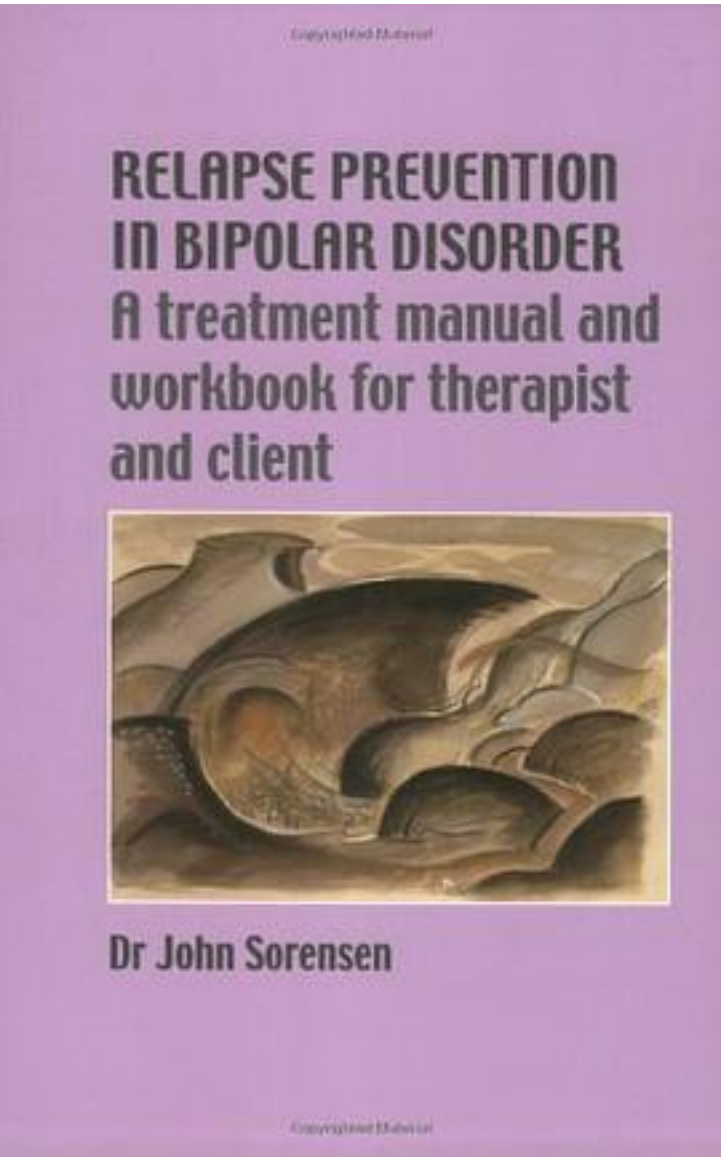


Relapse Prevention in Bipolar Disorder



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出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781902806563

The Sorensen Therapy for Instability in Mood (STIM) is an important new psycho-educational and cognitive therapy for treating bipolar disorder (BPD). This STIM manual and client workbook offer a psychological therapy which has proven to be highly effective, inexpensive to implement, and popular with clients. It can be delivered in four 60-minute sessions by practitioners with little specialist training and results in significant improvements in the client's perceived control over mood.

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