

A Spectrum Approach to Mood Disorders: Not Fully Bipolar But Not Unipolar--Practical Management

James Phelps MD



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How to understand your clients' true illnesses, not just their DSM checklists.

Clinicians know that people often present with a spectrum of symptoms, but the DSM discusses criteria in absolute terms?symptoms are either present or absent. This book offers treatment guidelines to deal with the realities of mood disorders that often present in more subtle ways that are far from black and white.

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