

SLEEP AND THE EIGHT DIMENSIONS

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Interpersonal and Social Rhythm Therapy

Interpersonal and Social Rhythm Therapy (IPSRT) is an evidenced-based treatment designed to help people with bipolar disorder improve their mood by understanding and stabilizing biological and social rhythms. This IPSRT fact sheet is designed for both providers and consumers to review and learn more about this therapy.

Essential Elements

- Social Rhythm Therapy to regulate daily routines and emphasizes link to mood
- Interpersonal Therapy to emphasize link between mood and life events
- Education to support habits and routines relative to medication

Goals

- Create and sustain consistent daily routines and sleep/wake cycles
- Increase skills to reduce the number and severity of socially based stressors
- Learn skills habits and routines to prevent future affective episodes

Structure

- The treatment was developed to be offered individually (one client and one therapist), but has been adapted to group settings
- IPSRT is offered in weekly sessions to start; monthly sessions at the end
- There are four stages of treatment:
 - 1. Initial phase** - focused history taking that links disruptions in routines to affective episodes and establishes rationale for treatment
 - 2. Intermediate phase** - focused on reorganizing social rhythms.
 - 3. Maintenance phase** - focused on reinforcing new social rhythms and building confidence in techniques learned earlier in treatment
 - 4. Final phase** - reduction in frequency of visits to work towards termination

Outcomes

- Improved occupational functioning, mood stabilization, and social rhythm stabilization
- Shorter time to "recovered" status compared to case management controls
- Longer duration of time to next affective episode compared to case management controls

Resources

- [Interpersonal and Social Rhythm Therapy](#)
- [Interpersonal and Social Rhythm Therapy for Bipolar Disorder: Strategies and Techniques](#)
- [Treating Bipolar Disorder: A Clinician's Guide to Interpersonal and Social Rhythm Therapy](#)
- [Treatment Choices: Options for Bipolar Disorder](#)

References

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