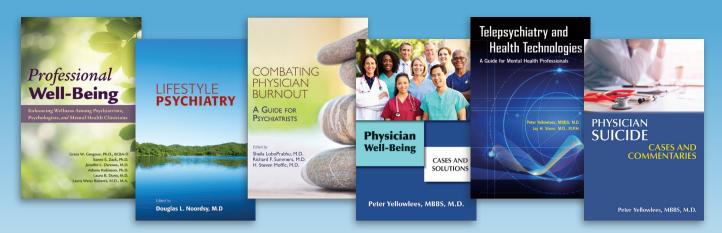
Titles to Help Mental Health Professionals



Professional Well-Being

Enhancing Wellness Among Psychiatrists, Psychologists, and Mental Health Clinicians

Grace Gengoux, Ph.D., BCBA-D, Sanno E. Zack, Ph.D., Jennifer L. Derenne, M.D., Athena Robinson, Ph.D., Laura B. Dunn, M.D., and Laura Weiss Roberts, M.D., M.A.

Physician self-care is correlated with patient care; a growing body of evidence supports this. Yet, a culture persists within medicine that values overwork, perfectionism, and self-sacrifice, often to the detriment of clinicians themselves. This book advocates for a new culture—one that is supportive of the health and well-being of health professionals to the benefit of the patients and populations they serve.

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This book aims to educate psychiatrists about three key concepts: stress, burnout, and physician impairment. The introduction discusses the history and social context of burnout. Subsequent sections discuss the potential effects of burnout on clinical care, contextual elements that may contribute to burnout, potential systemic and individual interventions, and the moral challenge burnout poses to psychiatry.

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Peter Yellowlees, MBBS, M.D.

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Peter Yellowlees, MBBS, M.D., and Jay H. Shore, M.D., M.P.H.

This a practical guide for mental health professionals seeking innovative digital technologies to improve the quality of care for patients with psychiatric disorders. Beginning with an overview of current psychiatric practice, the authors cover the broader context of telepsychiatry, give specific guidance on setting up and managing a telepsychiatry practice; and discuss in-person, online, and hybrid models of care, as well as data collection, electronic records, clinical documentation, and ethics.

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Peter Yellowlees, MBBS, M.D.

The book examines how the related disorders of burnout, anxiety, depression, and addiction, can lead to suicide and explores the influence of gender, culture, aging, and personal resilience on outcomes. In addition, it investigates ways to mitigate the impact of these factors to improve physician health and well-being and thereby reduce the number of physicians who kill themselves.

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