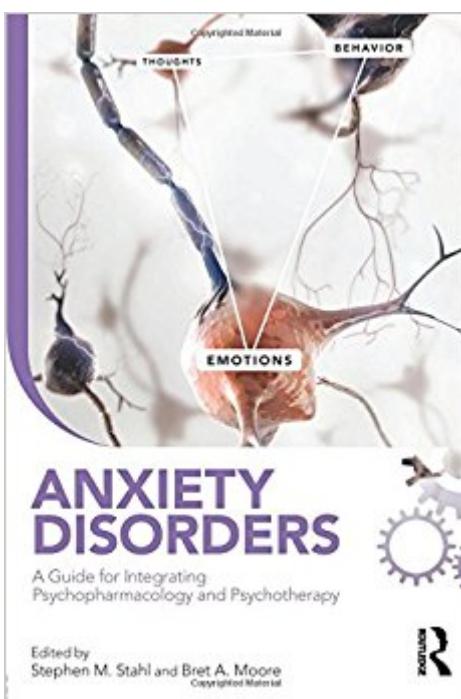


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# Anxiety Disorders: A Guide For Integrating Psychopharmacology And Psychotherapy (Clinical Topics In Psychology And Psychiatry)



## Synopsis

Drs. Stephen M. Stahl and Bret A. Moore have created an instant classic in Anxiety Disorders: A Guide for Integrating Psychopharmacology and Psychotherapy. Anxiety Disorders is a comprehensive reference for the psychiatry and psychology student, intern, or resident, early career psychiatrist or psychologist, and the busy clinician. It distills the most important information regarding combined treatments for anxiety and presents the material in an easily accessible, understandable, and readable format. Each chapter addresses a specific type of disorder: PTSD, panic, generalized anxiety, obsessive-compulsive and other disorders, and is authored by prominent clinicians with years of experience in providing integrated, individualized treatments. With its thorough exploration of psychopharmacological treatments, psychosocial treatments, and, crucially, the integration of the two, Anxiety Disorders is a text no 21st-century clinician or student can afford to be without.

## Book Information

Series: Clinical Topics in Psychology and Psychiatry

Paperback: 312 pages

Publisher: Routledge; 1 edition (February 15, 2013)

Language: English

ISBN-10: 0415509831

ISBN-13: 978-0415509831

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,626,706 in Books (See Top 100 in Books) #31 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Mental Health #325 in Books > Medical Books > Psychology > Psychopharmacology #356 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychopharmacology

## Customer Reviews

"The confluence of emerging scientific insights and continued unmet clinical need make this book, examining the integration of psychopharmacology and psychotherapy for the treatment of anxiety disorders, and edited by experts in these areas, timely and critical to our evolving understanding of the treatment of the anxiety disorders and the goal of optimizing the well-being of our affected patients." — Mark H. Pollack, MD, Grainger Professor and Chairman, Department of

Psychology, Rush University Medical Center, Chicago, IL. "Stephen Stahl and Bret Moore should be commended for Anxiety Disorders. This volume covers it all from children's sleep problems to veterans' PTSD, from alprazolam to virtual reality, and everything in between. All of the psychosocial interventions are covered, as is each class of medications, even including nutritional and herbal supplements, with the empirical support for each. This is a must-read for any practitioner treating anxiety, and students and trainees will gain a lifetime of experience in one easy read." ¢Barbara O. Rothbaum, PhD, ABPP, professor in psychiatry and director of the Trauma and Anxiety Recovery Program at the Emory University School of Medicine "Where many books address only the use of medication or psychotherapy for anxiety, the expert panel of authors in this volume has approached the study of anxiety from a truly biopsychosocial perspective, focusing on the integration and selective use of both pharmaceutical and psychotherapeutic treatments. This text is a valuable tool for the clinician who must do treatment planning in the real world." ¢Robert McGrath, PhD, professor at Fairleigh Dickinson University and director of the MS program in clinical psychopharmacology "The editors have done a real service by compiling a volume that does not presume the primacy of either drugs or psychotherapy in the treatment of anxiety disorders. Chapters on each specific disorder are well grounded in science, contain helpful clinical points, and are refreshingly free of guild-specific biases. A worthwhile addition for those clinicians working with anxiety disorders." ¢Morgan T. Sammons, PhD, ABPP, dean of the California School of Professional Psychology "A very useful, scientifically-based guide for clinicians of all disciplines treating clients for a range of anxiety disorders. The case examples and "clinical points" are particularly insightful. A sensitive balance between behavioral and medication options." ¢Pat DeLeon, former president of the American Psychological Association. "Each chapter is written in a clear and engaging style, with useful vignettes of believable patients who represent the problems of both resistance to, and complexity of, treatment, and also show the successes of combined treatment. The book flirts with the reader and may entice them into using joint treatments more appropriately and represents a good start to a new genre of publications." ¢Peter Tyrer, The British Journal of Psychiatry

Stephen and I hope you find this book useful. It is our belief that it will be of use to psychiatrists, psychologists, nurse practitioners, social workers and others.

Whenever I read about integrating psychological and pharmacological treatment, I always scratched my head, metaphorically speaking. I wondered, "Well, why don't you just give both treatments?"

There are some exceptions. For example 1) Stepped care: try the preferred treatment, then add the second one if needed. 2) Decrease distress with medications to make treatment with psychotherapy possible. For example, making someone feel better so that they have the energy to do behavioural therapy for depression or less distressed so that they can cope with imaginal exposure for PTSD. I saw that Stahl wrote this book, so I thought I'd give it a go. Bad move. It turns out that, for PTSD, the thing that I read about, there IS NO "integration" of the pharmacological and psychological treatment. You give one, or both treatments, and each modality treats some of the symptoms. Simple as that. Also, this book barely tells you how to prescribe the medications, and absolutely does not tell you how to provide pharmacotherapy. I have no clue how they managed to stretch the book out to 290 pages. Disclaimer: I looked through the first chapters, read the PTSD chapter, and then skimmed half the index PTSD references, then realised that they were bogus too and did not read the rest of the index references to PTSD. Given that there really is no such thing as integrating medication and psychotherapy, much of the book just gives generic information about the conditions, even though the book is about treatment, and gives generic information about medication and talking treatment, even though the book was supposed to be about integration of same. Also, the medication and pharmacotherapy are described in separate chapters or sections of chapters and rarely refer to each other.

A very useful, scientifically-based guide for clinicians of all disciplines treating clients for a range of anxiety disorders. The case examples and "clinical points" are particularly insightful. A sensitive balance between behavioral and medication options. Aloha, Pat Deleon, former President of the American Psychological Association.

Stahl and Moore have edited an excellent clinical review of all major anxiety disorders, balancing psychotherapeutic principles as well as drug therapy. An excellent source for clinicians.

This book is a great resource for clinicians of all levels. It is well written and thorough, and provides many helpful case examples. It comprehensively reviews the most up-to-date information on psychopharmacological and psychosocial treatments for each anxiety disorder - knowledge that is essential for any practicing clinician.

This book is distinguished by its clarity and accessibility. The inclusion of case examples was extremely helpful in illustrating the conceptual points, as well as making for an interesting read.

Clinicians will no doubt find this to be a valuable addition to their libraries.

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