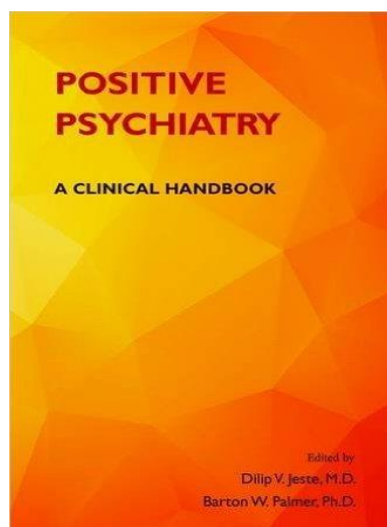


*Book Review***Positive Psychiatry: A Clinical Handbook****Dilip V. Jeste****Barton V. Palmer****American Psychiatric Publishing, 2015;****1st edition; Paperback; 385pp.****ISBN: 978-1-58562-495-9**

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This is a first of its kind book that has been written on Positive Psychiatry, an emerging new discipline in the field of psychiatry which is of immense relevance to patient care and clinical practice. This book puts forward a need for clinicians to shift from neurobiology and disease models in psychiatry to patient and caregiver wellbeing and infuse positivity into clinical work. The emerging trend in clinicians must shift from symptom-based treatment to promote a sense of wellbeing and happiness in patients. This book enhances our understanding of wellbeing, resilience, positive psychiatry and psychology and opens up a new paradigm of patient care in psychiatry. It is a book that infuses hope in an age where mental health problems are on the rise and psychiatry is viewed negatively with mistrust and disdain in many quarters. This book helps in the development of new skills for the clinicians which include optimism, strength and positive thinking.

The Present Edition

The present book consists of 16 comprehensive chapters that devote itself to cover varied aspects of positive psychiatry relevant to clinical practice in daily life. The chapters are united yet diverse and cover various areas with psychiatric practice and treatments where positive psychiatry can be incorporated into mainstream clinical work. The chapters have positive psychiatry as their focus but as applied to different dimensions of mental health.

The first chapter written by the editors gives the reader a distinct overview of the book and all the concepts related to positive psychiatry. A definition of positive psychiatry is posited along with need for positive psychiatry in modern clinical practice. There is succinct distinction between traditional and positive

psychiatry which is provided and the chapter ends with suggestions for further research in positive psychiatry while not failing to elucidate the limitations of the branch as well.

The book consists of four parts – the first part is devoted to Positive Psychosocial Factors and consists of 3 chapters, the second part focuses on Positive Outcomes and has 3 chapters, the third part is based on Interventions in Positive Psychiatry and has 5 chapters while the fourth part is devoted to Special Topics in Positive Psychiatry and has 4 chapters.

First Part – Positive Psychosocial Factors

The second chapter written by A'verria Sirkin Martin, Alexandra Harmell and Brent Mausbauch is devoted to Positive Psychological Traits. It focuses on traits like optimism, wisdom, personal mastery, perceived self-efficacy, problem-based coping, creativity, conscientiousness, spirituality and religiosity. It is a fine review where the relation between each of these traits to health, the meaning of the construct and clinical implications and interventions based on the trait are suggested.

The third chapter written by George Valliant is devoted to Resilience and Post Traumatic Growth. The concept of resilience and its role in positive transformation is discussed. The positive psychological, cognitive and emotional traits that lead to resilience are discussed. A beautiful clinical vignette illustrating the same is presented and the role of positive and negative emotions in adapting to trauma is laid out. Coping mechanisms that lead to resilience including conscious and unconscious coping is discussed. The role of mature defence mechanisms like altruism, humor, sublimation and certain aspects of resistance to coping is also elaborated.

The fourth chapter is on Positive Social Psychiatry and is written by Dan Blazer and Warren Kinghorn. The role of positive psychiatry in the realm of social psychiatry is discussed. The positive effects of social support in health and disease are reviewed and the decline of social psychiatry in modern practice is mentioned. The role of flourishing, suffering and virtue from a positive psychiatry perspective is discussed and the need for positive psychiatry concepts to be included in social psychiatry paradigms is outlined.

