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## Acceptance of Mental Illness Promoting Recovery Among Culturally Diverse Groups

Lauren Mizock and Zlatka Russinova

Print Publication Year: 2016 Published Online: Sep 2016 Publisher: Oxford University Press  
ISBN: 9780190204273 eISBN: 9780190606176 DOI: 10.1093/med:psych/9780190204273.001.0001  
Item type: book

The book covers a topic that is often overlooked in the literature: How people with serious mental illnesses (i.e., schizophrenia, bipolar disorder, severe depression) come to recognize and deal with the symptoms of a mental illness in order to promote recovery. Per the recovery movement in mental health, recovery is understood as not simply symptom elimination, but the process of living a meaningful and satisfying life in the face of mental illness. *Acceptance of Mental Illness* draws from research to provide educators, clinicians, researchers, and consumers with an understanding of the multidimensional process of acceptance of mental illness in order to support people across culturally diverse groups to experience empowerment, mental wellness, and growth. Chapters focus on providing a historical overview of the treatment of people with mental illness, examining the acceptance process, and exploring the experience of acceptance among women, men, racial-ethnic minorities, and LGBT individuals with serious mental illnesses. The book is a useful tool for mental health educators and providers, with each chapter containing case studies, clinical strategies lists, discussion questions, experiential activities, diagrams, and worksheets that can be completed with clients, students, and peers.

## Animal Maltreatment Forensic Mental Health Issues and Evaluations

Lacey Levitt, Gary Patronek, and Thomas Grisso (eds)

Print Publication Year: 2015 Published Online: Dec 2015 Publisher: Oxford University Press  
ISBN: 9780199360901 eISBN: 9780190275679 DOI: 10.1093/med:psych/9780199360901.001.0001  
Item type: book

This edited volume is the first book to provide an overview of animal maltreatment as a legal, clinical, and forensic mental health issue. It offers guidance for mental health professionals and lawyers in cases involving the adjudication of animal maltreatment offenses, with a special focus on forensic mental health assessments in such cases. Animal maltreatment includes physical or sexual abuse, neglect, or hoarding of animals. Almost one-half of all U.S. states have statutory provisions mandating or allowing courts to order forensic mental health assessments of individuals convicted of animal maltreatment offenses. However, there are few resources on this topic for mental health and legal

professionals, and none that offer guidance for evaluations in animal maltreatment cases. This book introduces what the authors believe will become the newest subfield of forensic mental health assessment, Forensic Animal Maltreatment Evaluations (FAME). It begins with an examination of the legal and social contexts for the problem, followed by a review of clinical knowledge within the area. Subsequent chapters offer perspectives for social and clinical responses in animal maltreatment cases. Finally, several chapters describe prospects for an area of forensic mental health assessment focused specifically on the forensic evaluation in cases of animal maltreatment.

## Anxiety Disorders in Adults An Evidence-Based Approach to Psychological Treatment

Peter D. McLean and Sheila R. Woody

Print Publication Year: 2001 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780195116250 eISBN: 9780190261498 DOI: 10.1093/med:psych/9780195116250.001.0001  
Item type: book

In this title, the authors review psychosocial treatments for anxiety disorders, focusing on the scientific basis and demonstrated outcomes of the treatments. Cognitive-behavioral therapies are highlighted, as they have been the most frequently investigated approaches to treating anxiety disorders. Individual chapters feature specific phobias: social phobia, panic disorder, and generalized anxiety disorder. The book is rich in clinical material and integrates science and clinical practice in an effort to help practitioners to improve the effectiveness of their work with anxious clients. Recently developed psychosocial treatments for anxiety disorders reflect the systematic influence of scientifically generated knowledge, and these new treatments yield strong results. Research in such areas as information processing, cognition, behavioral avoidance, and the physiological components of anxious arousal has increased our knowledge of mediators that cause and maintain anxiety disorders.

## Autism as an Executive Disorder

James Russell (ed.)

Print Publication Year: 1998 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780198523499 eISBN: 9780191808128 DOI: 10.1093/med:psych/9780198523499.001.0001  
Item type: book

Autism continues to fascinate researchers because it is both debilitating in its effects and complex in its nature and origins. The prevalent theory is that autism is primarily characterised by difficulties in understanding mental concepts, but the contributors to this resource present new and compelling arguments for an alternative theory. Their research points strongly to the idea that autism is primarily a disorder of executive functions, those involved in the control of action and thought. As such, this online title provides a new and controversial perspective on this important question.

## Becoming Board Certified by the American Board of Professional Psychology

Christine Maguth Nezu, A.J Finch, Jr., and Norma P. Simon (eds)

Print Publication Year: 2009 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780195372434 eISBN: 9780190261504 DOI: 10.1093/med:psych/9780195372434.001.0001  
Item type: book

This title provides a comprehensive description and hands-on, practical guide for individuals seeking certification from any one of the 13 specialty boards of the American Board of Professional Psychology (ABPP). It contains answers to frequent areas of inquiry and questions posed by potential candidates. In addition to providing a brief description of the history and mission of ABPP, the book offers step-by-step information concerning the “where, what, and how” of the board certification process. Finally, never-before offered information is provided, such as what pitfalls to avoid, and how to get further involved in the profession as a board certified psychologist.

