

The Bipolar Child

The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder

Demitri Papolos, M.D., and Janice Papolos

ABOUT THIS BOOK

From the authors of the classic text **Overcoming Depression**, here is the first book about early-onset bipolar disorder.

Bipolar disorder--manic depression--was once thought to be rare in children. Now researchers are discovering that not only can bipolar disorder begin very early in life, but also that it is much more common than ever imagined. Yet the illness is often misdiagnosed or overlooked. Why?

Bipolar disorder manifests itself differently in children than in adults, and in children there is an overlap of symptoms with other childhood psychiatric disorders. As a result, these kids may be given any number of psychiatric labels: "ADHD," "Depressed," "Oppositional Defiant Disorder," "Obsessive-Compulsive Disorder," or "Separation Anxiety Disorder." Too often they are treated with stimulants or antidepressants--medications that can actually worsen the bipolar condition.

The Bipolar Child demystifies this disorder of childhood.

Drawing upon recent advances in the fields of neuroscience and genetics, the Papoloses convey what is known and not known about the illness. They comprehensively detail the diagnosis, tell how to find good treatment and medications, and advise parents about ways to advocate effectively for their children at school.

Included in these pages is the first Individual Education Plan--IEP--ever published for a bipolar child. The book also offers critical information about the stages of adolescence, hospitalization, the world of insurance, and the psychological impact the illness has on the child.

The Bipolar Child is rich with the voices of parents, siblings, and the children themselves, opening up the long-closed world of the families struggling with this condition. An invaluable resource for parents whose children suffer from mood disorders, as well as the professionals who treat and educate them, this book will prove to have major public health significance.

Advance Praise for **The Bipolar Child**:

"Demitri and Janice Papolos have broken important new ground by taking on the challenging problem of bipolar (manic-depressive) disorder in children and adolescents. . . . Their new book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. Their efforts are welcome."

--Ross J. Baldessarini, M.D., Professor of Psychiatry and Neuroscience at Harvard Medical School, Director of the Bipolar & Psychotic Disorders Program, McLean Division of Massachusetts General Hospital

"**The Bipolar Child** is a well-organized, practical, and authoritative book by highly knowledgeable authors. As the first book on this subject it fills a huge void and will be extremely helpful for families

--E. Fuller Torrey, M.D., Executive Director, The National Alliance for the Mentally Ill Research Institute

"The Papoloses have somehow managed to climb into the minds of the parents of bipolar children and answer our tremendous number of questions. . . . Finally, parents of bipolar children have a book that will help them find hope!"

--S. M. Tomie Burke, Founder, Parents of Bipolar Children and the BPPARENT Listserv

"This book should make the public as well as the field of psychiatry rethink their perceptions of this devastating illness of childhood. It is a book whose time has come."

--Victoria Secunda, author of **When Madness Comes Home**

"**The Bipolar Child** will help families understand the out-of-control child. It includes moving, well-written, and sensitive

accounts from many families who have experienced early onset of this very disabling disorder. The good news is, however, that there is treatment and it works."

--Laurie Flynn, Executive Director, The National Alliance for the Mentally Ill Research Institute

AUTHOR BIOGRAPHY

Demitri Papolos, M.D., is an associate professor of psychiatry at Albert Einstein College of Medicine in New York City and the codirector of the Program in Behavioral Genetics. He is the medical advisor for Parents of Bipolar Children, an on-line support group, and the chair of the professional advisory board of the Child and Adolescent Bipolar Foundation. Janice Papolos is the author of three books, all recognized as definitive in their field. The Papoloses live in Westport, Connecticut.

Brief Intervention for School Problems Collaborating for Practical Solutions

John J. Murphy and Barry L. Duncan

With a simple focus on "what works," this practical book spells out a compelling rationale and practical blueprint for time-efficient, collaborative problem solving in the schools. Demonstrating that every contact with clients is an opportunity for empowerment and change, the authors draw upon extensive hands-on experience and the latest findings in psychotherapy outcome research to present effective strategies for handling behavioral, academic, and psychosocial problems. Extensive case examples and sample dialogues in every chapter guide school practitioners and trainees through the interview and intervention process and illustrate the approach in action.

Preface

I. Foundations

1. Kenny: An Introduction to What Works
2. Empirical Foundations of Effective Intervention

II. The Brief Intervention Approach

3. Assessment: The First Interview
4. Intervention I: The Client Knows Best
5. Intervention II: If at First You Don't Succeed, Try Something Different
6. Evaluating and Maintaining Progress

III. Cases and Conclusions

7. The Case of Larry: Working with What Works
8. The Case of Maria: When Rationality Doesn't Make Sense
9. Special Challenges and Final Thoughts

"[The] writing style and the selection of interesting cases that almost any practitioner would relate to or encounter in a school setting kept my interest alive throughout the entire book....I would highly recommend the book to anyone working or who plans to work in a school setting. The reader will find this text easy to read and very relevant to their daily practice....Graduate students and other practitioners will find the perspective offered by the authors practical and refreshing. In fact, I would recommend the book as an addition to a practicum course reading list in training programs such as school psychology and school counseling. It is probably one of the few books I have read that realistically describes the practice of psychotherapy within a public school setting."

-Contemporary Psychology

"A refreshingly practical orientation toward interventions for the diverse problems faced daily by school practitioners."

-Alex Thomas, PhD

"The book is the best, straightforward, practical approach to the solution of school problems that I have ever read."-Barbara A. Murdock, certified guidance counselor, Boone County High School, Florence, KY