Bipolar Disorder (BD) is a serious mental health problem that typically creates chaos in an individual’s life, often leading to risky and impulsive behaviors, damaged relationship and careers, substance use problems, hospitalization, and even suicide. More than 10 million Americans have bipolar disorder; it affects men and women equally, as well as all races, ethnic groups, and socioeconomic classes. It can be difficult to diagnose and therefore to obtain proper treatment, and going without treatment or receiving improper treatment, often makes symptoms worse.

Based on Sheri Van Dijk’s ground-breaking work on using DBT with Bipolar Disorder, this webinar will review the different types of bipolar disorder and what to look for to help someone get a proper diagnosis and treatment. You’ll also learn about the existing psychotherapies being used to treat bipolar disorder, before looking at the efficacy of Dialectical Behavior Therapy in treating this illness, and a brief overview of how to teach some of the DBT skills to clients with BD.

Bipolar Disorder: different types of BD, mania versus hypomania, causes of BD, dealing with psychosis, co-morbidities, suicidality, and other difficulties in living with BD.

Therapy (DBT) in treating BD.

4. State the theoretical rationale for using Dialectical Behavior Therapy (DBT) in treating BD.

What is dialectics?

DBT Skills for Bipolar Disorder: Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness skills.

Counselors

Nurses

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. The Presenter

The Presenter

Sheri Van Dijk, MSW, RSW is a registered Social Worker who has been working in the mental health field since 2000, most of which she has spent both in private practice and at a community hospital, working with clients with severe mental health problems. Sheri has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of seven DBT books for both adults and teens, the focus of which is to teach clients how to use mindfulness practice and DBT skills to help them live emotionally healthier lives. She has also written DBT Made Simple, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well.

Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

General Information

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029

DBT Informed Treatment for Bipolar Disorder

Outline

Begin 1 PM ET

Providing psychoeducation to your clients with Bipolar Disorder: different types of BD, mania versus hypomania, causes of BD, dealing with psychosis, co-morbidities, suicidality, and other difficulties in living with BD.

Treatment Options What is DBT?

Break 2:30-2:45 PM ET

Tasks for Treatment of BD

Addressing Stigma

What is dialectics?

DBT Skills for Bipolar Disorder: Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness skills.

Considerations for group versus individual treatment

End 4:15 PM ET

Our seminars are available in two formats: The first is a live, interactive webinar; if the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

Learning Objectives

At the end of this seminar, participants will be able to:

1. Provide psychoeducation about BD to their clients regarding the DSM-V diagnoses, rates, and aetiology.

2. Identify the co-morbidities, suicidality and other difficulties in living with BD.

3. Name the current evidence-based treatments for BD.

4. State the theoretical rationale for using Dialectical Behavior Therapy (DBT) in treating BD.

5. Identify the main DBT skills used in treating BD.

Target Audience

Psychologists

Therapists

Social Workers

Counselors

Nurses

Continuing Education Credit

To earn CE’s, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary as permitted. Participants will earn 3 CE’s for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Tzkseminars maintains responsibility for this program and its content.

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Social workers completing this course receive 3 continuing education credits.

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