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**Managing Bipolar Disorder** Springer Science & Business Media  
cs.hmn\_servc.mntl\_hlth\_couns  
*Integrative Psychotherapy for Bipolar Disorders* Cambridge University Press

Bipolar disorder has served as a principal point of focus for modern psychiatric research since the advent of the psychopharmacological revolution. Yet, the disparity between optimal and typical care for bipolar disorder is perhaps nowhere larger, and its human and economic impact nowhere greater. An important and much-needed resource, *Bipolar Disorders: Clinical Course and Outcome* relates empirical data on outcome with practical information on the prognosis, course, and potential complications of bipolar disorders in the modern era. Pulling together current knowledge on bipolar disorders from leading investigators in the field, *Bipolar Disorders* provides a concise, up-to-date summary of affective relapse, comorbid psychopathology, functional disability, and psychosocial outcome in contemporary bipolar disorders. Important issues regarding pharmacoeconomics and the burden of disease are presented in conjunction with a

discussion of mania through the life cycle and a summary of clinical and treatment implications. In addition, this timely resource covers the effect of lithium and anticonvulsants on outcome during controlled and naturalistic treatment; manic outcome in relation to specific comorbidities or subtypes of illness for mixed mania, alcoholism or other substance abuse, rapid-cycling bipolar disorders, hypomania, and comorbid anxiety disorders; individual psychotherapy and family psychoeducation; and the role of public sector psychiatry and community-based treatment programs for chronic bipolar illness. As part of the Clinical Practice Series of the American Psychiatric Press, this book integrates current clinical research findings with practical clinical applications, providing a broad overview of course and outcome for bipolar patients treated under typical treatment conditions. Aimed at both clinicians and investigators, this book consciously relates naturalistic follow-up studies in mania to the routine clinical management of bipolar disorders over time.

*Practice Guideline for the Treatment of Patients with Bipolar Disorder (revision)* American Psychiatric Pub

*Identifying, Assessing, and Treating Bipolar Disorder at School* presents child and education practitioners with an evidence-based framework for accurate identification, assessment, and intervention of bipolar disorder. This straightforward resource clears up misconceptions about the condition, and outlines its

complex presentation in young people, where it may appear in tandem with other disorders and bring challenges to treatment. By providing information to assist in referrals, consultations, and recommendations for special education, the authors give the reader a unique vantage point for improving students' learning environment and helping to facilitate the work of fellow professionals. Among the topics: Prevalence and associated conditions. Case finding, screening, and referrals. Diagnostic and psycho-educational assessment Treatment of bipolar disorder in children and adolescents. Plus suggested resources to assist students and their families. *Identifying, Assessing, and Treating Bipolar Disorder at School* is an essential reference for school psychologists and allied educational professionals, special education teachers, speech and language therapists, counselors, clinical child psychologists, and mental health practitioners. *Integrative Clinical Strategies and Future Directions* Oxford University Press

Bipolar disorder is a chronic and debilitating mental illness affecting a significant proportion of the world's population. It is associated with significant impairments in health-related quality of life and psychosocial functioning, and has significant illness-related morbidity and heightened mortality rates due to medical comorbidities and suicide. The management of this disorder requires a complex combination of pharmacological and

psychosocial interventions which can be challenging for clinicians. Written by world experts in the field of bipolar disorder, *The Treatment of Bipolar Disorder: Integrative Clinical Strategies and Future Directions* provides readers with a concise and comprehensive guide to the integrative management of bipolar disorder. This resource contains 31 chapters on the various management choices available, from both established and novel treatment areas, such as psychoeducation, psychotherapeutic interventions, neuromodulatory approaches and novel therapeutic targets. The complexity and diversity of the management choices available makes this a continually evolving field and necessitates forward thinking. By both discussing the current management of bipolar disorder, and the future developments available, this resource provides all clinicians working with patients with bipolar disorder an up-to-date and reflective guide to its management and what the future holds.

**Bipolar Disorder** Guilford Press

Family-focused psychoeducational treatment (FFT) is among a very small number of psychosocial treatments that have been found to be effective in multiple studies to improve the course of bipolar disorder. This indispensable guide describes how to implement FFT with adult and adolescent patients and their family members. Provided are practical procedures for helping families understand the nature of bipolar disorder, strengthen their communication skills, solve day-to-day problems, and reduce the risk and severity of relapse. The book incorporates state-of-the-art knowledge on the illness and its biological and psychosocial management. More than a dozen reproducible handouts are included.

