



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

*Linda Seligman, Lourie W. Reichenberg*

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This is an approach to the diagnosis and treatment of the major forms of mental disorders found in adults including mood, anxiety and personality disorders, disorders of behaviour and impulses control and others. It integrates the relevant current literature on treatment of major disorders into a structured format that will help clinicians to more quickly assess the client and develop treatment plans with a high probability of success. It will also enable therapists to assess their own level of effectiveness, increase their accountability, deal more effectively with requests of insurance companies and peer review boards and improve the overall quality of their work.

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## **From Reader Review Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, DSM-5 E-Chapter Update for online ebook**

### **Audrey Cole says**

A book co-authored by the fabulous Lourie Reichenberg!

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### **Chris says**

This textbook makes it so much easier to understand the DSM-IV-TR. Not only does it go into more detail for each diagnosis, but also provides the best interventions for working with those diagnosed with each disorder. A must read for those having trouble understanding the DSM!

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### **Jodi Schiedel-Anderson says**

Ok, I didn't read this book in its entirety...obviously not going to happen in a three week course. But it was informative on the disorders and provided a basic review of potential treatment options(very general though. The writing style could have been a little less dry, but it also could've been worse. Not sure if I'll ever use it again, but I will hang onto it.

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### **Carolynne says**

This was fairly comprehensive, but also quite redundant. They kept repeating the same information, and basically recommended Cognitive Behavioral Therapy for every disorder. Also, it was written to correspond with DSM-IV-TR.

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### **Teresa Goudy says**

I really appreciated this book and felt like it helped me understand the DSM better.

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### **Krista says**

Useful enough. Will be nice to get an updated version for DSM-5.

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