



Becoming a more mindful parent---

Education and strategies to make better choices about how we interact with our kids.

Elizabeth George, PhD is a licensed clinical psychologist and has a private practice in Boulder, Colorado.

Dr. George was involved in research studying treatments for bipolar disorder for over 20 years. She helped to develop several treatments: Family Focused Therapy (FFT) for adults with bipolar disorder, Integrated Family and Individual Treatment (IFIT) for adults with bipolar disorder, FFT-Adolescent (family therapy for adolescents with bipolar disorder), and FFT-High Risk (family therapy designed to prevent worsening of mood swings in children and adolescents at risk for developing bipolar disorder)

Dr. George co-authored a nonfiction book, *The Bipolar Teen: What you can do to help your child and your family*. She has a particular interest in the treatment of the bipolar spectrum disorders and trauma. She also helps clients build a more fulfilling life by teaching self-compassion, qualities for resilience, mindfulness, and is providing a group based on Gretchen Rubin's The Happiness Project.

Dr. George will lead this program on Sunday, October 14, 10:50 am-Noon in the Chapel, Atonement Lutheran Church, 685 Inca Parkway, Boulder.

All are welcome.

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