Local Rehab Examines Bipolar I and II Disorders

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Sarasota, FL ? Clean Recovery Centers is a local rehab that recently published an article examining the differences between bipolar I and II disorders. Their program addresses mental health conditions, substance use disorders, and co-occurring disorders.

?Bipolar disorder is a type of mood disorder that causes mania and depression with symptoms usually occurring for set periods known as ?episodes.? While mood fluctuation is normal, those with bipolar I and II disorder will experience extreme highs and lows. There are four types of bipolar disorder, with I and II being the most common. Let?s compare how the two conditions are similar and different and what makes each unique,? the article reads.

The main characteristic of bipolar I disorder is experiencing manic episodes. Symptoms include having endless energy, increased productivity, rapid thoughts and ideas, restlessness, and a decreased need for sleep. A key side effect that can occur during manic episodes is psychosis. The person loses the concept of reality and may experience hallucinations, delusions, and paranoia. Experiencing psychosis can be dangerous and requires medical attention immediately.

Those living with bipolar I disorder will primarily experience manic episodes lasting at least one week, but

may also experience depressive episodes that last at least two weeks. A person with bipolar I may also experience shortened but intense manic episodes that require hospitalization. It is possible to experience symptoms of both mania and depression at the same time, known as mixed episodes.

Bipolar II disorder involves experiencing depressive episodes. These episodes can still last two weeks at a time but are often more debilitating compared to bipolar I disorder. Because of this, bipolar II is sometimes misdiagnosed as a major depressive disorder. The key to distinguishing bipolar II disorder from depression is tied to hypomanic episodes. Hypomania is a less intense version of mania. The person will still have a boost in energy and productivity, though the episode only lasts about 4 days. Hypomanic episodes also do not result in psychosis ? experiencing a psychotic event is only a characteristic of mania.

?As bipolar disorder affects mood, both I and II will experience mood swings and highs and lows. These mood swings can vary from mild to severe and cause disruptions in day-to-day life. This can also affect relationships, jobs, and finances. On top of this, energy level variations can also interfere with these areas.

Bipolar disorder also can involve rapid cycling, which can occur in both types I and II. Rapid cycling involves experiencing 4 or more episodes of mania, hypomania, or depression during a 12-month period. There is no pattern to rapid cycling and there is no way to predict when it will happen. The shifts in mood can occur as fast as a few hours to a few days apart.

Lastly, both types of bipolar disorder involve similar treatment options. Cognitive behavioral therapy (CBT) is an effective method in treating bipolar I and II. This specific therapy works to change negative thought patterns and behaviors by recognizing and addressing their unhealthy nature. CBT also works to develop coping skills for stress management. Another component of treating bipolar disorder is medications. Antidepressants, antipsychotics, and mood stabilizers can be utilized to treat both manic and depressive symptoms of bipolar I and II. Bipolar disorder is a life-long condition, and both types can benefit from seeking treatment to manage their symptoms,? the article continues.

The biggest difference between bipolar I and II disorder is mania vs. hypomania. Though hypomania can happen in both, only those with bipolar I will experience manic episodes. In bipolar II disorder, depression is likely to be more prominent, causing chronic symptoms when left untreated. Though depressive episodes occur in bipolar I, they often don?t last as long. Both conditions fall under the bipolar disorder umbrella, but being diagnosed with bipolar II is not a lesser form of bipolar I. Each condition poses its own presentation of symptoms and management techniques, even though some do overlap.

Clean Recovery Centers has been a leading provider of mental health and substance use disorder treatment along the Suncoast. Each of their locations offers housing certified by the Florida Association of Recovery Residences (FARR). Their program utilizes a unique, three-phase approach unlike any in the area.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

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