

Coming in February 2007 from New Harbinger Publications

## Getting Help: The Complete & Authoritative Guide to Self-Assessment & Treatment of Mental Health Problems

JEFFREY C. WOOD, PSY.D.  
FOREWORD BY MATTHEW MCKAY, PH.D.

# GETTING HELP

THE COMPLETE &  
AUTHORITATIVE  
GUIDE TO  
SELF-ASSESSMENT  
& TREATMENT OF  
MENTAL HEALTH  
PROBLEMS

### Take The Guess Work Out of Mental Health Care

It is an undeniable fact that the majority of Americans struggling with mental health problems get inadequate mental health care. Many get none at all. Current trends in managed health care account for some of this shortfall, but research suggests that many Americans simply don't understand the psychotherapeutic treatment process, or the options available to them. And who can blame them? It's hard to keep track of diagnoses, practitioners, and therapies without some source for guidance and reliable information—the kind of information and advice readers will find in **Getting Help** (New Harbinger; \$21.95), a timely and much-anticipated guide designed to answer questions about mental health care for the lay reader.

This book explains everything readers need to know about mental health care in a clear, concise, and readable format. It includes a diagnostic process to identify major mental health problems, without the complicated technical language used by other diagnostic manuals. In addition, **Getting Help** offers detailed descriptions of the different kinds of mental health practitioners and the types of services they provide. It also details all of the commonly practiced psychotherapeutic methods, how they work, and what sorts of conditions they are most likely to help.

Armed with **Getting Help**, readers will be in a powerful position to take control of their own mental health care and make important positive changes in their lives.

*"Getting Help is a one-of-a-kind book. It is an extraordinarily clear guide for those seeking help for emotional difficulties or major psychological disorders. It helps anyone suffering from emotional distress to both understand their particular difficulties and to seek out appropriate professional help. Getting Help will assist many, many people to navigate through the mental health maze and find solutions that work."*

— **John D. Preston, Psy.D., ABPP**, author of more than seventeen books, including *The Handbook of Clinical Psychopharmacology for Therapists* and *Clinical Psychopharmacology Made Ridiculously Simple*

FOR MORE INFORMATION OR TO SCHEDULE AN INTERVIEW CONTACT:

Earlita Chenault: earlita@newharbinger.com, 510-652-0215, ext. 142

**NEXT: Raves for Getting Help**

## Raves For *Getting Help*

"We all must occasionally deal with major upheavals or emotional distress at some points in our lives. These events can cause a host of unexpected feelings and behaviors from depression and panic attacks to major disruptions in sleep or eating. What is the best way to understand these feelings? What is the best way to fix them? Jeff Wood, in his straightforward book *Getting Help*, provides an excellent guide to both the understanding of symptoms as well as options for treatment. This is the kind of book that should be in the waiting room of every physician, lawyer, or even car mechanic. It is an unbiased, scientifically respectable, and readable manual on understanding and treating mental health issues."

—**James W. Pennebaker, Ph.D.**, professor of psychology at the University of Texas at Austin

"This book makes sense of the confusion that often prevents people from getting the best possible help for their emotional and psychological difficulties. Wood helps the reader to understand his or her symptoms, identify the various treatment options available, and assess whether treatment is working. Anyone who is considering trying psychotherapy or medication for a psychological problem should check out this book first."

—**Martin M. Antony, Ph.D., ABPP**, professor of psychology at Ryerson University in Toronto, Canada, and author of *The Shyness and Social Anxiety Workbook* and more than twenty other books

"I liked this book immediately! Clear, concise, comprehensive, and easy to use, it is a valuable resource for the consumer and the mental health clinician alike. The section on what to expect in the process of psychotherapy is especially informative and empowering. A deep bow to Jeff Wood for pulling so much information together so well!"

—**Jeffrey Brantley, MD**, director of the Mindfulness-Based Stress Reduction Program at Duke University's Center for Integrative Medicine and author of *Calming Your Anxious Mind*

"*Getting Help* takes the mystery out of mental health problems and how to get help for them. In plain language and easy-to-use checklists, Wood explains different psychological problems and disorders, the most effective treatments for them, and the roles different mental health professionals play in their care. I recommend this excellent book to anyone suffering with mental health problems to get the help they need."

—**Kim T. Mueser, Ph.D.**, professor of psychiatry at the Dartmouth Medical School and coauthor of *The Complete Family Guide to Schizophrenia*

### Next: About The Author

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext. 142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)

**Getting Help: The Complete & Authoritative Guide to Self-Assessment & Treatment of Mental Health Problems**, by Jeffrey C. Wood, Psy.D.  
ISBN-10: 1572244755, ISBN-13: 9781572244757, \$21.95, Hardcover, 328 pp., February 2007, New Harbinger Publications  
800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

## About The Author

**Jeffrey C. Wood, Psy.D.**, lives and works in the San Francisco Bay Area. He specializes in cognitive behavioral treatments for depression, anxiety, and trauma, as well as assertiveness and life-skills coaching.

Visit him online at [www.drjeffreywood.com](http://www.drjeffreywood.com).

