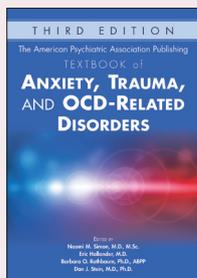




PSYCHIATRY, MENTAL HEALTH & BEHAVIOURAL SCIENCE BOOKS FOR 2020/2021

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The American Psychiatric Association Publishing Textbook of Anxiety, Trauma, and OCD-Related Disorders

Third Edition

Edited by Naomi Simon, M.D., MSc, Eric Hollander, M.D., Barbara O. Rothbaum, Ph.D., A.B.P.P., and Dan J. Stein, M.D., Ph.D.

Designed for clinicians at every level, *The American Psychiatric Association Publishing Textbook of Anxiety, Trauma, and OCD-Related Disorders* addresses

the origin, assessment, diagnosis, and treatment of these disorders in a comprehensive, up-to-date, and compelling manner. Fresh voices are everywhere in this authoritative revision of the classic text, as more than 60% of the contributors are new. They join stalwarts from the previous edition—experts who bring stellar credentials and a discerning eye to the task of revising the text to reflect cutting-edge scholarship and evidence-based clinical knowledge.

Following a comprehensive overview of core principles, the book provides detailed coverage of specific DSM-5® diagnoses: generalised anxiety disorder, obsessive-compulsive and related disorders, panic disorder and agoraphobia, social anxiety disorder, specific phobia, and trauma- and stressor-related disorders. Each section presents the latest thinking on phenomenology and pathogenesis, then provides evidence-based clinical recommendations for pharmacotherapy and psychotherapy.

Grounded in the latest research, clinically rich, and pedagogically strong, *The American Psychiatric Association Publishing Textbook of Anxiety, Trauma, and OCD-Related Disorders* is the go-to text for mental health clinicians looking for evidence-based knowledge and support.

June 2020 | 754 pages | 978-1-61537-232-4 | hardback £115.00



Treatment of Stress Response Syndromes

Second Edition

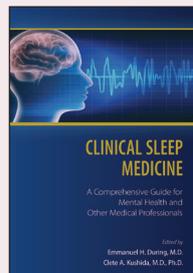
Mardi J. Horowitz, M.D.

Stress is a universal condition. However, severe stress related to loss, trauma, and/or terror necessitates an integrated approach, one that was pioneered nearly 20 years ago with the publication of *Treatment of Stress Response Syndromes*. This classic text has been updated and revised for our times, reflecting changes in DSM-5®, which introduced a new category of diagnoses called trauma- and stressor-related disorders. This

new edition updates treatment recommendations for these disorders and emphasises formulation for determining appropriate therapeutic strategies.

Of great practical value for psychotherapists and other mental health professionals working with patients experiencing the effects of serious life events, *Treatment of Stress Response Syndromes* is the definitive guide to the psychotherapy and management of acute stress and PTSD, combining clear and compelling case descriptions with the eloquent presentation of therapeutic technique.

September 2020 | 108 pages | 978-1-61537-305-5 | paperback £26.00



Clinical Sleep Medicine

A Comprehensive Guide for Mental Health and Other Medical Professionals

Edited by Emmanuel H. During, M.D., and Clete A. Kushida, M.D., Ph.D.

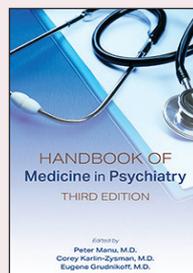
Featuring the contributions of more than two dozen experts, *Clinical Sleep Medicine: A Comprehensive Guide for Mental Health and Other Medical Professionals* is the definitive resource to the core concepts of sleep medicine. With the most up-to-date information and the latest guidelines, this guide summarises the

pathophysiological mechanisms, epidemiology, clinical presentations, and management of adult and paediatric sleep disorders, including:

- Insomnia
- Sleep-disordered breathing
- Sleep-related movement disorders
- Hypersomnia
- Circadian disorders
- Parasomnias

With a small format that belies its comprehensiveness, *Clinical Sleep Medicine* is an indispensable, on-the-go reference for clinicians, researchers, non-medical professionals, and even patients themselves.

September 2020 | 420 pages | 978-1-61537-300-0 | paperback £50.00



Handbook of Medicine in Psychiatry

Third Edition

Edited by Peter Manu, M.D., Corey Karlin-Zysman, M.D., and Eugene Grudnikoff, M.D.

