

Feeling Unreal Depersonalization Disorder And The Loss Of The Self

Winner of ISSTD's 2009 Pierre Janet Writing Award for the best publication on dissociation in 2009! *Dissociation and the Dissociative Disorders* is a book that has no real predecessor in the dissociative disorders field. It reports the most recent scientific findings and conceptualizations about dissociation; defines and establishes the boundaries of current knowledge in the dissociative disorders field; identifies and carefully articulates the field's current points of confusion, gaps in knowledge, and conjectures; clarifies the different aspects and implications of dissociation; and sets forth a research agenda for the next decade. In many respects, *Dissociation and the Dissociative Disorders* both defines and redefines the field.

This unique two-volume reference is an accessible, up-to-date resource for the rich and fascinating study of human emotion. • Comprises 400 A–Z entries on emotion, including general emotions, emotion theories, emotion research, emotional disorders, treatments of emotional disorders, assessment of emotional traits, organizations devoted to studying emotion, and significant people who have contributed to the understanding of emotion • Provides a chronology of the ways emotion has been conceived, research on emotion, treatment of emotional disorders, and assessment of emotional traits • Offers a bibliography of suggested print and online resources on emotion for further research • Includes a comprehensive index

Experiences of Depression is a philosophical exploration of what it is like to be depressed. In this important new book, Matthew Ratcliffe develops a detailed account of depression experiences by drawing on work in phenomenology, philosophy of mind, and several other disciplines. In so doing, he makes clear how phenomenological research can contribute to psychiatry, by helping us to better understand patients' experiences, as well as informing classification, diagnosis, and treatment. Throughout the book, Ratcliffe also emphasizes the relevance of depression to philosophical enquiry. He proposes that, by reflecting on how experiences of depression differ from 'healthy' forms of experience, we can refine our understanding of both. Hence phenomenological research of this kind has much wider applicability. He further shows how the study of depression experiences can inform philosophical approaches to a range of topics, including interpersonal understanding and empathy, free will, the experience of time, the nature of emotion and feeling, what it is to believe something, and what it is to hope. This book will be of interest to anyone seeking to understand and relate to experiences of depression, including philosophers, psychiatrists, clinical psychologists, therapists, and those who have been directly or indirectly affected by depression.

"Weaving together stories from sources as wide-ranging as classical literature, social and cognitive psychology, philosophy, art, and video games, *Propelled: How Boredom, Frustration, and Anticipation Lead Us to the Good Life* makes a lively case for the value of discontent in our lives. It offers novel, detailed, and scientifically informed characterizations of the nature and outcomes of boredom, frustration, and anticipation. The book demonstrates why these three states should not be viewed as obstacles to our goals but as elements of the good life and explicates how they can illuminate our desires and expectations, inform us when we find ourselves stuck in unpleasant and unfulfilling situations, and motivate us to furnish our lives with meaning, interest, and value"--

Depersonalization Disorder is when a person experiences a feeling of being detached from life around them and sometimes emotionally numb. It is often a symptom of another disorder such as anxiety, depression, posttraumatic stress disorder and particularly panic disorder, or of an illness like epilepsy or migraine, but also occurs in its own right and among users of certain drugs. CBT is an effective treatment.

PRAISE FOR THE SERIES: 'The best consumer-friendly CBT-based books&All are very thorough.' Observer 'The Overcoming series just keeps getting better and better.' The Psychologist

Drawing on the author's experience of depersonalization disorder (DPD), this book aims to provide support, understanding and advice on how to manage everyday life with DPD. With insight from respected figures in the field and those with lived experience, the book details the depersonalization experience, from what it is to the impact it has on everyday life. It also offers coping strategies and practical, positive advice for seeking professional treatment. In both the public and clinical spheres, awareness of DPD is low and it takes an average of 7-12 years to diagnose. This is therefore a much-needed resource, illuminating the experience of those living with this disorder and providing guidance on getting help.

