

Psychological Treatment for JBD

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Why is Psychological Treatment Needed?

- BD is serious, chronic and relapsing.
- Combined psychiatric and psychological treatment is recommended.
- Problems and limitations of medications.
- Many clients have not received psychological treatment.
- BD is very suitable for psychological intervention.



Goals of Psychological Treatment

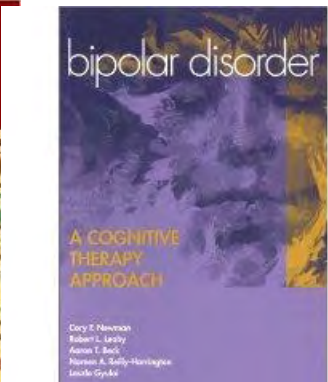
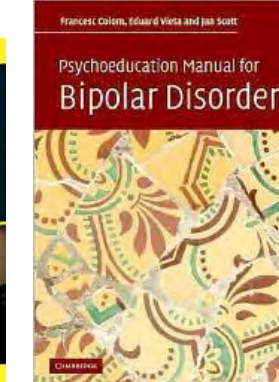
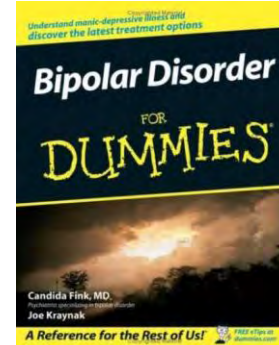
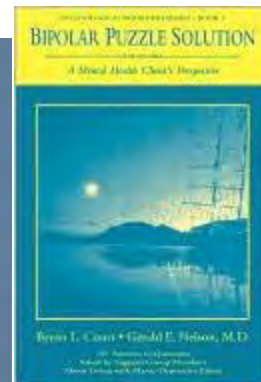
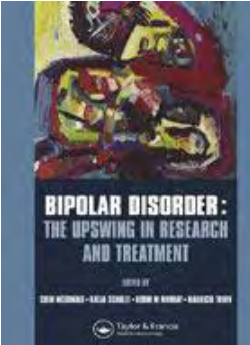
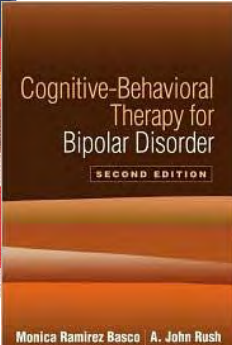
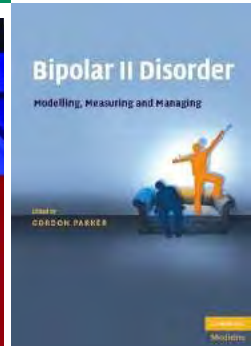
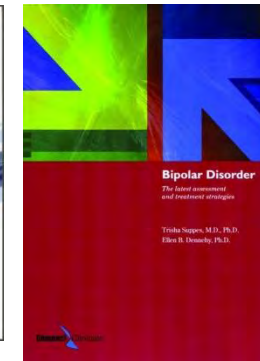
