

referral letter to psychiatrist sample

referral letter to psychiatrist sample serves as an essential tool in the healthcare system, facilitating the communication between primary care providers and psychiatric specialists. This article provides a comprehensive guide to writing an effective referral letter to a psychiatrist, highlighting the key components and best practices to ensure clear and professional communication. Properly drafted referral letters can improve patient outcomes by ensuring that psychiatrists receive all pertinent clinical information upfront. Understanding the structure, tone, and necessary content of a psychiatric referral letter is crucial for healthcare professionals who seek to streamline the referral process. This article also includes sample templates and tips for tailoring letters to specific patient needs. The following sections will explore the purpose of referral letters, essential elements, formatting guidelines, and a detailed sample letter to assist medical practitioners in their documentation tasks.

- Purpose of a Referral Letter to a Psychiatrist
- Key Components of a Referral Letter
- Formatting and Style Guidelines
- Sample Referral Letter to Psychiatrist
- Tips for Writing an Effective Referral Letter

Purpose of a Referral Letter to a Psychiatrist

A referral letter to a psychiatrist is a formal document written by a healthcare provider to recommend that a patient receive specialized psychiatric evaluation and treatment. Its primary function is to communicate the patient's clinical background, current mental health concerns, and the reasons for referral. This letter enables the psychiatrist to understand the patient's history and clinical presentation before the first consultation, facilitating a more focused assessment and timely intervention.

Facilitating Patient Care Coordination

The referral letter serves as a bridge between the referring physician and the psychiatrist, ensuring continuity of care. It provides essential information that helps the psychiatrist develop an appropriate treatment

plan, coordinate with other healthcare professionals, and monitor patient progress effectively.

Legal and Documentation Purposes

Referral letters also play a critical role in legal documentation, serving as official records of the patient's mental health referral. This can be important for insurance claims, medical audits, and compliance with healthcare regulations.

Key Components of a Referral Letter

Crafting an effective referral letter requires including specific components that convey pertinent information clearly and comprehensively. Each element contributes to the overall clarity and usefulness of the letter.

Patient Identification Details

Begin the letter with the patient's full name, date of birth, and contact information to ensure accurate identification. Including the patient's medical record number or any relevant identification codes is also beneficial.

Referring Physician Information

The letter must include the name, contact details, and professional credentials of the referring physician or healthcare provider to facilitate communication and follow-up.

Clinical History and Current Presentation

Provide a succinct summary of the patient's medical and psychiatric history, including past diagnoses, treatments, medications, and hospitalizations. Outline the presenting symptoms, duration, severity, and any precipitating factors warranting psychiatric evaluation.

Reason for Referral

Clearly state the purpose of the referral, such as diagnosis confirmation, management of specific symptoms, medication evaluation, or specialized therapy recommendations.

Relevant Investigations and Test Results

Include summaries of any laboratory tests, imaging studies, or psychological assessments that have been performed, as these can inform the psychiatrist's evaluation.

Additional Information and Patient Consent

Mention any relevant social, occupational, or familial factors impacting the patient's mental health. It is also important to confirm that the patient consents to the referral and information sharing between providers.

Closing and Signature

Conclude the letter with a courteous closing, the date, and the referring physician's signature to authenticate the document.

Formatting and Style Guidelines

Adhering to professional formatting and style standards enhances the readability and effectiveness of a referral letter to a psychiatrist. The letter should be clear, concise, and free of jargon or ambiguous language.

Use of Professional Letterhead

Whenever possible, use the medical practice's official letterhead to lend credibility and facilitate identification of the sender.

Structured Layout

Organize the letter into clearly defined sections using paragraphs or bullet points to separate information logically. This aids the psychiatrist in quickly locating key details.

Formal Tone and Language

Maintain a professional tone throughout the letter. Avoid colloquial expressions and ensure medical terminology is used accurately to describe symptoms and diagnoses.

Conciseness and Relevance

Keep the letter focused on relevant clinical information. Avoid unnecessary details that do not contribute to the psychiatric evaluation or treatment plan.

Proofreading and Accuracy

Review the letter carefully for spelling, grammar, and factual accuracy. Errors can undermine the letter's professionalism and the quality of patient care.

Sample Referral Letter to Psychiatrist

The following is a sample referral letter to psychiatrist sample that demonstrates the proper structure, content, and tone expected in professional communication.