"The focus of this book has always been on the balancing and blending of research and clinical application and on the effort to involve the learner in the problem solving engaged in by clinicians and scientists. We continue to emphasize an integrated approach, showing how psychopathology is best understood by considering multiple perspectives and how these varying perspectives can provide us with the clearest accounting of the causes of these disorders as well as the best possible treatments. With the fifteenth edition, we have once again emphasized the recent and comprehensive research coverage that has been the hallmark of the book. Of equal importance, however, we have worked to make the prose ever more accessible to a variety of students"--

'The first of its kind, this self-help book will offer guidance, help and solace to the many sufferers of depersonalization disorder.' Daphne Simeon, Depersonalisation and Dissociation Program, Mount Sinai School of Medicine, New York Depersonalization disorder can make you feel detached from life and many people describe feeling 'emotionally numb', unreal or even as if their body doesn't belong to them. It can be a symptom of another problem such as anxiety, depression, post-traumatic stress disorder and, particularly, of panic disorder, or of an illness like epilepsy or migraine. It can also occur in its own right and/or as a side effect of certain drugs. This self-help book, written by leading experts, will help you to understand what causes depersonalization disorder and what can keep it going, and will introduce you to effective strategies to overcome it: Based on clinically proven cognitive behavioural therapy (CBT) techniques Clear and accessible step-by-step exercises and tools, including diary-keeping and problem-solving Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

This new edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5®), used by clinicians and researchers to diagnose and classify mental disorders, is the product of more than 10 years of effort by hundreds of international experts in all aspects of mental health. Their dedication and hard work have yielded an authoritative volume that defines and classifies mental disorders in order to improve diagnoses, treatment, and research. The criteria are concise and explicit, intended to facilitate an objective assessment of symptom presentations in a variety of clinical settings -- inpatient, outpatient, partial hospital, consultation-liaison, clinical, private practice, and primary care. New features and enhancements make DSM-5® easier to use across all settings: The chapter organization reflects a lifespan approach, with disorders typically diagnosed in childhood (such as neurodevelopmental disorders) at the beginning of the manual, and those more typical of older adults (such as neurocognitive disorders) placed at the end. Also included are age-related factors specific to diagnosis. The latest findings in neuroimaging and genetics have been integrated into each disorder along with gender and cultural considerations. The revised organizational structure recognizes symptoms that span multiple diagnostic categories, providing new clinical insight in diagnosis.

Specific criteria have been streamlined, consolidated, or clarified to be consistent with clinical practice (including the consolidation of autism disorder, Asperger's syndrome, and pervasive developmental disorder into autism spectrum disorder; the streamlined classification of bipolar and depressive disorders; the restructuring of substance use disorders for consistency and clarity; and the enhanced specificity for major and mild neurocognitive disorders). Dimensional assessments for research and validation of clinical results have been provided. Both ICD-9-CM and ICD-10-CM codes are included for each disorder, and the organizational structure is consistent with the new ICD-11 in development. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, is the most comprehensive, current, and critical resource for clinical practice available to today's mental health clinicians and researchers of all orientations. The information contained in the manual is also valuable to other physicians and health professionals, including psychologists, counselors, nurses, and occupational and rehabilitation therapists, as well as social workers and forensic and legal specialists.

Starting with a discussion on the elements of the genre of alternative (counterfactual) history and on its place between the poles of historical determinism and relativism, this book develops a literary theory of the historical alternativeness principle and applies it to the reading of *The City with All That is Therein* (Ir u-mloa) – one of the most important and less-studied books of the greatest Israeli writer, Nobel Prize winner S.Y. Agnon (1887-1970). The investigation reveals that this principle is by no means inherent solely in modernism and postmodernism, but lies at the very basis of the reading process, particularly at the levels of plot and character origination, and historical and historiographical conceptions that underlie the author's imagination. The book is intended for all who are interested in modern literature and theory.

An interdisciplinary and comprehensive treatment of bodily self-consciousness, considering representation of the body, the sense of bodily ownership, and representation of the self. The body may be the object we know the best. It is the only object from which we constantly receive a flow of information through sight and touch; and it is the only object we can experience from the inside, through our proprioceptive, vestibular, and visceral senses. Yet there have been very few books that have attempted to consolidate our understanding of the body as it figures in our experience and self-awareness. This volume offers an interdisciplinary and comprehensive treatment of bodily self-awareness, the first book to do so since the landmark 1995 collection *The Body and the Self*, edited by José Bermúdez, Naomi Eilan, and Anthony Marcel (MIT Press). Since 1995, the study of the body in such psychological disciplines as cognitive psychology, cognitive neuroscience, psychiatry, and neuropsychology has advanced dramatically, accompanied by a resurgence of philosophical interest in the significance of the body in our mental life. The sixteen specially commissioned essays in this book reflect the advances in these fields. The book is divided into three parts, each part covering a topic central to an explanation of bodily self-awareness: representation of the body; the sense of bodily ownership; and representation of the self. Contributors Adrian Alsmith, Brianna Beck, José Luis Bermúdez, Anna Berti, Alexandre Billon, Andrew J. Bremner, Lucilla Cardinali, Tony Cheng, Frédérique de Vignemont, Francesca Fardo, Alessandro Farnè, Carlotta Fossataro, Shaun Gallagher, Francesca Garbarini, Patrick Haggard, Jakob Hohwy, Matthew R. Longo, Tamar Makin, Marie Martel, Melvin Mezure, John Michael, Christopher Peacocke, Lorenzo Pia, Louise Richardson, Alice C. Roy, Manos Tsakiris, Hong Yu Wong

