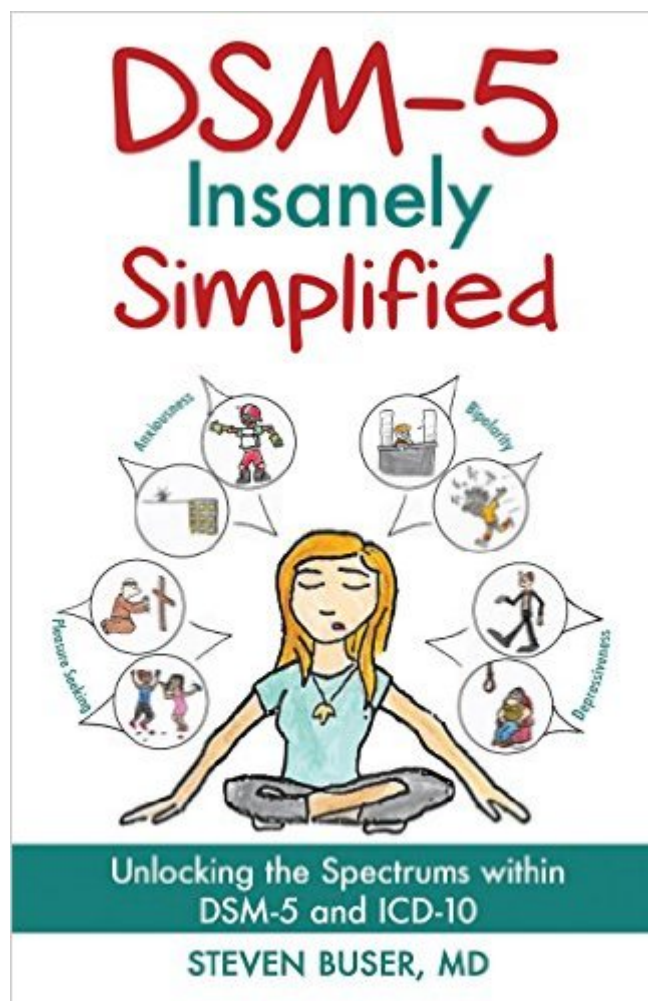


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# DSM-5 Insanely Simplified: Unlocking The Spectrums Within DSM-5 And ICD-10



## Synopsis

The release of the Diagnostic and Statistical Manual Version 5 (DSM-5) marked one of the biggest changes to the field of mental health diagnosis in over 20 years. *DSM-5 Insanely Simplified* provides a summary of key concepts of the new diagnostic schema including a section on using ICD-10. *DSM-5 Insanely Simplified* utilizes a variety of devices to help clinicians memorize complex criteria and ideas about the different diagnoses. Cartoons, mnemonic devices, and summary tables allow clinicians and students to quickly grasp and retain broad concepts and subtle nuances related to psychiatric diagnosis. *DSM-5 Insanely Simplified* fosters quick mastery of the most important concepts introduced in DSM-5 while offering an entirely new way of looking at mental health along a continuum. This new approach avoids simply labeling clients, but rather places their symptoms along spectrums that range from normal to problematic. Mental health professionals as well as laymen interested in a deeper understanding of emotional well-being will appreciate the synthesis of theoretical psychology and modern diagnosis. Dr. Steven Buser has taught principles of psychiatric diagnosis to medical students and residents in family medicine. His effort to provide an easy to remember schema led him to develop the idea of diagnoses along a spectrum long before DSM-5 introduced this concept. *DSM-5 Insanely Simplified* borrowed heavily from Dr. Buser's earlier efforts while making sure to incorporate specific changes that characterize the DSM-5. In addition to his busy psychiatric practice, Dr. Buser is the Publisher of Chiron Publications and is the co-founder of the Asheville Jung Center. Dr. Len Cruz has been editing and writing for years. In collaboration with Dr. Buser, he wrote the manuscript for *DSM-5 Insanely Simplified*. He admits that over the years his tastes progressed from Archie Comics and Mad Magazine to Freud for Beginners. Naturally, the opportunity to co-author a serious book on DSM-5 and ICD-10 utilizing cartoons was irresistible. In addition to his practice of psychiatry, Dr. Cruz is the Editor-in-Chief of Chiron Publications and is the co-founder of the Asheville Jung Center. Luke Sloan was a 5th grade student in Asheville, NC when he completed the illustrations for this book. When he's not drawing, Luke enjoys playing soccer, reading books, snow-skiing, and just plain having fun!

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## Customer Reviews

"Lovely" is clearly not the correct attribute for a book on the diagnosis of mental illness. But this book does come in very handy, both for the seasoned clinician who might need quick reminders, and for younger colleagues, as well as the generally interested reader, who wants to get a comprehensive view into the otherwise complex labyrinth of mental diagnoses. Similarly to the loosening of distinct categories evident in DSM-5, the author goes further in deconstructing the otherwise too firm diagnostic categorizations. And the Jungian chapter at the end is a bonus! The book is highly recommended, and, in fact, makes for enjoyable reading. Erel Shalit, author of *Cycle of Life: Themes and Tales of the Journey*.

Outstanding! This book combines a very understandable description of the newest version of the psychiatric diagnostic system with thoughtful and often humorous discussions of ways to understand people. Highly recommended!

Great little book for those who want to capture the highlights of changes between DSM IV & DSM V. Really like the simplicity. Some people may think it's expensive. I think it's worth it. Glad I got it.

WOW, this book actually made me appreciate the new DSM-5. I'm completely sold on the concept of the 8 Spectrums. I would strongly recommend

Easy explanation of a book that is supposed to be simple in the first place. I skipped to page 15 and learned 3 things immediately. I'm studying for the NCMHCE and have been out of grad school, working in the field for a while when the switch came, not only the DSM5 but the actual exam ( I live

in Florida) so double whammy. I read the entire book in a few hours and will re-read it again to highlight what I missed. I recommend this for anyone caught between the DSM IV TR and 5 in addition to learning new material, working in the field, and learning how to take a different kind of exam. This little gem of a book along with all my other study materials has already helped lessen my stress and explained in a very practical, yet clinical way how to navigate to changes and make the 5 less menacing and more friendly, like not the dark side... "I can use the force" and actually understand the concept of spectrum. Change is constant, yet it is helpful to know what those changes are and how they affect/effect our world situation. Just my thoughts, everyone has an opinion yet this book has certainly enriched my experience with the DSM 5.

I am a student majoring in psychology and this is a must have. This book is a simplified version of the DSM-5, which I also have on order. Love this item as it explains the different disorders in a manner that allows you to retain the information that you have learned in a better fashion.

I use the DSM 5 every day. This makes it a fun read and was actually nice, especially for such a tedious subject.

Enjoyable, easy to read, takes the stressful mystique out of the topic

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