

## **Cognitive-behavioral therapy of bipolar depressive disorder (Manic-depressive): a case study**

**Mohammad Khodayarifard, Ph.D. Professor**

Post doctorate of psychotherapy & child clinical psychologist  
Faculty of Psychology and Education, University of Tehran,  
Jalale Ale Ahmad Ave. Chamran High Way, 14454, Tehran, Iran

E-mail: [khodayar@ut.ac.ir](mailto:khodayar@ut.ac.ir)

Phone: (+98-21) 22441349

Fax: (+98-21) 88259418

### **Abstract**

**Introduction:** The usual treatments of the bipolar depressive disorder, such as medication and electroconvulsive therapy (ECT) have negative side effects on memory and cognition and the likelihood of recurrence. Researchers and clinical experts have been trying to design alternative psychotherapeutic methods for treating this disorder. For example, cognitive behavior therapy (CBT) has been shown to be an efficient treatment. **Objective:** the purpose of the present case study is to examine the efficiency of CBT combined with medication in the treatment of bipolar depression. **Method:** Two participants with bipolar disorder were treated using CBT and medication. In this method, techniques such as self-monitoring, positivism, relaxation, cognitive re-construction, problem solving and social skills were applied. **Result:** The results showed that the combination of CBT and medication can be effective in treating bipolar depression. **Conclusion:** The findings, which are congruent with those of previous investigations, indicating that unhealthy beliefs, attitudes and cognitive constructs may play an important role in the formation and continuation of this disorder, and therefore a proper way of treating it would be to work with those unhealthy cognitive constructs.

**Key words:** Mood disorders, bipolar disorder, manic depression, cognitive behavior therapy.