



The Therapist's Guide to Psychopharmacology: Working with Patients, Families, and Physicians to Optimize Care

By JoEllen Patterson PhD, A. Ari Albala MD, Margaret E. McCahill MD, Todd M. Edwards PhD LMFT

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This indispensable book provides therapists and counselors with crucial knowledge about psychotropic medications: when and how to make medication referrals, how to help patients handle questions and problems that arise, and how to combine medication and psychotherapy effectively. Ideal for readers without extensive background in neurobiology, the book clearly explains how medications work in the brain and how they affect an individual's emotions, behavior, and relationships. Particular attention is given to strategies for collaborating successfully with prescribers. The authors also emphasize the important role that family members play in medication decision making and discuss ways to involve them in treatment.

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- Sales Rank: #1836096 in Books
- Brand: Brand: The Guilford Press
- Published on: 2006-08-17
- Original language: English
- Number of items: 1
- Dimensions: 1.15" h x 6.30" w x 9.20" l, 1.25 pounds
- Binding: Hardcover
- 310 pages

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Editorial Review

Review

"This book fills an important gap in the literature by providing psychotherapists with trustworthy medical information. The authors get to the essence of complex subjects and present them in an engaging and conversational writing style that readers will appreciate. Those without a strong science background will find the book to be an accessible introduction to psychopharmacology, medical culture, and collaboration with medical professionals. I will recommend this book highly to all of our nonmedical trainees."--Wayne Denton, MD, PhD, University of Texas Southwestern Medical Center

"Patterson et al. have written a book every therapist and student needs. This volume is filled with illustrative case examples that point to ways to work with medication and medication issues in a clinically skillful way. Providing just the right amount of detail, the authors discuss the most appropriate medications for each of the most common mental health syndromes, as well as their typical side effects. They systematically address how to decide when referral for medication evaluation is appropriate, how to collaborate with physicians, how to help clients overcome the barriers to accepting and obtaining medication, how to mix psychopharmacology and psychotherapy, and how to work with families to support medication treatment. This book should be a standard text in graduate programs and required reading for all students in psychotherapy and assessment practica."--Jay Lebow, PhD, The Family Institute at Northwestern University

"This book is essential reading for all mental health professionals. It provides both beginning and seasoned therapists a working knowledge of psychotropic medication and the skills to collaborate effectively with medical prescribers. Using the framework of the biopsychosocial model, the authors emphasize that treatment is not just a choice between therapy or medication; rather, many patients benefit from a combined and integrated approach. The book is up to date and very practical. It can be used as a textbook for trainees in psychology, family therapy, or social work, or as a reference text for the busy clinician to pull off the shelf when a client is prescribed a new medication. Patterson and her colleagues have provided a valuable resource for the field. I highly recommend this book."--Thomas L. Campbell, MD, University of Rochester School of Medicine and Dentistry

"The product of intense collaboration between two psychiatrists and two family therapists, this book focuses on the power of collaboration to improve the quality of care for clients who take psychiatric medications. There is a good mix of accurate information about psychopharmacology and the clinical wisdom needed for effective medication management. Useful case vignettes appear throughout, with helpful analysis built around complex, real-world questions. Readers will be especially satisfied with the extensive consideration of the interaction of physical and mental health issues. But the best parts of this book are its excellent discussion of the family's impact on decision making and treatment efficacy, and its practical logistical advice for improving referrals and sustaining interdisciplinary connections."--Kia J. Bentley, PhD, LCSW, Virginia Commonwealth University

About the Author

Jo Ellen Patterson, PhD, is Professor in the Marriage and Family Therapy Program at the University of San Diego. She is also Associate Clinical Professor of Family Medicine and Psychiatry at the University of

California, San Diego School of Medicine. She serves on the editorial boards of Family Systems and Health and the Journal of Marital and Family Therapy. This is her third book.

A. Ari Albala, MD, is currently Clinical Professor of Psychiatry at the University of California, San Diego School of Medicine, Executive Medical Director at Paradise Valley Hospital Behavioral Health Services, and Medical Director at Psychiatric Centers at San Diego. Dr. Albala has received numerous distinctions in his career as both an educator and practitioner, including being awarded the status of Distinguished Fellow of the American Psychiatric Association.

Margaret E. McCahill, MD, is Health Sciences Clinical Professor of Family Medicine and Psychiatry at the University of California, San Diego School of Medicine, and she practices both specialties. Dr. McCahill is a residency training director and also provides training and supervision for students in social work, marital and family therapy, and clinical psychology.

Todd M. Edwards, PhD, is Associate Professor and Director of the Marital and Family Therapy Program at the University of San Diego and Voluntary Assistant Clinical Professor in the Department of Family and Preventive Medicine at the University of California, San Diego School of Medicine.

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Glen Hoffman:

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