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The Collaborative Psychotherapist: Creating Reciprocal Relationships With Medical Professionals (Psychologists in Independent Practice)

Nancy Breen Ruddy, Dorothy A. Borresen, William B., Jr. Gunn

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The Collaborative Psychotherapist: Creating Reciprocal Relationships With Medical Professionals (Psychologists in Independent Practice) Nancy Breen Ruddy, Dorothy A. Borresen, William B., Jr. Gunn 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. "The Collaborative Psychotherapist" provides step-by-step guidance on how psychotherapists can work with their medical colleagues on a routine basis.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. Case studies, model letters of introduction, suggestions for follow-up communication, and checklists of medical issues to consider when evaluating patients contribute further to illustrating creative and practical ways to work with medical professionals and improve patient care.

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