## Excerpt from Getting Help

### Why I Wrote This Book

I began writing this book after hearing an unfortunate story from my friend and colleague Michelle. She told me about her friend, Kate, who had recently begun seeing a psychotherapist. This took a lot of courage for Kate because she had never been in therapy before, and she was very nervous about it. She had not told anyone in her family or any of her friends that she had started therapy because she was afraid of being labeled "crazy." She told only Michelle because Michelle, like me, is a psychotherapist. Like many other people, Kate sought out psychotherapy only after trying several other ways to solve her problems; but nothing had worked. So, she did what thousands of other people do; she opened a phone book and made an appointment with the first psychotherapist she could find. "After all," Kate (probably) thought, "What's the difference? Isn't all psychotherapy the same?"

Well, since all psychotherapy is not the same, this didn't turn out very well for Kate. As I said, this is an "unfortunate story." During her first session, Kate found herself sitting in a room with a psychotherapist who just sat there and didn't say anything to her. He didn't even ask her any questions. He said hello, directed Kate to a chair, sat opposite her, and looked at her expectantly. Kate had sought help for a relationship problem, and she knew she wanted someone who would give her some feedback and offer some advice about what to do. But the psychotherapist just sat there.

Kate had no idea what was happening, or what was supposed to happen, so she just started talking. When she paused, she looked at the man sitting across from her expecting him to say something in return, but he just nodded his head and motioned her to continue. Naturally, Kate became very uncomfortable, so she just kept talking. When this first session ended, she had no idea if it had gone well or whether anything beneficial had happened. Remember, she'd never been in psychotherapy before, so she didn't know what to expect. When she left, she didn't feel any better, but the following week, not knowing what else to do, she returned to the same office and sat through the same process again. After the second session ended, Kate just about gave up. She was very frustrated and felt as though she was getting worse, not better. "Now I have two people in my life who don't listen to me or respond to anything I say to them," she complained to Michelle. "What's the problem with you psychotherapists, anyway?" Kate asked. "How come you just sit there and don't say anything? How is anyone supposed to get better talking to someone who never talks back?"

Kate's questions were reasonable, and they pointed to three larger questions that most consumers want to know about:

Continued...

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

Earlita Chenault, 510-652-0215, ext. 142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)

**Getting Help: The Complete & Authoritative Guide to Self-Assessment & Treatment of Mental Health Problems**, by Jeffrey C. Wood, Psy.D.  
ISBN-10: 1572244755, ISBN-13: 9781572244757, \$21.95, Hardcover, 328 pp., February 2007, New Harbinger Publications  
800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

## Excerpt from Getting Help

- \* Does psychotherapy work?
- \* How does psychotherapy work?
- \* Is psychotherapy effective for my problems?

Questions like these point to a very real, very understandable lack of knowledge about mental health care that exists within the general public. But it's certainly not the general public's fault that they don't know what happens in psychotherapy. It's my responsibility and the responsibility of other mental health care professionals to educate consumers about these issues. In the twenty-first century, there is 100 percent more advertising for medications than there is for psychotherapy...Now, don't get me wrong. In some cases, medications for mental health problems are effective treatments. But in most cases, psychotherapy is a necessary additional treatment or, sometimes, even a better treatment, based on the evidence of scientific research.<sup>1-5</sup> But how many people in the general public know that? And how many people in the general public know that, actually, there are many different kinds of psychotherapy? ...

Michelle, good friend and talented psychologist that she is, told Kate that she was probably getting help from a psychoanalyst. "What does that mean?" Kate asked. Michelle went on, telling Kate that psychoanalysis is a nondirective" treatment that uses free association, a technique that allows clients to talk in an unguided and open way about whatever comes to mind to uncover unconscious thoughts. "Is that good?" Kate wanted to know. Michelle went on to explain to Kate some of the basic principles of psychoanalysis. Only after that explanation did Kate make sense of what was happening whenever she visited her psychotherapist. But no one, not even her psychotherapist, had taken the time to explain to her how the process worked.

Imagine walking into your medical doctor's office and, without even speaking to you, she hooks you up to a machine and starts drawing blood. That would certainly make me nervous. So, is it any wonder that some people are nervous and more than a little cautious about beginning psychotherapy? Many people have no idea what's going to happen behind the closed doors or how the process works. Who in their right mind would want to subject themselves to unknown procedures? And, to top it off, if you already have a mental health problem, such as depression, that's making you feel bad, it's understandable that the idea of coming in for an unknown treatment might make you feel even more nervous or frightened. I've never seen a study about this, but I would bet that most people who come in for psychotherapy do so either because (1) they know someone else who did and they've heard firsthand that it is helpful, or (2) they come in because they are in so much pain that psychotherapy is their last ditch effort to get better. If this is true, it's unfortunate and very sad...

But, let's get back to Kate. When we last left her, my friend Michelle had explained to her what was going on during her psychotherapy sessions. Kate was grateful for Michelle's explanations and she returned to that treatment because she finally understood what its goals were. After that, she was able to start benefiting from the treatment and her relationship problem began to improve. The temporary setback she experienced was unfortunate for Kate, but for me, it was the inspiration to write this book. I thought, "Why not create a resource for consumers that outlines how to figure out what their problem is and how to find the best type of help for that problem?"

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext. 142, earlita@newharbinger.com

**Getting Help: The Complete & Authoritative Guide to Self-Assessment & Treatment of Mental Health Problems, by Jeffrey C. Wood, Psy.D.**  
ISBN-10: 1572244755, ISBN-13: 9781572244757, \$21.95, Hardcover, 328 pp., February 2007, New Harbinger Publications  
800-748-6273, www.newharbinger.com