



# Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, DSM-5 E-Chapter Update

By Linda Seligman, Lourie W. Reichenberg

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The DSM-5 material in this e-chapter update provides a bridge between DSM-IV-TR and DSM-5. Professors, students, clinicians, and others interested in mental health diagnosis and treatment will find all of the information they need to smoothly transition to the new DSM-5.

The e-chapter update provides all of the DSM-5 changes organized by disorder, so that readers can easily and completely adopt the new DSM-5 material. Many of the disorders in DSM-5 remain largely unchanged from DSM-IV-TR. This, too, is noted in an effort to provide consistency and clarity between the 4<sup>th</sup> edition, and the DSM-5.

This new e-chapter update outlines the background for important changes made to DSM-5 including the elimination of the bereavement exclusion, new course specifiers for mania, a switch to the new syndrome concept for autism and schizophrenia, and many of the name changes to existing disorders (e.g., intellectual disability disorder, gender dysphoria). All of this, and more, is included in the e-chapter update to *Selecting Effective Treatments*, 4<sup>th</sup> edition.

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### Editorial Review

From the Back Cover

#### **A systematic, research-based approach to the diagnosis and treatment of the major mental disorders—updated to reflect the changes in the DSM-5**

This thoroughly revised and updated edition of Linda Seligman's classic book, *Selecting Effective Treatments* combines the latest research on evidence-based practices with practical, how-to information on implementation.

Filled with numerous illustrative case studies and helpful examples, this *Fourth Edition* features expanded coverage of:

- The changes in criteria in the *DSM-5*
- Trauma and its effect across the lifespan, suicide assessment and prevention, and new treatment approaches, including mindfulness
- Childhood disorders, including autism spectrum disorders, bipolar disorder, ADHD, and attachment disorder
- Diagnosis and treatment of depression, borderline personality disorder, the schizophrenia spectrum disorders, and the bipolar disorders

With a new discussion of treatment strategies for dual diagnosis, *Selecting Effective Treatments, Fourth Edition* provides a pathway for treatment of mental disorders based on the most recent evidence-based research, while at the same time recognizing that the diagnosis and treatment of mental disorders are part of a dynamic and evolving field that embraces individuality and personalization.

### 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

**LINDA SELIGMAN** was a professor emerita of counseling and development at George Mason University. She authored fifteen books and was named Counselor Educator of the Year and Researcher of the Year by

the American Mental Health Counselors Association. She died in 2007.

**LOURIE W. REICHENBERG** is a licensed professional counselor in private practice in Falls Church, Virginia, where she also provides clinical supervision. She is currently at work on her fourth book.

## **Users Review**

### **From reader reviews:**

#### **Mike Costello:**

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#### **William Fields:**

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#### **Sandra Wright:**

The e-book untitled Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, DSM-5 E-Chapter Update is the publication that recommended to you to read. You can see the quality of the book content that will be shown to you actually. The language that writer use to explained their way of doing something is easily to understand. The article writer was did a lot of research when write the book, hence the information that they share to you personally is absolutely accurate. You also might get the e-book of Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, DSM-5 E-Chapter Update from the publisher to make you much more enjoy free time.

**William Harris:**

The book *Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, DSM-5 E-Chapter Update* has a lot associated with it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. This article's author makes some research ahead of writing this book. This particular book is very easy to read; you will get the point easily after reading this book.

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