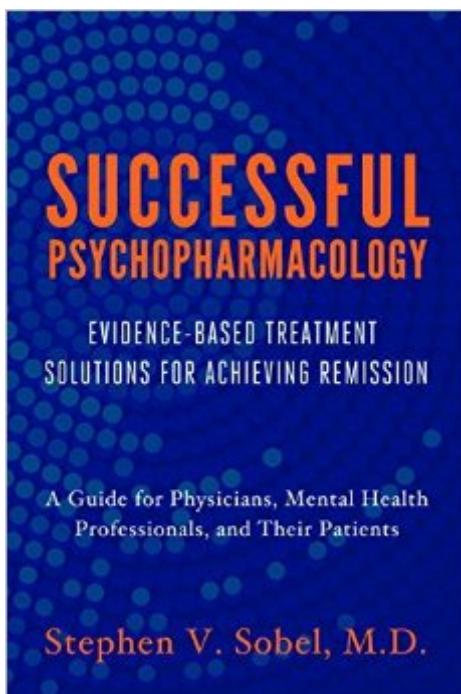


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# **Successful Psychopharmacology: Evidence-Based Treatment Solutions For Achieving Remission**



## **Synopsis**

A guide for physicians and clinicians to understanding and choosing the proper psychiatric medications and for their patients who want to learn how this should be done. 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.

## **Book Information**

Paperback: 352 pages

Publisher: W. W. Norton & Company; 1 edition (November 5, 2012)

Language: English

ISBN-10: 0393708578

ISBN-13: 978-0393708578

Product Dimensions: 0.6 x 0.1 x 0.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (20 customer reviews)

Best Sellers Rank: #170,944 in Books (See Top 100 in Books) #14 in Books > Medical Books > Pharmacology > Neuropsychopharmacology #24 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine #53 in Books > Medical Books > Psychology > Psychopharmacology

## **Customer Reviews**

As a psychiatry student I often read books that are not on my official book-list, and this one is excellent. The author writes with unique succinctness and clarity, giving unparalleled summaries of

pharmacological interventions and the rationales behind them. Very useful for developing a mental framework for how to treat various disorders. After reading small sections of this book, I have a great frame for knowing what classes of drugs I will want to use to treat a particular patient, as well as alternate and augmenting strategies that may be useful. I then use prescribing guides to delve into the specifics of various drugs. I especially like to use this in conjunction with Stahl's prescribing guide. I could not recommend this book more highly to both professionals and students.

A chief strength of this book is how Dr. Sobel consistently emphasizes the goal of remission in psychopharmacological treatment. We should accept nothing less. His concise protocols, with appropriate elaboration when needed, make this a valuable reference for mental health professionals and educated patients alike.

This is the most well written and useful psychopharmacology text I have read. The user friendly guide begins with a discussion of "treatment goals" and "the keys to successful psychopharmacology" which provide a grounding biopsychosocial context for the remainder of the book. It then continues with chapters providing medication specific information (such as the neurotransmitter basis of psychotropic action) followed (at times) by a separate chapter with information from the point of view of exactly how to use such medications according to the target population. For example following a discussion of "antidepressants (points and pearls)" is a chapter on "choosing the right antidepressant" and then a chapter with a focus on "treating depression." While the information in these chapters overlap, each provides a wonderfully unique focus. Included is a discussion of, results of major drug trials and how mechanism of action and study outcome inform choice of specific medication and appropriate dosage range. There is an emphasis on the efficacy of using medications alone or, as needed, in combination with each other and in combination with other drugs metabolized by the hepatic microsomal system and with characteristic plasma binding profiles. This book itself acts as an anxiolytic calming my own doubts and fortifying my confidence and knowledge. While user friendly, it is not an overnight read. It is a manual to refer to over and over. It helped turn some of my apprehension into fun.

Successful Psychopharmacology Evidence-Based Treatment Solutions for Achieving Remission by Stephen V. Sobel is an outstanding guide for mental health professionals and patients. In my close to fifty years of psychiatric practice I have not seen many books on this subject which are equals. Its clear, direct, and thorough explanations of complex psychiatric issues presented by patients and

others seeking psychiatric advice foster that mental and emotional receptivity essential to creating a stable and progressive professional relationship: one in which a partnership of effort is maintained. Those sections of the book dealing with specific psychopharmacological topics are presented in an intellectually-exciting manner which reinforces the learning process. Within this process one gains a greater understanding of the importance of evidence-based approaches to psychiatric decision making--a concept that assumes ever-greater prominence and acceptance. Future editions may find computerized approaches to certain areas even more exciting. Dr. Sobel is to be congratulated for this master work which will has clarified that important subject of psychopharmacology..

I am a practicing psychiatrist and have found this book to be very useful. There are lots of resources out there in the world of psychopharmacology but unfortunately not many of them help me in my clinical practice. This is because almost all of them incorporate data from clinical studies which have serious limitations when it comes to using that knowledge in the treatment of "real world" patients. When I purchased the kindle edition few months ago I was very impressed with the narrative style of the author who clearly knows what he is talking about. I would recommend this book to psychopharmacology practitioners across the board and would especially recommend it to psychiatric residents and other trainees to prepare them for the "real world" of psychopharmacology

Amazing book!!!This book will definitely change the way I think in my clinical practice as a psychiatrist. I cannot recommend it highly enough.It helped me organize the knowledge in psychopharmacology in a way that other books will never do.My impression was that Dr. Sobel was here, reading the book along with me, and every single doubt that popped in my mind was there covered, right after. Very thoughtful, well written, updated and indispensable resource.I can guarantee 2 things: After reading this book, you'll come back here for:1) Rate it 5 Stars and2) Search for others Sobel's books (hey, Doc., we're waiting for more!!!!)

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