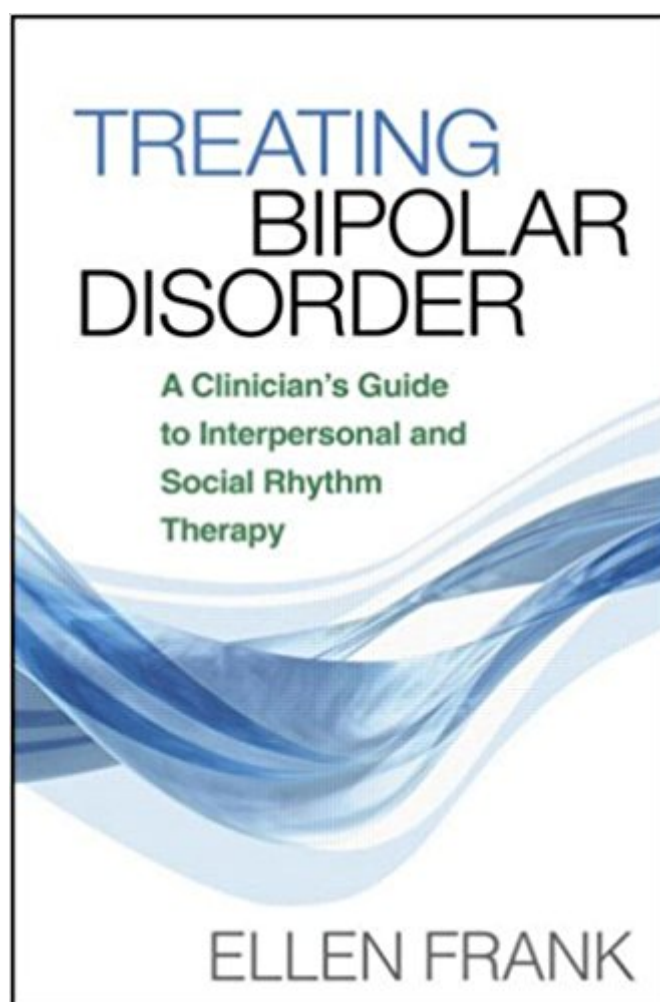


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# **Treating Bipolar Disorder: A Clinician's Guide To Interpersonal And Social Rhythm Therapy (Guides To Individualized Evidence-Based Treatment)**





## Synopsis

This innovative manual presents a powerful approach for helping people manage bipolar illness and protect against the recurrence of manic or depressive episodes. Interpersonal and social rhythm therapy focuses on stabilizing moods by improving medication adherence, building coping skills and relationship satisfaction, and shoring up the regularity of daily rhythms or routines. Each phase of this flexible, evidence-based treatment is vividly detailed, from screening, assessment, and case conceptualization through acute therapy, maintenance treatment, and periodic booster sessions. Among the special features are reproducible assessment tools and a chapter on how to overcome specific treatment challenges.

## Book Information

Series: Guides to Individualized Evidence-Based Treatment

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## Customer Reviews

"Ellen Frank's manual is an important contribution to the treatment of bipolar disorder. It clearly articulates the nature of the illness, how best to conceptualize the role of psychotherapy in a condition whose origins and treatments are primarily biological, how to assess the goals of therapy for an individual patient, and the specifics of utilizing IPSRT. This book is a welcome addition to the field."--Kay Redfield Jamison, PhD, Department of Psychiatry and Behavioral Sciences, Johns Hopkins School of Medicine

"In easy-to-read prose, Ellen Frank explains interpersonal and social rhythm therapy, a new psychosocial intervention for bipolar disorder. Based on her groundbreaking work on the role of sleep-wake cycle disturbances in the onset of mania, Dr. Frank explains how

