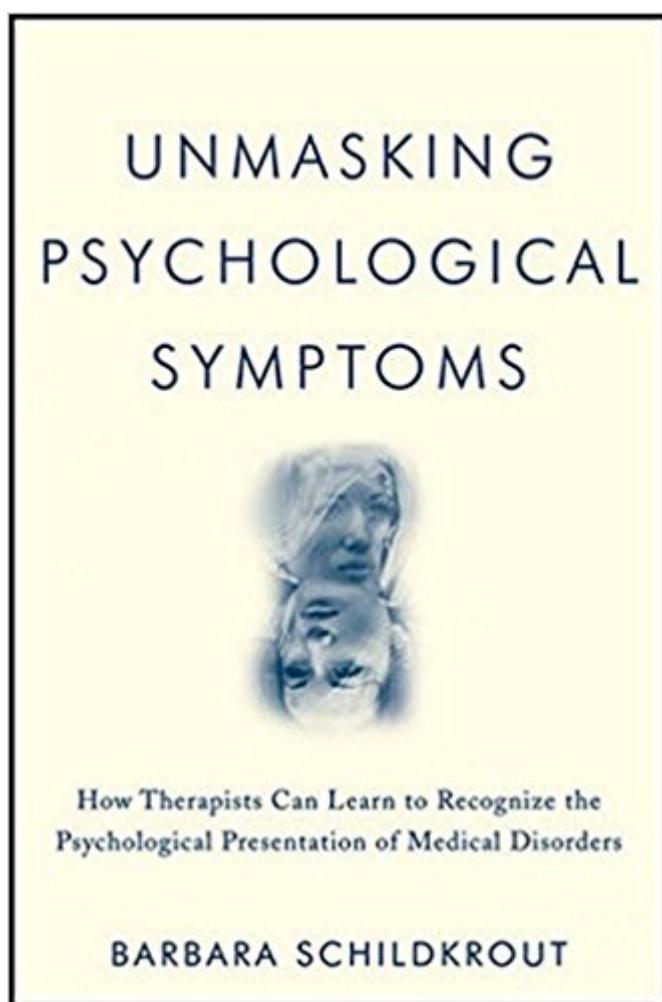


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# Unmasking Psychological Symptoms: How Therapists Can Learn To Recognize The Psychological Presentation Of Medical Disorders



## **Synopsis**

More than 100 medical diseases—many common ailments—are capable of masquerading as mental disorders. This book shows clinicians how to identify patients who are most likely to have an underlying physical ailment and how to direct them to a targeted medical work-up. With guidance on working with patients during the referral process and afterward, as well as on integrating medical findings into ongoing therapeutic work, clinicians will benefit from the practical advice on recognizing signs, symptoms, and patterns of medical diseases that may be underlying a psychologically presenting malady.

## **Book Information**

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## **Customer Reviews**

"Unmasking Psychological Symptoms: How Therapists Can Learn to Recognize the Psychological Presentation of Medical Disorders is designed to help therapists bridge the gaps in their expertise between psychology and medicine so as to prepare them to better understand their patients and have a higher index of suspicion about medical factors that may affect them. The tone and scope render Unmasking Psychological Symptoms an ideal read for therapists.... Schildkrout does an excellent job throughout the book of initially presenting information in the psychological manner that a therapist might typically consider it and then elucidating what the same information may suggest from a medical perspective. Her approach does not feel condescending to a nonmedically trained therapist but rather offers a different perspective that may simply result in a desire to be more thoughtful in clinical practice... Unmasking Psychological Symptoms makes an excellent companion

to psychology and psychiatry textbooks, especially those related to health psychology and consultationâ "liaison psychiatry." (PsycCRITIQUES, May 16, 2012, Vol. 57, Release 19, Article 8)