Dr. Jane Smith, MD

Sunrise Medical Clinic

123 Main Street

Anytown, USA 12345

Date: June 10, 2024

Re: Referral for Psychiatric Evaluation – John Doe, DOB: 01/15/1985

Dear Dr. Johnson,

I am writing to refer my patient, John Doe, for a comprehensive psychiatric evaluation and management. Mr. Doe is a 39-year-old male who has been under my care for the past three years. He presents with symptoms of persistent anxiety, mood instability, and recent episodes of insomnia that have not responded adequately to initial treatment.

Mr. Doe's medical history includes a diagnosis of generalized anxiety disorder and a previous episode of major depressive disorder treated with selective serotonin reuptake inhibitors. Despite pharmacological and cognitive behavioral therapy interventions, his symptoms have intensified over the past six months, significantly impacting his occupational and social functioning.

Relevant investigations, including routine blood tests and thyroid function tests, have returned within normal limits. There is no reported history of substance abuse or significant medical comorbidities. Family history is notable for depression in his mother.

The purpose of this referral is to obtain your expert assessment regarding the possibility of a mood disorder spectrum diagnosis and to explore advanced treatment options including medication adjustment and psychotherapy modalities.

Mr. Doe has consented to this referral and the sharing of his medical information. Please find attached relevant clinical notes and previous psychiatric reports.

Thank you for your attention to this matter. Please do not hesitate to contact me should you require any further information.

Sincerely,

Dr. Jane Smith, MD

Sunrise Medical Clinic

Phone: (555) 123-4567

Email: drsmith@sunrisemedical.com

Tips for Writing an Effective Referral Letter

Writing a successful referral letter to a psychiatrist requires attention to

detail and clarity. The following tips can enhance the letter's effectiveness.

- **Be Specific:** Clearly articulate the patient's symptoms and the clinical question to be addressed.
- **Include Relevant History:** Provide a concise yet comprehensive account of relevant psychiatric and medical history.
- **Use Clear Language:** Avoid ambiguous terms and ensure medical terminology is used precisely.
- **Confirm Patient Consent:** Always verify and state that the patient consents to the referral and information sharing.
- **Maintain Professionalism:** Use a formal tone and adhere to proper letter formatting conventions.
- **Attach Supporting Documents:** Include copies of relevant test results, previous reports, or treatment summaries.
- **Follow Up:** Consider arranging follow-up communication to discuss findings or ongoing management plans.

Frequently Asked Questions

What is a referral letter to a psychiatrist?

A referral letter to a psychiatrist is a formal document written by a primary care physician or another healthcare professional to recommend that a patient receive specialized psychiatric evaluation and treatment.

What key information should be included in a referral letter to a psychiatrist?

A referral letter should include the patient's personal details, medical history, reason for referral, current symptoms, previous treatments, and any relevant test results or observations to assist the psychiatrist in understanding the patient's condition.

Can you provide a sample opening line for a referral letter to a psychiatrist?

Certainly. A sample opening line could be: 'I am writing to refer my patient,

[Patient's Name], for psychiatric evaluation and management due to concerns about their mental health.'

How formal should a referral letter to a psychiatrist be?

A referral letter should be professional and concise, using formal language to clearly communicate the patient's needs and the referring physician's observations or concerns.

Is it necessary to include a patient's consent in the referral letter to a psychiatrist?

While the referral letter itself does not usually include the patient's consent, the healthcare provider should obtain the patient's consent before sharing their information with the psychiatrist, in compliance with privacy regulations.

Where can I find templates or samples of referral letters to psychiatrists?

Templates and samples can be found on medical websites, healthcare provider portals, or through professional organizations related to mental health. Additionally, some hospitals and clinics provide standardized forms for referrals.

Additional Resources

- 1. Writing Effective Referral Letters to Psychiatrists: A Practical Guide*
This book offers step-by-step instructions on drafting clear and professional referral letters to psychiatrists. It includes sample letters, tips on what information to include, and advice on communicating patient history effectively. Ideal for general practitioners and mental health professionals aiming to improve their referral process.
- 2. The Art of Medical Referral Letters: Mental Health Edition*
Focusing specifically on mental health referrals, this book explores how to write concise and empathetic letters that facilitate better patient care. It provides templates and real-world examples, emphasizing the importance of collaboration between primary care providers and psychiatrists. Readers will gain insights into common challenges and how to address them.
- 3. Psychiatric Referral Letters: Samples and Best Practices*
This resource compiles numerous sample referral letters to psychiatrists, accompanied by commentary on best practices. It covers various psychiatric conditions and scenarios, helping clinicians tailor their letters according to patient needs. The book also discusses legal and ethical considerations in

mental health referrals.

