



## **Psychotherapy & Hypnotherapy with Bipolar- Spectrum Disorders\***

Daniel Brown, Ph.D.

Jan. 25-26, 2014 (Sat.- Sun. 9:00am-5:00pm)

Newton MA

The remarkable effectiveness of mood stabilizing drugs for bipolar spectrum disorders-  
-cyclothymia, type II (hypomania) and Type I (manic-depressive) bipolar conditions-  
-has obscured the importance of psychotherapy in the treatment of bipolar conditions.  
Given the fact that the majority of bipolar episodes are precipitated by interpersonal  
stress or behavioral dysregulation in daily life, psychotherapy retains an important  
place in the overall treatment of bipolar conditions. This workshop will review the inter-  
action of biological vulnerability and psychological factors in bipolar disorders. Special  
emphasis will be given to the specific patterning of the transference in bipolar disor-  
ders, and how to treat dysfunctional interpersonal patterns as a way of reducing risk  
of bipolar episodes. Participants will learn a variety of developmentally-informed meth-  
ods to foster self development and affect-regulation, as well as a variety of cognitive-  
behavioral methods for relapse prevention (self-monitoring of energy shifts, behavioral  
shaping of sleep/wake cycles, risk reduction through nutritional interventions, and mon-  
itoring of risk behaviors) and for self-management of shifting energy and self-states.  
Teaching includes lecture & case illustration. Hypnosis training recommended, not  
required.

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Course Outline

## Saturday Jan. 25, 2014

9:00-10:30

- Biological vulnerability in bipolar disorders
- Clinical features and diagnostic criteria
- The stages and course of mania
- Time-course models for mania
- The bipolar spectrum—cyclothymia, type II, and type I
- Rapid cycling
- Assessment of type of bipolar condition

10:30-10:45 BREAK

10:45-12:00 Noon

- Precipitants of manic episodes
- Treatment
  - Mood stabilizing medications
  - Drug-induced mania (case illustrations)
  - Nutritional treatments

12:00-1:00 LUNCH BREAK

1:00-3:00

- General contributions of psychotherapy to bipolar treatment
- Approaches to treatment

- Psychodynamics of mania
- The transference in bipolar-spectrum patients
- Working with the transference in psychodynamic psychotherapy with bipolar patients
- Case illustration

3:00-3:15 BREAK

3:15-5:00

- Psychoeducational approaches
- Adjustment to chronic illness model of treatment

Cognitive-behavioral & hypnbehavioral treatment  
Self-monitoring  
Mood charts  
Monitoring activity level & self-induced over-stimulation

**Sunday Jan. 26, 2014**

9:00-10:30

Cognitive-behavioral treatment (continued)  
Self regulation of prodromal signs  
Managing symptoms and behavioral risk patterns that exacerbate episodes  
Treating medication compliance problems

10:30-10:45 BREAK

10:45-12:00 Noon

Behavioral self-regulation  
Sleep-wake cycle regulation  
Drug and alcohol issues  
Handling irritability and impulsiveness  
Identifying stress patterns and coping enhancement  
Hypnotherapy–Demonstration of coping enhancement

12:00-1:00 LUNCH BREAK

1:00-3:00

Cognitive therapy (continued)  
Undue optimism, self inflation, and grandiosity  
Dealing with racing thoughts and flight of ideas  
Hypnotherapy–Demonstration of ZOF method

Interpersonal psychotherapy and social rhythm therapy  
Interpersonal therapy and current interpersonal problems  
Social Rhythm Therapy

3:00-3:15 BREAK

3:15-5:00

Developmentally-informed therapy  
Boundary definition methods (case illustration)  
Self development protocol (case illustration)