



# Evidence-Based Treatment Planning for Bipolar Disorder Companion Workbook

*Arthur E. Jongsma Jr., Timothy J. Bruce*

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## Improve the Quality of Mental Health Care

This *Companion Workbook* to the *Evidence-Based Treatment Planning for Bipolar Disorder DVD* follows each section of the DVD, summarizing important content and providing section reviews as well as test questions and answers to enhance learning of the material. The workbook can be used as an individual, self-paced learning tool or in classroom or workshop settings.

Designed to be used in conjunction with the DVD, this *Companion Workbook* includes:

- Summary highlights of content shown in the DVD
- Chapter review questions covering key chapter concepts
- Test questions of selected chapter concepts
- References to empirical support, clinical resources, and training opportunities for the empirically supported treatments (ESTs) discussed
- Scripts and critiques of the role-played scenarios demonstrating selected aspects of the ESTs
- Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated
- Explanations of correct and incorrect answers to the test questions from each chapter
- An optional 20-question test for Continuing Education Credit

## Also available:

*Evidence-Based Treatment Planning for Bipolar Disorder DVD* / 978-0-470-41790-4

*Evidence-Based Treatment Planning for Bipolar Disorder DVD Facilitator's Guide* / 978-0-470-56846-0

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