Contents

UNIT- I Psychopharmacotherapies 1–54

Chapter 1. Antipsychotics 3–19
Chapter 2. Antidepressants 20–22
Chapter 3. Mood-stabilizing Drugs 23–32
Chapter 4. Anxiolytics (Antianxiety Drugs) 33–34
Chapter 5. Sedatives and Hypnotics 35–37
Chapter 6. Antiparkinsonism Agents 38–39
Chapter 7. Antabuse Drugs 40–51
Chapter 8. Drugs Used in Child Psychiatry 52–54

UNIT-II Psychological Therapies 55–134

Chapter 9. Individual Psychotherapy 57–64
Chapter 10. Group Psychotherapy and Supportive Psychotherapy 65–71
Chapter 11. Family Therapy 72–82
Chapter 12. Behavior Therapy 83–93
Chapter 13. Hypnosis or Hypnotherapy 94–102
Chapter 14. Narcoanalysis 103–112
Chapter 15. Milieu Therapy 113–119
Chapter 16. Therapeutic Community 120–134

UNIT-III Somatic (Physical) Therapies 135–148

Chapter 17. Electroconvulsive Therapy 136–145
Chapter 18. Psychosurgery 146–148

UNIT-IV Activity Therapy 149–207

Chapter 19. Occupational Therapy 150–158
Chapter 20. Recreational Therapy 159–160

Chapter 21. Relaxation Therapy 161–162
Chapter 22. Educational Therapy 163–170
Chapter 23. Bibliotherapy 171–172
Chapter 24. Play Therapy 173–174
Chapter 25. Music Therapy 175–179
Chapter 26. Dance Therapy 180–184
Chapter 27. Art Therapy 185–186
Chapter 28. Light Therapy 187–192
Chapter 29. Color Therapy 193–198
Chapter 30. Aromatherapy 199–203
Chapter 31. Spiritual Therapy 204–207

UNIT-V Complementary and Alternative Therapies in Psychiatry 208–227

UNIT-VI Counseling 228–233

UNIT-VII Psychiatric Rehabilitation 234–248

Index *249*