Acceptance of Mental Illness: Promoting Recovery Among Culturally Diverse Groups

Lauren Mizock and Zlatka Russinova

The book covers a topic that is often overlooked in the literature: How people with serious mental illnesses (i.e., schizophrenia, bipolar disorder, severe depression) come to recognize and deal with the symptoms of a mental illness in order to promote recovery. Per the recovery movement in mental health, recovery is understood as not simply symptom elimination, but the process of living a meaningful and satisfying life in the face of mental illness. Acceptance of Mental Illness draws from research to provide educators, clinicians, researchers, and consumers with an understanding of the multidimensional process of acceptance of mental illness in order to support people across culturally diverse groups to experience empowerment, mental wellness, and growth. Chapters focus on providing a historical overview of the treatment of people with mental illness, examining the acceptance process, and exploring the experience of acceptance among women, men, racial–ethnic minorities, and LGBT individuals with serious mental illnesses. The book is a useful tool for mental health educators and providers, with each chapter containing case studies, clinical strategies lists, discussion questions, experiential activities, diagrams, and worksheets that can be completed with clients, students, and peers.

Adaptive Mentalization-Based Integrative Treatment: A Guide for Teams to Develop Systems of Care

Dickon Bevington, Peter Fuggle, Liz Cracknell, and Peter Fonagy

This book is for youth workers, social workers, mental health staff, specialist teachers, family support workers, and so on, whose clients present with comorbidity, risk, and difficulty accessing mainstream services. It describes inevitably stressful, unsettling work, providing effective help in complex helping systems. An innovative response emerges, building on adaptive (evidence-based) mentalization-based theory and practice. Uniquely, AMBIT applies mentalizing not only directly, in work with clients, but also in work: (a) with the team, (b) with wider (often “dis-integrated”) networks, and (c) creating cultures of
learning and radical transparency. AMBIT is as much an improvement system for teams as a “therapy”—strengthening team identity and coherence, and supporting a wider community of practice. Linking evidence-based practice to practice-based evidence, the book concludes with impact descriptions from some of the nearly 200 AMBIT-trained teams, a client’s perspective, and a challenging analysis of systems of care pointing toward the need to create more mentalizing systems.

Addressing Parental Accommodation When Treating Anxiety In Children

Eli R. Lebowitz

This book is a practical guide to addressing family accommodation in the treatment of childhood anxiety. Accommodation refers to changes that parents make to their own behavior to help a child avoid or alleviate anxiety (e.g., sleeping next to their child at night, providing repeated reassurance). The book deals with addressing accommodation within the context of a broader treatment strategy that includes additional interventions such as cognitive-behavioral therapy, as well as addressing accommodation as a stand-alone parent-based treatment. There is consensus among experts and acknowledgement among practitioners that family accommodation is a key aspect of child anxiety, with major impact on clinical course, severity of symptoms and impairment, family distress, and treatment outcomes. Yet, most treatment programs do not focus on this important element of childhood anxiety, and most clinicians feel ill-equipped to effectively address accommodation in their clinical work. After briefly reviewing the relevant research on accommodation in child anxiety, this concise and easily accessible primer focuses on the practical and pragmatic aspects of addressing parental accommodation in the treatment of child anxiety. The book includes rich clinical illustrations and many suggestions for how to broach the topic of accommodation with both parents and children including a wealth of easily understood metaphors to approach the topic in an empathic and nonjudgmental manner. Therapists working with anxious children and their families will find useful tips and numerous suggestions for addressing accommodation in every part of the treatment process.

Adolescents with Autism Spectrum Disorder: A Clinical Handbook

Nicholas W. Gelbar (ed.)

Adolescents with Autism Spectrum Disorder: A Clinical Handbook is an edited volume that summarizes the current state of the research concerning adolescents and young adults with autism spectrum disorder (ASD). This is important, as the research indicates that young adults have low rates of attendance in post-secondary education, of being competitively
employed, and of living independently. Traditionally, the field of autism has focused on early screening, diagnosis, and intervention. The poor outcomes indicate that individuals with ASD experience lifelong struggles, and few other books have focused on adolescents and young adults with ASD. Experts from a multitude of disciplines serving this population have written chapters that summarize the research in their area of expertise and offer practical suggestions for clinicians, teachers, and parents. Each chapter provides a bullet-point abstract, a list of additional resources, and study questions. These features are designed to make it useful for college-level instructors. In addition, each chapter provides suggestions for future research, which are designed to move the field forward.

**Advancing Evidence-Based Practice Through Program Evaluation**

*A Practical Guide for School-Based Professionals*

Julie Q. Morrison and Anna L. Harms

Print Publication Year: 2018 Published Online: Mar 2018

Publisher: Oxford University Press


DOI: 10.1093/med-psych/9780190609108.001.0001

The demand for results-driven accountability is pervasive in all aspects of education today. The shift in emphasis from compliance to accountability for closing achievement gaps and improving student outcomes creates challenges and opportunities for school-based professionals. School-based professionals have a significant role to play in supporting school improvement efforts and improving outcomes for students in their role as program evaluators. Despite the need for advanced knowledge and skills in program evaluation, resources dedicated to developing the competencies of school-based professionals in evaluation approaches, methods, and tools are scarce. This book addresses this need by serving as a practical resource for school-based professionals seeking to use program evaluation to enhance data-based decision making and accountability as informed by implementation research and within the context of a multi-tier system of supports framework. Throughout this book, school-based professionals are positioned as change agents guiding their school or school districts in the adoption, implementation, and evaluation of evidence-based interventions and systems of support to meet students’ academic and behavioral needs.

