



# Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



**Hagop S. Akiskal, M.D.**

## Principles of Caring for Bipolar Patients and Their Families

This lecture, presented in an interactive format, will discuss a treatment approach developed by Hagop and Karen Akiskal, which derives from their clinical experience with bipolar patients and their families over the past thirty-five years, in the United States, Europe, and Latin America.

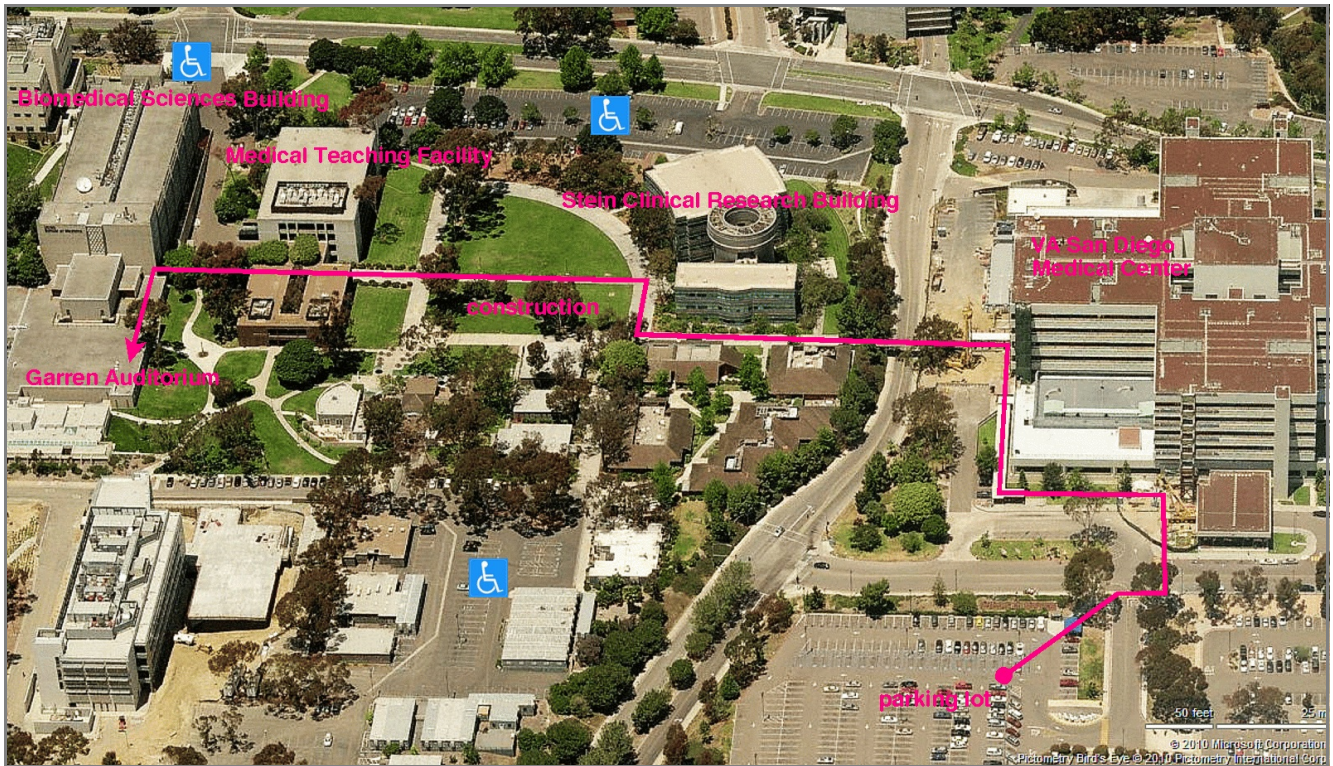
**When** Monday, 07 March 2011  
6:00pm – 8:00pm

**Where** Garren Auditorium  
Biomedical Sciences Building, Medical School Campus  
University of California, San Diego  
La Jolla, California

Professor Akiskal is presently Distinguished Professor of Psychiatry and Director of the International Mood Center at the University of California, San Diego. He is Editor-in-Chief of the *Journal of Affective Disorders*. Previously, he was Senior Science Advisor to the the Director of the National Institute of Mental Health. Earlier, he was Professor of Psychiatry and Pharmacology at the University of Tennessee, Memphis, where he had established one of the earliest mood clinics in this country (1973).

Dr. Akiskal is the author of over 400 publications on dysthymia, chronic depressions, bipolar spectrum disorder and its comorbidities. He is the recipient of many prizes for his clinical research on affective disorders, including the Gold Medal for Pioneer Research (Society of Biological Psychiatry), the German Anna Monika Prize for Depression, the NARSAD Prize for Affective Disorders, and the Jean Delay Prize of the World Psychiatric Association. Together with Karen Akiskal, the couple has been intimately involved in the establishment of the first international advocacy organization for the mentally ill (Venice), and the French Manic Depressive Association. Dr. Akiskal has served on the national advisory board on the precursor of the DBSA, the National Depressive and Manic-Depressive Association.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, see <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



# Walking Directions to Garren Auditorium

Follow the **DBSA San Diego** signs with the blue arrows along the way.

1. Start in the parking lot and walk to the bus stop in front of the VA San Diego Medical Center (usually called the VA Hospital in La Jolla).
2. Walk **west** to the covered outdoor corridor, turn **right** and walk down that corridor (along the western edge of the hospital) until you turn **left** when you get to the footbridge crossing Villa La Jolla Drive. Walk over that footbridge.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. To avoid the construction area, follow the sidewalk **right** and then **left** where the fence ends, continuing toward the Medical Teaching Facility building.
5. Walk under the overhead walkway connecting the two parts of Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and turn immediately **left** down a corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor, turning **right**, then **left**.
9. Garren Auditorium is down the first hallway to your **left**, Room 1105. You can enter at the bottom, where the lecturer is, or continue until you see a staircase going up on your **right**. This will take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7pm, so please be sure to arrive before then.