

## The Practical Guide to Psychopharmacology for Psychotherapists Chapters on Sleep and the Sleep Disorders

This book is for anyone who is studying or practicing the art of psychotherapy, particularly Marriage and Family Therapists, Clinical Social Workers, nurses, graduate students, school counselors, and psychologists—all of whom have a need to know how prescription psychoactive medications and other mind-altering drugs affect their clients.

### A Balanced Perspective

Depending on their training, most mental-health professionals are either strongly in favor of, or firmly opposed to, the use of psychoactive medications such as Prozac, Ritalin, Valium, and Zoloft. Dr. Catell advocates a balanced perspective, discussing the most common psychoactive prescription medications. Practitioners also need to know how their clients are affected by commonly-used non-prescription psychoactive substances—both legal and illegal—such as alcohol, caffeine, cocaine, ecstasy, LSD, marijuana, nicotine, sleep aids, and many others. *Drugs and Clients* explains how psychoactive substances work, describes how to objectively evaluate their risks and benefits, and explores how their presence, or absence, affects the process of psychotherapy, with a focus on how to recognize when a medication evaluation might be needed.

### A Clear, Concise Resource for all Mental-Health Practitioners

Dr. Catell makes the highly-complex subject of psychopharmacology accessible, not only to psychotherapists, but to all mental-health practitioners not trained in the specialty of psychiatry. *Drugs and Clients* is also a fully-referenced text for psychology and counseling graduate courses in psychopharmacology, with a comprehensive index and chapters on:

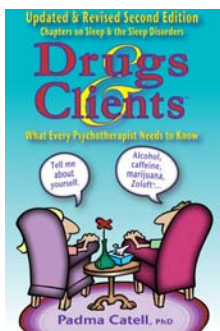
Sleep & Treatment of Sleep Disorders • Treatment of Insomnia & Anxiety Disorders  
Alcohol: Use & Abuse • Treatment of Depressive Disorders • Treatment of Bipolar Disorder  
CNS Stimulants: Use & Abuse • Treatment of Psychotic Disorders • Consciousness-Altering Drugs  
Cognition-Enhancing Drugs • Supplements, Herbs, & Oils

### About the Author

Padma Catell, PhD, is Professor Emerita of Psychology at the California Institute of Integral Studies and a licensed psychologist. She earned her BA in Biology at Hunter College and an MA in Biology at the City University of New York with a specialization in pharmacology, which she studied at the Mount Sinai School of Medicine. She has been teaching psychopharmacology at CIIS, Dominican University, and other graduate schools in the San Francisco Bay area since 1984. Her advanced degrees in both biology and psychology, combined with extensive teaching and clinical experience, make Dr. Catell uniquely qualified to understand and address the problems facing today's psychotherapists and other health-care professionals in this rapidly-changing, highly-controversial, and increasingly-important area of psychology.



Dr. Padma Catell



### Excerpts from Reviews of the First Edition

"...surprisingly easy to follow...very well-researched, based on information as current as a book can provide. Amazingly, in just over 200 pages, Dr. Catell manages to provide all the essential information a psychotherapist might need to address a myriad of questions or situations arising in a session."

*The Therapist*, Journal of the California Association of Marriage and Family Therapists, May-June, 2005.

"Catell's excellent book stands as evidence that psychologists could bring an important perspective to the dispensing of drugs that most physicians lack: mental health expertise." *Foreword Magazine*, Sept.-Oct., 2004.

"Written in no-nonsense, unbiased terms....A superb resource manual for anyone needing to acquaint themselves with the basics of common psychoactive chemicals." *Midwest Book Review*, Oct., 2004.

**Publication Date: August 1, 2010 • ISBN: 978-929150-789 • CIP 2004004743 • 284 pages • 6" X 9"**  
**• Trade paperback: \$39.95 • Send requests for review copies to: [media@drugsandclients.com](mailto:media@drugsandclients.com)**

For downloadable files suitable for reproduction and more details on the book please visit the Press Room at:  
[www.drugsandclients.com](http://www.drugsandclients.com). Send requests for review copies to: [media@drugsandclients.com](mailto:media@drugsandclients.com).