

Bipolar Programme

The Bipolar Programme is one of the psychological treatment programmes that CCI offers. It is a cognitive behaviour therapy (CBT) programme.

Treatment

CBT is based on the concept that our emotions and actions are largely influenced by our thoughts. CBT has been used successfully to treat depression and anxiety problems for many years, but more recently, it has been adapted as a treatment for bipolar disorder.

CBT is an adjunctive treatment for Bipolar Disorder, which means it is used **in addition** to medication treatment. The treatment programme involves learning how to ...

- monitor and understand mood symptoms
- identify early warning signs for episodes
- deal with stressful events that can trigger episodes

The CBT programme will also teach you techniques and strategies to help you manage episodes of depression and mania.

Our CBT group programme for people with bipolar disorder is called the **Bipolar Group**. The Bipolar Group runs for 12 weekly sessions of 2 hours each. Where group treatment is not suitable, we are able to offer individual treatment. In this case, you and your individual therapist will discuss and decide on the focus and length of therapy.

How to contact CCI

If you would like to attend the CCI Bipolar programme you will need a referral from your treating doctor (psychiatrist or GP) addressed to:

Clinic Manager at CCI
223 James St, Northbridge 6003

or

fax on: **9328 5911**

If you have any questions about the programme please call Laura Smith (Senior Clinical Psychologist) at CCI on 9227-4399.

As **CCI** is part of the public mental health system, the service we offer is free.