

Bipolar Disorder: Hope and Healing Through Therapy



Bipolar Disorder is also known as Manic Depression, which makes an individual experience high and low moods. Additionally, that individual will also experience changes in their behavior, energy, sleep patterns, and thinking. Bipolar Disorder is a very common mental health illness, and it is usually lifelong. However, with proper care and treatment, the individual can manage the symptoms and live a fairly balanced life.

As the word itself suggests, individuals diagnosed with Bipolar Disorder experience episodes that are poles apart. At one point, they will feel overly energetic, confident, and happy, while at the other point, they will feel sluggish, hopeless, and extremely unhappy. As you read the blog further, you will get a brief understanding of Bipolar Disorder, its symptoms, treatments, therapies, and more.

What are the Types of Bipolar Disorder?

- **Bipolar I:** Individuals diagnosed with Bipolar I often display erratic behavior and manic episodes. They usually last about a week and are often so severe that medical care is

required. Along with that, there are extremely Low episodes that last for about two weeks.

- **Bipolar II:** This type of Bipolar Disorder is more common in females, as stated in research. Individuals with this Disorder experience a depressive episode that usually lasts up to 2 weeks. Along with that, they may also experience a hypomanic episode that lasts about four days.
- **Cyclothymia:** Individuals suffering from Cyclothymia experience a combination of symptoms of depression and hypomania. However, the symptoms are not enough to characterize them as hypomania or depression. Cyclothymia is less severe than Bipolar I and Bipolar II.

What are the Symptoms of Bipolar Disorder?

Every individual face different symptom, and the intensity may vary as well. However, some common Bipolar Disorder Symptoms are listed below.

Symptoms of High Episodes (Mania)

- Hopefulness
- Extreme Happiness
- Excessive excitement
- Being Impulsive
- Decreased sleep.
- Inability to concentrate.
- Increased energy
- Rapid speech
- High sex drive

Symptoms of Low Episodes (Depressive)

- Loss of energy
- Uncontrollable crying
- Irritability
- Suicide Attempt
- Extreme sadness
- Feeling hopeless
- Decreased sex drive.
- Inability to enjoy things they once liked.
- Feeling worthless

What are the Treatment Options Available for Bipolar Disorder?

As mentioned above, there is no cure for Bipolar Disorder, but getting the right treatment at the right time can help one manage the symptoms. There are several treatment options available, like medication, psychotherapy, and lifestyle changes. Let's read these treatment options in detail below.

MEDICATIONS

Medicines help in reducing the symptoms of Bipolar Disorder by affecting certain nerves in the brain and hormones that are responsible for extreme excitement or sadness. These medicines include:

- Lithium (Lithobid) which is a mood stabilizer.
- Olanzapine (Zyprexa) is an antipsychotic drug.
- Fluoxetine-olanzapine that are antidepressant-antipsychotics.
- Benzodiazepines, which work as anti-anxiety medicines for short-term treatment only.

PSYCHOTHERAPY

There are several [Bipolar Disorder supportive therapy](#) approaches that have proven to be effective in managing symptoms. These options are:

Cognitive Behaviour Therapy

CBT is one of the most widely used and effective Bipolar Disorder therapies used to help individuals with Bipolar Disorder. CBT helps individuals identify their negative thoughts, feelings, and beliefs and change them into positive behavior patterns.

A CBT therapist will help a client in addressing their unhelpful thoughts and understand where they come from. Additionally, the client also learns and practices coping strategies that they can use in their daily life when a triggering or distressing event occurs.

Interpersonal and Social Rhythm Therapy

This is a type of individual therapy where the therapist asks the client to keep a record of their daily activities. For example, the time they wake up when they go to bed, and other daily routines. Then, the client is asked to follow a routine and write down the effect the routine brings to their mood.

Along with this, other interpersonal problems in the client's life are also identified, and potential solutions on how to deal with them are drawn. The therapist also teaches them how to follow routines and stabilize their mood when problems emerge in the future.

LIFESTYLE CHANGES

Individuals with Bipolar Disorder can also manage their symptoms themselves sometimes. However, these require making lifestyle choices that help in stabilizing mood and managing symptoms.

These changes include maintaining a regular daily routine, like bedtime and wake-up time. Having a healthy and balanced diet can also enhance mood and provide the nutrition that the body needs in order to stay healthy. Moreover, working out regularly or going for a walk-in nature can help you release that helps as a mood-booster and decreases symptoms of anxiety and depression.

PSYCHOEDUCATION

In this approach, the therapist helps the client and their family learn about the condition and its treatment. Psychoeducation is delivered in both individual and group settings, where different types of self-management techniques are taught.

When the client learns these techniques, they can function better in their workplace and personal life. Moreover, the family and client can learn to work together to create a positive environment at home.

Conclusion

While Bipolar Disorder is a common mental illness, it is a serious condition, and one must not ignore it. If treatment is not delivered at the right time, the condition can cause severe impact on the daily life of the individual and can also sometimes turn life-threatening. Therefore, it is essential to seek help as soon as possible and work on managing the symptoms. [Book your session](#) with a mental health professional today and increase your quality of life by working together.