


*Dr Parikh*

**Mastering Mood Disorders: Identifying and Overcoming Stigma and Discrimination**  
A one-day CANMAT/CREST.BD CPD event

**Saturday, March 14, 2009, UBC Robson Square, 800 Robson St., Vancouver**

Course director: Dr. Erin Michalak, co-directors: Dr. Sagar Parikh and Dr. Lakshmi Yatham

***Morning Sessions***

8:30 – 9:00	Registration Light breakfast	
9:00 – 9:15	Opening and Welcome	Dr. Erin Michalak, Department of Psychiatry, UBC
9:15 – 10:00	Where we stand: An orientation to stigma and mood disorders in Canada	Phil Upshall, Mood Disorders Society of Canada
10:00 – 10:30	Refreshments break and exhibits	
10:30 – 11:15	Mental illness, stigma, and families: Disclosure and what we need to do	Dr. Stephen Hinshaw, Department of Psychology, University of California, Berkeley
11:15 – 12:00	Surviving Stigma: How unearthing stigma redefines recovery	Victoria Maxwell, Crazy for Life Co.
12:00 – 12:45	Lunch (provided) The incredible lightness of being BP	Bruce Saunders and Phyllis Williams 

***Afternoon Sessions***

12:45 – 1:30	Reflections on self management strategies and stigma in bipolar disorder	Dr. Melinda Suto, Department of Occupation Science and Occupational Therapy, UBC
1:30 – 2:15	Fighting stigma and discrimination – A new intervention for people with mood disorders	Dr. Roumen Milev, Department of Psychiatry, Queen's University
2:15 – 3:00	Refreshments break and exhibits	
3:00 – 3:45	Participatory action research: Involving service users in mental health research	Dr. Barbara Schneider, Faculty of Communication and Culture, University of Calgary
3:45 – 4:15	Q & A Panel with all speakers	