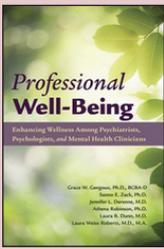
Poverty, substandard medical care, social neglect or withdrawal, unhealthy lifestyle—these are just some of the contributors to the substantial morbidity of patients with severe mental illness. Medical deteriorations are often unexpected and severe, and particularly difficult to evaluate in the context of psychotic disorders.

For this new edition, the *Handbook of Medicine in Psychiatry* has been updated and streamlined to provide a realistic approach to the medical issues encountered in psychiatric practice by helping clinicians answer whether their patient:

- Is at risk of dying or becoming severely disabled.
- Requires an immediate therapeutic intervention for a potentially life-threatening condition.
- Needs to be transferred to an emergency medicine setting.
- Requires urgent investigations.
- Must have changes made in the current medication regimen.

Clinicians working in today's busy inpatient and outpatient psychiatric settings will find in these pages a cognitive framework and knowledge base that will aid them in accurate decision making in the conditions of uncertainty created by potentially major medical deteriorations of the vulnerable populations under their care.

May 2020 | 547 pages | 978-1-61537-228-7 | paperback £63.00



Professional Well-Being

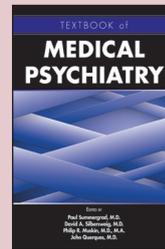
Enhancing Wellness Among Psychiatrists, Psychologists, and Mental Health Clinicians

Grace Gengoux, Ph.D., BCBA-D, Sanno E. Zack, Ph.D., Jennifer Derenne, M.D., Athena Robinson, Ph.D., Laura B. Dunn, M.D., and Laura Weiss Roberts, M.D., M.A.

Physician self-care is correlated with patient care; a growing body of evidence supports this. Yet, a culture persists within medicine that values overwork, perfectionism, and self-sacrifice, often to the detriment of clinicians themselves. This title advocates for a new culture, one that is supportive of the health and well-being of health professionals to the benefit of the patients and populations they serve.

June 2020 | 298 pages | ISBN: 978-1-61537-229-4 | paperback £41.00

NEW



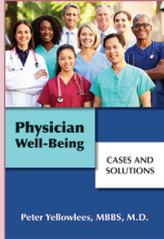
Textbook of Medical Psychiatry

Edited by Paul Summergrad, M.D., Philip R. Muskin, M.D., M.A., David A. Silbersweig, M.D., and John Querques, M.D.

Even veteran clinicians may find it challenging to diagnose and treat patients who have co-occurring medical and psychiatric disorders or symptoms.

The comprehensive knowledge base and clinical wisdom contained in the *Textbook of Medical Psychiatry* makes it the go-to resource for evaluating and managing these difficult cases.

April 2020 | 768 pages
ISBN: 978-1-61537-080-1 | hardback £104.00



Physician Well-Being

Cases and Solutions

Peter Yellowlees, MBBS, M.D.

Physician Well-Being argues that the major reasons for physician distress are organisational and systemic and focuses on solutions that work. Through fictional but realistic and nuanced case studies, it proposes solutions designed to make today's typical health care environments more effective.

March 2020 | 265 pages
ISBN: 978-1-61537-240-9 | paperback £41.00

NEW



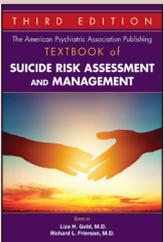
A Psychiatrist's Guide to Advocacy

Edited by Mary C. Vance, M.D., Katherine G. Kennedy, M.D., Ilse R. Wiechers, M.D., M.P.P., M.H.S., and Saul Levin, M.D., M.P.A.

A Psychiatrist's Guide to Advocacy demystifies the process of stepping up and being heard, rendering advocacy less intimidating and helping readers build the skills and confidence

necessary to advocate for patients, practitioners, and the profession.

June 2020 | 458 pages
ISBN: 978-1-61537-233-1 | paperback £44.00



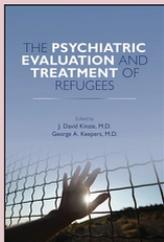
The American Psychiatric Association Publishing Textbook of Suicide Risk Assessment and Management

Third Edition

Edited by Liza H. Gold, M.D., and Richard L. Frierson, M.D.

