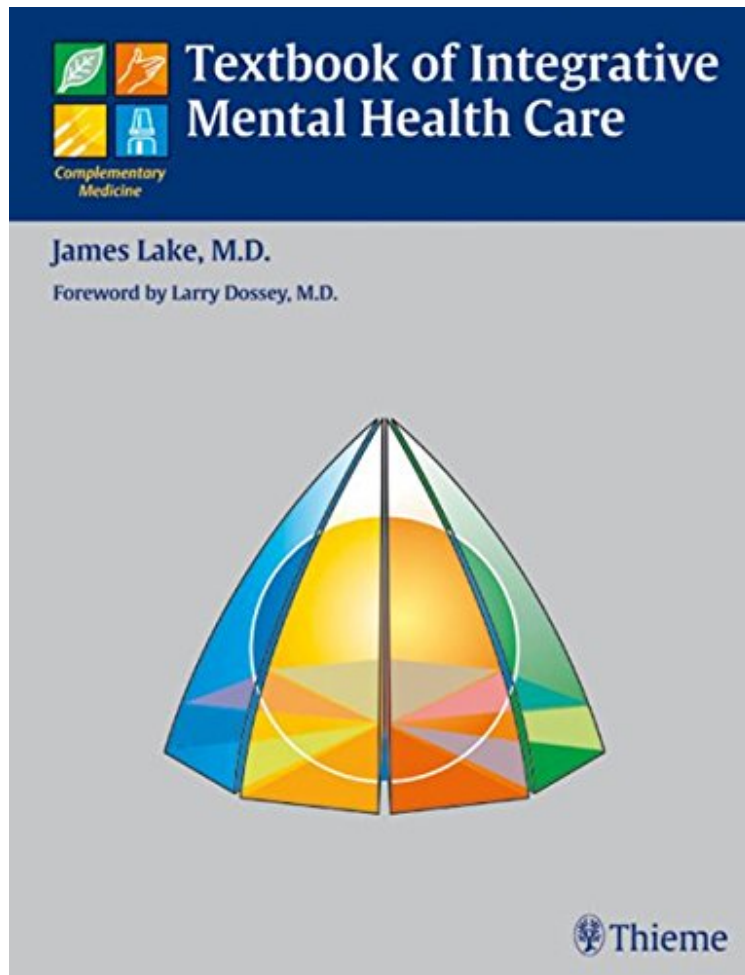


Textbook of Integrative Mental Health Care

James H. Lake

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James H. Lake : Textbook of Integrative Mental Health Care before purchasing it in order to gage whether or not it would be worth my time, and all praised Textbook of Integrative Mental Health Care:

11 of 12 people found the following review helpful. Excellent academic text in Integrative PsychiatryBy Pamela A. Pappas MDMost patients seeing psychiatrists want to be treated as whole people, yet conventional Psychiatry often emphasizes their biological aspects above all else. Not only does this disparity lead to misunderstanding between "treaters" and "treated", but it also limits what treatments the treaters consider at all.With this book Dr. Lake gives words to this huge disparity, effectively describing both the philosophical gulf and ways to address mental health problems more resourcefully. How doctors look at any "disease" greatly impacts the interventions they consider. Dr. Lake makes us aware of these paradigm filters we might not have realized were present, and helps us move beyond them in safe and effective ways.This text even incorporates ideas about consciousness in mental health, with applications and implications for us all. Unfortunately the book's highly academic publishing style (long paragraphs

with little white space) could put off casual or lay readers. But it's a true god-send for physicians, other mental health practitioners, and possibly CAM practitioners seeking understanding beyond their own professional areas. There are some tables and diagrams highlighting the material in different ways for different learning styles. Dr. Lake not only explores the philosophical and research issues in Integrative Mental Health/Integrative Psychiatry, but he also discusses assessment and treatment methods in Integrative Mental Health care. Safety issues are discussed. He examines most clinical mental health problems that present in office practices, with evidence-based treatment interventions incorporating CAM methods that conventional physicians may not have heard about. He includes energy medicine in this work, even though many in the conventional medical world shun such approaches. Yet another excellent part of the text is the appendix, which includes many resources for evaluating natural products and monitoring ongoing research in both conventional and non-conventional treatments. Despite the breadth of CAM approaches explored in the text, Dr. Lake emphasizes that none of them precludes psychological work. I am so glad he mentions this because it's so often overlooked in both CAM and conventional treatments! Psychological work does not have to mean "psychotherapy", even though a therapist can be an excellent partner in such processes. Dr. Lake is courageous to have written this encompassing text, and I heartily recommend it as a prime reference in a hopefully growing field.

"This text offers an evidence-based approach to incorporating integrative psychiatry into practice that is pragmatic and useful, a great addition to the field of integrative medicine." --Roberta Lee, MD, Medical Director, Continuum Center for Health and Healing
"Dr. Lake must be congratulated for this ground-breaking work on CAM in psychiatry. It not only provides a conceptual framework for a deeper understanding of "disease" of the mind-body-spirit, but also gives evidence-based blueprints for where we are and where we could go. A must read for mental health professionals interested in the philosophy and practice of integrative psychiatry." --Richard P. Brown, MD, Associate Professor, Department of Clinical Psychiatry, Columbia College of Physicians and Surgeons
Textbook of Integrative Mental Health Care is the first book to present a comprehensive framework of conceptual information and clinical guidelines for the integrative assessment and treatment of common mental illnesses. Complete coverage of the conceptual foundations of integrative mental health care allows the practitioner to gain a firm understanding of the philosophy and clinical methodology of integrative medicine. The textbook also describes evidence-based paradigms that enable the practitioner to develop assessment techniques and individualized treatment plans that address the unique needs of each patient. Highlights: Extensive evidence tables summarize assessment and treatment approaches Easy-to-follow algorithms guide the practitioner step-by-step from initial assessment to treatment planning Case vignettes describe intake, assessment and initial formulation, treatment plan, and follow-up This textbook will help psychiatrists, psychologists, and mental health care professionals develop safe and effective integrative approaches for the evaluation and treatment of emotional and mental problems.

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"Dr. Lake must be congratulated for this ground-breaking work on CAM in psychiatry. It not only provides a conceptual framework for a deeper understanding of disease of the mind-body-spirit, but also gives evidence-based blueprints for where we are and where we could go. A must read for mental health professionals interested in the philosophy and practice of integrative psychiatry. --Richard P. Brown, MD, Associate Professor, Department of Clinical Psychiatry, Columbia College of Physicians and Surgeons"
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Clinical Assistant Professor, Dept. of Psychiatry and Behavioral Sciences, Stanford University Hospital; Chairperson, American Psychiatric Association Caucus on Complementary, Alternative and Integrative Approaches in

Mental Healthcare; Board-certified Psychiatrist in Private Practice, Monterey, CA, USA