

Edited by Vicki Harrison, M.S.W. Anne Collier, M.A. Steven Adelsheim, M.D.

Social Media and Youth Mental Health

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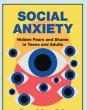
Examining the influence of social media on children and young people from many different yet interconnected angles, the book draws from the expertise of 41 scholars and clinicians around the world. It explores more than a dozen different aspects of social media as they pertain to youth mental health, including:

NEW

- · Representations of sexuality in social media
- Diversity, bullying, and hateful speech on online platforms
- Online privacy
- The role of agency in media use and mental health
- The effect of media multi-tasking on developing brains
- The impact of social media on racial, gender, sexual, and class identities
- The relationship between social media and self-harm and suicide

In addition to discussing the valid concerns about the influence of social media on youth mental health, this book explores the potentially positive role that social media can play in clinical applications, devoting a chapter to its possible use both as a method for disseminating psycho-education and as a component of digital intervention. Pragmatic and rich in detailed, evidence based information, this guide offers a foundational framework from which policymakers, industry leaders, mental health professionals, and researchers can develop a shared understanding of the issue's complexities and promote the urgent need for a new phase of innovation and design that prioritises health and well-being.

October 2024 | 294 pages | ISBN 978-1-61537-501-1 | paperback £46.00 ISBN 978-1-61537-502-8 | ebook £46.00



Social Anxiety

Hidden Fears and Shame in Teens and Adults

Thomas E. Brown, Ph.D.

With Ryan Kennedy, DNP, FNP-C

This compelling new guide calls for an expanded definition, one that involves the persistent fears and shame of individuals related to what others might think of them if certain actions or thoughts in their past or present were ever to become known, even when there may be no actual interaction with those other people. At the heart of the case made by Social Anxiety: Hidden Fears and Shame in Teens and Adults are 22 case

examples featuring individuals from age 14 to age 52.

These revealing vignettes underscore that

- Social anxiety does not correspond merely to transient fears such as meeting new people or public speaking but can be chronic and persistent
- Social anxiety does not involve only fears of potentially challenging behaviours; for many it also manifests as fears or shame about past or present wishes or thoughts considered
- A significant percentage—as many as half—of individuals struggling with social anxiety avoid seeking help

Social Anxiety is written in an engaging style that will be easily accessible to laypeople, including those suffering from social anxiety themselves, as well as their family and community.

November 2024 | 142 pages | ISBN 978-1-61537-548-6 | paperback £38.00 ISBN 978-1-61537- 549-3 | ebook £38.00



DSM-5-TR® Pocket Guide for Child and **Adolescent Mental Health**



Robert J. Hilt, M.D., FAAP, FAACAP, FAPA, and Abraham M. Nussbaum, M.D., M.T.S.

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR) provides an incredibly useful evidence-based, consensus-driven framework for diagnosing mental illness in individuals. When working with children and adolescents, it is insufficient to match the exhibited mental distress to a classification in DSM-5-TR; great care must be given to understanding the cultural, family, gender/sex, and other factors impacting a child's mental health today.

That is what makes the DSM-5-TR Pocket Guide for Child and Adolescent Mental Health so necessary: it serves as a pragmatic translation of DSM-5-TR to clinical practice to provide the most effective treatment. The diagnostic interview remains the focus of this volume, but the information has been updated to reflect the changes in DSM-5-TR. Readers of all skill levels and experience will find practical guidance for 15-, 30-, and 45-minute versions of the interview. The medication tables have also been updated to reflect current evidence. The book also features new sections with chapters describing

- · Developing a therapeutic alliance
- · Meeting a young person experiencing mental distress
- Crisis care for a young person
- · Positive psychology interviews

Drawing on a decade of clinical research and community practice, this pocket guide offers a person-centred approach to care that is relevant in multiple settings. With short, easily referenced chapters and immediately actionable information, the DSM-5-TR Pocket Guide for Child and Adolescent Mental Health is an indispensable companion for the student, trainee, and seasoned clinician alike.

