

# Bipolar

**Francis Mark Mondimore**

**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.

**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.

**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 downs, 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.

*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--

**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.

**The Bipolar Book** Aysegül Yildiz,Pedro Ruiz,Charles B. Nemeroff,2015 The Bipolar Book covers not only clinical and pathophysiological matters, but also technical aspects of the evidence accumulation for treatment of bipolar disorder.

**Bipolar 101** Ruth C. White,John D. Preston,2009-02-01 After receiving a bipolar diagnosis, you need clear answers. *Bipolar 101* is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

**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.

**Manic-Depressive Illness** Frederick K. Goodwin, Kay Redfield Jamison, 2007-03-22 The revolution in psychiatry that began in earnest in the 1960s led to dramatic advances in the understanding and treatment of manic-depressive illness. Hailed as the most outstanding book in the biomedical sciences when it was originally published in 1990, *Manic-Depressive Illness* was the first to survey this massive body of evidence comprehensively and to assess its meaning for both clinician and scientist. It also vividly portrayed the experience of manic-depressive illness from the perspective of patients, their doctors, and researchers. Encompassing an understanding about the illness as Kraepelin conceived of it- about its cyclical course and about the essential unity of its bipolar and recurrent unipolar forms- the book has become the definitive work on the topic, revered by both specialists and nonspecialists alike. Now, in this magnificent second edition, Drs. Frederick Goodwin and Kay Redfield Jamison bring their unique contribution to mental health science into the 21st century. In collaboration with a team of other leading scientists, a collaboration designed to preserve the unified voice of the two authors, they exhaustively review the biological and genetic literature that has dominated the field in recent years and incorporate cutting-edge research conducted since publication of the first edition. They also update their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. The medical treatment of manic and depressive episodes is described, strategies for preventing future episodes are given in detail, and psychotherapeutic issues common in this illness are considered. Special emphasis is given to fostering compliance with medication regimens and treating patients who abuse drugs and alcohol or who pose a risk of suicide. This book, unique in the way that it retains the distinct perspective of its authors while assuring the maximum in-depth coverage of a vastly expanded base of scientific knowledge, will be a valuable and necessary addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness.

*The Bipolar II Disorder Workbook* Stephanie McMurrich Roberts, Louisa Grandin Sylvia, Noreen A. Reilly-Harrington, 2014-02-02 Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, *The Bipolar II Disorder Workbook* is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track

your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

**Bipolar Disorder** Jennifer Landau, 2013-12-15 The National Institute of Mental Health states that half of bipolar diagnoses occur before the age of twenty-five, so the teenage years are a prime time for first showing symptoms. There are nearly six million people with bipolar disorder in the United States alone. This book clearly explains the four main types of the disorder, symptoms, getting a diagnosis and dealing with it, medications that are prescribed, support systems, lifestyle changes and strategies to keep calm, self-monitoring plans, and ways to manage school, family, and social life.

**Psychotherapy for Children with Bipolar and Depressive Disorders** Mary A. Fristad, Jill S. Goldberg Arnold, Jarrod M. Leffler, 2011-06-10 Packed with ready-to-use clinical tools, this book presents the first evidence-based psychological treatment for school-age children with bipolar disorder or depression. Leading clinician-researcher Mary Fristad and her colleagues show how to integrate psychoeducational strategies with cognitive-behavioral and family therapy techniques. They provide nuts-and-bolts information for implementing the approach with individual families or groups. Kids learn to identify and manage mood states while parents learn essential skills for problem solving, crisis management, improving family functioning, and collaborating with schools and mental health systems. In a large-size format with lay-flat binding for easy photocopying, the book features nearly 100 reproducible handouts and children's activities.

**Bipolar Disorder: Learn the Symptoms and Strategies on How You Can Cope (The Complete Bipolar Disorder Survival Guide to Stopping Mood Swings)** Mildred Sanders, 2021-11-17 This book intends to help people with bipolar disorder understand their condition better and disprove the notion that theirs are hopeless cases. It should be clear to everyone that manic depression can be cured, and that treatment, recovery, and management of this disease can be carried out. People with psychological disorders are often misunderstood by society at large. One of these disorders is bipolar disorder, also known as manic-depression. The techniques you will learn in this book... • How to identify signs and symptoms and learn to spot early-warning signs in yourself or someone you love • Different types of bipolar. Bipolar i, ii, and cyclothymia • How you use cbt (cognitive behavioral therapy) to effectively deal with bipolar • You'll find a brief summary at the end of every chapter for the times when it's hard to concentrate. • Plus, so much more! This book takes us through the facts that underlie bipolar disorder, what it is and the various ways through which one can cope with this mental illness. More interestingly is the great inspiring stories from members of my support team, offering you their real life's experiences and the manner in which they have been successful in coping with the illness.

