



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

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

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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 problems, such as social skills, problem solving, anger management, etc. Phase 4 gives advice on the best ways to avoid relapses, and shows you how to anticipate future problems. The overall goal of the 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. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

DT All programs have been rigorously tested in clinical trials and are backed by years of research

DT 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

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Rebecca Clark:

A lot of people always spent their free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book *Managing Bipolar Disorder: A Cognitive Behavior Treatment Program Workbook (Treatments That Work)* it is extremely good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book features high quality.

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