



Course: dialectical behavior therapy informed treatment of bipolar disorder

Address:

<https://asadis.net/en/course/Dialectical-behavior-therapy-informed-treatment-bipolar-disorder/>

Duration: 6h

Type of course: continuing education

Location: online course

Individual price: \$144.00

Overview:

Bipolar Disorder (BD) is a serious mental health problem that typically creates chaos in an individual's life. It can lead to risky and impulsive behaviours, damaged relationships and careers, substance use problems, hospitalization, and even suicide. About 1 in 50 adults in Canada report symptoms that meet the criteria for bipolar disorder at some point in their life. BD affects men and women equally, as well as all races, ethnic groups, and socioeconomic classes. It can be difficult to diagnose, jeopardizing access to effective treatment. However, going without treatment or receiving improper treatment often makes symptoms worse.

Learning objectives:

1. Improve their ability to help clients understand and accept their diagnosis
2. Understand the rationale for using DBT in treating BD
3. Be familiar with the main DBT skills used in treating BD including: re-regulating emotions, mindfulness and emotion regulation, radical acceptance, distress tolerance.
4. Understand considerations in providing group and individual DBT.

Learning material:

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert, Sheri Van Dijk

Sheri Van Dijk has been working with clients using dialectical behaviour therapy (DBT) strategies for 20 years. She has written seven books on how to tailor DBT skills to a range of disorders. Her book *DBT Made Simple* was conceived to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder. *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder* is a guide for clients in using DBT skills to regulate emotion in their lives. Sheri is the winner of the 2010 R.O. Jones Award of the Canadian Psychiatric Association for her research on using DBT skills with bipolar disorder. She has extensive training in mindfulness and DBT and has been running DBT-informed groups since 2004. Sheri is a lively and experienced presenter who has led dozens of workshops in Canada and internationally on DBT skills. Her popular presentation on DBT for bipolar disorder draws on her extensive research and clinical experience helping clients who have this difficult diagnosis.

Syllabus

Providing psychoeducation to clients with Bipolar Disorder

Presentation

Treatment options

Pharmacotherapy for BD

DBT skills to treat Bipolar Disorder

TIPP skills

Nonjudgmental Stance

Practicing being in a nonjudgmental stance

Considerations for group versus individual treatment

Group and individual DBT sessions