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Nota di contenuto	Intro -- Contents -- Chapter 1 Introductory Information for Therapists -- Chapter 2 Overview of Treatment Structure and Strategies -- Treatment Phase 1 -- Chapter 3 Session 1: Introduction -- Chapter 4 Session 2: Mood Charting and Activity Scheduling -- Chapter 5 Session 3: Cognitive Restructuring-Part I -- Chapter 6 Session 4: Cognitive Restructuring-Part II -- Chapter 7 Session 5: Cognitive Restructuring-Part III -- Chapter 8 Session 6: Cognitive Restructuring-Part III -- Chapter 9 Session 7: Core Beliefs -- Chapter 10 Session 8: Challenging Core Beliefs -- Chapter 11 Session 9: More Work With Core Beliefs -- Treatment Phase 2 -- Chapter 12 Session 10: Drafting a Treatment Contract -- Chapter 13 Session 11: Drafting a Treatment Contract -- Chapter 14 Session 12: Drafting a Treatment Contract -- Chapter 15 Session 13: Hypomanic Cognitive Errors -- Treatment Phase 3 -- Chapter 16 Introduction to the Problem-List Phase -- Chapter 17 Problem-Solving Module -- Chapter 18 Social Skills Training Module -- Chapter 19 Management of Comorbid Anxiety Disorders Module -- Chapter 20 Breathing and Relaxation Strategies Module -- Chapter 21 Anger Management Module -- Chapter 22 Managing Extreme Emotions

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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.

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