The American Psychiatric Association Publishing Textbook of Suicide Risk Assessment and Management will engage and inform a wide variety of readers, from clinical psychiatrists, psychologists, social workers, and trainees to primary care, internal medicine, and family practice physicians, with its expanded, up-to-the-minute, and comprehensive coverage.

April 2020 | 477 pages | ISBN: 978-1-61537-223-2 | hardback £89.00



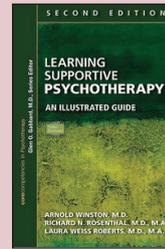
The Psychiatric Evaluation and Treatment of Refugees

Edited by J. David Kinzie, M.D., and George A. Keepers, M.D.

Designed to provide mental health clinicians with the foundational knowledge and skills they need to diagnose and treat refugees, who are disproportionately likely to suffer from post-traumatic stress disorder and psychosis in the short term and depression and anxiety in the long term.

July 2020 | 222 pages | ISBN: 978-1-61537-226-3 | paperback £36.00

NEW



Learning Supportive Psychotherapy

An Illustrated Guide

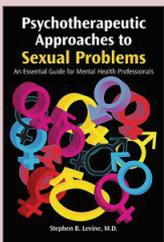
Second Edition

Arnold Winston, M.D., Richard N. Rosenthal, M.D., and Laura Weiss Roberts, M.D., M.A.

Learning Supportive Psychotherapy: An Illustrated Guide provides a time-tested text accompanied by carefully scripted case vignette videos designed to help beginning therapists learn how to build a relationship and establish rapport with psychotherapy patients.

This text provides beginning therapists, social workers, psychiatric nurses, and others with the practical instruction and real-world models they need to forge positive relationships with a broad range of patients and deliver effective psychiatric interventions.

February 2020 | 232 pages
ISBN: 978-1-61537-234-8 | paperback £52.00



Psychotherapeutic Approaches to Sexual Problems

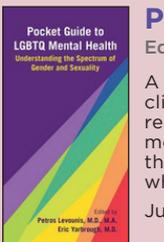
An Essential Guide for Mental Health Professionals

Stephen B. Levine, M.D.

In *Psychotherapeutic Approaches to Sexual Problems*, senior clinical sexuality specialist Dr. Stephen B. Levine aims to increase the comfort of both mental health trainees and advanced practitioners in assisting patients with their sexual concerns.

January 2020 | 157 pages | ISBN: 978-1-61537-283-6 | paperback £30.00

NEW



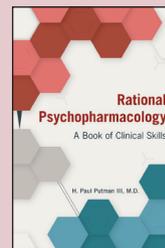
Pocket Guide to LGBTQ Mental Health

Edited by Petros Levounis, M.D., M.A., and Eric Yarbrough, M.D.

A down-to-earth, informative, and affirming manual for mental health clinicians working with patients of diverse gender and sexual identities. In recent years, people have begun to grapple with these issues in a healthier, more public way, and mental health practitioners must be prepared to meet their patients with the knowledge, understanding, and grasp of the context in which patients live their lives.

July 2020 | 214 pages | ISBN: 978-1-61537-275-1 | Paperback £43.00

NEW



Rational Psychopharmacology

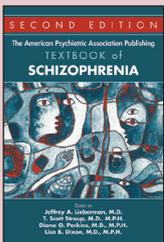
A Book of Clinical Skills

H. Paul Putman III, M.D., DLFAPA

The first book of its kind, *Rational Psychopharmacology: A Book of Clinical Skills* teaches the reader how to think thoroughly and methodically when assessing a patient, reviewing research data (both basic and clinical), and developing and evaluating effective patient recommendations. Other psychopharmacology texts are typically limited to a list of currently available medications and their rationales for use, dosages, and side effects and fail to provide the clinician with the systematic orientation and skills necessary to engage in thorough and rational treatment planning.

August 2020 | 334 pages
ISBN: 978-1-61537-313-0 | paperback £44.00

NEW



The American Psychiatric Association Publishing Textbook of Schizophrenia

Second Edition

Edited by Jeffrey A. Lieberman, M.D., Lisa B. Dixon, M.D., M.P.H., Diana O. Perkins, M.D., M.P.H., and T. Scott Stroup, M.D., M.P.H.

Not just an update, but an entirely new take on this critically important subject, *The American Psychiatric Association Publishing Textbook of Schizophrenia* supersedes the previous edition and surpasses its competitors.

