

# **Bipolar Disorder**

**E Fuller Torrey, Michael B Knable**

**Bipolar Disorder** Rachael Rothman-Kerr, 2018-12-15 Bipolar disorder causes extreme behavioral and mood swings. These changes from the highs known as mania to the lows of depression are the reasons why it was often called manic depression in the past. Readers discover this and other essential information about this disorder as they explore its symptoms, causes, and treatments. Through detailed sidebars, quotes from experts, and full-color photographs, readers gain a deeper understanding of bipolar disorder as well as how to support loved ones who face its unique challenges. Readers are given the tools to confront the stigma around bipolar disorder with knowledge and empathy.

Bipolar Disorder Strakowski Stephen M, 2020 Bipolar disorders are among the more common conditions affecting humankind and are, consequently, leading causes of disability worldwide. These illnesses are dynamic and complex, so that identifying them and then provide optimal management can be challenging. Because of this complexity, these conditions often comprise a disproportionate amount of most psychiatric practices, as specialty care that exceeds what can be delivered by other practitioners is often required. With these challenges in mind, we created this book to provide a comprehensive, readable review of these illnesses with chapters written by international experts in bipolar disorder--

Living with Bipolar Disorder Michael W. Otto, Noreen A. Reilly-

Harrington, Robert O. Knauz, Aude Henin, Jane N. Kogan, Gary S. Sachs, 2011-03-30

Living with Bipolar Disorder is designed to help patients and their families develop the skills they need to be good consumers of treatment and to become expert partners in the management of this challenging disorder. Drawing on research documenting the strength of combining drug treatments with behavioral interventions for fighting bipolar disorder, the authors of this book take a skill-based, family-and-friends approach to managing the ups and downs commonly experienced with bipolar disorder. Readers will learn how to better recognize mood shifts before they happen, minimize their impact, and move on with their lives. Family members will learn how to recognize potential problems, provide encouragement, practice new coping skills, and understand what a loved one is going through. Living with Bipolar Disorder provides worksheets and forms to help readers reinforce skills and practices learned in therapy, as well as useful information about the details of living with bipolar disorder, advice on the best ways to avoid relapses, and strategies for anticipating problems. In this new edition, the authors have expanded the text to reflect the newest advances in research on the management of bipolar disorder, adding the latest in drug information, advice on selecting a therapist, a discussion of the challenges of transitioning from adolescence to adulthood with bipolar, managing stress, improving relationship and communication skills both with the family and with one's clinician, and more. Living with Bipolar Disorder offers a wealth of

effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life.

**Fast Facts: Bipolar Disorder** Guy Goodwin, Gary Sachs, 2010-01-01 'Fast Facts: Bipolar Disorder' is a highly accessible synopsis of current understanding of, and strategies, for bipolar disorder. Written by two experts of international renown, this fully updated second edition of the book describes the diagnosis, etiology and short- and long-term treatment strategies for this historically neglected condition. Bipolar disorder is no longer a rare disorder seen only by psychiatrists working with psychotic inpatients, and this handbook provides an invaluable update on the topic to all those involved in the care of people with the condition - primary care physicians, psychiatrists, therapists and specialist nurses. The information may also prove useful to people with bipolar disorder and their families. Contents: • Definitions: diagnosis and comorbidity • Etiology • Epidemiology • The patient's perspective • Enhanced care • Short-term treatments • Long-term treatments • The future • Useful resources

Bipolar Disorder Francis Mark Mondimore, 2014-02-21 For persons with bipolar disorder and their families, here is a comprehensive, practical, compassionate guide to the symptoms, diagnosis, and treatment. 22 illustrations.

*Depression and Bipolar Disorder* Abigail Meisel, 2014-07-01 Depression and bipolar disorder are imbalances in brain chemistry that affect mood,

perception, and behavior. If left untreated, these imbalances can lead to years of pain and even suicide. Better understanding of the causes of depression and bipolar disorder and a revolution in medications for psychiatric illness along with psychotherapy have made both conditions treatable and brought relief to millions. Everything from the history of these disorders to their treatment options and stories of real teens dealing with depression are covered.

*Depression and Bipolar Disorder* Vatsal Thakkar, Christine Elaine Collins, 2006 Presents an exploration of the causes, symptoms and treatments of depression and bipolar disorders.

