

*The Maine Psychological Association presents....*

**“Mood Assessment 2.0:  
Improved Accuracy,  
Treatment Selection and Outcomes**

*featured speaker:*

**Eric Youngstrom, Ph.D.**



**Friday, November 10, 2017**

**8:45am-4:30pm**

**Keeley's Conference Center Portland ME**

**6 CE Credits**

*Sponsored by:*



**Workshop Description:**

We are in an information age, where the amount of medical research doubles every five years, computers can beat human champions at chess and Jeopardy, and our smartphones have more computing power than we used to put men on the Moon. How does any of this change what we know about mood disorders and how to assess for them? This workshop goes through both changes in content—our understanding about mood disorders and how they work – as well as changes in the process of doing assessment. The focus is on free and practical tools and techniques, applied to a series of cases to show how these shifts in thinking and technique can lead to better treatment decisions and better outcomes. Most of the techniques could still be done with paper/pencil; potential advantages of adding other technology also are discussed.

**Objectives:** At the workshop participants will:

- Learn base rates in different settings, such as public schools, outpatient services, forensic settings, and inpatient units; and how to use these benchmarks to evaluate efficiently
- Be able to use assessment procedures to aid in differential diagnosis
- Apply new methods for interpreting test results, including methods taking into account clinical settings where we work
- Use practical tools to evaluate progress and outcomes

**Presenter:** Eric Youngstrom, Ph.D., is a professor of Psychology and Neuroscience and Psychiatry at the University of North Carolina at Chapel Hill, where he is also the Acting Director

of the Center for Excellence in Research and Treatment of Bipolar Disorder. He is the first recipient of the Early Career Award from the Society of Child and Adolescent Clinical Psychology, and an elected full member of the American College of Neuropsychopharmacology. He is a fellow of the APA (Divisions 5, 12, and 53), as well as the Association for Psychological Science and the Association for Behavioral and Cognitive Therapies. He consulted on the 5th Revision of the Diagnostic and Statistical Manual (DSM-5) and the International Classification of Diseases (ICD-11). He chairs the Work Group on Child Diagnosis for the International Society for Bipolar Disorders, along with the Advocacy Task Force.

**Hotel Stays:** Nearby accommodations include The Fireside Inn and Suites located at 81 Riverside St. 774-5601, the Ramada Plaza 155 Riverside Dr. 774-5861 and La Quinta 340 Park Ave. 871-0611.

**Cancellations:** No refunds after November 3, 2017.

**Directions to Keeley's Banquet Center:** From Maine Turnpike (I-95) Traveling north or south, take Exit 48. Turn right onto Riverside St. At the second light turn right on to Warren Ave. Keeley's is one mile down on the right. From I-295 traveling north or south, take exit 6B. Follow Forest Ave. north for 2.5 miles. You will see McDonald's on your left. At the next light, turn left onto Warren Ave. Keeley's is .25 miles down on the left.

**Questions?** Email the MePA office at [mepaug@aol.com](mailto:mepaug@aol.com) or call 1/800-287-5065

---

## Registration for Mood Assessment 2:0

**Fill out and return with check or credit card information or register on-line at [mepa.org](http://mepa.org)**

**MePA member \$ 129 \_\_\_ Non-member \$ 179 \_\_\_ Students \$35 \_\_\_**  
**Registration fee includes breakfast, lunch and break.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

Phone/email \_\_\_\_\_

VISA/MasterCard/Discover \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Check # \_\_\_\_\_

I have special dietary needs. \_\_\_\_\_

Complete on line at [mepa.org](http://mepa.org), or return form and payment by to Maine Psychological Assn.  
P.O. Box 5435 Augusta ME 04332 or scan and send to [mepaug@aol.com](mailto:mepaug@aol.com)