**Bipolar Reality: Defining, Conceptualizing, and Treating the Disorder**

Bipolar disorder needs to be redefined based on current clinical and society misconceptions. This course helps build a tangible understanding of how mania is actually expressed and what sets bipolar disorder apart from other illnesses. In addition, techniques are provided to treat the illness—with easy-to-understand mindfulness and EMDR (Eye Movement Desensitization and Reprocessing) techniques—rather than simply containing symptoms via psychotropic interventions.

**Learning Objectives**

- Describe integrated treatment approaches with clinical applicability
- Examine the genetic component of the disorder
- Summarize the stigma and common misunderstandings of those with the illness
- Utilize the DSM-5 to differentially diagnose for bipolar disorder
- Name the psychotropic medications commonly used and misused to treat bipolar disorder
- Identify and apply the core interventions for managing symptoms

**Forgiveness: A Pathway to Emotional Healing**

This program on the psychology of forgiveness addresses critical questions for anyone interested in bringing emotional healing to individuals, families, and communities: What is forgiveness? Why forgive? How do people forgive? How can we bring forgiveness to families, schools, the workplace, and other communities for better emotional health? Day two provides a deeper look at the psychological and educational professions with applications for life and work.

**Learning Objectives**

- Describe what the term “forgiveness” means
- Integrate the life-giving qualities of forgiveness into relationships with clients and others
- Identify the uses of forgiveness therapy in partnering relationships, in coping with divorce and abandonment, and with oneself
- Describe how to teach children the art of forgiveness
Registration Form

To Register
Choose the method that works for you. Charge to your American Express, Discover, MasterCard or Visa, or make checks payable to UW-Madison. Use this registration form or any of the following methods.

1. Online
Online registration is available. See course descriptions at continuingstudies.wisc.edu/behavioral-health.

2. By phone—608-262-2451 800-725-9692 (Wisconsin Relay 711)
Register by phone 7am–4:30pm, Monday–Friday. Before you call please have the necessary information handy, including your credit card or purchase-order number.

3. By mail
Send your registration form, check (payable to UW-Madison) or credit-card information to UW-Madison Continuing Studies Registrations, Pyle Center, 702 Langdon St, Madison, WI 53706.

4. In person
Bring your registration form to the UW-Extension Registration Office, 702 Langdon St, Madison, WI 53706. The office is open 7:45am–4:30pm, Monday–Friday.

5. By fax—608-265-3163 800-741-7416
You may fax your registration form if you pay by credit card or provide a purchase-order number.

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If you have a disability and desire accommodations, please contact the department offering the class. Requests are confidential. These programs are offered by UW-Madison in cooperation with UW-Extension.

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