Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders

By Lourie W. Reichenberg, Linda Seligman

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The bestselling treatment guide, updated to reflect changes to the DSM-5

Selecting Effective Treatments provides a comprehensive resource for clinicians seeking to understand the symptoms and dynamics of mental disorders, in order to provide a range of treatment options based on empirically effective approaches. This new fifth edition has been updated to align with the latest changes to the DSM-5, and covers the latest research to help you draw upon your own therapeutic preferences while constructing an evidence-based treatment plan. Organized for quick navigation, each disorder is detailed following the same format that covers a description, characteristics, assessment tools, effective treatment options, and prognosis, including the type of therapy that is likely to be most successful treating each specific disorder. Updated case studies, treatments, and references clarify the latest DSM-5 diagnostic criteria, and the concise, jargon-free style makes this resource valuable to practitioners, students, and lay people alike.

Planning treatment can be the most complicated part of a clinician's job. Mental disorders can be complex, and keeping up with the latest findings and treatment options can itself be a full time job. *Selecting Effective Treatments* helps simplify and organize the treatment planning process by putting critical information and useful planning strategies at your fingertips

- Get up to speed on the latest changes to the DSM-5
- Conduct evidence-based treatment suited to your therapeutic style
- Construct Client Maps to flesh out comprehensive treatment plans
- Utilize assessment methods that reflect the changes to the DSM-5 multiaxial system

Effective treatment begins with strategic planning, and it's important to match the intervention to your own strengths, preferences, and style as much as to the client's needs. *Selecting Effective Treatments* gives you the latest information and crucial background you need to provide the evidence-backed interventions your clients deserve.

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Editorial Review

From the Back Cover

The bestselling, practical guide to strategic treatment planning, updated to reflect the latest *DSM-5* changes

The fifth edition of *Selecting Effective Treatments* synthesizes the latest empirical research with the most recent changes to the *DSM-5*, giving clinicians a systematic guide to comprehensive, evidence-based treatment planning.

Organized for easy navigation and focused on the practical aspects of treating clients, this book clarifies the symptoms and dynamics of mental disorders and provides a broad range of treatment options. Each disorder is covered individually, including necessary background, characteristics, assessment, current research, and prognosis, and the Client Mapping format used throughout provides an adaptable system for treatment planning.

Selecting Effective Treatments, Fifth Edition:

- Distills the latest empirical research into a practical approach to treating clients
- Helps clinicians develop evidence-based treatment plans based on their own therapeutic style
- Introduces tools and strategies that streamline comprehensive treatment planning
- Covers the most recent changes to the *DSM-5*, including an updated assessment method to reflect the new multiaxial system

Updated case studies and references back the most up-to-date research, and the concise, jargon-free style helps ease the planning process. For clinicians seeking a more strategic treatment planning process that can improve client outcomes, *Selecting Effective Treatments* is the world-class resource to keep within arm's reach.

Praise for Prior Editions

"A unique resource, the goal of which is to review empirically based treatments for psychiatric conditions. There are few other resources that parallel this volume, which essentially summarizes the majority of treatments that have been proven effective for mental illness. This book is a very thorough text that serves as an important read. Whether reading it cover to cover or using it to research a specific mental condition, readers will not be disappointed."
—*Journal of Psychiatric Practice*

"The clear linkage of complex research-based diagnoses with practical therapeutic interventions is best spelled out in this book! There is nothing better to read on this subject—a must for all professionals and students in the mental health field."
—Fred Bemak, Professor, Counseling and Development, College of Education and Human Development, George Mason University

About the Author

LOURIE W. REICHENBERG is a licensed professional counselor in Virginia. She treats a diverse range of clients, but takes a special interest in working with people who have lost family members to suicide, people in crisis, and working as part of a treatment team for people with bipolar disorder.

LINDA SELIGMAN was a professor emeritus of counseling and development at George Mason University, and was named Counselor Educator of the Year and Researcher of the Year by the American Mental Health Association. Seligman authored 15 books throughout her career as a researcher, educator, psychologist, and counselor. She died in 2007.

Users Review

From reader reviews:

Mary Partee:

This book untitled Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders to be one of several books in which best seller in this year, this is because when you read this publication you can get a lot of benefit onto it. You will easily to buy that book in the book shop or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Touch screen phone. So there is no reason to you to past this book from your list.

Sally Norman:

Reading a publication tends to be new life style in this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Having book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their own reader with their story or maybe their experience. Not only the storyline that share in the ebooks. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on earth always try to improve their ability in writing, they also doing some research before they write on their book. One of them is this Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders.

Bridgett Killion:

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Charles Myers:

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