Widely recognised as the standard text for trainee psychiatrists, the *Shorter Oxford Textbook of Psychiatry* stands head and shoulders above the competition. The text has been honed over five editions and displays a fluency, authority and insight which is not only rarely found but makes the process of assimilating information as smooth and enjoyable as possible. The book provides an introduction to all the clinical topics required by the trainee psychiatrist, including all the sub-specialties and major psychiatric conditions. Throughout, the authors emphasize the basic clinical skills required for the full assessment and understanding of the patient. Discussion of treatment includes not only

scientific evidence, but also practical problems in the management of patients their family and social context. The text emphasizes an evidence-based approach to practice and gives full attention to ethical and legal issues. Introductory chapters focus on recognition of signs and symptoms, classification and diagnosis, psychiatric assessment, and aetiology. Further chapters deal with all the the major psychiatric syndromes as well as providing detailed coverage of pharmacological and psychological treatments. The book gives equal prominence to ICD and DSM classification - often with direct comparisons - giving the book a universal appeal. The Shorter Oxford Textbook of Psychiatry remains the most up-to-date secondary level textbook of psychiatry available, with the new edition boasting a new modern design and greater use of summary boxes, tables, and lists than ever before. The extensive bibliography has been brought up-to-date and there are targeted reading lists for each chapter. The Shorter Oxford Textbook of Psychiatry fulfils all the study and revision needs of psychiatric trainees, but will also prove useful to medical students, GPs, qualified psychiatrists, and those in related fields who need to be kept informed with current psychiatric practice.

There are bizarre moments when we feel like strangers to ourselves. Through an investigation of Heidegger's concept of uncanniness, Katherine Withy explores what such experiences reveal. She shows that we can be what we are only if we do not fully understand what it is to be us, and points toward what it is to live well as an uncanny human being.

This volume brings together texts that originate in various disciplines which examine the feeling of being alive. The focus is on issues of philosophy of mind and of anthropology, on the theory of emotion, psychology and history of art. The feeling of experience is to be understood as a fundamental, undirected experience of being alive which can be integrated both in a nature-based theory of the organism and in theories of the specific constitution of human experience.

A Complete, Definitive Guide to Mental Health Care Do you have questions about mental health care? You're not alone. Despite solid proof that good mental health care can greatly improve both physical health and quality of life, managed care systems have made mental health care a low priority. Without easy access to professional advice from psychologists and psychiatrists, most of us turn to the Internet or the news media for information about mental health-and what a confusing, seemingly endless jumble that can be! Now, at last, you can stop guessing about mental health care. *Getting Help* is a clear and comprehensive guide that will answer all of your questions about mental health conditions, practitioners, and treatments. Equipped with this resource, you'll be in a powerful position to take control of your own mental health care and the care of the people you love. Everything you need to know about:

- The symptoms and characteristic of common mental health conditions
- Different types of mental health professionals and the services they offer
- Psychotherapeutic and medical treatment methods
- How to choose an approach that is just right for a particular mental health issue

This journalistic examination of depersonalization as a disorder and cultural phenomenon includes case histories, treatment, and literary and spiritual perspectives.

Available online, or as a 5-volume print set, *The Encyclopedia of Clinical Psychology* includes well over 500 A-Z entries covering the main topics, key concepts, and influential figures in this field. Serves as a comprehensive reference with particular emphasis on the scientific basis of the field; philosophical and historical issues; cultural considerations; and conflicts and controversies Offers an historiographical overview, demonstrating how concepts have developed over time and the ways in which research influences practice Cites the best and most up-to-date scientific evidence for each topic and encourages readers to think critically when evaluating the validity of various scientific claims, theories, and techniques Available on Wiley Online Library with interactive cross-referencing links and powerful searching and browsing

capabilities within the work, or as a five-volume print set

The complete set of self-help guides from the popular Overcoming series. Each guide is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties. Each guide comprises a step-by-step self-help programme based on CBT and contains: -Useful information about the disorder -Practical strategies and techniques based on CBT -Advice on how to keep recovery going -Further resources The Complete Overcoming Series contains 31 titles: Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge-Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization & Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self-Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears & Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit

