



Bipolar Disorder: A Family-Focused Treatment Approach

David J. Miklowitz, Michael J. Goldstein

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Bipolar Disorder: A Family-Focused Treatment Approach

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Bipolar Disorder: A Family-Focused Treatment Approach David J. Miklowitz, Michael J. Goldstein Arguing that bipolar disorder strongly affects the functioning of families and marriages, and, in turn, that family functioning affects the course of bipolar disorder, this accessible book details a unique family-focused psychoeducational treatment approach. This 9-month outpatient program teaches patients and families to understand manic-depression and to communicate and solve practical problems related to the illness. The authors present a complete treatment manual, grounded in extensive research, that guides clinicians step-by-step from assessment to termination. Throughout, the book's utility is enhanced by clinical case material, session vignettes, and reproducible client handouts.*

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