



Psychiatry of Intellectual Disability: A Practical Manual

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Patients with intellectual disability (ID) can benefit from the full range of mental health services. To ensure that psychiatric assessment, diagnosis and treatment interventions are relevant and effective; individuals with ID should be evaluated and treated within the context of their developmental framework. Behavior should be viewed as a form of communication.

Individuals with ID often present with behavioral symptoms complicated by limited expressive language skills and undiagnosed medical conditions. Many training programs do not include focused study of individuals with ID, despite the fact that patients with ID will be seen by virtually every mental health practitioner. In this book, the authors present a framework for competent assessment and treatment of psychiatric disorders in individuals with ID.

Psychiatry of Intellectual Disability is a resource guide for psychiatrists, nurse practitioners, and other prescribers treating patients with ID. It is a supplemental text for psychiatry residents, medical students, psychology graduate students, psychotherapists, counselors, social workers, behavior support specialists and nurses. To assist the practicing clinician the book includes:

- Clinical vignettes
- Clinical pearls
- Charts for quick reference
- Issues concerning medications and poly-pharmacy
- Altered diagnostic criteria specific for use with individuals with ID

There are no evidence-based principles dedicated to psychotropic medication use in ID, but consensus guidelines address the high prevalence of poly-pharmacy. Altered diagnostic criteria have been published which accommodate less self-report and incorporate collateral information; this book reviews the literature on psychotropic medications, consensus guidelines, and population-specific diagnostic criteria sets.

Psychiatry of Intellectual Disability also includes:

- Interviewing techniques and assessment tips for all levels of communicative ability as well as for nonverbal individuals
- Assessment of aggression to determine etiology and formulate a treatment plan
- Overview of types of psychotherapy and suggested alterations for each to increase efficacy
- Relevant legal issues for caregivers and treatment providers

The detective work involved in mental health assessment of individuals with ID is challenging yet rewarding. The highest quality mental health treatment limits hospital days, improves quality of life and often allows individuals to live in the least restrictive environments. *Psychiatry of Intellectual Disability* is a must have resource for clinicians treating the ID population.

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Norma Dickerson:

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