"In this practical and easy to read volume, *Unmasking Psychological Symptoms*, Dr. Barbara Schildkout, an experienced psychiatrist, offers both medical and non-medical psychotherapists a much-needed overview of the complex interrelationship between physical and psychological disorders. She shows how psychological symptoms can easily mask underlying medical illness and mislead even those of us with the best training and intentions. She underscores the need to be vigilant in our clinical formulations, always on alert for signs and symptoms of medical disorders. One of the strengths of this volume is the author's use of abundant clinical vignettes to illustrate her points. She uses these cases to take the reader through important lines of inquiry that are essential for clinicians. Reading this volume will help us not be seduced by our psychological theories and lead us down the dangerous path of ignoring the contribution of underlying medical illness. I can wholeheartedly recommend this excellent volume to all who practice psychotherapy whether a student, early career professional, or experienced clinician." â "Jeffrey J. Magnavita, Ph.D., ABPP; Diplomate in Clinical Psychology, American Board of Professional Psychology; Past President, Division of Psychotherapy, American Psychological Association; Member of the APA Clinical Treatment Guidelines Advisory Committee

Written so engagingly as to keep my attention, not over the head of a non-medical clinician but not dumbed-down, and encompassing enough to ensure usefulness in my ongoing psychological practice. Thanks to the author!

I am not a mental health practitioner but was drawn to this book because I have an interest in medicine, especially in how the brain functions. I thought this book would be a worthwhile but hard slog. Instead, I found the book so engrossing and well written that it was difficult to put down. Dr. Schildkrout's knowledge of psychiatry and medicine, at least to this lay person, appear to be encyclopedic. Not only is she a wonderful writer, she writes with exceptional clarity and compassion. The book is filled with well chosen and fascinating case studies that illustrate how many medical conditions can present as psychiatric disorders. It also contains much practical advice for the clinician. While this book was written for mental health practitioners, I do believe anyone interested in how our physical health can affect our mental health will find it a fascinating read. Highly recommended.

Schildkrout does a great service to patients everywhere by providing the first book on medical causes of psychological/behavioral symptoms for the nonphysician. Having spent a quarter century working on a CL Psychiatry Service at a major teaching hospital, I am deeply troubled by the absence of medical>behavioral sophistication amongst the motley crew of professions offering therapy. There is no ethically acceptable excuse for this ignorance. Patients are harmed everyday by not receiving the kind of careful and thoughtful evaluation Schildkrout advocates. This failing also occurs amongst physicians, but may be less common. I now recommend this book to all my interns.

I expected the book to be quite academic --and it is certainly authoritative-- but it is completely accessible to a lay reader and absolutely fascinating to anyone interested in the workings of the mind. The writing is marvelously lucid, completely jargon-free, and laid out in the most clear and intelligent manner imaginable. I particularly enjoyed following Dr. Schildkrout as she pursued and rejected a series of possibilities until making the final diagnosis in one complex case after another. The case descriptions are wonderful --and often page-turners-- and Dr. Schildkrout's passion for her subject irresistible. A terrific book.

As a psychiatrist, I expected to know a fair bit about Dr. Schildkrout's subject, having sat through numerous lectures explicating the medical differential diagnoses for psychiatric conditions. Instead I found myself on a journey of the mind in which I had the privilege of joining in the author's clear and imaginative analytic process. This book is about thinking and allows the reader to appreciate what and how she already knows while having mentoring in the work of pushing herself to think more deeply and broadly.

From the start of this book, I was struck with how passionate the author is about her subject matter - and the passion is contagious. Dr. Schildkrout's substantial insight and diagnostic skills are apparent. It is also so well-written that I felt like I was getting private tutoring from the author although I am not a mental health professional myself. There is an astounding amount of information between the covers of this book. There is so much to learn, even for the lay person. This book clearly presents the dedication and trials of the clinician which is something that I never fully realized. I highly recommend this book to anyone interested in the field of mental illness whether a professional or not.

Unmasking Psychological Symptoms: How Therapists Can Learn to Recognize the Psychological Presentation of Medical Disorders This book is not only an awesome read. It is NOT just for therapists. Any intelligent reader can use and enjoy this book. If you, your doctor, or your therapist aren't thinking through your illness and distress with the understanding that mind and body are one, that a diagnosis isn't a solution, read this book and start over.

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