



Cognitive-Behavioral Therapy for Bipolar Disorder

Monica Ramirez Basco PhD, A. John Rush MD

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A comprehensive approach to the treatment of bipolar disorder, this book details an innovative program of interventions that augments rather than replaces pharmacotherapy. Topics covered include patient and family education, early symptom detection for the prevention of relapse, methods for the enhancement of treatment compliance, strategies for the remediation of subsyndromal symptoms of depression and mania, and ways to identify and resolve psychosocial and interpersonal problems. Each chapter provides session-by-session instructions, as well as patient assignments and clear and concise directions for the implementation of each intervention.

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