

psychiatry and wellness of georgia

Psychiatry and Wellness of Georgia: Your Guide to Mental Healthcare

Are you searching for comprehensive mental healthcare in Georgia? Feeling overwhelmed by the options available? Finding the right psychiatrist and wellness resources can feel like navigating a maze, but it doesn't have to be. This comprehensive guide dives deep into the landscape of psychiatry and wellness in Georgia, offering valuable insights to help you find the support you need. We'll explore everything from identifying mental health needs to finding qualified professionals and accessing vital resources. Let's embark on this journey towards better mental well-being together.

Understanding Your Mental Health Needs in Georgia

Before diving into the specifics of finding care, it's crucial to understand your individual needs. Are you experiencing anxiety, depression, trauma, or another mental health concern? Recognizing the signs and symptoms is the first step towards seeking help. Georgia offers a variety of services, but understanding your specific requirements helps you target your search effectively. Consider:

Severity of symptoms: Are you experiencing mild discomfort, or do you require intensive treatment? This will influence the type of professional and level of care you need.

Type of mental health concern: Different mental health conditions require specialized expertise. For example, a psychiatrist specializing in trauma would be a better fit for someone experiencing PTSD than one specializing in addiction.

Personal preferences: Do you prefer individual therapy, group therapy, medication management, or a combination? Consider your comfort level with different treatment approaches.

Insurance coverage: Understanding your insurance plan's coverage for mental healthcare is crucial for managing costs and accessing services. Many plans offer in-network providers, potentially lowering your out-of-pocket expenses.

Finding Qualified Psychiatrists in Georgia

Georgia boasts a network of qualified psychiatrists and mental health professionals. However, choosing the right one is critical. Here's how to navigate your search effectively:

Online Directories: Websites like Psychology Today, Zocdoc, and the American Psychiatric Association's website offer searchable directories of mental health professionals. You can filter by location, insurance, specialty, and other criteria.

Referrals: Ask your primary care physician (PCP) for recommendations. They often have established relationships with mental health professionals in the area.

Hospital and Clinic Networks: Many hospitals and health systems in Georgia have dedicated behavioral health departments with psychiatrists and therapists on staff.

Verify Credentials: Always verify a psychiatrist's license and credentials through the Georgia Composite Medical Board website. This ensures they are legally qualified to practice in the state.

Read Reviews: Online reviews can offer valuable insights into a psychiatrist's approach, communication style, and patient experience. However, remember that individual experiences vary.

Accessing Wellness Resources and Support Groups in Georgia

Beyond individual psychiatric care, Georgia offers a range of wellness resources and support groups to complement your treatment. These resources can provide additional support, coping mechanisms, and a sense of community. Consider exploring:

Community Mental Health Centers: These centers offer affordable or sliding-scale mental health services, including therapy, medication management, and case management.

Support Groups: Joining a support group can provide a sense of community and connection with others facing similar challenges. Many organizations offer groups focused on specific mental health conditions.

Wellness Programs: Some employers and community organizations offer wellness programs that include mental health resources like stress management workshops, mindfulness training, and employee assistance programs (EAPs).

Crisis Hotlines and Emergency Services: In case of a mental health crisis, Georgia offers various crisis hotlines and emergency services. The 988 Suicide & Crisis Lifeline is a readily available nationwide resource.

Navigating the Cost of Mental Healthcare in Georgia

The cost of mental healthcare can vary greatly depending on factors like the type of services you need, your insurance coverage, and the provider's fees. Here are some strategies for managing costs:

Check Insurance Coverage: Thoroughly review your insurance policy to understand your benefits, co-pays, and deductibles for mental health services.

Seek In-Network Providers: Choosing in-network providers will typically reduce out-of-pocket expenses.

Explore Financial Assistance Programs: Some organizations offer financial assistance programs to help individuals afford mental healthcare.

Negotiate Payment Plans: If you're struggling to afford care, consider discussing payment plans or options with your provider.

Choosing the Right Treatment Approach for You

Finding the right treatment approach is a personalized journey. It might involve a combination of therapy, medication, and lifestyle changes. Working closely with your psychiatrist is crucial to develop an effective treatment plan tailored to your specific needs. Don't hesitate to ask questions, voice concerns, and advocate for yourself throughout the process.

Conclusion:

Finding the right psychiatric care and wellness resources in Georgia is an important step toward improved mental well-being. By understanding your needs, researching qualified professionals, and accessing available resources, you can embark on a path towards better mental health. Remember, seeking help is a sign of strength, and many resources are available to support you on your journey.

Frequently Asked Questions (FAQs)

1. Is therapy covered by my insurance in Georgia? Coverage varies by insurance plan. Contact your insurance provider directly to understand your specific benefits for mental health services.
1. How do I find a psychiatrist specializing in a specific condition (e.g., anxiety)? Use online directories like Psychology Today and filter by specialty. You can also ask your PCP for a referral.
1. What if I can't afford mental healthcare? Explore options like community mental health centers, sliding-scale providers, and financial assistance programs.
1. Where can I find support groups in Georgia? Check with your local mental health organizations, hospitals, and community centers. Online support groups are also readily available.
1. What are the signs of a mental health crisis? Signs can vary widely, but may include thoughts of self-harm or suicide, extreme emotional distress, significant changes in behavior, or inability to function daily. If you're concerned, reach out to a crisis hotline or emergency services immediately.

psychiatry and wellness of georgia: Positive Psychiatry, Psychotherapy and Psychology

