



PREFACE

The landmark research of Smith, Glass, and Miller (1980), along with other research, gave the definitive affirmative answer to the question of whether psychotherapy has any value. Research in the decade that followed turned to differential therapeutics, seeking to determine which approaches to psychotherapy are effective in treating which mental disorders, under what conditions, with which clients, and to what ends.

Our understanding about the differential diagnosis of mental disorders has advanced greatly since then. In 2000, these advances culminated in the publication of the fourth edition text revision of the *Diagnostic and Statistical Manual of Mental Disorders*, or *DSM-IV-TR*. But understanding of differential therapeutics has lagged behind. Many books have been published that focus on one particular disorder, espouse one preferred mode of treatment, or offer a compendium of articles by different authors, but few volumes have presented a systematic, research-based approach to the treatment of mental disorders. As a result, approaches to treatment are often haphazard, with clinicians relying on familiar or comfortable models rather than on treatments that have demonstrated the greatest effectiveness.

Our goal in the writing of this third edition of *Selecting Effective Treatments* was to cite the most up-to-date and empirically based treatments for mental disorders while maintaining the format and integrity of previous editions.

ENHANCEMENTS TO THE THIRD EDITION

Knowledge about differential therapeutics for mental disorders certainly has advanced since the 1990s, when the previous edition of this book was published. Mental health professionals have a better understanding of the etiology, presentation, risk factors, prevalence, effective treatments, and prognosis for the major mental disorders. Knowledge has expanded particularly in terms of understanding of pervasive developmental disorders, bipolar disorders, disorders of childhood, schizophrenia spectrum disorders, and eating disorders, among others. This, the third edition of *Selecting Effective Treatments*, updates our knowledge of the diagnosis and treatment of mental disorders.

All sections of this book have been revised to reflect current information. Of course, chapter revisions are particularly extensive in those areas where our knowledge has grown the most. Many enhancements have been made to the third edition, including expanded information on assessment, the spectrum concept of mental disorders, suicide risk factors, and new approaches to treatment. Suicide risk factors have received attention because suicide is a growing public health concern, a leading cause of death for the elderly and young adults, and a symptom of many mental disorders. We also have expanded greatly the sections on diagnosis and treatment of depression, borderline personality disorder, the schizophrenia spectrum disorders, and the bipolar disorders. A new section discusses treatment approaches for people who are dually diagnosed with a substance use disorder and a mental disorder.

AUDIENCE

Most of the existing books on treatment of mental disorders have been written from a medical perspective, but most treatment of mental disorders is provided by psychologists, counselors, social workers, and psychiatric nurses. Therefore, this book fills a gap in the literature by focusing on the needs of these nonmedical mental health practitioners and by recognizing the increasingly important part they play in treating mental disorders. The book is also addressed to students in these fields who have at least a basic understanding of approaches to counseling and psychotherapy.

Clinicians, researchers, and educators in the mental health fields should all be able to use this book in their work. Clinicians in particular who read the book can expect to gain a deeper understanding of the complexities of diagnosis, as well as of the latest edition of the *Diagnostic and Statistical Manual of Mental Disorders (DMS-IV-TR)*. In addition, clinicians will be able to develop sound treatment plans and will gain greater confidence and credibility, which should help them treat their clients more knowledgeably and more effectively.

Some information has been provided about the usefulness of medication for the various mental disorders; this information is included primarily to help clinicians determine when a referral for medication is in order and to assist them in anticipating the impact that medication is likely to have on their clients.

This book also should help clinicians deal with managed care organizations (MCOs). Treatment of mental disorders is now generally overseen by MCOs, and, in order to provide the best help possible to their clients, clinicians must be knowledgeable about dealing with MCOs. *Selecting Effective Treatments* should enable clinicians both to make more accurate diagnoses and to provide treatments that are likely to be effective. This book will help them explain their choice of treatment approach to their clients, to their supervisors and colleagues, and to MCOs. This in turn should make it more likely that their clients will receive third-party payments that will enable them to afford the counseling and psychotherapy they need.

ORGANIZATION

Selecting Effective Treatments, Third Edition, does not restrict clinicians to a narrow range of approaches, nor does it advocate for one particular theoretical model. Research does not support such a circumscribed view of therapy, and such an approach would not promote the optimal use of each therapist's special talents. Rather, this book seeks to increase clinicians' understanding of the symptoms and dynamics of mental disorders and to provide a range of treatment options for each disorder, allowing clinicians to blend their own therapeutic strengths and preferences with those approaches that have demonstrated effectiveness. New approaches to treatment included in the third edition include motivation enhancement therapy, dialectical behavior therapy, emotion-focused therapy, and mindfulness and other Eastern-influenced strategies that have received empirical support for their effectiveness in the treatment of specific mental disorders.

As professors, therapists, and researchers ourselves, we recognize the need for practitioners and students to have a comprehensive, user-friendly text. Such a text should not only provide the latest empirical research but also present it so that readers can visualize disorders and begin to develop their own treatment plans that are both evidence based and practical.

Chapter One provides introductory information about diagnosis and treatment of mental disorders, as well as the DO A CLIENT MAP format of treatment planning. Chapters Two through Nine begin with a case study, continue with a description as well as a summary of research on the effective treatment of

each disorder covered in the chapter, and end with a Client Map, a comprehensive model of treatment planning developed by Linda Seligman, which can be adapted to any diagnosis. This format has been used throughout all three editions of this book and offers what we think is an effective and efficient approach to diagnosis and treatment.

In Chapters Two through Nine, the mental disorders have been grouped into eight broad categories. Within each of these chapters, the material on each mental disorder generally has been organized into six sections:

- A description of the disorder
- An overview of the characteristics that typify people with that disorder
- A review of assessment tools available for the disorder
- An overview of the qualities of style and personality that typify clinicians likely to be successful in treating the disorder
- A review of the research on effective treatment of the disorder
- Information on the prognosis for the disorder

Chapter Ten identifies and discusses emerging trends in the ever-evolving fields of diagnosis and treatment of mental disorders.

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