

Bipolar Disorder Written Assignment-Courtney Krajesky:

Summary of Bipolar Disorder:

Bipolar Disorder is a brain disorder that can result in extreme fluctuation in a person's mood, activity levels, energy levels that fluctuate, and the ability or inability to perform daily tasks. The disorder is a chemical imbalance in the brain that can be caused by either genetic or hormonal imbalances. It is a category that includes three different conditions: bipolar I, bipolar II, and cyclothymic disorder. Bipolar I is a manic-depressive disorder that can exist both with and without psychotic episodes. Bipolar II disorder consists of depressive as well as manic episodes which alternate and are typically less severe and do not inhibit function. Cyclothymic disorder is a cyclic disorder that causes brief episodes of hypomania and depression.

There are warning signs for bipolar disorder with depressive episodes such as fatigue, irritability, difficult concentration, changes in eating or sleeping patterns, sadness, withdrawal from others, as well as untidy environments. The warning signs associated with manic episodes include racing thoughts, lack of or decreased sleep, impulsive actions, excitability or highly energetic moods, interrupting others, irritability, and a very neat or very messy environment. Suicidal ideations may be present for the individual with bipolar disorder when they are coming out of a depressive or mixed episode. Medications may also play a role in the disorder as they can trigger manic or depressive episodes, therefore it is imperative that the individual pay close attention to medications they are taking.

Bipolar Disorder presents many symptoms surrounding episodes. The presenting client had abnormal or excessive elevation and energy. He appeared frantic, hyperactive or over-excited. He was interested in the violin which had him thrilled with elevated levels of excitement. The other signs consisted of racing thoughts and speech which led him to speak at high speeds. Grandiose thinking describes the exaggerated sense of importance or knowledge. The client case mentioned the quick level of learning the violin in comparison to others. He also presented the decreased need for sleep, three hours in this case. The client stated that he hears voices in his head and that he is "gifted." Gil takes aspirin but no other known medications were mentioned. He consumes alcohol each weekend and seems to feel at ease when he drinks and experiences euphoria. The alcohol improves his mood overall and leads him to blackouts and when he wakes up, he hears the symphony once more. The client displays racing thoughts and has abused alcohol and drugs which led to pictures in his mind. Marijuana slows down his thoughts which often occurs with individuals who have the disorder. Bipolar episodes typically do not come completely out of the blue. He continued unhealthy habits which further exaggerated symptoms. The manic state led him to these unhealthy behaviors which were risky and yet in his mind made him feel better.