



# Textbook of Integrative Mental Health Care

*James H. Lake*

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*This text offers an evidence-based approach to incorporating integrative psychiatry into practice that is pragmatic and useful, a great addition to the field of integrative medicine. --Roberta Lee, MD, Medical Director, Continuum Center for Health and Healing* Dr. Lake must be congratulated for this groundbreaking work on CAM in psychiatry. It not only provides a conceptual framework for a deeper understanding of disease of the mind-body-spirit, but also gives evidence-based blueprints for where we are and where we could go. A must read for mental health professionals interested in the philosophy and practice of integrative psychiatry. --Richard P. Brown, MD, Associate Professor, Department of Clinical Psychiatry, Columbia College of Physicians and Surgeons

*Textbook of Integrative Mental Health Care* is the first book to present a comprehensive framework of conceptual information and clinical guidelines for the integrative assessment and treatment of common mental illnesses.

Complete coverage of the conceptual foundations of integrative mental health care allows the practitioner to gain a firm understanding of the philosophy and clinical methodology of integrative medicine. The textbook also describes evidence-based paradigms that enable the practitioner to develop assessment techniques and individualized treatment plans that address the unique needs of each patient.

### Highlights:

- Extensive evidence tables summarize assessment and treatment approaches
- Easy-to-follow algorithms guide the practitioner step-by-step from initial assessment to treatment planning
- Case vignettes describe intake, assessment and initial formulation, treatment plan, and follow-up

This textbook will help psychiatrists, psychologists, and mental health care professionals develop safe and effective integrative approaches for the evaluation and treatment of emotional and mental problems.

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