

Basic Principles

AND Case Studies

C. Barr Taylor, M.D.

John A. Chiles, Kirk D. Strosahl, Laura Weiss Roberts

How to Practice Evidence-Based Psychiatry C. Barr Taylor, 2009-10-30 The use of evidence based guidelines and algorithms is widely encouraged in modern psychiatric settings yet many practitioners find it challenging to apply and incorporate the latest evidence based psychosocial and biological interventions Now practitioners have an outstanding new resource at their fingertips How to Practice Evidence Based Psychiatry Basic Principles and Case Studies accomplishes two goals it explains the methods and philosophy of evidence based psychiatry and it describes ways in which psychiatrists and other mental health specialists can incorporate evidence based psychiatry into their clinical practices Uniquely relevant to psychiatric clinicians this is the only book on evidence based medicine specific to the field of psychiatry that addresses integrated psychopharmacology and psychotherapies This new book first provides an expansion on the popular text the Concise Guide to Evidence Based Psychiatry updating the sections on clinical trials the teaching of evidence based medicine and the effective treatment of patients with complex comorbid conditions It then allows experts from a variety of specialty areas and practice settings to describe how they incorporate the latest evidence and outcome studies into interesting and inspiring cases of their own The book starts with the assumption that clinicians must adapt guidelines algorithms other sources of evidence and the interpretation of this evidence to each individual patient It describes basic statistical concepts in an easily understood format and offers separate chapters devoted to systematic reviews and meta analyses clinical practice guidelines diagnostic tests surveys of disease frequency and prognosis and psychometric measurement It also presents an easily relatable discussion of many of the major issues of evidence based psychiatry such as use of the Five Step evidence based medicine model The first section can be used both as an introduction to the topic and a ready reference for researching the literature and appraising evidence The second section includes relevant case examples of major psychiatric disorders and the third presents case examples from diverse treatment settings In these sections 24 contributing clinicians from a variety of practice settings discuss situations in which they followed aspects of evidence based care The text includes tables and charts throughout the text including algorithms guidelines and examples of simple therapist devised measures of progress further enhance learning retention and clinical practice How to Practice Evidence Based Psychiatry Basic Principles and Case Studies is a valuable new tool that will help residents practicing psychiatrists and other mental health workers find the most useful and relevant information to inform and improve their everyday practices Evidence-Based Practice in Nursing & Healthcare Bernadette Mazurek Melnyk, Ellen Fineout-Overholt, 2018-10-17 Publisher's Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Evidence Based Practice in Nursing Healthcare A Guide to Best Practice 4th Edition Bernadette Mazurek Melnyk PhD RN APRN CNP FAANP FNAP FAAN and Ellen Fineout Overholt PhD RN FNAP FAAN Enhance your clinical decision making capabilities and improve patient outcomes through evidence based practice Develop the skills and

knowledge you need to make evidence based practice EBP an integral part of your clinical decision making and everyday nursing practice with this proven approachable text Written in a straightforward conversational style Evidence Based Practice in Nursing Healthcare delivers real world examples and meaningful strategies in every chapter to help you confidently meet today s clinical challenges and ensure positive patient outcomes NEW Making Connections An EBP Exemplar opens each unit immersing you in an unfolding case study of EBP in real life practice NEW Chapters reflect the most current implications of EBP on health policy and the context content and outcomes of implementing EBP competencies in clinical and academic settings NEW Learning objectives and EBP Terms to Learn at both the unit and chapter levels help you study efficiently and stay focused on essential concepts and vocabulary Making EBP Real features continue to end each unit with real world examples that demonstrate the principles of EBP applied EBP Fast Facts reinforce key points at a glance Clinical Scenarios clarify the EBP process and enhance your rapid appraisal capabilities **Understanding Abnormal Psychology** Pamilla Ramsden, 2013-04-22 Understanding Abnormal Psychology provides a thorough understanding of abnormal psychology with a focus on the integration of psychology biology and health It goes beyond a descriptive overview of clinical disorders to provide a critical appreciation of the multifaceted aspects of mental illness Each disorder is clearly and succinctly explained with the support of case studies These examples are then used to introduce the debates surrounding current research the biology of abnormal disorders and standards of treatment The bridge between the biological elements of brain functioning and the psychological mechanisms that are responsible for coping and adjustment is thoroughly explored This valuable consideration of the range of elements involved in the diagnosis and treatment of clinical disorders will provide you with a broad and critical understanding of this complex and fascinating field The companion website has a number of useful features for students including a flipcard glossary of key terms from the textbook and a test bank of interactive self assessment multiple choice questions Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction Edo Shonin, William Van Gordon, Mark D. Griffiths, 2015-11-13 This book provides a timely synthesis and discussion of recent developments in mindfulness research and practice within mental health and addiction domains The book also discusses other Buddhist derived interventions such as loving kindness meditation and compassion meditation that are gaining momentum in clinical settings It will be an essential text for researchers and mental health practitioners wishing to keep up to date with developments in mindfulness clinical research as well as any professionals wishing to equip themselves with the necessary theoretical and practical tools to effectively utilize mindfulness in mental health and addiction The Everything Guide to Coping with Panic Disorder Rudolph C Hatfield, 2013-12-11 Conquer panic once and for settings all Have you ever felt your heart race out of control for no reason Everyone gets a little anxious now and again but sometimes worry and fear can reach unhealthy limits Panic disorder is a serious condition with symptoms that include sudden attacks of fear and nervousness as well as physical symptoms such as sweating and a racing heart With The Everything Guide to Coping

with Panic Disorder you ll learn how to gain control over panic and anxiety with a variety of helpful approaches This guide includes information on Symptoms and warning signs of panic disorder How stress and anxiety affects you physically Professional treatments and therapies Self help anti anxiety techniques you can do at home Living with panic disorder With detailed information treatments such as cognitive behavioral therapy medication and mindfulness exercises The Everything Guide to Coping with Panic Disorder will give you an arsenal of anti anxiety techniques so you can stop panic before it starts

