

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 registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of eight DBT books for both adults and teens, the focus of which is to teach clients how to use DBT skills to help them live emotionally healthier lives. She has also written *DBT Made Simple*, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well. Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

General Information

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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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