

## David J. Miklowitz: *Bipolar Disorder*

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Despite newer medications and an array of psychosocial interventions, research has shown that *Bipolar Disorder* continues to be a condition with a high rate of episode recurrence. While both types of treatment continue to address the symptoms of *Bipolar Disorder* with varying degrees of success and fewer side effects for the person, few address the impact on the family and friends involved in the person's care. This book presents a Family-Focused Treatment approach (FFT) that addresses the causal and preventative factors in the recurrence of symptoms.

While many therapies emphasize educating and teaching the person with *Bipolar Disorder* to recognize and manage the recurrence of symptoms, FFT aims to teach the family how to recognize and prevent relapses. Miklowitz presents a detailed manual for clinicians working with the families caring for a person with *Bipolar Disorder*.

This book is divided into two parts. In Part I, the author provides an overview of the disorder and a review of the research and clinical work that led to the development of FFT. Miklowitz details the influence of psychoeducational programs found to be successful in delaying relapses for people with schizophrenia. Chapter 1 covers the objectives, core assumptions, and structure of FFT. Chapter 2 describes the disorder's topography, course, developmental precursors, and its impact on the family. Family and social factors in the course of *Bipolar Disorder* are covered in Chapter 3.

Part II provides a detailed, step-by-step manual for conducting FFT. Chapters 4 and 5 cover identifying and

assessing appropriate people for FFT. Attributes of the family and of the person with *Bipolar Disorder* are addressed. The next three chapters, 6, 7, and 8 are devoted to family psycho-education. Chapter 6 outlines a plan for the initial encounter, while Chapter 7 is dedicated to the etiology, treatment, and self management of *Bipolar Disorder*. Relapse drills are used and rehearsed to teach the family and person with *Bipolar Disorder* to recognize and manage the signs of recurrence. Chapter 8 details the manifestations of and methods for preempting resistance.

Communication enhancement training skills (expressing positive feelings, active listening, making positive requests for change, and expressing negative feelings about specific behaviors) are dealt with in Chapter 9. In Chapter 10, Miklowitz describes common transaction patterns a clinician may encounter when working with families and methods to address each. Chapter 11 discusses common family problems for this population and utilizes a problem solving worksheet to focus the family on a specific issue. Chapter 12 describes using FFT to deal with different types of psychiatric crises. The final chapter (13) addresses how to terminate FFT.

Miklowitz has written the book in a user-friendly fashion, with simple language, and provided a systematic structure and approach for clinicians to use when implementing FFT. Case studies, worksheets, vignettes, and engagement examples are provided throughout the book, making it easy to follow and implement in many clinical settings.

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