

## Program Information

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### When:

Wednesday and Thursday, July 22—23, 2009  
8:30AM—5:00PM

### Where:

University of Michigan School of Social Work  
Educational Conference Center, 1st Floor  
1080 South University Avenue  
Ann Arbor, MI 48109-1106

### Fee:

Professionals: \$225    Students: \$125  
Fees include social work contact hours, continental breakfast, and a signed copy of the workbook, “*Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing your Symptoms and Achieving Your Life Goals*”.

### Registration:

Download a registration form, [www.ssw.umich.edu/programs/ce/](http://www.ssw.umich.edu/programs/ce/), or call (734) 615-3370. Register by July 10, 2009.

### Continuing Education Units:

This program has been approved for 14 social work contact hours by the Michigan Social Work Continuing Education Collaborative (approval # 050409-05).

### For More Information:

University of Michigan School of Social Work  
Office of Continuing Professional Education  
1080 South University Avenue  
Ann Arbor, MI 48109-1106  
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1080 South University Avenue  
Ann Arbor, MI 48109-1106



# Life Goals Collaborative Care Training for Bipolar Disorder



## Life Goals Collaborative Care

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The University of Michigan School of Social Work Office of Continuing Professional Education is pleased to partner with the University of Michigan Depression Center and Department of Psychiatry to offer *Life Goals Collaborative Care Training for Bipolar Disorder*. This two-day intensive training is an evidence-based brief intervention aimed at educating social workers and other mental health professionals helping individuals with Bipolar disorder.

The workbook, *"Overcoming Bipolar Disorder: A Comprehensive Workbook on Managing Your Symptoms and Achieving Your Life Goals"* will be used as a tool for helping individuals with Bipolar disorder achieve personal wellness goals through a combination of self-management as well as individualized guidance by promoting healthy lifestyles and symptom management. This brief intervention is based on the principles of the Chronic Care Model integrated with Motivational Interviewing.

## Life Goals and Wellness

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*Life Goals Collaborative Care* emphasizes wellness through an individualized focus on consumers' personal goals. *Life Goals* offers: 1) A consumer-centered approach, 2) effective self-management, and 3) a wellness perspective.

### **A Consumer-Centered Approach**

*Life Goals* training provides workbook exercises that emphasize skills that individuals need to be active partners in their own care to work collaboratively with their healthcare providers.

### **Effective Self-Management**

*Life Goals* training provides the tools to obtain personalized knowledge of the client's own life goals, symptom triggers and coping responses, and to create summary profiles and action plans.

### **A Wellness Perspective**

*Life Goals* training offers practical approaches for caring for the physical health by focusing on positive lifestyle changes in terms of diet, exercise, sleep, and substance and tobacco use.

## Life Goals Presenters

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**Amy Kilbourne, PhD, MPH**, is Associate Professor of Psychiatry at the University of Michigan and Associate Director of the VA National Serious Mental Illness Treatment Research and Evaluation Center. Dr. Kilbourne is co-author of *"Overcoming Bipolar Disorder: A Comprehensive Workbook on Managing Your Symptoms and Achieving Your Life Goals"*.

**Mark Bauer, MD**, is Professor of Psychiatry at Harvard Medical School. Dr. Bauer is co-author of *"Overcoming Bipolar Disorder: A Comprehensive Workbook on Managing Your Symptoms and Achieving Your Life Goals"*.

**Peggy Bramlet, MEd**, is a Health Educator with more than twenty years working in the field of behavioral health. Currently employed with the Ann Arbor Veterans Administration Healthcare System, Ms. Bramlet works as a Research Health Science Specialist in the Serious Mental Illness Treatment Research and Evaluation Center.

**Julia Clogston, MSW**, is a Care Manager for the Achieving Wellness Study, a program that implemented the Life Goals intervention in community sites within Washtenaw County.

