

Milestones	
3 mo	Social smile
6 mo	Sit up, babble & coo
9 mo	Stranger anxiety , pull-up & cruise, pincer grasp
12 mo	Walk, First Words
18 mo	15+ words
2 yrs	Parallel play/ 2 word phrases/ climb stairs (1 foot at a time)
3 yrs	3 word phrases , rides tricycle , draws triangle and ●
4 yrs	Draws ■ and +
5 yrs	Knows name & address/ hops & jumps/ counts to 10+

Neuropsych testing	
IQ tests	Verbal IQ = learned facts Performance IQ =visuo/motor skills
WAIS-III	IQ test for adults
WISC-V	IQ for age 5-15
WPPSI-R	IQ for pre-schoolers
Achievement tests	for school age
Woodcock - Johnson Psychoed Battery	reading, math, writing IDs learning disability
Wide Range Achievement WRAT-3	screens for deficits in academic skills
Vineland Adaptive Behavioral Scales	evals communication, living skills, social, & motor

Personality Tests	
Objective Tests	
MMPI	10 scales/ can detect malingering
Millon Clinical Multiaxial	"most helpful to confirm personality do"
Structured Assessments	
Beck Depression	brief screening in office
Hamilton Rating scale for depression	
Yale-Brown for OCD	Y-BOCs
Projective Tests	
Rorschach	ink blot
Thematic Apperception Test	shown pic & asked to describe scene
Word- Association	Jung, free association
Draw a Person	representation of self/ kids

Cognitive Tests	
Executive Fxning	
Wisconsin Card Sorting	abstract reasoning & flexibility cards sorted thru trial & error
Trail Making	concentration & executive fxning* connect letters & #s in sequence
Visuomotor	
Bender Gestalt	Copy designs w/ & w/o visualizing design
Receptive & Expressive Lang	
Token Test	comprehension of instructions, grammar & attention

Cognitive Tests (cont)	
Boston Naming	verbal confrontation & naming Alzheimer's vs depression

Genetic		
Fragile X	FMR1	X-linked...3-5% of ASD pts
Angelman	15q11-q13 MATERNAL	"cocktail personality", hand-flapping, ataxia, seizures
Prader-Willi	15q11-q13 PATERNAL	overeating, OCD, hypothalamic insuff
Velocardofacial	22q11.2	genetic risk for SCZ
Rett syndrome	MECP	girls, regression, microcephaly, stereotypic hand movements, seizures
Huntington Dz	Autosomal Dominant	CAG repeats
FKBP5	trauma	glucocorticoid signaling
SERT/SLC6A4	Alzheimer, MDD, PTSD	serotonin transport
ApoE2	Alzheimer	
AKT1	MJ psychosis	

Risk/Devpt of Substance Use	
Imbalance in devpt...	
sub-cortical= bottoms up	reactive to stimuli/ curvilinear devpt
pre-frontal= top down	linear pattern of devpt
Thus, kid brains	vulnerable to reward properties of subs



