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Biopsychosocial Medicine An integrated approach to understanding illness

Peter White (ed.)

Print Publication Year: 2005 Published Online: Aug 2015 Publisher: Oxford University Press
ISBN: 9780198530343 eISBN: 9780191808098 DOI: 10.1093/med:psych/9780198530343.001.0001
Item type: book

The biopsychosocial model is an approach to medicine which stresses the importance of a holistic approach. It considers factors outside the biological process of illness when trying to understand health and disease. In this approach, a person's social context and psychological well-being are key factors in their illness and recovery, along with their thoughts, beliefs and emotions. This title examines the concept and the utility of this approach from its history to its application, and from its philosophical underpinnings to the barriers to its implementation. It is severely critical of the failure of modern medicine to treat the patient not the disease, and its neglect of psychological and social factors in the treatment of the ill. Focusing on chronic disabling ill health, this title takes the examples of arthritis, cancer, diabetes, lower back pain, irritable bowel syndrome and depression to show how the biopsychosocial model can be used in practice. It questions why, even when the biopsychosocial approach has been proved to be more effective than traditional methods in overcoming these disorders, is not more routinely used, and how barriers to its implementation can be overcome.

The Body Project A Dissonance-Based Eating Disorder Prevention Intervention

Eric Stice, Paul Rohde, and Heather Shaw

Print Publication Year: 2012 Published Online: Jan 2015 Publisher: Oxford University Press
ISBN: 9780199859245 eISBN: 9780190230654 DOI: 10.1093/med:psych/9780199859245.001.0001
Item type: book

The Body Project is an empirically based eating disorder prevention program that offers young women an opportunity to critically consider the costs of pursuing the ultra-thin ideal promoted in the mass media, and it improves body acceptance and reduces risk for developing eating disorders. Young women with elevated body dissatisfaction are recruited for group sessions in which they participate in a series of verbal, written, and behavioral exercises in which they consider the negative effects of pursuing the thin-ideal. This online resource provides information on the significance of body image and eating disorders, the intervention theory, the evidence base which supports the theory, recruitment and training procedures, solutions to common challenges, and a new program aimed at reducing obesity onset, as well as intervention scripts and participant handouts. It is the only currently

available eating disorder prevention program that has been shown to reduce risk for onset of eating disorders and received support in trials conducted by several independent research groups.

Borderline Personality Disorder An evidence-based guide for generalist mental health professionals

Anthony W. Bateman and Roy Krawitz

Print Publication Year: 2013 Published Online: Aug 2015 Publisher: Oxford University Press
ISBN: 9780199644209 eISBN: 9780191808159 DOI: 10.1093/med:psych/9780199644209.001.0001
Item type: book

This is a book for general mental health professionals who treat people with borderline personality disorder (BPD). It offers practical guidance on how to help people with BPD with advice based on research evidence. After a discussion of the symptoms of BPD, the authors review all the generalist treatment interventions that have resulted in good outcomes in randomised controlled trials, when compared with specialist treatments, and summarise the effective components of these interventions. The treatment strategies are organised into a structured approach called structured clinical management (SCM), which can be delivered by general mental health professionals without extensive additional training. The heart of the book outlines the principles underpinning SCM and offers a step-by-step guide to the clinical intervention. Practitioners can learn the interventions easily and develop more confidence in treating people with BPD. In addition, a chapter is devoted to how to help families - an issue commonly neglected when treating patients with BPD. Finally the authors discuss the top 10 strategies for delivering treatment and outline how the general mental health clinician can deliver these strategies competently.

Breaking the Silence Personal and family accounts from mental health professionals

Stephen P. Hinshaw (ed.)