Erick Messias, Hamid Peseschkian, Consuelo Cagande, 2020-01-24 For hundreds of years, psychology has looked into the dysfunctions and symptoms of the mind. It's only over the last few decades that the field has started to pay attention to what constitutes a functional and content life. Instead of using disease to understand health, positive psychology studies the components of a good

life and helps people not only avoid mental health problems but develop happiness. The work done in positive psychology is now at a point where applications are being developed in positive psychotherapy and extended to those with psychiatric diagnoses in positive psychiatry. While these fields are a recent development they hold the promise of helping all of us live a fulfilled life. Medicine in general, and psychiatry in particular, suffers from a worldview that is symptom- and deficit-oriented. By adopting a positive approach, psychology, psychotherapy, and psychiatry add a more holistic, integrative, resource oriented, and preventive perspective. There is great urgency in developing resources and potentials in our patients, not only freeing them from their disorders. Psychiatrists and psychotherapists alike are incorporating these positive tools into their practices with positive clinical outcomes. Standing on the shoulders of pioneers like Nossrat Peseschkian, in positive psychotherapy, and Dilip Jeste, in positive psychiatry, this textbook is the first to bring together these innovations in one volume that will serve as an excellent resource for medical professionals looking to reap the benefits gained by the studies in these areas. Currently, the majority of texts that are available are targeting psychologists and researchers, whereas this book seeks to use positive psychology as the foundation on which the clinical applications are built. As such, this book will be of interest to psychiatrists, psychologists, social workers, and other mental health professionals. It may be used in educating a new generation of mental health professionals in these tenets that are expanding the reach of psychology, the practice of psychotherapy, and the scope of psychiatry.

psychiatry and wellness of georgia: Fountain House Alan Doyle, Julius Lanoil, Kenneth Dudek, 2013-11-05 Since 1948, people suffering from mental health issues, mental health professionals, and committed volunteers have gathered at Fountain House in New York City to find relief from stigmatization and social alienation. Its “working community” approach has earned the organization vast critical recognition, enabling it to replicate its methods across the world. This volume describes the humanity, social inclusivity, personal empowerment, and perpetual innovation of the Fountain House approach. Evidence-based, cost-effective, and transferable, this model achieves crosscultural results by supporting the principles of personal choice, professional and patient collaboration, and the need to be needed, achieving substantive outcomes in employment, schooling, housing, and general wellness.

psychiatry and wellness of georgia: Gabbard's Treatments of Psychiatric Disorders Glen O. Gabbard, 2014-05-05 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.

psychiatry and wellness of georgia: Handbook of Pediatric Psychology, Fifth Edition Michael C. Roberts, Ric G. Steele, 2018-03-21 Thousands of practitioners and students have relied on this handbook, now thoroughly revised, for authoritative information on the links between

psychological and medical issues from infancy through adolescence. Sponsored by the Society of Pediatric Psychology, the volume explores psychosocial aspects of specific medical problems, as well as issues in managing developmental and behavioral concerns that are frequently seen in pediatric settings. The book describes best practices in training and service delivery and presents evidence-based approaches to intervention with children and families. All chapters have been rigorously peer reviewed by experts in the field. New to This Edition: *Chapters on rural health, the transition to adult medical care, prevention, and disorders of sex development. *Expanded coverage of epigenetics, eHealth applications, cultural and ethnic diversity, spina bifida, and epilepsy. *Many new authors; extensively revised with the latest with the latest information on clinical populations, research methods, and interventions. *Chapters on training and professional competencies, and quality improvement and cost-effectiveness, and international collaborations. See also *Clinical Practice of Pediatric Psychology*, edited by Michael C. Roberts, Brandon S. Aylward, and Yelena P. Wu, which uses rich case material to illustrate intervention techniques.

psychiatry and wellness of georgia: *Think Like a Girl* Tracy Packiam Alloway Ph.D, 2021-05-04 Think your way to a more confident, successful you. Women's brains are different. It's not one-size-fits both men and women. Yet many women still believe the myths we tell ourselves. Myth: Women make emotional decisions when stressed. Myth: Women suffer more from unhappiness than men. Myth: Women have to act like men to be effective leaders. Dispel the myths! Stop underestimating your abilities. Stop downplaying your successes. And stop apologizing. In *Think Like a Girl*, award-winning psychologist, professor, and TEDx speaker Dr. Tracy Packiam Alloway will help you discover how: sticking your hand in a bucket of ice can help you make a less emotional decision changing one word can provide a buffer against depressive thoughts adopting a more relationship-centric leadership approach can be better for mental health Dare to think differently. Dare to think like a girl.

psychiatry and wellness of georgia: *Sometimes Amazing Things Happen* Elizabeth Ford, 2017-04-25 From the Executive Director of Mental Health for Correctional Services in New York City, comes a revelatory and deeply compassionate memoir that takes readers inside Bellevue, and brings to life the world—the system, the staff, and the haunting cases—that shaped one young psychiatrist as she learned how to doctor and how to love. Elizabeth Ford went through medical school unsure of where she belonged. It wasn't until she did her psychiatry rotation that she found her calling—to care for one of the most vulnerable populations of mentally ill people, the inmates of New York's jails, including Rikers Island, who are so sick that they are sent to the Bellevue Hospital Prison Ward for care. These men were broken, unloved, without resources or support, and very ill. They could be violent, unpredictable, but they could also be funny and tender and needy. Mostly, they were human and they awakened in Ford a boundless compassion. Her patients made her a great doctor and a better person and, as she treated these men, she learned about doctoring, about nurturing, about parenting, and about love. While Ford was a psychiatrist at Bellevue she becomes a wife and a mother. In her book she shares her struggles to balance her life and her work, to care for her children and her patients, and to maintain the empathy that is essential to her practice—all in the face of a jaded institution, an exhausting workload, and the deeply emotionally taxing nature of her work. Ford brings humor, grace, and humanity to the lives of the patients in her care and in beautifully rendered prose illuminates the inner workings (and failings) of our mental health system, our justice system, and the prison system.

