



The Doctor-Patient Relationship in Pharmacotherapy: Improving Treatment Effectiveness

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Pharmacotherapy is the cornerstone of practice for many psychiatrists today. The busy clinician may have only 15 minutes with each patient to prescribe, monitor, and initiate changes in the medication regimen. Yet even as the field of psychiatry evolves, the doctor-patient relationship still plays a critical role in clinical course and outcome of treatment. This invaluable book shows prescribing clinicians how to make the most of limited time with patients to establish a strong therapeutic relationship and maximize treatment adherence. Concise guidelines are provided for rapidly building the therapeutic alliance; conducting a thorough diagnostic interview; eliciting open, honest reports from patients on the effects of medications; and helping patients address interpersonal issues that may be hindering treatment. Also explored are ways to enhance collaboration between professionals when the treatment is split between a psychotherapist and a prescribing physician. Demonstrating how to put the principles discussed into daily practice, the book includes a wealth of clearly presented case examples.

Many clients in psychotherapy today are also taking psychiatric medications. In the jigsaw puzzle of patient care, the prescribing clinician and the therapist each play a crucial role in monitoring medication effects and facilitating overall treatment success. Designed primarily for psychiatrists, this invaluable book demonstrates how to build strong working relationships with patients even when one is 'only prescribing.' Guidelines are provided to help the clinician rapidly develop the therapeutic alliance, conduct a thorough diagnostic interview, elicit open, honest reports from patients on the effects of medications, and understand issues that may be hindering adherence. For nonpsychiatrists, the book offers a deeper understanding of the role of the psychiatrist and of medications in the lives of their patients. Readers on either side of the disciplinary divide will appreciate the book's wealth of case examples, attention to both medical and psychosocial concerns in pharmacotherapy, and practical recommendations for managing split treatment effectively. Special attention is given to the importance of information-sharing around such issues as changes in the medication regimen or in the patient's clinical presentation.

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