

TREATING THE PROBLEM: CO-OCCURRANCE OF BIPOLAR DISORDER & SUBSTANCE DEPENDENCE

Crisis Intervention

Diagnosis

Medication

Biopsychosocial Recovery Programs:

- Medical & psychiatric/ psychodynamic factors
- In-patient/out-patient
- Cognitive & behavioral modification
- Group therapy/ Individual therapy
- 12 steps/ Aftercare

Adlerian Therapy & Treatment

The 5 life-tasks

Alternate therapies

- Relaxation
- Meditation
- Yoga
- Massage
- Exercise
- etc.