

Living Well with Bipolar

A seminar to help you to prevent and manage mood swings

This 10-week seminar will help you understand your bipolar diagnosis and adopt healthy habits to manage mood swings. We cover the latest research on the causes of bipolar disorder and medication options. We teach techniques such as mood charting, stress management, relapse prevention, personal well-being, communication and relationship skills. Plus, we offer a session for families to better understand how to support you.

Research has found that people who completed this series not only in their mood (often half as many mood episodes) but in the regularity of the neurohormones that help set mood (like cortisol). These benefits were even found to carry over several years after taking the course.

This course works best for people who are motivated to make changes in their lives to better manage bipolar. We encourage you to talk with your therapist or prescribing clinician if you have concerns about whether the group would be right for you.

What Actually Happens in the Course

In each 90 minute session, you will actively practice mindfulness skills, check in with homework, learn from each others' experience, and problem-solve ways to apply what you learn in class to your daily life. The more motivated you are, the more you will get out of the course.

Costs and Insurance Coverage

The cost for the 10-week, 15-hour program is \$325 (\$100 due at registration and the remainder due before the first session). Most insurance plans cover this group; we can file with your insurance. We will reimburse you for the covered portion (copays, deductibles and annual visit-caps still apply).

Time, Location and Registration

Wednesdays from February 4 – April 8, 2015.
There are two separate groups:

- Wed 3:30–5:00pm with Kirtan Coan
- Wed 5:30–7pm with Jillie Gaukstern

Mood Treatment Center Conference Room
1615 Polo Road, Winston Salem, NC 27106

You can register by calling (336) 722-7266 or emailing demetrios@moodtreatmentcenter.com



About the Instructors

Kirtan Coan is an LPC (Licensed Professional Counselor), NBCC (Nationally Board Certified Counselor), SEP (Somatic Experiencing Practitioner) and is certified in EMDR for resolving trauma. She interned with Jon Kabat-Zinn to teach Mindfulness-Based Stress Reduction and for 18 years has taught mindfulness-based practices to drama students at UNC School of the Arts, where she was a counselor in the Counseling Center. Kirtan uses evidenced-based Cognitive, Behavioral, Somatic and Mindfulness therapies, Social Rhythm Therapy, CBASP, and Dynamic Attachment Repatterning to encourage present moment awareness and facilitate the deep internal listening that fosters personal resilience, nourishes relationships, and fosters community.

Jillie Gaukstern holds an MS in Exercise and Sport Science and is a Licensed Professional Counselor Associate (LPCA) and a Nationally Certified Counselor (NCC). She works with clients to draw from their strengths to improve their relationships, health, and overall quality of life. She has experience in specific therapies for depression, bipolar, and obsessive-compulsive disorder (OCD) and draws from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Mindfulness Practice to help clients build new, positive habits.