



Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder  
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### Sutherland Seminar Series: Winter 2019

- What:** Weekly seminars on topics related to bipolar disorders.  
**Who:** Designed for adults with a bipolar disorder and their family and friends; open to anyone in the community who wishes to better understand bipolar disorders.  
**When:** Mondays, 6:30-8:00 pm. Each session stands alone; no commitment or pre-registration required.  
**Where:** Fellowship Hall at the Longmont Church of Christ, 1351 Collyer St. Longmont, CO 80501  
**Cost:** A \$10 per person donation is appreciated, but no fee is required.

<b>Date</b>	<b>Topic</b>
<b>Jan 28</b>	<b>Diagnosis Part I: Bipolar Disorders</b> <i>A review of the formal criteria for bipolar disorders, including the differences between bipolar I vs. bipolar II. We also will discuss how bipolar disorders are diagnosed.</i>
<b>Feb 4</b>	<b>Diagnosis Part II: Bipolar Disorders (continued), “Close Cousins” and Substance Use</b> <i>“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?</i>
<b>Feb 11</b>	<b>Mood Charts, Regular Daily Routines, Exercise, &amp; Nutrition</b> <i>A review of lifestyle choices that may impact current symptoms and risk for relapses, and specific tools to help facilitate behavioral changes.</i>
<b>Feb 18</b>	<b>Sleep!</b> <i>Good sleep can help to stabilize mood, while poor sleep can be both a trigger and a symptom of mood episodes. We will discuss research-supported strategies for improving sleep.</i>
<b>Feb 25</b>	<b>Treatment: Psychotherapy</b> <i>What role does psychotherapy play in treating bipolar disorder? What kinds of psychotherapy are there? How do you shop for a therapist? take them, (2) shop for a psychiatrist, and (3) make the most of (often) brief appointments.</i>
<b>Mar 4</b>	<b>Treatment: Pharmacotherapy (Medications)</b> <i>A review of general principles to help you: (1) better understand medications and how to</i>
<b>Mar 11</b>	<b>Bipolar Disorder and Relationships</b> <i>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.</i>
<b>Mar 18</b>	<b>Wellness/Relapse Prevention Plans and Crisis Management</b> <i>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.</i>

## **Sutherland Seminar Series: Frequently Asked Questions**

### **Do I need to be a patient at the Sutherland Center to attend? Do I need to pre-register?**

No and no! These seminars are open to the community. You do not need to qualify or pre-register.

### **Is there a cost? Is there any pressure to make a financial contribution?**

No! We encourage contributions as this helps us offset the cost of providing the Seminars, which allows us to provide more treatment services to a greater number of people. However, there is no required fee and there is no pressure to donate. A donation can be made should you choose to make a donation. Donations can be in the form of *cash* or *checks* made payable to “CU” or “University of Colorado.”

### **Do I need to attend all of the seminars?**

No! Seminars are designed as stand-alone sessions, so people can attend only those topics of interest.

### **What time does the seminar *really* start?**

We start *promptly* at the start time indicated on the schedule.

### **What should I expect when I get there?**

There will be a Disclosure Statement for you to complete *each and every time you attend*. There also will be a donation can, handouts relevant to the day’s topic, and materials about the Sutherland Center and related resources.

### **I’m looking for information about childhood bipolar disorder. Is this seminar for me?**

The focus of the seminars is on *adult* bipolar disorder. Parents of children/adolescents with bipolar disorder have attended and have found the seminars useful, but we generally do not discuss issues *specific* to this population.

### **Can I record the seminar for someone who can’t attend, or so that I can listen again later?**

No. However, we audiorecorded the Fall 2015 series, which is available for purchase at [bipolarresources.org](http://bipolarresources.org).

### **Who conducts the seminars?**

Most of the seminars are conducted by Dr. Alisha Brosse, a licensed psychologist and the director of the Sutherland Bipolar Center. Other clinicians may lead select seminars.

### **How will I know if a seminar is canceled?**

In the unlikely event that we need to cancel a seminar (generally due to inclement weather), we will post an alert on our website ([rdsfoundation.org](http://rdsfoundation.org); near the description of the Seminar Series) and will include this information in our outgoing voicemail message (303/492-5680). We will always cancel when the CU Boulder campus is officially closed (see [www.colorado.edu](http://www.colorado.edu)).

### **If you cancel a seminar one week, how will that impact the rest of the series?**

Generally, if we cancel a seminar we will skip the topic scheduled for that day to stay on schedule for the rest of the series. If we do change the schedule we will put the updated schedule on our website.