December 2024 | 396 pages | ISBN 978-1-61537-546-2 | paperback £59.00 ISBN 978-1-61537-547-9 ebook £59.00



The Other Side of Cannabis

Impact on Mental and Physical Health

Edited by Richard Balon, M.D., and Mary K. Morreale, M.D.

Although federal law in the United States still prohibits the use, possession, and sale of cannabis containing more than 0.3% THC, 24 states, the District of Columbia, and three U.S. territories have legalised the recreational use of marijuana. This trend is also seen in other countries, including Canada, South Africa, and Uruguay. Studies show that the prevalence of cannabis use disorder among people who use cannabis is relatively high.

As the business of cannabis, both legal and illicit, and its use continue to grow, mental health and medical professionals must be prepared to address the effects of cannabis on the mind and body. Equipping providers with the relevant information is the intention of The Other Side of Cannabis.

Relying on the insights of experts from around the world, this volume examines, among many other topics:

- The frequency of use and deleterious effects of cannabis on adolescents, adults, and
- · The link between cannabis and psychosis
- The relationship between cannabis and posttraumatic stress disorder and anxiety disorders
- The effects of cannabis on fertility, both male and female
- The mechanisms and efficacy of cannabinoids on treating chronic pain

Extensively referenced, this guide is rich in figures and tables for ease of reference. Key points at the end of each chapter aid in the retention and recall of the most important information. Readers will come away with a comprehensive understanding of the detrimental impact of cannabis use and be better positioned to educate patients, the public, and policymakers

February 2025 | 378 pages | ISBN 978-1-61537-538-7 | paperback £55.00 ISBN 978-1-61537-539-4 ebook £55.00

BESTSELLING CHILD



NEW

Emerging Adulthood

A Psychodynamic Approach to the New Developmental Phase of the 21st Century

Karen J. Gilmore, M.D., and Pamela Meersand, Ph.D.

Is adulthood defined by independence, a stable career, marriage, or parenthood? In the digital age—particularly in Western societies—the traditional

markers of adulthood have been increasingly postponed. Enter the concept of emerging adulthood, a period characterised by role exploration, instability, self-focus, and wide-open possibilities. Although researchers have traditionally defined this stage as the period between ages 18 and 29 years, this new volume posits that it is most useful to examine late adolescence (18-23) and emerging adulthood (24-29) separately, given the differences in tasks, achievements, and attitudes.

With illustrative case vignettes, videos, and key points for each chapter that aid in quick reference, *Emerging* Adulthood: A Psychodynamic Approach to the New Developmental Phase of the 21st Century examines the process of identity formation; the role of youth culture in aiding individuation from family of origin; the distinction between typical behaviours and those that require mental health interventions; and a diverse range of treatment modalities.

2023 | 324 pages

ISBN: 978-1-61537-419-9 | paperback £59.00 ISBN: 978-1-61537-420-5 | ebook £59.00



Clinical Manual of Child and Adolescent Psychopharmacology

Fourth Edition

Molly McVoy, M.D.; Ekaterina Stepanova, M.D., Ph.D.; Robert L. Findling, M.D., M.B.A.

When it comes to the use of psychotropic agents in paediatric patients, it is not merely a question of

extrapolating data from adults to children and adolescents; special consideration must be given to the effects of the drug on developing bodies and brains.

Updated to include a succinct yet thorough review of the most recent evidence-based information and data-driven best treatment practices in child and adolescent psychiatry, this new volume is organised by DSM-5-TR diagnosis and offers an exhaustive analysis of the use of drugs in nine disorder categories that include depressive disorders, attention-deficit/hyperactivity disorder, autism spectrum disorder, eating disorders, and early schizophrenia and psychotic illnesses.

Each chapter includes comprehensive medication tables that allow easy reference of dosing, side effects, and tips for management as well as key points that summarise the most essential information for treating clinicians.

2023 | 524 pages

NEW

ISBN: 978-1-61537-489-2 | paperback £66.00 ISBN: 978-1-61537-490-8 | ebook £66.00



Technological Addictions

Edited by Petros Levounis, M.D., M.A., and James Sherer, M.D.

