



Bipolar Disorder, 2nd edition, a volume in the Advances in Psychotherapy: Evidence-Based Practice series

Robert P. Reiser, Larry W. Thompson, Sheri L. Johnson, Trisha Suppes

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An extensively updated new edition of the acclaimed guide to treatment of bipolar disorder, incorporating the latest research on psychosocial treatments and clear medication management guidelines.

This extensively updated new edition of the acclaimed book in the Advances in Psychotherapy series integrates empirical research from the last 10 years to provide clear and up-to-date guidance on the assessment and effective treatment of bipolar disorder. The expert authors, a team of psychotherapists, medical practitioners, and researchers, begin by describing the main features of bipolar disorder based on DSM-5 and ICD-10 criteria. Current theories and medication management guidelines are described, along with decision trees for evaluating the best treatment options. They then outline a systematic, integrated, and empirically supported treatment approach involving structured, directive therapy. Special considerations, including managing suicide risk, substance misuse, and medication nonadherence, are also addressed. This compact, stand-alone resource aims to help psychotherapists, psychologists, medical and psychiatric practitioners, and nurses deliver the highest standards of care for people with bipolar disorder.

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