Print Publication Year: 2008 Published Online: Aug 2015 Publisher: Oxford University Press
ISBN: 9780195320268 eISBN: 9780190261535 DOI: 10.1093/med:psych/9780195320268.001.0001
Item type: book

In this title, mental health professionals and scientists, ranging from newly trained individuals to seasoned clinicians and researchers, tell their own and their families' stories of mental disorder, providing an unprecedented level of honesty and disclosure. The volume presents moving and inspiring narratives of serious mental disorder in individuals who have decided to focus their careers on mental illness in others. The editor, who has previously disclosed his own family's struggles with his father's lifelong, misdiagnosed bipolar disorder, utilizes his own experiences to integrate, synthesize, and provide perspective on these revealing contributions. Through both personal narratives and accounts of parents, siblings, or offspring, the contributors convey the serious impairments that can accrue to those with mental illness, the strength and courage that emanate from such experiences, and

the ways in which these experiences have contributed to their own decisions to enter the mental health field.

Brief Psychoanalytic Therapy

R. Peter Hobson

Print Publication Year: 2016 Published Online: Sep 2016 Publisher: Oxford University Press
ISBN: 9780198725008 eISBN: 9780191833397 DOI: 10.1093/med:psych/9780198725008.001.0001
Item type: book

This book outlines the principles and practice of Brief Psychoanalytic Therapy. An introductory chapter distills those aspects of psychoanalysis that provide a basis for the approach. Special attention is given to how a therapist may promote a patient's development by registering and containing emotional states that the patient is unable to manage alone. This is followed by an overview of themes and variations in six forms of brief psychodynamic therapy. The remainder of the book is concerned less with theory than with clinical practice. Treatment and Adherence Manuals detail the specifics of therapist orientation and technique, and a formal research study comparing the approach with Interpersonal Therapy is reported. Case histories of individual treatments unfolding over time are complemented by detailed examination of short sequences of patient–therapist dialogue from transcribed sessions. What emerges is a picture of a psychoanalytic treatment that, while brief, is disciplined and coherent in its concentrated focus on analyzing the transference and countertransference in the therapeutic relationship.

Buried in Treasures Help for Compulsive Acquiring, Saving, and Hoarding

David Tolin, Randy O. Frost, and Gail Steketee

Print Publication Year: 2013 Published Online: Nov 2015 Publisher: Oxford University Press
ISBN: 9780199329250 eISBN: 9780190601423 DOI: 10.1093/med:psych/9780199329250.001.0001
Item type: book

Hoarding is a behavioral problem consisting of clutter, difficulty discarding items, and excessive buying or acquiring. Hoarding is often associated with significant reduction in quality of life, and in extreme cases, it can pose serious health risks. This title outlines a scientifically based, effective program for helping those with hoarding disorder dig their way out of the clutter and chaos of their homes. It outlines a program of skill-building, learning to think about possessions in a different way, and gradual challenges to help people manage their clutter and their lives. It also provides useful information for family and friends of people who hoard, as they struggle to understand and help.

Case Studies in Clinical Psychological Science Bridging the Gap from Science to Practice

William O'Donohue and Scott O. Lilienfeld (eds)

Print Publication Year: 2013 Published Online: Jan 2015 Publisher: Oxford University Press
ISBN: 9780199733668 eISBN: 9780190230050 DOI: 10.1093/med:psych/9780199733668.001.0001

Item type: book

Case Studies in Clinical Psychological Science demonstrates in detail how the clinical science model can be applied to actual cases. It presents dialogues between leading clinical researchers regarding the treatment of a wide variety of psychological problems, from depression and Alzheimer's disease to Panic Disorder and chronic pain. Chapters describe what evidence-based practice consists of for various clinical problems and are followed by commentary sections in which other leading clinical researchers analyze the case at hand, pointing out additional assessment and treatment options and controversial issues. It examines the application of scientifically based interventions to actual cases and models thoughtful and collegial discussion among prominent clinical researchers

Case Studies Within Psychotherapy Trials Integrating Qualitative and Quantitative Methods

Daniel B. Fishman, Stanley B. Messer, David J.A. Edwards, and Frank M. Dattilio (eds)

Print Publication Year: 2016 Published Online: Mar 2017 Publisher: Oxford University Press
ISBN: 9780199344635 eISBN: 9780199346493 DOI: 10.1093/med:psych/9780199344635.001.0001
Item type: book

