



# Cognitive Behavioral Interventions for Adults & Children with Bipolar Disorder

Presented by  
**Monica Ramirez Basco, Ph.D.**

## Seminar Description

Bipolar Disorder (BPD) is a severe, recurrent psychiatric illness characterized by a chronic course of vacillating episodes of major depression and mania that impair functioning across many psychosocial domains. This presentation discusses how Cognitive Behavioral Therapy (CBT) can effectively treat BPD. You will learn the phenomenology of BPD, how adults and children differ, and gain a working knowledge of CBT interventions. Dr. Basco uses video examples and handouts to illustrate specific intervention practices. She emphasizes ways of using CBT techniques in relapse prevention.

## J&K Seminars Home Study Program - 12 hours CE credit

### Overview of C.B. Theory for Bipolar Disorder

- Research & rationale for treatment approach
- Goals for treatment
- Types and subtypes

### The Phenomenology of Bipolar Disorder

- Symptoms of depression and mania
- Opportunities for improvement
- Child and adult differences

### Cognitive Behavior Therapy

- Theoretical model
- Treatment targets

### Stages of Intervention

- Interventions for those newly diagnosed
- Readiness for treatment
- How to address denial

### Symptom Recognition

### Experienced & Symptomatic Stages

- Symptom monitoring
- Lifestyle management
- Behavioral interventions

### Correcting Cognitive Distortions

- Three stage approach: Catch, control, correct
- Faulty information processing
- Cognitive intervention strategies

### Mental Meltdown

- Slow racing thoughts
- Find a focus
- Structure to enhance reasoning

### Improving Treatment Adherence

- Cognitive behavioral model to adherence
- Behavioral contracting

## Monica Ramirez Basco, Ph.D

Dr. Basco, a Clinical Psychologist, is an internationally recognized expert in Cognitive-Behavior Therapy and a founding fellow of the Academy of Cognitive Therapy. She has lectured throughout North America as well as in South and Central America and Europe and has been training physicians, psychologists, and other mental health professionals for the past 20 years in cognitive behavioral treatment methods.

She is the author of 8 books, numerous book chapters, and research articles and has appeared on television shows such as the Oprah Winfrey Show and the Today Show.

She completed her doctoral training at the University of Southern California in 1987. She has since conducted research on the assessment and treatment of severe mental disorders with a specialty in Bipolar Disorder. In collaboration with other researchers, Dr. Basco has received several research grant awards.

In 1992 she received the Young Investigator Research Award for her work on marriage and depression from the Association for the Advancement of Behavior Therapy. Dr. Basco's 2008 book entitled Cognitive Behavior Therapy for Severe Mental Disorders (APPI) was awarded Mental Health Book of the Year by the British Medical Association. She recently received the UT Arlington College of Science Teaching Excellence Award for 2009-2010.

### Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed

©J&K Seminars, LLC - 2010 - All Rights Reserved

904 Church Rd., Wyncote, PA 19095-1601

(800) 801-5415

www.JKSeminars.com

Participant Practice Level—Intermediate

JK@JKSeminars.com