



Psychoeducation in Bipolar Disorder

Psychotherapy training at the Douglas Hospital

April 27, 2007

Bipolar Disorder is a serious mood disorder that affects 2-4% of all Canadians. In addition to medication, Psychoeducation is the most important treatment. A new Psychoeducation treatment, known as the Life Goals program, was recently tested in Canada and elsewhere, and is recommended in treatment guidelines. Now, CANMAT and McGill combine to offer key teaching in Bipolar Disorder. Join us at this one-day education event, and learn from some of Canada's leading experts on Bipolar Disorder. The Life Goals Program is from "Structured Group Psychotherapy for Bipolar Disorder", by Bauer & McBride.

COURSE DIRECTORS

- ◆ **Dr. Serge Beaulieu and**
- ◆ **Dr. Sagar V. Parikh**

FACULTY

- ◆ **Serge Beaulieu, MD, PhD, FRCPC**
Associate Professor, Department of Psychiatry, McGill University
- ◆ **Sagar V. Parikh, MD, FRCPC**
Associate Professor, Department of Psychiatry, University of Toronto
- ◆ **Joseph Rochford, PhD**
Associate Professor, Department of Psychiatry, McGill University, Teaching & Training Office, Douglas Hospital
- ◆ **Ms. Nancy Poirier, MSc**
Psychologist, Douglas Hospital
- ◆ **Ms. Rebecca Sable**
Neuro-Psychologist, Douglas Hospital

COURSE OBJECTIVES

- Learn how to recognize Bipolar Disorder
- Learn the Basics of Psychoeducation
- Identify how to teach patients better coping skills
- Review basic medication approaches

WHO SHOULD ATTEND

- Nurses, Occupational Therapists
- Psychologists, Social Workers
- Psychiatrists, Family Physicians
- Counsellors, Therapists

To download brochure, please visit the following website:

<http://www.douglas.qc.ca/files/canmat-bipolar.pdf>

CANADIAN NETWORK FOR MOOD AND ANXIETY TREATMENTS
ASSOCIATION CANADIENNE POUR LE TRAITEMENT DES TROUBLES ANXIEUX ET DE L'HUMEUR

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CANMAT Education Office: Toronto Western Hospital, 399 Bathurst Street, Main Pavilion 9-324C Toronto, Ontario M5T 2S8 Telephone: (416) 603-5734 Fax: (416) 603-5039

Psychoeducation in Bipolar Disorder

REGISTRATION FORM

Full Name	Title	Suffix	
Company/Institution			
Address	City	Province	Postal Code
Telephone	Fax	Email	

Note: We recommend you purchase a copy of the Life Goals manual, available in English and French: Structured Group Psychotherapy for Bipolar Disorder by Mark Bauer and Linda McBride. (Available from McGill Bookstore)

COURSE LOCATION

Douglas Hall
Douglas Hospital
6875 LaSalle Blvd/Borough of Verdun

Program Agenda—April 27, 2007

8:30 – 9:00 a.m.	Welcome and Registration
9:00 – 9:30 a.m.	Impact of Bipolar Disorder
9:30 – 10:00 a.m.	Different presentations of Bipolar Disorder
10:00 – 10:30 a.m.	Key medication treatments
10:30 – 10:45 a.m.	Refreshment break
10:45 – 12:00 noon	Introduction to LIFE GOALS psychoeducation program
12:00 – 1:00 p.m.	Lunch
1:00 – 2:30 p.m.	Psychoeducation interventions for mania
2:30 – 3:00 p.m.	Refreshment break
3:00 – 4:30 p.m.	Psychoeducation interventions for depression
4:30 – 5:00 p.m.	Coordinating psychoeducation with medical care

REGISTRATION INFORMATION & FEES

Registration Fee: \$125.00 (Full payment must accompany registration form)

Refunds: Refund requests must be received in writing by April 10, 2007.

A \$50.00 handling fee will be deducted for all cancellations.

For Information/Registration Contact:

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METHOD OF PAYMENT

Cheque or money order made payable to Douglas Hospital, Continuing Medical Education