## Best Practices for Teaching Beginnings and Endings in the Psychology Major Research, Cases, and Recommendations

Dana S. Dunn, Bernard B. Beins, Maureen A. McCarthy, and G. William Hill, IV (eds)

Print Publication Year: 2010 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780195378214 eISBN: 9780190242015 DOI: 10.1093/med:psych/9780195378214.001.0001  
Item type: book

In this collection of articles, psychology instructors involved in the improvement of teaching and learning review the research and share their own successes and challenges in the classroom. Discussions include effective practices for helping students become acclimated to and engaged in the psychology major, application of developmental knowledge and learning communities to course design, and use of quality benchmarks to improve introductory and capstone courses. Other chapters describe innovations in the design of stand-alone courses and offer concrete advice on counseling psychology graduates about how to use what they have learned beyond their higher education experiences. Introductory and capstone experiences in the undergraduate psychology program are crucial ways to engage students in their major and psychology department, impart realistic expectations, and prepare them for life beyond college. Providing the right orientation and capstone courses in psychology education is increasingly a concern of instructors, department chairs, program directors, and deans, and both types of courses have become important sources for gathering pre- and post-coursework assessment data for degree learning outcomes.

## Beyond Coping Meeting Goals, Visions, and Challenges

Erica Frydenberg (ed.)

Print Publication Year: 2002 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780198508144 eISBN: 9780191808104 DOI: 10.1093/med:psych/9780198508144.001.0001  
Item type: book

There are many challenges to be faced in contemporary society including the stresses of everyday living in the technological age and changes in patterns of employment and family life. Depression is being experienced in 'epidemic' proportions in many Western communities, and in particular amongst young people. The search for effective ways to reverse this trend has resulted in a significant shift in psychological approach from a focus on helplessness and pathology to a more positive orientation that emphasises health and well-being. This volume brings together leading researchers in the field of stress and coping to consider ways in which coping research contributes to our understanding of how people in different sectors of life meet goals and challenges. It provides a synthesis of different but compatible theoretical models that have been developed in the field of stress and coping and provides a way forward beyond the traditional stress and coping paradigms. The emergent model is able to be used to assess a wide range of issues in the stress and coping domain.

## Biopsychosocial Medicine An integrated approach to understanding illness

Peter White (ed.)

Print Publication Year: 2005 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780198530343 eISBN: 9780191808098 DOI: 10.1093/med:psych/9780198530343.001.0001  
Item type: book

The biopsychosocial model is an approach to medicine which stresses the importance of a holistic approach. It considers factors outside the biological process of illness when trying to understand health and disease. In this approach, a person's social context and psychological well-being are key factors in their illness and recovery, along with their thoughts, beliefs and emotions. This title examines the concept and the utility of this approach from its history to its application, and from its philosophical underpinnings to the barriers to its implementation. It is severely critical of the failure of modern medicine to treat the patient not the disease, and its neglect of psychological and social factors in the treatment of the ill. Focusing on chronic disabling ill health, this title takes the examples of arthritis, cancer, diabetes, lower back pain, irritable bowel syndrome and depression to show how the biopsychosocial model can be used in practice. It questions why, even when the biopsychosocial approach has been proved to be more effective than traditional methods in overcoming these disorders, is not more routinely used, and how barriers to its implementation can be overcome.

## The Body Project A Dissonance-Based Eating Disorder Prevention Intervention

Eric Stice, Paul Rohde, and Heather Shaw

Print Publication Year: 2012 Published Online: Jan 2015 Publisher: Oxford University Press  
ISBN: 9780199859245 eISBN: 9780190230654 DOI: 10.1093/med:psych/9780199859245.001.0001  
Item type: book

The Body Project is an empirically based eating disorder prevention program that offers young women an opportunity to critically consider the costs of pursuing the ultra-thin ideal promoted in the mass media, and it improves body acceptance and reduces risk for developing eating disorders. Young women with elevated body dissatisfaction are recruited

for group sessions in which they participate in a series of verbal, written, and behavioral exercises in which they consider the negative effects of pursuing the thin-ideal. This online resource provides information on the significance of body image and eating disorders, the intervention theory, the evidence base which supports the theory, recruitment and training procedures, solutions to common challenges, and a new program aimed at reducing obesity onset, as well as intervention scripts and participant handouts. It is the only currently available eating disorder prevention program that has been shown to reduce risk for onset of eating disorders and received support in trials conducted by several independent research groups.

## Borderline Personality Disorder An evidence-based guide for generalist mental health professionals

Anthony W. Bateman and Roy Krawitz

Print Publication Year: 2013 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780199644209 eISBN: 9780191808159 DOI: 10.1093/med:psych/9780199644209.001.0001  
Item type: book

This is a book for general mental health professionals who treat people with borderline personality disorder (BPD). It offers practical guidance on how to help people with BPD with advice based on research evidence. After a discussion of the symptoms of BPD, the authors review all the generalist treatment interventions that have resulted in good outcomes in randomised controlled trials, when compared with specialist treatments, and summarise the effective components of these interventions. The treatment strategies are organised into a structured approach called structured clinical management (SCM), which can be delivered by general mental health professionals without extensive additional training. The heart of the book outlines the principles underpinning SCM and offers a step-by-step guide to the clinical intervention. Practitioners can learn the interventions easily and develop more confidence in treating people with BPD. In addition, a chapter is devoted to how to help families - an issue commonly neglected when treating patients with BPD. Finally the authors discuss the top 10 strategies for delivering treatment and outline how the general mental health clinician can deliver these strategies competently.