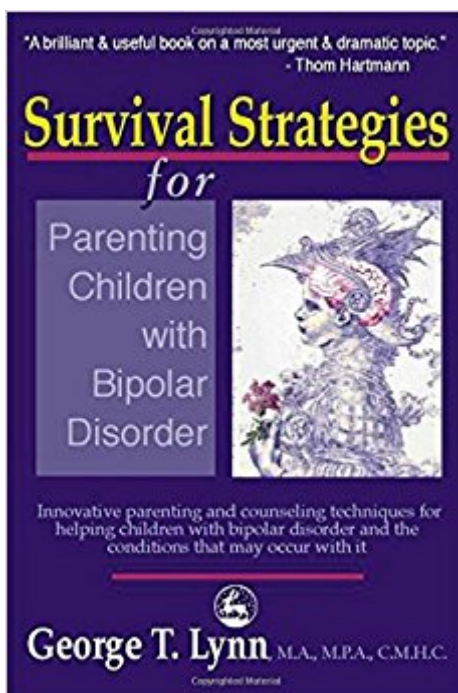


The book was found

Survival Strategies For Parenting Children With Bipolar Disorder: Innovative Parenting And Counseling Techniques For Helping Children With Bipolar Disorder And The Conditions That May Occur With It



Synopsis

'A definitive guide covering all aspects of Bipolar in children, from spotting the symptoms to getting the correct interventions to help cope with the condition. This book explains the Biological causes and helps to separate the symptoms from those of other conditions including, Tourettes, Aspergers and ADHD, whilst acknowledging that the conditions can appear as co-morbid in some children. Full of practical help and support George Lynn discusses various case histories and how to cope as a parent, along with a guide to help the child learn strategies to live with Bipolar.' - adders.org 'The author, George Lynn, is a certified medical health counselor who has pioneered the usage of psychotherapy for adults and children with neuropsychological issues. When his own son was diagnosed with Tourette syndrome in 1991, he realized that personality can be powerfully impacted by brain chemistry independent of environment' - 'The book is orientated for parents, but I believe many professionals can find helpful tips and information.' - International Journal of Adolescent Medical Health 'George T. Lynn's book, Survival Strategies for Parenting Children with Bipolar Disorder is a valuable resource for parents and those in the mental health profession. The author draws on his experience as a counselor to describe the symptoms of Bipolar Disorder and Bipolar Disorder co-existing with Asperger's Syndrome, Tourette's Disorder or ADHD. He provides a clear, comprehensive perspective on effectively parenting a child with bipolar disorder. He also explains what characteristics the disorders have in common and how they differ from each other. Lynn is skilled at developing the differential diagnosis of disorders that often have significant overlapping characteristics. In every chapter Lynn provides a comprehensive case history, parent survival strategies and simple, straightforward tips for 'surviving meltdowns.' He includes a section on brain physiology, medication management and school success. He gives practical advice about difficult decisions that parents often have to make, including when to call the police and the pros and cons of psychiatric hospitalization. With this book, George Lynn has made a major contribution in the area of parenting children with Bipolar Disorder. He successfully instructs the reader on how to understand and identify the symptoms of these disorders and at the same time how to focus on the child's strengths or "gifts". He delivers a well written and interesting book that provides realistic solutions to difficult problems, and hope to families of these exceptional children.' - Metapsychology Online Review Up until five years ago, the professional community did not think that Bipolar Disorder occurred in children. Children with symptoms of Bipolar Disorder were diagnosed as 'severe ADHD', 'depressed' or 'Oppositional Defiant'. Now, as it is being increasingly diagnosed, George Lynn offers clear, practical advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges

of parenting a child with Bipolar Disorder. As it is frequently found in combination with ADHD, Tourette Syndrome and Asperger's Syndrome, the author draws on case-studies from his own psychotherapeutic practice to show what these conditions have in common, how they differ, and how they relate to each other. *Survival Strategies for Parenting Children with Bipolar Disorder*, tackles the most difficult decisions parents can face, including whether to involve police or consider hospitalization if their children are a danger to themselves and their families. At the same time, it emphasizes the positive qualities these children often have and illustrates how their gifts and abilities can build their self-esteem and help them function better in society. However severe the child's symptoms, George Lynn's book will provide guidance, support and inspiration for parents and carers as well as being a useful resource for professionals working with the families who suffer as a result of this disorder.

