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Evidence-Based Treatment Planning for Bipolar Disorder DVD

Arthur E. Jongsma Jr., Timothy J. Bruce

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Improve the Quality of Mental Health Care

This DVD helps address the challenges many practitioners face in assimilating results from psychotherapy research into their treatment plans. It offers step-by-step guidance on how to create an evidence-based psychotherapy treatment plan for bipolar disorder. In a viewer-friendly manner, Drs. Art Jongsma and Tim Bruce discuss the steps involved in psychotherapy treatment planning and how to integrate objectives and interventions into a treatment plan, as part of an overall evidence-based practice. A sample evidence-based treatment plan for bipolar disorder is provided. The Companion Workbook contains an optional 20-question test that can be submitted for Continuing Education Credit.

In this DVD, Drs. Jongsma and Bruce:

- Discuss the process and criteria for diagnosing bipolar disorder
- Describe the essential elements of psychotherapy treatment planning
- Provide a brief history of efforts to identify empirically supported treatments (ESTs) for bipolar disorder
- Describe identified ESTs for bipolar disorder
- Demonstrate how to empirically inform a psychotherapy treatment plan with objectives and interventions consistent with those of identified ESTs for bipolar disorder
- Show and discuss role-played scenarios that demonstrate selected aspects of the ESTs
- Discuss common considerations in relapse prevention and show how they can be integrated into a psychotherapy treatment plan

System requirements:

- Playable on a set-top DVD player or a computer with a DVD-ROM drive, at least 512 MB system RAM, and a software DVD decoder
- PC requires Windows 2000 or higher; Mac requires OS 9 or higher
- Sound card and speakers required to listen to audio

Also available:

Evidence-Based Treatment Planning for Bipolar Disorder DVD Companion Workbook / 978-0-470-56857-6

Evidence-Based Treatment Planning for Bipolar Disorder DVD Facilitator's Guide / 978-0-470-56846-0

Approximate run time: 1:07

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