4. Effective Communication in Psychiatry: Writing Referral Letters

Highlighting the role of communication in psychiatric care, this book demonstrates how well-crafted referral letters can improve diagnostic accuracy and treatment outcomes. It guides readers through structuring letters, including relevant clinical details, and avoiding common mistakes. The content is useful for both new and experienced healthcare providers.

5. Referral Letter Templates for Mental Health Professionals

Designed as a practical workbook, this book provides editable templates for referral letters to psychiatrists and other mental health specialists. It addresses different patient presentations and referral reasons, helping clinicians save time while maintaining quality. The book also offers advice on follow-up and interdisciplinary collaboration.

6. Clinical Correspondence in Psychiatry: A Guide for Healthcare Providers

This guide explores the broader context of clinical correspondence, with a focus on referrals to psychiatrists. It teaches how to write letters that are clear, respectful, and informative, fostering better partnerships between healthcare providers. The book includes examples and tips for handling sensitive mental health information appropriately.

7. Mastering Mental Health Referrals: A Clinician's Handbook

A comprehensive handbook that covers the entire referral process to psychiatric services, including writing effective referral letters. It discusses assessment criteria, documentation standards, and communication strategies to ensure patient-centered care. The book is aimed at clinicians in primary care, psychology, and social work.

8. Guidelines for Psychiatric Referral Letters: Enhancing Patient Care

This book outlines standardized guidelines for composing referral letters to psychiatrists, promoting consistency and thoroughness. It discusses the key components such as patient history, clinical observations, and referral rationale. The guidelines help improve clarity and facilitate timely psychiatric evaluations.

9. Sample Letters for Mental Health Referrals: A Resource for Clinicians

Offering a collection of sample letters for various mental health referral scenarios, this book serves as a handy reference for clinicians. Each sample includes annotations explaining the purpose and essential elements. The resource supports practitioners in crafting letters that effectively convey patient needs to psychiatrists.

Referral Letter To Psychiatrist Sample

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Referral Letter to Psychiatrist: Your Guide to Getting the Help You Need

Are you struggling to find the right mental health support? Feeling lost and unsure how to navigate the complex world of psychiatric care? A strong referral letter can be the key to unlocking the support you deserve, but crafting one can feel overwhelming. This ebook provides you with the tools and resources to write compelling and effective referral letters that will help you find the care you need. Stop feeling lost and start taking control of your mental health journey today.

This ebook, "Referral Letter to Psychiatrist: A Comprehensive Guide," by Dr. Emily Carter, will guide you through the entire process.

Contents:

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Referral Letter to Psychiatrist: A Comprehensive Guide

Introduction: Understanding the Importance of Referral Letters

A referral letter to a psychiatrist is more than just a piece of paper; it's a crucial stepping stone in accessing vital mental healthcare. It acts as an introduction, providing the psychiatrist with valuable context about your situation, symptoms, and treatment history. A well-written letter can significantly influence the psychiatrist's initial assessment and the subsequent treatment plan. Without a strong referral, the psychiatrist may lack crucial information, leading to delays in diagnosis and treatment. This guide aims to empower you to write effective referral letters, increasing your chances of receiving timely and appropriate care. It's about advocating for yourself and ensuring your voice is heard.

Chapter 1: Gathering Necessary Information: What to Include and Where to Find It

Before you even begin writing, gather all relevant information. This stage is crucial for creating a comprehensive and impactful letter. The information should be accurate, concise, and easily understandable. Here's what to include:

Your Personal Information: Full name, date of birth, contact details, insurance information (if applicable).

Reason for Referral: Clearly state why you're seeking psychiatric care. Be specific about your symptoms and concerns. For example, instead of saying "I'm feeling anxious," try "I experience persistent anxiety, including panic attacks multiple times a week, impacting my ability to work and maintain relationships."

Medical History: This includes any past or present physical and mental health conditions, diagnoses, hospitalizations, or treatments. List medications you're currently taking, including dosages and frequency. Mention any allergies or adverse reactions to medications.

Treatment History: Detail past therapy or psychiatric interventions, including the names of therapists or psychiatrists, types of therapy received (e.g., CBT, DBT), and the duration and outcomes of treatment.

Social History: Include significant life events, stressors, or challenges that might be contributing to your mental health concerns. This could encompass relationship difficulties, job loss, bereavement, or other relevant factors. However, maintain brevity and focus on aspects directly relevant to your mental health.

