Managing Bipolar Disorder: A Cognitive Behavior Treatment Program Therapist Guide (Treatments That Work)

By Michael Otto, Noreen Reilly-Harrington, Jane N. Kogan, Aude Henin, Robert O. Knauz, Gary S. Sachs

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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.

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Editorial Review

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