



# Mindfulness-Based Cognitive Therapy for Bipolar Disorder

*Thilo Deckersbach PhD, Britta Hölzel PhD, Lori Eisner PhD, PhD Sara W. Lazar, Andrew A. Nierenberg MD*

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**Mindfulness-Based Cognitive Therapy for Bipolar Disorder** Thilo Deckersbach PhD, Britta Hölzel PhD, Lori Eisner PhD, PhD Sara W. Lazar, Andrew A. Nierenberg MD

Grounded in current knowledge about bipolar disorder and its treatment, this book presents an empirically supported therapy program with step-by-step guidelines for implementation. Mindfulness-based cognitive therapy (MBCT) for bipolar disorder is specifically designed for clients who have experienced many mood episodes and who struggle with chronic, pervasive depressive and residual manic symptoms. The authors provide everything needed to conduct the 12 weekly group sessions, which are supplemented by regular individual sessions. Reproducible tools include 29 client handouts and an Instructor Checklist. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus the reproducible materials, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only.

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