

Contents



PART I. Bipolar Disorder and Families: Clinical and Research Background

1. Bipolar Disorder: Why Family Treatment?	3
<i>How Is Bipolar Disorder a Family Problem?</i>	5
<i>Why FFT?</i>	6
<i>The Six Objectives of FFT</i>	7
<i>The Core Assumptions and Structure of FFT</i>	12
<i>Is FFT Helpful?</i>	13
<i>The Organization of This Book</i>	18
<i>For Whom Is This Book Intended?</i>	19
<i>A Word about Terminology</i>	20
2. The Nature of Bipolar Disorder and Its Impact on the Family	21
<i>Chapter Overview</i>	22
<i>What Is Bipolar Disorder?</i>	23
<i>The Impact of the Disorder on Family Members</i>	26
<i>The Topography of Manic and Depressive Episodes</i>	27
<i>The Role of the Family in Differential Diagnosis</i>	31
<i>The Variable Life Courses of Bipolar Disorder</i>	32
<i>Developmental Precursors to Bipolar Disorder</i>	35
<i>The Interface between Drug Treatment and FFT</i>	41
<i>Concluding Comments</i>	47

3. Family and Social Factors in the Course of Bipolar Disorder	48
<i>Chapter Overview</i>	49
<i>The Vulnerability–Stress Model</i>	49
<i>Family Environmental Factors in Bipolar Disorder</i>	50
<i>Life Events Stress</i>	60
<i>The Vulnerability–Stress Model Revisited</i>	63
<i>Concluding Comments</i>	64

PART II. Conducting Family-Focused Treatment

4. Planning the First Encounter	69
<i>Chapter Overview</i>	70
<i>For Whom Is FFT Appropriate?</i>	70
<i>The Mechanics of FFT</i>	73
<i>Getting Started: The Initial Contacts</i>	76
<i>Concluding Comments</i>	83
5. The Functional Assessment	84
<i>Chapter Overview</i>	84
<i>Assessing the History of the Patient's Disorder</i>	85
<i>Assessing Family Interactions</i>	92
<i>Concluding Comments</i>	97
6. Family Psychoeducation: The Initial Sessions	98
<i>Overview of the Psychoeducation Module</i>	99
<i>A Word about Terminology</i>	100
<i>The Therapeutic Stance</i>	100
<i>"Setting the Stage" for the Psychoeducation Module</i>	101
<i>Introducing the Treatment Program</i>	102
<i>Presenting the Didactic Material: Reviewing the Index Episode</i>	109
<i>Events Leading Up to the Episode: The Life Events Survey</i>	117
<i>Discussing the Hospitalization Experience</i>	122
<i>The Expected Course of Bipolar Disorder</i>	125
<i>Concluding Comments</i>	127
7. Family Psychoeducation: Etiology, Treatment, and Self-Management	128
<i>Chapter Overview</i>	128
<i>The Etiology of Bipolar Disorder</i>	129
<i>Treatment of the Disorder within the Vulnerability–Stress Model</i>	143
<i>How the Family Can Help</i>	150
<i>The Self-Management of Bipolar Disorder</i>	155
<i>The Relapse Drill</i>	157

Addressing Unanswered Questions 161

Concluding Comments 162

- 8. Family Psychoeducation: Dealing with Resistances** 163
- Chapter Overview* 164
- Manifestations of Denial and Resistance* 165
- Anticipating and Preempting Denial and Resistance* 167
- The Meaning of Bipolar Disorder within the Family Context* 170
- Differing Perceptions of the Disorder as a Source of Family Conflict* 175
- The Stigma of Bipolar Disorder within the Larger Society* 188
- Medication Nonadherence: Its Management within the Family Context* 190
- Concluding Comments* 201
- 9. Communication Enhancement Training: Rationale and Mechanics** 203
- Chapter Overview* 203
- Objectives of CET* 204
- Why Introduce Communication Exercises at This Point in Treatment?* 205
- CET: Getting Started* 206
- Teaching the Four Basic Communications Skills* 211
- Concluding Comments* 233
- 10. Communication Enhancement Training: Clinical Issues** 234
- Chapter Overview* 235
- The Clinical Handling of Communication Enhancement Exercises* 235
- Problems in the Generalization of Skills* 238
- Using CET to Modify Family Dynamics* 243
- Concluding Comments* 254
- 11. Dealing with Family Problems** 255
- Chapter Overview* 256
- Problem Solving: Why at This Point in Treatment?* 256
- What Kinds of Problems Do the Families of Bipolar Patients Have?* 258
- Conducting Problem Solving* 259
- Dealing with Resistance* 267
- The Problems of the Families of Bipolar Patients: Are There Good Solutions?* 273
- Concluding Comments* 279
- 12. Managing Crises in Family-Focused Treatment** 280
- Chapter Overview* 281
- General Principles for Managing Crises within FFT* 282

<i>The Clinical Handling of Crisis Management Sessions</i>	284
<i>Manic Relapses and Hospitalization</i>	285
<i>Depressive Relapses</i>	291
<i>The Suicidal Crisis</i>	292
<i>Alcohol and Substance Abuse</i>	299
<i>Other Psychiatric Crises</i>	306
<i>Concluding Comments</i>	307
13. Termination	309
<i>Chapter Overview</i>	309
<i>Terminating FFT: Two Examples</i>	309
<i>The Structure of Termination Sessions</i>	313
<i>Reviewing the Course of Treatment</i>	313
<i>Anticipating Future Problems</i>	315
<i>Evaluating Future Treatment Needs</i>	316
<i>Arranging for Follow-Up Visits</i>	321
<i>Concluding Comments</i>	322
References	323
Index	335