

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## My Experience With Bipolar

By Triston Huntsmin

As a counseling psychologist, I enjoy a variety of clients each day with a variety of needs. I see

couples who are on the edge of divorce yet still want to save their marriage and I see young children who are struggling after the loss of a parent or sibling. Some of my most interesting clients are those that deal with bipolar. I was never trained to specifically deal with bipolar, so I had to dive in with my first bipolar client and learn as I went.

I'll never forget meeting with my first (of many) client who was struggling with bipolar. I was a little bit afraid because I only had a basic knowledge of the problem and even less understanding of effective treatment plans for the disorder. The first three sessions I had with this bipolar client I simply let her talk. I asked questions as a method of gaining information, but I barely gave any tidbit of counsel or direction. Why? Because I didn't know what to say. I had never experienced someone in my years of preparation and internship for counseling who was so clearly up and down and almost living two different lives.

Each day after I met with my first bipolar client I shut myself in my office and spent the day pouring over books and other credible resources that would help me learn about the disorder. I called up a few friends that were specialists on the topic and I did ever possible proactive thing to be more prepared for my client by the next week.

The things I have learned in the fifteen years since that first close encounter with someone struggling with bipolar are things I never expected to learn. I have become so intrigued with the subject that I have conducted a series of clinical research studies aimed at bringing further understanding of bipolar into the medical and psychological communities. Studying and aiding people with bipolar truly has become my life's work and passion. In the strangest way it snuck up on me and became all I could focus on. It has been my privilege to receive certification as a "bipolar needs specialist" and to begin teaching other counselors how to aptly deal with the problems of bipolar.

If you or someone you know struggles with bipolar disorder, then my advice is simple: learn more. Educating yourself on this important topic is the most important thing you can do. There is much to be learned and much victory to be gained in this area as more people learn the truth.

Triston Huntsmin is a counseling psychologist who now specializes in the diagnosis and treatment of bipolar patients. See

<http://www.allbipolar.info>

for more information on the disorder.

### **Bipolar Disorder And The Symptoms**

#### **By Ray Stone**

Bipolar disorder is also known as manic depression. Bipolar disorder is a psychological disorder that effects a person's mood. The mood swings are very extreme with a manic (high elation) phase and a very deep depressive phase. There is estimated to effect approximately 1% of the adult population. There is also evidence that shows that neither men nor women have a greater chance of suffering from bipolar disorder than the other. Bipolar is the third most common disorder after major depression and dysthymic disorder (a mild but persistent form of depression). Because of the extreme psychological disturbances caused by bipolar disorder, it can destroy lives. Alcohol and drug problems are often present in sufferers and without proper medication and care, it leads to 20% of sufferers committing suicide.

Many people experience a depressive phase most of the time, while only experiencing very few manic episodes. It is the swing between moods that people find hardest to deal with. Although no one would care to feel deeply depressed.

There is no cure for bipolar disorder and it is a life-long condition that often needs to be controlled with medication. Lithium is used to help control mania phases of people who suffer from bipolar disorder. Bipolar often begins in adolescence or early adulthood, and continues throughout life. Bipolar disorder is very seldom diagnosed in people who are 40 years old and above.

Types of Phases Although it is generally accepted that bipolar disorder alternates the sufferers mood between mania and depression, the American Psychiatric Association has identified four different moods that are experienced in varying degrees of intensity and length, or not at all.

Depression – typical depression from a lack of motivation or interest in anything including eating to thoughts and attempts at suicide.

Mania – often begins with an elated or euphoric feeling. can also cause a sufferer to feel angry and irritable.

Hypomania – a milder form of mania where the person feels good and feels they are becoming more productive with their life.

Mixed mood – a mixed episode is characterised by experiencing feelings of mania and depression all in the same day.

## My Experience With Bipolar

**Symptoms of Bipolar Disorder** Bipolar disorder symptoms are disturbances or abnormality of moods with the sufferer alternating between a manic phase and a depressive phase repetitively.

**Depressive Phase Symptoms** Very deep negative moods often with thoughts or attempts at suicide. Eating disorders. No interest in activities enjoyed in the past. None or very little interest in sex. No self esteem. Sleeping problems high an low. Feeling guilty.

**Manic Phase Symptoms** Excessive high or euphoric feelings along with many grand or over-ambitious ideas or plans. Excessive amounts of energy. Unnaturally high self-esteem and self-belief. Increased

sex drive which may lead to promiscuity and aggressive sexual behaviour. Extreme irritability and easily distracted. Alcohol and drug abuse, usually cocaine and sleeping medication. Little need for sleep. Manic phase lasts at least one week.

Ray Stone

<http://www.perfectdrugrx.com>

(c) 2006, PerfectDrugRx. All rights in all media reserved.

Reprints must include byline, contact information and copyright.



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**