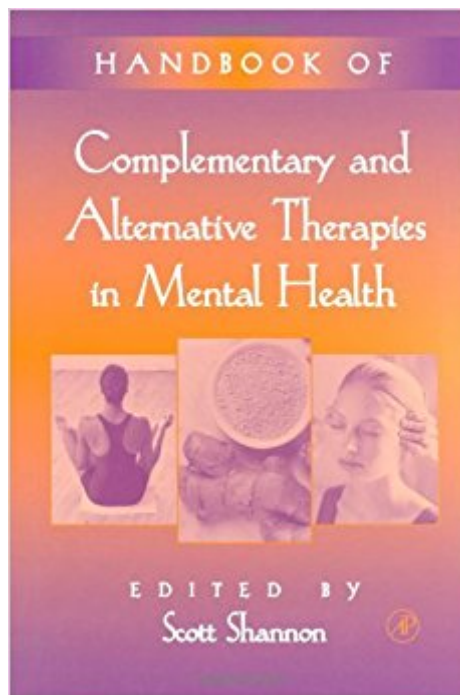




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# Handbook Of Complementary And Alternative Therapies In Mental Health



## Synopsis

Scott Shannon is an MD, president elect of the American Holistic Medical Association, and considered a national expert on holistic psychiatry. In this book he brings together a comprehensive overview of CAM treatments, with information on their effectiveness and safety for specific patient populations and for use in treating specific disorders. Modalities covered include Acupuncture, Nutritional Medicine, Herbal Medicine, Meditation, Biofeedback, Aromatherapy and others. Coverage also includes chapters on the best CAM modalities for treatment of Anxiety and PTSD, Depression, ADD, and Addictions. Each chapter will be in a similar template, beginning with a description of the treatment, its safety, compatibility with conventional treatments and/or contraindications, scientific documentation of its efficacy, discussion of which disorders it is best used for, and references. Most comprehensive overview of rapidly expanding field Includes chapters by 24 leading psychiatric/psychological experts in these fields Documents and rates the research base in each area Offers practical clinical approaches for four common mental health concerns – depression, anxiety, ADHD, and addictions Areas not yet covered in professional training Practices commonly employed by the public (40-50% of the American public use complementary or alternative approaches) No previous book of this nature or scope

## Book Information

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## Customer Reviews

"Handbook of Complementary and Alternative Therapies in Mental Health represents a comprehensive overview of reapidly expanding field that includes chapters by 24 leading

psychiatric/psychological experts in these fields... There are few previous books of this nature or scope for professional audience... This is an excellent compendium of integrative and holistic therapies, not just for mental health... This groundbreaking text should become a standard reference for any mental health care professional. It is well written, and a pleasurable read."

~\*~WORDTRADE"Shannon imposes a detailed format that includes an in-depth overview of the field, safety considerations, extent of published research on each approach, and validation of effects... Shannon makes a persuasive argument that Eastern and Western medicine can easily complement one another and reinforce each other's strengths in healing many forms of mental illnesses. Highly recommended for graduate students, researchers and clinicians in both mental health and medicine." ~\*~CHOICE"Mental health professionals would be well advised to look into the topics covered in this book, both to broaden their professional horizons, and, to get some idea of what their clients are likely to be up to." ~\*~INTERNATIONAL REVIEW OF

PSYCHIATRY"This is a very useful book, organizing a large amount of information in a relevant, easy-to-use format. It provides a clear, up-to-date description of the interface between current medical practice and the therapies it covers, particularly contraindications and potential interactions. It is an important beginning of the dissemination to mental health professionals of information about alternative therapies many clients are already using." ~\*~divine, inc."This volume is a

significant contribution to the emerging field of complementary and alternative medicine. Dr. Shannon's survey of the scientific evidence underlying complementary and alternative approaches to mental healthcare is dazzling, and will add to the growing respectability and acceptance of these approaches. Shannon shows compellingly that pharmacological treatments for mental disorders, which currently dominate psychotherapy, are but one possible approach. This book will become a classic in its field." ~\*~Larry Dossey, MDAuthor: Reinventing Medicine and Healing Words"Dr. Scott Shannon has compiled a thorough guide to alternative therapies in the mental health field; one that will be most useful for both patients and health professionals. There is so much more out there than conventional approaches. This book tells you what is available and how to make use of it."

~\*~Andrew Weil, M.D., Author of 8 Weeks to Optimum Health and Director of the Program in Integrative Medicine at the University of Arizona in Tucson"Self-care is the the foundation of 21st century medicine, and with this book Scott Shannon has powerfully provided the reader with access to a multitude of options for improving their mental health. While filling a critical void in medical reference texts, this book also allows the public a comprehensive and in-depth look at the mental health therapies of holistic medicine -- America's newest specialty." ~\*~ROBERT S. IVKER, D.O., President-elect of the American Board of Holistic Medicine and author of the bestselling

SINUS SURVIVAL" Well researched and well written, this compilation enhances our understanding of CAM approaches and enlarges our perspective as mental health professionals."

— JAMES S. GORDON, M.D. Author, *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Medicine*; Founder and Director, Center for Mind-Body Washington, DC

This book provides a comprehensive overview of complementary and alternative therapy treatments in mental health, with information on their effectiveness and safety for specific patient populations and for use in treating specific disorders. Twenty-four different contributors in psychology and medicine document research and the current practice in treating a number of disorders, including depression, anxiety, ADHD, and addictions. Modalities covered are both new and ancient, including acupuncture, EMDR, process work, nutritional medicine, herbal medicine, meditation, biofeedback, essential fatty acids, and others. Each chapter begins with a description of a therapy, followed by discussions of safety and of the compatibility or conflict of the therapy with conventional treatments. Scientific documentation of the therapy's efficacy is also covered, along with a discussion of the disorders for which the treatment is best used.

This book offers the reader a good overview of a variety of complementary therapies. Some chapters are better than others. Has great follow up resources lists at the end of each chapter.

This is an excellent compendium of integrative and holistic therapies, not just for mental health. The editor, Scott Shannon, MD, is a holistic child psychiatrist from Fort Collins, Colorado, who is the current president of the American Holistic Medical Association. His three chapters provide an excellent foundation for a holistic approach to all mental health problems. Knowledge needs to be applied with Wisdom. Psychiatric medications should be combined not only with psychotherapy or counselling, but also an individual plan of personal and spiritual growth. The carefully chosen contributors to this text are all experts in their field, ranging from acupuncture to art and music therapy. The practical information provided is useful for patients and clinicians alike. This groundbreaking text should become a standard reference for any mental health care professional. It is well written, and a pleasurable read. Kudos to Dr. Shannon!

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