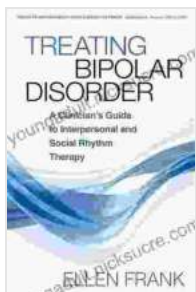


# Clinician's Guide to Interpersonal and Social Rhythm Therapy (IPSRT): An Evidence-Based Treatment for Bipolar Disorder

## What is Interpersonal and Social Rhythm Therapy (IPSRT)?

Interpersonal and Social Rhythm Therapy (IPSRT) is an evidence-based treatment for bipolar disorder that has been shown to be effective in reducing symptoms and preventing relapse. IPSRT is a structured, manualized treatment that focuses on improving interpersonal relationships and social rhythms. Interpersonal relationships are important for people with bipolar disorder because they can provide support and stability during mood episodes. Social rhythms are also important because they can help to regulate mood and prevent relapse.

IPSRT is typically conducted in individual or group therapy sessions. The therapist works with the patient to identify and address problems in interpersonal relationships and social rhythms. The therapist also teaches the patient skills to manage their symptoms and prevent relapse.



## Treating Bipolar Disorder: A Clinician's Guide to Interpersonal and Social Rhythm Therapy (Guides to Individualized Evidence-Based Treatment) by Ellen Frank

★★★★☆ 4.7 out of 5

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## **How does IPSRT work?**

IPSRT works by targeting two core features of bipolar disorder: interpersonal problems and social rhythm disturbances. Interpersonal problems are common in people with bipolar disorder and can contribute to mood episodes. Social rhythm disturbances are also common in people with bipolar disorder and can lead to relapse. By improving interpersonal relationships and social rhythms, IPSRT can help to reduce symptoms and prevent relapse.

IPSRT has been shown to be effective in reducing symptoms of bipolar disorder, including depression, mania, and hypomania. IPSRT has also been shown to be effective in preventing relapse. In a study of people with bipolar disorder, IPSRT was found to reduce the risk of relapse by 50%.

## **Who can benefit from IPSRT?**

IPSRT is a safe and effective treatment for bipolar disorder. IPSRT is appropriate for people with bipolar I disorder, bipolar II disorder, and cyclothymic disorder. IPSRT can be used in conjunction with other treatments for bipolar disorder, such as medication and psychotherapy.

## **How to conduct IPSRT**

IPSRT is a structured, manualized treatment that is typically conducted in individual or group therapy sessions. The therapist works with the patient to identify and address problems in interpersonal relationships and social rhythms. The therapist also teaches the patient skills to manage their symptoms and prevent relapse.

The following is a step-by-step guide to conducting IPSRT sessions:

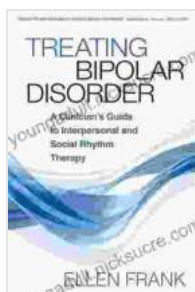
1. **Assessment.** The first step in IPSRT is to assess the patient's interpersonal relationships and social rhythms. The therapist will ask the patient about their relationships with family, friends, and romantic partners. The therapist will also ask the patient about their sleep-wake cycle, eating habits, and exercise routine.
2. **Goal setting.** Once the therapist has assessed the patient's interpersonal relationships and social rhythms, the therapist will work with the patient to set goals for treatment. The goals should be specific, measurable, achievable, relevant, and time-bound.
3. **Intervention.** The therapist will then work with the patient to develop and implement interventions to address the patient's interpersonal problems and social rhythm disturbances. The interventions may include:
  - **Interpersonal skills training.** The therapist will teach the patient skills to improve their communication, conflict resolution, and problem-solving skills.
  - **Social rhythm therapy.** The therapist will help the patient to develop a regular sleep-wake cycle, eating habits, and exercise routine.
  - **Medication management.** The therapist may work with the patient's psychiatrist to manage the patient's medication.
- **Follow-up.** The therapist will follow up with the patient on a regular basis to monitor the patient's progress and make adjustments to the treatment plan as needed.

## The evidence base for IPSRT

IPSRT is an evidence-based treatment for bipolar disorder that has been shown to be effective in reducing symptoms and preventing relapse. The evidence base for IPSRT includes:

- **Randomized controlled trials.** Randomized controlled trials are the gold standard for evaluating the effectiveness of treatments. In a randomized controlled trial, participants are randomly assigned to receive the treatment or a control condition. The results of randomized controlled trials have shown that IPSRT is effective in reducing symptoms of bipolar disorder and preventing relapse.
- **Meta-analyses.** Meta-analyses are studies that combine the results of multiple studies. Meta-analyses have shown that IPSRT is effective in reducing symptoms of bipolar disorder and preventing relapse.
- **Long-term follow-up studies.** Long-term follow-up studies have shown that the benefits of IPSRT are maintained over time.

IPSRT is an evidence-based treatment for bipolar disorder that has been shown to be effective in reducing symptoms and preventing relapse. IPSRT is a safe and effective treatment that can be used in conjunction with other treatments for bipolar disorder. If you are interested in learning more about IPSRT, please talk to your doctor or mental health professional.



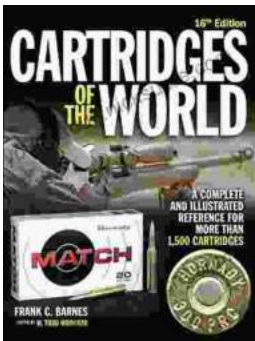
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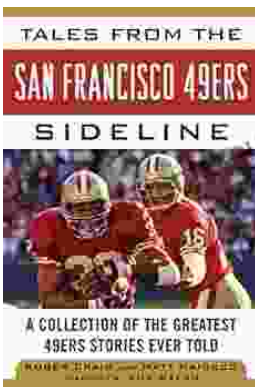
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