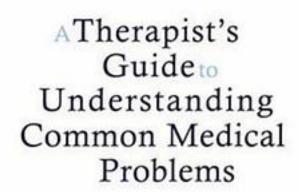
A Therapist's Guide to Understanding Common Medical Problems



Addressing a client's mental and physical health

ANDREW KOLBASOVSKY

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People seeking therapy for mental health issues often also have medical problems such as diabetes, AIDS, asthma, orheart conditions. As a therapist, should you ignore the medical conditions that your clients may have, and simply stick towhat you re trained in, healing the mind and not focusing on medical or bodily issues? Or, should you inquire about anymedical issues during intake and give them full attention? As a non-medically trained practitioner, how much should youreally be expected to know about these issues? These answers and more can be found in this book. Geared specifically tononmedically trained mental health professionals, it gives practitioners a better understanding of exactly how physical health issues play out in the context of mental health issues, equipping clinicians with the information necessary to more effectivelycreate and manage a comprehensive psychotherapeutic treatment regimen.

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