**Findings From the Collaborative Depression Study** Guilford Press

Unlike its cousin, bipolar I disorder, which has been extensively studied and depicted in popular literature and on screen, bipolar II disorder is poorly understood, underdiagnosed, and insufficiently treated. *Bipolar II Disorder: Recognition, Understanding, and Treatment* is the only text on the market that examines every aspect of the disorder in an up-to-date, rigorous, and clinically oriented manner. The editors, experts on the diagnosis and treatment of this neglected illness, have gathered a group of contributors who together advance the reader's knowledge of the disease in a systematic, accessible way, identifying and addressing the challenges of diagnosis and treatment and

exploring current thinking on the biological determinants of the disorder. Acknowledging potential pitfalls of differential diagnosis, the book examines psychiatric comorbidities that most typically co-occur with bipolar II, such as anxiety disorders, impulse-control disorders, and borderline personality disorder. Next, the book focuses on the growing body of evidence that suggests that the underlying biology of bipolar II is distinct from that of other mood disorders and discusses the increasingly important role that neuroimaging plays in the diagnosis and understanding of bipolar II disorder as research progresses. Finally, the text explores how to manage bipolar II disorder, providing an up-to-date review of medication options and psychosocial treatments. The book's strengths are many and compelling: \* Individual chapters are written by experts in the fields of phenomenology, genetics, neuroimaging, psychopharmacology, psychotherapy, child psychiatry, and reproductive mental health who review what is currently known about bipolar II disorder and its management.\* A special chapter on suicide describes a framework for understanding risk and a clinical model for conducting suicide risk assessment specific to individuals with bipolar II disorder. The chapter underscores factors associated with increased risk in bipolar II disorder and identifies strategies to mitigate that risk.\* Written for a professional audience, the book may also be of interest to patients who want to learn more about their own diagnosis and to those who wish to support them.\* Fascinating case vignettes and concise key points are provided throughout the text, helping readers to understand and contextualize the most important information in each chapter for easy reference and review.\* Although advances have been made in understanding bipolar II disorder since the diagnosis was first codified in 1994, many gaps remain in the evidence base, particularly related to optimal treatments and neurobiology, and the book examines future directions for inquiry. For years, clinicians had little guidance for diagnosing and treating bipolar II disorder, relying on treatment options for bipolar I disorder, which were inadequate and of limited efficacy. *Bipolar II Disorder: Recognition, Understanding, and Treatment* responds to these frustrations with evidence-based, substantive, and up-to-the-minute information, demystifying the disorder and equipping the reader to provide the highest standard of care.

*A Guide for Clinicians* Routledge

A thoroughly updated version of a key practitioner text, this new edition includes a treatment manual of cognitive-behavioural therapy for Bipolar Disorder which incorporates the very latest understanding of the psycho-social aspects of bipolar illness. Updated to reflect treatment packages developed by the authors over the last decade, and the successful completion of a large randomized controlled study which shows the efficacy of CBT for relapse prevention in Bipolar Disorder Demonstrates the positive results of a combined approach of cognitive behavioural therapy and medication Provides readers with a basic knowledge of bipolar disorders and its psycho-social aspects, treatments, and the authors' model for psychological intervention Includes numerous clinical examples and case studies

**Identifying, Assessing, and Treating Bipolar Disorder at School** American Psychiatric Pub

First Published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

**A Cognitive Behavior Treatment Program** Oxford University Press

This workbook delivers a hands-on resource, with a variety of tools that enable readers to recognize the early warning signs of an oncoming episode, develop plans for withstanding the seductive pull of manic episodes, and escape the paralysis of depression.

Clinician's Guide to Bipolar Disorder W. W. Norton & Company

The book provides treatment recommendations for bipolar patients, a review of evidence about bipolar disorder, and states research needs

*An Introduction to Environmental Stress-Targeted Therapy* Centre for Addiction and Mental Health

Written by Eduard Vieta, a world renowned award winning expert in this field, *Managing Bipolar Disorder in Clinical Practice*, Third Edition, is an up-to-date, concise practical handbook developed with the clinician in mind. Including the most recent clinical guidelines, including the British Association for Psychopharmacology (BAP) and Canadian Network for Mood and Anxiety Treatments (CANMAT) guidelines, this handbook is intended to highlight every major aspect of this serious mental health disorder, including assessment, treatment, long-term management, and recent developments.

