



Functional Remediation for Bipolar Disorder

Eduard Vieta, Carla Torrent, Anabel Martinez-Aran

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Functional Remediation for Bipolar Disorder Eduard Vieta, Carla Torrent, Anabel Martinez-Aran Managing the cognitive difficulties experienced in bipolar disorder poses a significant challenge to patients, relatives, researchers and clinicians. This book equips readers with a thorough understanding of these cognitive deficits and, importantly, the usefulness of current treatment approaches, such as remediation, to improve functional recovery. This manual guides readers in the application of the functional remediation programme, providing a collection of materials enabling therapists to run group sessions. The first part focuses on cognitive deficits and their impact on functional recovery. The second part describes the operation of the programme, session by session, with reference to handouts and slides available for download from an accompanying website. Topics covered include memory, attention, and executive functions. The final part describes the efficacy of this programme, particularly the functional improvements seen in participants. An essential resource for psychologists, psychiatrists and other healthcare professionals caring for patients with bipolar disorder.



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