



Bipolar Disorder: A Family-Focused Treatment Approach

David J. Miklowitz, Michael J. Goldstein

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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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