

<<有效治疗的选择>>

图书基本信息

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### 内容概要

This thoroughly revised and updated version of Linda Seligman's classic book, *Selecting Effective Treatments*, presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the *Diagnostic and Statistical Manual of Mental Disorders*. This third edition includes the most current information and expands the understanding of pervasive developmental disorders, bipolar disorder, disorders of childhood, schizophrenia spectrum disorders, and eating disorders. In addition, the book expands on the sections that deal with the treatment of depression, borderline personality disorder, and more. This important resource also includes new information on assessment, the treatment of dual diagnosis, the spectrum concept of mental disorders, suicide risk factors, and new approaches to treatment.

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### 作者简介

Linda Seligman is emeritus professor of counseling and development in the Graduate School of Education, George Mason University, in Fairfax, Virginia, where she also directed the University's Community Agency Counseling Program. She is also director of the Center for Counseling and Consultation, a private practice in Bethesda, Maryland. Lourie W. Reichenberg is a licensed professional counselor in private practice in Falls Church, Virginia, and an adjunct faculty member in the School of Education and Human Services, Marymount University, Arlington, Virginia.

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### 书籍目录

Preface 1 Introduction to Effective Treatment Planning 2 Mental Disorders in Infants, Children, and Adolescents 3 Situationally Precipitated Disorders and Conditions 4 Mood Disorders 5 Anxiety Disorders 6 Disorders of Behavior and Impulse Control 7 Disorders in Which Physical and Psychological Factors Combine 8 Personality Disorders 9 Disorders Involving Impairment in Awareness of Reality: Psychotic 10 The Future of Diagnosis and Treatment Planning References About the Authors Name Index Subject Index

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### 媒体关注与评论

Review "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, associate professor, wellness and human services, School of Physical Activity and Educational Services, The Ohio State University) "Dr. Linda Seligman's book is an outstanding reference for all mental health professionals. This excellent revision, with the new chapter dealing with children, insures that diagnosis and treatment are considered within a truly lifespan approach." (Thomas H. Hohenshil, Ph.D., professor of counselor education and psychology, Virginia Tech) "Linda Seligman, professor, practitioner, and researcher shows her skill in connecting diagnosis to treatment. She writes in a way that is down-to-earth and user-friendly. This information will enable counselors and therapists to increase both their efficiency and their effectiveness, and thus remain viable members of the helping professions in the 21st Century." (Robert E. Wubbolding, Ed.D., professor, Counseling Programs, Xavier University) --This text refers to an out of print or unavailable edition of this title. Review Praise for the Prior Edition &#8220;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&#8212;a must for all professionals and students in the mental health field.&#8221;--Fred Bemak, professor, counseling and development, College of Education and Human Development, George Mason University &#8220;Dr. Linda Seligman&#8217;s book is an outstanding reference for all mental health professionals. This excellent revision, with the new chapter dealing with children, insures that diagnosis and treatment are considered within a truly lifespan approach.&#8221;--Thomas H. Hohenshil, Ph.D., professor of counselor education and psychology, Virginia Tech &#8220;Linda Seligman, professor, practitioner, and researcher, shows her skill in connecting diagnosis to treatment. She writes in a way that is down-to-earth and user-friendly. This information will enable counselors and therapists to increase both their efficiency and their effectiveness and thus remain viable members of the helping professions in the twenty-first century.&#8221; --Robert E. Wubbolding, Ed.D., professor, Counseling Programs, Xavier University

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