psychiatry and wellness of georgia: *Unhinged* Daniel Carlat, 2010-05-18 In this stirring and beautifully written wake-up call, psychiatrist Daniel Carlat writes with bracing honesty about how psychiatry has so largely forsaken the practice of talk therapy for the seductive—and more lucrative—practice of simply prescribing drugs, with a host of deeply troubling consequences. Psychiatrist Daniel Carlat has noticed a pattern plaguing his profession. Psychiatrists have settled for treating symptoms rather than causes, embracing the apparent medical rigor of DSM diagnoses and prescription in place of learning the more challenging craft of therapeutic counseling, gaining only limited understanding of their patients' lives. Talk therapy takes time, whereas the

fifteen-minute med check allows for more patients and more insurance company reimbursement. Yet, DSM diagnoses, he shows, are premised on a good deal less science than we would think. Writing from an insider's perspective, with refreshing forthrightness about his own daily struggles as a practitioner, Dr. Carlat shares a wealth of stories from his own practice and those of others that demonstrate the glaring shortcomings of the standard fifteen-minute patient visit. He also reveals the dangers of rampant diagnoses of bipolar disorder, ADHD, and other popular psychiatric disorders, and exposes the risks of the cocktails of medications so many patients are put on. Especially disturbing are the terrible consequences of overprescription of drugs to children of ever younger ages. Taking us on a tour of the world of pharmaceutical marketing, he also reveals the inner workings of collusion between psychiatrists and drug companies. Concluding with a road map for exactly how the profession should be reformed, *Unhinged* is vital reading for all those in treatment or considering it, as well as a stirring call to action for the large community of psychiatrists themselves. As physicians and drug companies continue to work together in disquieting and harmful ways, and as diagnoses—and misdiagnoses—of mental disorders skyrocket, it's essential that Dr. Carlat's bold call for reform is heeded.

psychiatry and wellness of georgia: Children Who Remember Previous Lives Ian

Stevenson, M.D., 2016-05-20 The concept of reincarnation has been around for thousands of years, and is a part of many religions, including Hinduism, Buddhism, Jainism, and Sikhism. In addition to these religious beliefs, many people believe it offers an explanation for the mysteries of life. There are children that claim to remember previous lives as adults or even animals. These claimed memories might affect the development of the child and be incorporated into the child's personality. This book presents an in-depth look at Dr. Stevenson's forty years studying children who claim to remember previous lives. It is an informative, professional read that dispels common misconceptions about reincarnation and offers an open-minded perspective. It provides an overview of the history of the belief in and evidence for reincarnation, with new material relating to birthmarks and birth defects, independent replication studies, and recent developments in genetic study. It also covers research on children, the methods used, the cases studied, and the analyses of the data. The idea of reincarnation is explored as an explanation for some unsolved problems in psychology and medicine.

- INTRODUCTION TO REINCARNATION--Provides an introduction to the study of reincarnation, including a discussion of the belief in reincarnation.
- VARIATIONS IN DIFFERENT CULTURES--Looks at how reincarnation is viewed in different cultures around the world and how it has changed over time.
- EXPLANATORY VALUE OF THE IDEA OF REINCARNATION--The idea of reincarnation has been around for thousands of years, and many people believe it offers an explanation for the mysteries of life.
- TYPES OF EVIDENCE FOR REINCARNATION--There are many types of evidence for reincarnation, including anecdotal evidence, case studies, and research studies.
- TYPICAL CASES OF CHILDREN--Looks at typical cases of children who remember previous lives, with a focus on their characteristics.
- METHODS OF RESEARCH--Discusses the methods of research and the various ways in which previous-life memories can be investigated.
- ANALYSIS AND INTERPRETATION OF CASES--Analyzes a number of cases from the author's 40-year career.

psychiatry and wellness of georgia: Psychiatric Nursing Mary Ann Boyd, 2008 The AJN

Book of the Year award-winning textbook, *Psychiatric Nursing: Contemporary Practice*, is now in its thoroughly revised, updated Fourth Edition. Based on the biopsychosocial model of psychiatric nursing, this text provides thorough coverage of mental health promotion, assessment, and interventions in adults, families, children, adolescents, and older adults. Features include psychoeducation checklists, therapeutic dialogues, NCLEX® notes, vignettes of famous people with mental disorders, and illustrations showing the interrelationship of the biologic, psychologic, and social domains of mental health and illness. This edition reintroduces the important chapter on sleep disorders and includes a new chapter on forensic psychiatry. A bound-in CD-ROM and companion Website offer numerous student and instructor resources, including Clinical Simulations and questions about movies involving mental disorders.

