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Sommario/riassunto	"The bestselling treatment guide, updated to reflect changes to the DSM-5 Selecting Effective Treatments provides a comprehensive resource for clinicians seeking to understand the symptoms and dynamics of mental disorders, in order to provide a range of treatment options based on empirically effective approaches. This new fifth edition has been updated to align with the latest changes to the DSM-5, and covers the latest research to help you draw upon your own therapeutic preferences while constructing an evidence-based treatment plan. Organized for quick navigation, each disorder is detailed following the same format that covers a description, characteristics, assessment tools, effective treatment options, and prognosis, including the type of therapy that is likely to be most successful treating each specific disorder. Updated case studies, treatments, and references clarify the latest DSM-5 diagnostic criteria, and the concise, jargon-free style makes this resource valuable to practitioners, students, and lay people alike. Planning treatment can be the most complicated part of a clinician's job. Mental disorders can be

complex, and keeping up with the latest findings and treatment options can itself be a full time job. Selecting Effective Treatments helps simplify and organize the treatment planning process by putting critical information and useful planning strategies at your fingertips Get up to speed on the latest changes to the DSM-5 Conduct evidence-based treatment suited to your therapeutic style Construct Client Maps to flesh out comprehensive treatment plans Utilize assessment methods that reflect the changes to the DSM-5 multiaxial system Effective treatment begins with strategic planning, and it's important to match the intervention to your own strengths, preferences, and style as much as to the client's needs. Selecting Effective Treatments gives you the latest information and crucial background you need to provide the evidence-backed interventions your clients deserve"--

"Selecting Effective Treatments, Fifth Edition 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. This book synthesizes the latest empirical research and provides readers with the background they need to be able to develop their own treatment plans for their clients that are not only evidence-based and practical. This book introduces readers to the DO A CLIENT MAP format that is used throughout the book. The Client Map is a comprehensive model of treatment planning, which can be adapted to any diagnosis. The DO A CLIENT MAP framework is explained in chapter 1 and the remaining chapters cover the major mental disorders and emerging trends. The mental disorders chapters follow the same easy-to-follow organization: - 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 The content and chapter organization will evolve based on the changes to the DSM-5"--