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Customer Reviews

George Lynn is a Certified Medical Health Counselor who has pioneered the use of psychotherapy for adults and children with neuropsychological issues. When his son was diagnosed with Tourette Syndrome in 1991, he realized that personality can be powerfully impacted by brain chemistry independent of environment. He now works with children and adults with ADD, Tourette Syndrome, Bipolar Disorder, Obsessive Compulsive Disorder and Asperger's Syndrome. He is the author of *Survival Strategies for Parenting your ADD Child: Dealing with Obsessions, Compulsions, Depression, Explosive Behaviour and Rage*, published by Underwood Books.

Since my 6 daughter was recently diagnosed with early-onset bipolar, I've read everything I could get my hands on about the disorder. What makes this book so wonderful is that Lynn recognizes the strengths, not simply the weaknesses, inherent in this condition. He offers straight talk on the hard choices that may or may not lie ahead for parents of these kids, but he also offers a great deal of encouragement: BP is not a parenting error, but a brain disfunction; it's not simply a curse, but also a possible blessing. Because of my family's situation, the sections on conditions that are sometimes co-morbid with BP (Tourettes, ADHD, Asberger's) really weren't that helpful--which was disappointing because the other sections were so wonderful I wanted more there. But still--definitely skip the Mitzi Waltz book (mostly down-side information, maybe appropriate for kids in the worst-case scenarios, but not reassuring), but add this one along with The Bipolar Child by Papolos, and you'll have a good collection of specific parenting suggestions along with the basics on medication and other choices. But this book was the first to really give me a sense of hope.

This book was detailed and specific. I left feeling hopeful - that yes, my child fit the Bipolar description to a "T" but that at least I could be sure she'd been diagnosed properly. Especially helpful was the chapter describing the difference between an ADHD 'meltdown' and a Bipolar 'rage.' There ARE differences - I wonder why it is so hard to explain the experiences to psychiatrists treating our children. It was also very helpful to be able to go down the list and see what the doctors are looking for to make a diagnosis - what they are talking about, the current wisdom on just what is happening in our children's brains when the rage happens - I can't endorse this book enough. I would like to buy a copy for anyone who is wondering "Is it possible my child has Bipolar? Or is it all in MY mind?" This book told me the doctor was right - I am now more certain than the doctor that this is my child's difficulty. **BUY THIS BOOK!**

If you have a child with Bipolar, its one of about a hundred books you will read... parts will apply to you and parts wont. It doesn't hurt reading everything you can. Take what you need and leave the rest behind.

This is an excellent resource for any parent of a bi-polar child. "Normal" discipline techniques don't work with children struggling with mental health issues. This book was very helpful and I would recommend it without hesitation.

This has pretty much everything you need to know about bipolar syndrome for children and teens, including info about children with multiple syndromes. It's easy to read and fascinating.

It was a little too technical to be useful to parents for the most part. An index would have been very useful as well.

We found *Survival Strategies for Parenting Children with BiPolar Disorder* Clear, detailed, and helpful. It addresses our concerns honestly and offers helpful ways to approach the challenge of raising a child with bipolar disorder.

The author, George Lynn, is a certified medical health counselor, who has pioneered the usage of psychotherapy for adults and children with neuropsychological issues. When his own son was diagnosed with Tourette syndrome in 1991, he realized that personality can be powerfully impacted by brain chemistry independent of environment. Bipolar disorder, extreme mood cycling between a hyperenergized, grandiose, elevated mood and deep depression, has been known in adults, but only recently recognized in children. It can be a disorder on its own or in association with for example Aspergers syndrome, Tourette syndrome and attention deficit hyperactivity disorder (ADHD). The book has 14 chapters arranged into five sections: Bipolar disorder in children, Asper syndrome and bipolar disorder in teens, soothing the hurt of Tourette syndrome and bipolar disorder, ADHD and its extremes and finally hard decisions on schools, professionals, psychiatric hospitals and police involvement. In the appendix you will also find ten websites for families of children with bipolar disorder and related conditions. The book is orientated for parents, but I believe many professionals can find helpful tips and information.

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