

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Coping with Bipolar Disorder

Total Number of Sessions: 13

Duration of each session: 45 Minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Bipolar 1 or 2 Disorder, Schizoaffective Disorder
- **Barriers to be overcome:**
 - Difficulty managing symptoms of irritability, sleep disturbances, racing thoughts, poor judgment, elevated or depressed moods, feelings of hopelessness/helplessness, sexual dysfunction, poor concentration or suicidal thoughts.
 - Limited insight or knowledge regarding diagnosis.
 - Difficulty identifying early warning signs of relapse.
 - Difficulty identifying and managing mood cycles and inability to use effective coping skills to adapt.
 - Limited insight into the role medications play in managing this disorder.

Service Goal: The goal of this group is to provide psychoeducation to participants regarding their diagnosis of Bipolar I, 2 or Schizoaffective Disorder. This group will assist participants in learning about the symptoms of this mental illness and the impact these symptoms have on his or her ability to achieve life role goals. Participants will learn strategies identify symptoms as well as behavioral and cognitive coping skills to effectively manage their symptoms/mood cycles.

Service Objectives:

1. Improved insight and understanding of their mental illness
2. Improved ability to identify early warning signs of relapse or increase in symptoms.
3. Understanding the role of medication in his/her recovery.
4. Understanding the role of psychosocial treatments for Bipolar Disorder.
5. Developing effective coping strategies for managing & preventing Depression.
6. Developing effective coping strategies for managing & preventing mania and hypomania.
7. Improved ability to manage psychosocial stressors that contribute to relapse.

Source: Centre for Clinical Interventions. Keeping it Together: Coping With Bipolar Disorder. http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=38

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 1

Duration: 45 minutes

Service Objective(s): Improved insight and understanding of their mental illness and improving ability to identify early warning signs of relapse or increase in symptoms.

Handouts:

- Module 1: Overview of Bipolar Disorder (pg. 2-5)

Activities:

- Handout Overview of Bipolar Disorder and discuss the symptoms of manic and depressive episodes to participants.
- Discuss with participants the importance of tracking symptoms in order to identify early warning signs of relapse.
- Handout pg. 6 Symptom Record for homework.

Homework: Have participants complete the symptom record (pg. 6) for next week's discussion.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 2

Duration: 45 minutes

Service Objective(s): Improved insight and understanding of their mental illness and improving ability to identify early warning signs of relapse or increase in symptoms.

Handouts:

- Module 1: The Diagnosis of Bipolar Disorder (pg. 6-10).

Activities:

- Briefly review symptom tracker homework from last week, assisting participants with filling in the blanks if needed.
- Handout pg. 6-10 to and begin discussing:
 - Types of Bipolar Disorder pg. 6
 - The causes of Bipolar Disorder pg. 7-8
 - Have participants identify protective, risk and vulnerability factors that can impact an episode of symptom recurrence pg. 9
 - Elicit from participants how these symptoms may have interfered with their ability to achieve their life role goals.

Homework: None

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 3

Duration: 45 minutes

Service Objective(s): Understanding the role of medication in his/her recovery and understanding the role of psychosocial treatments for Bipolar Disorder.

Handouts:

- Module 2: Treatment Options for Bipolar Disorder (pg.1-8)

Activities:

- Handout Module 2 to participants and begin discussing to role/purpose of:
 - Medication Management
 - Mood Stabilizers
 - Antidepressants
 - Antipsychotics
 - Psychosocial Treatments
 - Counseling/Therapy (CBT)
- Discuss personal successes and failures with the treatment options discussed.
- Discuss questions, reluctance or concerns of participants to utilize treatment methods in managing their disorder.

Homework: Medication Record pg. 5: Have participants complete their medication record, including medications they have tried in the past.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 4

Duration: 45 minutes

Service Objective(s): Improved insight and understanding of their mental illness and improved ability to identify early warning signs of relapse or increase in symptoms. Developing and utilizing a relapse prevention plan.

