

Psychotherapy And Its Financial Feasibility Within The National Health Care System

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Exploring the financial feasibility of integrating psychotherapy within the national healthcare system is crucial for ensuring equitable access to mental health services. Analyzing the cost-effectiveness of different therapeutic approaches and considering the long-term benefits of mental well-being can inform policy decisions and promote a more comprehensive and supportive healthcare infrastructure for all citizens, ultimately improving overall societal health and economic productivity.

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In *Psychotherapy Is Worth It: A Comprehensive Review of Its Cost-Effectiveness*, edited by Susan G. Lazar, M.D., and co-authored with members of the Committee on Psychotherapy of the Group for the Advancement of Psychiatry, surveys the medical, psychiatric and psychological literature from 1984 to 2007 that is relevant to the cost-effectiveness of all kinds of psychotherapy. The volume explores the cost of providing psychotherapy in relation to its impact both on health and on the costs to society of psychiatric illness and related conditions. Written for psychotherapists, psychiatric benefit providers, policy makers, and others interested in the cost-effectiveness of providing psychotherapeutic treatments, this book analyzes the burden of mental illness, particularly in the United States, and the enormous associated costs to society that constitute a chronic, insufficiently recognized crisis in the health of our nation. The authors point out that in the United States nearly 30% of the population over the age of 18 has a diagnosable psychiatric disorder and yet only about 33% of those treated receive minimally adequate care. In fact, most people with mental disorders in the United States remain untreated or poorly treated, leading to loss in productivity, higher rates of absenteeism, increased costs, morbidity and mortality from medical illnesses, and loss of life through suicide. This book provides a systematic and comprehensive review of 25 years of medical literature on the cost-effectiveness of psychotherapy and discusses the: Epidemiology of mental illness, including prevalence and treatment rates Misconceptions and stigmas associated with psychiatric illness and the provision of psychotherapy and how they affect those most in need of care Cost-effectiveness of psychotherapy for the major psychiatric disorders as well as savings that psychotherapy can yield in increased health, work productivity, lives saved, and medical and hospital related costs For instance, in a review of 18 studies conducted from 1984 to 1994, psychotherapy was found to be cost-effective in treating patients with severe disorders,

including schizophrenia, bipolar disorder, and borderline personality disorder, and led to improved work functioning and decreased hospitalization. Likewise, studies point to the enhancement of outcomes when psychotherapy is used in conjunction with medical therapies in the treatment of cancer, heart disease, and other prevalent, chronic diseases. *Psychotherapy Is Worth It: A Comprehensive Review of Its Cost-Effectiveness* concludes that studies confirm psychotherapy works for many conditions, is cost-effective, and is not over-used by those persons not truly in need. A treatment that is cost-effective is not "cheap"; rather, it can provide effective medical help at a cost acceptable to society, in comparison both to other effective treatments for the same condition and to medical treatments for other classes of mental disorder.

Mental Health Service System Reports

A comprehensive overview of the art and science of psychotherapy and a set of practice guidelines for psychiatrist developed from a report by the Joint Task Force on Standards and Guidelines for Medical (Psychiatric) Psychotherapy of the OPA and OMA.

Psychotherapy Is Worth It

Even the most skilled therapist may underestimate suicide potential. Careful assessment and competent psychiatric intervention cannot always predict the suicidality of a particular person. *Adolescent Suicide* (GAP Report 140) presents techniques that allow psychiatrists and all those caring for the health and welfare of adolescents to respond to signals of distress with timely therapeutic intervention. It also suggests measures of anticipatory prevention. *Adolescent Suicide* presents an overview of adolescent suicidal behavior. It explores risk factors, the identification and evaluation of the suicidal adolescent, and approaches to therapy. It offers both historical and cross-cultural perspectives, the relevance of suicide to adolescent development, mental health training needs regarding suicidality, and related issues such as public health policies and medicolegal concerns. The risk of suicide presents a unique crisis in adolescent development. For this reason, all mental health professionals will find this report an indispensable tool in the treatment of adolescents at risk for suicide. Drawing from years of combined experience, this committee has applied its expertise on adolescent development to the sobering problem of suicide.

Health planning reports subject index

This volume presents studies of the outcome of pathology for children with specific psychiatric diagnoses, such as in children with chronic medical illnesses, childhood traumas, mood and anxiety disorders, attention-deficit/hyperactivity disorder, conduct disorders, and eating disorders.

Health Planning Reports: Subject index. 4 v

Lists citations to the National Health Planning Information Center's collection of health planning literature, government reports, and studies from May 1975 to January 1980.

Standards and Guidelines for the Psychotherapies

425 English-language journal articles, books, dissertations, and miscellaneous literature published mostly during 1976-1977. Citations arranged under 12 topics, e.g., Mental health services, Mental health manpower, and Mental health delivery systems. Author index.

Cumulated Index Medicus

Weekly. Summaries of technical reports dealing with health needs, services, facilities, manpower, utilization, education, costs, funding, and activities. Citations arranged under broad topics, e.g., Planning methodology. Entry gives title, author, date, pages, availability or publication information, order number, and abstract.

Psychotherapy and Its Financial Feasibility Within the National Health Care System

The volume begins with the history and scope of culture in clinical psychiatry and continues by detailing 11 cultural variables that strongly influence clinical work (e.g., ethnic identity, race, gender, religion, migration, and country of origin).

Adolescent Suicide

“High praise to Hodgson, Lamson, Mendenhall, and Crane and in creating a seminal work for systemic researchers, educators, supervisors, policy makers and financial experts in health care. The comprehensiveness and innovation explored by every author reflects an in depth understanding that reveals true pioneers of integrated health care. Medical Family Therapy: Advances in Application will lead the way for Medical Family Therapists in areas just now being acknowledged and explored.” - Tracy Todd, PhD, LMFT, Executive Director of the American Association for Marriage and Family Therapy Integrated, interdisciplinary health care is growing in stature and gaining in numbers. Systems and payers are facilitating it. Patients and providers are benefitting from it. Research is supporting it, and policymakers are demanding it. The emerging field of Medical Family Therapy (MedFT) is contributing greatly to these developments and Medical Family Therapy: Advanced Applications examines its implementation in depth. Leading experts describe MedFT as it is practiced today, the continuum of services provided, the necessary competencies for practitioners, and the biological, psychological, social, and spiritual aspects of health that the specialty works to integrate. Data-rich chapters model core concepts such as the practitioner as scientist, the importance of context in health care settings, collaboration with families and communities, and the centrality of the relational perspective in treatment. And the book's wide-spectrum coverage takes in research, training, financial, and policy issues, among them: Preparing MedFTs for the multiple worlds of health care Extending platforms on how to build relationships in integrated care Offering a primer in program evaluation for MedFTs Ensuring health equity in MedFT research Identifying where policy and practice collide with ethics and integrated care Recognizing the cost-effectiveness of family therapy in health care With its sophisticated insights into the current state – and the future – of healthcare reform, Medical Family Therapy: Advanced Applications is essential reading for researchers and practitioners in the fields of clinical psychology, counseling, family therapy, healthcare policy, psychiatric nursing, psychiatry, public health, and social work.

Health planning reports title index

Health Planning Reports Subject Index