

‘Living with Bipolar Disorder’ Workshop by Dr Antoinette Miric

Dates: Sat 24th November 2018 and Sat 1st December 2018, 9 -12:30am

Structure:

9am – 11:30: Workshop with individuals living with Bipolar Disorder

11:30am - 12:30pm: Family members welcome to join workshop

Venue: Oxford Health Care Centre,75 Oxford rd, Saxonwold

Price: R 2000 for both sessions per participant, family members R 200 pp/per session. Includes tea/coffee and snacks.

Format: A small interactive workshop with a maximum of 8 participants.

Topics covered:



www.dramiric.co.za

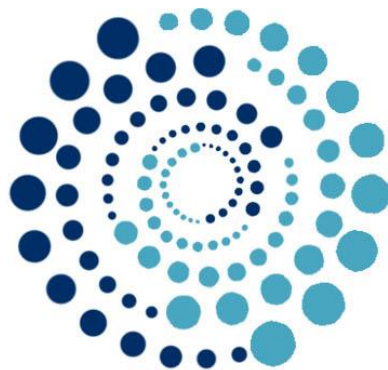
General Overview of Content
Psycho-education – Bipolar disorder. Causes, signs and symptoms. Life charting. This is covered with both the patients and their family members.
Psycho-education – Medication and importance of adherence. Mood charting.
CBT – general concepts and how it relates to bipolar disorder.
Triggers for relapses Recognizing Relapse signs: Depression – cognitive, behavioural, emotional aspects Hypomania/Mania - cognitive, behavioural, emotional aspects
Preventing/ Treating relapses Focusing on daily structuring Sleep management Learning about stress management skills
Integrating it all

For more information contact:

Dr Antoinette Miric – doctor@dramiric.co.za

010 350 0351

If you would like to join this or future groups, please complete the attached information form and email it to us on doctor@dramiric.co.za



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Bipolar Disorder Workshop: 24th November 2018 and 1st December 2018

ADDRESS: Oxford Health Care Centre, 75 Oxford Road, Saxonwold

TEL: 010 350 0351

(if we have your identifying details please only write your name and sign)

IDENTIFYING DETAILS

Surname: _____ Name(s): _____

Date of birth (ddmmyy): _____ Identity No.: _____

Referred by: _____ Referrers contact details _____

Psychiatrist : _____ Contact details: _____

Psychologist(If applicable) : _____ Contact details: _____

