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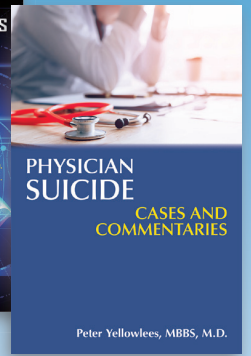
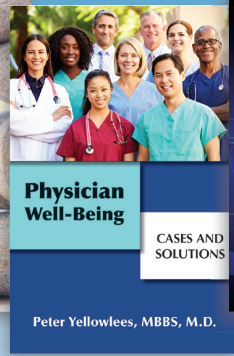
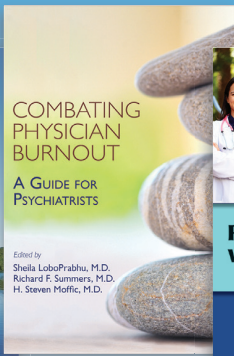
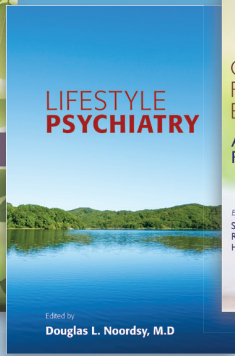
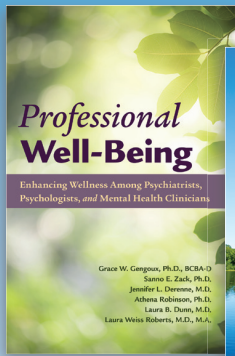
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Titles to Help Mental Health Professionals



Professional Well-Being

Enhancing Wellness Among Psychiatrists, Psychologists, and Mental Health Clinicians

Grace Gengoux, Ph.D., BCBA-D,
Sanno E. Zack, Ph.D.,
Jennifer L. Derenne, M.D.,
Athena Robinson, Ph.D.,
Laura B. Dunn, M.D., and
Laura Weiss Roberts, M.D., M.A.

Physician self-care is correlated with patient care; a growing body of evidence supports this. Yet, a culture persists within medicine that values overwork, perfectionism, and self-sacrifice, often to the detriment of clinicians themselves. This book advocates for a new culture—one that is supportive of the health and well-being of health professionals to the benefit of the patients and populations they serve.

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Lifestyle Psychiatry

Edited by Douglas L. Noordsy, M.D.

The book discusses the impact of the provider's lifestyle on clinical behavior and the implications of lifestyle medicine and psychiatry for health care systems and population health, offering a broader examination of the important role this new field can play in leading a sophisticated, holistic approach to optimizing wellness.

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Combating Physician Burnout

A Guide for Psychiatrists

Edited by Sheila LoboPrabhu, M.D.,
Richard F. Summers, M.D., and
H. Steven Mofric, M.D.

This book aims to educate psychiatrists about three key concepts: stress, burnout, and physician impairment. The introduction discusses the history and social context of burnout. Subsequent sections discuss the potential effects of burnout on clinical care, contextual elements that may contribute to burnout, potential systemic and individual interventions, and the moral challenge burnout poses to psychiatry.

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Physician Well-Being

Cases and Solutions

Peter Yellowlees, MBBS, M.D.

This book focuses its gaze on the range of the provider experience, from pre-med programs to specific scenarios such as medical marriages. Through fictional case studies, it proposes solutions designed to make today's typical health care environments more effective.

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Paperback • \$55.00 • Item #37240

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Telepsychiatry and Health Technologies

A Guide for Mental Health Professionals

Peter Yellowlees, MBBS, M.D., and
Jay H. Shore, M.D., M.P.H.

This a practical guide for mental health professionals seeking innovative digital technologies to improve the quality of care for patients with psychiatric disorders. Beginning with an overview of current psychiatric practice, the authors cover the broader context of telepsychiatry, give specific guidance on setting up and managing a telepsychiatry practice; and discuss in-person, online, and hybrid models of care, as well as data collection, electronic records, clinical documentation, and ethics.

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2018 • 403 pages • ISBN 978-1-61537-160-0
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Physician Suicide

Cases and Commentaries

Peter Yellowlees, MBBS, M.D.

The book examines how the related disorders of burnout, anxiety, depression, and addiction, can lead to suicide and explores the influence of gender, culture, aging, and personal resilience on outcomes. In addition, it investigates ways to mitigate the impact of these factors to improve physician health and well-being and thereby reduce the number of physicians who kill themselves.

2019 • 251 pages • ISBN 978-1-61537-169-3
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FACTS AND MYTHS DECODED

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MYTH: ADHD IS A SIMPLE SCHOOL-DAY DISORDER

FACT: UP TO 75% OF CHILDREN AND ADOLESCENTS HAVE AT LEAST 1 OVERLAPPING COMORBIDITY¹

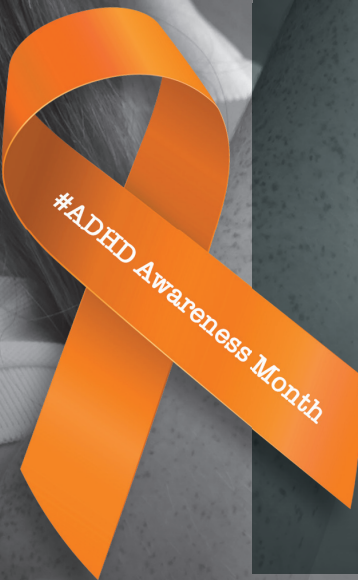
In pediatric patients with ADHD, the following conditions are commonly reported^{2,3}:



- Depression
- Anxiety disorders
- Oppositional defiant disorder
- Pervasive developmental disorders/autism spectrum disorder

You can help. Dive deeper into complex ADHD.

As a trusted resource for your patients and their caregivers, please encourage them to visit **MoreToADHD.com**. Here, they can learn more about the treatment complexities often associated with ADHD.



Actor Portrayal.

REFERENCES: 1. Banaschewski T, Becker K, Dopfner M, Holtmann M, Rosler M, Romanos M. Attention deficit/hyperactivity disorder. *Dtsch Arztebl Int.* 2017;114(9):149-159. 2. Ciernow DB, Bushe C, Mancini M, Ossipov MH, Upadhyaya H. A review of the efficacy of atomoxetine in the treatment of attention-deficit hyperactivity disorder in children and adult patients with common comorbidities. *Neuropsychiatr Dis Treat.* 2017;13:357-371. 3. Turgay A, Ansari R. Major depression with ADHD in children and adults. *Psychiatry (Edmont).* 2006;3(4):2-32.

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