



Psychotherapist's Guide to Psychopharmacology

Michael J. Gitlin

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In the last 20 years much work has been done on the influence of brain biochemistry on mood and behaviour and on pharmacological approaches to treating mental and emotional disorders. Partly as a result of this fact, a large proportion of patients who consult psychotherapists are already on medication of some sort. This book presents an overview of psychopharmacology for psychotherapists. It is designed to help them to treat patients in a way that takes into account the effects of the medication, and to recognize when some kind of pharmacological assistance might be useful in treating a disorder.

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