


# Bipolar Disorder: Challenges and Treatment Options

Stability, Feeling Settled, a stable life. All of these are common terms that we hear every day. Our parents want us to get settled, get a stable job, and find some stability. At some point, we also yearn for a kind of stability. To us it seems natural to live the same way and feel the same way each day, week, month, and if all goes well, even a year. But, what if how you felt kept changing? This happens to everyone, somedays we feel happy, and somedays we feel sad. But, what if these changing patterns were from one extreme to the other. What if one day, you felt like you were the king of the world, like nothing could touch you, that you were invincible? And the next day? The next day you were down in the depths of depression, feeling a loss of interest, and hopelessness. This is just a small part of what people who are suffering from bipolar disorder face. Formerly called manic depression, bipolar disorder is a serious mental health illness that causes extreme fluctuations between episodes of mania, and episodes of depression.





The symptoms of the disorder can be split between the symptoms during manic episodes, and the symptoms during depressive episodes. During episodes of mania, individuals suffer from grandiose thinking, feelings of intense euphoria, recklessness and indulgence in dangerous behavior, and sexual promiscuity. Depressive episodes manifest as periods of loss of interest, feelings of hopelessness, thoughts of self-harm, and suicidal tendencies. Individuals with Bipolar Disorder also have a higher tendency of turning toward compulsive or regular substance use to cope with the constant fluctuations in mood.

Though bipolar disorder does not have a cure right now, it can be effectively managed. The key to managing the disorder is to identify the signs of the illness at an early stage. Identifying the symptoms of mania, or a depressive episode and seeking help from a mental health professional could go a long way in changing the prognosis of a person. Treatment options exist that range from medication to psychotherapy that could lead to improvement in the management of symptoms.

# Treatment Options for Bipolar Disorder

Treatment for Bipolar Disorder is usually a combination of medication and therapy. Medication is focused on symptom management while therapy helps in preventing the recurrence of these symptoms.

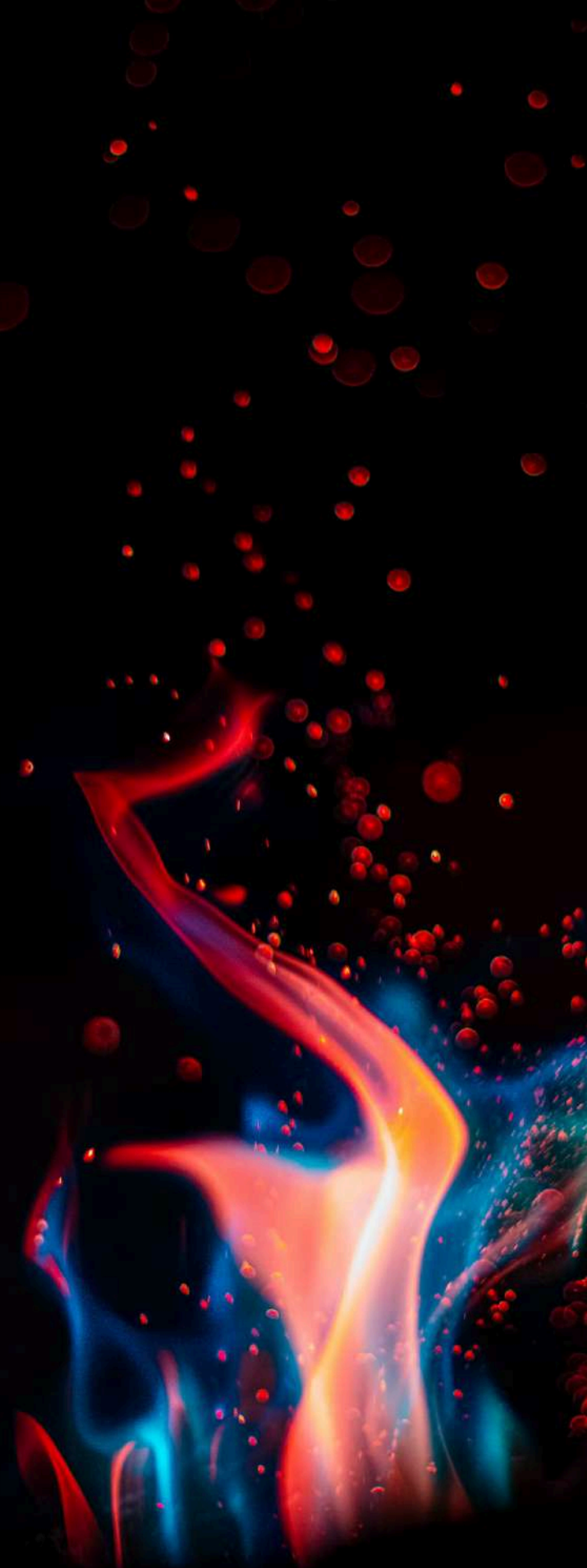
## Medication

Medication for bipolar disorder usually includes mood stabilizers, and/or anti-depressants. Medication for bipolar disorder usually has two purposes:

- Mood stabilizers are medications that prevent periods of mania and depression, and you take them every day for a long time.
- When depression and mania strike, medicine is used to address the major symptoms.

