



Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders

By Linda Seligman, Lourie W. Reichenberg

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This thoroughly revised and updated version of Linda Seligman's classic book, *Selecting Effective Treatments*, presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the *Diagnostic and Statistical Manual of Mental Disorders*. This third edition includes the most current information and expands the understanding of pervasive developmental disorders, bipolar disorder, disorders of childhood, schizophrenia spectrum disorders, and eating disorders. In addition, the book expands on the sections that deal with the treatment of depression, borderline personality disorder, and more. This important resource also includes new information on assessment, the treatment of dual diagnosis, the spectrum concept of mental disorders, suicide risk factors, and new approaches to treatment.

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Editorial Review

Review

"...is 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 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*, September 2008)

Review

Praise for the Prior Edition

"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

"Dr. Linda Seligman's book is an outstanding reference for all mental health professionals. This excellent revision, with the new chapter dealing with children, insures that diagnosis and treatment are considered within a truly lifespan approach."--Thomas H. Hohenshil, Ph.D., professor of counselor education and psychology, Virginia Tech

"Linda Seligman, professor, practitioner, and researcher, shows her skill in connecting diagnosis to treatment. She writes in a way that is down-to-earth and user-friendly. This information will enable counselors and therapists to increase both their efficiency and their effectiveness and thus remain viable members of the helping professions in the twenty-first century." --Robert E. Wubbolding, Ed.D., professor, Counseling Programs, Xavier University

From the Inside Flap

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This thoroughly revised and updated version of Linda Seligman's classic book, *Selecting Effective Treatments*, presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the *Diagnostic and Statistical Manual of Mental Disorders* including disorders of impulse control and mood, anxiety, psychotic and personality disorders. The revised edition includes a new chapter that contains current information on the diagnosis and treatment of mental disorders in infants, children, and adolescents. The book also presents the most current information on the importance of a clinician's personal and professional characteristics. Filled with numerous illustrative case studies and helpful examples, the book organizes the relevant current literature on the treatment of the major mental disorders into a carefully structured format that helps clinicians to quickly assess the client and confidently develop treatment plans that are likely to succeed. *Selecting Effective Treatments* enables therapists to assess their level of effectiveness, increase accountability, work more effectively in today's managed care

environment, and improve the overall quality of their work. For all practitioners who must keep pace with the ever increasing literature on diagnosis and treatment of mental disorders, this revised edition of Seligman's book offers a complete resource to the most current and

Users Review

From reader reviews:

Blair Kennedy:

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Larry Gutierrez:

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