Technological Addictions is the first guide designed to provide insight and strategies to clinicians, patients, and families grappling with the collateral damage of technology's pervasiveness and pull. Mental health professionals are beginning to understand that video games, online pornography, internet gambling, and other technological

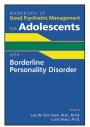
pastimes can be every bit as addictive as substances such as alcohol, tobacco, and illicit drugs. Many of these technologies provide countless benefits and are integral to modern life, so identifying pathological use is a nuanced exercise. Petros Levounis is among the foremost experts on addiction and, together with co-editor James Sherer and a roster of prominent contributors have created a ground-breaking book that emphasises the lived reality of the people who struggle with these addictions every day.

2021 | 218 pages

ISBN: 978-1-61537-293-5 | paperback £45.00

ISBN: 978-1-61537-294-2 ebook £45.00

AND ADOLESCENT TITLES



Handbook of Good Psychiatric Management for Adolescents with Borderline Personality Disorder

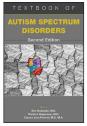
Edited by Lois W. Choi-Kain, M.D., M.Ed., and Carla Sharp, Ph.D.

Despite its high prevalence, however, and the high social and economic costs that it entails, borderline personality disorder (BPD) remains underdiagnosed, and sufficient training regarding its fundamentals and clinical management is largely unavailable for mental health

management is largely unavailable for mental health professionals treating adolescents. It is precisely these essential guidelines that clinicians will find in the Handbook of Good Psychiatric Management for Adolescents With Borderline Personality Disorder. Adapted from Dr. John Gunderson's good psychiatric management (GPM), a resource-efficient generalist treatment for adults with BPD, this manual uses GPM for adolescents (GPM-A) to demystify BPD in young people, describing common problems that arise during each phase or aspect of treatment, from patient rejection of diagnosis and conflicts among clinicians providing care to nonadherence to medications and concerns about stigma.

The education provided in the handbook is meant to be shared with patients, their families, schools, clinical teams, and trainees as a resource for motivation in persevering with the difficult but worthwhile investments in treatment.

2022 | 330 pages | ISBN 978-1-61537-393-2 | paperback £50.00 ISBN 978-1-61537-394-9 | ebook £50.00



Textbook of Autism Spectrum Disorders

Second Edition

Edited by Eric Hollander, M.D., Randi Hagerman, M.D., and Casara Ferretti, M.S.

More than 40 years after the official recognition of infantile autism in DSM-III, numerous questions remain about autism spectrum disorder (ASD), its possible causes, assessment, and most effective treatments. This second edition of the *Textbook of Autism Spectrum Disorders* features

contributions from dozens of experts as it reviews the latest research on these topics and more.

As ambitious in scope and exhaustive as the preceding edition, this guide is organised by sections that tackle:

- Assessment and evaluation, including recognising the lower- and higher-order repetitive behaviours characteristic of ASD, as well as its comorbidities. Chapters also discuss the roles that racial and ethnic disparities, gender and sexual identities, and biomarkers and technology, including smart home devices and augmented reality technology, can play in assessment and evaluation.
- The possible causes of autism, from prenatal, perinatal, and parental risk factors to syndromic causes of ASD, updates on genetic testing, and the effect of environmental factors and immune dysregulation.
- Standard and experimental treatments in autism. Chapters analyse the
 role of pharmacotherapies such as serotonergic antidepressants, atypical
 antipsychotics, and experimental therapeutics (e.g., oxytocin, vasopressin)
 as well as the use of cannabis, cannabinoids, and immunomodulatory
 agents. The book also examines behavioural treatments, interventions in
 schools, complementary and integrative medicine approaches, stem cell
 and gene therapies. and more.
- Social policy issues, including the role of patient advocacy groups in treatment development and an examination of autism strengths and the growing emphasis on recognising neurodiversity.

Unrivalled in its thoroughness, the book includes summary points in each chapter for ease of reference and lists of recommended readings that offer readers the opportunity for further study and exploration. For all those in the ASD continuum of care—psychiatrists, psychologists, neurologists, social workers, speech therapists, educators, and patient families—this is an essential resource.