**Animal Maltreatment**

*Forensic Mental Health Issues and Evaluations*

Lacey Levitt, Gary Patronek, and Thomas Grisso (eds)

Print Publication Year: 2015 Published Online: Dec 2015

Publisher: Oxford University Press


DOI: 10.1093/med:psych/9780199360901.001.0001

This edited volume is the first book to provide an overview of animal maltreatment as a legal, clinical, and forensic mental health issue. It offers guidance for mental health professionals and lawyers in cases involving the adjudication of animal maltreatment offenses, with a special focus on forensic mental health assessments in such cases. Animal maltreatment includes physical or sexual abuse, neglect, or hoarding of animals. Almost
one-half of all U.S. states have statutory provisions mandating or allowing courts to order forensic mental health assessments of individuals convicted of animal maltreatment offenses. However, there are few resources on this topic for mental health and legal professionals, and none that offer guidance for evaluations in animal maltreatment cases. This book introduces what the authors believe will become the newest subfield of forensic mental health assessment, Forensic Animal Maltreatment Evaluations (FAME). It begins with an examination of the legal and social contexts for the problem, followed by a review of clinical knowledge within the area. Subsequent chapters offer perspectives for social and clinical responses in animal maltreatment cases. Finally, several chapters describe prospects for an area of forensic mental health assessment focused specifically on the forensic evaluation in cases of animal maltreatment.

Anxiety Disorders in Adults: An Evidence-Based Approach to Psychological Treatment

Peter D. McLean and Sheila R. Woody

In this title, the authors review psychosocial treatments for anxiety disorders, focusing on the scientific basis and demonstrated outcomes of the treatments. Cognitive-behavioral therapies are highlighted, as they have been the most frequently investigated approaches to treating anxiety disorders. Individual chapters feature specific phobias: social phobia, panic disorder, and generalized anxiety disorder. The book is rich in clinical material and integrates science and clinical practice in an effort to help practitioners to improve the effectiveness of their work with anxious clients. Recently developed psychosocial treatments for anxiety disorders reflect the systematic influence of scientifically generated knowledge, and these new treatments yield strong results. Research in such areas as information processing, cognition, behavioral avoidance, and the physiological components of anxious arousal has increased our knowledge of mediators that cause and maintain anxiety disorders.

Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

David H. Barlow and Todd Farchione (eds)

In recent years, there has been a movement away from traditional disorder-specific manuals for the treatment of psychological disorders and toward treatment approaches that focus on addressing psychological processes that appear to cut across disorders. These “transdiagnostic” evidence-based treatments may prove to be more cost-efficient and have the potential to increase availability of evidence-based treatments to meet a significant
public-health need. Among clinicians, the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP), developed by Dr. David Barlow and colleagues, is the most recognizable and widely used transdiagnostic treatment protocol with empirical support for its use. This book provides clinicians with a “how to” guide for using the UP to treat a broad range of commonly encountered psychological disorders in adults. Each chapter covers a specific emotional disorder but important transdiagnostic processes are highlighted and discussed in relation to treatment. Case studies are employed throughout to illustrate the real-world application of this unique cognitive behavioral protocol and to instruct clinicians in the nuts and bolts of assessment, case formulation, and treatment in accordance with a transdiagnostic perspective. Most of the chapters are authored by current or former unified protocol team members who are all thoroughly familiar with the UP and will be writing about cases they themselves have treated.

Assessing Negative Response Bias in Competency to Stand Trial Evaluations
Steven J. Rubenzer

Assessing Negative Response Bias in Competency to Stand Trial Evaluations provides a comprehensive guide to assessing malingering, feigning, poor effort, and lack of cooperation in competency to stand trial (CST) examinations. It draws on both the author’s extensive experience as a CST examiner and the vast, dynamic professional literature from forensic psychology, clinical psychology, and neuropsychology on assessing response style. The assessment process is considered from beginning to report writing and testimony, with tips regarding interview strategies, fact patterns and behaviors suggestive of feigning, testing, and creative and ethical use of collateral data. Every major validity test used by CST examiners is thoroughly and critically reviewed, as are others that are promising and not yet widely adopted. This includes self-report inventories such as the MMPI-2, MMPI-2-RF, PAI, and SIMS; structured interviews like the SIRS, SIRS-2, and M-FAST; performance validity tests like the TOMM, VIP, 15 item Test, and WMT; and CST-specific tests like the ILK and ECST-R Atypical Presentation Scales. A complete chapter is devoted to means to summarize and combine data from different tests and sources, and another to special populations such as defendants who claim amnesia, are intellectually disabled, or are adolescents. Report writing and testimony considerations are discussed in detail, with implications for the assessment and practice. In Chapter 10, CST examiners’ practices, including preferences for tests and collateral sources, are reported along with the perceived prevalence of various invalid presentation styles. Finally, policy implications of feigning and suggestions for cost-effective practice are provided.

