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Bipolar Disorder: A guide for mental health professionals, carers and those who live with it

Roger Smith

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Bipolar Disorder: A guide for mental health professionals, carers and those who live with it Roger Smith
This handbook brings together the knowledge and experience of both health professionals and those with bipolar disorder to create a balanced, informative and very practical guide to good practice in understanding and managing the disorder. The 36 chapters cover a wide range of subjects, including diet, supporting the family, counselling, warning signs and relapse prevention, to develop the reader's understanding of many aspects of the disorder. The chapters also contain case studies, exercises and consideration points for those who want to expand on their reading. The handbook is divided into four sections: Section 1 Theories and approaches behind bipolar disorder Section 2 In-patient/acute care Section 3 Bipolar in the community Section 4 Related conditions and conclusions The handbook is written by a mental health nurse and a researcher with experience of bipolar disorder and recovering from it. It also draws upon the experiences of people whose lives have been disrupted by the disorder.

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