Books Received

Psychother Psychosom 2009;78:322–324
DOI: 10.1159/000229772

David Rakel (ed.)
**Integrative Medicine**, ed. 2
Saunders Elsevier, Philadelphia 2007
1264 pp.; USD 99.00

This new edition of a very successful book is the result of interdisciplinary efforts particularly at the family medicine level in the USA. It is divided in three parts: the foundations of integrative medicine, integrative approaches to specific diseases (such as cardiovascular and allergic) and practical aspects of lifestyles modification, nutrition and toxic exposures reduction.

J.E. Mitchell, M.J. Devlin, M. de Zwaan, S.J. Crow, C.B. Peterson
**Binge-Eating Disorder**
**Clinical Foundations and Treatment**
Guilford Press, New York 2008
224 pp.; USD 30.00/GBP 21.00

This book is a clear and helpful account of the evidence which is available in the field of binge-eating disorder, with particular reference to treatment issues. It includes homework assignments and handouts which make the volume a valuable source for clinicians.

Paul M. Lehrer, Robert L. Woolfolk, Wesley E. Sime (eds.)
**Principles and Practice of Stress Management**, ed. 3
Guilford Press, New York 2007
752 pp.; GBP 57.50

This fully revised and expanded edition describes the relaxation approaches, including cognitive based approaches and stress inoculation training, for medical and psychiatric disorders.

Glen O. Gabbard (ed.)
**Textbook of Psychotherapeutic Treatments**
**With Online Access**
896 pp.; USD 95.00

This volume provides a survey of clinical applications of psychodynamic psychotherapy, cognitive behavioural therapy, interpersonal psychotherapy, individual supportive psychotherapy, group, family and couples therapy. Its final part deals with different forms of psychotherapy integration.

Stephen M. Stahl
**Stahl's Essential Psychopharmacology**
**Neuroscientific Basis and Practical Applications**, ed. 3
Cambridge University Press, New York 2008
1,134 pp., paperback; GBP 45.00/USD 85.00
ISBN 978–0–521–67376–1

This is a fully revised and expanded edition of a book which has become a classic in teaching psychopharmacology. Compared to the previous edition, there are new chapters on topics such as sleep disorder and obesity, but the textbook is now more suitable for consultation than for basic teaching.

John W. Barnhill (ed.)
**Approach to the Psychiatric Patient**
**Case-Based Essays**
565 pp.; USD 62.00

The book consists of clinical comments from different perspectives of ten selected psychiatric cases.
Hoyle Leigh, John Streltzer (eds.)
**Handbook of Consultation-Liaison Psychiatry**
Springer, New York 2007
434 pp.; USD 129.00
ISBN 978–0–387–69253–1

This is a very helpful account of consultation liaison psychiatry. It is divided in for parts: the nature and evolution of the field, the psychiatric syndromes which are most frequently encountered, special settings in consultation-liaison psychiatry, and special techniques. The authors should be commended for the clarity of the chapters.

Beverly J. Field, Robert A. Swarm
**Chronic Pain**
Hogrefe, Cambridge 2008
97 pp.; USD 24.95

The book describes a comprehensive approach to pain management with special reference to psychological interventions.

Mark A. Whishman (ed.)
**Adapting Cognitive Therapy for Depression**
Guilford Press, New York 2008
438 pp.; USD 48.00

This is a very interesting book which deals with cognitive behavioural treatments of depressed patients who do not respond to standard protocols. It describes foundations of cognitive therapy for depression, approaches to complex cases, cognitive therapy for comorbid depression (suicide, panic, etc.) and special populations. Each chapter includes case illustrations. The volume is a very important addition to the available literature on depression treatment.

Thomas L. Schwartz, Timothy J. Petersen (eds.)
**Depression**
Treatment Strategies and Management
Informa Healthcare, New York 2006
296 pp.; GBP 100.00

The book provides an important account of integrative treatment in depression, with special reference to cases which present insufficient response to standard treatment. In view of the increasing occurrence of this clinical phenomenon, it provides important clinical insights to the clinician.