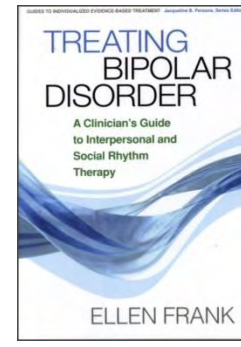
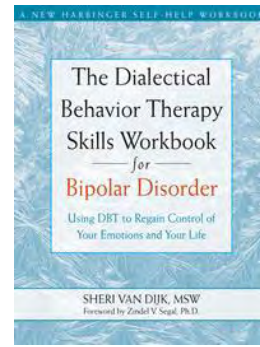
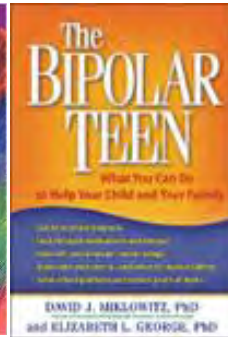
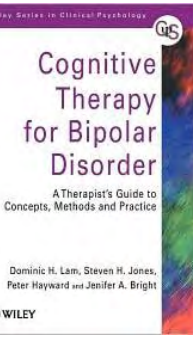
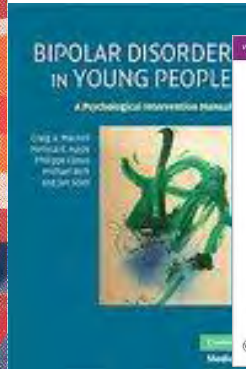
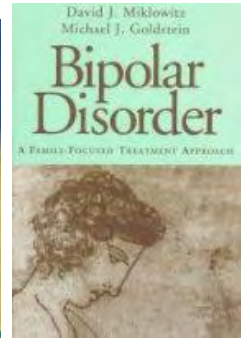
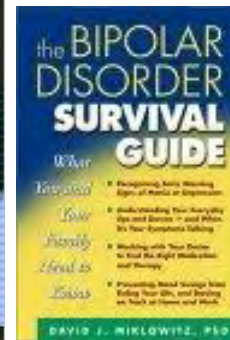
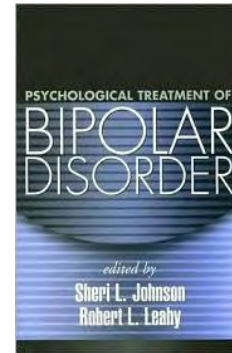
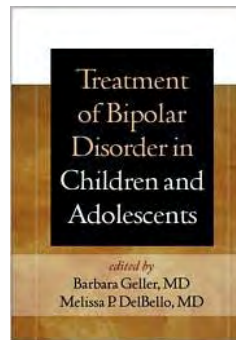
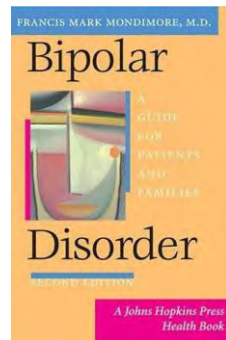
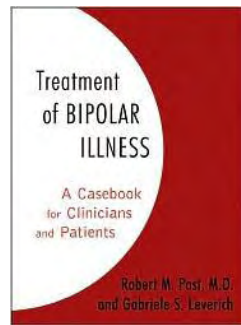
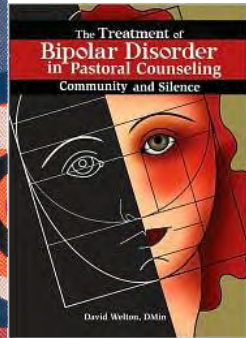
- For the client/family to become an expert on the illness.
- To help the client develop *and sustain* insight.
- To give the client/family tools/strategies to cope more effectively.
- To help the client/family prevent future episodes and to act early.



