



## **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.***

*For more info: [revalan2004@comcast.net](mailto:revalan2004@comcast.net), 720-304-6918*