SELECTED BOOKS ON MENTAL ILLNESS IN THE LIBRARY OF THE MENTAL HEALTH AND AGING PROJECT (MHAP)
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See page 4 for information on how to borrow these books and other resources on mental health and aging issues.

ANXIETY DISORDER


Papers prepared by nationally recognized clinicians and investigators in geriatric mental health and presented at a "state of the art" conference. Topics include: prevalence of anxiety in the elderly, comorbidity with other common problems, neurobiological and pharmacological aspects, treatment, and issues for future research.


Practical manual providing evidence-based tools and techniques for assessing and treating clients with generalized anxiety disorder (GAD). Includes both cognitive-behavioral and supplementary interventions in step-by-step detail, along with illustrative case examples.

CLINICAL


Desk reference covering the field with 41 chapters, written by experts and addressing topics spread across five sections: the aging process; principles of evaluation; psychiatric disorders of the elderly; treatment; and medical, legal, ethical, and financial issues. Thorough, up-to-date, and authoritative overview of geriatric psychiatry.


For mental health professionals to use in screening new cases. Practical guide offering methods for spotting brain syndromes masquerading as psychiatric problems. Includes drug-induced organic mental disorders, somatization, problems related to aging, and others. Provides test cases.


Written by a leading geriatric psychiatrist, this book presents detailed recommendations for managing the emotional, behavioral, and cognitive problems most frequently encountered in clinical practice with older adults.


Looks at psychodynamic, behavioral, and pharmacological approaches to the most common psychiatric disorders, with a comparison of techniques, theoretical differences, treatment strategies, and case-handling procedures. Offers a comparative review of different approaches to specific mental disorders.
Mental disorders in older adults, by Steven and Judy Zarit, Guilford Press, 1998.

Based on the author’s extensive experience in the field, this guide provides practitioners with information on the aging process, its effects on mental health, and how older adults can be helped to lead healthier, happier, and more independent lives.


Addressed to mental health professionals and shows how evaluation methods can be used to assess the quality and effectiveness of mental health services. Presents the rationale and key concepts underlying descriptive outcome studies.


Sourcebook providing essential building blocks needed to create focused formal treatment plans designed to satisfy HMOs, managed care companies, third-party payers, and state and federal review agencies. Organized around 27 presenting problems, from dementia and depression to the psychological impact of physical decline.


Overview of major mental illness, psychiatric rehabilitation, and community-based services for people with severe mental illness. Designed as a text for undergrad and graduate courses and as a training tool for mental health workers. Includes case studies.

Psychiatric tower of babble: understanding people with developmental disabilities who have mental illness, by Sue Gabriel, Diverse City Press, 1996.

Designed for front-line workers, nurses, social workers and other practitioners who need information on the mental health needs of people with mental disabilities.


Practical guide to the physical, psychiatric, and medical problems of nursing home residents. Includes solutions and suggestions from the author’s own geriatric psychiatry experience and practice. Useful for geriatric physicians and fellows, nurse practitioners, physician’s assistants, nursing home nurses, social workers, and administrators.


Presents actual scales on a wide range of adult mental disorders, with reviews and user instructions. The scales include self-report, observer-based and clinician-rating measures of adult mental disorders. Provides practical information about each of 70 of the most widely used scales.


Focuses on the unique considerations of trauma within the older population. Presents a treatment model that addresses the issues of perturbation, education, normalization, coping, and social support. Stresses the importance of maintaining a balance between stable self-capacity and exposure to traumatic memory.

Practical guide on the effects of 60 health conditions on mental status for psychotherapists with limited medical training. Designed to help clinicians “think outside the mental health box,” hone diagnostic skills, and recognize when a physician’s evaluation may be urgently needed.

BIPOLAR DISORDER

Bipolar puzzle solution: a mental health client’s perspective: 187 answers to questions asked by support group members about living with manic-depressive illness, by Bryan Court and Gerald Nelson, Taylor & Francis, 1996.

Written by a person with bipolar disorder, typical questions are followed by in-depth answers. Each topical section also includes an extensive psychiatrist’s response by the co-author, a psychiatrist who has extensive experience working with individuals with bipolar disorder. Subjects cover a broad spectrum, including understanding the illness, treatment, medications, attitudes, acceptance, faith, relationships, support groups, disability, hospitalization, and employment difficulties.

DEPRESSION


Written by clinical geropsychologists for professionals working with older adults experiencing depression. Using illustrative case studies, the authors explore assessment and treatment for minor depression, complicated grief, dysthymia, suicide, chronic illness, chronic pain, dementia, alcohol abuse, PTSD, psychotic episodes, and other issues with depression. Includes appendices with information on medications, screening tools, models of care, and additional resources.


Resource for seniors and family members. Useful as a self-help guide or as a tool to facilitate interaction with healthcare professionals in dealing with loss, grief, anxiety, and depression.


Provides a comprehensive review of the literature and guidance for professionals who care for older people with depression from a biosocial perspective. Intended for geriatricians, geriatric psychiatrists, psychologists, psychiatric nurses, social workers, and primary care physicians.


Focusing on long-term and residential care, contributors examine developments in research on the nature and treatment of depression, including implications for policy and future research. Resource for health professionals who work with the elderly.


Prepared under the auspices of the World Psychiatric Association Sections of Old Age Psychiatry and Affective Disorders. Overview of current evidence and best practices regarding the classification, prevalence, causation and management of depressive disorder as it affects older people.

Developed especially for health care and social services professionals who work closely with older adults, this book includes methods and forms for assessing depression and for tracking progress in overcoming it. Case examples are derived from the authors' experiences, and interventions can be dovetailed with existing treatment programs, such as physical therapy or nursing services. Derived from successful research findings, the nonpharmacological therapies include gardening, reminiscence, exercise, music, arts, and others.


Overview of most commonly used therapies for depression. Provides specific guidelines and techniques for understanding which treatments (or combination of treatments) are most appropriate when working with a particular client. Resource for trainees and practicing clinicians.

MEDICATIONS


Practical guide for medical professionals and students on the drug treatment of psychiatric disorders in older persons.


Designed as a day-to-day clinical guide for physicians and mental health professionals treating the elderly. Provides the depth of knowledge necessary for specialized pharmacotherapy of older people, including comprehensive coverage of all major drug classes.

PERSONALITY DISORDERS


Examines the potential impact of aging on each of the personality disorders and offers extended case examples. Covers epidemiology and co-morbidity, theories of personality disorders, assessment, and intervention examples. Designed to assist clinicians help older adults with personality disorders to age more gracefully and successfully and to improve their quality of life.

SCHIZOPHRENIA


Points out the increasing number of older persons with schizophrenia and the need to mobilize science and services to meet their needs and their families' needs. Includes information on biology, imaging, psychosocial approaches, theory, and clinically useful information on diagnosis, medication, psychosocial interventions, and health care financing. Compiled by an expert on social support, aging, and schizophrenia.

The Mental Health and Aging Project operates a lending library of resources for CMH clinicians and other human service professionals who work with older adults and their families. Books are sent via mail and borrowers pay a small fee for postage and insurance. To borrow a book from this list or to learn about other MHAP resources and services, contact Matt Beha at beham@lcc.edu or call him at 517/483/1529.