Current Symptoms: Provide a detailed description of your current symptoms, including their frequency, intensity, and duration. Be honest and thorough.

Goals for Treatment: Articulate your hopes and expectations for psychiatric care. What do you want to achieve through therapy? What kind of support are you looking for?

Where to find this information:

Your medical records: These contain a comprehensive history of your medical and mental health treatments.

Previous therapists or doctors: Contact them to request summaries of your treatment or to discuss relevant details.

Personal notes: Keep a journal or notes to track your symptoms and experiences. This will help you recall specific details accurately.

Chapter 2: Structuring Your Letter: Crafting a Compelling Narrative

A well-structured referral letter enhances clarity and readability. Follow a logical flow to ensure the information is presented effectively. A typical structure includes:

Heading: Clearly state the purpose of the letter (e.g., "Referral for Psychiatric Evaluation").

Introduction: Briefly introduce yourself and state the reason for seeking a referral.

Background Information: Provide a concise summary of your medical and mental health history, focusing on relevant details.

Current Symptoms and Concerns: Describe your current mental health challenges with detail and specificity.

Treatment Goals: Outline your aspirations for psychiatric treatment.

Concluding Remarks: Express your gratitude and hope for a timely appointment.

Signature and Contact Information: Include your full name, signature, contact information, and date.

Chapter 3: Writing Styles and Tone: Maintaining Professionalism and Empathy

Maintaining a professional yet empathetic tone is essential. Your letter should be respectful, concise, and free of jargon. Avoid overly emotional language or personal opinions that might detract from the professional context. Use clear and straightforward language that is easily understandable for a healthcare professional. While conveying your struggles honestly, maintain objectivity and avoid overly dramatic descriptions.

Chapter 4: Sample Referral Letters: Examples for Various Situations

This chapter will provide sample referral letters for various scenarios, including:

Referral from a primary care physician.

Referral from a therapist.

Self-referral (with supporting documentation).

Referral for specific conditions (e.g., depression, anxiety, PTSD).

These samples will illustrate different writing styles and approaches, demonstrating how to adapt your letter to specific circumstances.

Chapter 5: Following Up and Next Steps: What to Expect After Submitting Your Letter

After submitting your referral letter, it's essential to follow up. Contact the psychiatrist's office to confirm receipt of the letter and inquire about scheduling an appointment. Be prepared to answer

any questions they may have. Understand that there might be waiting lists, and be patient and persistent. Once you have an appointment, prepare a list of questions to ask the psychiatrist.

Conclusion: Taking Charge of Your Mental Health Journey

Writing a referral letter is a proactive step in managing your mental health. By following this guide, you can create a compelling and effective letter that helps you secure the support you need. Remember, seeking professional help is a sign of strength, not weakness. Your mental well-being is paramount, and this guide empowers you to take charge of your journey to recovery.

FAQs

1. What if I don't have a referring physician? You can write a self-referral letter, including relevant details about your medical and mental health history.
2. How long should my referral letter be? Aim for conciseness. A well-written letter can be completed within one page.
3. What if my symptoms are complex or difficult to describe? Focus on the most prominent and impactful symptoms, and consider seeking support from a therapist or trusted individual to help clarify your thoughts.
4. Should I include personal details that are not related to my mental health? Focus solely on information relevant to your mental health and treatment needs.
5. How should I handle sensitive information in my letter? Maintain confidentiality, and only include information that is directly relevant to your psychiatric evaluation.
6. What if the psychiatrist doesn't accept my insurance? Confirm insurance coverage before scheduling an appointment.
7. How long should I wait to follow up after sending the letter? Allow a few business days before following up.
8. What if the psychiatrist doesn't respond to my follow-up? Try contacting the office again or consider seeking a referral from a different professional.
9. Is it okay to ask the referring physician for help writing the letter? Absolutely! Your referring physician can provide valuable support and guidance in creating an effective referral letter.

Related Articles:

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disorders and their symptoms.