2022 | 742 pages | ISBN 978-1-61537-304-8 | paperback £92.00 ISBN 978-1-61537-421-2 | ebook £92.00



Outside the Box

Rethinking ADD/ADHD in Children and Adults A Practical Guide

Thomas E. Brown, Ph.D.

Outside the Box: Rethinking ADD/ADHD in Children and Adults—A Practical Guide identifies assumptions about ADD/ADHD that demand re-evaluation in light of recent research. Building upon a current, science-based foundation, the book describes in practical terms how ADHD can be recognised at various ages; how it differs

from more typical brain development; how it can significantly impair those affected; and how it can safely, and in most cases effectively, be treated in children and adults.

2017 | 334 pages | ISBN: 978-1-58562-427-0 | paperback £47.00 ISBN: 978-1-61537-134-1 | ebook £47.00



Autism Spectrum Disorders

Edited by Eric Hollander, M.D., Randi Hagerman, M.D., and Deborah Fein. Ph.D.

In DSM-5, published in 2013, the classification of autism spectrum disorder (ASD) was created, subsuming several diagnoses and representing a significant evolution from its first appearance in the DSM-III three decades earlier. Autism Spectrum Disorders reflects this evolution, offering clinicians and families a succinct, definitive, and up-to-date guide to current research in the field and its impact on assessment and treatment. The book begins with the

epidemiology of ASDs, which have increased in prevalence, and explores genetic heritability and environmental risk factors. It then explains the roles of the psychiatrist, neurologist and paediatrician in assessing the patient, examines assessment tools and processes, and describes the latest advances in a variety of treatments and interventions. The text's focus is on educating and empowering families and health care providers to determine whether appropriate genetic testing and counselling have been undertaken, whether the individual has had the relevant assessment, and whether skilled behavioural treatment and additional medical assessment or treatment are required.

The push for early screening is resulting in earlier diagnosis of ASDs and the provision of evidence-based interventions that have a positive impact on outcomes. *Autism Spectrum Disorders* provides a bench-to-bedside guide that is essential reading for health care providers and families facing the challenges inherent in these complex disorders.

2018 | 376 pages | ISBN 978-1-61537-052-8 | paperback £49.00 ISBN 978-1-61537-192-1 | ebook £49.00



Neurodiversity

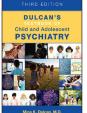
From Phenomenology to Neurobiology and Enhancing Technologies

Edited by Lawrence K. Fung, Ph.D., M.D.

Neurodiversity: From Phenomenology to Neurobiology and Enhancing Technologies addresses the totality of neurodiversity through positive explorations of "invisible diversities", from ADHD and savantism to autism spectrum disorder (ASD) and dyslexia. The book addresses neurodiversity in four parts: first, an introduction that presents neurodiversity's differences in brain function and behaviour

as part of the normal variation of the human population; second, presentation of the strengths-based model of neurodiversity (SBMN), including positive psychology, neurobiology, and SBMN in savantism, autism, ADHD, and dyslexia; third, a discussion of neurodiverse individuals in the real world, including higher education and employment; and finally, a review of technologies that enhance our abilities to maximise the potential of neurodiversity, including inclusive design and assessment tools that provide support for neurodiverse young adults seeking meaningful employment.

2021 | 330 pages | ISBN: 978-1-61537-302-4| paperback £47.00 ISBN: 978-1-61537-395-6 | ebook £47.00



Dulcan's Textbook of Child and Adolescent Psychiatry

Third Edition

Edited by Mina K. Dulcan, M.D.

Already a foundational resource in the field, *Dulcan's Textbook of Child and Adolescent Psychiatry* has been updated in the third edition, including the latest research and clinical advances. An expanded chapter on telehealth acknowledges the changes and challenges posed by the COVID-19 pandemic and also discusses e-mental health options that support primary care providers, who are often

the front line in mental health treatment. Two completely new chapters on paediatric consultation liaison psychiatry examine the history, clinical practice models, scope of interventions, and pharmacological considerations that are relevant to treatment of medically ill children and those seen in primary care—more important than ever, with the significant increase in the number of children with mental health care needs who are seen by paediatricians.