Handouts:

- Module 3: Self-Monitoring for Relapse Prevention (pg. 1-10)

Activities:

- Review Medication Record with participants, answering any questions. Make referral to program RN if needed.
- Handout Module 3 to participants and begin discussing:
 - Self-Monitoring: Moods and Symptoms (pg. 1-4)
 - Complete Mood tracker and Symptom Tracker in group and discuss the benefits of being aware of changes in these areas.
 - Planning Early Interventions (pg. 5-7)
 - Complete pg. 7 “A Plan of Action” to develop insight into how to prevent or address a manic or depressive episode.

Homework: Complete “Charting Your Life” (pg. 8-9) to assist participants in gaining insight into the course of their illness and to assist them in identifying any patterns of relapse or stressors.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 5

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing Depression

Handouts:

- Module 4: Behavioral Strategies for Managing and preventing Depression

Activities:

- Handout Module 4 and begin discussing:
 - The Depression Cycle (pg. 2-3).
 - How to reverse this cycle by using increased physical activities.
 - Review the Pleasurable Activities Catalog (pg. 5-6) with participants and encourage them to identify at least 2 activities they can try within the next week.
 - Assist participants in completing the Weekly Activity Schedule (pg. 7), while incorporating at least 2 new activities to improve depressed mood.

Homework: Complete the “Behavioral Activation Worksheet Fun & Achievement” (pg. 4) to assist participants in practicing ways to improve their depressed mood by engaging in energizing activities.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 6

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing Depression

Handouts:

- Module 5: Cognitive Strategies for Managing and Preventing Depression (pg. 1-4).

Activities:

- Review homework from last week and ask participants to commit to completing 2 more new activities in the upcoming week.
- Handout Module 5 and discuss/complete:
 - Explain how our perceived thoughts about people and situations influence our feelings, emotions and actions.
 - Elicit examples given by the participants that illustrate how faulty or irrational thinking may have contributed to a depressed mood or ineffective behavior.
 - Complete “Making the Connection” (pg. 3-4) worksheet to practice differentiating between thoughts and feelings.

Homework: Complete the “Behavioral Activation Worksheet Fun & Achievement” (pg. 4) to assist participants in practicing ways to improve their depressed mood by engaging in energizing activities.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 7

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing Depression

Handouts:

- Module 5: Cognitive Strategies for Managing and Preventing Depression (pg. 5-8).

Activities:

- Handout Module 5 (pg. 5-8) and discuss:
 - The role positive thoughts play in developing pleasant emotions
 - How to begin challenging negative or faulty thoughts that contribute to unpleasant emotions (depression, anxiety, and irritability).
 - Review the completed “Thought Diary” on pg. 6 to show participants how to begin challenging negative thoughts.
 - Elicit examples of previously experienced unhelpful thoughts of the participants and have the group assist each other developing new balanced and helpful beliefs/thoughts.
 - Handout pg. 7 “My Thought Dairy” for homework
- Ask participants to describe a time when negative thought patterns may have interfered with their ability to achieve their life role goals.

Homework: Complete pg. 7 “My Thought Diary” to begin developing the skills to recognize faulty or negative thinking and develop the ability to challenge these thoughts to prevent further or deeper depressed mood.

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 8

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing mania and hypomania.

Handouts:

- Module 6: Cognitive Strategies for Preventing Mania (pg. 1-7).

Activities:

- Review homework from last session
- Handout Module 6 and discuss:
 - How to identify the cognitive symptoms of mania or hypomania:
 - Increased optimism and grandiosity
 - Paranoia
 - Increased fluency of ideas
 - Thinking errors/impaired social judgments
 - The CBT approach to preventing/managing mania in 3 steps:
 - Recognize
 - Evaluate and change thoughts beliefs and ideas
 - Organize and schedule activities, ideas and plans
 - Review the completed “Balance” worksheet on pg. 5 to demonstrate to participants on how to use the three step approach
 - Complete pg. 6 “A Balance Sheet” using examples elicited from participants to assist them in practicing use of the 3 step approach.

Homework: None

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 9

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing mania and hypomania.