stabilizing people's daily routines can enhance mood stability and interpersonal functioning. She provides step-by-step methods for addressing interpersonal problems associated with the illness, such that clinicians will be well on their way to using the treatment even with their most severely ill patients. The case studies are highly illustrative of the complexities of treating this debilitating illness. There is much wisdom in this book for clinicians and researchers."--David J. Miklowitz, PhD, Department of Psychology, University of Colorado, Boulder"Using a creative combination of techniques, Dr. Frank provides a structure that will allow clinicians to intervene more helpfully with patients with bipolar disorder. A well-written and scientific description of the illness forms the basis for the provision of clear strategies for coping with it more effectively. Rich case examples demonstrate an empathic understanding of the illness and its devastating impact on patients and families. Clinicians working with this population should find this readable, pragmatic book an essential addition to their professional libraries."--Carol M. Anderson, MSW, PhD, Department of Psychiatry, University of Pittsburgh School of Medicine"This book is a welcome and needed contribution for treatment of one of the most challenging mental disorders....Ellen Frank's groundbreaking work in disruption of circadian rhythms now offers all those who work with bipolar illness an evidence-based psychological therapy. It is a strongly recommended read for prescribers and therapists and a must read for graduate students or new graduates beginning practice since case studies are used for illustration of therapeutic concepts." (Bulletin of the Menninger Clinic 2007-04-26)"The writing throughout the volume is cogent, coherent, and comprehensive....The work is particularly useful for non-psychiatric clinicians who treat individuals with bipolar disorder in collaboration with a psychiatrist. Dr. Frank's systematic approach is recommended to every practicing psychiatrist committed to holistic care of patients with bipolar disorder. The author's passion and commitment to the patient with bipolar disorder and their loved ones are evident throughout this well-conceived model of care." (Psychological Medicine 2007-04-26)"Valuable to clinicians with varied levels of expertise....Useful for seasoned practitioners who wish to expand their repertoire of treatment skills for bipolar disorder to stabilization of social rhythms." (Cognitive Behavioral Therapy Book Reviews 2007-04-26)

Ellen Frank, PhD, is Professor of Psychiatry and Psychology at the University of Pittsburgh School of Medicine. She received her doctorate in psychology from the University of Pittsburgh in 1979. Dr. Frank's work focuses on the treatment of mood disorders, with particular emphasis on the prevention of recurrence. She is the author of over 350 journal articles, books, and book chapters.

This is an excellent book and presents only those methods that are evidence based. I highly recommend this book for clinicians and well informed consumers.

This is the only evidence-based treatment for bipolar disorder, yet no clinicians in my area are practicing it. (Or if they are, I can't locate any of them.) It's a valuable and effective therapeutic intervention and may enable clients to take fewer or lower doses of sedating medications over time. It addresses aspects of bipolar disorder that many mental health care practitioners, including psychiatrists, aren't even aware of, yet those aspects significantly influence the course and severity of the client's distress.

Good in theory, or if you're wealthy and have good community supports.

An interesting and useful read for the educated, curious, general reader as well as for those with some advanced knowledge of the topics covered. The language used is consumer-friendly, although written for the trained clinician.

I read this for professional reasons and felt it was a pretty good summary of what a clinician would be interested in. Some of the information might be old news to a psychiatrist who is up on the latest in the literature.

I purchased this book because I needed CEUs for my license. I had a feeling I wouldn't be fond of it and it is even more ridiculous than I had expected. It is targeted at private practice therapists, I believe, who have no experience working in healthcare settings which treat the chronic and persistently mentally ill. The information it offers, outside of the therapy itself, is beyond basic for anyone working in mental health. And the theoretical framework of the treatment - well, I don't see it being especially useful, I have used portions of it with various individuals with varying degrees of success. Creating time structure is a healthy thing for anyone, Bipolar for not, but most clients have a very difficult time succeeding in this homework. Believe me, if they could accomplish this they wouldn't be sick. They flounder and struggle. Only when the meds get on track do they have an easier time of pulling it together. This is putting the cart before the horse. And reviewing social relationships - yes, WHEN CLINICALLY APPROPRIATE. Sometimes it's best not to go there, especially when you're dealing with situations like a abusive husband and a family that has firmly disenfranchised the client and it's best to help the client to build new social supports. Plus, grieving

the old self - please, let's kindle hope here and not be hope busters, and not define the person by their illness! There are Bipolar people who do go on to get advanced degrees and become full time professionals and don't languish in bookstores!

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