

Bipolar in Young People 2026

An introduction to
interventions for
ICYMH clinicians.



Workshop

This workshop will focus on the theory and practice of providing psychological interventions for young people with bipolar disorder. It is designed to be interactive and experiential and will offer opportunities for skills practise.

By the end of the workshop you will be able to:

- Understand the issues around diagnostic complexity and misdiagnosis
- Understand the evidence base, and role of psychological processes in the onset & maintenance of bipolar disorder
- Understand & apply cognitive and behavioural interventions for depression, including the role of schemas and self-compassion
- Understand & apply cognitive and behavioural interventions for hypomania, mania and mixed states
- Integrate the role of psychological processes in wellness planning

Facilitator

Dr Craig Macneil is Senior Clinical Psychologist and Team Leader at EPPIC, providing training and consultation to clinicians nationally and internationally. He has authored 50+ papers, is first author of Bipolar Disorder in Young People (second edition forthcoming), and has worked with EPPIC's First Episode Mania team since 2003; that team recently completed a major NHMRC trial of a psychological intervention for early-stage bipolar disorder.

Who is it for?

Child and youth mental health workforce

When: 9am – 3pm (AEDT) Monday, 5 October 2026

Where: Online via Zoom

Cost: \$80 (Incl GST) for Victorian ICYMHs professionals working in public or non-profit services. \$240 (Incl GST) for all other professionals

Learn more at mindful.org.au