

**Psycho-education is becoming increasingly important in managing mental health disorders.**

A significant body of research work indicates that patients and particularly **bipolar patients who are well informed about their illness have a much better outcome** and course than others who have not been given the opportunity to learn about their condition.

**Our two introductory seminars** ( [1. Bipolar Disorder Simplified](#) , and [2. Bipolar & Fit: Exercise, Nutrition and Emotional Health](#) ) provide an excellent start to interested patients, relatives, friends, students and professionals who wish to further their learning on bipolar disorder and other emotional disorders.

**The seminars are offered in a group format** with a maximum of 7 participants to allow enough time for individual interaction. For each seminar we also offer an **individual consultation** where participants can learn about the topics of each seminar in a more private manner.

**Finally, we provide [training](#) for mental health professionals and students** on a number of gold-standard diagnostic, symptom and psychological assessments as well as on the delivery of our diagnostic and treatment programmes.

[1. Bipolar Disorder Simplified](#) (4 hour webinar & eWorkshop)

[2. Bipolar & Fit: Exercise, Nutrition and Emotional Health](#) (4 hour webinar & eWorkshop)

[3. Training for mental health professionals and students](#)