



308: Adult Psychopathology: Bipolar Disorder

The Pennsylvania Child Welfare Training
Program
University of Pittsburgh, School of Social Work

Training Agenda for Bipolar Disorder

- Section I - Introductions and Workshop Overview
- Section II – Prevalence, Definitions, Symptoms and Features of Bipolar Disorder
- Section III -Bipolar Disorder Referral Considerations
- Section IV - Impact of Bipolar Disorder
- Section V – Treatment for Bipolar Disorder
- Section VI - Review and Evaluation

Learning Objectives

- Participants will be able to:
 - Identify the signs and symptoms of Bipolar Disorder in the Manic, Hypomanic, Mixed, Depressed, Depressive with Hypomanic episodes, Cyclothymic and Unspecified episodes
 - Identify the features that can accompany the diagnosis of Bipolar Disorder: Mild, Moderate, Severe, Psychotic, Chronic, Catatonic, Postpartem, Melancholic, Partial and full remission, Rapid Cycling, Seasonal Pattern, Atypical, Interepisode Recovery, and Substance Induced

Learning Objectives (continued)

- Identify how the parent's/caregiver's mental health diagnosis of Bipolar Disorder may impact the child's growth and development (physical, mental, emotional, social)
- Identify how culture impacts the diagnosis of Bipolar Disorder and its treatment
- Identify when parent/caregiver with the diagnosis of Bipolar Disorder may need mental health services
- Identify community and medical treatment resources for individuals diagnosed with Bipolar Disorder and the family or children it impacts upon



Signs and Symptoms of Bipolar Disorder

- Major Depressive Episode
- Manic Episode
- Mixed Episode
- Hypomanic Episode
- Unspecified Episode
- Cyclothymic Disorder

Features of Bipolar Disorder

- Mild
- Moderate
- Severe without psychotic features
- Severe with psychotic features
- In partial remission
- In full remission
- Catatonic features
- Melancholic features
- Atypical features
- Postpartum onset
- Longitudinal specifiers
- Seasonal pattern
- Rapid-cycling



Bio-Psycho-Social-Cultural Model

- Biological Theories
- Psychological Theories
- Social (Sociological) Theories
- Cultural Theories

Further Considerations

- Age of Onset
- Number of Previous Episodes and Type(s)
- Medical History
- Familial Substance Abuse or Bipolar Disorder History
- Support System Perception
- Substance Abuse History
- Information about Recent Stressful Life Events
- Past or Recent Manic Behavior
- Observations about Change in Hygiene or Speech

Impact of Bipolar Disorder on the Individual/Family

- Persons diagnosed with Bipolar Disorder tend to have:
 - Serious occupational problems
 - Social difficulties
 - Withdrawal
 - Loss of intimate relationships
 - Job loss
 - Dependence on family and others
 - Family conflicts
 - Disruption in social routines
 - Mood swings create family, peer and relationship turmoil
 - Relationships that are tested
 - High risk for divorce

Medication for the Treatment of Bipolar Disorder

- Common Medications:
 - Lithium carbonate (Eskalith, Lithobid)
 - Lithium citrate (Cibalith)
 - Valproic acid (Depakote)
- Indicators:
 - Used to treat bipolar disorders
- Side Effects:
 - Confusion
 - Fatigue
 - Hand tremors
 - Muscle weakness
 - Weight gain
 - Possible toxicity

Treatment for Bipolar Disorder

- Three Phases of Treatment
- Major Goals for Treatment
 - Empower the client
 - Acquire strategies
 - Develop trusting relationships
 - Establish collateral contacts
 - Educate client and family
- Treatment Intervention
 - Medication
 - Psychotherapies