



Advanced Bipolar Disorder Care Support Training Course

4 – 8 April 2027
Nairobi

Advanced Bipolar Disorder Care Support Training Course

Ref: 1545_214079 **Date:** 4 – 8 April 2027 **Location:** Nairobi **Fees:** 4500 Euro

Overview

The Advanced Bipolar Disorder Care Support Training Course is a one-week course for healthcare, mental health, social-care, clinical leadership, patient-experience, and service-management professionals who leave with a Bipolar Care Support and Escalation File. Participants examine episode patterns, communication, risk escalation, recovery support, relapse indicators, family coordination, workplace considerations, and referral boundaries without diagnosing, prescribing, or providing psychotherapy. Agile Leaders Training Center presents bipolar disorder care support through practical service tools.

Who Should Attend

- Healthcare teams responsible for observing changes and coordinating safe care
- Mental health practitioners supporting recovery and service continuity
- Social-care teams linking people, families, and community resources
- Clinical leaders overseeing risk response and multidisciplinary pathways
- Patient-experience teams reducing stigma and improving communication
- Service managers designing referral, escalation, and workplace support processes

The course assumes participants already support people in professional settings and leaves diagnosis, prescribing, medication adjustment, and psychotherapy to appropriately qualified specialists.

Departments and Industries

The course supports departments and industries where staff may encounter bipolar disorder, changing mood states, or related support needs.

- Hospital and ambulatory care services
- Mental health and behavioral health services
- Social care and community support organizations
- Occupational health and employee support functions
- Education and student support services
- Patient experience and service quality teams

Learning Objectives

By the end of this course, participants will be able to:



- Analyze bipolar spectrum concepts and episode patterns within professional boundaries
- Apply communication and stigma-reduction methods across changing mood states
- Prioritize urgent risk indicators and specialist escalation routes
- Build relapse early-warning and recovery support plans
- Use family, workplace, and multidisciplinary coordination tools
- Evaluate care pathways, crisis plans, and referral boundaries

Course Agenda

Day 1: Bipolar Patterns and Professional Boundaries

- Bipolar Spectrum Concept Map
- Mania and Hypomania Comparison Guide
- Bipolar Depression Pattern Review
- Stable-Period and Functional Impact Profile
- Diagnosis and Support Boundary Chart

Day 2: Recognition, Communication, and Stigma

- Episode-Pattern Observation Guide
- Mood-State Communication Planner
- Stigma-Reduction Language Checklist
- Shared-Decision Support Map
- Person-Centered Preference Record

Day 3: Risk, Crisis, and Referral

- Urgent Risk Indicator Matrix
- Crisis Escalation Decision Map
- Self-Harm and Suicide Concern Response Protocol
- Professional Referral Boundary Checklist
- Primary and Specialist Care Coordination Pathway

Day 4: Recovery, Relapse, and Coordinated Support

- Relapse Trigger and Early-Warning Plan
- Recovery Goal Support Canvas
- Family and Carer Coordination Map
- Workplace Support and Adjustment Review
- Multidisciplinary Care Plan Assurance Checklist



Day 5: Bipolar Care Support Practice

- Suggested Exercise: Episode-Pattern and Boundary Review
- Suggested Exercise: Communication and Stigma Scenario
- Suggested Exercise: Risk Escalation and Referral Simulation
- Suggested Exercise: Recovery and Relapse Support Planning
- Capstone Exercise: Bipolar Care Support and Escalation File

Practical Exercises

The course uses suggested activities from clinical, community, education, and workplace settings.

- Suggested activity: distinguish observable changes from diagnostic conclusions in a service scenario.
- Suggested activity: prepare a communication response for mania, hypomania, or bipolar depression indicators.
- Suggested activity: map urgent escalation, crisis contacts, and specialist referral boundaries.
- Suggested activity: coordinate a relapse-support plan with family, workplace, and multidisciplinary inputs.

FAQs

Who is the bipolar disorder care support course designed for, and what does it assume?

The course suits professionals who already support people or manage services. It assumes workplace experience and does not prepare participants to diagnose bipolar disorder, prescribe medication, or deliver psychotherapy.

How does bipolar disorder care support differ from clinical treatment training?

Bipolar disorder care support focuses on observation, communication, recovery support, escalation, and coordination; clinical treatment training covers specialist assessment and therapeutic or prescribing decisions within regulated scopes.

What are common episode patterns in bipolar disorder?

Bipolar disorder may involve manic or hypomanic periods, depressive episodes, and stable periods. Patterns, severity, duration, and functional impact vary, so observed concerns require appropriate professional assessment.

When should bipolar disorder concerns be escalated urgently?

Urgent escalation is appropriate when there are signs of mania, severe depression, immediate danger, self-harm or suicide concerns, severe self-neglect, or risk to others, following the service's crisis pathway.



How can services support relapse prevention in bipolar disorder?

Services can support relapse prevention by documenting personal triggers, early warning signs, coping preferences, crisis contacts, recovery goals, care responsibilities, and agreed routes for timely specialist input.

Conclusion

Participants take back a Bipolar Care Support and Escalation File containing observation, communication, risk, referral, recovery, relapse, family, workplace, and coordination tools. The file helps teams respond consistently while preserving clinical boundaries. It connects person-centered support with timely escalation and multidisciplinary follow-through.