Clinical Manual for Assessment and Treatment of Suicidal Patients John A. Chiles, Kirk D. Strosahl, Laura Weiss Roberts, 2018-08-23 Since the first edition of Clinical Manual for Assessment and Treatment of Suicidal Patients was published in 2005 advances have been made that increase our understanding of suicidal and self destructive behavior Although clinicians cannot unerringly predict which patients will die by suicide they can focus more successfully on early identification of suicidal behavior and effective intervention and this new edition of the clinical manual thoroughly explores not only assessment of suicidality but what comes after an at risk patient has been identified. The authors argue that treating specific psychiatric disorders is not enough to prevent suicide and they offer clinicians the necessary information and strategies to bridge that gap The authors main premise is that suicide is a dangerous and short term problem solving behavior designed to regulate or eliminate intense emotional pain a quick fix where a long term effective solution is needed and this understanding is the underpinning of the assessment and treatment strategies the authors recommend The content of this new edition has been thoroughly reviewed and revised and substantive changes have been made to specific chapters to ensure that the book represents the most current thinking and research while retaining the strengths of the previous edition The chapter on assessment has been revised to put the fundamental components of effective treatment in a clinical case oriented context and includes an easy to use assessment protocol that allows clinicians to determine where individual patients stand on seven dimensions cognitive rigidity problem solving deficits heightened mental pain emotionally avoidant coping style interpersonal deficits self control deficits and environmental stress and social support deficits The many issues involved in the use of psychotropic medications in suicidal patients are addressed in a new chapter which includes information on the relevant classes of drugs such as antidepressants and antianxiety agents and the issues that may arise with their use including side effects degree of lethality and tendency to aggravate suicidality on introduction and withdrawal of the medication The chapter on special populations has been expanded to include adolescents elders and patients with co occurring substance abuse or psychosis Because of additional vulnerabilities treating these groups may call for the use of added or special techniques to ensure the best therapeutic outcomes Primary care physicians are the first point of contact for many patients and they may require additional preparation in order to assess and respond to those experiencing suicidal thoughts The chapter Suicidal Patients in Primary Care explores strategies for screening recognizing and assessing risk treating the initial crisis and developing a crisis management plan Tips for Success appear at intervals and The Essentials are included at the end of each chapter highlighting the most important concepts In addition there are scores of helpful charts and exercises Practical accessible and reader friendly the Clinical Manual for Assessment and Treatment of Suicidal Patients is not an academic book but rather is one designed to become an indispensable part of clinicians working libraries

Mental Disorders Robert Woolfolk, Lesley Allen, 2013-01-16 This book brings together an international array of stars of the mental health professions to create a cutting edge volume that sheds light on many important and heretofore poorly understood issues in psychopathology Mental Disorders Theoretical and Empirical perspectives will be an important addition Abnormal Psychology Ronald J. Comer, 2012-02 Ron Comer s Abnormal to the libraries of scholars and clinicians Psychology continues to captivate students with its integrated coverage of theory diagnosis and treatment its inclusive wide ranging cross cultural perspective and its compassionate emphasis on the real impact of mental illness on the lives of patients and their families Long acclaimed for being well attuned to the evolution of the field and changes in the classroom Comer's bestselling text returns in a timely new edition fully updated in anticipation of the DSM 5 and enhanced by powerful **Developing Practice Competencies** D. Mark Ragg, 2011-01-25 Designed for the generalist practice new media tools course this book uses students own experiences rather than abstract discussion to build competency and professional identity Full of rich case examples and exercises the book lets students visualize and carry out skills in an applied experimental way It breaks down each practice skill into subcomponents allowing students to consciously build up their capabilities as part of a lifelong learning process Social work students will benefit from this presentation of the core knowledge techniques and values essential to the effective practice of social work **Is evidence-based psychiatry ethical?** Mona Gupta, 2014-06-12 Rated as one of the top 15 breakthroughs in medicine over the last 150 years evidence based medicine EBM has become highly influential in medicine Put simply EBM promotes a seemingly irrefutable principle that decision making in medical practice should be based as much as possible on the most up to date research findings EBM has been particularly popular within psychiatry a field that is haunted by a legacy of controversial interventions For advocates anchoring psychiatric practice in research data makes psychiatry more scientific valid and ethically legitimate Few however have questioned whether EBM a concept pioneered by those working in other areas of medicine can be applied to psychiatric disorders In this groundbreaking book the Canadian psychiatrist and ethicist Mona Gupta analyzes the basic assumptions of EBM and critically examines their applicability to psychiatry By highlighting the basic ethical tensions between psychiatry and EBM the author addresses the fundamental and controversial question should psychiatrists practice evidence based medicine at all

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