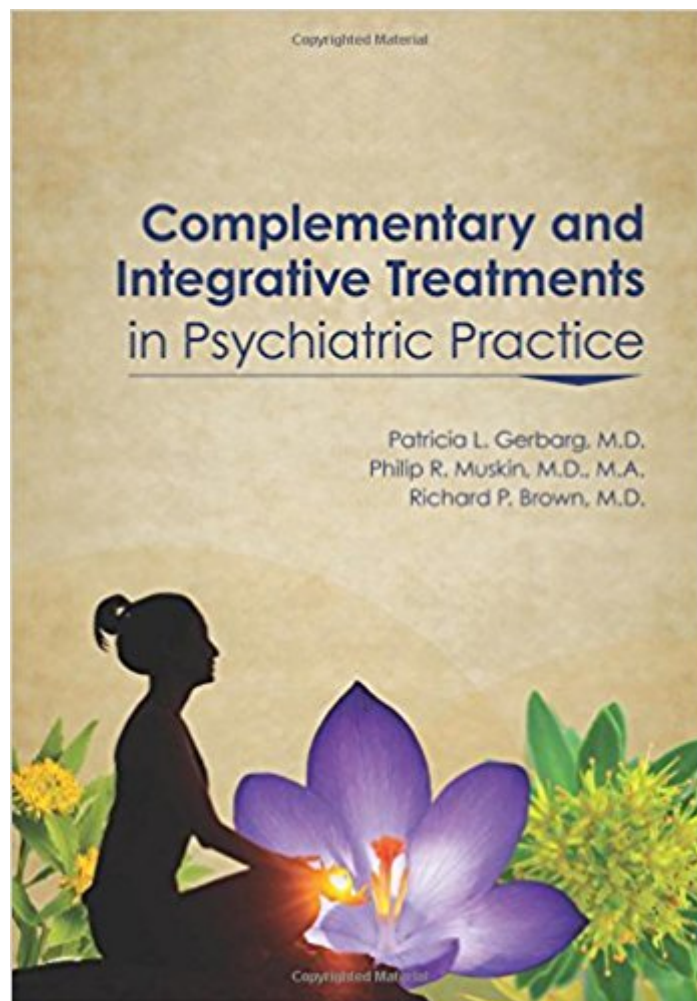




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# **Complementary And Integrative Treatments In Psychiatric Practice**



## Synopsis

With its unrivaled scope, easy readability, and outstanding clinical relevance, *Complementary and Integrative Treatments in Psychiatric Practice* is an indispensable resource for psychiatric and other health care professionals. It is also well suited for individuals with mental disorders and their family members who are seeking updated, practical information on complementary, alternative, and integrative medicine (CAIM). An international group of experts, researchers, and clinicians examines an expansive range of treatments that have been chosen on the basis of their therapeutic potential, strength of evidence, safety, clinical experience, geographic and cultural diversity, and public interest. This guide offers advice on how to best tailor treatments to individual patient needs; combine and integrate treatments for optimal patient outcomes; identify high-quality products; administer appropriate doses; and deal with concerns about liability, safety, and herb-drug interactions. Treatments discussed include- Nutrients and nutraceuticals- Plant-based medicines- Mind-body practices -- breathing techniques, yoga, qigong, tai chi, and meditation- Art therapy and equine therapy for children and adolescents - Neurotherapy, neurostimulation, and other technologies. Psychiatrists and other physicians, residents, fellows, medical students, psychologists, nurses, and other clinicians will benefit from guidelines for decision making, prioritizing, and combining CAIM treatments, as well as safely integrating CAIM with standard approaches. That the treatments considered in this clinician's guide are applied to five of the major DSM-5 categories -- depressive disorders, anxiety disorders, trauma- and stressor-related disorders, bipolar and related disorders, and schizophrenia spectrum and other psychotic disorders -- ensures its applicability, timeliness and timelessness.

## Book Information

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## Customer Reviews

In a very well organized, clearly written, and thoughtful choice of topics, Muskin, Gerbarg, and Brown have given us a book that every clinician who thinks about and cares for patients using a biopsychosocial approach will want to have on their desk. It is difficult for the busy clinician to keep up with the latest information and evidence in complementary and integrative treatments. We are so fortunate that we now have a wonderful and highly useful compendium. Kudos to Muskin, Gerbarg and Brown and their team. --Michelle B. Riba, M.D., M.S., Professor of Psychiatry, Director of the PsychOncology Program, University of Michigan Comprehensive Cancer Center  
Complementary and Integrative Medicine (CAIM) is rapidly emerging in clinical practices with a burgeoning evidence base to back it up. If you have been interested but have not found a source of reliable information to guide you through this new frontier, this is it. You can learn from the experts. --Lloyd I. Sederer, M.D., Adjunct Professor, Columbia/Mailman School of Public Health, Medical Editor for Mental Health, The Huffington Post

Wide-ranging and evidence-based, *Complementary and Integrative Treatments in Psychiatric Practice* is a clinician's guide to nutrients, plant-based medicines, mind-body practices, neurotherapy, neurostimulation, equine therapy, attention training, visual management, and other approaches in the treatment of five major DSM-5 categories -- depressive disorders, anxiety disorders, bipolar and related disorders, trauma- and stressor-related disorders, and schizophrenia spectrum and other psychotic disorders. An international group of experts, researchers, and clinicians offers guidance on how best to tailor treatments to individual patient needs; combine and integrate treatments for optimal patient outcomes; identify high-quality products; administer appropriate doses; and deal with concerns about liability, safety, and herb-drug interactions. Its unrivaled scope, ease of reference, and clinical relevance make *Complementary and Integrative Treatments in Psychiatric Practice* ideal for physicians, psychiatric residents, medical students, psychologists, nurses, and others who seek updated, practical advice on how to prioritize and combine CAIM treatments. The book provides guidance on how to integrate CAIM therapies with conventional treatments. Individuals with mental disorders and their family members will also appreciate this timely and informative text.

Book Review: Complementary and Integrative Treatments in Psychiatric Practice

Complementary and Integrative Medicine (CAIM) is rapidly emerging in clinical practices with a burgeoning evidence base to back it up. If you have been interested but haven't found a source of reliable information to guide you through this new frontier, this is it. You can learn from the experts. For the past five years, *How to Use Herbs, Nutrients & Yoga in Mental Health*, by Brown, Gerbarg, and Muskin (colleagues at Columbia and New York Medical College) has been on my desk providing credibly referenced information on supplements taken by my patients, family, friends, and myself. We now have their invaluable text, *Complementary and Integrative Treatments in Psychiatric Practice*, which includes not only their methods for safely integrating a wider range of CAIM with standard treatment, but also chapters from other international authorities. If you don't know enough about SAMe, nootropics, adaptogens, mind-body methods, self-administered electrotherapy, and other complementary treatments to advise your patients, or, even better, to integrate these approaches with your conventional care, then you can get up to speed thanks to this book. Adult and child problems are covered. The science, practice, past and future of CAIM are comprehensively and clearly presented. Decision trees guide the clinician looking to improve patient outcomes and minimize medication side effects and herb-drug interactions. Each chapter concludes with "Key Learning Points," so the lessons are even clearer. Patients who wish to avoid medication side effects or those whose suffering is not sufficiently ameliorated deserve new treatment options. This book gives us what we clinicians need to address their needs safely and effectively. Get this 21st century book and be a better clinician, friend and manager of your own wellbeing.

Lloyd I. Sederer, M.D., Adjunct Professor, Columbia/Mailman School of Public Health, Medical Editor for Mental Health, The Huffington Post

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