



Traitements psychologiques des troubles bipolaires (French Edition)

Jean-Michel Aubry, François Ferrero

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Les patients souffrant de troubles bipolaires sont confrontés à des modifications importantes des perceptions, de la personnalité, de l'humeur et des cognitions. Bien que la pharmacothérapie soit incontournable, les thérapies psychologiques permettent de faire face aux nombreuses difficultés rencontrées par ces patients : complications personnelles, familiales et sociales, risque d'abus de substance et/ou de suicide, hospitalisations, conduites à risque...

L'objectif de cet ouvrage est de présenter la diversité et la richesse des différentes approches psychologiques des troubles bipolaires : psychoéducation, thérapies comportementale et cognitive, psychanalytique, familiale, interpersonnelle. Des développements innovants, comme la thérapie basée sur la pleine conscience, sont également abordés. Les auteurs consacrent deux chapitres aux comorbidités fréquentes des troubles bipolaires avec les addictions et le trouble de la personnalité borderline. La rédaction de plusieurs chapitres consacrés à des approches ou à des domaines spécifiques a été confiée à des praticiens particulièrement expérimentés.

Cet ouvrage très complet, à l'esprit d'ouverture, permettra ainsi de répondre aux questions que se posent les praticiens et les patients : « Selon quels critères choisir une approche psychologique plutôt qu'une autre ? », « Quelles sont les spécificités de la prise en charge selon l'âge du patient ? », « Comment prévenir le risque suicidaire ? » ou encore « Quelle est l'efficacité de ces approches ? ».

Préconisant une attitude de compréhension et de soutien, ce livre permettra aux praticiens d'intégrer différents ingrédients thérapeutiques à leur prise en charge et de les adapter à un contexte clinique en constante évolution.

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