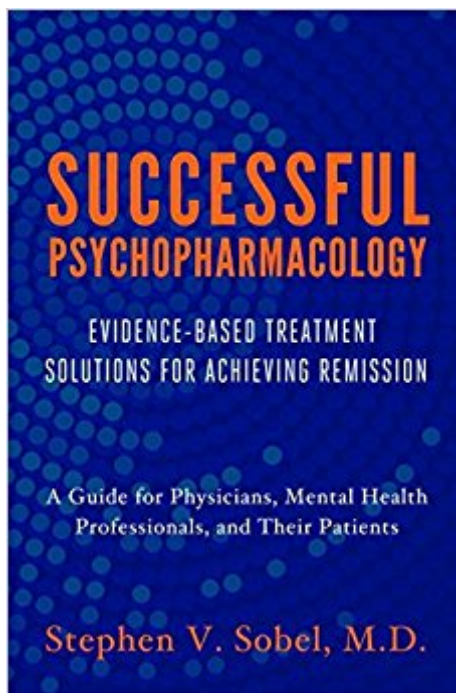




The book was found

Successful Psychopharmacology: Evidence-Based Treatment Solutions For Achieving Remission



Synopsis

A guide for physicians and clinicians to understanding and choosing the proper psychiatric medications and for their patients who want to learn how this should be done. This book teaches mental health professionals how to choose and use psychotropic medications to address the biological etiology of psychiatric disease and mental health. It helps readers understand the key aspects of psychotherapy to deal with the psychosocial factors that prescribers need to know to use these medications within the context of the patient's life. This book is based on the premise that all mental health problems in the most symptomatic, impaired individual and in the most mentally healthy individual are caused by a combination of biopsychosocial factors. Mental health professionals need to recognize and understand these factors and their interactions, and correct them. An understanding of all these factors, and of psychopharmacology, can lead to better treatment decisions. This book is for many readers: for psychiatrists who recognize the daily challenges in treating patients; for primary care physicians who identify psychiatric disorders in their patients; for non-medically-trained mental health professionals who want a more sophisticated understanding of psychopharmacology; and even for patients who want and need a better understanding of the medications their doctors have prescribed them.

Book Information

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Customer Reviews

"The author gracefully combines his everyday clinical experience with treatment guidelines. . . . The writing style is lucid and succinct." - Metapsychology Online

Reviews

“[E]minently readable . . . [C]lear and concise . . . [T]houghtfully describes common patient issues with medication therapy . . . Excellent explanations of drug mechanisms of action . . . Obviously, clinicians in psychiatry and psychology would enjoy this book, but perhaps less obvious is its enormous value to scientists, pharmacists, and other health care professionals, as well as health sciences students. Highly recommended.”

• CHOICE

“This book offers an engaging take on modern psychopharmacology by artfully combining the author’s real-world clinical experience with evidence-based treatment guidelines. Punctuated by insightful anecdotes and vignettes, this book manages to reframe the ultimate goal of modern psychopharmacology: to optimize functional recovery by aggressively seeking total symptom control.”

• Mark Rapaport, MD, Chair of the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine, and Ebrahim Haroon, MD, Emory University

“Stephen Sobel has written a wide-ranging, impressive book on psychopharmacology. His expertise is obvious as is his honesty regarding the challenges clinicians and patients face. This book is a welcome addition to my collection of books on the topic, and I highly recommend adding it to yours.”

• Rakesh Jain, MD, Associate Clinical Professor, Department of Psychiatry and Behavioral Services, University of Texas Medical School at Houston, Houston, TX

“This excellent book demonstrates why Dr. Sobel is so highly regarded in professional circles. It paves a solid pathway through which to regain that functional state that would otherwise elude the individual suffering from this medical problem.”

• Gustavo Alva, MD, DFAPA, Associate Professor in the Department of Psychiatry and Human Behavior at the University of California, Irvine

“Whether you are a physician or a psychotherapist treating mental health disorders, you will want this volume close at hand. Dr. Sobel has a remarkable ability to describe neurobiology and the mechanisms of action of medications and he makes it clear how to achieve his stated goal of remission for mental health disorders. With straightforward, un-common sense and evident compassion for his patients, he provides templates for using medications so those who prescribe can find their way through the maze of choices to serve the patient most effectively. Dr. Sobel also clarifies for psychotherapists where medication fits into the recovery of our clients, so we can provide confident medication referrals and foster our clients’ compliance with medication regimens. Here is a genuine ‘go-to’ book on psychopharmacology you do not want to miss!”

