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# S'eclairer

Enlightening self with knowledge



Photo courtesy Sandi Blystone

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Greetings!

### Thoughts to Ponder



The compulsive urges of the thoughtless grow like a creeper. They jump like a monkey from one

## Regular Sessions

[Women's DBT](#)  
[Adolescent DBT](#)  
[DBT Groups](#)  
[Free Meditation](#)  
[Yoga](#)

## Upcoming Events

### Steppin' Out Cafe

Starting November 4  
Every 1st Friday at  
S'eclairer!

### S'eclairer Fall Clinical Calendar 2011

Free sessions to further  
professional education!

[Get it here](#)  
[Facebook Events Here](#)

## S'eclairer Services

Depression  
Women's Health  
Eating Disorders  
Bipolar and Psychotic  
Disorders  
Men's Health  
Anxiety & Anger Management  
Wellness & Recovery  
Forensic and Legal  
Consultation



life to another, looking for fruit in the forest.

Like a spider caught in its own web is a person driven by fierce cravings. Break

out of the web, and turn away from the world of sensory pleasure and sorrow.

The  
Dhammapada.

## Treating bipolar disorder during pregnancy

Submitted by Zahida Chaudhary, MD

Optimal outcomes require careful preconception planning, medication risk/benefit analysis



In this article published in Current Psychiatry Online, entitled Treating bipolar disorder during pregnancy, assistant clinical professors of psychiatry at Stanford University Mytilee Vemuri, MD, MBA and Katherine Williams, MD provide an excellent summary of the risks and

benefits associated with bipolar disorder and its treatment during women's reproductive years

Case: Ms M, age 31, has bipolar I disorder and takes lamotrigine 200 mg/d, and aripiprazole, 10 mg/d. She was first hospitalized at age 20 for a manic episode and was discharged on lithium, 1,200 mg/d. She was hospitalized again at age 25 for a depressive episode that occurred after she stopped taking lithium because of undesirable side effects. She was switched to lamotrigine, 200 mg/d, which she tolerated well. Aripiprazole, 10 mg/d, was added 1 year later to address emergence of mild mood elevation symptoms.

During a recent follow-up appointment, Ms. M expresses interest in getting pregnant in the next 6 months. Her mood has been stable for 5 years and she asks if she should stop taking her medications in preparation for pregnancy. What would you recommend?

Because the typical age of onset for bipolar disorder (BD) is late adolescence or early adulthood, women are at risk for new onset or recurrence of mood episodes throughout their peak reproductive years. This article updates practitioners on the treatment of BD during pregnancy, including preconception planning and



the risks and benefits of medication use during pregnancy. We also cover treatment considerations during the postpartum period, such as prophylaxis of mood episodes and mood stabilizer treatment for women who breast-feed.

Ideally, "prenatal planning" should begin long before women with BD prepare to have children. Because one-half of pregnancies in the United States are unplanned<sup>1</sup> and manic episodes may result in impulsivity and increased sexual activity, all women of reproductive age with BD should be counseled about birth control and risks of unplanned pregnancies. Because mood stabilizers are associated with teratogenic risks.

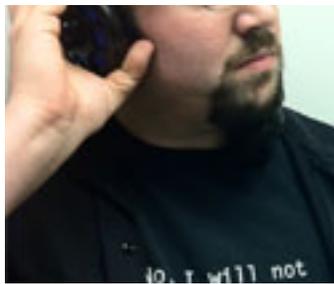
For further details please visit  
"CURRENT PSYCHIATRY" Vol. 10, No. 09 /  
September 2011

## Good and Bad of Labels



What are you? How to you envision yourself? What are you to ther people?





This is something that's been on my mind for nearly a year since one of the first talks I heard



by Dr. Chaudhary as I started working on bringing his message online with S'eclairer last October. But in this case, we look at labels as a negative. When you look at mental health, as we often see it in media, you are a psychopath. You are schizophrenic. Dr. Chaudhary talks about how we (the doctors and social workers) need to keep from classifying these people in such a way. Because they are people. People with psychopathic disorders. People with schizophrenia. It's very important in bringing them out of their condition. If they see themselves as the condition, they'll accept that as the case.

Well, that's as far as I understand psychology via these talks and my art school Psych class...

But then I noticed a trend in the other direction.

I listen to a lot of Merlin Mann, who is most known for his 43folders site and neurotic examinations of how people get things done on Back to Work. One of the common themes to the creative or independent worker is the trouble in just getting started. I can relate to this.

You can relate to this. There's always something you were going to try to do someday but that day never came. It comes back around to how you identify yourself. And perhaps it's something that will be the tipping point to motivate you.

Want to write that blog? Want to be a blogger? Be a blogger. Don't do it because it's what needs done to get your blog up and get those hits and get people to see you and this and the other thing. Just be. And if it's hard for you to just be a blogger, writer, dancer, then maybe it's time to tuck that away and be someone else. It's when you don't identify with that process that things come up, seemly all of the time, that are just that much more important than that goal.