PRITE topics

Reactive Attachment

Rapprochement

Bonding vs. Attachment

Object Constancy

avoidant attachment

parenting styles permissive

devtpt gender identity-
age 3

parallel play

object permanence peek-a-boo

preference for human at birth

voice

social learning theory of
pssychosexual devtpt maternal
modeling &
behavior

strange situation = maternal
attachment

secrets, collecting, elementary age
organized games

Developmental Theories

Age	Piaget Cognitive	Freud	Erikson Psycho-Social	Kohlberg Moral
6 weeks	Impulsive • Experiences world through senses and emotions	Birth	Oral - sensibility Trust vs. mistrust	Pre-concrete (0-2 years)
12 weeks (2 years)	Lack object permanence • Intentional actions	1-3 months	Anal - control vs. shame/doubt	Concrete (2-7 years)
18 weeks (2 years)	Emerging self-awareness	3-6 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
24 weeks (2 years)	Emerging self-awareness	6-12 months	Latency - industry vs. inferiority	Concrete (2-7 years)
36 weeks (2 years)	First of self-awareness • Ability to be named	1-3 years	Genital - love vs. hate	Pre-concrete (0-2 years)
48 weeks (2 years)	Lack of object permanence • Experiences world through senses and emotions	3-6 months	Anal - control vs. shame/doubt	Concrete (2-7 years)
60 weeks (2 years)	Lack of object permanence • Experiences world through senses and emotions	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
72 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
84 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
96 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
108 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
120 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
132 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
144 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
156 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
168 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
180 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
192 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
204 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
216 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
228 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
240 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
252 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
264 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
276 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
288 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
300 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
312 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
324 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
336 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
348 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
360 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
372 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
384 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
396 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
408 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
420 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
432 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
444 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
456 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
468 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
480 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
492 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
504 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
516 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
528 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
540 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
552 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
564 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
576 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
588 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
600 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
612 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
624 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
636 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
648 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
660 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
672 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
684 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
696 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
708 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
720 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
732 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
744 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
756 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
768 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
780 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
792 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
804 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
816 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
828 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
840 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
852 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
864 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
876 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
888 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
900 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
912 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
924 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
936 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
948 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
960 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
972 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)
984 weeks (2 years)	Emerging self-awareness	3-6 months	Anal - control vs. shame/doubt	Pre-concrete (0-2 years)
996 weeks (2 years)	Emerging self-awareness	6-12 months	Phallic - pleasure vs. guilt	Pre-concrete (0-2 years)
1008 weeks (2 years)	Emerging self-awareness	1-3 years	Latency - industry vs. inferiority	Concrete (2-7 years)

Attachment

CHILDHOOD ATTACHMENT STYLES

SECURE: Content engaged on task

AVOIDANT: Withdrawn, quiet, anxious

AMBIVALENT: Anxious, not focused, insecure, asking a lot of questions

DISORGANIZED: Angry, depressed, not following directions, shrouded, difficulty making friends

Attachment Theorists

Harry Harlow

1950s *Contact comfort research*

infant monkeys preferred

cuddly surrogate to

wire w/ food

John Bowlby

1960s Attachment=connection between 2
indiv overtime

secure base-caregiver is "home
base" to explore environment

Mary Ainsworth

1970s "strange situation"

involves introducing stranger
to child/mom then observing

John Bowlby



Mary Ainsworth- attachment styles

Secure Child distressed > composes
self

Anxious-ambivalent Distressed > unable to
compose

Anxious-avoidant Avoids parent > no distress
when they leave

Disorg-anized Lack of attachment behavior

Reactive Attachment Disorder

- 1st presents under 5 yr
- child doesn't seek/respond to comfort
- unexplained irritability/sadness/fear
- limited positive affect
- CAUSES
- Social neglect/deprivation
- Freq changes in caregivers (e.g. foster care)

Reactive Attachment Disorder (cont)

-Care doesn't allow for primary attachment
(e.g. institutions w/ low caregiver:child ratio)

Anxiety

the tip of the iceberg

The behaviours we see in young people are a little like the tip of an iceberg. These are the things we can see above the surface. However, it's important to consider what's lying below the surface in order to better understand how we can support and help.

Above surface (visible behaviors): cry, isolate self from others, lash out, run away, avoid/refuse, hide, self harm, shout, harm others, threaten others.

Below surface (underlying causes): anxiety, unloved, panic, poor friendships, neglect, poor attachment, low mood/sadness, home life, low self-esteem, abuse, confusion, poor relationships, unmet basic needs, traumatic experiences, cognitive functioning, bullying, learning difficulties, worried.

Consider what other behaviours you might see in young people and what other things might be below the surface which drive those behaviours.

