

1. Record Nr.	UNINA9910782828903321
Titolo	Managing bipolar disorder [[electronic resource]] : a cognitive-behavioral approach ; therapist guide / / Michael Otto ... [et al.]
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-023029-0 9786612367564 1-282-36756-0 0-19-972604-3
Descrizione fisica	xii, 241 p. : forms
Collana	Treatments that work
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Disciplina	616.89506
Soggetti	Bipolar disorder - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	This therapist guide outlines a 30-session cognitive-behavioural treatment programme for bipolar depression. It provides session-by-session instructions for helping clients alleviate episodes and prevent relapse. This programme will help clients better prepare themselves for dealing with problems and high-risk situations.