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3. Navigating the Healthcare System for Mental Health: A guide to understanding insurance coverage, treatment options, and accessing mental healthcare services.
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8. Types of Therapy and Treatment for Mental Illness: An overview of various therapeutic approaches and their effectiveness.
9. Coping Mechanisms for Anxiety and Depression: Practical strategies for managing anxiety and depression symptoms.

referral letter to psychiatrist sample: A Guide to Writing for Human Service

Professionals Morley D. Glicken, 2008 A Guide to Writing for Human Service Professionals helps students and professionals in the human services learn to improve their writing by explaining the process and rules of writing in non-technical and practical ways. Effective use of APA Style, how to write research reports, client assessments and evaluations, and how to avoid common writing mistakes, among other topics, are explained in clear, concise prose. The book will appeal to students and professionals who struggle with writing and is a necessary resource book for writers in human services who suffer the consequences of poor writing.

referral letter to psychiatrist sample: Love and Loss Colin Murray Parkes, 2013-05-13

Loving and grieving are two sides of the same coin: we cannot have one without risking the other. Only by understanding the nature and pattern of loving can we begin to understand the problems of grieving. Conversely, the loss of a loved person can teach us much about the nature of love. Love and Loss, the result of a lifetime's work, has important implications for the study of attachment and bereavement. In this volume, Colin Murray Parkes reports his innovative research that enables us to bring together knowledge of childhood attachments and problems of bereavement, resulting in a new way of thinking about love, bereavement and other losses. Areas covered include: patterns of attachment and grief loss of a parent, child or spouse in adult life social isolation and support. The book concludes by looking at disorders of attachment and considering bereavement in terms of its implications on love, loss, and change in a wider context. Illuminating the structure and focus of thinking about love and loss, this book sheds light on a wide range of psychological issues. It will be essential reading for professionals working with bereavement, as well as graduate students of psychology, psychiatry, and sociology.

referral letter to psychiatrist sample: The Therapist's Guide to Psychopharmacology A. Ari

Albala, Margaret E. McCahill, Todd M. Edwards, 2009-12-22 This indispensable book provides therapists and counselors with crucial knowledge about psychotropic medications: when and how to make medication referrals, how to answer patients' questions and help them handle problems that arise, and how to combine medication and psychotherapy effectively. Ideal for readers without extensive background in neurobiology, the book clearly explains how medications work in the brain and how they affect an individual's emotions, behavior, and relationships. Strategies for collaborating successfully with patients, their family members, and prescribers are discussed in detail. In this edition, psychopharmacology content has been fully updated.

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JoEllen Patterson, James L. Griffith, Todd M. Edwards, 2021-09-13 Now in a revised and updated third edition, this noted practitioner guide and text incorporates the latest knowledge about psychopharmacology and collaborative care. Therapists and counselors learn when and how to make medication referrals and how to address patients' questions about drug benefits, side effects, safety, and more. Organized around frequently encountered mental health disorders, the book explains how medications work (including what they can and cannot accomplish). Strategies for collaborating successfully with patients, their family members, and prescribers are discussed in detail. Written for optimal practical utility, the text features case examples, sample referral letters, checklists, and a glossary. New to This Edition *Chapter on the therapeutic relationship. *New separate chapter on bipolar disorder. *Expanded discussions of distinguishing psychiatric illness from normal distress, optimizing collaboration with psychiatrists, how medications work in the brain, treatment of chronic pain, and more. *Additional case vignettes and psychopharmacology principles.

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adherence. Because chronic diseases involve similar behaviors, the handbook is organized by specific behaviors and special populations, and not by disease. Every chapter is sub-organized by specific diseases to ensure easy access for the readers and features a discussion of adherence across demographic and chronic conditions, a review of previous interventions directed at the particular behavior or population, questions and scoring algorithms for widely used measures of treatment adherence, a discussion of the clinical research, and where appropriate, policy implications. Patient Treatment Adherence addresses: practical recommendations to improve adherence; the impact of non-adherence including costs and health-related quality of life; methodological issues such as assessing cost-effectiveness; and the use of technological advances to improve adherence. Intended for health service professionals, health, clinical, social, and cognitive psychologists, primary care physicians, pharmacists, and policy-makers, this text is also an excellent resource for graduate courses on health psychology and public health.

referral letter to psychiatrist sample: Clinical Psychiatry and the Law Robert I. Simon, 2003-07-01 Updates to this edition: * Clinical and legal issues in the use of clozapine in treatment of schizophrenia* Clinical information and new cases involving tardive dyskinesia* Changes in civil and criminal law regarding right to refuse treatment* An update of clinical guidelines and legal regulations of ECT* An update on suicide risk assessment and new legal cases involving suicide* An update on violence risk assessment and new legal cases involving the duty to protect endangered third parties* New statutes and criminal sanctions regarding sexual misconduct * New statutes limiting the liability of therapists toward third parties who are injured or killed by patients* Changes in the relationship between psychiatrists and nonmedical therapists* Regulatory developments regarding physician impairment* Numerous tables and an updated glossary of legal terms* New section on common terms and abbreviations in legal citations

