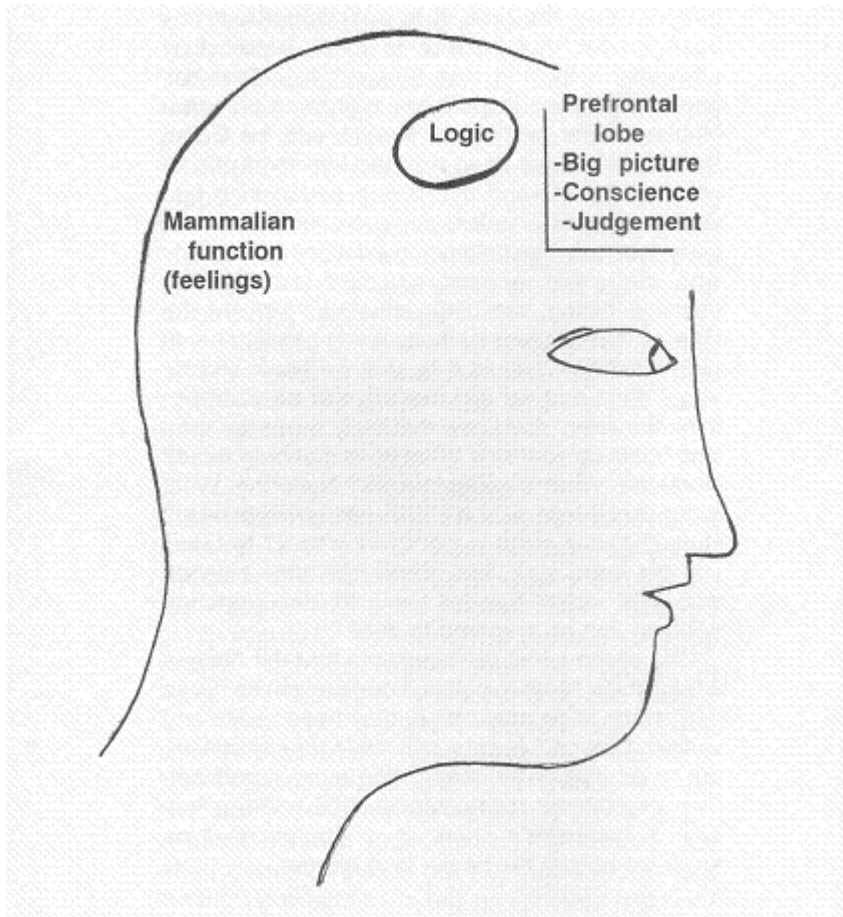


(Excerpt from the short booklet)
Bipolar - An Unorthodox, Common Sense Explanation
by Dr. Jay Carter

{Following is an excerpt from the booklet on bipolar disorder written by Dr. Jay Carter, PhD (Clinical Psychologist). As always, comments, when I have felt the need to add them, are highlighted in blue and surrounded in {} so they can still be identified if this material is printed in grayscale.}

BIPOLAR MANIC BRAIN DYSFUNCTION



REASONABLE EXPLANATIONS

Intervening to help terminate, or at least ameliorate a Bipolar Hypo-manic or manic episode

Note the diagram above

The Intervention for someone who is manic is:

1. Get them in their prefrontal lobe.
2. Get them in touch with their feelings.

How do you get someone in the prefrontal lobe? By reminding them of the bigger picture and showing concern for them. When they are manic, they do not seem to process new information well, so you need to **remind them of a past situation that may be**

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applicable to the current one. **Remind them how they felt in the past in a similar situation with difficult consequences.** Never blame, shame, or make wrong. That just will not work. Bipolars are usually very prideful people, which can be a blessing or a curse, depending how they apply it in their lives. Show affinity, caring, concern, etc.

Another intervention would be to sit down with the person when the person is clear thinking and decide what to do if an episode happens. You must have a leap-of-faith agreement with the person so they will take direction. You must be someone they trust. In one relationship between husband and wife, the husband agreed he would take medication for two months if his wife said so. That worked for them. If he didn't, he knew she would leave him. When manic, a person's judgment and conscience is diminished even though they may seem "brilliant", logically.