psychiatry and wellness of georgia: We Can Do Better David Goldbloom, 2021-05-04 A leading psychiatrist and expert reveals important issues in mental health care today and introduces innovations to revolutionize and improve mental health for everyone. Mental health care systems are falling short and the consequences, for individuals and societies, are dire. In this urgent book, celebrated psychiatrist and mental health care advocate Dr. David Goldbloom outlines proven innovations in medicine and health care delivery that we all could benefit from today. Using fictional—but all too real—examples of people suffering from various mental illnesses, from depression to opioid addiction, and drawn from his real-life experiences in this field, Dr. Goldbloom shows barriers to care and other faults in mental health care systems. He then reveals simple, yet startlingly effective tools for improving access and treatment that can help people now—if we only had the will to share, use, and fund these (and more) brilliant innovations: -Self-referrals for faster access to care -Apps and e-tools for treatment, rehabilitation, and self-monitoring between appointments -Remote coaching for effectively treating common childhood problems -Integrated youth services to improve early intervention -Personalized care to ensure treatments don't fail patients -Rapid-access housing for the homeless and mentally ill so they can begin a journey of care While technologies such as smart phones and genetic testing play a role, these innovations are about people. They address waiting times to see specialists, the lack of coordination between health care institutions, and the stigma that often comes with seeking help—even stigma among health care providers. They broaden the definition of what mental health care can even be, such as providing housing, or low-intensity training for day-to-day life. Smart, candid, personal, and persuasive, this new book is a timely call for better access to and quality of help—a roadmap to better well-being for everyone.

psychiatry and wellness of georgia: The SAFER-R Model George Everly, Jr., 2017-04 Psychological Crisis Intervention: The SAFER-R Model is designed to provide the reader with a simple set of guidelines for the provision of psychological first aid (PFA). The model of psychological first aid (PFA) for individuals presented in this volume is the SAFER-R model developed by the authors. Arguably it is the most widely used tactical model of crisis intervention in the world with roughly 1 million individuals trained in its operational and derivative guidelines. This model of PFA is not a therapy model nor a substitute for therapy. Rather it is designed to help crisis interventionists stabilize and mitigate acute crisis reactions in individuals, as opposed to groups. Guidelines for triage and referrals are also provided. Before plunging into the step-by-step guidelines, a brief history and terminological framework is provided. Lastly, recommendations for addressing specific psychological challenges (suicidal ideation, resistance to seeking professional psychological support, and depression) are provided.

psychiatry and wellness of georgia: Malady of the Mind Jeffrey A. Lieberman, 2023-02-21 “The most important book about schizophrenia in decades, and perhaps ever...a total game-changer.” —Sylvia Nasar, author of *A Beautiful Mind* A comprehensive, deeply researched, and highly readable portrait of schizophrenia—its history, its various manifestations, and how today's treatments have promising and often lifesaving potential. This “incredibly captivating” (Siddhartha Mukherjee, author of *The Emperor of All Maladies*) portrait of schizophrenia, the most malignant and mysterious mental illness, by renowned psychiatrist Jeffrey Lieberman, interweaves cultural and scientific history with dramatic patient profiles and clinical experiences to impart a revolutionary message of hope. For the first time in history, we can effectively treat schizophrenia, limiting its disabling effects—and we're on the verge of being able to prevent the disease's onset entirely. Drawing on his four-decade career, Dr. Jeffrey Lieberman expertly illuminates the past, present, and future of this historically dreaded and devastating illness. Interweaving history, science, and policy with personal anecdotes and clinical cases, *Malady of the Mind* is a rich, illuminating experience written in accessible, fluid prose. From Dr. Lieberman's vantage point at the pinnacle of academic psychiatry, informed by extensive research experience and clinical care of thousands of patients, he explains how the complexity of the brain, the checkered history of psychiatric medicine, and centuries of stigma combined with misguided legislation and health care

policies have impeded scientific advances and clinical progress. Despite this, there is reason for optimism: by offering evidence-based treatments that combine medication with psychosocial services and principles learned from the recovery movement, doctors can now effectively treat schizophrenia by diagnosing patients at a very early stage, achieving a mutually respectful therapeutic alliance, and preventing relapse, thus limiting the progression of the illness. Even more promising, decades of work on diagnosis, detection, and early intervention have pushed scientific progress to the cusp of prevention—meaning that in the near future, doctors may be able to prevent the onset of this disorder. A must-read for those interested in medical history, psychology, and those whose lives have been affected by schizophrenia, this “penetrating, important” (Andrew Solomon, author of *Noonday Demon*) work offers a comprehensive scientific portrait, crucial insights, sound advice for families and friends, and most importantly, hope for those sufferers now and future generations.

psychiatry and wellness of georgia: *Complementary and Integrative Medicine Part I: By Diagnosis, An Issue of Child And Adolescent Psychiatric Clinics of North America, E-Book* Deborah R. Simkin, L. Eugene Arnold, 2023-05-08 In this issue of *Child and Adolescent Psychiatric Clinics*, guest editors Drs. Deborah R. Simkin and L. Eugene Arnold bring their considerable expertise to the topic of *Complementary and Integrative Medicine Part 1: Disorders*. This is the first of a two-part issue, which discusses complementary and integrative treatments to be considered for specific psychiatric disorders such as ADHD, sleep disorders, psychosis, TBI, iron deficiency, autism, and more. - Contains 13 practice-oriented topics including anxiety, substance abuse, PTSD, obesity, eating disorders, and more. - Provides in-depth clinical reviews on complementary and integrative medicine, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

psychiatry and wellness of georgia: Improving the Quality of Health Care for Mental and Substance-Use Conditions Institute of Medicine, Board on Health Care Services, Committee on Crossing the Quality Chasm: Adaptation to Mental Health and Addictive Disorders, 2006-03-29 Each year, more than 33 million Americans receive health care for mental or substance-use conditions, or both. Together, mental and substance-use illnesses are the leading cause of death and disability for women, the highest for men ages 15-44, and the second highest for all men. Effective treatments exist, but services are frequently fragmented and, as with general health care, there are barriers that prevent many from receiving these treatments as designed or at all. The consequences of this are serious—for these individuals and their families; their employers and the workforce; for the nation's economy; as well as the education, welfare, and justice systems. *Improving the Quality of Health Care for Mental and Substance-Use Conditions* examines the distinctive characteristics of health care for mental and substance-use conditions, including payment, benefit coverage, and regulatory issues, as well as health care organization and delivery issues. This new volume in the *Quality Chasm* series puts forth an agenda for improving the quality of this care based on this analysis. Patients and their families, primary health care providers, specialty mental health and substance-use treatment providers, health care organizations, health plans, purchasers of group health care, and all involved in health care for mental and substance-use conditions will benefit from this guide to achieving better care.