Mania David Healy, 2008-06-23 This provocative history of bipolar disorder illuminates how perceptions of illness, if not the illnesses themselves, are mutable over time. Beginning with the origins of the concept of mania—and the term maniac—in ancient Greek and Roman civilizations, renowned psychiatrist David Healy examines how concepts of mental afflictions evolved as scientific breakthroughs established connections between brain function and mental illness. Healy recounts the changing definitions of mania through the centuries, explores the effects of new terminology and growing public awareness of the disease on culture and society, and examines the rise of psychotropic treatments and pharmacological marketing over the past four decades. Along the way, Healy clears much of the confusion surrounding bipolar disorder even as he raises crucial questions about how, why, and by

whom the disease is diagnosed. Drawing heavily on primary sources and supplemented with interviews and insight gained over Healy's long career, this lucid and engaging overview of mania sheds new light on one of humankind's most vexing ailments.

**Living With Someone Who's Living With Bipolar Disorder** Chelsea Lowe, Bruce M. Cohen, 2010-01-08 An essential resource for anyone who has a close relationship with a person who is bipolar This book provides a much-needed resource for family and friends of the more than 5 million American adults suffering from bipolar disorder. From psychotic behavior that requires medication to milder mood swings with disturbing ups and down, this book offers a warm and often humorous user-friendly guide for coping with bipolar loved ones, colleagues, and friends. The book includes Guidance for identifying bipolar disorder symptoms and how to get the diagnosis confirmed Strategies for dealing with rants, attacks, blame, depression, mania and other behaviors Crucial information on medication and its effectiveness and potential side-effects Techniques for dealing with attempts to self-medicate with drugs and alcohol How many people with bipolar disorders can care for themselves, get help, feel supported and go on with their own lives This important book contains real-life illustrative examples and a wealth of helpful strategies and coping mechanisms that can be put into action immediately.

**Diagnostic and Statistical Manual of Mental Disorders (DSM-5)** American

Psychiatric Association,2021-09-24

**Bipolar Disorder** Francis Mark Mondimore,2020-10-13 Mondimore has added sidebars on fascinating details about the history of this disorder and its treatment.

Bipolar Disorder Bipolar Clinic,Sagar V. Parikh,2000 People who have extreme mood swings may have bipolar disorder, or manic-depressive illness. Their moods may have nothing to do with things going on in their lives. The symptoms of bipolar disorder affect not only mood, but also how people think, behave and function. This guide discusses: what bipolar disorder is the symptoms, patterns and causes the treatment options what to expect during recovery from an episode of mania or depression how partners and family members can be supportive and helpful. The guide will help people with bipolar disorder, along with their families and friends, navigate through the highs and lows toward recovery.

**The Treatment of Bipolar Disorder** André F. Carvalho,Eduard Vieta,2017 Bipolar disorder is a chronic and debilitating mental illness affecting a significant proportion of the world's population. It is associated with significant impairments in health-related quality of life and psychosocial functioning, and has significant illness-related morbidity and heightened mortality rates due to medical comorbidities and suicide. The management of this disorder requires a complex combination of pharmacological and psychosocial interventions which can be challenging for clinicians. Written

by world experts in the field of bipolar disorder, *The Treatment of Bipolar Disorder: Integrative Clinical Strategies and Future Directions* provides readers with a concise and comprehensive guide to the integrative management of bipolar disorder. This resource contains 31 chapters on the various management choices available, from both established and novel treatment areas, such as psychoeducation, psychotherapeutic interventions, neuromodulatory approaches and novel therapeutic targets. The complexity and diversity of the management choices available makes this a continually evolving field and necessitates forward thinking. By both discussing the current management of bipolar disorder, and the future developments available, this resource provides all clinicians working with patients with bipolar disorder an up-to-date and reflective guide to its management and what the future holds.

**Bipolar Disorder** Judith Peacock, 2000 Explains bipolar disorder including its types, diagnosis, and treatment and offers strategies for dealing with this illness in oneself and others.

**Take Charge of Bipolar Disorder** Julie A. Fast, John Preston, 2023-05-09 Revised and updated, *Take Charge of Bipolar Disorder* is a groundbreaking, comprehensive program to help those with bipolar disorder—and those who care about them—gain permanent control over their lives. Most people diagnosed with bipolar disorder are sent home with the name of a doctor and multiple prescriptions. However, few people with bipolar disorder are able to find



long-term stability with medications alone. Bipolar disorder researcher and expert Julie A. Fast, who was diagnosed with the illness at age thirty-one, and specialist John Preston, PsyD, offer the pioneering Take Charge program used around the world to help readers promote stability, reduce mood swings, increase work ability, decrease health care costs, and improve relationships. The book guides those with bipolar disorder and their loved ones toward a comprehensive personal treatment plan by incorporating: Medications and bipolar-safe supplements Lifestyle changes that help manage bipolar symptoms naturally Behavior modifications that reduce and prevent symptoms Guidelines on assembling an effective support team By helping readers gather powerful strategies, Take Charge of Bipolar Disorder delivers a dynamic program to treat this difficult but ultimately manageable illness.

