

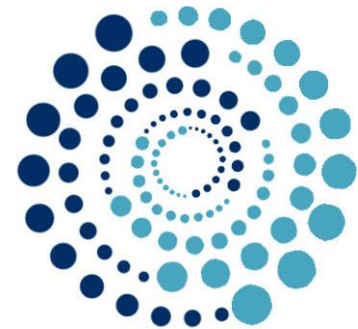
# Twelve session group therapy for individuals 'Living with Bipolar Disorder'

By Dr Antoinette Miric

Next group series starting June 2017

## Overall Aims of the 'Living with Bipolar' CBT group

- To educate the **individual Living with Bipolar and their family** about bipolar disorder and its treatment.
- To help the individual take a more participating role in treatment.
- To help family members take a more active role in supporting and understanding their loved one.
- To learn how to 'Live' with Bipolar Disorder
- To promote adherence to medication.
- To offer non-pharmacological options for dealing with problematic thoughts, emotions and behaviors. Traditionally bipolar disorder has been treated with medication alone – this is not enough for most individuals. Cognitive Behavioural therapy techniques are explained and re-inforced in the sessions.
- To help the individual cope with stressful factors, which may interfere with treatment or which may precipitate a relapse.
- One of the most highly valued benefit of the group is to facilitate meeting with others who are also learning to cope and live with Bipolar Disorder.
- To be time and cost effective.



[www.dramiric.co.za](http://www.dramiric.co.za)

## Why Cognitive Behavioural Therapy?

- CBT is an evidence-based treatment that works in *conjunction* with medication for individuals with bipolar disorder.
- The strength of CBT is that it may alter the course of bipolar disorder over time. Each time a relapse occurs it is an opportunity to learn more about the factors that precipitate these episodes and prevent and diminish the impact of further episodes.

### Living with Bipolar' group details

**Therapists:** Dr. Antoinette Miric (Psychiatrist), (we may add an additional facilitator depending on numbers – Candice Cowen – clinical psychologist)

**No. of Groups sessions:** 10 with group + 2 additional family sessions

**No. of group participants:** 6-10 (max)

**Starting date: June 2017: Tuesdays** 16:30 -18:00

**Place:** Oxford Health Care Centre, 75 Oxford Rd, Saxonwold, 2193

**Contact:** 010 350 0351, [doctor@dramiric.co.za](mailto:doctor@dramiric.co.za)

**Cost:** R600 a session (direct medical aid submission can be arranged)

## Living with Bipolar group (Module one)

<b>General overview of content</b>
<b>Psycho-education</b> – Bipolar disorder. Causes, signs and symptoms. Life charting. This is covered with both the individuals and their family members.
<b>Psycho-education</b> – Medication and importance of adherence. Discussion of the different types of medications and side effects. Mood charting.
<b>CBT</b> – general concepts and how it relates to bipolar disorder.
<b>Triggers for relapses</b> <b>Recognizing relapse and early warning signs:</b> Depression – cognitive, behavioural, emotional aspects Hypomania/Mania - cognitive, behavioural, emotional aspects
<b>Preventing and treating relapses</b> Focusing on daily structuring Sleep management Learning about stress management skills
<b>Integrating it all</b> Creating a relapse ‘plan of action’ Stigma and Bipolar – external and internal stigma. What Bipolar means for me? How to share this information with families/therapists/doctors?
<b>Family Sessions</b> Cover details of the illness and myths, treatment and difficulties which many families experience.

### Which individuals are suitable?

#### Individuals:

- with a diagnosis of Bipolar disorder who are motivated to learn more about their disorder and how to manage it more effectively.
- who can commit to all 12 sessions.
- who are relatively stable.
- who are over 18 years old.

***This group is run in conjunction with individual’s normal treatment. They will continue treatment with their treating therapist/psychiatrist. Individuals will be screened for suitability prior to the commencement of the group.***

**For more information contact:** Dr Antoinette Miric – [doctor@dramiric.co.za](mailto:doctor@dramiric.co.za) - 010 350 0351

If you would like to join this or future groups, please complete the attached registration and information form and email it to us on [doctor@dramiric.co.za](mailto:doctor@dramiric.co.za)