psychiatry and wellness of georgia: *The Devil You Know* Gwen Adshead, Eileen Horne, 2021-07-20 In this “unmissable book” (*The Guardian*), an internationally renowned forensic psychiatrist and psychotherapist demonstrates the remarkable human capacity for radical empathy, change, and redemption. What drives someone to commit an act of terrible violence? Drawing from her thirty years of experience in providing therapy to people in prisons and secure hospitals who have committed serious offenses, Dr. Gwen Adshead provides fresh and surprising insights into violence and the mind. Through a collaboration with coauthor Eileen Horne, Dr. Adshead brings her extraordinary career to life in a series of unflinching portraits. Alongside doctor and patient, we discover what human cruelty, ranging from serial homicide to stalking, arson or sexual offending,

means to perpetrators, experiencing firsthand how minds can change when the people some might label as “evil” are able to take responsibility for their life stories and get to know their own minds. With outcomes ranging from hope to despair, from denial to recovery, these men and women are revealed in all their complexity and shared humanity. In this era of mass incarceration, deep cuts in mental health care and extreme social schisms, this book offers a persuasive argument for compassion over condemnation. Moving, thought-provoking, and brilliantly told, *The Devil You Know* is a rare and timely book with the power to transform our ideas about cruelty and violence, and to radically expand the limits of empathy. “A welcome contribution to the literature of crime and rehabilitation” (Kirkus Reviews).

psychiatry and wellness of georgia: Prescribing Together Warren A. Kinghorn, M.D., Th.D., Abraham M. Nussbaum, M.D., M.T.S., 2021-06-01 What if, rather than being dispensers of medication, mental health clinicians and primary care clinicians treating mental disorders were collaborators with patients in the prescribing relationship? To prescribe more effectively and to achieve health equity, Warren Kinghorn and Abraham Nussbaum argue, it's necessary--and in *Prescribing Together*, they offer a roadmap for making it a reality. In these pages, readers will find practical introductions to key concepts, from cultural formation and structural competency to collaborative deprescribing, and profiles, enlivened by personal anecdotes, of a diverse group of accomplished clinicians that offer evidence-based strategies for building strong alliances in the context of 13 mental disorder categories, including generalized anxiety disorder, major depressive disorder, borderline personality disorder, and neurocognitive disorders. By focusing on how, rather than what, to prescribe, this book makes room for patients' lived experiences and interpersonal and social contexts, returning to them a sense of agency and empowering them to set meaningful goals and to be active participants in their own flourishing.

psychiatry and wellness of georgia: Positive Psychiatry Edited by Dilip V. Jeste M.D., Barton W. Palmer Ph.D., 2015-04-28 While there are a number of books on positive psychology, *Positive Psychiatry* is unique in its biological foundation and medical rigor and is the only book designed to bring positive mental health ideas and interventions into mainstream psychiatric research, training, and clinical practice. After an overview describing the definition, history, and goals of positive psychiatry, the contributors—pioneers and thought leaders in the field—explore positive psychosocial factors, such as resilience and psychosocial growth; positive outcomes, such as recovery and well-being; psychotherapeutic and behavioral interventions, among others; and special topics, such as child and geriatric psychiatry, diverse populations, and bioethics. The book successfully brings the unique skill sets and methods of psychiatry to the larger positive health movement. Each chapter highlights key points for current clinical services, as practiced by psychiatrists, primary care doctors, and nurses, as well as those in allied health and mental health fields. These readers will find *Positive Psychiatry* to be immensely helpful in bringing positive mental health concepts and interventions into the clinical arena.

psychiatry and wellness of georgia: RecoveryMind Training Paul H. Earley, 2017-03-07 A comprehensive addiction treatment model combining evidence-based techniques with twelve-step philosophy. An innovative guide for professionals that establishes an extraordinary approach to understanding the dynamics of addiction and the recovery process. *RecoveryMind Training* (RMT) includes state-of-the-art information on neuroscience and behavioral techniques and challenges readers to see addiction from a different perspective. Paul H. Earley, MD, FASAM has been an addiction medicine physician for thirty years. He treats all types of addictive disorders and specializes in the assessment and treatment of healthcare professionals. As a therapist, he works with patients already in recovery, providing long-term therapy for those who suffer from this disease. His professional expertise extends to advocacy for professionals before agencies and licensing boards. Dr. Earley has been on the board of the American Society of Addiction Medicine (ASAM) for over fourteen years in several capacities and is currently a director-at-large. He has been the Medical Director of two nationally acclaimed addiction programs specializing in the care of addicted healthcare professionals. Currently, he is the Medical Director of the Georgia Professionals

Health Program, Inc. and a principal with Earley Consultancy, LLC, a training and consulting firm. He also trains therapists about the neurobiological basis of addiction and psychotherapy. In his travels, he has provided training in the United States, Canada, the United Kingdom, Italy, and Switzerland.

