

# Current Activities and Future Directions of Bipolar Disorder Alliances in Japan.

## Online Psychoeducation for Bipolar Disorder

**Submission Type** Symposia

**Topic** Advocacy and Patient Organizations

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### SUBMISSION DETAILS

**Individual Abstract:** I am a person with lived experience of bipolar disorder, as well as a licensed psychologist and social worker. I am also a doctoral student in the Department of Psychiatry at Nagoya University Graduate School of Medicine, where I research mental health disorders.

Since 2016, I have served as the Vice Chairperson of an NPO that provides online group psychoeducation for individuals with bipolar disorder and their families. Psychoeducation is a psychosocial intervention aimed at improving the condition of bipolar disorder by helping individuals learn about the illness, treatment options, and strategies for managing their condition.

Our program is based on the "Psychoeducation Manual for Bipolar Disorder" by Francesc Colom and Eduard Vieta.

In Japan, opportunities for individuals with bipolar disorder to gather are limited. While some hospitals provide psychoeducation through daycare programs, very few programs focus specifically on bipolar disorder, and some regions lack these services entirely. Offering psychoeducation online enables individuals from various locations to come together and benefit from group sessions tailored to bipolar disorder.

This NPO was established with a pharmacist who is also a person with lived experience of bipolar disorder. Our staff includes individuals with bipolar disorder, as well as professionals like an occupational therapist and a clinical psychologist with lived experience of mental health conditions.

To maintain an evidence-based approach, we collect and analyze participant feedback and have presented our findings at academic conferences in Japan.

### Keywords

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psychoeducation
Group treatment
Peer Support
Telehealth
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## Learning Objectives

**Learning Objective 1** Understand the role of online psychoeducation in improving accessibility for individuals with bipolar disorder, especially in regions with limited mental health services.

**Learning Objective 2** Explore the application of the "Psychoeducation Manual for Bipolar Disorder" in creating evidence-based, group psychoeducation programs tailored to individuals with bipolar disorder.

**Learning Objective 3** Understand the contributions of Experts by Experience in the development, implementation, and dissemination of psychoeducation programs for individuals with bipolar disorder.

## DISCLOSURE

### Disclosures

### Financial Relationships

**Disclosure** Yes, I do have financial relationship(s) to disclose.

### Financial Relationships Details

Ineligible Company	Type of Financial Relationship
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