



## Cognitive-Behavioral Therapy for Bipolar Disorder (2nd Revised edition)

By Monica Ramirez Basco, A. John Rush

Guilford Publications. Hardback. Book Condition: new. BRAND NEW, Cognitive-Behavioral Therapy for Bipolar Disorder (2nd Revised edition), Monica Ramirez Basco, A. John Rush, Restructured to be even more useful to real-world clinicians, the revised and expanded second edition of this practical guide offers proven strategies for improving the long-term outcomes and quality of life of individuals with bipolar disorder. Extensive case illustrations bring to life the complexities of helping clients adhere to medication treatments, recognize the early warning signs of manic and depressive episodes, build coping skills, and manage specific symptoms. Replacing the original volume's 20-session protocol (now included in the Appendix) is a new, more flexible assessment and treatment framework that shows how to tailor interventions to each client's needs and level of experience with the illness. The second edition also features current treatment data, information on new medications, and new strategies for preventing relapse and addressing common comorbid conditions.

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