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Nota di contenuto	Cover; Title; Copyright; Contents; Preface; Share Neuroscience for Psychologists and Other Mental Health Professionals: Promoting Well-Being and Treating Mental Illness; Chapter 1: Ways of Thinking About Behavioral Syndromes; The Current Paradigm and How We Got There; History of the Diagnostic and Statistical Manuals of the American Psychiatric Association; Major Depression and Anxiety Used to Be Neurosis; The DSM-IV Continues the Tradition of Medicalizing More of Us; Controversy over the DSM-5; The Limitations of Current Diagnostic Categories; Abandonment of the DSM-5 Extensive Nature of the Mind-Body ConnectionAre Diagnoses Needed?; What Should Be the Criteria for Disorder?; Has Labeling Ordinary Behavior as Mental Illness Resulted in Better Outcomes?; The Approach in This Book; Chapter 2: Physiology; Section 1: Genes and Epigenetics; The Two-Step Process of Making a Protein; How the Cell Decides Whether to Make a Protein; Epigenetics; Telomeres; Section 2: Neurons and Neurotransmitters; The Life Cycle of a Neurotransmitter; How Are the Functions of Neurotransmitters Investigated?; Specific Neurotransmitters; Section 3: The Immune System Two Major Divisions: Innate and Adaptive ImmunityThe Glial Cells; Section 4: Circuits; Appetitive Signaling; Creating Learned Helplessness; Regulation of Impulses, Motor Activity, and Emotions; Putting It All

Together: BAS and BIS; Section 5: Emotions; Emotions in General; Autonomic Nervous System; Hormonal Activity; Specific Emotions; Section 6: the Human Brain Is Social; Exercises to Rehearse the Vocabulary Used in Subsequent Chapters; Chapter 3: Psychopharmacology; Pharmacokinetics and Pharmacodynamics; Ways to Ingest Drugs; Ways in Which Drugs Are Eliminated from the Body; Drug Dependence  
General Concepts Major Classes of Psychotropic Drugs; Stimulants; Antipsychotics; Antidepressants; Sedative-Hypnotic Agents; Mood Stabilizers; Major Classes of Drugs of Abuse; Marijuana; Opioids; Nicotine; Alcohol; Marketing of Drugs in the United States; Concerns About Threats to Health; Concerns Over Cost; Where Does the Pharmaceutical Industry Spend Its Money?; Mechanisms for Controlling Medical Practice; Psychiatric Medications; The Role of Behavioral Health Clinicians With Regard to Pharmaceuticals; Obligations in Assuming Responsibilities for Monitoring Side Effects  
Clinicians Functioning Independently Informed-Consent Duties of Clinicians in Clear Mental Health Professional Roles; What Can Nonmedical Clinicians Say About Medications?; Websites for Information Regarding Drugs; Chapter 4: Depression; The Syndrome of Depressive Behaviors; Prevalence Over Time and Cultures; Findings in Those With Major Depression; Brain Imaging and EEG Findings; Hormonal Findings; Thinking Styles; Emotional Control or Regulation; Brain-Derived Neurotrophic Factor; Theories; Learned Helplessness; Inflammation; Heritability; Drug Treatment; Efficacy; Withdrawal; Side Effects  
Pregnancy

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Sommario/riassunto

This book presents the latest neuroscience and physiological explanations behind the major diagnostic categories of mental illness—including schizophrenia, depression, anxiety, and addiction—and explains the physiological bases that underlie traditional pharmaceutical treatment interventions. Crucially, it integrates current information about brain function with new research on immunology, offering a research-based rationale for viewing the mind and the body as an integrated system. The new information on the physiological bases for behavior explains how lifestyle interventions related to diet

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