

# In-Sight

A holistic approach to recovery training for people with bipolar disorder or depression



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OLM-Pavilion 



This training pack can be delivered to people who have experienced bipolar disorder or depression, to facilitate their recovery.

It has been carefully constructed as a series of steps in a learning process and represents a comprehensive digest of guidance on self-management for people who experience bipolar disorder or depression. It offers knowledge, understanding and helpful suggestions to enable individuals to engage in their recovery both through professional therapies as well as lived experience.

## About the training

The group training is made up of 16 weekly three-hour sessions, with an additional three-hour group follow-up session after four weeks.

Information on medication and the disorder are included. The training encourages trainees to recognise their mood, cognitive and behavioural changes and situate themselves regularly on a behaviour-thoughts-mood scale, as well as constructing a life events chart, combining mood fluctuations from the scale with events. Coping strategies and relapse drills are also included in the training.

The training concludes with trainees completing a well-being action plan and self-commitment, which recaps learning from stressful life events and symptoms of highs and lows, a checklist for best coping strategies, medication adjustment, development of life skills such as good communication, anger management, assertiveness and challenging negative thoughts, as well as healthy lifestyle components. It outlines the nature of the support participants find beneficial in order to achieve best coping and continued stability.

## Modules include:

**Module 1: Getting to know yourself – your moods and stressful situations**

**Module 2: How your mood affects you**

**Module 3: Coping with lows**

**Module 4: Coping with highs**

- Module 5: Routine and balance**
- Module 6: Medication – increasing your chances of staying well**
- Module 7: Being socially connected and supported**
- Module 8: Staying healthy**
- Module 9: Choosing and achieving your goal**
- Module 10: Communicating assertively**
- Module 11: Managing the challenges – part 1**
- Module 12: Managing the challenges – part 2**
- Module 13: Overcoming problems**
- Module 14: Planning your well-being – part 1**
- Module 15: Planning your well-being – part 2**
- Module 16: Course review and advance directive**

## **Vital information for:**

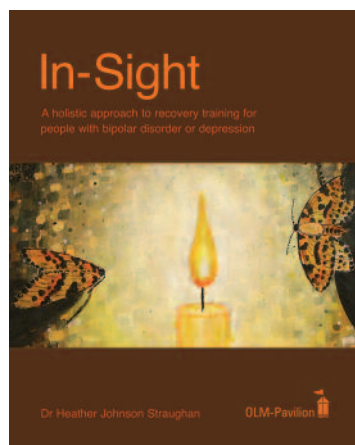
Professionals, trainers, psychologists, managers and nurses who work with people with bipolar disorder or depression.

**Format:** ringbound training resource (approx 250pp), including OHP and handout masters and supporting resources on CD-rom.

**Price:** £195

**Order code:** BG3

**ISBN:** 978 1 84196 237 5



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