

How Can Talk Therapy Help Improve Bipolarity?

Pragya Sharma*

Department of Medicine, Central University of Jharkhand, India

INTRODUCTION

If you (or a loved one) are one of the estimated seven million people in the United States who suffer from bipolar disorder, you already know how life-changing treatment can be for the rollercoaster ride this illness may cause. While medicine is the primary and most successful line of treatment for helping you stabilise your mood (and maintain it there), studies suggest that psychotherapy (whether in a group setting or one-on-one sessions) has several advantages over medication alone.

Talk Therapy can assist you in Learning to Cope

Clinical Psychologist believes that while talk therapy can't always avoid subsequent manic or depressed episodes, it "can reduce some of the dangers [1]." It can help you lower stress levels, get more pleasure and relaxation out of life, have some supportive relationships, find healthier ways to channel urges during mania or hypomania, and reduce depressive thinking by helping you lower stress levels, get more pleasure and relaxation out of life, have some supportive relationships, find healthier ways to channel urges during mania or hypomania, and reduce depressive thinking. Begin by asking your doctor for a referral to a mental-health expert who can assist you in achieving a stable state of being.

It Has the Potential to Prevent Mood Swings

Talk therapy can also aid in the identification of mood triggers and the development of prevention strategies. "When medicine and talk therapy are used together, the interval between episodes is longer, and the mood symptoms are less severe". Psychotherapy has been shown in studies to hasten the recovery from depressive episodes and to help avoid subsequent mood swings. It also enhances one's ability to operate and the quality of one's life. There are various types of talk therapy that can be helpful.

Cognitive-Behavioral Therapy (CBT) is a type of psychotherapy

CBT (Cognitive Behavioral Therapy) is a sort of therapy that teaches you how to approach negative, intrusive, or bizarre thoughts in a different way so that you don't have to accept or believe them when they arise. Patients learn to manage automatic negative thoughts, eliminate distorted thinking, and disrupt cycles of mania and depression by recording thoughts, keeping mood diaries, and organising activities [2]. "If a patient begins to notice a dark intrusive thought, they may acknowledge it, alter it to

something more positive and realistic, and therefore avoid negative or maladaptive behaviour," adds Dr. Israel.

How CBT Works

Research shows CBT has a positive impact on patients with bipolar disorder by reducing depression levels, improving the severity of mania, decreasing relapse rates, and increasing psychosocial functioning. People with bipolar often have distorted cognitions which can lead to negative mood states; researchers believe CBT helps people deal with those distorted cognitions, also called hyperpositive thinking, particularly during manic states. "It can help with depressive and suicidal thoughts while managing the energy and impulsiveness of hypomania in a healthy way," Dr. Daramus says.

Dialectical Behavior Therapy

Researchers believe those with bipolar disorder have a compromised ability to regulate their emotions. Dialectical Behavior Therapy (DBT) specifically targets this emotion dysregulation and helps to improve emotion control and mood symptoms in patients with bipolar disorder [3]. "DBT can help people tolerate and reduce strong emotions, and find them distractions from stressors," Dr. Daramus says. Therapists help patients seek out replacement behaviors "when they're feeling impulsive, angry, or hyposexual," so they can manage stress levels to help prevent future episodes," she says.

How Does Cognitive Behavioral Therapy Work?

CBT has been shown to benefit patients with bipolar disorder by lowering depression levels, improving manic severity, lowering relapse rates, and enhancing psychosocial functioning. People with bipolar disorder frequently experience distorted cognitions, which can contribute to negative mood states; experts believe that CBT can help people deal with these distorted cognitions, also known as hyperpositive thinking, especially during manic episodes. Dr. Daramus thinks that it can help with melancholy and suicidal thoughts while also regulating the energy and impulsiveness of hypomania in a healthy way.

Family-Focused Therapy

Family-Focused Therapy (FFT) focuses on educating and comprehending bipolar disease while treating the patient and any family members or loved ones. According to Dr. Israel, it covers topics such as how to recognise early warning signs of an episode,

*Correspondence to: Pragya Sharma, Department of Medicine, Central University of Jharkhand, India, E-mail: pragyagenious@gmail.com

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problem-solving skills training, and communication tactics to resolve family issues that these episodes might cause. "When bipolar disorder is producing a lot of friction in the family, family therapy can be very helpful. According to Dr. Daramus, "supportive therapy helps people stay strong during the lengthy journey to stability."

How Does FFT Work?

According to studies, people who got FFT had nearly half the amount of depressive episodes and spent half as much time depressed as those who received medicine alone in families with high levels of bipolar disease. Patients typically don't seek care because they believe they are a burden on their families, according to Dr. Israel [4]. "Within reason, FFT can assist the family have a better grasp of the situation and hold the patient accountable for their actions. They can also devise a strategy for dealing with the patient's decompensation," she adds.

Rhythm Therapy for Interpersonal and Social Relationships

According to Dr. Israel, interpersonal and social rhythm treatment entails teaching a patient how to monitor and manage their daily

routines, such as eating habits, sleep patterns, exercise, and stress, in order to prevent depressive or manic episodes. "It gives the patient a greater understanding of their own warning flags, allowing them to seek care sooner rather than later," she explains [5]. You may maintain a balanced emotional state of being and live a joyful life that isn't dictated by your moods with the correct combination of medication and a talk therapy style that works for you.

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