



# Diagnosis and Treatment Planning Skills for Mental Health Professionals: A Popular Culture Casebook Approach

By Alan M. Schwitzer, Lawrence C. Rubin

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*Diagnosis and Treatment Planning Skills for Mental Health Professionals* by Alan Schwitzer and Lawrence Rubin is a comprehensive textbook addressing all of the clinical thinking skills required in today's professional counseling settings. The text covers diagnosis, case conceptualization, and treatment planning all in one book, and carefully explains how these individual clinical tools are related to one another and are used together in contemporary clinical practice. Students will easily learn the material as it is organized to promote optimal student learning with each skill presented in a step-by-step manner. Engaging and relevant, this book's 30 case examples are drawn from pop culture characters giving students a common background from which to learn.

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### Editorial Review

#### Review

“A true strength of this book is that the authors are able to describe complex, abstract concepts in a practical, straightforward manner that is highly accessible for students from a variety of mental health professions. The authors should be commended for integrating detailed models for developing diagnostic, case conceptualization, and treatment planning skills into one text. Students often learn these types of clinical thinking skills in separate courses and then experience difficulty in weaving this information together to inform their work with actual clients. The authors of this book succeed in bridging this gap for students. With the use of thirty fascinating case studies drawn from popular culture and from across the spectrum of mental health concerns, students are able to see in vivid detail how diagnosis, case conceptualization, and treatment planning skills may be applied in clinical practice. The rich case descriptions help make the material come alive for the reader so that he or she remains actively involved in the learning process. I recommend this extremely practical and engaging tool for all beginning clinicians as a foundation for developing strong clinical thinking skills.” (Laura Choate, Ed.D., LPC, NCC 2011-06-14)

*"Diagnosis And Treatment Planning Skills For Mental Health Professionals: A Popular Culture Casebook Approach* is a hit. We all think about popular culture figures and wonder what they'd be like if they were real. Schwitzer and Rubin carry this concept steps further by imagining 30 pop culture figures as clinical cases, and approaches them as mental health professionals. Using the Inverted Pyramid Method as an organizing structure, the authors walk students through the process of diagnosing clients, conceptualizing cases, and planning treatment. They illustrate this method and the theories and research underpinning it through the cases derived from popular culture figures and in doing so make the material engaging, compelling, and memorable." (Robin S. Rosenberg, Ph.D. 2011-07-10)

“If you are interested in finding a text that creatively describes common clinical issues, this is your book! Distinguished pop-culture-in-counseling authors and educators, Schwitzer and Rubin, collaborate on this vast compilation of material to present step by step directions using often poignant vignettes within a DSM counseling paradigm. A must-read for all counselors, psychotherapists and popular culture enthusiasts!” - Thelma Duffey, Editor, *The Journal of Creativity in Mental Health*, University of Texas at San Antonio (Thelma Duffy 2011-11-04)

#### About the Author

**Alan Schwitzer** is a nationally known expert on college counseling and clinical education, bringing a professional writing background of over 40 scholarly journal, magazine, and newspaper articles to the project. He has been Chair of the American Counseling Association's (ACA) Council of Editors, on the Board of ACA Publications, and Editor of the American Counseling Association's (ACA) *Journal of College Counseling*. Previously, he was Associate Editor of American College Personnel Association (ACPA) Publications. He has received the American Counseling Association's Ralph Berdie Award for Outstanding College Student Development Research and the American College Counseling Association's Outstanding Contributions to Professional Knowledge Award. He is a Department Editor for the Jossey-Bass magazine, *About Campus*, and has published with Cengage/Thompson/Brooks-Cole and now with SAGE.

**Lawrence “Larry” C. Rubin**, PhD, ABPP, LMHC, RPT-S, is a Professor of Counselor Education at St. Thomas University in Miami, Florida, where he directs the Mental Health Counseling Program and is a private practice psychologist, professional counselor, and play therapist. Dr. Rubin, past president of the

Florida Association for Play Therapy, currently serves on the Board of Directors of the Association for Play Therapy. Dr. Rubin's research interests and publications lie at the intersection of psychology and popular culture. He is a prolific writer and editor. His book, *Psychotropic Drugs and Popular Culture: Medicine, Mental Health and the Media*, won the 2006 Ray and Pat Browne Award for Best Anthology. His other books include *Food for Thought: Essays on Eating and Culture*, *Popular Culture in Counseling, Psychotherapy and Play-Based Intervention*, *Using Superheroes in Counseling and Play Therapy*, *Messages: Self-Help Through Popular Culture*, *Mental Illness and Popular Media: Essays on the Representation of Psychiatric Disorders*, and *Play-Based Interventions for Children and Adolescents With Autism Spectrum Disorders*. Larry blogs about popular culture and psychology for *Psychology Today* magazine and is the Area Chair of the Division of Mental Health, Mental Illness and Popular Culture for the Popular Culture Association. He lives in Ft. Lauderdale with his wife, two children, and five pets.

## **Users Review**

### **From reader reviews:**

#### **Carol Boissonneault:**

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