psychiatry and wellness of georgia: *Sane Asylums* Jerry M. Kantor, 2022-08-23 • Examines the success of homeopathic psychiatric asylums in the United States from the 1870s until 1920 • Focuses on New York's Middletown State Homeopathic Hospital for the Insane, which had a treatment regime with thousands of successful outcomes • Details a homeopathic blueprint for treating mental disorders based on Talcott's methods, including nutrition and side-effect-free homeopathic prescriptions In the late 1800s and early 1900s, homeopathy was popular across all classes of society. In the United States, there were more than 100 homeopathic hospitals, more than 1,000 homeopathic pharmacies, and 22 homeopathic medical schools. In particular, homeopathic psychiatry flourished from the 1870s to the 1930s, with thousands of documented successful outcomes in treating mental illness. Revealing the astonishing but suppressed history of homeopathic psychiatry, Jerry M. Kantor examines the success of homeopathic psychiatric asylums in America from the post-Civil War era until 1920, including how the madness of Mary Todd Lincoln was effectively treated with homeopathy at a "sane" asylum in Illinois. He focuses in particular on New York's Middletown State Homeopathic Hospital, where superintendent Selden Talcott oversaw a compassionate and holistic treatment regime that married Thomas Kirkbride's moral treatment principles to homeopathy. Kantor reveals how homeopathy was pushed aside by pharmaceuticals, which often caused more harm than good, as well as how the current critical attitude toward homeopathy has distorted the historical record. Offering a vision of mental health care for the future predicated on a model that flourished for half a century, Kantor shows how we can improve the care and treatment of the mentally ill and stop the exponential growth of terminal mental disorder diagnoses that are rampant today.

psychiatry and wellness of georgia: *Enemies of the Heart* Andy Stanley, 2011-06-21 CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy. Includes a six-week discussion guide. "Andy Stanley touches the right nerve at the right time."—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* Divorce. Job loss. Estrangement from family members. Broken friendships. The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. Previously released as *It Came from Within*

psychiatry and wellness of georgia: *Healing* Thomas Insel, MD, 2022-02-22 A bold, expert, and actionable map for the re-invention of America's broken mental health care system. "Healing is truly one of the best books ever written about mental illness, and I think I've read them all. —Pete Earley, author of *Crazy As* director of the National Institute of Mental Health, Dr. Thomas Insel was giving a presentation when the father of a boy with schizophrenia yelled from the back of the room, "Our house is on fire and you're telling me about the chemistry of the paint! What are you doing to put out the fire?" Dr. Insel knew in his heart that the answer was not nearly enough. The gargantuan American mental health industry was not healing millions who were desperately in need. He left his position atop the mental health research world to investigate all that was broken—and what a better path to mental health might look like. In the United States, we have treatments that work, but our system fails at every stage to deliver care well. Even before COVID, mental illness was claiming a life every eleven minutes by suicide. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable, particularly for those who need it most and are

homeless or incarcerated. Where was the justice for the millions of Americans suffering from mental illness? Who was helping their families? But Dr. Insel also found that we do have approaches that work, both in the U.S. and globally. Mental illnesses are medical problems, but he discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward. The fruit of a lifetime of expertise and a global quest for answers, *Healing* is a hopeful, actionable account and achievable vision for us all in this time of mental health crisis.

psychiatry and wellness of georgia: Psychiatry and the Spirit World Alan Sanderson, 2022-10-25 • Explains the author's practice of psychiatric spirit release, centered on the spiritual and psychic aspects of emotional disturbance • Offers profound accounts of the survival of the spirit after death, from ancient times to the present day, including near-death experiences, out-of-body experiences, reincarnation, and dreams • Examines evidence for mediumship, clairvoyance, telepathy, and the psychic aspects of heart transplants After a twenty-year break from practice, Alan Sanderson returned to clinical psychiatry at age fifty-nine and soon realized that many of his patients were plagued by troublesome earthbound spirits, some of whom had been attached across lifetimes to multiple incarnations as well as multiple hosts. By talking with these attached spirits and persuading them to leave their hosts, Dr. Sanderson found remarkable success in the treatment of his patients. Now, more than 30 years later, Dr. Sanderson shares his extensive research on the afterlife, the survival of consciousness after physical death, and paranormal phenomena related to the spirit world. He explains his practice of psychiatric spirit release, centered on the spiritual and psychic aspects of emotional disturbance, and shares case studies complete with full accounts of treatment sessions. He offers first-hand accounts of the survival of the spirit after death, from ancient times to the present day, and explores end-of-life experiences, including what is witnessed by the living people in the room, as well as profound accounts of near-death experiences, out-of-body experiences, and reincarnation. He examines evidence for mediumship, clairvoyance, telepathy, and the psychic aspects of heart transplants. He also details cases of remote healing, further proving the existence of connections beyond the material world. Presenting a wealth of evidence, as well as suggestions for new treatment possibilities for mental health problems, Dr. Sanderson offers a comprehensive examination of spirit existence and the survival of consciousness after death.

psychiatry and wellness of georgia: The Hoffman Process Tim Laurence, 2007-12-18 For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

psychiatry and wellness of georgia: Mud Flower Meghan J. M. Caughey, 2021-04-30 *Mud Flower: Surviving Schizophrenia and Suicide Through Art* shows the perspective of a person who has a serious mental illness, who survives extreme treatments, who both family and the health system have given up on, but who defies all expectations and common beliefs of what is possible. Along the way, the author describes the role of art in her survival, grappling with how the life force can be either nurtured or destroyed by elements in our environment, such as nature, beauty, and art versus dehumanization and coercion.

