



Summary of Spectrum Centre's online media resources

While we are updating our website below is a summary of our open access media resources that you may find useful

Webinars

Aging with Bipolar (2020) – Lizzie Tyler at CREST.BD #Talk.BD live (285 views)

Watch the recorded webinar here:
<https://youtu.be/UHC5-mdRvh8>

Substance use during crisis (2020) - Prof. Jones at CREST.BD #Talk.BD live (619 views)

Watch the recorded webinar here:
<https://youtu.be/da23HqTeKss>

Family life in Coronatimes (2020) – Prof. Lobban at CREST.BD #Talk.BD live (873 views)

Watch the recorded webinar here:
<https://youtu.be/kRnTLgWAslo>

Recovery Focused Cognitive Behaviour Therapy for Bipolar Disorder (2015) – Prof. Jones at International Bipolar Disorder Foundation (223 views)

Watch the recorded webinar here:
<https://ibpf.org/articles/recovery-focused-cognitive-behaviour-therapy-for-bipolar-disorder-with-dr-steven-jones/>

Recovery Focused CBT for Bipolar Disorder (2015) – Prof. Jones at CREST.BD (333 views)

Watch the recorded webinar here:
<https://youtu.be/leJSoFcIMJ4>

How to fit a square peg in a round hole (2014) – Service User Researcher, Rita Long (48 views)

Watch the recorded webinar here:
<https://youtu.be/fuW4XNRFx7g>

Two edged sword: Exploring positive experiences of bipolar (2014) – Prof. Lobban at CREST.BD (704 views)

Watch the recorded webinar here:
<https://youtu.be/dyWZSJHBKRY>



Podcasts

CBT for Bipolar Disorder (2020) – Prof. Jones and Cate Catmore podcast for BABCP series of Let’s Talk about CBT (3,968 downloads)

Listen to the podcast here:

<https://letstalkaboutcbt.libsyn.com/bipolar-disorder-edit-26320>

REACT at Mental Health Carers Workshop (2019) – Prof. Jones talks to Mental Elf (219 plays)

Listen to the podcast here:

<https://soundcloud.com/national-elf-service/steven-jones?in=national-elf-service/sets/mentalhealthcarers-mental>

Chris Lodge about his personal experience with Mental Health at Mental Health Carers Workshop (2019) – Chris Lodge talks to Mental Elf (221 plays)

Listen to the podcast here:

<https://soundcloud.com/national-elf-service/chris-lodge?in=national-elf-service/sets/mentalhealthcarers-mental>

Bipolar Disorder: Seeking Peace Between Darkness and Chaos (2017) – Prof. Jones talks to RenegadeApe (430 views)

Listen to the podcast here:

<https://youtu.be/LKIRMWSuNa4>

The not so simple act of caring (2017)- Prof. Lobban talks to RenegadeApe (74 views)

Listen to the podcast here:

<https://youtu.be/kRJagLXUL0g>

Conferences

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Events

Mental Health Carers Workshop: The Way Forward (2019) – A Spectrum Centre organized event (23 views)

A playlist to the full event can be found here: <https://bit.ly/3iOSm8E>

Personal Recovery (2018) – The launch event of Spectrum’s online multimedia resource (215 views)

A playlist to the full event can be found here: <https://bit.ly/2Y8Bqlm>

The launch of the IBPI study (2013) – A Spectrum Centre organized event (756 views)

A playlist to the talks can be found here: <https://bit.ly/313dEJF>



Virtual study follow ups

REACT (2015-2020) – Animation films and more about the launch and results of REACT Toolkit (*views 409*)

A playlist of all relevant videos and animations: <https://bit.ly/3iNOVAX>

ERP (2013-2014) – Dr Sawczuk introduces and updates viewers on the ERP study (*views 475*)

A playlist of all relevant videos can be found here: <https://bit.ly/347yWYn>

Vlogs

Fellowship Vlog (2015) – Dr Tyler vlogs about her fellowship travels in USA (*63 views*)

A playlist to the full vlog can be found here: <https://bit.ly/320Ujbe>

Rita's Bipolar Expedition (2014) – Rita Long, Service User Researcher, vlogs her trip to the USA with Winston Churchill fellowship (*143 views*)

A playlist to the full vlog can be found here: <https://bit.ly/2Ya1bBN>

Other Interviews

Mental Health (2018) – Prof. Jones on the impact of Lancaster University mental health research (*342 views*)

Watch the video here: <https://youtu.be/4zhUwtVlg14>

Is group therapy helpful for people with bipolar disorder? (2016) – Prof. Lobban talks about structured group psychoeducation sessions (*520 views*)

Watch the video here: https://youtu.be/X-NopsMz_4I