



Integrating Psychotherapy and Psychopharmacology: A Handbook for Clinicians (Clinical Topics in Psychology and Psychiatry)

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Integrating Psychotherapy and Psychopharmacology: A Handbook for Clinicians is a practical guide for the growing number of mental-health practitioners searching for information on treatments that combine psychopharmacology, psychotherapy, and psychosocial rehabilitation. Research shows that combined approaches are among the most effective ways to treat an increasing number of psychiatric disorders. However, though these combined treatments are becoming the everyday practice of psychiatrists, psychologists, and other mental-health professionals, identifying the right treatment plan can be notoriously difficult, and clinicians are often left scrambling to answer questions about how to design and customize their treatment strategies. In *Integrating Psychotherapy and Psychopharmacology*, readers will find these questions fully addressed and the answers explained, and they'll come away from the book with a toolbox full of strategies for helping their patients improve symptoms, achieve remission, and stay well using a combination of drug and psychological treatments.

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