

Washington DC 2017 Course Proposal

Course Title: Evidence-Based Psychotherapies in Practice: Using Individual and Family Interventions for the Management of Bipolar Disorder

Organizer(s): Alisha L. Brosse, Ph.D.

Presenters and Affiliations:

Alisha L. Brosse, Ph.D., University of Colorado Boulder

Daniel P. Johnson, Ph.D., Massachusetts General Hospital; Boston Child Study Center

David J. Miklowitz, Ph.D., UCLA Semel Institute for Neuroscience and Human Behavior

Individual Presentation Titles & Preliminary Schedule/Timetable

9-11:30 Behavioral Strategies for Bipolar Disorder, Alisha L. Brosse & Daniel P. Johnson

11:30-12:15 Cognitive Behavioral Treatment of Insomnia in Patients with Bipolar Disorder, Alisha L. Brosse

12:15-1:00 Lunch

1:00-2:00 Mindfulness and Acceptance-based Strategies for Bipolar Disorder, Daniel P. Johnson

2:00-4:00 Family-Focused Treatment of Bipolar Disorder, David J. Miklowitz

4-4:15 Summary and Integration

Course Description for Website and Final Program

BACKGROUND: Psychotherapy is an important adjunct to pharmacotherapy for the effective management of bipolar disorders. It can hasten recovery from a depressive episode, delay or reduce risk for future episodes, improve functioning and quality of life, and treat residual symptoms and co-occurring conditions (e.g., insomnia; anxiety disorder). All of the manualized psychotherapies that have garnered support in randomized clinical trials have much in common; specifically, they all include psychoeducation and behavioral interventions. Additionally, there is preliminary evidence that mindfulness training may reduce risk for relapse in individuals with recurrent mood disorders. In our clinical work and research, we have found that mindfulness and other acceptance-based strategies can enhance outcomes.

AIMS: In this course we will provide an overview of behavioral and psychoeducational strategies for bipolar disorder drawn from Cognitive Behavior Therapy (CBT), Interpersonal and Social Rhythm Therapy (IPSRT), and Family-Focused Therapy (FFT). Examples include mood charting, opposite-emotion action for both depression and mania, maintaining a regular daily routine, developing a relapse prevention plan, sleep interventions, psychoeducation, and communication enhancement strategies. We will describe how to integrate mindfulness and other acceptance-based strategies into evidence-based therapy for bipolar disorders. We will emphasize common implementation challenges in practice and strategies for overcoming them. Attendees will leave with a working knowledge of how to administer some of the common elements of evidence-based psychotherapy for bipolar disorder.

INTENDED AUDIENCE: Clinicians (therapists and medical prescribers) who treat individuals with bipolar disorder or their families.

FORMAT: The format will include the didactic presentation of material, case examples, videotaped examples, and role-plays.