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

PETALUMA, CA—The explosion in the number of people taking prescription psychoactive medications such as Prozac, Xanax, and Ritalin has made psychopharmacology an important and controversial topic in the field of mental health. Surprisingly, there are few resources on this subject for psychotherapists, nurses, school counselors and other professionals, who are not trained in psychiatry but who are treating clients who are taking psychoactive drugs, both legal and illegal, on a daily basis. The publication of the second edition of *Drugs and Clients, What Every Psychotherapist Needs to Know* fills a critical gap in the literature.

The author, a psychologist and psychotherapist trained in pharmacology, focuses on how to recognize when a medication evaluation might be needed for a client, and how psychotherapy might be affected when clients are taking psychoactive substances. She addresses the issues facing today's mental-health professionals in their daily practices, an approach that makes *Drugs and Clients* different from other books on psychopharmacology in a number of important ways:

- It covers the most recent developments in the understanding of sleep and the diagnosis and treatment of sleep disorders and how both the newest and traditional prescription and over-the-counter sleep aids affect sleep patterns.
- It provides an objective, balanced view of the pros and cons of taking the most common psychoactive prescription medications.
- It is short and clearly written, with a minimum of technical jargon. The information is accessible and easy to understand.
- It is designed to assist therapists in evaluating when medical supervision is needed for the withdrawal from various drugs.
- It discusses the senile dementias, especially Alzheimer's disease and the nootropic drugs being used to treat it, the current understanding of the etiology of these disorders, as well as possible preventive measures and future treatments.
- It covers many of the psychedelic substances, such as marijuana, LSD, and ecstasy, and discusses, in a non-biased way, how the use of these drugs by clients might affect the therapeutic process.
- There is a chapter on alternative treatments, aromatherapy, and many of the herbs and vitamins that millions of people are now using to treat psychological problems.
- It is fully-referenced, with a comprehensive index, making it an excellent textbook for graduate-level psychology courses in psychopharmacology and for those interested in further research on any topic covered.

The Second Edition of *Drugs and Clients, What Every Psychotherapist Needs to Know*, is a practical, up-to-date guide for all mental-health professionals.

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