In *The Feeling Body*, Giovanna Colombetti takes ideas from the enactive approach developed over the last twenty years in cognitive science and philosophy of mind and applies them for the first time to affective science -- the study of emotions, moods, and feelings. She argues that enactivism entails a view of cognition as not just embodied but also intrinsically affective, and she elaborates on the implications of this claim for the study of emotion in psychology and neuroscience. In the course of her discussion, Colombetti focuses on long-debated issues in affective science, including the notion of basic emotions, the nature of appraisal and its relationship to bodily arousal, the place of bodily feelings in emotion experience, the neurophysiological study of emotion experience, and the bodily nature of our encounters with others. Drawing on enactivist tools such as dynamical systems theory, the notion of the lived body, neurophenomenology, and phenomenological accounts of empathy, Colombetti advances a novel approach to these traditional issues that does justice to their complexity. Doing so, she also expands the enactive approach into a further domain of inquiry, one that has more generally been neglected by the embodied-embedded approach in the philosophy of cognitive science.

Psychologists, researchers, teachers, and students need complete and comprehensive information in the fields of psychology and behavioral science. The Corsini Encyclopedia of Psychology, Volume Two has been the reference of choice for almost three decades. This indispensable resource is updated and expanded to include much new material. It uniquely and effectively blends psychology and behavioral science. The Fourth Edition features over 1,200 entries; complete coverage of DSM disorders; and a bibliography of over 10,000 citations. Readers will benefit from up-to-date and authoritative coverage of every major area of psychology.

An invaluable sourcebook on the complex relationship between psychosis, trauma, and dissociation, thoroughly revised and updated This revised and updated second edition of *Psychosis, Trauma and Dissociation* offers an important resource that takes a wide-ranging and in-depth look at the multifaceted relationship between trauma, dissociation and psychosis. The editors – leaders in their field – have drawn together more than fifty noted experts from around the world, to canvas the relevant literature from historical, conceptual, empirical and clinical perspectives. The result documents the impressive gains made over the past ten years in understanding multiple aspects of the interface between trauma, dissociation and psychosis. The historical/conceptual section clarifies the meaning of the terms dissociation,

trauma and psychosis, proposes dissociation as central to the historical concepts of schizophrenia and borderline personality disorder, and considers unique development perspectives on delusions and the onset of schizophrenia. The empirical section of the text compares and contrasts psychotic and dissociative disorders from a wide range of perspectives, including phenomenology, childhood trauma, and memory and cognitive disturbances, whilst the clinical section focuses on the assessment, differential diagnosis and treatment of these disorders, along with proposals for new and novel hybrid disorders. This important resource:

- Offers extensive updated coverage of the field, from all relevant perspectives
- Brings together in one text contributions from scholars and clinicians working in diverse geographical and theoretical areas
- Helps define and bring cohesion to this new and important field
- Features nine new chapters on: conceptions of trauma, dissociation and psychosis, PTSD with psychotic features, delusions and memory, trauma treatment of psychotic symptoms, and differences between the diagnostic groups on hypnotizability, memory disturbances, brain imaging, auditory verbal hallucinations and psychological testing

Written for clinicians, researchers and academics in the areas of trauma, child abuse, dissociation and psychosis, but relevant for psychiatrists, psychologists and psychotherapists working in any area, the revised second edition of *Psychosis, Trauma and Dissociation* makes an invaluable contribution to this important evolving field.

When you have depersonalization disorder, nothing seems real. You may feel detached from reality, even from your own thoughts, as though you are going through the motions of living without ever being truly connected to your experiences. Whether your depersonalization developed after a traumatic experience or is something you've always lived with, this book can help you reconnect with life again.

Overcoming Depersonalization Disorder can help you diagnose the type and degree of your depersonalization disorder, come to understand why it developed, and cope with your symptoms using practical skills drawn from acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT). Ready to feel real again? Put the practical skills in this book to work in your life right now and start reintegrating yourself back into the world and reconnecting to your own vibrant thoughts and feelings. A bold, yet wise approach... [that] can fundamentally change the life direction of people struggling with this debilitating disorder. Highly recommended. -Steven C. Hayes, Ph.D., Foundation Professor of Psychology at the University of Nevada and author of *Get Out of Your Mind and Into Your Life*

This book explores the long-term outcomes of severe and ongoing trauma—particularly complex posttraumatic stress disorder (C-PTSD)—from phenomenological and cognitive perspectives. For example, C-PTSD can result in impairments at the body-schema level. In order to survive, trauma victims may conduct their lives at the body-image level, thus producing a mismatch between body schema and body image. In turn, as in the case of somatoparaphrenia and body integrity identity disorder, this incongruity can result in body disownership, which will affect long-term outcomes of severe and ongoing trauma.

