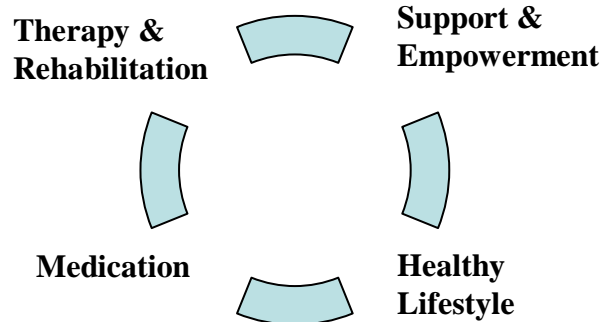


# ***TREATMENT FOR BIPOLAR DISORDER***

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## ***Strategy of Treatment...***



## ***Medication...***

Medication is the foundation of treatment, but there is always a tradeoff between benefits of stabilization and symptom management and drawbacks of side effects and stigma.

- The most common medications traditionally used to treat bipolar disorder:
  - Lithium      - Depakote      - Atypical Antipsychotics
- For Bipolar Depression
  - Lamictal      - Latuda
- Additional medications also used to supplement treatment
  - For Depression → SSRIs such as Prozac, Zoloft & Paxil; Wellbutrin
  - For Psychosis → Antipsychotics noted above
  - For Anxiety → Benzodiazepines such as Clonopin, Xanax & Ativan

Know that ambivalence and nonadherence is to be expected and must be managed as part of the overall treatment.

## ***Cognitive-Behavioral Therapy (CBT)...***

Cognitive-Behavioral Therapy (CBT) has been proven by research to be effective in the treatment of bipolar disorder. CBT leads to:

- Reduced days in the hospital
- Better mood ratings
- Better social functioning
- Better ability to cope with warning signs
- Better ability to cope with dysfunctional thinking
- Sooner return to work
- Decreased overall financial costs

CBT works by focusing on the thoughts of the person, identifying distortions and helping identify more adaptive ways of thinking. For example, CBT helps balance the “all or nothing” thinking common in this “disorder of extremes.”

## ***Goals of Individual & Family Therapy...***

1. Understand & accept the illness
  - Learn about the illness, empathize with the person's experience, and don't blame
2. Accept the notion that the person is vulnerable to future relapses
  - This is a recurrent illness, needing treatment; develop a relapse prevention plan
3. Accept the need for dependence on medication
  - Acknowledge the tradeoff between benefits and drawbacks; accept the ambivalence
4. Learn to distinguish between the personality and the disorder
  - Separate the person from the illness – love the person, hate the illness
5. Recognize the significance of stress, and learn new coping strategies
  - Supersensitive to stress, substances, family atmosphere – increase coping skills
6. Re-establish healthy relationships with family and friends
  - Provide positive roles for the person with healthy communication & problem solving

## ***Lifestyle Adjustments...***

- Maintaining a healthy sleep-wake cycle is extremely important to promote recovery  
Disruptions can trigger relapses
- Diet and exercise to keep the body healthy
- Mindfulness activities help to maintain balance

## ***Families have a profound influence...***

**Most important, align with the person and his/her goals...**

**... and work together – person, family, and treatment team – towards them.**

## ***Resources...***

- ✓ Depression and Bipolar Support Alliance – 800-826-3632      [WWW.DBSALLIANCE.ORG](http://WWW.DBSALLIANCE.ORG)  
Support groups and information for persons with mood disorders
- ✓ National Alliance for the Mentally Ill – 800-950-6264      [WWW.NAMI.ORG](http://WWW.NAMI.ORG)  
Support groups, information, and advocacy for families with mental illness

## ***Recommended Books...***

- ✓ ***A Brilliant Madness*** - Patty Duke
- ✓ ***An Unquiet Mind*** - Kay Redfield Jamison
- ✓ ***The Bipolar Survival Guide*** - David Miklowitz
- ✓ ***The Bipolar Workbook: Tools for Controlling Your Mood Swings*** – Monica Ramirez Basco