



LIVE THE LIFE YOU INTEND

This course aims to help you live the life you intend to live. Realise your real potential by sending bipolar off stage. Learn ways to improve and lengthen your well periods, organise your life, stay in the mainstream and achieve some goals!

ONLINE COURSE CONTENTS

In this course you will learn how to identify your own signs of oncoming illness and how to put the brakes on. We also show you how to make safety nets, in case the brakes fail! We cover collateral damage to work and relationships and reveal ways to bring routine and rhythm into your life. You'll make a Living Well Plan to record all you learn and decide.

WORK WITH A FRIEND

Work with a friend, parent or partner and invite your doctor or mental health worker to participate in the course and you'll have a strong, well-informed team who you're on the 'same page' with.



FEATURES OF THE COURSE

- Online, with lessons, reading, activities and forums;
- A sufferer and their chosen supporter both enrol and work together;
- Your doctor is involved early to work with you and your Supporter;
- Flexible timelines - if you become unwell, just take a break;
- The course teachers and the moderators of forums are people living with bipolar disorder;
- Adult education-based, with stated Capabilities and attention to Learning Styles;
- Work at your own pace: 6 week active participation followed up by 3 months access to facilitator and forums.

WHY THIS COURSE?

This course was developed because the only other online courses have been developed by academics, with a focus on the agenda of medical professionals (drug compliance). We need this course and others like it to ensure that our bipolar education meets the priorities of the lives we intend to live.

LIVE WELL WITH
 T W O T H R E E S
 M E D I A
BIPOLAR

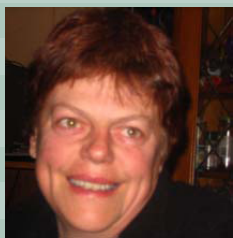
6-WEEK ONLINE COURSE
 CONSUMER DEVELOPED & RUN
 BY THE AUTHOR OF
 LIFE ON A ROLLER-COASTER

ABOUT MADELEINE KELLY

Madeleine Kelly has suffered severe mood disturbance since the age of 16 and was diagnosed ten years later as having bipolar disorder. Meanwhile she was studying medicine at the University of Melbourne, but illness forced her withdrawal after four and a half years. She has since worked in many different roles.

In 1992 Madeleine co-founded MoodWorks, an education group run by, and for, people with bipolar disorder. She has served as Secretary and President of the Victorian Mental Illness Awareness Council and is a member of the Australian Mental Health Consumers Network. Her book *Life on a Roller-coaster* was published in 2000. Development of the course took over two years and draws together Madeleine's experience in adult education, medicine, writing, observation of bipolar and the people it inflicts, as well as personal experience as a sufferer and a supporter.

Madeleine's interests include golf, walking, camping, sewing, felting and painting but she's not too keen on watching television. She lives with her family in Gippsland, Victoria, Australia, where she is enjoying life in the mainstream.



LIVE WELL WITH BIPOLAR



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M E D I A

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WEEK - BY - WEEK DETAILS

These are the main topics of each week of the course.

WEEK 1

In this week we introduce you to the online environment and display some Living Well Plans for you to get your head around. There's a fun exercise involving sculpture and a nickname for your bipolar disorder.

WEEK 2

This week we consider the medical basics of bipolar disorder as they relate to living the life we intend. We introduce the concept of signposts rather than symptoms.

WEEK 3

We consider triggers, early warnings and major alerts. We learn to apply brakes and safety nets when early warnings and major alerts are seen. We update the Living Well Plan. This week we visit our treating doctor to get him/her on board and obtain their input into the Living Well Plan.

WEEK 4

This week is all about protecting against collateral damage, for example to work, relationships, and with regard to money, children and so on.

WEEK 5

Week 5 considers 'roller-coaster carriage maintenance' and looks at issues like chaos versus routine, healthy living and stimulus management. Often overlooked as non-essential elements, these issues are crucial to an intended life.

WEEK 6

This week is about the bigger picture: 'roller-coaster navigation.' Here we look at getting into or staying in the mainstream of life and setting goals – not only for illness management but for your whole life.

COURSE COSTS

Costs have been struck with two matters in mind: affordability and 'valuability' so that the most people can get the most out of the course.

Per participant	\$49.00
Per pair (sufferer and supporter)	\$98.00

Prices are in Australian dollars and will be converted, if necessary, to your currency in the transaction. Payment is by means of online financial institution PayPal, which accepts credit cards.

ADDITIONAL BENEFITS

The course has forums which will be open for 3 months following the end of the course. This is useful if new signposts are discovered, or problems arise, as the facilitator will be available for that period.

STARTING DATES

The course's intake dates are the 1st and the 15th of every month. Payment must be received prior to enrolment.

HOW TO ENROL

Go to www.twotreesmedia.com/course and follow the instructions.

WHAT IF I GET SICK?

If you become too ill to get the most out of the course, you can extend the course for up to three weeks. If your illness goes on longer, just let Madeleine know and you can defer your spot in the course for up to 12 months.

SELECTING A SUPPORTER

The best person to invite to be your supporter in the course is the person who, last time you became very ill, organised treatment/hospital. That could be a friend, partner, parent - anyone who's been there in a crisis with you. Alternatively, a person you live with through wellness and illness. If you can't identify someone to select you can request to do the course on your own but you will gain significantly less from this.