

Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement



**Weill Cornell
Medicine**
Psychiatry

EVIDENCE BASED TREATMENT OF PEDIATRIC BIPOLAR DISORDER

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PSYCHIATRY AND BEHAVIORAL SCIENCES
CHILDREN'S NATIONAL HOSPITAL
THE GEORGE WASHINGTON UNIVERSITY SCHOOL OF MEDICINE

Zoom:

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Meeting ID: 928 1203 6154

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October 29, 2025



11 AM - 12 PM



Live Online

ABSTRACT

Pediatric bipolar disorder can present in pre and post pubertal children and is one of the leading causes of hospitalization, suicidal ideation and completed suicides in youth. Over the last 20 years multiple clinical trials funded by both industry and the federal government have led to FDA approval of medications for acute treatment of mixed and manic bipolar disorder, acute treatment of bipolar depression and long-term treatment of bipolar disorder. Early intervention and treatment in pediatric bipolar disorder has led to the successful completion of high school education for many patients and the ability to attend college and work outside the home, important indications of efficacy and treatment. Well pharmacotherapy is the main part of treatment for these disorders' psychotherapy including family-based therapy is an important aspect of the entire treatment program. This talk will cover both acute and maintenance treatment as well as psychotherapy for pediatric bipolar disorder manic and depressive episodes.

SPEAKER

Adelaide S. Robb, M.D. is a tenured Professor of Child and Adolescent Psychiatry at George Washington University and Children's National Hospital. She completed her medical training and psychiatry residency at Johns Hopkins University, followed by fellowships at the National Institute of Mental Health and Children's National. Board certified in both adult and child psychiatry, Dr. Robb has over 25 years of experience in pediatric psychopharmacology research and has served as principal investigator on more than 90 clinical trials. Her work has contributed to FDA labeling for adolescent schizophrenia and advances in treatments for pediatric bipolar disorder. She is an active member of the American Academy of Child and Adolescent Psychiatry and a frequent lecturer at national and international meetings.

LEARNING OBJECTIVES

1. Identify evidence-based treatments for manic and depressive episodes.
2. Describe therapeutic approaches that support treatment adherence and reduce family conflict.
3. Apply the grading and numbering system to implement a systematic approach to patient care in the office setting.

REFERENCES

1. Hobbs, E., Reed, R., Lorberg, B., Robb, A. S., & Dorfman, J. (2022). Psychopharmacological treatment algorithms of Manic/Mixed and depressed episodes in pediatric bipolar disorder. *Journal of Child and Adolescent Psychopharmacology*, 32(10), 507-521. <https://doi.org/10.1089/cap.2022.0035>
2. Wozniak, J., O'Connor, H., Iorini, M., & Ambrose, A. J. H. (2024). Pediatric Bipolar Disorder: Challenges in diagnosis and treatment. *Pediatric Drugs*. <https://doi.org/10.1007/s40272-024-00669-z>
3. Miklowitz, D. J., Efthimiou, O., Furukawa, T. A., Scott, J., McLaren, R., Geddes, J. R., & Cipriani, A. (2020). Adjunctive psychotherapy for bipolar disorder. *JAMA Psychiatry*, 78(2), 141. <https://doi.org/10.1001/jamapsychiatry.2020.2993>

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