

## Awareness Course Outline:

### Bipolar Disorder

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| <b>Course Title:</b>    | <b>Bipolar Disorder</b>                                                                                                                                                                                                                                                                                                 |
| <b>Overview:</b>        | This course will benefit all carers who work in a mental health setting. It will enable carers to have a basic understanding of this mental health disorder.                                                                                                                                                            |
| <b>Course Content:</b>  | The course covers: <ul style="list-style-type: none"><li>• An understanding of the different types of Bipolar Disorder</li><li>• An understanding of the causes</li><li>• Different treatments of this disorder</li><li>• An understanding of moods and emotions</li><li>• Current research on this condition</li></ul> |
| <b>Methods Used:</b>    | Discussions<br>Questioning                                                                                                                                                                                                                                                                                              |
| <b>Venue:</b>           | Learners workplace<br>Venue to be agreed                                                                                                                                                                                                                                                                                |
| <b>Course Duration:</b> | Half day                                                                                                                                                                                                                                                                                                                |
| <b>Certificate:</b>     | At the end of the session a Certificate of Attendance will be issued                                                                                                                                                                                                                                                    |