

# A review of evidence-based therapeutic interventions for bipolar disorder term pa...

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## **Abstract**

Bipolar disorder is a complex disability that presents substantial challenges for diagnosis and treatment. Recent research shows that there is a significant need for adjunctive psychotherapy to supplement and optimize the benefits of medication. Researchers and clinicians recognize that quality of life outcomes are at least as important as clinical outcomes to successful treatment of bipolar disorder. A growing body of literature indicates that psychotherapeutic interventions benefit bipolar clients and have the potential to significantly improve their psychosocial functioning and decrease the substantial social costs of the illness. In this article we examine psycho-educational interventions along with three evidence-based interventions that address the complexity of bipolar disorder.

## **Bipolar disorder Improving diagnosis and optimizing integrated care. Journal of Clinical Psychology**

### **ABSTRACT**

Bipolar disorder is a chronic, severe condition commonly causing substantial mortality and psychosocial morbidity. Challenges in recognition can delay the institution of appropriate management, whereas misdiagnosis may initiate pharmacologic interventions that adversely affect the condition's course. Pharmacotherapy remains the foundation of treatment. In addition to efficacy, tolerability is an important consideration in medication choice, particularly for long-term maintenance because of its impact on adherence. Mood stabilizers are the classic treatments for bipolar disorder. Newer agents such as atypical antipsychotics may offer efficacy and/or tolerability advantages compared with other medications. The role of antidepressants in

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bipolar disorder remains controversial. Growing evidence indicates that adjunctive psychosocial interventions improve long-term functioning; consequently, psychologists are becoming increasingly involved in the long-term care of patients with bipolar disorder. This review seeks to update psychologists and related healthcare professionals on recent advances and the current limitations in the diagnosis and treatment of bipolar disorder.

## **Serious Mental Illness: Opportunities for Family Practitioners**

### **Abstract**

This article provides an overview of professional practice with families of people who have serious mental illness. Based on the expanding literature in the area, the family experience of mental illness is discussed, as well as the unique concerns of parents, spouses, siblings, and offspring. Five effective family interventions are presented along with a three-step model that can guide service providers. Finally, suggestions are offered for dealing with confidentiality and for enhancing professional practice with these families.