*Bipolar Disorder* Guilford Publications

Bipolar disorder is among the most common conditions affecting humankind and one of the leading causes of disability worldwide. It is a complex and dynamic psychiatric condition that makes it difficult to both understand and manage. However, with good management, people affected by bipolar disorder can lead very successful lives. This book was written specifically with new psychiatrists and mental health practitioners in mind to facilitate their ability to care for this condition. Chapters review clinical presentation and epidemiology, etiology and neurobiology, and treatment of bipolar disorder.

The Bipolar Disorder Survival Guide, Third Edition American Psychiatric Pub

A growing body of clinical and experimental evidence shows that neurocognitive dysfunction is a fundamental -- yet frequently ignored or misidentified -- component of bipolar disorder. The first comprehensive book of its kind, *Cognitive Dysfunction in Bipolar Disorder: A Guide for Clinicians* compiles the latest data in neuropsychology, neuroimaging, neurogenetics, and functional outcomes research to enable clinicians to more effectively utilize pharmacological and psychotherapeutic techniques in their treatment of bipolar disorder. This volume outlines and demystifies current knowledge about neuropsychological functioning in bipolar disorder in a reader-friendly, easy-to-understand guide for practitioners. Its 12 chapters, written by 23 internationally-renowned expert contributors, examine such topics as attentional and executive functioning, neuroimaging and genetic correlates of cognitive functioning, pharmacological strategies, bipolar disorder in pediatric patients, and cognition across the life span. The book also comes with the added benefit of a review of neurocognitive domains, examples of their operation in everyday life, the neuroanatomical regions with which they are associated, and common tests used to assess their function. Summarized data from large-scale clinical trials, including the National Institute of Mental Health Antipsychotic Trials of Intervention Effectiveness (CATIE) study. Take-home points at the end of each chapter summarizing main concepts and "clinical pearls." Case studies and illustrative examples depicting the application of specific neurocognitive principles. Using relevant applications from cognitive neuroscience, *Cognitive Dysfunction in Bipolar Disorder* provides clinicians with a comprehensive overview of astounding breakthroughs in the assessment and

treatment of patients with bipolar disorder. It plows new ground in the mental health industry, correcting distortions and laying the foundation for future clinical research in this rapidly expanding field.

**Treatment of Bipolar Illness** Cambridge University Press  
This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. Highly readable, accessible, and pragmatic, the book provides expert guidance on critically important treatment questions. It addresses which medications to try and at what dosages, what psychosocial interventions are most helpful at different phases of the illness, how to continually monitor and fine-tune treatment to keep patients functioning well, and how to involve family members productively. The authors draw on state-of-the-art research as well as extensive clinical experience as a psychotherapist and a psychopharmacologist. Vivid case material is included throughout. Reproducible questionnaires and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Winner (First Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

**Psychoeducation Manual for Bipolar Disorder** John Wiley & Sons

This therapist guide addresses the management of bipolar disorder. Divided into four phases, this 30-session program is designed to be used in conjunction with pharmacotherapy and focuses on helping the patient alleviate depressive episodes, form a support system of family and friends, focus on the most relevant problems outside of the disorder, and improve well-being. The program is based on the principles of CBT and includes such skills as cognitive restructuring, problem solving, mood charting, and activity scheduling. A major goal of the program is the creation of a treatment contract that informs the patient's treatment team and support network how to recognize possible periods of illness and the strategies they should use in order to help the patient during these times. *TreatmentsThatWork™* represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it

meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

*Practical Management of Bipolar Disorder* American Psychiatric Pub

Despite works published as recently as 2002, the continuing rapid evolution of new medications and adjunctive psychosocial interventions for bipolar disorder has made the concise *Advances in Treatment of Bipolar Disorder* essential for today's clinicians who want to stay abreast of the latest developments in treating this complex and challenging mental illness. Meticulously referenced with numerous tables and illustrations, *Advances in Treatment of Bipolar Disorder* offers a very timely and exciting perspective on new ways to treat bipolar disorder. After an overview, six succinct chapters written by experts review recent developments -- emphasizing interventions supported by controlled studies -- in the following areas: *Advances in treatment of patients with acute mania*: discussing newer antipsychotics, which as a class are effective as primary treatments for acute mania, and have emerging potential roles in maintenance treatment, and acute bipolar depression; and anticonvulsants, some of which are effective for as primary treatments for acute mania or maintenance, and others of which although not primary treatments for bipolar disorders may provide benefits as adjuncts for comorbid conditions. *New developments in the treatment of acute bipolar depression*: describing therapeutic options beyond mood stabilizers and highlighting that adjunctive use of antidepressants requires additional adequately powered controlled studies to support this common approach. *Techniques in the maintenance treatment of patients with bipolar disorder*: including both medications and adjunctive psychosocial therapies, which together can help clinicians manage medication adverse effects and maintain the therapeutic alliance, treatment

