



Wednesday, 27 April, Bankstown campus. Building 3, Room G.55, 1.00 – 2.30 pm

Abstract: Bipolar disorder affects around 1% of the population and even with psychiatric treatment, 73% of people will experience relapse within 5 years. This presentation first summarizes bipolar disorder and the complexity of incorporating psychological treatments in order to enhance treatment outcome. As an example, results from research in understanding the impact of mindfulness-based cognitive therapy as an adjunctive psychological treatment will be explored. Prior work on understanding the etiology of bipolar disorder and the potential impact of other features in the clinical course of the disorder will be discussed, and further, an integrated model of bipolar disorder treatment will be proposed. The presentation concludes with current and future research directions in this field.

***Tania Perich** is a registered psychologist and researcher, currently working as a post-doc research fellow for CaHPRI. Tania has worked for several years on producing high quality and unique research that has relevance to the treatment of depression and bipolar disorder at the University of New South Wales and Black Dog Institute, Sydney. As a researcher she has conducted randomized-controlled trials of psychological therapies, participated in longitudinal studies of young people 'at risk' of developing bipolar disorder and contributed to studies of adolescent mental health.*