



Cognitive behavioural therapy (CBT) group for bipolar disorder

This group is focused on:

- + Helping you to become an expert on your condition
- + Understanding the onset, causes, warning signs and risk factors linked with bipolar disorder
- + Reinforcing healthy habits and rhythms
- + Understanding disturbances in sleep/wake cycle or activity levels
- + Learning about perfectionistic beliefs linked to the condition
- + How we respond to these experiences
- + Addressing impulsivity, anger, guilt, conflict, unhealthy communication and boundaries, as well as low self-esteem
- + Creating a crisis management plan for both depressed and (hypo)manic states



Who will this group benefit?

- + Adults with a primary diagnosis of bipolar disorder
- + Currently stable and on medication and under the care of consultant psychiatrist
- + We can't accept someone with severe depression, or patients with high risk of suicide, risky behaviours, or patients with active substance dependence

Group overview

12 sessions, once a week, over 12-14 weeks.

Private medical insurance daily programme involves:

- 5 hours of group therapy, meal, review every three attendances, plus consultant psychiatrist appointments scheduled separately.

Self-funding options available.

Summary of plan

- 10am-12pm – groups including psychotherapy, wellness and reflective practice
- 12pm-1pm – lunch break (the room will be available for self-study)
- 1pm-4pm – afternoon groups including psychotherapy and wellness

+ Week 1

- Programme introduction and aims of this programme
- What is CBT, setting goals, and an introduction to crisis management

+ Week 2

- Bipolar types and safety/prevention plans

+ Week 3

- Integrative model and psychoeducation
- Risk factors
- Managing expectations towards recovery discussion with family
- Helpful and unhelpful support for people with bipolar
- How to deal with conflict

+ Week 4

- Revision of safety plans including sleep management
- Behavioural techniques to manage depression

+ Week 5

- What does (hypo)mania feel like?
- Examples, characteristics, pros and cons, what makes it worse, and prevention

+ Week 6

- Perfectionistic beliefs and how to respond

+ Week 7

- Cognitive approach to recovery from depression, and recognising and challenging thinking traps
- Coping with low self-esteem and negative thoughts



+ Week 8

- How to prioritise yourself, set boundaries and effectively communicate
- Values and how they change during active phase of illness

+ Week 9

- Understanding obstacles in recovery
- Coping with guilt/shame and learning about self-compassion

+ Week 10

- Lapse versus relapse and how to problem solve
- Substance misuse and bipolar/how to cope with impulsivity

+ Week 11

- Patient and family perspectives
- How to deal with set backs
- How to cope with anger
- Focus on prevention

+ Week 12

- Recap of the programme

We also provide an optional group session with a loved one, to offer guidance on how to navigate this condition.

Enquiries and further information

This group accepts self-funding individuals or those using private medical insurance.

For further information, please contact us on **0161 904 5611** or email

altrinchamtherapy@priorygroup.com

We provide free parking onsite. For the most up to date information on our services, please visit our website.