"Seven Shrinks is a masterpiece. Beautifully written with humor and humanity, it's compelling, enlightening and groundbreaking. If Sartre's *Nausea* was the Old Testament of depersonalization, this book is the New Testament. It's that good." Jeffrey Abugel, Founder, Initiative for Depersonalization Studies; co-author of *Feeling Unreal*; author of *Stranger to Myself*. "An important contribution to the Depersonalization-Derealization Disorder literature, *Seven Shrinks* is the poignant and powerful story of a woman who navigated over half a century of American psychiatry in her quest to understand and be helped for a state of mind that remains all too puzzling and obscure to this day." Daphne Simeon, Associate Clinical Professor Kahn School of Medicine, co-author of *Feeling Unreal*.

Het mysterie rondom slapen ontrafeld Slapen is zonder twijfel de belangrijkste activiteit in ons leven. Slaap houdt ons fit en gezond, en zorgt ervoor dat we functioneren. Na een nacht vol slaap voelen we ons de volgende dag energiever, scherper en vrolijker dan na een slechte nacht. Jonge ouders zitten dan ook vaak met de handen in het haar, net als mensen met een intrinsiek slaapprobleem. Bovendien gaan slaapproblemen vaak gepaard met mentale stoornissen zoals angst, depressie en psychose. Maar waarom is slaap zo essentieel voor ons mentale welzijn? En als het zo belangrijk is dat we uitrusten, waarom dromen we dan zo levendig? In Nachtrust ontrafelt psycholoog en slaaponderzoeker Dalena van Heugten het mysterie rondom slapen. In een heldere stijl duidt ze de functies van slapen en dromen aan de hand van fascinerende praktijkvoorbeelden en toont ze de meest recente wetenschappelijke ontwikkelingen waar zij en haar collega's van over de hele wereld aan werken. Een wervelend boek vol nieuwe inzichten over het fundamentele belang van slapen en dromen.

DSM-5® Clinical Cases presents patient cases that exemplify the mental disorders categorized in the newly released DSM-5®, bringing DSM-5® alive for teachers and students of psychiatry, psychology, social work, nursing, and related mental health and healthcare fields. Cases are cross-referenced with DSM-5® and help the reader understand diagnostic concepts, including symptoms, severity, comorbidities, age of onset and development, dimensionality across disorders, and gender and cultural implications. Every feature in the book helps to bridge the distance between the formal classification and the real-life presentation of patients: All cases are original and previously unpublished, making for fresh, compelling reading for both experienced clinicians and those new to diagnostic classification. Case authors were selected for their expertise in the disorder described in the case. For ease in identifying specific cases, case titles are clinically relevant, based on the primary complaint, and identify the DSM-5® diagnosis described. Each case adheres to a consistent format developed by the editors to fully illuminate the disorder being profiled. Features may include history of present illness, family psychiatric history, medical history, mental status exam results, DSM-5® diagnostic features, lab and physical findings, and a summary. A brief discussion follows each case, analyzing the clinical presentation, highlighting key points, and exploring issues of comorbidity that may complicate both the diagnosis and subsequent treatment. This approach is especially helpful since few cases in real-life are unambiguous. Easy-to-use appendixes enable readers to locate cases by type of disorder, special interests, and DSM-5® diagnosis. The book is designed to serve as a companion text in a variety of contexts -- from abnormal psychology courses to medical school and residency training programs. In addition, those studying for specialty examinations will find reviewing the cases very useful. Fascinating, practical, and instructive, DSM-5® Clinical Cases succeeds in bringing the DSM-5® to the examining room. Psychopathologie gaat over gedrag dat afwijkend, gestoord, abnormaal en ook wel gewoon gek wordt genoemd. De

auteurs zoeken in dit boek uit hoe het komt dat gedragsstoornissen ontstaan en waarom ze blijven bestaan. Belangrijk daarbij is, hoe we het gedrag kunnen stoppen of verminderen. Experimenteel onderzoek levert kennis op waarmee je deze vragen kunt beantwoorden. Dit onderzoek heeft de afgelopen jaren een hoge vlucht genomen. Daardoor is onze kennis van mechanismen die deze stoornissen in stand houden, veroorzaken of reduceren, sterk toegenomen. U als lezer wordt deelgenoot gemaakt van de spannende experimenten die ons leren waarom een stoornis bestaat. En omdat experimentele psychopathologie zo spannend is, leest dit boek als een detective. Met een open einde, want wetenschap is nooit af.