You may notice that sometimes when a person is manic, they talk loudly. The voice volume control is in the prefrontal lobe. If the light is dimming in the prefrontal lobe or out completely, they are not "seeing" themselves or "seeing" the environment. Hence the loudness. ...

...

{I first discovered Dr. Carter's book in 2001, read it from cover to cover in one sitting, and started to figure out how I could apply the various suggestions he makes throughout the book.

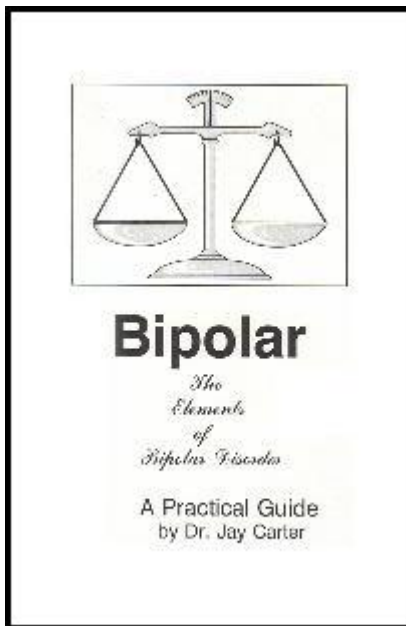
Since I'm a bit of a loner, finding a way to apply the "Intervention" information Jay just provided was somewhat problematic; because I needed to have a pre-set intervention I could use on myself by myself.

Well I found one in the creative talent of Ralph S. Marston, Jr. One evening (meaning it was around 3 am and I was in one of my "I'm still hypo-manic ... whatever shall I do next to keep myself entertained and out of significant mischief and/or promiscuous spending (thanks to the marvels of the Internet) I had a minor epiphany. I remembered Jay's Intervention discussion, AND remembered Ralph S. Marston Jr.'s combination slide shows from the daily motivator web site **AT THE SAME TIME** and thought I Wonder if... It seemed most appropriate to begin with the slide show titled "The Wonder of It All" so I played it, and then a few of his others. **Talk about a big picture and getting in touch with feelings!** I woke up about 6 hours later sitting or "lounging" in front of my computer – (I have a very comfortable executive chair – and it is probably a more comfortable place to sleep than my bed). From then on, I've used the same "self-intervention solution(s)" for manic moments (actually hypo-manic moments is more correct) if I ever get to serious manic again I'll probably be toast just like anyone else – but I wouldn't know; since my last trip to Club Med. was December 31, 1992, and the last episode I can be sure got to manic, was when my air conditioner was OUT for over a week, before it finally got replaced (August 2007) - I wasn't (OUT) from a sleep perspective for most of that same week.

So, try my tip if you can remember it when you are hypo-manic or manic. You can access individual shows with direct Internet http commands (note do not include www.) Try <http://wonderofitall.com>, Try them all, and then pre-program yourself with an alert notice to remind you. I use a framed cartoon that hangs on the wall behind my computer for that purpose. Take a look at it <http://www.dbsaoc.org/img/tweety's-prayer>.

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If my tip works for you, please send an e-mail using the e-mail ThanksDoc option (sends an e-mail to ThanksDoc@dbsaoc.org, and if it doesn't work for you, please let me know by email to WebAdmin@dbsaoc.org I'll be forwarding the most interesting e-mails (without the from e-mail Ids) to both Ralph Marston and Jay Carter. If they are anything like I am, they'll enjoy hearing that they made a difference. I've already told both of them that they made a difference for me, but if this works out the way I think it will, they are going to find out how big a difference they really made. If it does not work as well for others as it works for me, the e-mails to WebAdmin might help me to determine why. Thank You, R.J. WebAdmin.



For anyone who has already figured out that I'm actually doing a comprehensive Book Review of Dr. Carter's perfect 64 pages on the installment plan, you can go straight to source and get it all in one sitting as I did. I donated a few copies to our library – note that you need to look for the re-titled 127 page version in our library. That version is titled "Bipolar – *The Elements of Bipolar Disorder* – A Practical Guide" by Dr. Jay Carter

R.J.}

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