

# The American Journal of Psychotherapy

APA's journal of psychotherapy practice and research

Since 1947, the *American Journal of Psychotherapy* has provided a forum for advancing the theory, science, and clinical practice of psychotherapy, publishing articles that expand understanding of psychotherapies, especially in the domains of efficacy, process, education, and practice. The journal provides authors and readers the opportunity to engage fully in pressing psychotherapy issues such as defining core elements of psychotherapies, dissemination of evidence-based practices, scaling best practices for expansion to larger populations, understanding mechanisms of change, and evaluating best practices for psychotherapy training and supervision. From its new home as part of APA Publishing's portfolio of journals, the *American Journal of Psychotherapy* is the ideal vehicle to disseminate knowledge about psychotherapy and send a message that psychotherapy remains firmly within the purview of psychiatry.

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AH2041A



Holly A. Swartz, M.D., Editor-in-Chief

Frequency: Quarterly  
Online ISSN: 2575-6559  
[psychotherapy.psychiatryonline.org](http://psychotherapy.psychiatryonline.org)

## Psychiatric Services

## New Faces and Features for 2021!

Dr. Lisa Dixon and APA welcome the following new Editorial Board members to *Psychiatric Services*:

**Deidre M. Anglin, Ph.D.**  
*City College of New York*

**Chyrell Bellamy, Ph.D., M.S.W.**  
*Yale School of Medicine*

**Sidney H. Hankerson, M.D., M.B.A.**  
*Columbia University*

**Nev Jones, Ph.D., M.S.W.**  
*University of South Florida*

**Michael A. Lindsey, Ph.D., M.S.W., M.P.H.**  
*New York University*



Three new columns will debut in the next year:

### Controversies in Psychiatric Services

Edited by Matthew D. Erlich, M.D., Patrick Runnels, M.D., M.B.A., and Rachel Talley, M.D.

### Lived Experience Inclusion & Leadership

Edited by Nev Jones, Ph.D., and Keris Myrick, M.B.A., M.S.

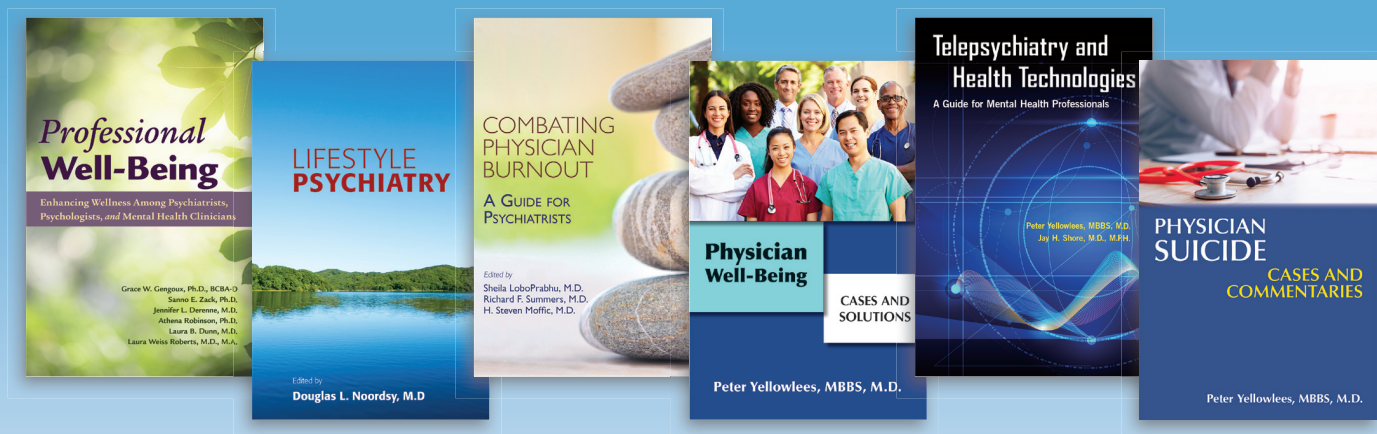
### Racism and Mental Health Equity

Edited by Michael Mensah, M.D., M.P.H., Lucy Ogbu-Nwobodo, M.D., M.S., and Ruth Shim, M.D., M.P.H.

Visit the journal's website at [ps.psychiatryonline.org](http://ps.psychiatryonline.org) for submission information.



