



# Psychosocial Treatment for Medical Conditions: Principles and Techniques

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Mental Health and Physical Health are undeniably connected. One cannot recover physically, if there is still mental suffering, and vice versa. The essays collected here examine the relationship between mental and physical health, and how that relationship flourishes or suffers in a managed care environment.

Understanding more about how the psychological aftereffects of an illness, and the best ways to respond to them, will ultimately enhance the care offered to patients. The contributors offer a wide range of examples of linked physical and mental illnesses, with advice on how best to responsibly address and treat both.

Clinicians and practitioners will welcome this guide to navigating a managed care system and working with patients to heal both their mental and physical maladies equally.

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