Combining CBT and Medication: An Evidence-Based Approach
Donna M. Sudak

Combining medication and cognitive behavioral therapy (CBT) can be challenging but can also enhance patient care. This book reviews the existing literature about the neurobiological and clinical basis in combining CBT and medication for non-psychiatrist mental health clinicians. Filled with case studies drawn from the author's extensive clinical and teaching experience, this book breaks new ground in bringing together the most current, proven protocols for using drugs and CBT to improve client care. Practitioners will find in this volume the tools to make informed recommendations to patients.

ABOUT THE AUTHOR

Donna M. Sudak, MD, is a clinician educator with nearly twenty-five years of experience in teaching and patient care, including ten years of experience as a psychiatry residency-training director at Drexel University College of Medicine (DUCOM). Dr. Sudak is on the Speakers Bureau at the Beck Institute for Cognitive Therapy and Research. She is the current President of the Academy of Cognitive Therapy, the editor of the PIPE examination, and serves on multiple national committees in ABCT and AADPRT.