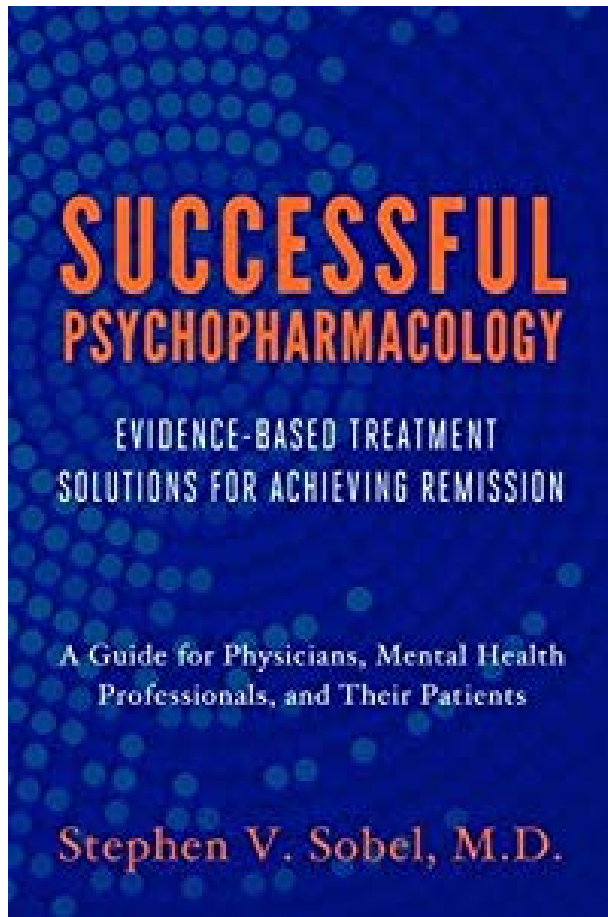


# Successful Psychopharmacology: Evidence-Based Treatment Solutions for Achieving Remission



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This book teaches mental health professionals how to choose and use psychotropic medications to address the biological etiology of psychiatric disease and mental health. It helps readers understand the key aspects of psychotherapy to deal with the psychosocial factors that prescribers need to know to use these medications within the context of the patient's life. This book is based on the premise that all mental health—in the most symptomatic, impaired individual and in the most mentally healthy individual—is caused by a combination of biopsychosocial factors. Mental health professionals need to recognize and understand these factors and their interactions, and correct them. An understanding of all these factors, and of psychopharmacology, can lead to better treatment decisions. This book is for many readers: for psychiatrists who recognize the daily challenges in treating patients; for primary care physicians who identify psychiatric disorders in their patients; for non-medically-trained mental health professionals who want a more sophisticated understanding of psychopharmacology; and even for patients who want and need a better understanding of the medications their doctors have prescribed them. Advance Acclaim: Stephen Sobel has written a wide-ranging, impressive book on psychopharmacology. His expertise is obvious as is his honesty regarding the challenges clinicians and patients face. This book is a welcome addition to my collection of books on the topic, and I highly recommend adding it to yours. Rakesh Jain,

MD, Associate Clinical Professor, Department of Psychiatry and Behavioral Services, University of Texas Medical School at Houston, Houston, TX "This excellent book demonstrates why Dr. Sobel is so highly regarded in professional circles. It paves a solid pathway through which to regain that functional state that would otherwise elude the individual suffering from this medical problem." &#8212;Gustavo Alva, MD, DFAPA, Associate Professor in the Department of Psychiatry and Human Behavior at the University of California, Irvine &#8220;Whether you are a physician or a psychotherapist treating mental health disorders, you will want this volume close at hand. Dr. Sobel has written a muchneeded, clear, and compassionate book on effective psychopharmacology. Dr. Sobel makes it vividly clear for psychotherapists where medication fits into the recovery of our clients, so we can provide confident medication referrals and foster our clients' compliance with medication regimens. Here is a genuine 'go to' book on psychopharmacology you do not want to miss!" &#8212;Margaret Wehrenberg, author of The 10 Best-Ever Anxiety Management Techniques