

A GUIDE FOR
INDIVIDUALS
AND FAMILIES

Living With
**BIPOLAR
DISORDER**

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

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Dedications

MWO: For my son, Jackson, a source of unending joy

NR-H: With all my love for my husband, Joe, and our three beautiful sons, Joseph, Kevin, & Owen

ROK: To my son, Alex who reminds me to dream big every day.

AH: For my husband Sean and son Maxim, with all my love

JNK: To the brightest lights in my life, Henry and Nora, with love

GSS: To Maryanne, your grace, support, and humor are the enduring treasures of my life.

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Acknowledgments

This book was designed for individuals with bipolar disorder, their families, and clinicians who help their patients manage the disorder. It provides useful information and strategies that everyone affected by this disorder should have. The interventions included in this book 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. In particular, we would like to thank and acknowledge the input of our colleagues in the very large, NIMH-funded, Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD). Our perspectives on treatment were further influenced by independent studies led by Ellen Frank, Dominic Lam, David Miklowitz, and Jan Scott. Likewise, we learned the value of attending to the promotion of wellbeing from research by Giovanni Fava. Useful comments on early versions of this book were provided by a variety of members of the STEP-BD program, including valued feedback from David Miklowitz and Ellen Frank. We thank all of these individuals for expanding what is known about the nature and treatment of bipolar disorder.

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Part 1

Understanding Bipolar Disorder and Its Treatment