

Genius Gone Awry
Part II
Bipolar Disorder
Famous People in History
Radio 10/01/09
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Philippians 4:13

1. Review of part I:
Genius Gone Awry—Bipolar Disorder
A Test for Possible Bipolar Issues—True or False—10 Questions
 1. I have distinct periods of alternating mood, going from feeling high to feeling low.
 2. I have times of rage.
 3. I have times of being too confident—grandiose.
 4. I have times of decreased need for sleep.
 5. I have times of increased speech.
 6. My mind races at times.
 7. I am distractible.
 8. At times I can do a great amount of work.
 9. I have an increased sex drive.
 10. When I have felt high I have either spent too much money or acted out sexually.

2. Review of characters in history with various nuances of bipolar disorder:

Orator: **Sir Winston Churchill**—Prime Minister of Great Britain (1940)

“I felt as if I were walking with destiny and that all my past life had been but a preparation for this hour and for this trial.”

Literature: **Charles Dickens** of Great Expectations fame

His creativity is shown in his thorough description of novel characters such as:

Pip
Ms. Havasham
Bob Cratchit
Fagin
Jacob Marley
Ebenezer Scrooge
Tiny Tim
Samuel Pickwick
Uriah Heep
Barkis
Nicholas Nickelby
David Copperfield

“It was the best of times, it was the worst of times.”

Art: **Van Gogh** of Starry Night fame.

He cut off his ear in a fit of rage.

Music: **Mozart** of the Magic Flute fame.

“...during the night, when I cannot sleep...my ideas flow best and most abundantly.”

Music: **Beethoven** of the Moonlight Sonatas fame.

“Born with a fiery temperament...I was soon compelled to withdraw...to live my life alone.”

Literature: **Virginia Woolf** of To the Lighthouse.

“I was certain I was going mad again.”

Music: **Robert Schumann** of Carnival fame and Song Cycle technique.

Actress: **Vivian Leigh** of Gone with the Wind fame by M. Mitchell.

Actress: **Patty Duke**

Musician: **Charlie Pride**

Theology: **John Calvin** (1509-1564)

- slept less than 4 hours a night
- kept 4 secretaries going around the clock with French and Latin dictation

- amount of work was “miraculous”

(All of the above are speculation based on the research into their behaviors.)

REVIEW OF ETIOLOGY

1. Genetics: The number one of all emotional issues, this carries the danger above all others.
 - twin studies showed the high genetic causation
2. Environmental Stressors: Accentuate

REVIEW OF TREATMENT **What can we do for Bipolar Disorder?**

1. Psychotherapy—Support systems
(Be careful with this early on—high anger, high denial)
2. Psychosocial—Hospitalization
3. Psychopharmacology—Medications:
(Categories)
 - Lithium Carbonate
 - Neuroleptics
 - Atypical Neuroleptics
 - Anticonvulsants

Tips to Recognize and Prevent Manic/Mixed Episodes

- Bipolar disorder often attacks insight
- Enlist those you trust to monitor behaviors and mood states
- Identify common early signs
- Track your history of mood episodes
- Get enough sleep
- Set reasonable work hours
- Join a bipolar support group
- Compliance with medication

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to www.mcphope.com
- Minirth Clinic – for outpatient care and retreats
972-669-1733 or 1-888-MINIRTH (646-4784)
www.minirthclinic.com
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry (for pastors)
www.hearts-of-love-international-ministry.org