Structured Group Psychotherapy for Bipolar Disorder: The Life Goals Program

This updated and substantially revised edition not only incorporates the expansion of the pharmacological armamentarium available for treatment but also integrates the explosion of evidence-based data for psychosocial interventions.

The authors, a psychiatrist-nurse team, have fine-tuned their two-phase treatment program and present a clear and concise approach to improving illness self-management skills, as well as social and occupational functioning.