



# **Cognitive Therapy for Bipolar Disorder: A Therapist's Guide to Concepts, Methods and Practice**

*Dominic H. Lam, Steven H. Jones, Peter Hayward*

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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

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