## DESCRIPTION

**ESSENTIAL PSYCHIATRY FOR THE AESTHETIC PRACTITIONER**

Aesthetic practice requires an understanding of human psychology, yet professionals across cosmetic medicine and related fields receive no formal training in identifying and managing psychological conditions. *Essential Psychiatry for the Aesthetic Practitioner* provides concise yet comprehensive guidance on approaching patient assessment, identifying common psychiatric diseases, and managing challenging situations in cosmetic practice. This much-needed guide brings together contributions by dermatologists, plastic surgeons, psychiatrists, psychologists, and other experts to help practitioners understand the role of psychology in cosmetic practice and improve interpersonal relations with their patients.

Assuming no previous background knowledge in psychiatry, the text provides cosmetic practitioners of all training and experience levels with clear guidance, real-world advice, and effective psychological tools to assist their practice. Through common clinical scenarios, readers learn to determine if a patient is a good candidate for a cosmetic procedure, enhance the patient experience, deal with difficult personalities in the cosmetic clinic, recognize obsessive compulsive and body dysmorphic disorders, and more.

- Describes how to use psychologically informed approaches and treatments for aesthetic patients
- Features easy-to-use psychological tools such as motivational interviewing, progressive muscle relaxation, guided imagery, and acceptance and commitment therapy
- Includes extensive references and practical tips for understanding the psychological implications of cosmetic treatments
• Covers cosmetic consultations for female, male, and transgender patients

• Discusses the history and psychology of beauty as well as the role of cosmetics and cosmeceuticals

• Emphasizes the importance of screening for common psychological comorbidities

• Addresses the impact of social media on self-image and its role in a growing crisis in beauty and appearance

• Highlights the need to develop new guidelines to treat rapidly evolving patient populations

• Explores how gender fluidity and variations in ethnicity are changing the approaches to aesthetic patients

*Essential Psychiatry for the Aesthetic Practitioner* is required reading for dermatologists, plastic surgeons, cosmetic doctors, dentists, nurses, and physician assistants and all other professionals working in aesthetic medicine.

---

**ABOUT THE AUTHOR**

Dr. Evan Rieder is one of only three American physicians to be dual board-certified in dermatology and psychiatry. He is a graduate of Dartmouth College, the University of Pennsylvania School of Medicine, as well as residency programs in psychiatry and dermatology at the New York University School of Medicine. Dr. Rieder is a full-time faculty member of the New York University Department of Dermatology, where he practices cosmetic and medical dermatology. He is a regular contributor to the peer reviewed medical literature and is frequently called upon to educate his peers on the confluence of psychiatry and dermatology, particularly with respect to patient assessment, management, and diagnosis in a cosmetic setting and the psychology of beauty.

---

To purchase this product, please visit [https://www.wiley.com/en-gb/9781119680062](https://www.wiley.com/en-gb/9781119680062)