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RAINBOW EBOOKS 2019



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Bipolar spectrum disorders are characterized by severe mood dysregulation, rage, irritability, and depression, along with low self-esteem and interpersonal struggles. Children with bipolar symptoms also tend to have poor academic performance and disruptive school behavior, and their families often experience strained relationships and increased conflict.

RAINBOW: A Child- and Family-Focused Cognitive-Behavioral Treatment for Pediatric Bipolar Disorder presents a 12-session family-based treatment intervention for children aged 7-13 with bipolar spectrum disorders. The CFF-CBT/RAINBOW program comprises four innovative aspects in that it: (1) is designed to be developmentally specific to children in this age group; (2) is driven by the distinct needs of these children and their families; (3) involves intensive work with parents parallel to the work with children in order to directly address parents' own therapeutic needs, as well as helping them develop an effective parenting style for their child; and (4) integrates psychoeducation, cognitive-behavioral therapy, and interpersonal therapy techniques, tailored to the unique needs of these children, to augment the effects of pharmacotherapy. This Clinician Manual includes a conceptual overview for each session as well as step-by-step instructions for clinicians with all accompanying handouts, worksheets, and in-session games/activities. It provides clinicians with a comprehensive set of tools and a structured approach to guiding children and families. RAINBOW has been shown to significantly reduce mood symptoms and improve overall functioning for children with bipolar spectrum disorders.

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