Second Part – Positive Outcomes

The fifth chapter written by Rufener and colleagues is on a very important concept of Recovery in Mental Illnesses. The concept and construct of recovery in mental illness is discussed and the historical roots and evolving notions of recovery are elaborated. The need for well established criteria and a sound definition of recovery in mental illnesses is stressed. The definitions of recovery over the years and the positive principles that aid recovery are also discussed. The need for recovery-oriented practices in psychiatric treatment programmes is mentioned and the role of peer support, hope, supported employment, individual and group psychotherapy focussed on recovery, family support, day care and wellness based interventions in mental illness are discussed. The need for implementation of recovery oriented practices in clinical practices is exhorted and the limitations of the same are also elaborated. The chapter has beautiful case vignettes that discuss various situations in a lucid manner.

The sixth chapter written by Robert Kaplan and Wendy Smith is on Well Being. Well Being and Wellness are emerging recovery and practice concepts prevalent in health and disease today and slowly entering the psychiatric realm as well. The chapter starts with the concept of quality of life and a discussion of the various measures used to discuss quality of life. New measures of patient reported outcomes such as experience sampling method and ecological momentary assessments are discussed. The chapter ends with a discussion on the need for easy physiological assessments and the role of mobile and wireless communication and applications to promote wellbeing.

The seventh chapter is on Clinical Assessments of Positive Mental Health written by Per Bech. The various instruments used in the measurement of wellbeing and positive mental health along with their advantages and limitations are discussed. The role of specific instruments like the WHO-5 index of wellbeing and the Psychological General Well Being Index (PGWB) are discussed. The predictive validity of the scales is critically examined and the chapter concludes with the elaboration of the concept of the pharmacopsychometric triangle that explains the role of wellbeing and its measurements in drug clinical trials.

The eighth chapter is devoted to Positive Psychotherapeutic and Behavioural Interventions and is written by Park and seven of his esteemed colleagues. The chapter stresses the need for positive psychological interventions and lays out the basic concepts and parts of the Group Positive Psychotherapy Technique

(PPT) described by Parks and Seligman and carried out over 6 weeks. The role of activities like savouring experiences, feeling and expressing gratitude, practicing kind acts, pursuing meaning, building hope, using one's strengths and building compassion for the self and others are described. The second part of the chapter focuses on positive psychological interventions in specific conditions like schizophrenia, smoking cessation, suicidal patients and chronic pain. The need, appropriateness, relevance and significance of positive interventions in varying contexts is mentioned with a need of the intervention to be easily practicable and manageable.

The ninth chapter written by Summer and Lords reviews the role of Positivity in Supportive and Psychodynamic Psychotherapy. The traditional concepts of supportive and psychodynamic therapy are compared to the newer positive conceptualization of the same concept and the role of supportive psychotherapy as an applied positive psychology is stressed. Elaboration of known traditional psychotherapy interventions and its comparison to reformed positive psychology based interventions right from history taking, assessment and interventional perspectives are discussed with the help of case examples. The need for positivity in relationships and the therapeutic relationship is stressed along with the understanding of positive and negative emotions. The role of positive experiences in the therapeutic alliance and working through is also discussed. The chapter concludes with a discussion of the role of positive psychology interventions in medical education.

The tenth chapter is written by Helen Lavretsky and Taya Varteresian focusing on Complementary, Alternative and Integrative Medicine Interventions. The current utilization of these interventions are discussed. The use of these in late life mood and cognitive disorders is reviewed and specific biological based approaches like omega-3-fatty acids, S-adenosyl methionine, St. John's Wort and Ginkgo Biloba are discussed. Mind-body medicine interventions in the form of mindful physical exercise, yoga, tai chi, lifestyle modification, spirituality, meditation and pastoral care are discussed. The chapter ends with a discussion on acupuncture and traditional Chinese medicine, ayurveda and expressive therapies.

The eleventh chapter written by Carl Bell is based on Preventive Interventions. The basic concepts of prevention in health are defined and discussed. The chapter then turns to discuss the seven principles of cultivating resiliency and health behaviour change in the community. Specific interventions in specific states are teased out with the need to focus on youth and the younger generation in society. Prevention aspects of specific conditions like youth antisocial and conduct problems, first episode psychosis, school failure, fetal alcohol spectrum disorders, risky sexual behaviour, trauma in youth, adolescent depression, postpartum depression and trauma in adults is discussed. The chapter ends by focusing on the prevention of depression in late life and preventive aspects of dementia.