• Margaret Wehrenberg, author of The 10 Best-Ever Anxiety Management Techniques

“Dr. Sobel has distilled a large amount of information on psychopharmacology into easily digestible bites, giving practical information that will greatly benefit any primary care physician. Gleaning tips from both his incisive research and his many years of experience as a psychiatrist, Dr. Sobel

presents the reader with useful and accessible advice in an engaging conversational style. —•
- Gregg Lichtenstein, MD, MBA, FAAFP, Medical Director, Student Health Services, San Diego State University

Stephen V. Sobel, MD, is a clinical instructor in psychiatry at the University of California, San Diego School of Medicine. He lives in San Diego.

This is the most well written and useful psychopharmacology text I have read. The user friendly guide begins with a discussion of “treatment goals” and “the keys to successful psychopharmacology” which provide a grounding biopsychosocial context for the remainder of the book. It then continues with chapters providing medication specific information (such as the neurotransmitter basis of psychotropic action) followed (at times) by a separate chapter with information from the point of view of exactly how to use such medications according to the target population. For example following a discussion of “antidepressants (points and pearls)” is a chapter on “choosing the right antidepressant” and then a chapter with a focus on “treating depression.” While the information in these chapters overlap, each provides a wonderfully unique focus. Included is a discussion of, results of major drug trials and how mechanism of action and study outcome inform choice of specific medication and appropriate dosage range. There is an emphasis on the efficacy of using medications alone or, as needed, in combination with each other and in combination with other drugs metabolized by the hepatic microsomal system and with characteristic plasma binding profiles. This book itself acts as an anxiolytic calming my own doubts and fortifying my confidence and knowledge. While user friendly, it is not an overnight read. It is a manual to refer to over and over. It helped turn some of my apprehension into fun.

As a psychiatry student I often read books that are not on my official book-list, and this one is excellent. The author writes with unique succinctness and clarity, giving unparalleled summaries of pharmacological interventions and the rationales behind them. Very useful for developing a mental framework for how to treat various disorders. After reading small sections of this book, I have a great frame for knowing what classes of drugs I will want to use to treat a particular patient, as well as alternate and augmenting strategies that may be useful. I then use prescribing guides to delve into the specifics of various drugs. I especially like to use this in conjunction with Stahl’s prescribing

guide. I could not recommend this book more highly to both professionals and students.

Amazing book!!!! This book will definitely change the way I think in my clinical practice as a psychiatrist. I cannot recommend it highly enough. It helped me organize the knowledge in psychopharmacology in a way that other books will never do. My impression was that Dr. Sobel was here, reading the book along with me, and every single doubt that popped in my mind was there covered, right after. Very thoughtful, well written, updated and indispensable resource. I can guarantee 2 things: After reading this book, you'll come back here for: 1) Rate it 5 Stars and 2) Search for others Sobel's books (hey, Doc., we're waiting for more!!!!)

I am a practicing psychiatrist and have found this book to be very useful. There are lots of resources out there in the world of psychopharmacology but unfortunately not many of them help me in my clinical practice. This is because almost all of them incorporate data from clinical studies which have serious limitations when it comes to using that knowledge in the treatment of "real world" patients. When I purchased the kindle edition few months ago I was very impressed with the narrative style of the author who clearly knows what he is talking about. I would recommend this book to psychopharmacology practitioners across the board and would especially recommend it to psychiatric residents and other trainees to prepare them for the "real world" of psychopharmacology.

I am a FMHNP student in Wa and has spent a lot of money looking for a Psych books, which evidence based, but I couldn't be happy until I found this book. I am telling you, I found this book after buying many books based on evidence based psycho-pharmacology, but this is my guidance like a bible for my practice. I am eager to see some of his books written by Dr Sobel; " He knows his stuffs". His book is so interesting that I couldn't go to sleep before finishing one of his chapter. I personally prefer many professionals to follow his way of writing, presenting as he has been sharing his experiences while discussing the subject matter in detail.

This is a nice review of the bullet points about each drug that an already successful psychopharmacologist would do. Not written for a student, but probably a good study aid. Also not written in a format for easy desk reference.

If you are in practice as a mental health professional, this is the book for you. Very thorough and very well written. pharmacological "rationales" for which med works best for each phase of the

various Axis I disorders.

Incredible reference book every prescriber new and old should have at their fingertips!

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