Me? For better or worse. I'm a Podcaster. I'm a Creator. I don't think about these things. They become a part of me and what I do every day. If I'm not creating something, I'm not doing my job and I'm not living. Notice not making a living in that sentence. Just living.

*What's you're label. And are you being successful at being that?*

*Tell us int he comments to this [blog post](#).*

## S'eclairer Happenings

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### A Call for Podcast Submissions

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Seclairer Chatterbox is an open discussion Podcast (or netcast) that you can listen to on [iTunes](#), [MediaFly](#), [Stitcher](#), and other Podcast sources

*Have any feedback?* You can contact by commenting on our blog post, emailing the show at [mike@seclairer.com](mailto:mike@seclairer.com), tweeting [@seclairerlife](#), or on our [Facebook page](#)!

What's On Your Mind? Let us know at Seclairer's CHATTERBOX

When was the last time you had a really satisfying conversation? You know, the kind of exciting and passionate conversation where people are really engaged with an idea, listening to each other closely, sharing their thoughts and feelings about that idea; the kind of conversation where you go away not only having learned something about the topic, but also about yourself and about the other people in the conversation? Sound appealing? Well, CHATTERBOX, Seclairer's new weekly podcast is the place for you. Recent conversations ranged from Nature Deficit Disorder to Finding Your Inner Superhero, from The Magic of Music as Therapy to The Noise of Technology.

What is a Podcast? It's an online "radio show" that you can get through iTunes, your web browser, or other manners on the Internet. A more appropriate term might be "netcast". But if none of that is up your alley, just go to [www.Seclairer.com](http://www.Seclairer.com) and follow the link to check the show out!

If you have something on your mind, or a topic you would like to discuss, or if you would just like to take part in the conversation, contact Michael Sorg at [mike@seclairer.com](mailto:mike@seclairer.com) to schedule a recording! Not local? No

problem! We can accommodate you via phone or Skype. We have the technology! Just want to chime in on the conversation? Stay tuned for ways to interact with our shows in the future on the site as well!

Subscribe to our podcasts from our [S'eclairer Blog!](#)

## 28th Annual Pittsburgh Schizophrenia Conference

December 9, 2011

Sheraton Station Square

Pittsburgh, Pennsylvania

Course Director: K. N Roy Chengapa, MD

Contact: 412-802-6917 or E--mail: [penajordanmi2upmc.edu](mailto:penajordanmi2upmc.edu)

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[S'eclairer Lecture Series](#)

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### **Psychopharmacology Update**

Safdar Chaudhary, MD - Medical Director S'eclairer  
Friday, November 4 · 12:00pm - 1:00pm

### **Trends in Criminal Court**

Honorable Judge John Blahovec - President Judge of the Court of Common Pleas of Westmoreland  
County  
Friday, November 18 · 12:00pm - 1:00pm

### **Effective Responses to Disclosures of Intimate Partner Violence**

Terry Stewart - Blackburn Center Against Domestic and Sexual Violence  
Friday, December 2 · 12:00pm - 1:00pm

All events are at no cost and take place at S'eclairer

341 Story Road  
Export, PA 15632

[Download the Flyer](#)



[Join us at Steppin' Out Cafe November 4!](#)

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[Check out the preview video here!](#)

Come and Enjoy singer/songwriter James Buckley as he hosts an evening of entertainment with special guest performers beginning Friday, Nov. 4th at 7pm and the first Friday of every month Everyone is welcome!

Location: S'eclairer, 341 Story Road, Export, PA 15632.

Call to confirm 724.468.3999

## Winter Silent Retreat: "The Beauty of Silence"

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Silence has ways to heal the soul.

You are invited to celebrate its beauty at S'eclairer on February 4, 2012 beginning at 9:30 AM until 3:30PM.

Mark your calendars and stay tuned for more information!

## S'eclairer White Pages

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## Rumi'nations Issue 2 Is Out!

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The second issue is now available online or in your mailbox! Find out more at [Ruminations.biz](http://Ruminations.biz)!



Read the second issue online now!

## Want to Contribute?

EARN FREE HEALTH REWARDS

We are releasing a new magazine in the coming months called "Rumi Nations"!

Care to contribute an article, photograph artwork or poetry?

How about a scientific article review or book review?

If your submission is accepted, you could win a Free Retreat, Self-Soothing Basket, Health Related Gift Card or a T-Shirt!!! Just call Ruminations at 724.468.3999 or email [rumi@seclairer.com](mailto:rumi@seclairer.com) and let us know What's On Your Mind!



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Z'harmony



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Fridays from 11AM until 3PM

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& More...

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Cell 412-527-0139 [zahidaparu@yahoo.com](mailto:zahidaparu@yahoo.com)

Come visit or Call for Appointments @ S'eclairer: 724-468-3999

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