

In the first part of my work I summarize recent knowledge of bipolar disorder and possibilities of its treatment. The understanding bipolar disorder mechanisms that affect their long-term course is very important for the treatment. The course – mainly the occurrence of depressing and manic periods - is possible to modify by a long-term prophylactic drug treatment. It seems that the preventive psychotherapeutic intervention that I have focused on can effectively help in pharmacotherapy and improve long-term prognosis of patients with bipolar disorder.

In the second part of my work I analyse the set of 12 case-reports of patients with bipolar disorder. I try to identify the beginning of disorder and early warning signals (prodromal indicators) of the relapse. I consider 1) the course of disorder of every particular patient 2) the validity of the medical records that can be used as a base for the preventive psychotherapeutic intervention.