



Bipolar Disorder
A Psychosocial Approach to Treatment
Presented by
David J. Miklowitz, Ph.D.
Thursday & Friday, July 29 & 30, 2021

Author of:

- *Bipolar Disorder: A Family-Focused Treatment Approach, 2nd Ed*
- *The Bipolar Disorder Survival Guide, 3rd Ed*
- *The Bipolar Teen: What You Can Do to Help Your Teen and Your Family*
- *Clinician's Guide to Bipolar Disorder: Integrating Pharmacology and Psychotherapy*

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Audience

Human Service Professionals
Practice Level –Intermediate

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Child and Adolescent Psychiatrists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Rehabilitation Counselors
- Graduate Students

12 CE Hours Credit for Most Professions

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- Nurses
- Social Workers
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- D&A Professionals

**All Professional Attendees Must Pick Up Their
Certificates at the End of the Seminar**

**(Webinar attendees receive their certificate in the
mail a week after the Webinar)**

Register Toll Free - (800) 801-5415



Bipolar Disorder: A Psychosocial Approach to Treatment

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Overview

This 2-day workshop will explore current research and clinical practices relevant to about bipolar disorder in adults and adolescents, with coverage of differential diagnosis, prognosis, and medical and psychosocial treatments. The bulk of the seminar will focus on family-focused therapy (FFT), a 12-session evidence-based program consisting of psychoeducation, communication enhancement training, and problem-solving skills training for individuals with bipolar disorder and their families.

Through lecture, videotaped demonstrations, and small group role-play practices, attendees will become familiar with how to treat bipolar disorder.

Objectives—Participants will be able to describe:

- The diagnostic assessment of persons with bipolar disorder
- family and life stressors that affect the course and outcome of bipolar disorder
- the three phases of family-focused therapy (FFT)
- clinical strategies and techniques of FFT for adolescents and adults with bipolar disorder and their family members.
- evidence for the efficacy of FFT in adults and adolescents with or at risk for bipolar disorder

Thursday, July 29, 2021

8:15 a.m. Registration (*continental breakfast*)

9:00 Bipolar disorder: a review of what we know

- Assessment and differential diagnosis
- Course over time - Clinical presentation and prognosis in children and adolescents
- Risk and protective factors
- Basics of psychopharmacology

10:30 Break (*coffee, tea, juice*)

10:45 Treatment of bipolar disorder: role of psychotherapy

- Core assumptions and common techniques
- Types of psychotherapy: cognitive behavioral, interpersonal, and group psychoeducation

Intro to family-focused therapy (FFT)

12:15 p.m. Lunch (*on your own*)

1:30 Evidence for FFT in clinical trials

FFT Part 1: Psychoeducation

- Introducing the program
- Exploring symptoms with patient and family
- Mood charting
- Identifying risk factors and coping strategies

3:00 Break (*coffee, tea, iced tea, soda, snack*)

3:15 FFT Part 1: Psychoeducation (continued)

- Prevention action plan
- Addressing resistances to educational material
- Videotaped demonstrations of psychoeducation
- Small group role-plays
- Q and A for Day 1

4:45 p.m. Adjournment

Friday, July 30, 2021

7:45 a.m. Registration (*continental breakfast*)

8:30 FFT Part 1: Psychoeducation (continued)

- Videotapes of sessions
- Group role-play of symptom exploration
- Group role-play of relapse prevention planning

10:00 Break (*coffee, tea, juice*)

10:15 FFT Part 2: Communication Enhancement Training - setting the stage for skill practice

- Expressing positive feelings
- Active listening
- Making positive requests for change
- Communication clarity
- Expressing negative feelings

11:45 Lunch (*on your own*)

1 p.m. Communication Enhancement Training (cont.)

- Group role-play exercises
- Troubleshooting

2:30 Break (*coffee, tea, iced tea, soda, snack*)

2:45 FFT Part 3: Problem-Solving Skills Training

- Defining problems, generating and evaluating solutions, choosing and implementing solutions
- Videotaped examples
- Group role-play
- Treatment termination
- Discussion: adapting FFT to your settings

4:15 p.m. Adjournment (Pick Up Certificates)

A selection of books and home study programs will be available for sale at this seminar. All items will be priced at least 6% below the publishers' list price.

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You must make your own overnight accommodations. A block of rooms has been reserved at the

Wyndham Lancaster Resort & Convention Center

Call the Hotel for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a discounted room rate

We encourage reservations by June 17

*Call J&K Seminars for information about other hotels
800-801-5415*

We will mail your nametag, registration receipt and driving directions about 3 weeks before this Seminar. We will have Zoom email you links to access the Webinar about one week before the Webinar.

For information visit www.jkseminars.com
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Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance.

Attendees must complete the feedback form to receive their CE certificate. We do not provide partial CE certificates of attendance. Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days.

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We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com

David Miklowitz, Ph.D.

David Miklowitz, Ph.D. is Distinguished Professor of Psychiatry and Director of the Child and Adolescent Mood Disorders Program at the UCLA School of Medicine. He is also Visiting Professor of Psychiatry at Oxford University in the UK. His research focuses on family environmental factors and family interventions for children, adolescents and adults with bipolar disorder and youth at high risk for mood disorders or psychosis. His work has helped establish the effectiveness of psychosocial interventions as adjuncts to medication in the treatment of bipolar disorder. He has presented workshops on family-focused therapy (FFT) throughout the world.

Dr. Miklowitz has received numerous awards for his research and writings, including: Young Investigator Awards from the International Congress on Schizophrenia Research (1987) and the National Alliance for Research on Schizophrenia and Depression (NARSAD) (1987), a Distinguished Investigator Award from NARSAD (2001), the 2005 Mogens Schou Award for Research from the International Society for Bipolar Disorders, the 2009 Gerald L. Klerman Senior Research Investigator Award from the

Depressive and Bipolar Support Alliance, and the 2011 Bipolar Mood Disorder Research Award from the Brain and Behavior Research Foundation. In 2017, he won the Distinguished Scientist Award from the Society for the Science of Clinical Psychology, and in 2020 the Mood Disorders Research Award from the American College of Psychiatrists, one of only two psychologists to have done so. He has received multiple grants for his research from the National Institute of Mental Health and 10 private foundations.

Dr. Miklowitz has published over 350 journal articles and book chapters and 8 books. His book *Bipolar Disorder: A Family-Focused Treatment Approach* (Guilford), won the 1998 Outstanding Research Publication Award from the American Association for Marital and Family Therapy. His book *The Bipolar Disorder Survival Guide* is an international bestseller that has been translated into 8 languages. It is now in its third edition, with over 300,000 copies in print. His book with Michael Gitlin, *Clinicians' Guide to Bipolar Disorder*, won the 2015 best book award from the American Journal of Nursing.



J&K Seminars
904 Church Rd
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Register by **June 17** for Discounted Early Registration Fee

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Fees (In Person or Webinar)

Individual Early Registration (received by June 17)	_____	\$275 per person
Two or more together at the same time (by June 17)	_____	\$255 per person
Regular Registration (June 18 — July 23)	_____	\$295 per person
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