

## Mood Disorders Workshop Outline

### Learning Objectives:

- Learn practical and realistic approaches to apply in your practice
- Identify strategies for patient management with mood disorders
- Understand how to safely and confidently manage uncertainty
- Apply interventions organized in a stepped care model
- Support patients/caregivers in making informed decisions

<b>Pre-recorded Portion</b> (60 minutes: video + reflection)	Agenda review/Learning Objectives/Background/First half of Assessment
<b>Your session can be scheduled to occur during 1 full day or 2 half days. Check registration details.</b> <b>Below is an example of a 2-half day schedule</b> Breaks will be adjusted for your session	
<b>DAY 1</b>	
15 minutes	Welcome/COI Declaration/Zoom Instructions/Participants Case Introductions Includes participant introductions and identification of needs and barriers
40 minutes	Assessment – Second half (Differential Diagnosis, Comorbidity, Tools for Assessment) <ul style="list-style-type: none"> <li>• Diagnostic</li> <li>• Risk</li> <li>• Impairment</li> </ul> includes interactive activities and case discussion
15 minutes	Break
20 minutes	Biological Investigations <ul style="list-style-type: none"> <li>• Laboratory</li> <li>• Imaging</li> </ul> *Includes interactive activities (Participant case study)
40 minutes	Treatment Unipolar Depression <ul style="list-style-type: none"> <li>• Biological Treatment</li> <li>• Measurement Guided Treatment</li> </ul>
15 minutes	Break
1 hour and 35 minutes	Treatment Unipolar Depression (continued) <ul style="list-style-type: none"> <li>• Biological Treatment <ul style="list-style-type: none"> <li>○ Step by Step Approach</li> <li>○ Medical Comorbidities</li> <li>○ Informing Antidepressant Selection</li> </ul> </li> <li>○ Choosing an Antidepressant</li> <li>○ Iatrogenic Contributions</li> <li>○ Side Effects</li> </ul> *Includes interactive activities
<b>Day 2</b>	
30 Minutes	Pitfalls and Course Correction <ul style="list-style-type: none"> <li>• When Remission Eludes</li> <li>• Recurrence</li> </ul> *Includes interactive activities
30 minutes	Psychological and Behavioural Tx <ul style="list-style-type: none"> <li>• Education</li> <li>• Behaviour Activation</li> <li>• CBT</li> <li>• Physical Activity or Exercise</li> </ul> *Includes interactive activities
15 minutes	Break

30 minutes	<p>Depression and Pregnancy</p> <ul style="list-style-type: none"> <li>• Modification of Assessment</li> <li>• Modification of Treatment</li> </ul> <p>*Includes interactive activities</p>
30 minutes	<p>Longitudinal Issues</p> <ul style="list-style-type: none"> <li>• Treatment Related</li> <li>• Changing Presentations</li> </ul> <p>* Includes interactive activities and case discussion</p>
10 minutes	Break
30 minutes	<p>Bipolar Affective Disorder</p> <ul style="list-style-type: none"> <li>• DSM 5 Criteria</li> <li>• Treatment Options</li> <li>• Antidepressants</li> </ul> <p>*Includes interactive activities</p>
30 minutes	<p>Bipolar Identification</p> <p>Includes interactive activities and case discussion</p>
5 minutes	Break
30 minutes	Wrap Up – Q&A