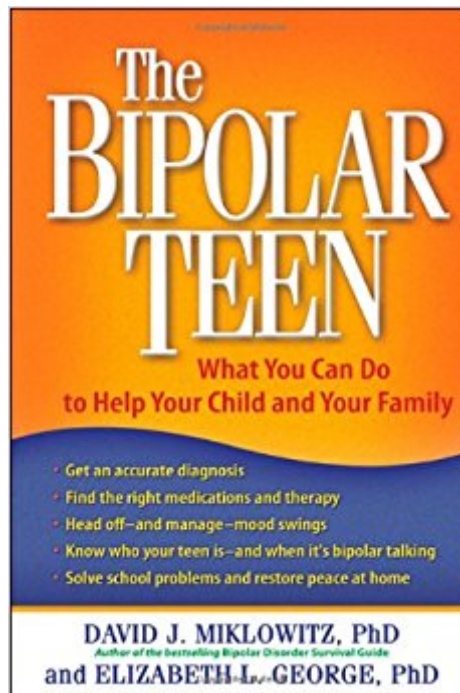




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The Bipolar Teen: What You Can Do To Help Your Child And Your Family



Synopsis

If your teen has been diagnosed with bipolar disorder--or your child's moods seem out of control--Dr. David Miklowitz can help. The bestselling author of *The Bipolar Disorder Survival Guide* has tailored his proven treatment approach to meet the specific needs of teens and their families. *The Bipolar Teen* provides practical tools you can use to make home life manageable again. You'll learn to spot the differences between normal teenage behavior and the telltale symptoms of mania and depression. Together with your child's doctors, you'll be able to strike a healthy balance between medication and psychotherapy, recognize and respond to the early warning signs of an oncoming episode, and collaborate effectively with school personnel. Like no other resource available, this powerful book delivers ways to manage chaos and relieve stress so everyone in your family--including siblings--can find stability, support, and peace of mind.

Book Information

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Customer Reviews

"Parents grappling with questions about adolescent bipolar disorder will find all the key facts in this book: how to recognize the signs and symptoms of mania and depression, the best available treatments, and strategies for protecting family life. Written by leading authorities in the field, the book provides information in a clear, supportive style. I would recommend this book highly to any family that is struggling to come to terms with this difficult disorder."--Sheri L. Johnson, PhD, Department of Psychology, University of Miami"

Miklowitz and George have prepared a book of exceptional sophistication, wisdom, and clinical sensitivity; one that will be useful to parents and clinicians alike. The book draws on the most current research about the assessment and treatment

of bipolar disorder in adolescents, includes copies of ready-to-use scales and materials, and illustrates how these ideas and tools are woven into interventions that are both evidence based and supportive of the unique needs of each family. The discussion of how parents can work with schools to promote academic and social success is particularly valuable. We will be using this book with families in our training clinic, and I will recommend it enthusiastically to colleagues."--Eric Youngstrom, PhD, Department of Psychology, University of North Carolina at Chapel Hill

"Kudos to Drs. Miklowitz and George! This accessible and well-crafted guide distills 20 years of research experience to provide proven management tools to parents who face the daunting task of navigating the world of the bipolar teen."--Demitri Papolos, MD, coauthor of *The Bipolar Child*

"My family has walked in these shoes, and has emerged on the other side of adolescence. My child is now a happy, successful, self-sufficient young adult, thanks to the treatment approach on which this book is based. As both a parent and a professional, I will do anything I can to get this book into the hands of other families who are struggling with this illness. This is the first book on adolescent bipolar disorder that offers hope."--Kathy McBride, MS, Family Resource Specialist, Boulder Valley (Colorado) School District

"This book is filled with tips on handling--and yes, surviving--the 'perfect storm' that is adolescence with a bipolar teen. The authors have seen and heard it all! They share compassionate guidance on how parents can stay calm, keep everyone safe, and steer through the storm."--Martha Hellander, JD, Cofounder, Child and Adolescent Bipolar Foundation

"A treasure chest of comprehensive information, real-life stories, and practical suggestions for parenting your challenging teen supportively and effectively. This book is a wonderful resource that will improve everyday life for the whole family."--V.M., parent of a 15-year-old bipolar child

"Miklowitz draws on his extensive clinical and research background to create a thoughtful book written for the parent struggling with the journey of bipolar disorder....Filled with information...an engaging and informative tool. The authors consolidate information from many sources into an easy-to-understand narrative that introduces necessary medical jargon in a palatable way....An excellent resource for any caretaker of a child or adolescent facing bipolar disorder." (Journal of the American Academy of Child and Adolescent Psychiatry 2007-11-18)

"This is the only book on adolescent bipolar disorder that truly offers realistic expectations, meaningful treatment options, and clearly provides families with invaluable knowledge on their child's illness. One of the best of the year!...5 stars!" (Doody's Review Service 2007-11-18)

David J. Miklowitz, PhD, an award-winning researcher, is Professor of Child and Adolescent Psychiatry at the University of California, Los Angeles (UCLA), School of Medicine, and Senior

Clinical Researcher at Oxford University. He also directs the Child and Adolescent Mood Disorders Program at the UCLA Semel Institute. The author or editor of influential books for professionals on understanding and treating bipolar disorder, as well as the bestselling Bipolar Disorder Survival Guide, Dr. Miklowitz lives in Los Angeles. Â Elizabeth L. George, PhD, is coinvestigator with Dr. Miklowitz on the Colorado Family Project and a psychologist with a private practice based in Boulder. Â

This book is a good introduction to the realm of bipolar. My daughter has recently been diagnosed and we have been searching for any information we can get our hands on. This book provoked several very good discussions between the two of us. I do believe it was more helpful for her than for me. (this is probably due to the fact that it was written by practitioners and not by people dealing with the disorder personally). It was very helpful in helping her to understand how her illness, and behaviors can affect the people around her. It has also been helpful in guiding us thru working with the schools and doctors.

When you are trying to decide whether your teenager is "mad" or "bad", this will help clarify the picture. It is the best of all the books on understanding the bipolar teen. It should be the starting point on your journey with your child who can puzzle you, frighten you, infuriate you and delight you in one day. David Miklowitz gives you the tools and resources to help you and your family navigate the mental health and educational systems.

Outstanding information in a concise easy to read format. Deciphering your child's illness can be tough and this books makes it a lot easier. Def one to read if you love a person with bipolar.

Can't say enough good things about this book. It has made a huge difference in our family and in explaining the heartbreaking changes and what is the new norm, and how to move forward as a family to support your teen/young adult with bi-polar. This book gave me hope.

There has been some controversy as to if a teenager can be diagnosed with bipolar disorder, but Dr. Miklowitz makes a convinces case that they can be. I think that too many who are diagnosed with ADHD are really bipolar.

Excellent resource for parents who are dealing with a bipolar child in their teen years. This book has

helped us understand my daughter's diagnosis and how to manage her symptoms. It has given us the necessary insight to not judge her actions too harshly, and better support her as she learns how to navigate herself through dealing with BP disorder. We are hopeful, after reading this, that she will still have a good and happy, healthy life, now that she understands her psyche.

OK

I have recommended this to several families I have treated who have children diagnosed with bipolar disorder. The feedback has been consistent about how helpful the book has been for them.

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