Balancing Bipolar

Day Group Psychotherapy Program

The Balancing Bipolar Group is a 10-week, full-day group program (8.30am to 2.45pm) which focuses on providing psychoeducation, wellbeing strategies and support for adults diagnosed with bipolar disorder. The program has been developed from evidence based research about what is most effective in the psychological treatment of Bipolar Disorder. This group therapy program is facilitated by a Clinical Psychology Registrar at the beautiful facilities of Archerview Day Clinic at Hillcrest Rockhampton Private Hospital.

The Bipolar program is run on a Tuesday and sessions include:

- **Week 1** - (20.09.2016)
  Introduction to the group program and a general overview of Bipolar Disorder
- **Week 2** - (27.09.2016)
  Understanding Bipolar, mood swings, triggers and coping with symptoms
- **Week 3** - (04.10.2016)
  Awareness of how and what can make things worst with living with Bipolar
- **Week 4** - (11.10.2016)
  Medication and Bipolar Disorder
- **Week 5** – (18.10.2016)
  Mood, thoughts and behaviours connection and Bipolar Disorder
- **Week 6** – (01.11.2016)
  How to stop avoidance and procrastination
- **Week 7** – (08.11.2016)
  Regaining control when feeling overwhelmed
- **Week 8** – (15.11.2016)
  Thinking patterns and changing a negative outlook
- **Week 9** – (22.11.2016)
  How to effectively define and solve problems
- **Week 10** – (29.11.2016)
  Maintaining your gains

****This program has been adapted from the resource 'The Bipolar Workbook. Tools for Controlling Your Mood Swings", Monica Ramirez Basco, PhD. (2015). Guilford Press. NY and is provided free of charge to all participants to use as a workbook during the program.*

The next program is due to commence on Tuesday, 20th September, 2016. Please contact the Hillcrest Psychology Team at Archerview Clinic for enquiries and information on eligibility and referral to the program.

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