psychiatry and wellness of georgia: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board

on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

psychiatry and wellness of georgia: Integrating Psychological and Pharmacological Treatments for Addictive Disorders James MacKillop, George A. Kenna, Lorenzo Leggio, Lara A. Ray, 2017-07-06 Integrating Psychological and Pharmacological Treatments for Addictive Disorders distills the complex literature on addiction, offering a curated toolbox of integrated pharmacological and psychotherapeutic treatments in chapters authored by leading experts. Introductory chapters on the epidemiology, etiology, and fundamentals of addiction treatment provide a concise overview of the state of the field. Subsequent chapters then focus on the treatment of specific substance use disorders and on gambling disorder. Finally, a chapter on the treatment of addiction in primary care addresses the opportunities for clinical care in non-specialist outpatient settings. Physicians, psychologists, social workers, and other mental health professionals will come away from the book with an essential understanding of evidence-based practice in treating addiction and the scientific foundations of those approaches. .

psychiatry and wellness of georgia: Crossing the Quality Chasm Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

psychiatry and wellness of georgia: Provision of Mental Health Counseling Services

Under TRICARE Institute of Medicine, Board on the Health of Select Populations, Committee on the Qualifications of Professionals Providing Mental Health Counseling Services Under TRICARE, 2010-06-23 In this book, the IOM makes recommendations for permitting independent practice for mental health counselors treating patients within TRICARE-the DOD's health care benefits program. This would change current policy, which requires all counselors to practice under a physician's supervision without regard to their education, training, licensure or experience.

psychiatry and wellness of georgia: Males With Eating Disorders Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

psychiatry and wellness of georgia: *Ethics in Psychotherapy and Counseling* Kenneth S. Pope, Melba J. T. Vasquez, 2010-11-17 Praise for *Ethics in Psychotherapy and Counseling*, Fourth Edition A stunningly good book. . . . If there is only one book you buy on ethics, this is the one. —David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry, Boston University The Fourth Edition continues to be the gold standard. . . . a must-read in every counseling/therapy training program. It is that good and valuable. —Derald Wing Sue, PhD, Professor of Psychology and Education, Teachers College, Columbia University A must-have for therapists at every step of their career from student to wise elder. —Bonnie Strickland, PhD, former president, American Psychological Association This Fourth Edition of the best book in its field has much timely new material. . . . A brilliant addition is an exploration of how reasonable people can conscientiously follow the same ethical principles yet reach different conclusions . . . an essential sourcebook. —Patrick O'Neill, PhD, former president, Canadian Psychological Association Essential for all practicing mental health professionals and students. —Nadine Kaslow, PhD, ABPP, President, American Board of Professional Psychology I particularly enjoyed the chapter on ethical practice in the electronic world, which was informative even to this highly tech-savvy psychologist. The chapter on responses to the interrogations issue is destined to be a classic. . . . Bravo! Mandatory reading. —Laura Brown, PhD, ABPP, 2010 President, APA Division of Trauma Psychology There's no better resource to have at your fingertips. —Eric Drogin, JD, PhD, ABPP, former chair, APA Committee on Professional Practice and Standards and APA Committee on Legal Issues Two of psychology's national treasures, Drs. Ken Pope and Melba Vasquez walk the walk of psychotherapy ethics. Simply the best book in its genre. —John Norcross, PhD, ABPP, Professor of Psychology and Distinguished University Fellow, University of Scranton

psychiatry and wellness of georgia: Keep Your Wits About You Vonetta M. Dotson, 2022-03-08 Science tells us that by keeping our brain as healthy as possible, we can optimize our cognitive abilities, mental health, and physical functioning at any age. Healthy behaviors, such as staying physically, mentally, and socially active, maintaining a healthy diet, and getting good sleep, are the most powerful tools we have to maintain healthy brains. This book provides science-based facts and practical tools for the reader to achieve and maintain a healthy brain.

psychiatry and wellness of georgia: Eat to Beat Depression and Anxiety Drew Ramsey, M.D., 2021-03-16 A revolutionary prescription for healing depression and anxiety and optimizing brain health through the foods we eat, including a six-week plan to help you get started eating for better mental health. Depression and anxiety disorders are rising, affecting more than fifty-eight million people in the United States alone. Many rely on therapy and medications to alleviate symptoms, but often this is not enough. The latest scientific advances in neuroscience and nutrition, along with our understanding of the mind-gut connection, have proven that how and what we eat greatly affects

how we feel—physically, cognitively, and emotionally. In this groundbreaking book, Dr. Drew Ramsey helps us forge a path toward greater mental health through food. *Eat to Beat Depression and Anxiety* breaks down the science of nutritional psychiatry and explains what foods positively affect brain health and improve mental wellness. Dr. Ramsey distills the most cutting-edge research on nutrition and the brain into actionable tips you can start using today to improve brain-cell health and growth, reduce inflammation, and cultivate a healthy microbiome, all of which contribute to our mental well-being. He explores the twelve essential vitamins and minerals most critical to your brain and body and outlines which anti-inflammatory foods feed the gut. He helps readers assess barriers to self-nourishment and offers techniques for enhancing motivation. To help us begin, he provides a kick-starter six-week mental health food plan designed to mitigate depression and anxiety, incorporating key food categories like leafy greens and seafood, along with simple, delicious, brain nutrient-rich recipes. By following the methods Dr. Ramsey uses with his patients, you can confidently choose foods to help you on your journey to full mental health.