In addition, readers will find thorough, DSM-5-aligned insight from dozens of experts on:

- Neurodevelopmental and other psychiatric disorders, including disorders affecting somatic function, with clinical descriptions, epidemiology, risk factors, diagnosis, treatment options, and more
- A full range of psychosocial treatments, including those focused on both individuals and families, as well as therapeutic milieus and systemic models of care
- The principles and application of psychopharmacology, from antidepressants to antipsychotic medications to mood stabilisers and medications for ADHD
- Specialised issues, including cultural and religious considerations, gender and sexual diversity, and legal and ethical issues

2022 | 1188 pages | ISBN 978-1-61537-327-7 | paperback £200.00 ISBN 978-1-61537-399-4 | ebook £200.00



DSM-5-TR® Handbook of Differential Diagnosis

Michael B. First, M.D.

The DSM-5-TR Handbook of Differential Diagnosis is the pre-eminent guide to differential diagnosis for both clinicians and students learning psychiatric diagnosis. Fully updated to reflect the recent Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR), this handbook includes two newly developed diagnostic trees (for dissociative symptoms and repetitive pathological behaviours). Written by the DSM-5-TR Editor,

an expert on psychiatric diagnosis and assessment, the handbook guides clinicians and students on how to differentiate between disorders with similar presentations in an accessible, easy-to-use format. An assortment of approaches to differential diagnosis and a number of features designed to benefit the evaluation include:

- A six-step framework for diagnosing patients that proceeds from determining if the presenting symptoms are due to a substance/medication or a medical condition, to establishing the boundary between disorder and normality, to determining the primary disorder, and differentiating adjustment disorders from other mental disorders.
- Thirty symptom-oriented decision trees, two of which are new to this
 edition, that provide detailed decision points to facilitate the process of
 generating the differential diagnosis based on the presenting symptoms
 and eliminate formulating premature conclusions.
- Sixty-seven differential diagnosis tables, one for each of the most important disorders in DSM-5-TR, cross-referenced with the terminal branches of the decision trees presented in the handbook and that provide a head-to-head comparison of each disorder, highlighting similarities and differences.
- The DSM-5-TR Classification, to facilitate coding and to provide an overview of all the DSM-5-TR diagnoses that must be considered in formulating a differential diagnosis.

February 2024 | 388 pages | ISBN: 978-1-61537-359-8 | paperback £78.00 ISBN: 978-1-61537-360-4 | ebook £78.00



Diagnostic and Statistical Manual of Mental Disorders

Fifth Edition, Text Revision (DSM-5-TR™)

American Psychiatric Association

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR), is the most comprehensive, current, and critical resource for clinical practice available to today's mental health clinicians and researchers. DSM-5-TR includes the fully revised text and references, updated diagnostic criteria and ICD-10-CM codes since DSM-5 was published in 2013. It features a

new disorder, Prolonged Grief Disorder, as well as codes for suicidal behaviour available to all clinicians of any discipline without the requirement of any other diagnosis. With contributions from over 200 subject matter experts, this updated volume boasts the most current text updates based on the scientific literature. Now in four-colour and with the ability to authenticate each printed copy, DSM-5-TR provides a cohesive, updated presentation of criteria, diagnostic codes, and text.

2022 | 1,120 pages | ISBN: 978-0-89042-576-3 | paperback £136.00 ISBN: 978-0-89042-575-6 | hardback £176.00 ISBN: 978-0-89042-577-0 | ebook £136.00



Desk Reference to the Diagnostic Criteria from DSM-5-TR™

American Psychiatric Association

The Desk Reference to the Diagnostic Criteria From DSM-5-TR is a concise, affordable companion to the ultimate psychiatric reference, DSM-5-TR. It includes the fully revised diagnostic classification, as well as all the diagnostic criteria from DSM-5-TR in an easy-to-use format. This handy reference provides quick access to the information essential to making a diagnosis. Designed to supplement DSM-5-TR, this convenient guide will assist all mental health professionals as they

integrate the DSM-5-TR diagnostic criteria into their diagnoses.