*Bipolar Disorder* Richard Spilisbury, 2018-07-15 Readers of this informative text will find that recently, doctors have come to understand five main types of bipolar disorder as well as a spectrum of issues that share some symptoms with it. Emotional triggers, stress, trauma, and even seasons can cause different mood episodes for different people with bipolar disorder, and this book explores the various routes people can take to determine the best ways to treat and cope with their individual cases. Readers will also learn the genetic component of bipolar disorder, as well as engage with the current discussion about gene therapy and what it could mean for those with bipolar disorder in the future.

**Treatment of Bipolar Illness** Robert M Post, Gabriele S Leverich, 2008-03-04  
"Robert Post is one of the modern pioneers and towering figures in the investigation and treatment of bipolar illness. This volume is a master class in bipolar disorder."—Russell T. Joffe, MD, Professor of Psychiatry, New Jersey Medical School. This landmark work, based on years of systematic clinical trials and observations at the National Institutes of Mental Health (NIMH) and elsewhere, is the definitive clinical resource on patients with difficult-to-treat bipolar disorder. In the most comprehensive compendium to date, Post and Leverich, both veteran clinicians and expert researchers on bipolar disorder, take a broad, long-term view of the illness rather than simply looking at the short-term manic episodes that so traditionally typify the disorder. In doing so, they present an authoritative primer on the life course and treatment of bipolar disorder, including issues of remission, recurrence, and the nuances so critical to effective clinical decision-making in protracted treatment. Presenting over 60 individual case studies covering a broad range of patients and treatment approaches, Post and Leverich equip clinicians with countless examples to draw on when working with patients in their own practices.

**Surviving Manic Depression** E Fuller Torrey, Michael B Knable, 2009-03-05  
Surviving Manic Depression is the most authoritative book on this disorder, which affects more than two million people in the U.S. alone. Based on the latest research, it provides detailed coverage of every aspect of manic

depression-from understanding its causes and treatments to choosing doctors and managing relapses-with guidance drawn from the latest scientific information. Drs. Torrey and Knable provide thorough, up-to-date coverage of all aspects of the disease, including a detailed description of symptoms (with many direct descriptions from patients themselves), risk factors, onset and cause, medications (including drugs still in the testing stage), psychotherapy, and rehabilitation, as well as information about how the disease affects children and adolescents. Here too are discussions of special problems related to manic depression, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. *Surviving Manic Depression* also includes special features such as a listing of selected websites, books, videotapes, and other resources.

*Bipolar Disorder: From Neuroscience to Treatment* Allan H. Young, Mario F. Juruena, 2021-03-29 Bipolar disorder is a common, complex and costly mental health disorder, which sits at the heart of the practice of clinical psychiatry. Effective treatments (pharmacological, psychological and brain stimulation based) have all been discovered serendipitously. With the huge advances in basic neuroscience the way is now clear for novel treatments to be developed based on brain science. This book reviews these possibilities.

*Bipolar Disorder* Janelle M. Caponigro, Erica H. Lee, Sheri L Johnson, Ann M. Kring, 2012-09-01 Bipolar disorder is not only one of the most difficult

mental health issues to treat, but also one of the most stigmatized and misunderstood. For these reasons, a diagnosis of bipolar is a major turning point in a person's life. *Bipolar Disorder: A Guide for the Newly Diagnosed* helps readers process their diagnosis, decide who to tell, and discover the treatments and lifestyle changes that can help manage their symptoms. This book offers hope and support for the newly diagnosed without overwhelming them with extraneous information. The book covers workplace issues, how to become aware of bipolar triggers, how to find support, working with the treatment team, and dealing with the fear and stigma surrounding the diagnosis. Anyone who has been diagnosed with bipolar will appreciate having this easy-to-use reference at hand to help them understand more about the condition. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. This book is a part of New Harbinger Publications' Guides for the Newly Diagnosed series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as

evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit [www.newharbinger.com](http://www.newharbinger.com) for more books in this series.

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