Carmelo Vázquez, Gonzalo Hervás (eds.)
**Psicología Positiva Aplicada**
Desclée de Brouwer, Bilbao 2008
503 pp.; no price listed

This is a very interesting account in Spanish of the clinical applications of positive psychology.

Alan Carr
**What Works with Children, Adolescents and Adults? A Review of Research on the Effectiveness of Psychotherapy**
Routledge, Hove 2009
388 pp.; GBP 24.99

The book describes the effectiveness of psychological interventions in a variety of disorders and at different ages, drawing primarily from meta-analyses.

Janet Sasson Edgette
**Adolescent Therapy That Really Works**
Norton, New York 2006
203 pp.; GBP 11.99
ISBN 0–393–70500–5

A narrative account of the author’s practice in psychotherapy with adolescents.

Chris Mace
**Mindfulness and Mental Health**
Therapy, Theory and Science
Routledge, Hove 2008
198 pp.; GBP 19.99

It is a clear account of the development of mindfulness treatments and their relationship with other forms of psychotherapy.

Philip Kinsella
**Cognitive Behavioural Therapy for Chronic Fatigue Syndrome**
A Guide for Clinicians
Routledge, Hove 2007
182 pp.; GBP 24.99

The book describes the cognitive behavioural approach to chronic fatigue syndrome, alone or in integration with other approaches.
Michael Blumenfield, Maria Tiamson-Kassab

**Psychosomatic Medicine**, ed. 2
Lippincott, Philadelphia 2009
288 pp.; USD 39.95

This book is a practical guide to consultation liaison psychiatry, but does not deal with psychosomatic medicine as a comprehensive field.

Jonathan S. Abromowitz, Autumn E. Braddock

**Psychological Treatment of Health Anxiety and Hypochondriasis**
Hogrefe, Cambridge 2008
332 pp.; USD 59.00
ISBN 0–88937–347–7

The volume provides an overview of the clinical aspects of hypochondriacal fears and beliefs, with special reference to functional assessment, case formulation and treatment.

Paul M.G. Emmelkamp, Ellen Vedel

**Evidence-Based Treatment for Alcohol and Drug Abuse**
A Practitioner’s Guide to Theory, Methods and Practice
Routledge, New York 2006
290 pp.; no price listed
ISBN 415–95285–9

This is an excellent examination of the scientific value of psychological interventions in substance abuse and dependence with detailed case illustrations and practical descriptions. The book is a must for any clinician who is involved in the field.

H. Bartuska, M. Buchsbaumer, G. Mehta, G. Pawlowsky, S. Wiesnagrotzki (eds.)

**Psychotherapeutic Diagnostics**
Guidelines for the New Standard
Springer, Berlin 2008
307 pp.; EUR 49.95/CHF 87.00/USD 69.95/GBP 38.50

The book addresses an important topic, assessment and diagnostic issues in psychotherapy. The work was originally developed in German and is now presented in English.

Windy Drydess

**Rational Emotive Behaviour Therapy**
Routledge, Hove 2009
143 pp.; GBP 9.99

The volume provides a very clear and brief account of what rational emotive behavioural therapy means today.

Monica McFoldrick, Randy Gerson, Sueli Perry

**Genograms**
Assessment and Intervention, ed. 3
Norton, New York 2008
371 pp.; GBP 14.99

The purpose of this book is to illustrate the clinical uses of the genogram, a practical framework for understanding family history and relationship. The text actually explains how to construct and interpret a genogram.

Robert Paul Liberman

**Recovery from Disability**
Manual of Psychiatric Rehabilitation
588 pp.; no price listed

This book provides a timely textbook of rehabilitation psychiatry, with special reference to functional assessment, social skill training involving families and vocational rehabilitation.

Ezio Giacobini, Giancarlo Pepeu (eds.)

**The Brain Cholinergic System in Health and Disease**
Informa Healthcare, Arlington 2008
274 pp.; no price listed

This is a comprehensive update of the role of the cholinergic system, with special reference to cognitive, degenerative and psychiatric disorders.