



• Psychotherapy • Research • Training

## **Bipolar Group Programme**

The CCI Bipolar Group 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.

### **How to refer to the Bipolar Group 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 **Dr. Amanda Swan** (Clinical Psychologist - Registrar) at CCI on 9227-4399.