# Titles to Help Mental Health Professionals



## Professional Well-Being

Enhancing Wellness Among Psychiatrists, Psychologists, and Mental Health Clinicians

Grace Gengoux, Ph.D., BCBA-D,  
Sanno E. Zack, Ph.D.,  
Jennifer L. Derenne, M.D.,  
Athena Robinson, Ph.D.,  
Laura B. Dunn, M.D., and  
Laura Weiss Roberts, M.D., M.A.

Physician self-care is correlated with patient care; a growing body of evidence supports this. Yet, a culture persists within medicine that values overwork, perfectionism, and self-sacrifice, often to the detriment of clinicians themselves. This book advocates for a new culture—one that is supportive of the health and well-being of health professionals to the benefit of the patients and populations they serve.

2020 • 298 pages • ISBN 978-1-61537-229-4  
Paperback • \$55.00 • Item #37229

2020 • 298 pages • ISBN 978-1-61537-308-6  
eBook • \$44.00 • Item #37308

## Lifestyle Psychiatry

Edited by Douglas L. Noordsy, M.D.

The book discusses the impact of the provider's lifestyle on clinical behavior and the implications of lifestyle medicine and psychiatry for health care systems and population health, offering a broader examination of the important role this new field can play in leading a sophisticated, holistic approach to optimizing wellness.

2019 • 416 pages • ISBN 978-1-61537-166-2  
Paperback • \$59.00 • Item #37166

2019 • 416 pages • ISBN 978-1-61537-252-2  
eBook • \$47.00 • Item #37252

## Combating Physician Burnout

A Guide for Psychiatrists

Edited by Sheila LoboPrabhu, M.D.,  
Richard F. Summers, M.D., and  
H. Steven Moffic, M.D.

This book aims to educate psychiatrists about three key concepts: stress, burnout, and physician impairment. The introduction discusses the history and social context of burnout. Subsequent sections discuss the potential effects of burnout on clinical care, contextual elements that may contribute to burnout, potential systemic and individual interventions, and the moral challenge burnout poses to psychiatry.

2020 • 344 pages • ISBN 978-1-61537-227-0  
Paperback • \$60.00 • Item #37227

2020 • 344 pages • ISBN 978-1-61537-272-0  
eBook • \$48.00 • Item #37272

## Physician Well-Being

Cases and Solutions

Peter Yellowlees, MBBS, M.D.

This book focuses its gaze on the range of the provider experience, from pre-med programs to specific scenarios such as medical marriages. Through fictional case studies, it proposes solutions designed to make today's typical health care environments more effective.

2020 • 265 pages • ISBN 978-1-61537-240-9  
Paperback • \$55.00 • Item #37240

2020 • 265 pages • ISBN 978-1-61537-290-4  
eBook • \$44.00 • Item #37290

## Telepsychiatry and Health Technologies

A Guide for Mental Health Professionals

Peter Yellowlees, MBBS, M.D.  
Jay H. Shore, M.D., M.P.H.

CASES AND SOLUTIONS

## Telepsychiatry and Health Technologies

A Guide for Mental Health Professionals

Peter Yellowlees, MBBS, M.D., and  
Jay H. Shore, M.D., M.P.H.

This a practical guide for mental health professionals seeking innovative digital technologies to improve the quality of care for patients with psychiatric disorders. Beginning with an overview of current psychiatric practice, the authors cover the broader context of telepsychiatry, give specific guidance on setting up and managing a telepsychiatry practice; and discuss in-person, online, and hybrid models of care, as well as data collection, electronic records, clinical documentation, and ethics.

2018 • 403 pages • ISBN 978-1-61537-085-6  
Paperback • \$69.00 • Item #37085

2018 • 403 pages • ISBN 978-1-61537-160-0  
eBook • \$55.00 • Item #37160

## Physician Suicide

Cases and Commentaries

Peter Yellowlees, MBBS, M.D.

The book examines how the related disorders of burnout, anxiety, depression, and addiction, can lead to suicide and explores the influence of gender, culture, aging, and personal resilience on outcomes. In addition, it investigates ways to mitigate the impact of these factors to improve physician health and well-being and thereby reduce the number of physicians who kill themselves.

2019 • 251 pages • ISBN 978-1-61537-169-3  
Paperback • \$52.00 • Item #37169

2019 • 251 pages • ISBN 978-1-61537-213-3  
eBook • \$41.95 • Item #37213

