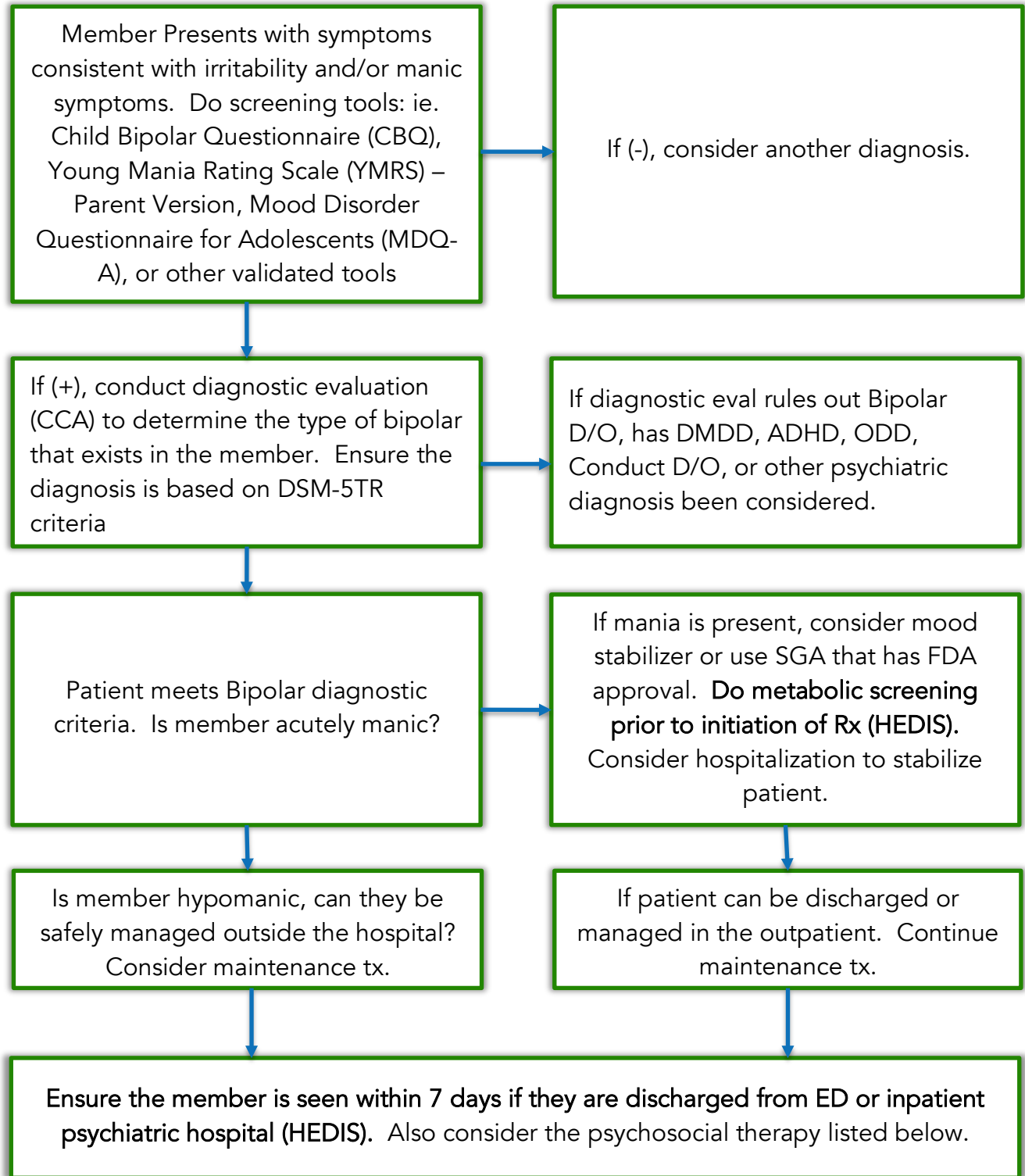


## Clinical Dx and Treatment Pathway for Children / Adolescents with Bipolar Disorder



In addition to medications, consider the following psychosocial therapies.

- 1.** Multifamily psychoeducation group psychoeducational psychotherapy (PEP) – Fristad *et al.*
- 2.** Individual family psychoeducation (PEP) – Fristad *et al.*
- 3.** Family-focused treatment for adolescents (FFT-A/FFT-HR)
- 4.** Interpersonal and Social Rhythm Therapy for adolescents (IPS-RT-A)
- 5.** Dialectical therapy for adolescents
- 6.** Child and family-focused (CFF) CBT (rainbow program)
- 7.** CBT for bipolar disorders in adolescents
- 8.** Interpersonal psychotherapy
- 9.** Mindfulness-based intervention
- 10.** Cognitive remediation
- 11.** Intensive psychosocial intervention.
- 12.** Enhanced Services\*

\*Enhanced services can be considered as long they are congruent with clinical coverage policy.

Please refer to the following link for full detail:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6345130/>