

Bipolar for Adult Psychiatrists

Date: Wednesday 3 December 2025

Location: Online via EventsAir

| Time | Session |
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| 9.15-09.20am | Welcome Chaired by Professor Allan Young |
| | Session 1 – 9.5 years to Bipolar Diagnosis Chaired by Professor Allan Young |
| 9.20-10.00am | Diagnosis: Detection and Discrimination Professor Allan Young |
| 10.00-10.30am | Bipolar UK's 'Maybe it's bipolar' Resources Sarah Owen – Bipolar UK and Luyando Malawo, Lived experience |
| 10.30-10.45am | Q&A session |
| 10.45-11.15am | Morning break |
| | Session 2 – Bipolar and Women Chaired by Dr Clare Dolman who lives with bipolar |
| 11.15-11.30am | Bipolar and PMS Professor Arianna di Florio |
| 11.30-11.50am | Bipolar and Pregnancy/Childbirth Professor Ian Jones |
| 11.50-12.05pm | Bipolar and Menopause Dr Katie Marwick |
| 12.05-12.20pm | Q&A Session |
| 12.20-1.00pm | Lunch break |
| | Session 3 – Why people with bipolar die 10-15 years earlier |

| Time | Session |
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| 1.00-1.30pm | Chaired by Professor Tania Gergel High suicide risk in bipolar Professor Tania Gergel |
| 1.30-2.00pm | The impact of bipolar and its treatment on physical health Emeritus Professor Guy Goodwin |
| 2.00-2.15pm | Q&A Session |
| 2.15-2.45pm | Afternoon break |
| | Session 4 – Best-Practice Bipolar Management Chaired Dr Sameer Jauhar |
| 2.45-3.15pm | Managing psychosis in bipolar Dr Sameer Jauhar and Sam Swidinski, Lived Experience |
| 3.15-4.00pm | Relapse prevention Catherine Gamble FRCN |
| 4.00-4.15pm | Q&A Session |
| 4.15-4.30pm | Closing remarks Chaired by Emeritus Professor Guy Goodwin |