

Textbook of Integrative Mental Health Care
by James Lake M.D.
Thieme Medical Publishers

Textbook of Integrative Mental Health Care, James Lake M.D., Thieme Medical Publishers, has been completed and is available for purchase. The book is the result of ten years of research, training and clinical experience. My primary goals for the book are to facilitate discussion and debate on integrative medicine in general, and especially integrative approaches in mental health care while providing a comprehensive resource on the theory and clinical practice of integrative mental health care. The book provides a framework for psychiatrists, other mental health professionals, and CAM practitioners who wish to learn about the conceptual foundations of integrative medicine and examine the evidence for non-conventional and integrative approaches used to assess and treat common mental health problems.

Part I covers foundational principles in integrative medicine and mental health care, and can be used independently from Part II, which is intended as a practical clinical guide for managing common mental health problems. The chapters in Part I establish a conceptual framework that will help the *conventionally* or *non-conventionally* trained practitioner develop individualized integrative assessment and treatment approaches in mental health care. **Part I chapters** include: a review of the history of integrative medicine; an examination of important philosophical issues in integrative medicine; the implications of emerging paradigms for the future of medicine and integrative medicine; and three separate chapters on methodology. The first chapter *deconstructs* methodological issues in conventional Western medicine as currently practiced and advances a rigorous methodology for the practice of integrative medicine in general. This chapter also includes an in-depth discussion of methodology for obtaining reliable information when developing clinical integrative treatment strategies. The second chapter *deconstructs* the methodology used in mental health assessment as currently practiced and proposes a framework for integrative assessment. The final chapter on methodology deconstructs the methodology used to plan mental health care in Western medicine and proposes a methodological framework for integrative treatment-planning in mental health care.

Part II employs the methodology established in Part I to evaluate the evidence for non-conventional and integrative assessment and treatment approaches addressing common mental health problems. Seven symptom-focused chapters of part II cover:

- Depressed Mood
- Mania And Cyclic Mood Changes
- Anxiety
- Psychosis
- Dementia and Mild Cognitive Impairment
- Substance abuse and dependence
- Disturbances of Sleep and Wakefulness

The material in Part II is organized by three *levels of evidence* established in the methodology chapters of Part I: *substantiated*, *provisional* or *possibly specific/effective*. The first part of each chapter briefly reviews assessment approaches used in contemporary biomedical psychiatry followed by a critical review of evidence for non-conventional and integrative assessment approaches. This is followed by a concise overview of the limitations of current Western treatments used in mental health care. Symptom-specific non-conventional and integrative treatment modalities are then reviewed in depth according to level of evidence and kind of treatment. Treatment modalities covered include biological approaches (including herbal medicines and non-herbal natural products from all traditions), somatic approaches (including exercise, massage and other body-centered therapies), mind-body approaches (including yoga and meditation), energy-information approaches *validated* by current Western science (including light, sound, electromagnetic fields), and energy-information modalities in current use but *not validated* by current Western science (including Reiki, Healing Touch, distant healing intention, prayer, energy psychology and qigong). Part II chapters include extensive evidence tables that summarize key research findings to date. Chapters conclude with algorithms intended to provide step-by-step guidance throughout all stages of assessment and treatment planning in integrative mental health care. Detailed case vignettes illustrate basic principles of symptom-oriented assessment, formulation, treatment-planning and follow-up in integrative mental health care.

The book concludes with **two appendices** including summary tables of integrative assessment and treatment approaches; and internet resources that will help the practitioner to find reliable information on the range of non-conventional and integrative modalities covered in the book.

A companion website is under development and will be on-line within the first months following publication. The website will provide quarterly updates of significant new research findings pertaining to the assessment and treatment modalities discussed in the book as well as concise reviews of ongoing research on the range of non-conventional and integrative approaches used in mental health care. A blog will invite comments about approaches not currently included in the book for consideration in future editions.