May 2020 | 320 pages | ISBN: 978-1-61537-172-3 | hardback £104.00

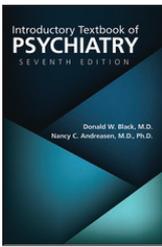
NEW

Cultural Psychiatry in Children, Adolescents, and Families

Edited by Ranna Parekh, M.D., M.P.H., Cheryl S. Al-Mateen, M.D., Maria Jose Lisotto, M.D., and R. Dakota Carter, M.D., EdD

February 2021 | 485 pages
ISBN: 978-1-61537-333-8 | paperback £51.00

NEW



Introductory Textbook of Psychiatry

Seventh Edition

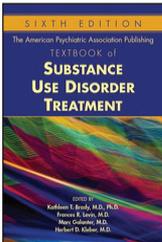
Donald W. Black, M.D., and Nancy C. Andreasen, M.D., Ph.D.

NEW

Now in its seventh edition, *Introductory Textbook of Psychiatry* remains the seminal gateway to this fascinating field. Organised along the lines of DSM-5® and updated to reflect changes to that manual, it includes information on the latest diagnostic approaches and therapies and medications.

Thorough in its scope, this guide is an accessible primer on the basics of psychiatry not only for medical students but, indeed, for anyone interested in the human brain, its maladies, and how to treat patients with these disorders.

August 2020 | 638 pages
ISBN: 978-1-61537-319-2 | paperback £63.00
ISBN: 978-1-61537-312-3 | hardback £85.00



The American Psychiatric Association Textbook of Substance Abuse Treatment

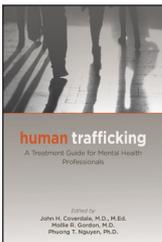
Sixth Edition

Edited by Kathleen T. Brady, M.D., Ph.D., Frances R. Levin, M.D., Marc Galanter, M.D., and Herbert D. Kleber, M.D.

NEW

Completely revised and restructured and representing the cutting edge of research, practice, and policy in substance use disorder (SUD) treatment. A one-stop reference for evidence-based information on neurobiology, assessment, treatment, and research trends in SUDs, the book is an indispensable resource for trainees and veteran clinicians alike.

February 2021 | 990 pages
ISBN: 978-1-61537-221-8 | hardback £136.00



Human Trafficking

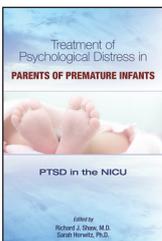
A Treatment Guide for Mental Health Professionals

Edited by John H. Coverdale, M.D., Mollie R. Gordon, M.D., and Phuong T. Nguyen, Ph.D.

NEW

Human Trafficking: A Treatment Guide for Mental Health Professionals is an educational and clinical resource for health care practitioners from any discipline who may encounter sex- or labour-trafficked persons. This guide is singular in delivering the background knowledge and frontline clinical strategies providers need to identify, relate to, and treat these psychologically wounded, yet resilient patients.

August 2020 | 284 pages
ISBN: 978-1-61537-248-5 | paperback £36.00



Treatment of Psychological Distress in Parents of Premature Infants

PTSD in the NICU

Edited by Richard J. Shaw, M.D., and Sarah Horwitz, Ph.D.

NEW

At the outset of pregnancy, most parents expect a roughly 40-week journey punctuated by the birth of a healthy baby. When a preterm birth upends these expectations, the effects extend beyond the infant; there are real psychological consequences for the parents themselves.

Treatment of Psychological Distress in Parents of Premature Infants tackles these issues, shedding light on the high prevalence of symptoms of post-traumatic stress disorder in parents following a premature birth.

December 2020 | 350 pages
ISBN: 978-1-61537-320-8 | paperback £43.00

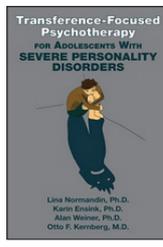
Prenatal Alcohol Exposure

A Clinician's Guide

Mansfield Mela, M.B. B.S., M.Sc.

NEW

February 2021 | 435 pages
ISBN: 978-1-61537-239-3 | paperback £53.00



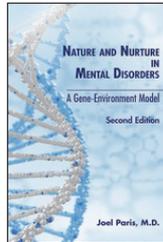
Transference-Focused Psychotherapy for Adolescents with Severe Personality Disorders

Lina Normandin, Ph.D., Karin Ensink, Ph.D., Alan Weiner, Ph.D., and Otto F. Kernberg, M.D.

