This book offers psychiatry residents and other mental health professionals an introduction to the combined use of psychological and biological therapies in managing common psychiatric disorders.

Chapters present treatment strategies for those conditions for which research and clinical experience have clearly demonstrated the benefits of combination therapy—major depression, obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, sleep disorders, schizophrenia, bipolar disorder, borderline personality, and generalized anxiety disorder. Each chapter includes a case presentation that demonstrates the relevant diagnostic and therapeutic issues.

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