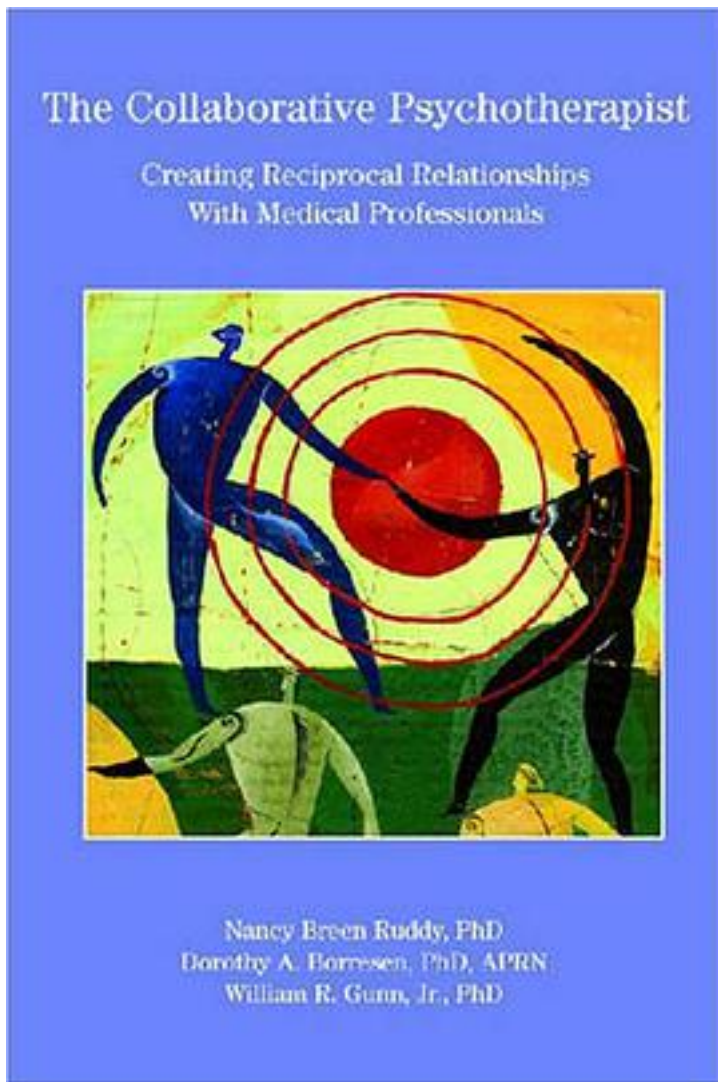


The Collaborative Psychotherapist



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While it is common knowledge that physical illness affects mental wellbeing and vice versa, there has been a surprising lack of cooperation between psychotherapists and MDs in serving patients' needs. In a fragmented health care system, psychotherapists need practical strategies for effectively collaborating with medical professionals. The Collaborative Psychotherapist provides step-by-step guidance on how psychotherapists can work with their medical colleagues on a routine basis. Such skills are illustrated through a variety of case studies involving adult and child patients commonly seen in psychotherapy and family therapy practice. To answer the questions most frequently asked by therapists, the authors interview four veteran therapists and one medical doctor who provide valuable insider knowledge of how to collaborate successfully. The volume authors also provide advice on how therapists can extend their skills to collaborate more intensively on complex cases that may involve specialists. Among the useful tools in this book are model letters of introduction, suggestions for follow-up communication, and checklists of medical issues to consider when evaluating patients. All of these can be copied freely and modified according to the practitioner's specific needs. After reading this book, readers will be ready to work successfully with their medical colleagues, ensuring the best care for their patients and, as a byproduct, increase their professional satisfaction and referral base in the community.

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