

# **BIPOLAR GROUP PROGRAMME**

An Adjunctive Cognitive Behavioural Group Treatment Programme for Bipolar Disorder.

*Second Edition.*

**Louella Lim**  
**Laura Smith**

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**Centre for Clinical Interventions**  
**Perth, Western Australia**

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Second Edition.

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**Centre for Clinical Interventions**  
• Psychotherapy • Research • Training  
223 James Street, Northbridge WA 6003  
Telephone: (08) 9227 4399  
Fax: (08) 9328 5911  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

# **Preface**

The National Surveys of Mental Health and Wellbeing (1997, 1999) have reported that 18% of individuals in the Australian community suffered from a serious mental disorder. Affective disorders accounted for 5.8% and anxiety disorders for 9.7%. These prevalence rates translate into approximately 778,000 Australian adults (275,000 men and 503,000 women) who experienced an affective disorder and 1,300,000 Australian adults (470,000 men and 830,000 women) who experienced an anxiety disorder.

These large numbers clearly demonstrate the many people in Australia are struggling with severely debilitating mental illness and concurrent distress and disability in terms of their personal, family, economic and social day to day functioning.

The extent and complexity of mental health and psychosocial problems places enormous pressure on treatment facilities to provide appropriate and effective interventions. The second edition of this treatment protocol helps address this need. It was developed by the Centre for Clinical Interventions (CCI), a state wide tertiary mental health service which provides specialist clinical treatments, training and education of mental health practitioners, and clinical research programs. The establishment of CCI has allowed clinical practice and research to be mutually interactive and balanced. Placing such a facility at front-line service delivery has ensured the invaluable two-way dialogue between clinicians, who are the lifeblood of advances in the development of new therapeutic interventions, and scientific practice. The manual has been written by clinicians for clinicians and presents a clinical guide based on empirical foundations and clinical evaluation.

The treatment protocol provides the therapist with a comprehensive, detailed and systematic approach to treatment delivery. The manual is divided into sessions, which describe the treatment components of this group therapy. Importantly, the manual does more than describe the content of 'what to do', but also describes the process by which each treatment component is delivered.

Notes for each session provide the clinician with content guidelines, including details of activities, reminders of materials needed and notes about issues which may arise for group members. Details about evaluation procedures are included, as are activities and handouts for participants, self-monitoring diaries and materials to be used by the clinician.

I would like to acknowledge the support of the Pharmacy Departments at Royal Perth and Graylands Hospitals in delivering medication education to the Bipolar Group Programme and particularly to Linda Fellows the Chief Pharmacist at Graylands Hospital. I would also like to express our respect and gratitude to the people with bipolar disorder who have so courageously participated in our interventions and thus travelled with us along the path to scientific discovery.

Whilst this manual provides a comprehensive guide to mental health practitioners, key competencies are required, and it is highly recommended that in order to apply the protocol most effectively appropriate training and supervision is undertaken.

Paula R Nathan  
Director  
Centre for Clinical Interventions



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