

TATRA CORPORATE AND ALLIED HEALTH TRAINING SERVICES PRESENTS  
**“Bipolar Spectrum: Bringing Evidence into Practice”**

*presented by*  
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**This seminar will provide you with the understanding and tools to...**

- Use up-to-date instruments like the Bipolarity Index developed at Harvard to organize and present your diagnostic findings
- Differentiate bipolarity from anxiety disorders, ADHD, personality disorders, and substance use—with an eye on treatment
- Keep up to date with medication options and help patients choose among them collaboratively with their prescriber
- Interact more directly with primary care and psychiatry colleagues based on your new understanding
- Understanding DSM V: A Preview of what's coming.
- Special issues: children, pregnancy, suicide

**OBJECTIVES**

- Assess 11 non-manic bipolar markers as well as DSM criteria for hypomania
- Utilize effective screening tools including the Mood Disorders Questionnaire, the Bipolar Spectrum Diagnostic Scale and the Hypomania Checklist-32
- Implement at least one of three research-tested bipolar-specific psychotherapies, targeting cognitions, social rhythms, significant others—and even light and dark exposure!
- Understand current medication strategies and how to integrate these with psychotherapy (e.g. avoiding antidepressants)
- Report diagnostic findings using the five dimensions of the Bipolarity Index developed at Harvard
- Teach clients, families and carers using efficient psycho education: websites, books and your own understanding

## **OUTLINE**

### **Can you diagnose bipolar disorder with a brainscan? - Transmitters & Neuroanatomy**

- Depression Is Not a Moral Weakness
- One gene can make that much difference?
- Look, Psychiatry can do biochemistry (high school level explanation)
- Just where is depression located in the brain?
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### **The Mood Spectrum: Beyond Current Diagnostic Criteria**

- DSM criteria versus a "spectrum" perspective
- How evidence—and mood experts—support going beyond the DSM
- Unipolar or bipolar? Wrong question!
- The International Society for Bipolar Disorders' Diagnostic Guidelines

### **Eleven Non-Manic Bipolar Markers ("Soft Signs")**

- Where did these come from? Who uses them? Should you?
- How can you remember them? The WHIPLASHED mnemonic
- (Don't forget DSM criteria: the DIGFAST mnemonic)
- A system for organizing non-manic markers: the Bipolarity Index

### **Make No Mistake: What Looks Like Bipolar Disorder?**

- Co-morbid or overlapping—or just bipolar?
- Bipolarity and/or ADHD
- Every anxiety disorder can mimic, or be mimicked by BD
- Borderline or Bipolar? Beyond rhetoric
- Differentiate substance-abuse, or treat?

### **Coping with Ambiguity**

- Keep your eyes on the prize: treatment
- Recruiting patients and families to help with diagnosis
- Mood diagnoses are "working diagnoses": openness

### **Screening Tools**

- Mood Disorders Questionnaire (MDQ)
- Bipolar Spectrum Diagnostic Scale (BSDS)
- Hypomania Checklist (HCL-32)
- Understanding sensitivity, specificity and predictive value

### **Treatment: A Big-Picture View**

- Psychotherapy is an integral component, not an add-on!
- Non-medication mood stabilizers: an example in darkness
- Antidepressants can make bipolar disorder worse in 5 different ways
- 9 alternatives to antidepressants for bipolar depression

### **Components of Treatment**

- Mood stabilizing: psychotherapy or medications or both?
- Psychoeducation for all!
- How adherence is the provider's responsibility
- Collaborative decision-making: letting patients drive the car
- Recognize metabolic syndrome—this may kill more bipolar patients than suicide

### **Bipolar-Specific Psychotherapies**

- Research on cognitive/behavioural, interpersonal, family approaches
- Integrating the core ingredients into your practice
- Using the treatment manuals for these therapies

### **Mood Stabilizer Medications**

- Is "evidence-based medicine" just drug company marketing?
- Major medications and many minor ones
- Key risk/benefit factors that determine patients' choices
- Where you, and they, can learn more—in plain English
- Working with the prescriber, including primary care doctors