

The past 10 years have seen a dramatic increase of interest in psychosocial treatments of bipolar disorder. There is now substantial empirical evidence suggesting the effectiveness of such treatments. However, this accumulated information has not yet been transferred into clinical practice in many settings. Help is now at hand. This compact volume brings to the practitioner a comprehensive, evidence-based approach to the treatment of bipolar disorder that is practical, easily accessible, and can be readily applied in clinical practice. This practitioners guide begins by describing the main features of bipolar disorder and considerations for differential diagnosis based on DSM-IV and ICD-10 criteria. Following this, current theories and models are described, along with decision trees for evaluating the best treatment options. The volume then guides the reader through a systematic, integrated approach to treatment, based on the best of recent research. The authors describe a structured directive therapy that is also collaborative and client centered. Special considerations, including managing suicide risk, substance misuse, and medication non adherence, are addressed. The volume is rounded off by the inclusion of clinically oriented tools and sample forms.

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