

Bipolar Disorder



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著者:Miklowitz, David J.

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Now in a revised and updated second edition, this indispensable guide details an empirically supported approach for helping patients and family members to understand bipolar disorder, communicate more effectively, solve practical problems related to the illness, and reduce the risk and severity of relapse. The volume has been revised throughout with the latest knowledge on all aspects of the illness and its biological and psychosocial treatment. Importantly, the second edition now covers the treatment of adolescents as well as adults, including new case examples and specific strategies for working with teens. Step-by-step intervention guidelines are enhanced by more than a dozen reproducible handouts and forms.

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