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) typically creates chaos in an individual's life, making it challenging to diagnose and treat. Early detection is difficult as well as treatment adherence and intervention during episodes. Which information to deliver to your clients at which moment ?

A potential solution might be found in Dialectical Behavior Therapy (DBT). Known for its effectiveness in treating Borderline Personality Disorder, DBT addresses key issues such as emotion dysregulation, suicidality, impulsivity, interpersonal deficits and treatment non-adherence. These are all critical areas of focus in interventions for Bipolar Disorder.

Based on Sheri Van Dijk's ground-breaking work on using DBT with Bipolar Disorder, this workshop reviews the diagnosis and different types of BD and explains all the DBT skills and tools that are relevant in treating BD.

Participants will receive information to help clients better understand their diagnosis. After a review of existing psychotherapies being used to treat bipolar disorder, Sheri will discuss the efficacy of DBT in treating this complex illness. The workshop will provide an overview of how to teach the more important DBT skills to clients with BD. A hands-on course complete with worksheets and exercises!
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 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
PowerPoint
<u>Providing psychoeducation to clients with Bipolar Disorder</u>
Presentation
Bipolar disorder (BD) basics and the difference between mania and hypomania
Important informations about BD and the difference between Bipolar Disorder I and Bipolar Disorder II
Mixed episodes and rapid cycling
Psychosis and the relationship between misdiagnosis and race
Causes of BD, co-morbidities and acute suicidality
<u>Treatment options</u>
Pharmacotherapy for BD
Treatments for BD
Van Dijk's history with Dialectical Behavioral Therapy Dialectical Behavioral Therapy (DBT) and the basics of DBT
Assessment and psychoeducation
Monitoring- life chart, mood chart and tracking sheet
Mood symptoms worksheet and being aware of stigmas
Biosocial Theory
Dialectical philosophy and behavioral analysis

DBT skills to treat Bipolar Disorder

TIPP skills

DBT and mindfulness skills

The rational, emotional and wise mind

The -STRONG- skills

Nonjudgmental Stance

Practicing being in a nonjudgmental stance

The basics of radical acceptance

Self-validation and opposite action

Opposition part 2

Crisis survival skills

Considerations for group versus individual treatment

Group and individual DBT sessions

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*