adherence, and involvement of significant others to enhance outcomes. Innovations in the treatment of rapid-cycling bipolar disorder: although no treatment has received FDA approval for the management of this challenging presentation, results of controlled trials are beginning to provide clinically relevant insights in to the treatment of patients with rapid cycling, offering hope for more effective future therapies. The treatment of children and adolescents with bipolar disorder: no treatment has FDA approval for the treatment of pediatric patients with bipolar disorder and controlled data are limited, yet recent research is beginning to yield important new information about the diagnosis and management of children and adolescents with this illness or its putative prodromes. Phenomenology and management of bipolar disorder in women: introducing important new information to enhance clinicians' understanding of the importance of accounting for gender differences and reproductive health in the treatment of women with bipolar disorder. *Advances in Treatment of Bipolar Disorder* helps clinicians to better understand the utility of both older medications and important new treatment options as it highlights the need for additional research to ensure further progress in overcoming the challenges of caring for patients with bipolar disorder.

[Clinical Manual for Management of Bipolar Disorder in Children and Adolescents](#) CreateSpace

Outlines the foundations of an integrative psychological treatment for bipolar disorder, featuring sessions for clinical practice.

**Rainbow** Guilford Publications

As a major mainstay of clinical focus and research today, bipolar disorder affects millions of individuals across the globe with its extreme and erratic shifts of mood, thinking and behavior. Edited

by a team of experts in the field, *The Bipolar Book: History, Neurobiology, and Treatment* is a testament and guide to diagnosing and treating this exceedingly complex, highly prevalent disease. Featuring 45 chapters from an expert team of contributors from around the world, *The Bipolar Book* delves deep into the origins of the disorder and how it informs clinical practice today by focusing on such topics as bipolar disorder occurring in special populations, stigmatization of the disease, the role genetics play, postmortem studies, psychotherapy, treatments and more. Designed to be the definitive reference volume for clinicians, students and researchers, Aysegül Yildiz, Pedro Ruiz and Charles Nemeroff present *The Bipolar Book* as a "must have" for those caregivers who routinely deal with this devastating disease.

**Bipolar Disorder** Clinician's Guide to Bipolar Disorder Clinical Manual for Management of Bipolar Disorder in Children and Adolescents was written in response to the growing body of knowledge surrounding pediatric bipolar illness and the underlying biological, environmental, and psychosocial influences that exacerbate symptoms and behavior. Written to provide clinically useful information about diagnosis and management, this manual is a comprehensive collection of empirical evidence, case studies, and the growing number of evidence-based reports on pediatric bipolar disorder over the past five years. This manual also contains several chapters provided by Dr. Mary Fristad and her team at The Ohio State University -- experts in family and psychosocial aspects of pediatric bipolar disorder. Her contributions, along with vast clinical evidence and the expertise provided by Drs. Kowatch, Findling, and Post, help paint an accurate picture of everything from age onset to the effectiveness of various therapies. In this manual, clinicians can refer to the

following tools: A clinical description of childhood and adolescent bipolar disorder Management strategies for the patient including daily mood charting Current medication strategies and tactics Ways to help patients through the educational system Resources for clinicians, parents and patients A review of the future directions for childhood and adolescent bipolar disorder The many new developments in the field of pediatric bipolar disorder are affirming what this manual emphasizes -- that a combination of family and cognitive-behavior therapy can work in tandem with medical treatments to help young bipolar disorder patients achieve a more balanced life and a greater chance of controlling this illness later in life. The manual demonstrates how the medical community has shifted from asking, "Does bipolar disorder really exist in children and adolescents" to "How can we best predict, diagnose and treat this serious medical disorder" through a review of 25 years of study and insight.

*What You and Your Family Need to Know* Guilford Publications Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.