

# DBT Informed Treatment for Bipolar Disorder

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. Based on Sheri Van Dijk's ground-breaking work on using DBT with Bipolar Disorder, this webinar will briefly 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 delving more into how to teach some of the DBT skills most pertinent to clients with BD.

## Target Audience

Psychologists                      Social Workers                      Counselors  
Therapists                      Psychiatrists                      Nurses  
Course level: Intermediate

## 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.

## Seminar Schedule

Typically begins at 10:00 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 10 AM 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 12:00-12:15 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 2:15 PM ET

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### Continuing Education Credit

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## The Presenter

Sheri is a registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she 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 eight DBT books for both adults and teens, the focus of which is to teach clients how to use 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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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