Psychological Treatment for BD

- A new and evolving area
- A number of therapeutic models exist:
 - Cognitive Behavioural Therapy (CBT)
 - Mindfulness-Based CBT (MBCBT)
 - Family Focused Cognitive Behavioural Therapy (FFT-CBT & CFF-CBT)
 - Interpersonal Social Rhythm Therapy (ISRT)

Books on Psychological Treatment of BD



Psychological Treatment for BD

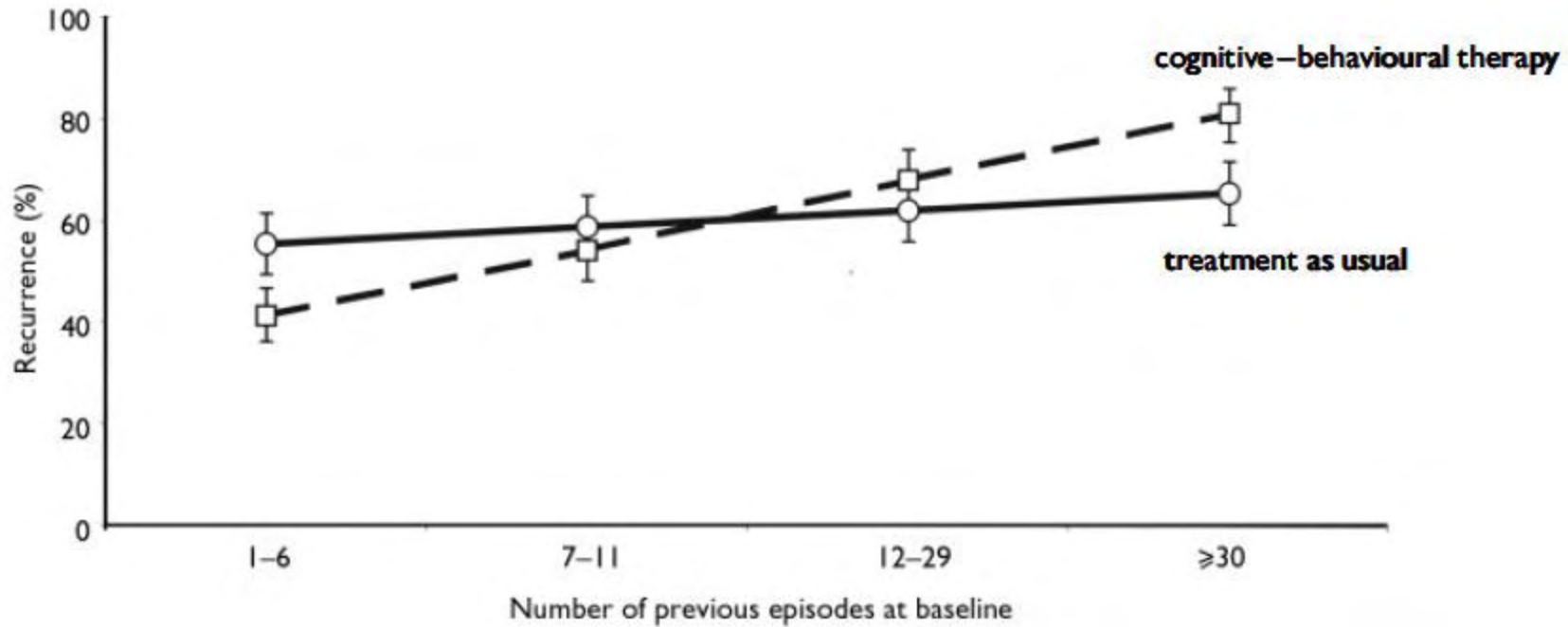
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CBT

- Has been successful in RCTs for adults with BD (e.g., Lam et al., 2003).
- Scott et al. (2006) found no benefit of a RCT of CBT in adults except for clients who were in early stages of the illness.



Scott et al., 2006



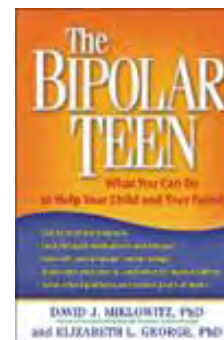
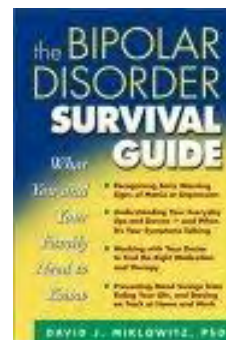
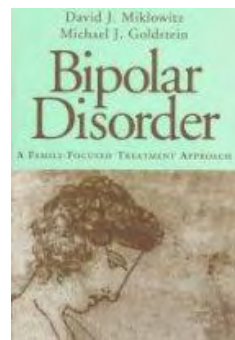
MBCBT

- Increasingly being studied in depression (Teasdale et al., 2000) and now BD (Ball et al., 2006).
- Utilising acceptance, non-judgment, patience, non-striving and letting go.
- Stress and anxiety
- Self-esteem
- Regulating thoughts and feelings



FFT

- Prof. David J. Miklowitz
- The main founder of FFT for BD
- Early FFT for youth at risk of bipolar disorder
- FFT vs Brief Educational Treatment
- NIMH funded study
- Young people aged 9-17yrs

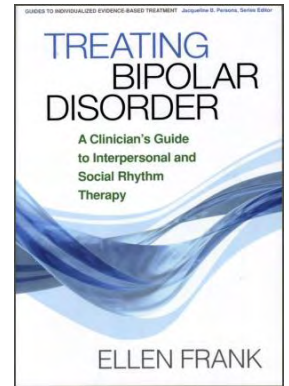


CFF-CBT

- Routine
- Affect regulation
- I can do it
- No negative thoughts, live in the now
- Be a good friend, balanced lifestyle for parents
- Oh how can we solve it?
- Ways to get support (Pavuluri et al., 2004)



