

## Psychoeducation Resources

### Therapy manuals:

Colom, F., & Vieta, E. (2010). [Psychoeducation manual for bipolar disorder](#). Cambridge University Press.

### Clinician training resources:

### Additional Resources:

[Supporting materials for PROBLEMS OF THE BIPOLAR SPECTRUM, An overview of psychological approaches by Greg Murray, PhD, FAPS](#)

Lifegoals Program: Psychoeducation and collaborative care

Bauer, M. S., & McBride, L. (2003). [Structured group psychotherapy for bipolar disorder: The Life Goals program \(2nd ed.\)](#). Springer Publishing Company.

Bauer, M., Kilbourne, A., Greenwald, D., & Ludman, E. (2009). [Overcoming bipolar disorder: A comprehensive workbook for managing your symptoms and achieving your life goals](#). New Harbinger Publications.

If you are a clinician interested in learning more about the Lifegoals Program, including reviewing all modules and receiving provider and participant resource, [please visit the Life Goals Collaborative Care website](#) or send a direct inquiry to [lifegoalscc@umich.edu](mailto:lifegoalscc@umich.edu). Please note that you must register for a free account that requires approval from the Lifegoals Program administrator prior to receiving access to these additional materials.

Training is recommended to deliver the Life Goals programme. Free web-based training targeted at health professionals is available through the [VHA TRAIN website](#). To access this you need to create an account on the site and then search for “Life Goals” to find the training module. There are three levels of training, and upon completing the online component (Level I), live training is made available. Interested individuals can send enquiries to [lifegoalscc@umich.edu](mailto:lifegoalscc@umich.edu).

*Developed as Part of the ISBD Evidence Based Psychological Intervention Resources For Clinicians Webpage found on ISBD.ORG*

*Version October 2025*