**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.

*Psychology Today: Taming Bipolar Disorder* Lori Oliwenstein, 2004-12-07 Living and thriving with bipolar disorder. Bipolar disorder is about the wildest of euphorias and the deepest of depressions. Now, Alpha Books and Psychology Today present all the information, guidance, and support people with bipolar disorder—and their loved ones—need in order to thrive. This important book contains cutting-edge research and straightforward advice from the most respected names on bipolar disorder, along with the most up-to-date information on mental health organizations and support and advocacy groups. In addition, readers will find inspiring stories of courage and triumph. \* More than two million Americans live with bipolar disorder—and it's on the rise among children and adolescents \* Includes strategies for navigating the health care system, nurturing relationships, advancing in the workplace, and repairing bridges burned during mania and depression \* Features the latest research—from new pharmaceuticals to innovative therapies, dietary changes to acupuncture, light therapy to mood charting

Atlas of Bipolar Disorders Edward H. Taylor, 2006-01-13 This is the first book to summarize research and clinical methods used for treating bipolar disorders across the life cycle. The author discusses all DSM-IV Bipolar Disorders and disorders similar to Bipolar Disorders. He includes easy-to-read summaries, numerous informative illustrations and an outline of best practice methods recommended by res

Bipolar Disorder Lakshmi N. Yatham, Vivek Kusumakar, 2013-08-21 First Published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

**The Entropy of Bipolar Disorder** John Medl, 2023-01-31 A riveting memoir, *The Entropy of Bipolar Disorder*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. The

Entropy of Bipolar Disorder shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fourth book in his Workings of a Bipolar Mind series. Get it Now! Related Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education Madness: A Bipolar Life Mad Like Me: Travels in Bipolar Country Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More... The Bipolar Disorder Survival Guide: What You and Your Family Need to Know Understanding Bipolar Disorder: The Essential Family Guide Manic: A Memoir Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire: Manic-Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

**Bipolar Disorder** Lakshmi N. Yatham, Mario Maj, 2011-06-28 Bipolar disorder is the most complex psychiatric disorder with different types of mood episodes, subtypes, varied course, and significant co-morbidity. Not surprisingly, this complexity poses unique challenges to clinicians for optimal management of those with bipolar disorder. There has been an explosion of research into the causes and treatment of this condition over the past two decades. It is a daunting task for a practising clinician to make sense of this research and to remain up to date with progress in the understanding of the neurobiology and treatment of bipolar disorder. This book synthesizes and translates the vast array of research knowledge into information that is clinically relevant and meaningful for a clinician. The book provides a comprehensive, yet focused, reference work on bipolar disorder for both trainees and practising psychiatrists. The two editors are leaders in the field who have published extensively on bipolar disorder. They have assembled a team of experts from around the world: in many instances, chapters are co-authored by people from different continents, bringing a truly international perspective to this important topic. The book covers the basic science of the pathology underlying bipolar disorder but addresses the clinical aspects of the disease throughout. The book comprises four sections: Descriptive Aspects—issues ranging from how the concept of bipolar disorder has evolved over the years to new information about neurocognitive impairment, creativity and economic productivity, and to discussion of the deliberations of the DSM-V committee on changes in diagnostic categories and criteria. Biology—the contribution of genes to this disorder, changes in circadian rhythms, what we know about brain changes and the role of oxidative stress. Biological Treatment and Psychosocial Treatment— all the latest information about pharmacological and

psychological treatments and the optimal management of this condition. If you want to provide state-of-the-art care to your bipolar patients, be sure to consult this authoritative reference.

**Managing Bipolar Disorder in Clinical Practice** Eduard Vieta, 2013-11-12 Written by Eduard Vieta, a world renowned award winning expert in this field, *Managing Bipolar Disorder in Clinical Practice*, Third Edition, is an up-to-date, concise practical handbook developed with the clinician in mind. Including the most recent clinical guidelines, including the British Association for Psychopharmacology (BAP) and Canadian Network for Mood and Anxiety Treatments (CANMAT) guidelines, this handbook is intended to highlight every major aspect of this serious mental health disorder, including assessment, treatment, long-term management, and recent developments.

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## Bipolar Introduction

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