



Clinician Information Sheet

What is OSSiBD?

Overcoming Self-Stigma in Bipolar Disorder (OSSiBD) is a novel 8 session program designed to address self-stigma in those living with bipolar disorder. The program is fully manualized and is intended to be used in a small group setting.

Materials are complimentary to clinicians and programs.

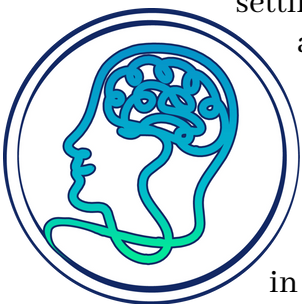
OSSiBD is founded in evidence-based modalities for the treatment of self-stigma as well as established psychological theory.

Sessions include work with narrative therapy, CBT, cultural contexts, and more.

Where can OSSiBD be used?

OSSiBD can be used anywhere that individuals with bipolar disorder are being treated. This includes inpatient, outpatient, community mental health, or private practice settings. The program can be run by

any experienced mental health clinician with no program-specific training required. However, clinicians must thoroughly review and be comfortable with the materials in order to achieve the best results.



Who will benefit from OSSiBD?

A large percentage of individuals with bipolar disorder experience self-stigma. This may present in the form of shame, low self-esteem, and embarrassment about one's diagnosis.

The ramifications of self-stigma are far-reaching. Consequences have been shown to include reduced treatment adherence, poorer functioning, withdrawal, decreased occupational success, and worse course of illness, including more depressive episodes.

Ramifications of self-stigma:

low self-esteem DEPRESSION
POORER PHYSICAL HEALTH
SHAME diminished coping
social withdrawal
worse treatment adherence EMBARRASSMENT

How can I receive OSSiBD materials?

Again, OSSiBD materials are complimentary to clinicians and patient programs upon verification of status. The materials are copyrighted and cannot be altered or plagiarized. To receive materials, please contact materials@ossibd.com.

www.ossibd.com
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" Living with self-stigma is like driving with the brake on:
IT MAKES EVERYTHING HARDER!!

