

Treatments for Bipolar Disorder

Three phases of Bipolar Disorder:

Crisis

Stabilization

Remission

Two major goals for treatment of Bipolar Disorder:

Empower the client to gain control of the illness

Acquire strategies to modify its risk factors

Key components in working with persons diagnosed with Bipolar Disorder

Develop trusting relationship with client and family

- ❖ Safety
- ❖ Availability
- ❖ Continuity

Establish collateral contacts

Educate client and family

- ❖ Nature of the illness
- ❖ Medications and their side effects
- ❖ Importance of establishing structure and becoming aware of mood cycles
- ❖ Cues and risk factors
- ❖ Maintaining intimate relationships
- ❖ Roles of professionals

Coordination of all professionals working with family

Managing adjustments

Treatment intervention

Medication

- ❖ Lithium

Psychotherapies

- ❖ Cognitive-Behavioral Interventions - techniques are aimed at the client's thinking (distorted thinking)
- ❖ Interpersonal- Considers interpersonal conflicts the cause of the depression and the goal is to repair these through role transitions, grief processes, etc.