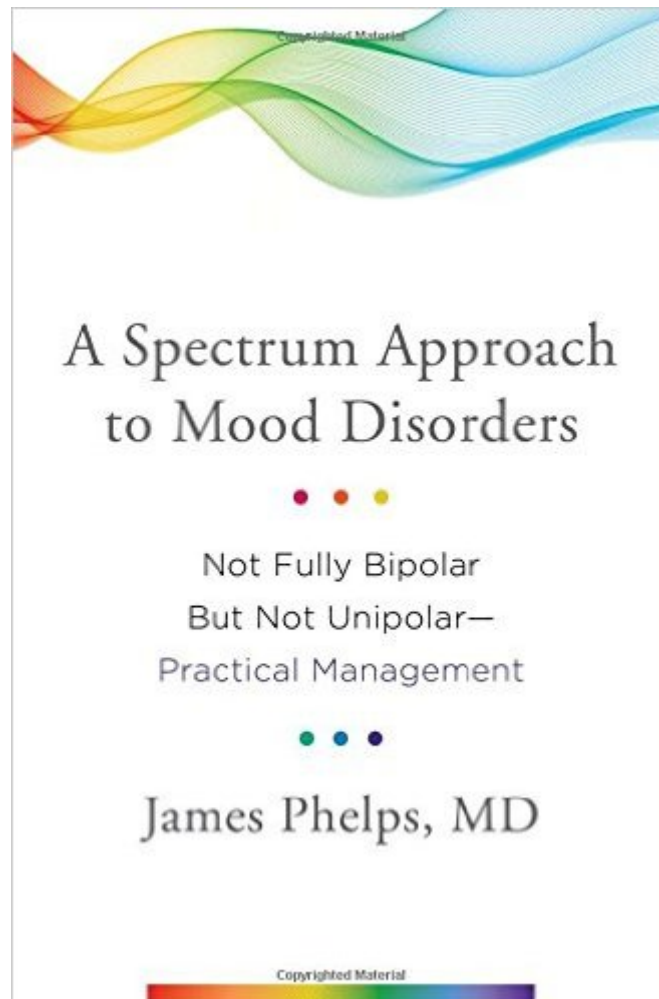


The book was found

# A Spectrum Approach To Mood Disorders: Not Fully Bipolar But Not Unipolar--Practical Management



## Synopsis

How to understand your clients' true illnesses, not just their DSM checklists. Though the DSM discusses the criteria for mood disorders in absolute termsâ€”either present or absentâ€”professionals are aware that while such dichotomies are useful for teaching, they are not always true in practice. Recent genetic data support clinicians' longstanding recognition that a continuum of mood disorders between unipolar and bipolar better matches reality than a yes/no, bipolar-or-not approach. If we acknowledge that continuum, how does this affect our approach to diagnosis and treatment? In *A Spectrum Approach to Mood Disorders*, nationally recognized expert James Phelps provides an in-depth exploration of the signs, symptoms, and nuanced presentations of the mood disorder spectrum, focusing on the broad gray area between Major Depression and Bipolar I. Combining theoretical understanding and real-world scenarios, Phelps offers practical treatment guidelines for clinicians to better understand the subtle ways mood disorders can show up, and how to find the most beneficial path for treatment based on the patient's individual pattern of symptoms. Is it trauma, or is it bipolar? Borderline? Both? Phelps's expertise and wealth of personal experience provides readers with unparalleled insight into a subject that is by nature challenging to define. His emphasis on non-medication approaches, as well as chapters on all the major pill-based treatments (from fish oil to lithium to the avoidance of atypical antipsychotics and antidepressants), creates a comprehensive resource for any clinician working with patients on the mood spectrum. Appendices on the relationship between bipolar diagnosis, politics, and religion; and a plain-English approach to the statistical perils of bipolar screening, offer further value. Phelps has written an invaluable guide of the critical information professionals need to treat patients on the mood disorder spectrum, as well as a useful tool for highly motivated families and patients to better understand the mood disorder that effects their lives. This book seeks to alter the black and white language surrounding these mood disorders to influence a shift in how patients are diagnosedâ€”to insure that treatment matches their specific needs.

## Book Information

Hardcover: 272 pages

Publisher: W. W. Norton & Company; 1 edition (June 20, 2016)

Language: English

ISBN-10: 0393711463

ISBN-13: 978-0393711462

Product Dimensions: 6.5 x 1.1 x 9.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #252,671 in Books (See Top 100 in Books) #122 in Â Books > Health, Fitness & Dieting > Mental Health > Bipolar #567 in Â Books > Textbooks > Social Sciences > Psychology > Psychopathology #910 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP

## Customer Reviews

A great book that has changed my thinking about mood disorders and how to treat them. If you prescribe psych meds you should read this book.

[Download to continue reading...](#)

A Spectrum Approach to Mood Disorders: Not Fully Bipolar But Not Unipolar--Practical Management Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Boundaries: Line Between Right And Wrong (Mental Illness, Codependency, Narcissism, Personality Disorders, Psychopath, Borderline, Mood Disorders) Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals The Bipolar Workbook, Second Edition: Tools for Controlling Your Mood Swings Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder BIPOLAR DISORDER: Bipolar Disorder Survival Guide (SECOND EDITION) The Spectrum of Adventure: A Brief History of Interactive Fiction on the Sinclair ZX Spectrum Doctor Spectrum: Full Spectrum TPB Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities by Sumar, Sonia (2007) Paperback Career Training and Personal Planning for Students with Autism Spectrum Disorders: A Practical Resource for Schools Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders) Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1)

Welcome to the Jungle: Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask Postpartum Mood And Anxiety Disorders: A Clinician's Guide Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath)

[Dmca](#)