NEW

Transference-Focused Psychotherapy for Adolescents With Severe Personality Disorders is a manual for clinicians who wish to learn an effective psychodynamic treatment for young people with personality disorders (PDs). Despite converging evidence that PDs emerge in childhood and are clearly evident in adolescence, research on effective treatments has been limited. The editors have therefore created a book that details treatment models with strong theoretical foundations and examines systematic interventions designed to explore and resolve the conflicts and behaviours, common to PDs, that impede normal adolescent development.

January 2021 | 304 pages | ISBN: 978-1-61537-314-7 | paperback £43.00



Nature and Nurture in Mental Disorders

A Gene-Environment Model

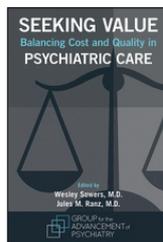
Second Edition

Joel Paris, M.D.

NEW

In this thoroughly revised, second edition of *Nature and Nurture in Mental Disorders*, the author argues that an overreliance on biology at the expense of environment has been detrimental to the field - that, in fact, the "nature versus nurture" dichotomy is unnecessary. Instead, he posits a biopsychosocial model that acknowledges the role an individual's predisposing genetic factors, interacting with environmental stressors, play in the aetiology of many mental disorders.

November 2020 | 204 pages | ISBN: 978-1-61537-334-5 | paperback £42.00



Seeking Value

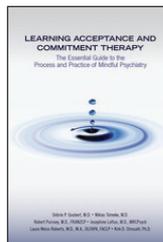
Balancing Cost and Quality in Psychiatric Care

Edited by Wesley Sowers, M.D., Jules M. Ranz, M.D.
Group for the Advancement of Psychiatry

NEW

The U.S. health care system is the most expensive in the world by a considerable margin, yet health indicators are among the worst in the developed world. *Seeking Value: Balancing Cost and Quality in Psychiatric Care*, examines the factors that have contributed to this disparity and offers a holistic vision for health care reform—one in which the psychiatric profession plays a pivotal role.

January 2021 | 350 pages | ISBN: 978-0-87318-225-6 | paperback £63.00



Learning Acceptance and Commitment Therapy

The Essential Guide to the Process and Practice of Mindful Psychiatry

Edited by Debrin P. Goubert, M.D., Niklas Torneke, M.D., Ph.D., Robert Pursey, M.D., FRANZCP, Josephine Loftus, MRCPsych, M.D., Laura Weiss Roberts, M.D., M.A., and Kirk D. Strosahl, Ph.D.

NEW

What if the key to psychological well-being lies not in controlling or eliminating unpleasant mental symptoms but rather in helping patients function effectively in the life areas that matter to them? This is the underlying proposition of Acceptance and Commitment Therapy (ACT), an innovative cognitive-behavioural approach that is redefining the practice of psychotherapy across the globe. In this ground-breaking volume, the first of its kind written for psychiatric and non-psychiatric clinicians, readers will learn the principles and practices of ACT as they apply to psychiatric assessment, case analysis, and treatment.

Readers have access to an online instructional library that features extensive video demonstrations of core ACT principles and techniques and can also download an extensive array of practice support tools for use in daily psychiatric practice.

August 2020 | 358 pages | ISBN: 978-1-61537-173-0 | paperback £48.00



Good Psychiatric Management and Dialectical Behavior Therapy

A Clinician's Guide to Integration and Stepped Care

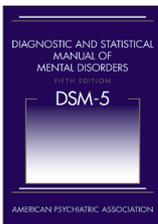
Edited by Anne Sonley, M.D., J.D., and Lois W. Choi-Kain, M.D., M.Ed.

NEW

Good Psychiatric Management and Dialectical Behavior Therapy: A Clinician's Guide to Integration and Stepped Care presents a unique approach to treating borderline personality disorder (BPD). The approach, known as good psychiatric management (GPM), requires minimal training, is flexible, and is feasible for generalists to learn and use. However, the guide also draws upon the essential concepts and tools of dialectical behaviour therapy (DBT), which is considered a gold standard for BPD treatment. This combination of GPM, which is easy to master, and the fundamental techniques of DBT constitutes an accessible, useful, and evidence-based model that clinicians can use to deliver quality care.

