



The Sutherland Seminar Series

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The Sutherland Seminar Series is an 8-part audio recording of engaging topics related to bipolar disorders. The speaker, Dr. Alisha Brosse, is a licensed clinical psychologist and Associate Director of the Sutherland Bipolar Therapy Center. With almost 15 years of experience treating clients with bipolar disorder, she covers a wide range of subjects that are applicable, practical, and rooted in evidence-based research and proven treatment. The recordings are primarily designed for adults with a bipolar disorder, their family and friends who want to support and understand them, mental health professionals, and anyone who wants to better comprehend the complications, challenges and implications of the illness.

You can purchase one, some or all of the series. Most sessions include an accompanying handout. \$10/session or \$80 for the entire set.

Topic
Diagnosis Part I: Bipolar Disorders (1 hour 22 mins) A review of the formal criteria for bipolar disorders, including the differences between bipolar I vs. bipolar II. Dr. Brosse discusses how bipolar disorders are diagnosed.
Diagnosis Part II: Bipolar Disorders (continued), “Close Cousins” and Substance Use (1 hour 19 mins) “Soft bipolar disorder” and the “bipolar spectrum.” What disorders commonly co-occur or are confused with bipolar? How does this impact treatment? How are alcohol and recreational drug use related?
Mood Charts, Regular Daily Routines, Exercise, & Nutrition (1 hour 20 mins) (A review of lifestyle choices that may impact current symptoms and risk for relapses, and specific tools to help facilitate behavioral changes.
Sleep! (1 hour 20 mins) Good sleep can help to stabilize mood, while poor sleep can be both a trigger and a symptom of mood episodes. Dr. Brosse discusses research-supported strategies for improving sleep.
Treatment Part I: Psychotherapy (1 hour 27 mins) What role does psychotherapy play in treating bipolar disorder? What kinds of psychotherapy are there? How do you shop for a therapist?
Treatment Part II: Pharmacotherapy (Medications) (1 hour 24 mins) A review of general principles to help you: (1) better understand medications and how to take them, (2) shop for a psychiatrist, and (3) make the most of (often) brief appointments.
Bipolar Disorder and Relationships (1 hour 17 mins) What you can do to help a family member with bipolar disorder and/or what you can do to nurture relationships impacted by your bipolar disorder.
Wellness/Relapse Prevention Plans and Crisis Management (1 hour 22 mins) Powerful tools for detecting early warning signs of an impending mood episode, short-circuiting the episode, and/or limiting the amount of damage caused by the episode. Strategies and resources for acute crisis management.