Feeling Unreal is the first book to reveal what depersonalization disorder is all about. This important volume explores not only depersonalization, but the philosophical and literary implications of selflessness as well, while providing the latest research, possible treatments, and strategies for living and thriving when life seems 'unreal.' For those who still believe that such experiences are still a part of something else, that depersonalization is just a symptom and not a disorder in its own right, Feeling Unreal presents compelling evidence to the contrary. This book provides long-awaited answers for people suffering from depersonalization disorder and their loved ones, for mental health professionals, and for all students of the condition, while serving as a wake up call to the medical community at large.

Being an Account of the Agonies & Ecstasies, Prides & Prejudices, Travails & Triumphs, During a Four-Months' Residence Among the Members of the Finest Slow-Pitch Softball Team in the World. (Plus 6 more stories!)

The second edition of the Handbook of Adult Clinical Psychology: An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health. While practical in orientation, the book is based solidly on empirical evidence. Building on the success of the previous edition this handbook has been extensively revised in a number of ways. Throughout the book, the text, references, and website addresses and have been updated to reflect important developments since the publication the first edition. Recent research findings on the epidemiology, aetiology, course, outcome, assessment and treatment of all psychological problems considered in this volume have been incorporated into the text. Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM-5. Chapters on ADHD in adults, emotion focused therapy, radically open dialectical behaviour therapy, and schema therapy have been added. The book is divided into 6 sections: Section 1 covers conceptual frameworks for practice (lifespan development; classification and epidemiology; CBT, psychodynamic, emotion focused, systemic and bio-medical models; and general assessment procedures) Section 2 deals with mood problems (depression, bipolar disorder, suicide risk, and anger management) Section 3 focuses on anxiety problems

(social phobia, generalized anxiety disorder, panic disorder, obsessive compulsive disorder, post-traumatic stress disorder and depersonalization disorder) Section 4 deals with psychological problems linked to physical health (health anxiety, somatization, chronic pain, adjustment to cancer, and eating disorders) Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services (ADHD in adults, alcohol and other drug problems, psychosis, and psychological problems in older adults) Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma (dialectical behaviour therapy for borderline personality disorder, racially open dialectical behaviour for over-controlled presentations, and schema therapy). Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence-based way with reference to case material. Interventions from cognitive-behavioural, psychodynamic, interpersonal/systemic and biomedical approaches are described, where there is evidence that they are effective for the problem in question. Skill building exercises and further reading for psychologists and patients are included at the end of each chapter. This book is one of a set of three volumes which cover the lion's share of the curriculum for clinical psychologists in training in the UK and Ireland. The other two volumes are the Handbook of Child and Adolescent Clinical Psychology, Third Edition (by Alan Carr) and the Handbook of Intellectual Disability and Clinical Psychology Practice, Second Edition edited by Alan Carr, Christine Linehan, Gary O'Reilly, Patricia Noonan Walsh, & John McEvoy).

The most up-to-date coverage on adult psychopathology Now in its sixth edition, *Adult Psychopathology and Diagnosis* offers comprehensive coverage of the major psychological disorders and presents a balanced integration of empirical data and diagnostic criteria to demonstrate the basis for individual diagnoses. The accessible format, overview chapters on broader issues—such as interviewing—that affect all diagnoses, and case study approach provide the ideal support for students to examine and understand how diagnoses are reached and applied. Updated to reflect the latest advancements in psychopathology, this edition offers contributions by internationally renowned leaders in the field, thirty percent of whom are new to this edition. Coverage is featured of essential topics, including: Neurobiological foundations of disorders The problem of dual diagnoses Expanded coverage of anxiety and gender issues Eating disorders Overview chapter on interviewing Mental disorders as discrete clinical conditions with dimensional characteristics Encompassing the most current research in the field, *Adult Psychopathology and Diagnosis, Sixth Edition* provides a thorough introduction to the principles of the DSM-IV-TR classification system and its application in clinical practice, including dimensional and categorical classifications.