2022 | 398 pages | ISBN: 978-0-89042-579-4 | paperback £60.00 ISBN: 978-0-89042-580-0 | spiralbound £60.00 ISBN: 978-0-89042-581-7 | ebook £60.00 DSM-5-TR*
SELF-EXAM QUESTIONS
Test Questions
SELF-EXAM COLETIONS
Diagnostic Criteria

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DSM-5-TR® Self-Exam Questions

Test Questions for the Diagnostic Criteria

Philip R. Muskin, M.D., M.A., Anna L. Dickerman, M.D., Andrew Drysdale, M.D., Ph.D., Claire C. Holderness, M.D., and Maalobeeka Gangopadhyay, M.D.

DSM-5-TR Self-Exam Questions: Test Questions for the Diagnostic Criteria elucidates the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision, through self-exam questions designed to test the reader's

through self-exam questions designed to test the reader's knowledge of the new edition's diagnostic criteria. Mental health professionals, ranging from clinicians and students to psychiatric nurses and social workers, will benefit from this substantive text's 400-plus questions. This book is a must have for anyone seeking to fully understand the content of DSM-5-TR.

Some of the book's most beneficial features include the following:

- Self-exam questions and cases designed to test the reader's knowledge of diagnoses and diagnostic criteria (e.g., the new diagnosis, prolonged grief disorder).
- Questions about selected conceptual components of Section III in DSM-5-TR
 —including the online assessment measures, Cultural Formulation Interview,
 and alternative model of personality disorders—enabling readers to learn
 about important diagnostic considerations and tools, as well as potential
 future diagnostic approaches.
- Short answers that explain the rationale for each correct answer, with page references to content in DSM-5-TR for further information.
- Answers containing important information on the diagnostic classification, criteria sets, diagnoses, codes, severity, dimension of diagnosis, and considerations of culture, age, and gender.

Straightforward, practical, and illustrative, *DSM-5-TR Self-Exam Questions: Test Questions for the Diagnostic Criteria* will successfully test and broaden the DSM-5-TR knowledge of all mental health professionals.

January 2024 | 488 pages | ISBN: 978-1-61537-509-7 | paperback £60.00 ISBN: 978-1-61537-510-3 | ebook £60.00



The Pocket Guide to the DSM-5-TR™ Diagnostic Exam

Abraham M. Nussbaum, M.D., M.T.S.

Designed for interviewers at all levels of experience, *The Pocket Guide to the DSM-5-TR Diagnostic Exam* is the clinician's companion for using DSM-5-TR in diagnostic interviews. Both experienced clinicians and those still in training will benefit from the thoughtful, yet practical, fashion in which DSM-5 revisions are reviewed and incorporated into the 30-minute diagnostic interview.

This guide is written for all levels of experience, since every clinician needs to master both DSM-5-TR criteria and how to conduct a fruitful diagnostic interview.

Direct, practical, and informative, *The Pocket Guide to the DSM-5-TR Diagnostic Exam* will enable readers to efficiently and effectively employ DSM-5 as part of a comprehensive diagnostic interview.

2022 | 294 pages | ISBN: 978-1-61537-357-4 | paperback £60.00 ISBN: 978-1-61537-358-1 | ebook £60.00



DSM-5-TR™ Clinical Cases

John W. Barnhill, M.D.

DSM-5-TR Clinical Cases presents patient cases that exemplify the mental disorders categorised in DSM-5-TR, bringing DSM-5-TR alive for teachers and students of psychiatry, psychology, social work, nursing, and related mental health and healthcare fields. With chapters that correspond to the main DSM-5-TR diagnostic categories (i.e., the first 19 chapters in Section II), this book guides the reader through the complexities of clinical assessment and the many types of contextual information needed to obtain

a full diagnostic picture of a patient. Every feature in the book helps to bridge the distance between the formal classification and the real-life presentation of patients. Fascinating, practical, and instructive, *DSM-5-TR Clinical Cases* succeeds in bringing DSM-5-TR to the examining room.

2023 | 416 pages | ISBN: 978-1-61537-361-1 | paperback £74.00 ISBN: 978-1-61537-362-8 | ebook £74.00

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