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required of mental health professionals acting as expert witnesses in criminal cases, civil litigation situations, child custody proceedings and risk assessments. This book provides a theoretical background to psychiatric writing for the law and a practical guide to the preparation of the report. The first section addresses practical and ethical concerns, including the conduct of the forensic psychiatric evaluation, conflicts of interest, record keeping and confidentiality. The second section contains practical and detailed advice on preparing various types of report, including reports for use in criminal and civil litigation, civil commitment hearings and child custody proceedings. A final section covers special issues arising during report preparation including the use of psychological tests and the detection of malingering. This is an essential guide for anyone required to write a psychiatric report.

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referral letter to psychiatrist sample: Understanding Mental Disorders American Psychiatric Association, 2015-04-24 *Understanding Mental Disorders: Your Guide to DSM-5®* is a consumer guide for anyone who has been touched by mental illness. Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health

problems, as well as those who want to help others achieve mental health and well-being. Based on the latest, fifth edition of the Diagnostic and Statistical Manual of Mental Disorders -- known as DSM-5® -- Understanding Mental Disorders provides valuable insight on what to expect from an illness and its treatment -- and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others. The common language for diagnosing mental illness used in DSM-5® for mental health professionals has been adapted into clear, concise descriptions of disorders for nonexperts. In addition to specific symptoms for each disorder, readers will find: Risk factors and warning signs Related disorders Ways to cope Tips to promote mental health Personal stories Key points about the disorders and treatment options A special chapter dedicated to treatment essentials and ways to get help Helpful resources that include a glossary, list of medications and support groups

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rating scales and questionnaires often, for they not only facilitate targeted diagnoses and treatment; they also facilitate links to empirical literature and systematize the entire process of management. Clinically oriented and highly practical, the Handbook of Clinical Rating Scales and Assessment in Psychiatry and Mental Health is an ideal tool for the busy psychiatrist, clinical psychologist, family physician, or social worker. In this ground-breaking text, leading researchers provide reviews of the most commonly used outcome and screening measures for the major psychiatric diagnoses and treatment scenarios. The full range of psychiatric disorders are covered in brief but thorough chapters, each of which provides a concise review of measurement issues related to the relevant condition, along with recommendations on which dimensions to measure – and when. The Handbook also includes ready-to-photocopy versions of the most popular, valid, and reliable scales and checklists, along with scoring keys and links to websites containing on-line versions. Moreover, the Handbook describes well known, structured, diagnostic interviews and the specialized training requirements for each. It also includes details of popular psychological tests (such as neuropsychological, personality, and projective tests), along with practical guidelines on when to request psychological testing, how to discuss the case with the assessment consultant and how to integrate information from the final testing report into treatment. Focused and immensely useful, the Handbook of Clinical Rating Scales and Assessment in Psychiatry and Mental Health is an invaluable resource for all clinicians who care for patients with psychiatric disorders.

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Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's Treatments of Psychiatric Disorders has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's Treatments of Psychiatric Disorders, Fifth Edition, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

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Midwifery Practice Lis Garratt, 2018-11-05 Many midwives will care for women who are survivors of childhood sexual abuse (CSA), whether these women disclose this or not. Pregnant and birthing women commonly experience their bodies becoming 'public property', a variety of sometimes intimate medical procedures, and limited choices on where and how care is provided. For CSA survivors, who have suffered loss of ownership over their bodies as children and may experience recurring feelings of powerlessness and loss of control, these factors can combine with impersonal and medicalised settings and practices to deeply traumatic effect. 'Sexual abuse is all about power, not sex.' - interviewee Many midwives also experience powerlessness and loss of control as professionals as a result of these same settings and practices, and those midwives who are themselves CSA survivors bring a particularly acute awareness of this and of the needs of survivor mothers. This unique study sets out to gain a deeper understanding of the needs of these mothers by exploring them alongside the parallel experiences of survivor midwives. It explores the insights and reflections they together bring to midwifery, and the positive results of more collaborative, personal,

communicative and ultimately empowering practices for all involved. 'The significance of this book is far wider than its immediate subject, for it offers us the opportunity to rethink our professional coping strategies. If we seek to make all our professional relationships ones of equality and opportunities for growth, as would benefit someone who has suffered abuse, then we can all grow and flourish.' - from the Foreword by Mavis Kirkham

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