@WeHeartCBT www.weheartcbt.com

Anxiety

Separation, Generalized, Selective Mutism 1) Psychot x
12 wks
2) then
FLUOXETINE

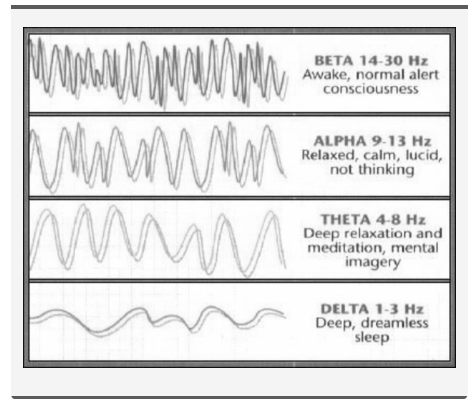
Exposure-Based CBT OCD in
kids/adol

PCIT=Parent-Child Interactive Tx -empirical
support for kids
w/ anxiety &
disruptive bx
-parent wears
earpiece while
tx observes/
directs interactions
w/ the
child

SCARED Screening tool
for Child &
Anxiety Related
DO

Tx'ing anxious parents= kids less anxious

Sleep EEG



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Page 2 of 4.

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EEG

Spike & slow wave	Epileptogenic
High-amplitude slowing	Normal in kids
Global suppression	Encephalopathy

Neuro

Upper motor lesion	BABINSKI , HYPER tonia, spastic
Lower motor lesions	Fasciculation/fibrillation, HYPO tonia,

ADHD

Highly genetic	71-90% in mono/di-zygotic twin studies
Maternal smoking=risk factor	
Response inhibition	tempero-parietal & inf frontal
Pre-school	behav tx= 1st line
School-age	
Stimulant=1st line	consider EKG if family hx of cardiac
Hyperactive/impulsive	Alpha Agonist
Inattention	Atomoxetine
Depression	Bupropion

Autism Spectrum Disorder

Def in Social & Comm	+ Restricted, repetitive interests
	-hearing test
	-screen for Fragile-X

Tools to dx & screen:

Autism Diagnostic Observation Scale	ADOS-2= gold standard for dx
CHAT- Checklist for Autism in Toddler	peds use for screening
Tx= ABA	Applied Behavioral Analysis

Autism Spectrum Disorder (cont)

considered gold standard

Social-Pragmatic Communication Disorder = social & comm deficits w/o restricted interest

Bipolar DO in kids

Same criteria as adults 1-2% prevalence

ADHD 50% co-morbidity

ASD 20% co-morbidity

Twin Studies 60-90% variance

Mania in high-risk off-spring 2-7%

FDA tx for BPAD

Olanzapine 13+

Lithium 12+

Risperidone 10+

Aripiprazole 10+

Quetiapine 10+

TEAM (Tx of Early Age Mania Study)

Atypical AP 68.5%

Divalproex 40%...but not FDA approved for mania in kids

Li response 35.6%

Disruptive Mood Dysregulation Disorder-DMDD

Criteria: severe temper outbursts

3x/ wk 2/3 settings

irritable/angry mood in between

onset before 10 yo

Can't co-exist w/ ODD, Int Explosive or Bipolar

Tx targets symptoms of aggression/irritability

MDD in kids

Same criteria as adults May see more **irritability, anger & somatic sx**

Rating Scales: PHQ-9, CES-DC, CDI

TADS (Tx of Adol Depression Study) CBT+SSRI>CBT->SSRI

SSRI Black box warning= re increased risk of SI

TORDIA (Tx of Res Dep in Adol) failed 1st SSRI switched to 2nd SSRI vs Venlafaxine (VFL) vs CBT+SSRI vs CBT+VFL

TORDIA outcome CBT+med= Best outcome 2nd SSRI=VFL VFL= increased SE

CBT+Interpersonal TX (IPT) Best evidence from RCTs in adol

FDA black box SSRI/SNRIs increased risk of SI in adol & young adults