Contents

Preface v

1 Medication Versus CBT: How Did That Happen? 1

2 Neurobiological Evidence and Combined Treatment 9

3 Dual Responsibility Treatment: Principles That Facilitate Collaborative Patient Care 19

4 Combining CBT Interventions and Medication to Enhance Medication Adherence 35

5 Combined Treatment for Major Depression 55

6 Combined Treatment for Bipolar Disorder 81

7 Combined Treatment for Anxiety Disorders 103

8 Combined Treatment for Eating Disorders 119

9 Combined Treatment for Schizophrenia 139

10 Combined Treatment for Borderline Personality Disorder 159

11 Combined Treatment in Pregnancy 181

12 Combined Treatment for Substance Abuse and Dependence—written with Samson Gurmu, M.D. 193