

THE BIPOLAR MANAGEMENT PROGRAM

Our Bipolar Management Program is based on a program developed and researched at the Mental Health Research Institute under the direction of Dr David Castle. The program incorporates elements of cognitive behavioural therapy (CBT) and interpersonal and social rhythm's theory (IPSRT). A randomised controlled trial using the program showed that it was effective in reducing relapses of mania and depression, as well as improving a person's ability to do the things that are important to them in everyday life.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

This program runs for 3 hours once a week for 12 weeks. With a break for morning tea or afternoon tea. Please contact us on 02 4950 5115 for the day and time of this program

How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the Toronto Therapy Services on 02 4950 5115 or visit www.torontoprivate.com.au

Who is the program for?

.....

Anyone with a diagnosis of bipolar disorder who wants to find out more about the condition and learn effective ways to prevent and/or manage mania and depression.

Program Content

.....

The program is divided into 3 modules over 12 weeks. It is a semi closed group which means that new people are welcome to join at the beginning of each 4 week module.

MODULE 1 Maintaining Health

Introduces the stress vulnerability model and explores how using coping strategies can reduce the impact of stress on your life. We discuss various coping strategies such as monitoring mood and activity, maintaining routine; goal setting and suing medication effectively.

MODULE 2 Managing Depression

This module focusses on developing awareness of the symptoms of depression and the early warning signs of relapse. We discuss the use of thought challenging, activity scheduling and support systems in developing a relapse prevention plan for depression.

MODULE 3 Managing Mania

This module focusses on developing awareness of the symptoms and early warning signs of mania as well as ways to reduce the impact of symptoms associated with mania. We develop a relapse prevention plan for mania.

At the end of the program, all participants will have comprehensive relapse prevention plans. We encourage people to share these plans with their health professionals..