The Cases Within Trials (CWT) model combines the randomized clinical trial (RCT) research design, based on quantitative group research, with richly and qualitatively detailed systematic case studies involving contrasting outcomes drawn from the experimental condition of the RCT. Chapter 1 of the book provides the broad historical and methodological context out of which the CWT method developed, including the recent dramatic growth of mixed-methods approaches in psychotherapy research generally, with an associated increase in their credibility and rigor. Chapter 2 presents the details of the CWT method and its application to Chapters 3–6, which present four specific projects that concretely illustrate the CWT method. The four projects vary across such dimensions as theoretical orientation and type of mental disorder. To facilitate comparison across projects, each is organized in three main sections, including results gained from the RCT, results gained from the case studies, and a synthesis of the two types of knowledge. Each project concludes with a commentary by an outside expert (or expert team) in the theoretical and disorder focus of the project. Chapter 7 presents an outside perspective on the four projects from a research team highly experienced in conducting and thinking about traditional RCTs. In view of the four projects as a whole, Chapter 8 presents the editors' summary and analysis of themes and guidelines for the future embodied in the knowledge gained from the four projects.

Casebook of Interpersonal Psychotherapy

John C. Markowitz and Myrna M. Weissman (eds)

Print Publication Year: 2012 Published Online: Jan 2015 Publisher: Oxford University Press
ISBN: 9780199746903 eISBN: 9780190230067 DOI: 10.1093/med:psych/9780199746903.001.0001
Item type: book

Interpersonal psychotherapy (IPT) is based on evidence that interpersonal problems contribute to the onset of psychiatric disorders, and it helps patients to change interpersonal behavior in order to improve psychosocial functioning and relieve symptoms. IPT both relieves psychiatric symptoms and helps to build social skills. This online resource provides a wealth of real life treatment material, and illustrates the use of IPT in the hands of expert psychotherapists treating patients with a range of conditions and complications in different IPT treatment formats. The detailed cases give a sense of how IPT proceeds and how it works. Chapter authors describe specific adaptations of IPT for patients with particular disorders, including mood disorders, anxiety disorders, eating disorders, and personality disorders. It also covers different contexts in which IPT may be practiced, including group therapy, inpatient settings, and telephone therapy.

Child Sexual Abuse A Primer for Treating Children, Adolescents, and Their Nonoffending Parents

Esther Deblinger, Anthony P. Mannarino, Judith A. Cohen, Melissa K. Runyon, and Anne H. Heflin

Print Publication Year: 2015 Published Online: Mar 2016 Publisher: Oxford University Press
ISBN: 9780199358748 eISBN: 9780190247102 DOI: 10.1093/med:psych/9780199358748.001.0001
Item type: book

This book provides an overview of research on the prevalence, dynamics, and impact of child sexual abuse (CSA), as well as factors that influence youth recovery. The history, development, and numerous treatment outcome studies evaluating the efficacy of trauma-focused cognitive behavioral therapy (TF-CBT), an evidence-based treatment model designed for this population, are described. This includes a clinical overview outlining the theories, principles, values, and components associated with this model and suggestions for addressing complex trauma responses, developmental, and cultural considerations. Screening, engagement, and assessment strategies, as well as general guidelines for using this practical treatment guide are also outlined. The chapters that follow outline practical steps for engaging nonoffending caregivers and youth facing the crisis of CSA in separate individual parent and child sessions as well as conjoint sessions. The acronym PRACTICE outlines the TF-CBT treatment components which include Psychoeducation and parenting, Relaxation, Affect expression and modulation skills, Cognitive coping, Trauma narrative and processing, In vivo mastery, Conjoint sessions, and Enhancing safety and future development. TF-CBT session activities that may be used to implement each of the treatment components are described via clinical descriptions, case examples, and therapist-client dialogues. General suggestions for planning and celebrating the end of therapy are provided. Special considerations and guidelines for addressing sexual behavior problems and difficulties associated with experiencing commercial sexual exploitation are offered. The appendix includes a glossary of terms, useful therapist forms, and valuable client handouts that provide psychoeducation, as well as guidelines for practicing skills between sessions.