An extensively updated new edition of the highly 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 and medical practitioners, begin by
describing the main features of bipolar disorder based on DSM-5 and ICD-10
criteria. Current theories and models 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 that is collaborative and client-centered. This edition includes completely
updated medication management guidelines in the form of very concise and user
friendly tables. 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.