to tailor treatments to address different causal profiles in different individuals.
- To be aware of, and critically appraise, available evidence synthesis on the pharmacological and non-pharmacological treatments for ADHD
- To appreciate to which extent current guidelines are based on empirical evidence.

## Friday 4<sup>th</sup> October. Morning-session

Luigi Mazzone (Rome, Italy)

### A clinical practice update on Autism Spectrum Disorders

#### Talks of the session:

- Definition, epidemiology and clinical picture of ASD.
- Risk and Protective Environmental Factors Associated with ASD : Evidence-Based Principles and Recommendations.
- Psychiatric and medical symptoms (gastrointestinal and sleep problems) in ASD.
- Evidence based treatment of core symptoms and pharmacological management of psychiatric comorbidity

#### Learning outcomes and key takeaways:

- Learn about risk and protective environmental factors associated with autism spectrum disorders (ASD)
- Detection of clinical features, early signs and gender differences
- To appreciate neurobiological basis and developmental trajectories
- To be aware of medical and psychiatric comorbidities in persons with autism spectrum disorder
- Learn how to pharmacologically manage the core symptoms and behavioral disturbances in children and adolescents with ASD

## Friday 4<sup>th</sup> October. Afternoon-session

Kerstin Von Plessen (Lausanne, Switzerland)

### Clinical Picture, Diagnostic Work-up & Treatment approaches of OCD & Tic Disorders including Tourette syndrome

#### Talks of the session:

- OCD: Clinical picture, investigation, cognitive behavioral therapy & medication
- TS: Medical treatment clinical picture, etiology, examination, behavioral therapy & medication

#### Learning outcomes and key takeaways:

- Learn how to properly diagnose OCD & tic disorders and Tourette syndrome.
- To be aware of, and critically appraise, available evidence synthesis on the pharmacological and non-pharmacological treatments for OCD & Tic Disorders and Tourette syndrome.
- To appreciate to which extent current guidelines are based on empirical evidence.

## Saturday 5<sup>th</sup> October

Marco Armando (Geneve, Switzerland)

### From Clinical High Risk for Psychosis (CHR-P) to First Episode of Psychosis (FEP) in children and adolescents

#### Talks of the session:

- Definition, epidemiology, pathophysiology and diagnosis of CHR-P and FEP in children and adolescents.
- Evidence based treatment of CHR-P and FEP in children and adolescents with focus on new trends.
- New trends for the treatment of CHR-P and FEP with focus on NAC
- The second part (afternoon) of the session will be dedicated to a clinical training (with videos) aimed at familiarizing with clinical diagnostic tools and therapeutic strategies.

#### Learning outcomes and key takeaways:

- Learn how to properly diagnose CHR-P and FEP in children and adolescents.
- To be aware of, and critically appraise, available evidence synthesis on the pharmacological and non-pharmacological treatments for CHR-P and FEP.
- To appreciate to which extent current guidelines are based on empirical evidence.

## What are the prerequisites for attendance

(e.g. physicians and/or psychologists, other disciplines, training background, specialization, research topic and/or level, etc):

Specialists and residents in child psychiatry, psychiatry, neurology, pediatric neurology, psychology. The course is limited to a maximum of 25 applicants. Applicants should submit the application form, CV, a short abstract with a case report to be discussed during the course, and a recommendation letter by the head of department. In case of more than 25 applicants, other criteria such as age and Eastern Europe countries provenance will be taken into account.

## Scientific Organizing Committee

**Marco Armando** (University of Geneva)  
**Samuele Cortese** (University of Southampton, UK)  
**Luigi Mazzone** (University of Tor Vergata, Rome)

## Faculty

**Paolo Curatolo** (University of Tor Vergata, Rome)  
**Paul Klauser** (Monash University)  
**Kerstin von Plessen** (University Hospital of Lausanne)  
**Benedetto Vitiello** (University of Torino, Italy)  
**Marco Armando** (University of Geneva)  
**Samuele Cortese** (University of Southampton, UK)  
**Luigi Mazzone** (University of Tor Vergata, Rome)

## Local Organizing Committee

**Assia Riccioni** (University of Tor Vergata, Rome, Italy)  
**Martina Siracusano** (University of Tor Vergata, Rome, Italy)

## Location

**Catania, Grand Hotel Baia Verde**

## Date:

**2-5/10/2019**

**Total expected costs per participant excluding traveling costs: 630 euros.**

It includes accommodation in twin rooms at Grand Hotel Baia Verde, daily breakfast, lunches and dinners, social events, transfer from and to Catania airport and access to all education activities. **Only the flight is not included.**

## Guidelines for applicants

1. Fill out the application form ([here](#)) with abstract proposal
2. Ask to your referee for the recommendation letter
3. Submit your application by July 30;
4. Await decisions before to proceed with bank transfer

## Payment Methods:

### By Bank Transfer:

To: Aita project Association:  
Unicredit Bank, Via Giacinto Carini, 58/B, 00152 Roma RM, Italy  
**IBAN:** IT 83 J 02008 05031 000300389963  
**BIC** UNCRITM1015

Please ensure that the name of the meeting and of the participant is stated on the bank transfer.

### Remember:.

Proceed with the bank transfer only after receiving the confirmation of acceptance by email.