

Family Problems/Conflicts

- The first step is defining the problem. All members of the family should be involved. As there may be varying definitions of the problem, the family may need to compromise just to define the problem!
- Brainstorm solutions. Evaluate each solution by listing and weighing the pros and cons to each solution.
- Test the suggested solution in practice, evaluating its merits and making adjustments if necessary.

For Individual's Problem- solving

Clients can be asked to anticipate up coming life events that may challenge their coping skills.

To help prevent an increase in symptoms clients can:

- Imagine the problem situation
- Cognitively rehearse how they will talk to themselves to keep their emotional reactions within normal limits
- Brainstorm and weigh the pros and cons of various course of action they could take
- Choose one of the two best options
- Behaviorally rehearse their response

Anticipatory Problem-Solving

The two major areas of problems that people with Bipolar disorder need to learn to anticipate and develop options for:

General life stressors that agitate patients and put them at risk for a recurrence of an exacerbation of symptoms

Early signs that warn of an impending dysfunctional elevation of mood

Teaching Problem Solving Skills

Thinking that gets in the way of successful problems solving skills include:

Black and white thinking

Perfectionism

Poor recall of personal events

Various cognitive interventions can help the person change these thinking patterns

References and other sources of information about this intervention

See any Cognitive Behavioral Therapy material about problem solving skills, thought records, or, cognitive distortions.