

Pre-conference workshop

Rhythms, Routines and Mood: Why Rhythms Matter in Bipolar Disorder - Translating circadian science into clinical practice

Date: Tuesday 24 November 2026
Time: 9:00am- 4:00pm
Venue: Manawa, 276 Antigua St (adjacent to University of Otago, Christchurch campus)
Cost: NZ$35 for SMHR-ASBDD Conference delegates (includes lunch)

Bookings for the conference and this pre-conference workshop can be made via the Conference registration form.

You can also just attend this pre-conference workshop standalone and register via https://www.smhrconference.com.au/smhr2026/workshopreg

Sponsored by corebd

Why do changes in sleep, daily routines and social rhythms have such a profound impact on mood? Growing evidence highlights the bidirectional relationship between sleep and circadian rhythm disruption and mood disorder. Because the circadian system plays a foundational role in regulating mood, integrating circadian-informed strategies into psychological treatments is powerful.

This **interactive workshop** weaves translational circadian science with practical clinical practice. It introduces Interpersonal and Social Rhythm Therapy (IPSRT), an evidence-based psychotherapy that targets the stabilisation of the biological and social rhythms underlying bipolar disorder. Participants will gain an understanding of the science underpinning IPSRT, how this informs the conceptualisation and treatment of bipolar disorder, and how its practical strategies can be incorporated into everyday clinical practice.

Designed to be highly interactive and practice-focused, the workshop combines evidence, clinical examples and practical exercises to help participants build confidence in applying circadian and rhythm informed principles and strategies with people living with bipolar disorder.

Participants will leave with:

- An understanding of the circadian system, entrainment, and sleep and circadian rhythm disruption

- an understanding of the theoretical and scientific foundations of IPSRT;
- practical techniques that can be immediately incorporated into clinical practice; and
- information about opportunities for further training, supervision and ongoing skill development.

Who should attend?
Clinicians from any professional background or level of experience who are interested in enhancing outcomes for people with bipolar disorder through an evidence-based, rhythm-focused intervention.

Facilitators
Dr Maree Inder is a Senior Research Fellow at the Dept of Psychological Medicine, University of Otago, and an experienced researcher and clinician with expertise in circadian based interventions, notably Interpersonal and Social Rhythm Therapy for bipolar disorder and other mood disorders.

Dr Nicola Ludin is a Research Fellow in Psychological Medicine at the University of Auckland, specialising in clinical, digital, and public health chronobiology. Her research focuses on Sleep and Circadian Rhythm Disruption (SCRD) in mood regulation, bringing expertise in translational circadian science to practical mental health interventions.