



# **Structured Group Psychotherapy for Bipolar Disorder: The Life Goals Program, Second Edition**

*Mark S. Bauer MD, Linda McBride MSN*

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This updated and substantially revised edition not only incorporates the expansion of the pharmacological armamentarium available for treatment but also integrates the explosion of evidence-based data for psychosocial interventions. The authors, a psychiatrist-nurse team, have fine-tuned their two-phase treatment program and present a clear and concise approach to improving illness self-management skills, as well as social and occupational functioning.



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