



Bipolar Disorders: differential diagnosis and engagement.

A workshop for understanding and responding effectively in our client work.

There are many myths and misunderstandings about Bipolar Disorder. For example, it is just mood swings or just mania, that manic episodes are enjoyable, that bipolar disorders are rare, or that people with bipolar disorder cannot function in the workplace. Contrary to these myths, bipolar disorders can involve intense lows and highs that appear out of context, a person with a bipolar disorder often experiences long major depressive episodes as well as manic or hypomanic episodes, manic episodes can be very unpleasant experiences, bipolar disorders affect up to 6% of Australians at some point in their lives, the suicide risk of people with a bipolar disorder is 17 times higher than in the general population, yet with treatment a person with a bipolar disorder can recover and lead a satisfying and productive life. Mistaken beliefs about bipolar disorders, on the other hand, can lead to a lack of understanding and unhelpful communication by others which, may contribute to suffering in silence, not seeking support, and deteriorating.

This seminar will provide an understanding of bipolar and related disorders, including: characteristics of a manic episode, hypomanic episode, and major depressive episode; DSM-5 diagnostic criteria for bipolar I disorder, bipolar II disorder, and cyclothymic disorder; specifiers for bipolar and related disorders, such as anxious distress, rapid cycling, melancholic features or psychotic features; the lived experience of people affected by bipolar disorders; causes and risk factors; prevalence and course of these disorders; common comorbidities; differentiation between bipolar

disorders and other mental disorders with overlapping symptoms (such as major depressive disorder, anxiety disorders, posttraumatic stress disorder, attention-deficit/hyperactivity disorder, and borderline personality disorder); treatment options for OCD; and helpful as well as well as unhelpful communication.

The morning session of the seminar will focus on: understanding characteristics of a manic episode, hypomanic episode, and major depressive episode; DSM-5 diagnostic criteria for bipolar I disorder, bipolar II disorder, and cyclothymic disorder; and the lived experience of people with bipolar disorders.

The afternoon session will focus on: differentiation between bipolar disorders and mental disorders that have overlapping symptoms; prevalence, course, causes and risk factors of bipolar disorders; treatment options; as well as helpful and unhelpful communication.

The presentation style will be interactive, encouraging participant questions and contributions, and both sessions will include case studies and audio visual material.

Learning objectives of this training:

1. Recognising key characteristics of bipolar disorders.
2. Understanding the lived experience.
3. Differentiating between bipolar disorders and other mental disorders with overlapping symptoms.
4. Distinguishing between helpful and unhelpful communication when interacting with people affected by bipolar disorders.



Renata Porzig-Drummond is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for participants' context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.



AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

Morning Session

Major depressive episodes, manic episodes, hypomanic episodes
Bipolar I disorder, bipolar II disorder, and cyclothymic disorder
DSM-5 diagnostic criteria and specifiers for bipolar disorders
The lived experience of people affected by bipolar disorders

Afternoon Session

Differentiation between bipolar disorders and other mental disorders with overlapping symptoms
Prevalence, course, causes and risk factors of bipolar disorders
Treatment options
Helpful and unhelpful communication
Questions, evaluation and closing.

“This seminar will focus on skills in (1) recognising patterns of symptoms related to OCD, (2) understanding the lived experience of a person with OCD, and (3) helpful and unhelpful communication when interacting with people affected by OCD.” Renata Porzig-Drumond

How will you benefit from attending this training?

- Learn to identify patterns of symptoms relating to bipolar disorders.
- Understand the lived experience of individuals with bipolar disorders.
- Know the difference between bipolar disorders and other mental disorders with overlapping symptoms.
- Learn to distinguish between communication that is helpful and unhelpful when interacting with people affected by bipolar disorders.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director **1300 887 622** or **info@PDPseminars.com.au** for information, quotation or to have a helpful chat about the needs of your team.

The presentation is designed for anyone without, or with some, prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: coaches; HR professionals; counsellors, psychotherapists and social workers; volunteers; community workers; and allied health professionals.

Feedback form Renata’s recent presentations:

“Renata’s enthusiasm, attention to detail, going over and beyond expectations made it an absolute pleasure.”

“Excellent course and thoroughly enjoyed it. Renata has a warm and friendly style and was professional and engaging. She clearly knows her stuff. It was great to hear real life examples as well as the video segments of this work in action.”

“The day was well paced and informative with skills and awareness I can use in my work with clients and in my own personal life. I enjoyed the interactive activities discussed and the videos.”

“Renata’s enthusiasm makes such a difference to the training. She is a very knowledgeable and positive trainer.”

“Thank you, today was very engaging, practical and informative, really clear and I will apply it to my practice.”

“Renata was very encouraging of us to ask questions and engaging with her knowledge in that way was fantastic and contributed to everyone’s learning. Just great!”

“The enthusiasm, knowledge on this subject and in general an engaging teaching ability made this an enjoyable and valuable training. Thank you!”

“Renata’s knowledge and experience is impressive! She was well prepared, approachable and helpful throughout.”