The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's *Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource

and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's *Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

"Everything feels unreal to me, like a dream...I feel detached, like a stranger to myself." These are quotes from actual people, experiencing something they don't understand. What they are saying is being heard by friends, families, and physicians today more than ever before. They do not simply suffer from anxiety, or depression, and they are not schizophrenic. They have found themselves trapped in a very real and singular disorder, yet few even know its name. Their enigmatic state of mind has been studied for more than 100 years, but only recently has it become clear how prevalent and how distinctive it really is. The condition is called Depersonalization Disorder, and *Feeling Unreal* is the first book to reveal what it's all about. This important volume explores not only Depersonalization, but the philosophical and literary implications of selflessness as well, while providing the latest research, possible treatments, and ways to live and thrive when life seems "unreal." For those who still believe that such experiences are merely part of something else, that depersonalization is just a symptom and not a disorder in its own right, *Feeling Unreal* presents compelling evidence to the contrary. This book provides long-awaited answers for people suffering from Depersonalization Disorder and their loved ones, for mental health professionals, and for all students of the condition, while serving as a wake up call to the medical community at large.

Depressie is in de westerse wereld een veelbesproken en veel bestudeerde psychiatrische stoornis. Naast de aandacht voor het onderwerp in wetenschappelijke artikelen, diagnostische handboeken, zelfhulpboeken, depressiegala's en overheids campagnes, is er de raadselachtigheid en het taboe waarmee depressie in onze cultuur nog vaak omringd is. *Ladders naar het licht* is een studie naar de taal die vandaag de dag aan depressie wordt gewijd. Hoe wordt er in wetenschappelijke studies, voorlichtingsmateriaal, zelfhulp literatuur en – in het bijzonder – autobiografische boeken over depressie geschreven? Hoe vatten (voormalig) patiënten hun ervaringen in woorden? Wat zijn de functies van deze autobiografieën in de samenleving? Dat zijn de vragen die Anne-Fleur van der Meer, als letterkundige verbonden aan de Vrije Universiteit Amsterdam, in dit boek beantwoordt. De vragen werpen nieuw licht op de ervaring van ziekzijn en (de weg naar) gezondheid

en op de wijze waarop daaraan in onze gezondheidscultuur betekenis wordt gegeven. In het bijzonder gaat Van der Meer in op de notie van 'intertekstualiteit': het bijzondere gegeven dat er in de autobiografieën veel referenties te vinden zijn aan allerlei uiteenlopende publicaties en bronnen over depressie. Hoe kan ik genezen van een kwaal die ik niet ken? Wie deelt er in mijn lot? Dat vragen hoofdpersonen zich vertwijfeld af. Zij zoeken in uiteenlopende kennisdomeinen naar antwoorden en grip: ze lezen werken van Sartre en Dante, kijken naar speelfilms, verdiepen zich in medische handboeken en raadplegen zelfhulp literatuur. Dankzij het beroep op teksten en beelden van anderen ontstaan inzichten 'op maat' en weerwoorden op het raadselachtige en eenzame lijden dat depressie teweegbrengt.

Metacognition refers to our awareness of our own mental processes, such as perceiving, remembering, learning, and problem solving. It is a fascinating area of research for psychologists, neuroscientists, anthropologists, sociologists and philosophers. This book explores the variability of metacognitive skills across cultures, since a person's decision to allocate effort, motivation to learn, sense of being right or wrong in perceptions, memories, and other cognitive tasks depends on specific transmitted goals, norms, and values. Across nineteen chapters, a group of leading authors analyze the variable and universal features associated with these dimensions, drawing on cutting-edge evidence. Additionally, new domains of metacognitive variability are considered in this volume, including those generated by metacognition-oriented embodied practices (present in rituals and religious worship), and culture-specific lay theories about subjective uncertainty and knowledge regarding natural or supernatural entities. It also documents universal metacognitive features, such as children's earlier sensitivity to their own ignorance than to that of others, people's intuitive understanding of what counts as knowledge, and speakers' sensitivity to informational sources (independently of the way the information is linguistically expressed). The book is important reading for students and scholars in cognitive and cultural psychology, anthropology, developmental and social psychology, linguistics, and philosophy.

The study of dissociation is relevant to anyone undertaking research or treatment of mental health problems. Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation uses a cognitive approach to de-mystify the processes involved in linking traumatic incidents to their effects. Kennedy, Kennerley and Pearson present a full and comprehensive understanding of mental health problems involving dissociative disorders and their treatment, bringing together an international range of experts. Each chapter addresses a single topic in full, including assessment of previous research from a cognitive perspective, recommendations for treatment and case studies to illustrate clinical approaches. Using an evidence-based scientific approach combined with the wisdom of clinical experience, the authors make the relevance of dissociation immediately recognisable to those familiar with PTSD, dissociative identity disorder, eating disorders, hallucinations and a wide range of psychological and non-organic physical health disorders. Designed to provide new perspectives on both research and treatment, Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation includes a wide range of material that will appeal to clinicians, academics and students.

Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award, 2015. What really happens in dissociation. Dissociative processes have long burdened trauma survivors with the dilemma of longing to feel "real" at the same time as they desperately want to avoid the pain that comes with that healing—a dilemma that often presents particularly acute difficulties for healing professionals. Recent clinical and neurobiological research sheds some light into the dark corners of a mind undergoing persistent dissociation, but its integration into the practice of talking therapy has never, until now, been fully realized. Intensive Psychotherapy for Persistent Dissociative Processes brings readers into the consultation room, and into the minds of both patient and therapist, like no other work on the treatment of trauma and dissociation. Richard A. Chefetz marries neuroscientific sophistication with a wealth of extended case

histories, following patients over several years and offering several verbatim session transcripts. His unpacking of the emotionally impactful experience of psychodynamic talking therapy is masterfully written, clearly accessible, and singularly thorough. From neurobiological foundations he builds a working understanding of dissociation and its clinical manifestations. Drawing on theories of self-states and their involvement in dissociative experiences, he demonstrates how to identify persistent dissociation and its related psychodynamic processes, including repetition compulsion and enactment. He then guides readers through the beginning stages of a treatment, with particular attention to the psychodynamics of emotion in both patient and therapist. The second half of the book immerses readers in emotionally challenging clinical processes, offering insight into the neurobiology of fear and depersonalization, as well as case examples detailing struggles with histories of incest, sexual addiction, severe negativity, negative therapeutic reactions, enactment, and object-coercive doubting. The narrative style of Chefetz's casework is nearly novelistic, bringing to life the clinical setting and the struggles in both patient and therapist. The only mystery in this clinical exposition, as it explores several cases over a number of years, is what will happen next. In the depth of his examples and in continual, self-reflexive analysis of flaws in past treatments, Chefetz is both a generous guide and an expert storyteller. *Intensive Psychotherapy for Persistent Dissociative Processes* is unique in its ability to place readers in the consultation room of psychodynamic therapy. With an evidence-focused approach based in neurobiology and a bold clinical scope, it will be indispensable to new and experienced therapists alike as they grapple with the most intractable clinical obstacles.

The definitive resource for psychological diagnosis, updated with the latest research *Adult Psychopathology and Diagnosis* offers comprehensive coverage of psychological disorders and presents a balanced integration of empirical data and diagnostic criteria to aid in understanding diagnosis and psychopathology. Designed to support students of clinical psychology, counseling, nursing, and social work, this invaluable resource merges overviews, case studies, and examination of individual disorders in an accessible format that facilitates easy reference. Broad-reaching issues such as interviewing and cross cultural considerations are discussed in detail for their effect on the clinical presentation of every disorder and case studies illustrate how diagnoses are reached and applied in real-world clinical settings. Updated to reflect the latest advances in research, this new 8th Edition includes new coverage of personality disorders, a new chapter on the Research Diagnostic Criteria (RDOC), new authors for a number of the chapters, and contributions by leaders in the field to provide students with exceptional insight into psychopathology and diagnosis. Get up to date on the latest research based on DSM-5 categorization Easily locate and retain information with a proven chapter structure Examine a new alternative DSM-5 model for personality disorders Include cross-cultural considerations throughout investigation and diagnosis In clarifying DSM-5 classification and diagnostic guidelines while integrating leading-edge research with a case study approach, this book provides the most complete, most up-to-date reference for graduate students and practitioners alike. Thorough coverage of essential topics such as neurological foundations, dual diagnoses, eating disorders, anxiety, gender issues and more provides both theoretical insight as well as practical understanding, making *Adult Psychopathology and Diagnosis* once again a top resource for the field.

Dissociative identity disorders are typically caused by trauma occurring at less than nine years of age. This book provides essential information on Dissociative Disorders, but also serves as a historical survey, by providing information on the controversies surrounding its causes, and first-person narratives by people coping with Dissociative Disorders. Patients, family members, or caregivers explain the condition from their own experience. The symptoms, causes, treatments, and potential cures are explained in detail. Essential to anyone trying to learn about diseases and conditions, the alternative treatments are explored. Each essay is carefully edited and presented with an

introduction, so that they are accessible for student researchers and readers.

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