Assessment and Intervention with Children and Adolescents Who Misuse Fire
Practitioner Guide
David J. Kolko and Eric M. Vernberg

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date: 09 September 2019
Children and adolescents in the general population and in clinical populations reveal surprisingly high rates of playing with fire or actual firesetting behavior. A single fire has the potential to cause a cascade of serious consequences to the child, family, and the community, some of which may continue forever. Yet, there is limited practical information and advice based on available empirical evidence to help programs or practitioners work effectively with children or adolescents who misuse fire, and their families. This book provides practical guidelines designed to facilitate the clinical assessment and treatment of youthful firesetting behavior based on nearly four decades of research and intervention experience with this population. The topics covered in this book address several important content areas. Initial chapters provide an overview of the significance of the problem, and some lessons learned based on case control, clinical trial, and real-world implementation projects. Recommendations for using screening and assessment measures that evaluate firesetting and general psychosocial issues are included. Several intervention methods are outlined for use with children, caregivers, and families. These methods encompass fire safety education materials and several cognitive-behavioral treatment skills-training procedures that focus on understanding of the fire, affect regulation and self-control, parenting practices, and home-based management programs. The book also includes suggestions to promote professional and program development which reflect on various educational, ethical, legal, collaborative, and community safety considerations. The book’s content is intended to help a diverse array of practitioners understand and target the context in which the misuse of fire occurs.

Autism as an Executive Disorder
James Russell (ed.)

Autism continues to fascinate researchers because it is both debilitating in its effects and complex in its nature and origins. The prevalent theory is that autism is primarily characterised by difficulties in understanding mental concepts, but the contributors to this resource present new and compelling arguments for an alternative theory. Their research points strongly to the idea that autism is primarily a disorder of executive functions, those involved in the control of action and thought. As such, this online title provides a new and controversial perspective on this important question.

Becoming Board Certified by the American Board of Professional Psychology
Christine Maguth Nezu, A.J Finch, Jr., and Norma P. Simon (eds)
This title provides a comprehensive description and hands-on, practical guide for individuals seeking certification from any one of the 13 specialty boards of the American Board of Professional Psychology (ABPP). It contains answers to frequent areas of inquiry and questions posed by potential candidates. In addition to providing a brief description of the history and mission of ABPP, the book offers step-by-step information concerning the “where, what, and how” of the board certification process. Finally, never-before offered information is provided, such as what pitfalls to avoid, and how to get further involved in the profession as a board certified psychologist.

Best Practices for Teaching Beginnings and Endings in the Psychology Major

Research, Cases, and Recommendations

Dana S. Dunn, Bernard B. Beins, Maureen A. McCarthy, and G. William Hill, IV (eds)

Print Publication Year: 2010 Published Online: Aug 2015
Publisher: Oxford University Press
DOI: 10.1093/med:psych/9780195378214.001.0001
Item type: book

In this collection of articles, psychology instructors involved in the improvement of teaching and learning review the research and share their own successes and challenges in the classroom. Discussions include effective practices for helping students become acclimated to and engaged in the psychology major, application of developmental knowledge and learning communities to course design, and use of quality benchmarks to improve introductory and capstone courses. Other chapters describe innovations in the design of stand-alone courses and offer concrete advice on counseling psychology graduates about how to use what they have learned beyond their higher education experiences. Introductory and capstone experiences in the undergraduate psychology program are crucial ways to engage students in their major and psychology department, impart realistic expectations, and prepare them for life beyond college. Providing the right orientation and capstone courses in psychology education is increasingly a concern of instructors, department chairs, program directors, and deans, and both types of courses have become important sources for gathering pre- and post-coursework assessment data for degree learning outcomes.

Beyond Coping

Meeting Goals, Visions, and Challenges

Erica Frydenberg (ed.)

Print Publication Year: 2002 Published Online: Aug 2015
Publisher: Oxford University Press
DOI: 10.1093/med:psych/9780198508144.001.0001
Item type: book

There are many challenges to be faced in contemporary society including the stresses of everyday living in the technological age and changes in patterns of employment and family life. Depression is being experienced in ‘epidemic’ proportions in many Western communities, and in particular amongst young people. The search for effective ways to reverse this trend has resulted in a significant shift in psychological approach from a focus on helplessness and pathology to a more positive orientation that emphasises health and
well-being. This volume brings together leading researchers in the field of stress and coping to consider ways in which coping research contributes to our understanding of how people in different sectors of life meet goals and challenges. It provides a synthesis of different but compatible theoretical models that have been developed in the field of stress and coping and provides a way forward beyond the traditional stress and coping paradigms. The emergent model is able to be used to assess a wide range of issues in the stress and coping domain.

Biopsychosocial Medicine: An integrated approach to understanding illness
Peter White (ed.)

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

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

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.)

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
DOI: 10.1093/med:psych/9780198725008.001.0001

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
DOI: 10.1093/med:psych/9780199329250.001.0001

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.