

Interpersonal Social Rhythm Therapy Worksheet

ISRT strategies

- The ability to create a collaborative interpersonal formulation of current mood and emotional distress that recognizes interpersonal events and elements that influence mood stability.
- The capacity to apply the interpersonal therapy model's unique focus areas to individuals with Bipolar Disorder.
- A capacity to work with a focus on grieving to view grief for the lost healthy self consequent on a diagnosis of bipolar disorder
- Working with the client and focusing on interpersonal role conflicts
- An ability to work with a transition focus to evaluate the impact of changes in a person's social life and daily routines on their ability to control their mood.
- A capacity to work with a client's interpersonal impairments or sensitivities, where the client's experience is not necessarily one of relative solitude, but rather one of poor quality social networks.
- the ability to recognize the probable impact of bipolar disorder on the establishment of social networks that are relatively unsupportive or unstable.