

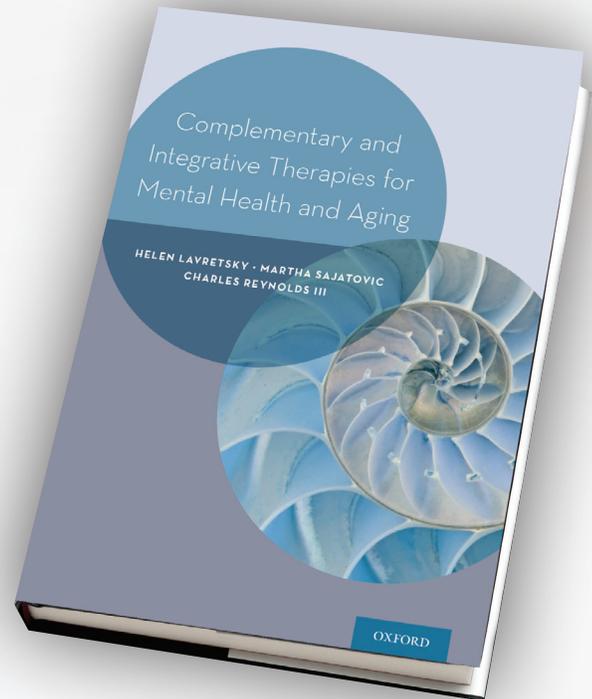
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COMPLEMENTARY AND INTEGRATIVE THERAPIES FOR MENTAL HEALTH AND AGING

EDITED BY HELEN LAVRETSKY, MARTHA SAJATOVIC, AND CHARLES REYNOLDS III

Complementary and Integrative Therapies for Mental Health and Aging provides an up-to-date overview of integrative medicine that clinicians, researchers, and caregivers will require in order to address the major mental and physical disorders of aging. The chapters herein will increase clinicians' familiarity with the most recent research findings, and broaden their understanding of the use of these interventions in clinical practice. The discussion of the data is provided in easy-to-use format covering different fields of integrative medicine, and is written by an international group of leaders and researchers in their respective areas of expertise. This volume can be used for training by students of integrative medicine and gerontology, and individual chapters can be used as on-the-go references on a particular topic.

Putting this work into a wider context, volume editors Helen Lavretsky, Martha Sajatovic, and Charles Reynolds III also provide a necessary framework for clinicians and public policy makers to understand the necessity of pursuing complementary, alternative, and integrative medicine for aging adults.



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HELEN LAVRETSKY, MD is a Professor of Psychiatry at UCLA's Semel Institute for Neuroscience and Human Behavior and Resnick Neuropsychiatric Institute and Hospital in Los Angeles, California.

MARTHA SAJATOVIC, MD is Professor of Psychiatry and of Neurology at Case Western Reserve University (CWRU) School of Medicine in Cleveland, Ohio. She also Director of Geropsychiatry at University Hospitals Case Medical Center (UHCMC) and holds the Willard Brown Chair in Neurological and Behavioral Outcomes.

CHARLES REYNOLDS III, MD is a UPMC Endowed Professor of Geriatric Psychiatry, Clinical and Translational Science, and Behavioral and Community Health Sciences at the University of Pittsburgh School of Medicine's Western Psychiatric Institute and Clinic in Pittsburgh, PA.

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