



University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Psychoeducation in Bipolar Disorder

Psychotherapy Training
Wednesday, January 16, 2008

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 University Health Network 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 OBJECTIVES

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

WHO SHOULD ATTEND

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

FACULTY

Sagar V. Parikh, MD, FRCPC

Course Director

Associate Professor, Department of Psychiatry, University of Toronto

Dr. Parikh is co-author of CANMAT Bipolar treatment guidelines (1997, 2005, and 2007), a leader in bipolar research including major psychotherapy treatment trials, and an educator with 6 teaching awards. He has published extensively on mood disorders and has particular expertise in Psychoeducation, having treated thousands of bipolar patients as former head of the Bipolar Clinic at CAMH and current Deputy Psychiatrist-in-Chief at the University Health Network.

Serge Beaulieu, MD, PhD, FRCPC

Course Director

Associate Professor, Department of Psychiatry, McGill University

Dr. Beaulieu is co-author of CANMAT Bipolar treatment guidelines (2005 and 2007), a very active clinical psychiatry researcher, and a basic scientist in mood disorders. He leads Mood Disorder services at McGill University and the Douglas Hospital in Montreal, where he has won two teaching awards and the Utting Prize for Depression Research.

Vytas Velyvis, MA, PhD Candidate

Research Consultant, University Health Network; Psychotherapist, CBT Associates of Toronto

Mr. Velyvis has extensive experience in psychiatric research, having helped coordinate major studies in bipolar disorder, depression, and anxiety disorders for over a decade, recognized with an award as "Most Outstanding Research Employee at CAMH in 2005". He has many years of experience and training in psychotherapy, and particular interest in psychoeducation in bipolar disorder, and has taught internationally on mood disorders.

Ms. Marian Nicholson, RPN

Psycho Education Group Therapist, St. Joseph's Healthcare, Hamilton

Ms. Nicholson has decades of experience in nursing with mood disorders patients and was a principal psychoeducation therapist in the landmark Psychoeducation versus CBT study in bipolar disorder. She also has extensive experience in coordinating research projects.

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

A Not-for-Profit Academic Research Organization • Un organisme de recherche académique à but non lucratif

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 **Structured Group Psychotherapy for Bipolar Disorder: Life Goals Program** by Mark Bauer and Linda McBride, 2nd edition. ISBN 0826116949.
(To be preordered from U of T Bookstore. Tel: 416-640-5831.)

COURSE LOCATION

Residence College Hotel
Nurses Residence Amphitheatre
90 Gerrard Street West, Toronto
(across from Toronto General Hospital)

Program Agenda Wednesday, January 16, 2008

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 January 7, 2008.
A \$50.00 handling fee will be deducted for all cancellations.

For Information/Registration Contact:

Ms. Sherene Tay
CANMAT Education Office
399 Bathurst Street,
Main Pavilion, 9th Fl, Room 324-A
Toronto, Ontario M5T 2S8
Phone: 416-603-5665
Fax: 416-603-5039
Email: sherene.tay@uhn.on.ca



METHOD OF PAYMENT

Cheque or money order made payable to University Health Network