

# Critical Components of Psychotherapy for Bipolar Disorder

***Guy M. Goodwin, FMedSci***

W.A. Handley Professor of Psychiatry  
University of Oxford  
Oxford, UK

# Bipolar Disorder and Psychotherapy

- Bipolar disorder is an extremely complex multidimensional disease
- Unlikely to find a single specific psychotherapy that always works
- The obvious targets are:
  - Major depressive episodes
  - Relapse prevention
  - Interpersonal difficulties

## Evidence-Based Psychosocial Treatments for Bipolar Disorder

- Useful in post-acute and maintenance phases of treatment together with:
  - Cognitive-behavioral therapy
  - Family-focused therapy
  - interpersonal and social rhythm therapy
  - group psychoeducation
- Pharmacotherapy as usual

## Specific Factors

- Provision of information about coping with the disorder
- Personalizing this information to the patient
- Actively encouraging the practice of illness-management strategies