Get the Diagnosis Right: Assessment and Treatment Selection for Mental Disorders

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Dr. Jerome Blackman, author of *101 Defenses: How the Mind Shields Itself*, has once again crafted an extraordinarily user-friendly book that demonstrates to all readers, from trainees to advanced analysts, the process of diagnosing mental disturbance. *Get the Diagnosis Right* provides a systematic method for accurately determining whether a person suffering with mental problems needs medication, supportive/cognitive, dynamic, and/or psychoanalytic treatment. Amalgamating the most useful ideas from general psychiatry, cognitive psychology, and modern psychoanalytic theory, Dr. Blackman guides readers who prescribe treatment for mental disturbances. The book also serves as a check for those who are considering what type of mental health professional they should be consulting.

After reading this book, you will no longer have to guess whether a depressed patient should obtain medication, supportive therapy, insight therapy, or some mixture of the three; or question how to conduct an initial interview and assessment. Written in language that is clear but not simplistic, this book goes far beyond other diagnostic manuals.

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