



Evidence Based Treatment for Mood Disorders

Speaker

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Ottawa Institute of Cognitive Behavioural Therapy
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Overview

This workshop will begin with a discussion of the nature of depression and bipolar disorder. The definition of mood disorders will be reviewed, and the differences between other mental health issues will be discussed. The cognitive-behavioural model for depression and bipolar disorders will be introduced. Specific cognitive behavioural treatments will be reviewed, including cognitive methods (e.g.: *evaluating negative thoughts, testing out new ways of thinking*), behavioural interventions (e.g.: *behavioural activation and deactivation, improving sleep, problem-solving and development of action plans*), and the role of medication will be discussed (*in the context of psychological treatment*). For family and friends of individuals living with mood disorders, the importance of decreasing feelings of stigma, putting supportive coaching strategies in place, and practicing self-care will be emphasised. A detailed list of relevant reading material, evidence-based websites and community and hospital-based resources will also be provided.

Date and Time

Thursday, April 26, 2018
6:30 – 9:30 PM

Location

The Royal, Associates in Psychiatry Auditorium
1145 Carling Avenue, Ottawa

Learning Objectives

1. Define and understand the diagnosis and prevalence of mood disorders;
2. Understand mood disorders using a CBT model;
3. Overview of evidence-based treatment strategies;
4. Develop self-care strategies when helping others with mood disorders.

Cost

Cost: \$35 (includes refreshments and resources information);

Registration

To register please visit

www.regonline.com/cbtmood2018

Target Audience

Anyone wanting to learn more about mood disorders! Individuals with mood disorders, their family, friends, and supporters. Anyone who wonders if they may have a mood disorder, or anyone wondering if someone in their life may have a mood disorder.

For more information, please contact Amy Quinn at amy.quinn@theroyal.ca or 613.722.6521, ext 6570.

Or visit: theroyal.ca/mental-health-centre/education-and-conferences/