## Therapeutic Approaches

- **Family-Focused Therapy** - An Individual with Bipolar Disorder, as well as their parents, spouse, or other family members, participate in family-focused treatment (FFT). FFT is usually delivered by a single therapist over the course of 12 sessions (depending on the requirements of the family). Early sessions focus on learning about the disorder, including its symptoms and how they cycle over time, its causes, how to spot early warning signals of future episodes, and what to do as a family to keep the episodes from growing worse. Later sessions concentrate on improving communication and problem-solving skills, particularly in relation to family problems.
- **Interpersonal Therapy** - IPSRT is an individual therapy in which a person with BD records their bedtimes, waking hours, and activities daily, as well as the consequences of changes in these routines on their moods. In order to stabilize emotions, the clinician advises the client on how to control their daily routines and sleep-wake cycles. The person and his or her therapist identify one or more interpersonal issue areas (e.g., confrontations with coworkers; difficulties maintaining friendships) and explore alternative remedies to avoid future problems.



- **Cognitive Behavioral Therapy** - Individual treatment focusing on the link between a person's ideas, feelings, and behaviors is known as cognitive-behavioral therapy (CBT). CBT instructs people on how to:

1. Identify unfavorable assumptions and thought processes, and push oneself to practice more adaptive thinking.
2. When they're depressed, make sure they're engaged with rewarding components of their surroundings, and when they're manic, make sure they're not overworked.

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- **Dialectical Behavioral Therapy** - Dialectical behavior therapy (DBT) is a skill-based technique that may be used in both individual and group settings. It teaches mindfulness and acceptance skills, such as the capacity to notice and experience moment-to-moment thoughts, emotions, and bodily sensations without making negative judgments. Distress tolerance, mood management, and interpersonal effectiveness are also taught.



- **Group Therapy** - People with Bipolar Disorder gather in groups (often with family members) and are directed by a group facilitator (either a psychologist or a trained peer mental health counselor). Some organizations are quite regimented and adhere to a set of educational and skill-building goals. Those are focused on sharing one's story and receiving support and advice from others who have been in similar situations. People benefit from these groups because they minimize feelings of loneliness that typically accompany mental illness. Over time, the precise form of treatment may become less significant than the continuity of having a therapist or a group that gets to know you and helps you feel comfortable enough to share critical difficulties. Support from mental health specialists who understand your path, in addition to drugs, is critical to a successful treatment plan and recovery.

- **Rehabilitation for Bipolar Disorder** - Rehabilitation, in addition to drugs and treatments, is an important aspect of the most successful therapy for bipolar illness. Residential rehabilitation is included, as well as follow-up treatment and counseling.



Individuals at residential rehab programs live in a facility while undergoing treatment. Along with individual treatment, many rehab institutions provide group therapy or family activities. Rehabilitation institutions provide a number of benefits, including:

- It promotes **holistic treatment** with professional support, such as medicine, cognitive behavior therapy, psychotherapy, and biofeedback, among other things. They provide a variety of programs centered on anxiety relief, stress management, understanding codependency, and improving coping skills, among other things.
- **Monitoring:** The professional personnel can assist in establishing a regular pattern by regulating daily medicines, therapy sessions, sleep routines, and other factors.
- **Rehab provides round-the-clock medical attention while undergoing therapy.** Constant supervision enables for close monitoring of a patient's status, symptoms, and progress, as well as prompt therapy alterations if necessary.
- **Recurrence Prevention:** Continuing therapy reduces the risk of relapse as a result of stopping medications. The patient can use the coping methods and abilities developed in treatment throughout their lives.



Seeking assistance isn't a show of weakness; it's a sign of strength. Cadabam's is the place to go if you or someone you know is suffering from bipolar disorder. We've always given our patients the best possible treatment and helped them get back on track to a happy and meaningful life. Cadabams can help you live the life you've always wanted.



At Cadabams, we combine the best mental health professionals with advanced infrastructure to offer accelerated recovery journeys. Our expert mental health professionals ensure that individuals get the recovery journey they deserve!





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