

BIPOLAR DISORDER TREATMENT STUDY

University of California - Berkeley

If interested, please call: 510-643-4098

We are offering a *new* treatment group to help people with bipolar disorder learn skills for creating a balanced awareness of positive emotions and experiences. The Learning Affective Understanding for a Rich Emotional Life (LAUREL) Group teaches skills to notice everyday positive experiences, mindfully experience emotions, rethink negative situations, and develop greater self-compassion. As part of the study, you will also participate in three research interviews so we can learn more about the helpfulness of this treatment.

LAUREL Group:

- 10 weekly group sessions
- 6 8 people in each group
- Led by doctoral students in clinical psychology
- No fee for participation

We are looking for people:

- Between 18 and 65 years old
- Diagnosed with Bipolar I Disorder
- Under the care of a psychiatrist, physician, psychologist, or nurse

Research Interviews:

- 3 Interview Sessions
- Paper & Pencil Questionnaires
- Payment of \$15 per hour
- Interviews will take 1-3 hours
- This includes an interview three months after group end

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