

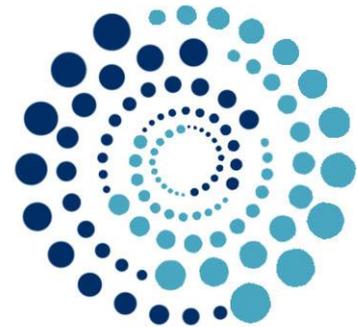
Twelve session group therapy for individuals 'Living with Bipolar Disorder'

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.



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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

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

Living with Bipolar group (Module one)

General overview of content
Psycho-education – Bipolar disorder. Causes, signs and symptoms. Life charting. This is covered with both the individuals and their family members.
Psycho-education – Medication and importance of adherence. Discussion of the different types of medications and side effects. Mood charting.
CBT – general concepts and how it relates to bipolar disorder.
Triggers for relapses Recognizing relapse and early warning signs: Depression – cognitive, behavioural, emotional aspects Hypomania/Mania - cognitive, behavioural, emotional aspects
Preventing and treating relapses Focusing on daily structuring Sleep management Learning about stress management skills
Integrating it all 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?
Family Sessions 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 - 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