

Bipolar Disorder Individualized Treatment Plan

Patient Information

Name

Date of Birth

Date

Diagnosis

e.g., Bipolar I Disorder, Bipolar II Disorder, Cyclothymia, Specifiers

Presenting Problems & Symptoms

Describe current symptoms, e.g., mood swings, manic or depressive episodes, sleep issues

Goals & Objectives

List treatment goals, e.g., stabilize mood, reduce episode frequency, improve functioning

Treatment Interventions

Medication management, individual therapy, psychoeducation, lifestyle modification, support resources

Medications

List current or recommended medications, dosages, and frequency

Support System

Family, friends, support groups

Safety & Crisis Plan

Warning signs, coping skills, emergency contacts

Follow-Up & Review

Next Appointment

Provider's Name