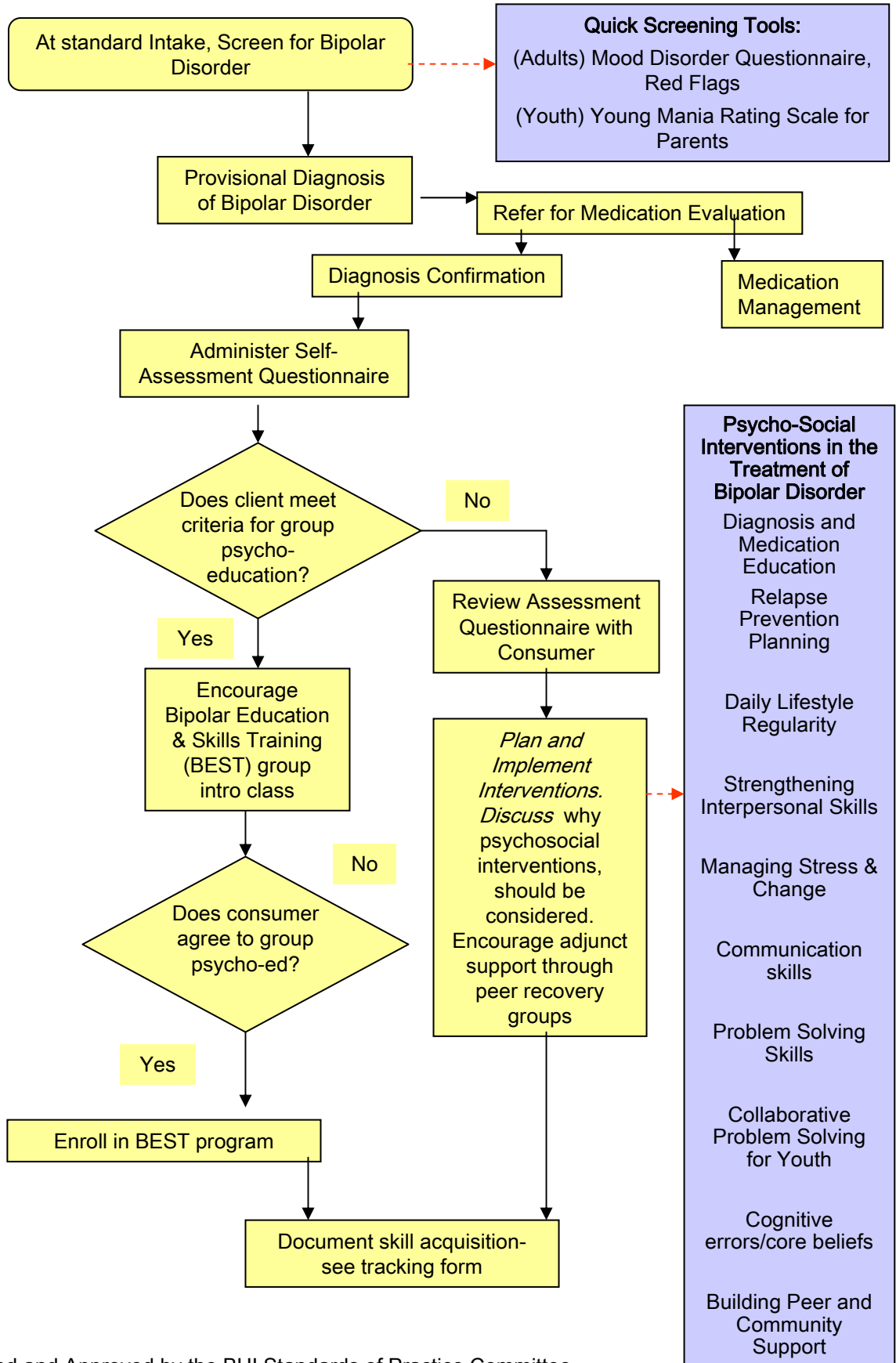


Psychosocial Treatment of Bipolar Disorder for Adults



Tools for Intensive Assessment – can be completed in therapy or given as homework

Life Chart (Kiddie Life Chart)– This retrospective tool builds a visual record of mania/depression/euthymia polarity, the frequency, duration /timing of previous episodes, the severity of symptoms and relationship to environmental stressors. can be given as homework and reviewed in therapy, or done as interview Identifying triggers to relapse

Assessing Parents Needs and barriers to Vestment in Treatment- This tool helps assess parent's experience and needs related to their child's illness

Social Rhythm Baseline (Adults and Youth) –This tool gathers baseline and periodic picture of daily structure or lack thereof. To be completed as homework over a one week period.

Interpersonal Inventory (Adults and Adolescents)– A series of questions that can be used as part of this semi-structured interview

Assessment Factors for Family Focused Treatment. This tool assesses family process, communication and problem solving skills.

Stress Inventory–The Holmes Rahe Inventory assesses recent stressors that might be triggering mood events.