



# Psychopharmacology and Psychotherapy: A Collaborative Approach

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For years, psychiatrists have provided "medication backup" for patients who are in therapy with a non-physician therapist. During the past decade, this practice, also known as collaborative treatment, has expanded as a result of important breakthroughs in clinical psychopharmacology and ongoing pressure to reduce the costs of mental health care.

Psychopharmacology and Psychotherapy: A Collaborative Approach serves as a roadmap for the growing numbers of health professionals who are teaming up to provide psychotherapy and pharmacotherapy to patients. The complicated issues involved in medication backup are addressed in a comprehensive, practical manner. It covers: - The positive aspects and pitfalls to avoid in collaborative treatment- Useful information about the education and training backgrounds of the various mental health professionals participating in collaborative treatment arrangements- The complicated legal and ethical issues, such as the following: Who is ultimately responsible for patient treatment? How will patient treatment liability be shared between collaborative practitioners? How can risk be managed in medication backup arrangements? - Insight into the complex relationship dynamics between and among physician, therapist, and patient- Residency training issues and models of successful collaborative treatment that can be used by the busy clinician in formulating treatment plans - The unique problems encountered by psychiatrists who provide medication backup in managed care environments

Throughout the book, case vignettes are extensively used to illustrate the principles presented. This well-referenced volume is the first of its kind to provide practical guidelines for maximizing the process of collaborative treatment for all involved professionals -- with the ultimate goal of improving the care of all patients.



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