ISRT



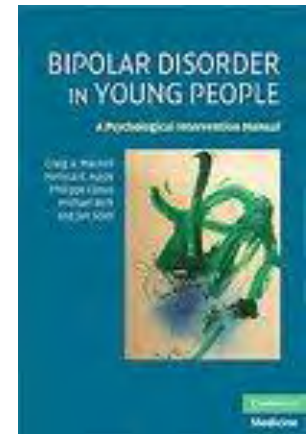
- Developed by Ellen Frank
- Derived from IPT for depression
- First specific therapy for BD
- Interpersonal psychotherapy
- "grief for the lost healthy self"
- Social rhythms
- Shown success in a RCT with adults with BD I (Frank et al., 2005)

The Bipolar Program

- First JBD clinic in Australia
- Operating since 2005
- Young people aged between 8-18 yrs
- Larger female:male ratio of clients
- 12 CBT (MBCBT) sessions
- Medication and medical monitoring
- Being evaluated via a Rotary Grant

Common Elements

- Psychoeducation regarding illness and medication
- Mood monitoring
- Anger management
- Healthy lifestyle-routines
- Sleep hygiene
- Anxiety management-relaxation
- Cognitive monitoring and challenging
- Mindfulness and self-soothing
- Drug and alcohol awareness
- Relapse prevention

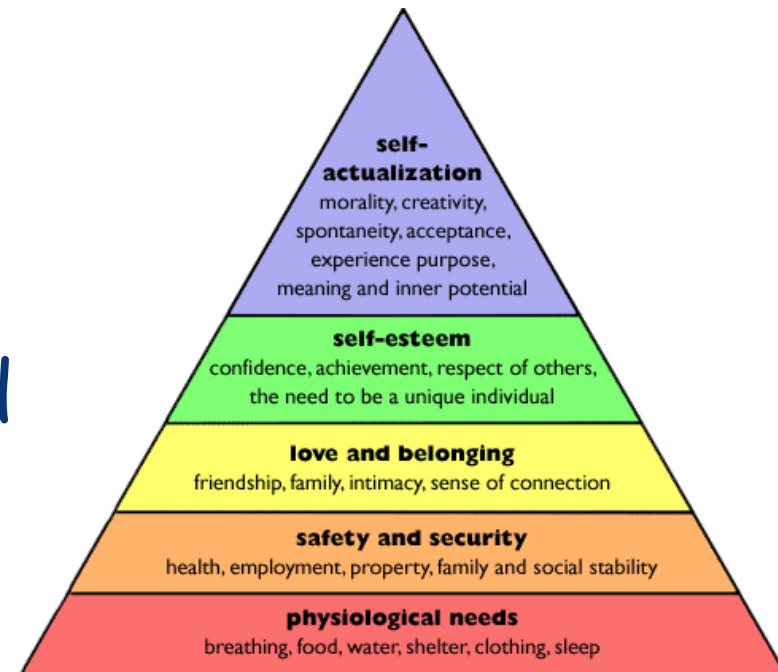


Management/Wellness Plans

- * *Early signs for a high:*
- * *What to do:*
- * *Early warning signs for a low:*
- * *What to do:*
- * *I accept feedback from:*
- * *Who will do what?*
- * *Extra medications:*
- * *How I want my treatment to go:*

When To Commence Psychological Treatment

- The client is euthymic and stable
- There are no safety or basic needs issues
- In the community
- A therapeutic alliance established



Practical Issues for JBD

- Keep it developmentally appropriate, creative and flexible.
- Treat the symptoms if unsure of diagnosis
- Working with families and school
- A good treating team is essential
- Good knowledge of medication, and side effects



Practical Issues for JBD

- Contraception
- Pre-natal and post-natal work
- Comorbidities (including D&A work)
- Risky behaviours and safety
- "Depolarisation"
- Acceptance of illness



Summary

- An important and exciting time for the role of psychology in treating BD.
- There are a number of models for treating adult BD and JBD.
- There are common elements for psychological treatment for adult BD and JBD.
- A good therapeutic alliance is still the most important aspect of any psychological treatment.
- Stay tuned...

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