Good Psychiatric Management and Dialectical Behavior Therapy provides general psychiatrists, therapists, social workers, and mental health nurses, family doctors and psychiatry residents with the skills they need to manage BPD, ensuring that patients who might otherwise lack treatment receive the care they need.

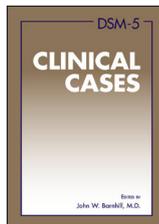
February 2021 | 165 pages | ISBN: 978-1-61537-341-3 | paperback £41.00



Diagnostic and Statistical Manual of Mental Disorders (DSM-5®)
Fifth Edition
American Psychiatric Association

This edition is the product of years of effort by hundreds of international experts in all aspects of mental health. Their dedication and hard work have yielded an authoritative volume that defines and classifies mental disorders in order to improve diagnoses, treatment, and research.

2013 | 991 pages
978-0-89042-554-1 | hardback £156.00
978-0-89042-555-8 | paperback £118.00



DSM-5® Clinical Cases
Edited by John W. Barnhill, M.D.
Presents patient cases that exemplify the mental disorders categorised in DSM-5®, bringing it alive for teachers and students of psychiatry, psychology, social work, nursing, and related mental health and healthcare fields.

2014 | 402 pages
978-1-58562-468-3 | hardback £70.00



DSM-5® Classification
American Psychiatric Association
This handy DSM-5® Classification provides a ready reference to the DSM-5® classification of disorders, as well as the DSM-5® listings of ICD-9-CM and ICD-10-CM codes for all DSM-5® diagnoses.

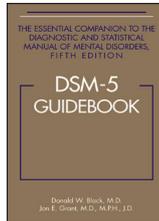
2016 | 183 pages
978-0-89042-566-4 | spiral bound £30.00



Desk Reference to the Diagnostic Criteria From DSM-5®
American Psychiatric Association

This handy reference provides quick access to the information essential to making a diagnosis. Designed to supplement DSM-5®, this convenient guide will assist all mental health professionals as they integrate the DSM-5® diagnostic criteria into their diagnoses.

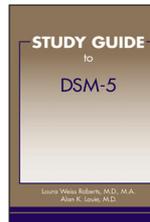
2013 | 443 pages
978-089042-563-3 | spiral bound £55.00
978-0-89042-556-5 | paperback £55.00



DSM-5® Guidebook
The Essential Companion to the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition
Donald W. Black, M.D., and Jon E. Grant, M.D., M.P.H., J.D.

A user-friendly, supplementary guide for psychiatrists, psychologists, and other mental health practitioners who need to know how DSM-5® differs from its predecessor in terms of organisational structure, diagnostic categories, and the criteria themselves.

2014 | 567 pages
978-1-58562-465-2 | paperback £56.00



Study Guide to DSM-5®
Edited by Laura Weiss Roberts, M.D., M.A., and Alan K. Louie, M.D.
Engagingly written, the *Study Guide to DSM-5®* introduces learners to DSM-5® and provides them with the tools they need to fully understand and deftly apply DSM-5® concepts and criteria.

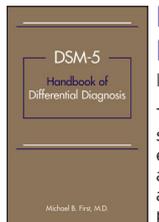
2015 | 552 pages
978-1-58562-464-5 | paperback £56.00



The Pocket Guide to the DSM-5® Diagnostic Exam
Abraham M. Nussbaum, M.D.

Both experienced clinicians and those still in training will benefit from the thoughtful, yet practical, fashion in which DSM-5® revisions are reviewed and incorporated into the 30-minute diagnostic interview.

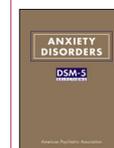
2013 | 281 pages
978-1-58562-466-9 | paperback £53.00



DSM-5® Handbook of Differential Diagnosis
Michael B. First, M.D.

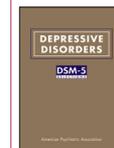
This handbook offers a rich selection of perspectives in an easy-to-use format. The author, an expert on psychiatric diagnosis and assessment, explains how psychological distress cannot be reduced to a rubric.

2014 | 338 pages
978-1-58562-462-1 | paperback £70.00



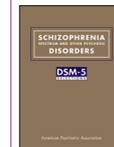
Anxiety Disorders
DSM-5® Selections
American Psychiatric Association

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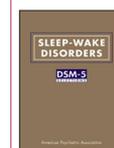
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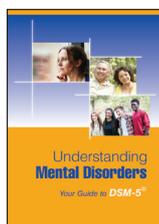
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