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# Managing Bipolar Disorder

A Cognitive-Behavioral Approach

Work book,  
Michael W. Otto  
Noreen A. Reilly-Harrington Jane N. Kogan  
Aude Henin  
Robert O. Knauz Gary S. Sachs

# Managing Bipolar Disorder

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# Managing Bipolar Disorder

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*W o r k b o o k*

Michael W. Otto • Noreen A. Reilly-Harrington  
Jane N. Kogan • Aude Henin • Robert O. Knauz  
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One of the most difficult problems confronting patients with various disorders and diseases is finding the best help available. Everyone is aware of friends or family who have sought treatment from a seemingly reputable practitioner, only to find out later from another doctor that the original diagnosis was wrong or the treatments recommended were inappropriate or perhaps even harmful. Most patients, or family members, address this problem by reading everything they can about their symptoms, seeking out information on the Internet, or aggressively “asking around” to tap knowledge from friends and acquaintances. Governments and healthcare policymakers are also aware that people in need don’t always get the best treatments—something they refer to as “variability in healthcare practices.”

Now healthcare systems around the world are attempting to correct this variability by introducing “evidence-based practice.” This simply means that it is in everyone’s interest that patients get the most up-to-date and effective care for a particular problem. Healthcare policymakers have also recognized that it is very useful to give consumers of healthcare as much information as possible, so that they can make intelligent decisions in a collaborative effort to improve physical and mental health. This series, *Treatments That Work*™, is designed to accomplish just that. Only the latest and most effective interventions for particular problems are described in user-friendly language. To be included in this series, each treatment program must pass the highest standards of evidence available, as determined by a scientific advisory board. Thus, when individuals suffering from these problems or their family members seek out an expert clinician who is familiar with these interventions and decides that they are appropriate, they will have confidence that they are receiving the best care available. Of course, only your healthcare professional can decide on the right mix of treatments for you.

This workbook describes a scientifically based and proven effective treatment for managing bipolar disorder. It is designed to be used in conjunction with visits to a qualified mental health professional.

If you suffer from bipolar disorder, this program can be closely integrated with the medication you are taking to help you manage your symptoms and stabilize your

mood. Comprised of up to 30 sessions, this treatment is divided into four phases, each with its own focus and set of goals. In phase 1, you will learn the skills and strategies necessary for overcoming the depressive phase of your illness. In phase 2, after your mood has been stabilized, you will work together with your therapist to create a Treatment Contract that informs your friends and family of what to do when you are ill. In phase 3, your therapist will individualize your treatment and focus on specific problem areas such as social skills, problem solving, and anger management. Phase 4 gives advice on the best ways to avoid relapses and shows you how to anticipate future problems. The overall goal of treatment is not to cure your disorder, but to teach you how to manage it effectively so that you can lead a successful and stable life.

David H. Barlow, Editor-in-Chief,  
Treatments *That Work*<sup>TM</sup>  
Boston, MA

# Dedications

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MWO: For my brother Ken and his family, for your love

NAR-H: For my husband, my parents, and my three precious sons, with all my love

JNK: For my husband Evan, for the love and levity in every day

AH: For the ones who guide and inspire me: my parents, my husband, and my children

ROK: For my son Lucas, who completed the circle of our family

GSS: To James, Leslie, and Gregory, for their endless inspiration and generous patience.



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# Acknowledgements

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This book was designed for clinicians treating individuals with bipolar disorder. It provides a wealth of information and step-by-step clinical strategies for the management of bipolar disorder. These strategies were shaped by our collaborations with a number of teams of clinicians and clinical researchers as well as by the patients with whom we have worked. For their early work, we would like to thank and acknowledge the input from Dina Hirshfeld-Becker and Robert Gould, who initiated a program of group CBT for bipolar disorder at Massachusetts General Hospital. We would also like to thank our collaborators in the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD). Our perspectives on treatment were further influenced by the treatment methods and/or independent studies led by Judith Beck, Aaron T. Beck, Ellen Frank, Dominic Lam, Robert Leahy, David Miklowitz, Cory Newman, Jan Scott, and Ari Zaretsky. Likewise, we learned the value of attending to the promotion of well-being from research by Giovanni Fava. We thank all of these individuals for their valuable input and expanding what is known about the nature and treatment of bipolar disorder.

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