



## Psychosocial Issues in Bipolar Disorder: the Evidence and the Tools

A one-day CANMAT/CREST.BD CME Event  
Saturday, April 14, 2007

Pan Pacific Hotel, 300-999 Canada Place, Vancouver

Bipolar disorder (BD) is a serious mood disorder that affects 2-4% of all Canadians. In addition to medication, psychosocial treatment interventions are increasingly recognized as being a vital component in the comprehensive management of BD. Now, CANMAT, UBC Department of Psychiatry and the CREST.BD team (a collaborative network funded by MSFHR to focus on research into psychosocial issues in BD) come together to offer key teachings in this area. Join us at this one-day education event, and learn from international leading experts on BD.

### FACULTY

- ◆ **Erin E. Michalak, PhD**  
University of British Columbia
- ◆ **Sagar V. Parikh, MD, FRCPC**  
University of Toronto
- ◆ **Trevor Young, MD, PhD, FRCPC**  
University of British Columbia
- ◆ **Allan H. Young, MBChB, MPhil, PhD, FRCPsych, FRCPC**  
University of British Columbia
- ◆ **Raymond Lam, MD, FRCPC**  
University of British Columbia
- ◆ **Eric Youngstrom, PhD**  
University of North Carolina at Chapel Hill
- ◆ **Samson Tse, PhD**  
University of Auckland
- ◆ **Sheri L. Johnson, PhD**  
University of Miami
- ◆ **Greg Murray, PhD**  
Swinburne University, Melbourne
- ◆ **Victoria Maxwell, BFA**  
Crazy for Life Company

### COURSE DIRECTORS

- ◆ **Dr. Erin Michalak (Director)**
- ◆ **Dr. Lakshmi Yatham (Co-director)**
- ◆ **Dr. Sagar V. Parikh (Co-director)**

### COURSE OBJECTIVES

- Learn the key evidence-based psychosocial treatments for BD
- Develop the skills to use key treatments, such as psychoeducation and CBT
- Review basic medication approaches

### WHO SHOULD ATTEND

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



**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

# Psychosocial Issues in Bipolar Disorder: The Evidence and the Tools REGISTRATION FORM

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

## COURSE LOCATION

Pan Pacific Hotel  
300—999 Canada Place, Vancouver

MORNING SESSIONS 9:00 AM-12:00	AFTERNOON WORKSHOPS 1:00 PM-4:15
<p>9:00-9:15    <b>Welcome and Introductions</b> Drs. Trevor Young &amp; Raymond Lam, UBC</p> <p>9:15-9:45    <b>Key Medication Treatments for BD</b> Dr. Allan Young, UBC</p> <p>9:45-10:15    <b>Key Psychosocial Treatments for BD</b> Dr. Sagar Parikh, University of Toronto</p> <p>10:15-10:30    <b>Refreshment break</b></p> <p>10:30-11:00    <b>Assessing Outcome in BD: Focus on Symptoms</b> Dr. Eric Youngstrom, U. of North Carolina</p> <p>11:00-11:30    <b>Assessing Outcome in BD: Focus on Functioning and Quality of Life</b> Dr. Erin Michalak, UBC</p> <p>11:30-12:00    <b>Crazy for Life—Excerpt</b> Victoria Maxwell, Crazy for Life Company</p> <p>12:00-1:00    Lunch (provided)</p>	<p style="text-align: center;"><u>1:00—2:30 PM WORKSHOP OPTIONS</u></p> <p><b>A. Improving Treatment Adherence in BD</b> Dr. Sheri Johnson, University of Miami</p> <p><b>B. Individual CBT for BD: A clinician’s guide</b> Dr. Greg Murray, Swinburne University, Melbourne</p> <p><b>C. The Interplay between Migration and Mood Problems among Asian People</b> Dr. Samson Tse, University of Auckland</p> <p>2:30-2:45    Refreshment Break</p> <p style="text-align: center;"><u>2:45—4:15 PM WORKSHOP OPTIONS</u></p> <p><b>D. Group PE for BD: the LIFE GOALS Program</b> Dr. Sagar Parikh, University of Toronto</p> <p><b>E. Initiatives and Issues: Back to Work</b> Dr. Samson Tse, University of Auckland</p> <p><b>F. Early Detection and Differential Diagnosis in Children and Adolescents</b> Dr. Eric Youngstrom, U. of North Carolina</p>

### Workshop Sign Up

Please indicate your first and second choice workshop options. We will strive to register you for your workshop of choice, but enrolment is on a *first-come-first-served* basis. (Please indicate letter A, B, C, D, E or F of the workshop you are interested in attending).

### Afternoon Workshop

<b>1:00-2:30 pm choice</b>	1st	2nd
<b>2:45-4:15 pm choice</b>	1st	2nd

## REGISTRATION INFORMATION & FEES

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

Registration required by April 6, 2007.

### For Information/Registration Contact:

Heather Armstrong  
Mood Disorders Centre  
Department of Psychiatry  
University of British Columbia  
Phone: 604 822 8045  
Email: hla@interchange.ubc.ca



## METHOD OF PAYMENT

- Cheque or money order made payable to Mood Disorders Centre, UBC.  
Refund requests must be received in writing. A \$50.00 handling fee will be deducted for all cancellations.