



Family Service Agency of the Central Coast  
Serving Monterey, Santa Cruz and San Benito Counties

## **Latest Research in Bipolar Spectrum Disorders**

**John Preston, PhD**

**Saturday, November 18, 2017 8:00 a.m. to 3:30 p.m.**

Seacliff Inn 7500 Old Dominion Court Aptos, Ca

### **Description**

The prevalence of bipolar spectrum disorders is approximately 5%. These very serious and chronic mood disorders have significant morbidity and mortality. This talk explores new criteria for diagnosis, current views regarding neurobiology and pathophysiology, manifestations in adults, children and adolescents and specific pharmacologic treatment algorithms. Also to be discussed are strategies for treatment-resistant depressions. Finally, the workshop covers important strategies for lifestyle management and adjunctive, non-pharmacologic treatment approaches (psychotherapy, exercise etc).

### **Learning Objectives**

1. Participants will develop enhanced diagnostic skills.
2. Participants will understand new diagnostic criteria for children and adults.
3. Participants will be able to pinpoint specific issues that may account for poor response in treatment.
4. Participants will learn to appreciate the role of non-pharmacologic approaches as adjuncts to medical treatment (e.g. psychotherapy; lifestyle management).
5. Participants will better understand standard and alternative pharmacologic strategies and thus be better able to effectively collaborate with psychiatrists and primary care physicians.
6. Participants will develop realistic goals for treating "tough cases".

### **Biography**

John D. Preston, PsyD., ABPP, is a Professor Emeritus with Alliant International University, Sacramento and formerly on the faculty of UC Davis School of Medicine. Dr. Preston is the author of twenty one books addressing psychotherapy, mood disorders, PTSD, neurobiology, psychopharmacology, spiritual aspects of emotional healing and psychotherapy. He is the co-author of: *"Loving Someone with Bipolar Disorder"*, *"Take Charge of Bipolar Disorder"*, *"Bipolar 101"* and *"Handbook of Clinical Psychopharmacology for Therapists"*.

Dr. Preston has presented talks in the USA, Canada, Europe, Africa and Russia and has received the Mental Health Association's President's Award for contributions to the mental health community.