



# *Bipolar Disorder: A Psychosocial Approach to Treatment*

Presented by

## **David J. Miklowitz, Ph.D.**

**Overview & Agenda:** This course will explore current research and clinical practices relevant to 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 and videotaped demonstrations, attendees will become familiar with how to treat bipolar disorder.

Bipolar disorder: a review of what we know

(1 hr 29 min 46 sec)

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

Treatment of bipolar disorder: role of psychotherapy

(1 hr 31 min 45 sec)

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

Intro to family-focused therapy (FFT)

Evidence for FFT in clinical trials (1 hr 28 min 29 sec)

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

FFT Part 1: Psychoeducation (1 hr 25 min 36 sec)

- Prevention action plan
- Addressing resistances to educational material

- Videotaped demonstrations of psychoeducation
- Small group role-plays
- Q and A ( 1 hr 35 min 14 sec)
- Videotapes of sessions
- Group role-play of symptom exploration
- Group role-play of relapse prevention planning

FFT Part 2: Communication Enhancement Training - setting the stage for skill practice (1 hr 30 min 5 sec)

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

Group role-play exercises(1 hr 40 min 33 sec)

- Troubleshooting

FFT Part 3: Problem-Solving Skills Training

(1 hr 24 min)

- Defining problems, generating and evaluating solutions, choosing and implementing solutions
- Videotaped examples
- Group role-play
- Treatment termination

### **12 Hours CE Credits**

**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

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 writing. 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. His book with Michael Gitlin, *Clinicians' Guide to Bipolar Disorder*, won the 2015 best book award from the American Journal of Nursing.

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

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Practice Level—Intermediate

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