

The Education Committee of the Metropolitan Chapter of the NYSSCSW presents:

Let's Get To Know Each Other Better BRUNCH

Topic: Treatment Failure in Psychotherapy

Presenter: Heather Golden, LCSW

Sunday, April 7, 2013

11:00am - 2:00pm (11-11:30 Networking)

PPSC - 80 Fifth Avenue, NYC (14th St) Room 1408C

Description:

Weathering the Storm: Recognizing and Treating Mild to Moderate Manic Depressive Illness in the Private Practice Client

Bipolar disorder is the chameleon of psychiatric disorders, changing its symptom presentation from one patient to the next, and from one episode to the next even in the same patient. It is a phantom that can sneak up on its victim cloaked in the darkness of melancholy but then disappear for years at a time – only to return in the resplendent but fiery robes of mania. The depressed phase could be merely gloomy or profoundly despairing; torpid and lethargic, or agitated and churning. The manic phase can be no more than an enthusiastic glow, or it can be an exultant transcendental fervor, frenzied panic, or delirious, crashing, raving psychosis. Sometimes opposite moods seem to be combined, as inseparable as smoke and fire, mood states that have been given names like agitated depression, and more recently mixed affective states. The illness can hibernate, symptoms can disappear for years, adding to the confusion, perplexing the clinician, and lulling the patient into dangerous complacency regarding the need for treatment.

Why is this illness so difficult to identify correctly? One reason is that full-blown manic-depressive illness is only one of the many forms this chameleon disorder can take – and is far less common than the milder forms (the so-called soft bipolar disorders). The consequences of delayed diagnoses or misdiagnoses can be devastating to both clients and their families.

Participation in the workshop will help clinicians to:

- Understand the phenomenology of Bipolar Spectrum Disorders including cyclothymia, hyperthymic temperament, and Bipolar II
- Differentiate between mania and hypomania
- Understand both the elated and irritable aspects of hypomania and mania
- Identify symptoms of mixed states or episodes and clarify patterns of cycling
- Understand the stressors that precipitate episodes, both psychological and biologicalIdentify associated features of the disorder, most notably comorbid substance abuse
- Make a differential diagnosis to distinguish Bipolar Spectrum disorders from Unipolar Depression, Borderline Personality Disorder, ADD/ADHD, and Narcissistic Personality Disorder
- Understand when a psychopharmacologic consultation is warranted, how to approach this sensitive issue with patients, and understand the timing of the recommendation within the context of the therapeutic relationship
- Address the psychodynamic issues that arise in treatment and the meaning of the disorder for clients
- Take home an Interview Guide for the assessment of Manic-Depressive Spectrum Disorders including essential features to cover

Case examples will be used to illustrate the scope of the disorder.

Heather Golden is a clinical social worker and psychoanalyst in full-time private practice who has expertise in treating the Bipolar Spectrum Disorders. She is a graduate of the Psychoanalytic Psychotherapy Study Center. Heather has taught classes in the Bipolar Spectrum Disorders and Psychopharmacology for Analysts to the graduate social work interns from NYU & Columbia at the Psychoanalytic Psychotherapy Study Center. She will be teaching a course on the Neurobiology of Addictions at PPSC in their new CASAC program which is now undergoing development. Her undergraduate degree from Smith College is in neuroscience. Heathers interests are highly eclectic as she is a former modern dancer and actress and has a published paper in support of affirmative action.

It is respectful to the organizers of this event to RSVP early. Registration will be on a first come, first served basis. Space is limited.

E-mail Susan Appelman @ShrinkSGA8@aol.com

This event is by RSVP only and people cannot come unless confirmed.

REFRESHMENTS WILL BE SERVED

Met Chapter events and offerings are open to all NYSSCSW members. Members of other NYSSCSW chapters sending an RSVP to an event will be on a Waiting List, pending open spots. Open spots will be filled from the Waiting List prior to the event date. Please indicate which chapter you belong to.