

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Clinical Essentials on Emotional and Behavioral Dysregulation in Children and Adolescents

Course Design: 5 modules with a total of 3 hours and 45 minutes of video tailored to the course learning objectives, followed by a 20-question post-test. The materials for this course were reviewed and selected by AACAP's Clinical Essentials Committee in March 2026.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Identify key definitions and terminology used to describe impairing emotional and behavioral dysregulation in children and adolescents, establishing a shared clinical vocabulary.
2. Explain the transdiagnostic nature of emotional dysregulation and its presentation across common psychiatric disorders, including attention-deficit/hyperactivity disorder, autism spectrum disorder, anxiety disorders, obsessive-compulsive disorder, tic disorders, and trauma-related conditions.
3. Apply current evidence from research findings, clinical assessment tools, and case-based learning to guide pharmacological and psychosocial interventions for youth with emotional dysregulation.
4. Develop systems-based and interdisciplinary strategies to optimize care coordination and improve long-term outcomes for youth with significant emotional dysregulation.

Lectures, Titles, and Speakers from AACAP's 2025 Annual Meeting

Module 1: Overview of Emotional Dysregulation and Its Co-occurrence With ADHD

- Overview, definitions, and shared vocabulary
- Medication management of irritability for children with co-occurring ADHD

Speakers:

- Gabrielle A. Carson, MD: Stony Brook University, Stony Brook, NY
- James Waxmonsky, MD: Penn State College of Medicine, Hershey, PA

Module 2: Emotional Dysregulation and Irritability in Autism Spectrum Disorder

- Overview and assessment of irritability in the context of ASD
- Evidence-based pharmacological and psychosocial interventions for irritability in ASD

Speaker:

- Raman Baweja, MD, MS: Penn State Health Children's Hospital, Hershey, PA

Module 3: Emotional Dysregulation Across Anxiety, Trauma, OCD, and Tic Disorders

- Anxiety as the driver of irritability, aggression, and emotional dysregulation
- Review of behavioral dysregulation through a trauma-informed lens
- Irritability, aggression, and rage attacks in pediatric OCD and tic disorders

Speakers:

- John T. Walkup, MD: Ann & Robert H. Lurie Children's Hospital of Chicago, Chicago, IL
- Lisa Amaya-Jackson, MD, MPH: Duke University School of Medicine, Durham, NC
- Barbara J. Coffey, MD, MS: University of Miami, Coral Gables, FL

Module 4: Psychotherapeutic Interventions for Emotional Dysregulation

- Psychosocial interventions for emotion dysregulation with co-occurring ADHD
- Basic concepts of dialectical behavioral therapy

Speakers:

- James Waxmonsky, MD: Penn State College of Medicine, Hershey, PA
- Maureen Zalewski, MD: University of Oregon, Eugene, OR

Module 5: Management of Emotional Dysregulation Across Care Settings

- Identifying and managing emotional and behavioral dysregulation in inpatient settings

Speakers:

- Nasuh Malas, MD, MPH: University of Michigan Medical School, Ann Arbor, MI