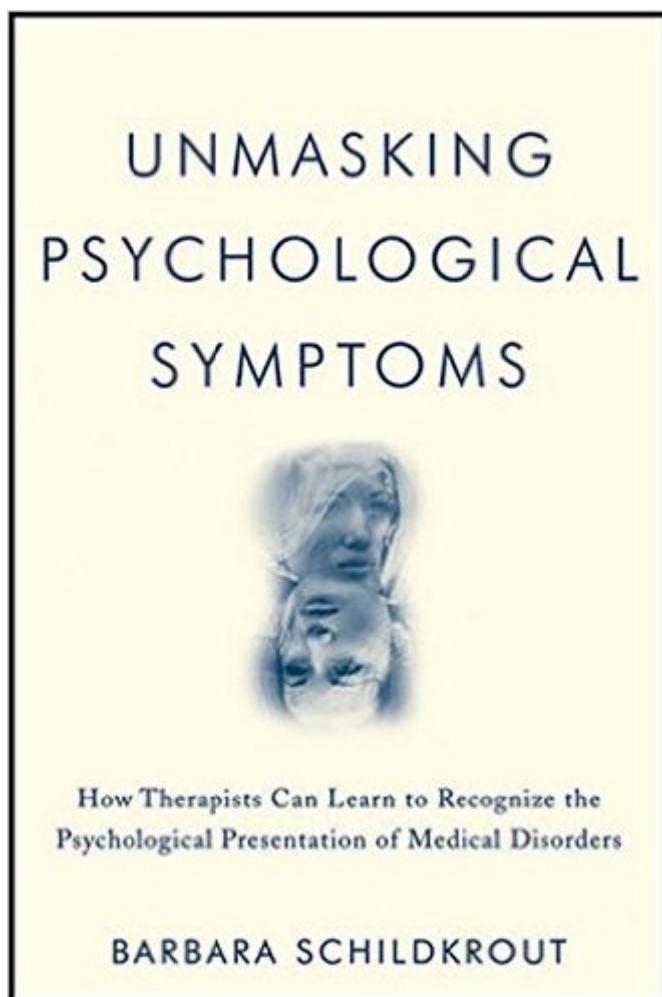


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# Unmasking Psychological Symptoms: How Therapists Can Learn To Recognize The Psychological Presentation Of Medical Disorders



## **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**

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.

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.

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.

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.

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