

BIPOLAR DISORDER

COGNITIVE BEHAVIORAL THERAPY

01 BIPOLAR DISORDER

Bipolar Disorder is a mental illness that causes unusual shifts in a person's mood, energy, activity levels, and concentration. They alternate between mania - a state of extreme elation and agitation, and depression - persistent sadness or low mood, often associated with a loss of interest.

SYMPTOMS

- Increased energy
- Risk-taking behavior
- Aggressive irritability / behavior
- Elevated, expansive mood
- Low energy
- Empty / emotionless
- Constant sadness
- Low motivation

02 TREATMENTS

Antidepressants - a class of medications, side effects include dry mouth, weight gain, headaches etc.

Symbyax - combines fluoxetine and olanzapine to work as a depression treatment and mood stabilizer.

Mood stabilisers - antidepressant-antipsychotic drugs which are the main focus of managing bipolar disorder.

Psychotherapy - talking with a trained therapist and can be in individual, family or group settings.

03 COGNITIVE BEHAVIORAL THERAPY

A type of psychotherapy that is used to help manage bipolar disorder. It may involve a one-on-one interaction with a therapist, or group sessions with other people with similar issues. It reduces overall distress and decrease manic or depressive episodes while also creating awareness of one's mood, and emotions. It can also act simply as an alternative treatment until a good regimen of medications is discovered.

04 HOW IT WORKS

It addresses depressive symptoms, feelings of guilt or other negative thoughts and beliefs about manic episodes. It also manages symptoms of mental health conditions, prevents behaviors that can result in those symptoms, teaches effective coping techniques to help control emotions. The primary goal is to teach you ways to approach thoughts differently and to identify thoughts that contribute to your emotional distress.

05 TYPICAL SESSION

A typical session of CBT consists of:

1. Determining the problem
2. Examining the thoughts, behaviors, and emotions associated with these problems.
3. Spotting negative or inaccurate thoughts, behaviors, and emotions.
4. Changing your reaction