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DESCRIPTION

A thoroughly updated version of a key practitioner text, this new edition includes a treatment manual of cognitive-behavioural therapy for Bipolar Disorder which incorporates the very latest understanding of the psycho-social aspects of bipolar illness.

• Updated to reflect treatment packages developed by the authors over the last decade, and the successful completion of a large randomized controlled study which shows the efficacy of CBT for relapse prevention in Bipolar Disorder

• Demonstrates the positive results of a combined approach of cognitive behavioural therapy and medication

• Provides readers with a basic knowledge of bipolar disorders and its psycho-social aspects, treatments, and the authors’ model for psychological intervention

• Includes numerous clinical examples and case studies

ABOUT THE AUTHOR

Dominic H. Lam is Professor of Clinical Psychology at the University of Hull. He has published extensively in various aspects of bipolar disorders and is the main author of the CBT for bipolar disorders trial.
Steven H. Jones is Professor of Clinical Psychology and Director of the Spectrum Centre for Mental Health Research at Lancaster University. He has published widely on the development of cognitive therapy approaches for bipolar disorder and on psychological models relevant to the development and recurrence of bipolar experiences.

Peter Hayward worked for many years at the Institute of Psychiatry and at the Maudsley Hospital. He is now retired but continues to practice CBT privately.