



Pharmacological Treatment of College Students with Psychological Problems (Journal of College Student Psychotherapy)

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Get valuable insights into best practices and procedures for treatment. Mental health practitioners across the country are increasingly treating students by combining the use of psychotropic medication with psychotherapy. *Pharmacological Treatment of College Students with Psychological Problems* explores in detail this uncritically accepted exponential expansion of the practice. Leading psychiatrists, psychologists, and social workers discuss the crucial questions and problems encountered in this widespread practice, and also present specific and differing models of combined therapy. This book critically examines several of the key issues, practices, and competing perspectives. Professionals working in college mental health are provided with valuable insights into best practices and procedures in split and integrated treatment. Various clinicians beyond the psychiatric field are prescribing psychotropic medications with increasing frequency. *Pharmacological Treatment of College Students with Psychological Problems* presents a wide range of viewpoints on this issue, offering evidence, arguments, and recommendations to clearly illustrate the need for increased attention to the use of psychotropic medications and show how psychotherapy may be safer and more beneficial. Chapters include discussions on withdrawing from medication successfully, long term perturbation effects, and differing models of combined therapy in practice. This resource is comprehensively referenced. Topics in *Pharmacological Treatment of College Students with Psychological Problems* include:

- identification of the key issues and practices of combining psychotropic medication with counseling in treatment
- elements of two separate university counseling centers and how they provide combined treatment
- emerging research on perturbation effects of use of psychotropic medications
- best practices in the combined treatment in college settings
- key unresolved questions that need further research
- bringing a more sophisticated level in the practice of combined treatment with college students

Pharmacological Treatment of College Students with Psychological Problems is a valuable resource for all professionals from seasoned professionals to beginning practicum students.

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