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Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders

Linda Seligman, Lourie W. Reichenberg

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This thoroughly revised and updated version of Linda Seligman's classic book, Selecting Effective Treatments, presents a comprehensive, systematic research-based approach to the diagnosis and treatment of all the major mental disorders found in the Diagnostic and Statistical Manual of Mental Disorders. This third edition includes the most current information and expands the understanding of pervasive developmental disorders, bipolar disorder, disorders of childhood, schizophrenia spectrum disorders, and eating disorders. In addition, the book expands on the sections that deal with the treatment of depression, borderline personality disorder, and more. This important resource also includes new information on assessment, the treatment of dual diagnosis, the spectrum concept of mental disorders, suicide risk factors, and new approaches to treatment.

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