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Clinician's Guide to Bipolar Disorder

David J. Miklowitz PhD, Michael J. Gitlin MD

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This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. Highly readable, accessible, and pragmatic, the book provides expert guidance on critically important treatment questions. It addresses which medications to try and at what dosages, what psychosocial interventions are most helpful at different phases of the illness, how to continually monitor and fine-tune treatment to keep patients functioning well, and how to involve family members productively. The authors draw on state-of-the-art research as well as extensive clinical experience as a psychotherapist and a psychopharmacologist. Vivid case material is included throughout. Reproducible questionnaires and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

Winner (First Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

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