

# Understanding Bipolar Disorder

Bipolar Disorder (BD) is a serious mental health problem that typically creates chaos in an individual's life, often leading to risky and impulsive behaviors, damaged relationship and careers, substance use problems, hospitalization, and even suicide. Because of the complexity of this disorder - the different episodes, variability of symptoms from person to person as well as from episode to episode within the same individual - Bipolar Disorder can be difficult for clinicians to recognize; improper diagnosis leads to improper treatment, which can cause worsening of symptoms for individuals. Once an accurate diagnosis has been made, however, it's often equally as difficult to help our clients to accept and understand this diagnosis, which contributes to difficulties following prescribed treatment recommendations.

In this webinar you will learn about bipolar disorder, including the different diagnostic categories of BD and its causes. Participants will learn about the disorders that often co-occur with bipolar disorder and the difficulties people experience in living with this and the co-morbid disorders. In gaining a greater understanding yourself as a clinician of bipolar disorder, you will be in a more effective position to help your clients to understand and accept their mental health problems, which will typically lead to improved outcomes for clients.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the DSM-V diagnoses, rates, and aetiology of bipolar disorder
2. Identify the co-morbidities, suicidality and other difficulties in living with BD
3. Be able to provide psychoeducation to clients
4. Have the skills to help clients accept and understand their illness through psychoeducation
5. Name the current evidence-based treatments for BD

## Seminar Schedule

Typically begins at 10AM and ends at 11:30 AM Eastern time. However, check the webinar schedule.

## Outline

Diagnostic Categories  
Mood Disorders Questionnaire  
Bipolar I vs. II  
Bipolar Depression  
Psychosis  
Causes  
Co-Morbidity  
Suicidality  
Psychopharmacology  
Psychotherapy  
DBT-Informed Treatment

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 1.5 CE's for attending once they have completed these requirements.

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## The Presenter

Sheri is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience in a hospital as well as community setting, Sheri now sees clients in private practice, and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behavior therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010 Sheri was the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.

Sheri is the author of numerous books that focus on helping readers learn DBT skills and apply them to a variety of mental health problems, including *The DBT Workbook for Emotional Relief*; the best-selling *Don't Let Your Emotions Run Your Life for Teens*; and her newest book, coming in 2025, *The DBT Workbook for C-PTSD*. Sheri trained in Eye Movement Desensitization and Reprocessing (EMDR) in 2018 and is an EMDRIA-approved Consultant; she is a member of the International Society for the Study of Trauma and Dissociation (ISSTD), and is a consultant for the ISSTD's EMDR training program.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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