Handouts:

- Module 7: Behavioral Strategies for Preventing Mania (pg. 1-4)

Activities:

- Handout Module 7 and discuss:
 - Early recognition of behavioral changes in mania and hypomania:
 - Increased activity levels
 - Decreased sleep
 - Increased libido
 - Identifying early intervention strategies to prevent a full blown manic episode
 - Review strategies on pg. 2-3)
 - Encourage participants to use the Weekly Activity Schedule on pg. 7 to assist them in being able to identify behaviors or activities that deviate from their “normal”

Homework: None

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 10

Duration: 45 minutes

Service Objective(s): Developing effective coping strategies for managing & preventing mania and hypomania.

Handouts:

- Module 7: Behavioral Strategies for Preventing Mania (pg. 5-9)

Activities:

- Handout Module 7 (pg. 5-9) and discuss the importance and purpose of
 - Organizing and Prioritizing ideas and projects during mania and hypomania
 - Evaluating the costs and benefits of trying this idea or project
 - Identifying steps and resources in successfully completing the idea or project.
- Have participants share current or past examples when the flight of ideas or increased activity made it difficult for them to follow through or complete necessary tasks.
 - Ask: How might this behavior affect you in your preferred life roles?
 - Ask: How might you be able to utilize the “Organize Ideas List” on pg. 6-8 to increase chances of success during a period of increased symptoms?

Homework: None

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 11

Duration: 45 minutes

Service Objective(s): Improved ability to manage Psychosocial Stressors that contribute to relapse. (This session focuses on coping with the problems, not solving the problems, which is discussed in session 12).

Handouts:

- Module 8: Coping with Psychosocial Stressors and Self-Management (pg. 1-4).

Activities:

- Handout Module 8 and discuss:
 - The role of unmanaged everyday life stressors on symptom development
- Introduce the steps of identifying, prioritizing and coping with problems:
 - Prioritize the problems (often times there is more than 1)
 - Identify internal and external coping resources
 - Address and overcome barriers to coping effectively
- Have participants identify a current problem and have them complete the “Coping Resources Worksheet” on pg. 4 to help them practice using the above outlined steps.

Homework: None

**Allegany Rehabilitation Associates
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Title of Service: Bipolar Disorder

Session: 12

Duration: 45 minutes

Service Objective(s): Improved ability to manage Psychosocial Stressors that contribute to relapse. (This session focuses on solving the problems identified in session 11).

Handouts:

- Module 8: Coping with Psychosocial Stressors and Self-Management (pg. 5-8).

Activities:

- Handout Module 8 pg. 5-8 and discuss:
 - Sometimes coping with problems is not enough; they may need to be solved if possible.
 - Ask participants to share any problem solving strategies they already use.
 - Introduce the following problem solving strategy:
 - Problem Identification and Definition
 - Generate possible solutions
 - Evaluate alternatives
 - Decide on a solution
 - Implement the solution
 - Evaluate the outcome
 - Have participant's complete the "Problem Solving" worksheet on pg. 7-8 using the problem identified in Session 11.

Homework: Have participants identify a problem/barrier to achieving their life role goals and ask them to utilize the "Problem Solving" worksheet to begin working on the problem.

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Title of Service: Bipolar Disorder

Session: 13

Duration: 45 minutes

Service Objective(s):

1. Improved insight and understanding of their mental illness
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3. Understanding the role of medication in his/her recovery.
4. Understanding the role of psychosocial treatments for Bipolar Disorder.
5. Developing effective coping strategies for managing & preventing Depression
6. Developing effective coping strategies for managing & preventing mania and hypomania.
7. Improved ability to manage Psychosocial Stressors that contribute to relapse.

Handouts:

- Module 8: Coping with Psychosocial Stressors and Self-Management (pg. 9-12).

Activities:

- The goal of this session is to help participants condense or put together all the helpful information they've learned throughout the course of this group service.
- Handout Module 8 and assist participants in completing:
 - Self-Management Plan on pg. 10.
- Complete group evaluations
- Ask participant's to share how this group has assisted them in overcoming barriers that interfere with achievement of their life role goal.

Homework: None