



• Psychotherapy • Research • Training

Bipolar Programme

The CCI Bipolar Programme is an adjunctive psychosocial treatment programme for people with bipolar disorder.

This programme is designed to help people improve their coping with bipolar disorder by:

- monitoring and understanding their mood symptoms
- identifying early warning signs for episodes
- learning how to deal with psychosocial stressors

People attending the programme will also learn cognitive and behavioural strategies for managing episodes of depression and mania. The treatment can be provided in a group or individual setting.

How to refer to the Bipolar Programme

If you would like to refer someone to the CCI Bipolar programme, send a referral letter or completed CCI referral form to:

Clinic Manager at CCI
223 James St, Northbridge 6003 or
fax on: 9328 5911

If you have any questions about the programme or would like to discuss a specific patient please call **Laura Smith** (Senior Clinical Psychologist) at CCI on **9227-4399**.