The twelfth chapter written by Samantha Boardman and P. Murali Doraiswamy is based on Integrating Positive Psychiatry into Clinical Practice. The chapter takes off from the APA presidential address by Dr Dilip Jeste where positive intervention was stressed and examines what's wrong and what's strong in positive psychiatric interventions. Resilience and its core competencies, positive activity, gratitude, prosocial activities and writing as positive psychiatry tools are examined. The role of lifestyle tools like meditation and yoga, prioritizing sleep, lifestyle modification, technology, diet and healthy habits and the role of nature is discussed. The 14 steps of a mindfulness based positive psychotherapy and incorporation of the same in clinical practice are laid out. The caveats and risks of positive psychology are also discussed.

The thirteenth chapter, a rather important one written by Moore and others is on the Biology of Positive Psychiatry. In the emerging era of biological psychiatry, this chapter focuses on the neurobiological underpinnings of Positive Psychiatry. The neurocircuitry of positive psychological traits like resilience, optimism, empathy, compassion and creativity are discussed. The neurobiological structures implicated in the development and maintenance of various traits are elaborated. Two case vignettes are used to describe the neural basis of these traits. The genetic bases of positive psychological traits in the light of multiple genome association studies are discussed. The chapter concludes with a discussion of blood and saliva biomarkers of these traits and their probable utility in clinical practice.

The fourteenth chapter focuses on Positive Child Psychiatry and is written by David Rettew. The chapter outlines the basic elements of positive psychiatry and psychology as applied to child psychological problems and child psychiatry. The need to inculcate positive trait attributes in children are stressed with interventions like reduction in screen time, proper nutrition, sound parenting and good parental mental

health along with community and religious involvement of children, role of music and fine arts, mindfulness related practices and sleep hygiene in children. Child wellness and positive parenting are elaborated with an illustrative case discussion. The need for education and training in positive psychiatry with respect to child psychiatry is exhorted here.

The fifteenth chapter is on Positive Geriatric and Cultural Psychiatry and is written by Marquine and colleagues. The chapter focuses on positive aging and elucidates the criteria for successful aging. The role of positive psychiatry in the cultural paradigm with respect to African Americans and Hispanics are discussed in relation to their wellbeing are illustrated using a case vignettes while the general positive psychiatry principles applied to ethnic and racial minorities are discussed.

The last chapter written by Ajai Singh focuses on the Bioethics of Positive Psychiatry. The chapter begins with a discussion on pure science and applied science. It then defines positive psychiatry, positive psychology and positive mental health elaborating differences and similarities between them. Basic bioethical concepts like beneficence, non-maleficence, autonomy and justice are discussed and the concept of double effect in bioethics is discussed. Common and specific moralities in bioethics are also discussed. The applications of bioethical principles to resilience, optimism and conflicts between values are illustrated with insightful case vignettes. Cautionary viewpoints with respect to bioethics in positive psychiatry are also discussed.

Certain other comments

The book is a one stop guide to the field of positive psychiatry when one is looking for a book on the subject. Every chapter is comprehensive and has case illustrations to disseminate the concepts in a proper manner. There is also a key point section where a summary of the chapter using bullets is outlined. The book however is not totally comprehensive as topics like positive psychiatry as applied to post traumatic stress disorder, disaster psychiatry, adolescence, schizophrenia and mental health professionals should have been covered in greater detail. Psychotherapy too has been under covered and a session by session guide should have been made available. Legal implications have been left out and a chapter on positive psychiatry applied to grief and mourning may have been worthwhile. Yoga and mindfulness should also have been elaborated in greater detail. Positive psychiatry applied to organizational settings has also not been discussed. Yet one cannot take away the credit due to this handy volume.

Who Should Read It

This book is a primer on positive psychiatry that must be read by all mental health professionals ranging from psychiatrists to psychologists to social workers and all undergraduate and postgraduate students in mental health. Senior and junior clinicians alike shall benefits from the concepts illustrated in the book.

Book Rating

4 out of 5

Conflict of Interest and Funding

None