psychiatry and wellness of georgia: Homelessness, Health, and Human Needs Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

psychiatry and wellness of georgia: Beyond Burnout Suzi McAlpine, 2021-02-02 Burnout is costing us. There are the personal costs to health and finances, organisational costs in lost productivity and sick leave, and national costs when it comes to healthcare services and similar. Following her own first-hand experience, as well as the countless similar scenarios she's seen in her role as an executive coach, Suzi McAlpine has created a book about burnout to help create environments and organisational cultures that reduce its occurrence. This couldn't come at a more important time. The World Health Organisation has upgraded the classification of burnout to a syndrome - believing it to be a significant factor influencing people's health and, by extension, that of our organisations and societies. As well as actionable tools and key takeouts, each chapter/section will include information about how to recognise the signs of burnout, and practical how-tos for leaders to reduce its presence in organisations. She also explains how to treat and address burnout when it is present.

psychiatry and wellness of georgia: The Angel and the Assassin Donna Jackson Nakazawa, 2020-01-21 A thrilling story of scientific detective work and medical potential that illuminates the newly understood role of microglia—an elusive type of brain cell that is vitally relevant to our everyday lives. “The rarest of books: a combination of page-turning discovery and remarkably readable science journalism.”—Mark Hyman, MD, #1 New York Times bestselling author of *Food: What the Heck Should I Eat?* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY WIRED Until recently, microglia were thought to be helpful but rather boring: housekeeper cells in the brain. But a recent groundbreaking discovery has revealed that they connect our physical and mental health in surprising ways. When triggered—and anything that stirs up the immune system in the body can activate microglia, including chronic stressors, trauma, and viral infections—they can contribute to memory problems, anxiety, depression, and Alzheimer's. Under the right circumstances, however, microglia can be coaxed back into being angelic healers, able to make brain repairs in ways that help alleviate symptoms and hold the promise to one day prevent disease. With the compassion born of her own experience, award-winning journalist Donna Jackson Nakazawa illuminates this newly understood science, following practitioners and patients on the front lines of treatments that help to “reboot” microglia. In at least one case, she witnesses a stunning recovery—and in others, significant relief from pressing symptoms, offering new hope to the tens of millions who suffer from

mental, cognitive, and physical health issues. Hailed as a “riveting,” “stunning,” and “visionary,” *The Angel and the Assassin* offers us a radically reconceived picture of human health and promises to change everything we thought we knew about how to heal ourselves.

psychiatry and wellness of georgia: Existential Medicine Kevin Aho, 2018-04-23 *Existential Medicine* explores the recent impact that the philosophies of existentialism, phenomenology, and hermeneutics have had on the health care professions. A growing body of scholarship drawing primarily on the work of Martin Heidegger and other influential twentieth-century figures such as Maurice Merleau-Ponty, Jean-Paul Sartre, and Hans-Georg Gadamer has shaped contemporary research in the fields of bioethics, narrative medicine, gerontology, enhancement medicine, psychiatry and psychotherapy, and palliative care, among others. By regarding the human body as a decontextualized object, the prevailing paradigm of medical science often overlooks the body as it is lived. As a result, it fails to critically engage the experience of illness and the core questions of ‘what it means’ and ‘what it feels like’ to be ill. With work from emerging and renowned scholars in the field, this collection aims to shed light on these issues and the crucial need for clinicians to situate the experience of illness within the context of a patient’s life-world. To this end, *Existential Medicine* offers a valuable resource for philosophers and medical humanists as well as health care practitioners.

psychiatry and wellness of georgia: *You are Not Alone* , 1992

psychiatry and wellness of georgia: The Campus Cure Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. *The Campus Cure: A Parent Guide to Mental Health and Wellness for College Students* is a first aid guide to your child’s emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

psychiatry and wellness of georgia: Within Our Reach Rosalynn Carter, Susan K. Golant, Kathryn E. Cade, 2010-04-27 In *Within Our Reach*, Rosalynn Carter and coauthors Susan K. Golant and Kathryn E. Cade render an insightful, unsparing assessment of the state of mental health. Mrs. Carter has been deeply invested in this issue since her husband, former President Jimmy Carter, campaigned for governor of Georgia, when she saw firsthand the horrific, dehumanizing treatment of people with mental illnesses. Using stories from her 35 years of advocacy to springboard into a discussion of the larger issues at hand, Carter crafts an intimate and powerful account of a subject previously shrouded in stigma and shadow, surveying the dimensions of an issue that has affected us all. She describes a system that continues to fail those in need, even though recent scientific breakthroughs with mental illness have potential to help most people lead more normal lives. *Within Our Reach* is a seminal, searing, and ultimately optimistic look at how far we’ve come since Jimmy Carter’s days on the campaign trail and how far we have yet to go.

psychiatry and wellness of georgia: *Professionalism in Psychiatry* Glen O. Gabbard, 2012 What’s often referred to as bedside manner in medicine is really a reflection of the doctor’s professionalism. This is especially true in psychiatry, where issues like countertransference can come into play. In *Professionalism in Psychiatry*, the authors seek to define the factors that influence professionalism and address principles that are now part of the core curriculum for medical students, psychiatry residents, educators, and practicing clinicians. The interface between ethics

and professionalism is charted, including ethical issues related to research, fundraising, and the relationship between psychiatrists and pharmaceutical companies. The authors also review how the principles of professionalism can be applied to gender, race, ethnicity, and sexual orientation. Professionalism in Psychiatry is a must read for any educator or professional wanting to better understand the relationship between professionalism, ethics, and the avoidance of boundary violations.

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