



Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder  
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### Sutherland Seminar Series

**What:** Weekly seminars on topics related to bipolar disorders.  
**Who:** Designed for adults with a bipolar disorder and their family and friends; open to anyone in the community who wishes to better understand bipolar disorders.  
**When:** Thursdays, 6-7:30 pm. Each session stands alone; no commitment or pre-registration required.  
**Where:** Room E214 Muenzinger Psychology Building, University of Colorado – Boulder.  
**Cost:** A \$10 per person donation is appreciated, but no fee is required.

<b>Date</b>	<b>Topic</b>
<b>10-Jul-08</b>	<b>Diagnosis Part I: Bipolar Disorder</b> <i>A review of the formal criteria for bipolar disorders, including the differences between bipolar I vs. bipolar II and mixed episodes vs. rapid cycling. We also will discuss so-called “soft bipolar disorder,” the “bipolar spectrum,” and how bipolar disorders are diagnosed.</i>
<b>17-Jul-08</b>	<b>Diagnosis Part II: Bipolar Disorder (continued) &amp; “Close Cousins”</b> <i>Continuation of Week 1(as needed) plus... What disorders commonly co-occur or are confused with bipolar? How does this impact treatment?</i>
<b>24-Jul-08</b>	<b>Lifestyle Choices Part I: Mood Charts, Regular Daily Routines, &amp; Exercise</b> <i>A review of 3 things you can do to reduce current symptoms and delay or prevent relapses, and specific tools to help facilitate these behavioral changes.</i>
<b>31-Jul-08</b>	<b>Lifestyle Choices Part II: Drugs, Alcohol, &amp; Nutrition</b> <i>Overview of how recreational drugs, alcohol, and nutrition can impact bipolar disorder, with the goal of helping people make informed choices about what they put in their body.</i>
<b>7-Aug-08</b>	<b>Lifestyle Choices Part III: Sleep!</b> <i>Sleep plays an integral role in bipolar disorder: good sleep can help to stabilize mood, while poor sleep can be both a trigger and a symptom of mood episodes. We will discuss research-supported strategies for improving sleep.</i>
<b>14-Aug-08</b>	<b>Pharmacotherapy (Medications) Overview (Guest Speaker: W. Wenokor, M.D.)</b> <i>A review of general principles to help you: (1) better understand medications and how to take them, (2) shop for a psychiatrist, and (3) make the most of (often) brief appointments.</i>
<b>21-Aug-08</b>	<b>Psychotherapy Overview</b> <i>What role does psychotherapy play in treating bipolar disorder? What kinds of psychotherapy are there? How do you shop for a therapist?</i>
<b>28-Aug-08</b>	<b>Relapse Prevention Plans</b> <i>Powerful tools for (1) detecting early warning signs of an impending mood episode, and (2) short-circuiting the episode, and/or limiting the amount of damage caused by the episode.</i>
<b>4-Sep-08</b>	<b>Suicide</b> <i>An introduction to assessing and reducing your own or a loved one’s current risk for suicide.</i>
<b>11-Sep-08</b>	<b>Bipolar Disorder and Relationships</b> <i>What you can do to help a family member with bipolar disorder and/or what you can do to nurture relationships impacted by your bipolar disorder.</i>
<b>18-Sep-08</b>	<b>Parenting a Child/Adolescent with Bipolar Disorder (Guest Speaker)</b> <i>Special challenges for parents/caregivers of children and adolescents with bipolar disorder.</i>
<b>25-Sep-08</b>	<b>Wrap-up/Integration/Q&amp;A</b> <i>A review of the common themes and “take home messages” that thread throughout the Series, and an opportunity to ask additional questions about bipolar disorders.</i>

## Sutherland Seminar Series: Frequently Asked Questions

### **Do I need to be a patient at the Sutherland Center to attend? Do I need to pre-register?**

No and no! These seminars are open to the community. You do not need to qualify for this service, nor do you need to pre-register. The room is large and we've never turned anyone away.

### **Is there a cost? Is there any pressure to make a financial contribution?**

No! We encourage contributions as this helps us offset the cost of providing the Seminars, which allows us to provide more treatment services to a greater number of people. However, there is no required fee and there is no pressure to donate. A donation can is available should you choose to make a donation. Donations can be in the form of *cash* or *checks* made payable to "CU" or "University of Colorado."

### **Where is the seminar held?**

Room E214, Muenzinger Psychology Building, University of Colorado—Boulder. For directions and maps, please visit our website ([rdsfoundation.org](http://rdsfoundation.org)). Once you are on the second floor of the Muenzinger Building, signs will direct you to room E214.

### **Do I need to attend all of the seminars?**

No! Seminars are designed as stand-alone sessions, so people can attend only those topics of interest.

### **What time does the seminar *really* start?**

We start *promptly* at 6 pm.

### **What should I expect when I get there?**

You will enter through a door at the back of the room. On a table there will be a Disclosure Statement for you to complete each and every time you attend. There also will be a donation can, any handouts relevant to the night's topic, and materials about the Sutherland Center and related resources.

### **I'm looking for information about childhood bipolar disorder. Is this seminar for me?**

Unless the topic description specifies otherwise, the focus of the seminars is on *adult* bipolar disorder. Parents of children/adolescents with bipolar disorder have attended and have found the seminars useful, but we generally do not discuss issues *specific* to this population. The content is not always appropriate for children's ears. Please use discretion in deciding whether to bring your child or adolescent.

### **Who conducts the seminars?**

Most of the seminars are conducted by Dr. Alisha Brosse, a licensed clinical psychologist and the associate director of the Sutherland Center. Other Sutherland Center clinicians may lead select seminars.

### **How will I know if a seminar is cancelled?**

In the unlikely event that we need to cancel a seminar (generally due to inclement weather), we will post an alert on our website ([rdsfoundation.org](http://rdsfoundation.org); near the description of the Seminar Series on the page titled "Clinical Services") and will include this information in our outgoing voicemail message (303/492-5680). We will always cancel when the University campus is officially closed (see [www.colorado.edu](http://www.colorado.edu)).

### **If you cancel a seminar one week, how will that impact the rest of the series?**

Generally, if we cancel a seminar we will skip the topic scheduled for that night to stay on schedule for the rest of the series. If we do change the schedule we will put the updated schedule on our website.

### **Will you repeat the series in the future?**

We expect to offer the Seminar Series approximately twice a year.