Recommended Texts / Useful Resources for Psychiatry Trainees:

Context:
The following recommendations are aimed to assist trainees to prepare for the RANZCP 2012 Regulations Fellowship Program examinations, particularly the Written Examinations.

The trainees are required to have in-depth and comprehensive knowledge of the curriculum, with a reminder that in addition to core clinical psychiatry, they need to cover many areas including phenomenology, epidemiology, relevant neurology and brain diseases, addictions, history of psychiatry, research in psychiatry and evidence base, drug prescribing, ethics, medico-legal concepts and professionalism. The level to target in preparation is that of a competent junior consultant. A junior consultant needs in-depth Specialist knowledge to be able to act independently and safely, working with a broad overview of the related and significant issues.

The following texts are not listed in order of priority, but rather in groups covering general and focused areas of knowledge. The list has been prepared in consultation with a number of Directors of Training and psychiatrists involved in current registrar training and exams. Trainees need to have studied in detail a number of the texts over the various areas/fields of knowledge to be prepared for the junior consultant standard of the written exams. Supervisors, senior trainees and mentors may recommend their preferred texts. It is suggested that trainees source the most recent editions – some current ones are listed here. This list represents basic requirements. It is not intended to limit the scope of reading in any way.

<table>
<thead>
<tr>
<th>Name of text</th>
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<tr>
<td><strong>Comprehensive Psychiatry Texts</strong></td>
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| 1a | **Companion to Psychiatric Studies**  
Edited by Eve Johnston, Stephen Lawrie and David Owens  
Pub: Churchill Livingstone (well-recommended and more readable than the K&S "Synopsis") | Good introductory texts for 1st years – any of these three is fine |
| 1b | **Synopsis of Psychiatry**  
Kaplan & Sadock; Lippincott Williams & Wilkins Publishers | |
| 1c | **The American Psychiatric Publishing Textbook of Psychiatry**  
Edited by Robert E Hales et al, Pub | |
| 2a | **New Oxford Textbook of Psychiatry**  
Edited by: Michael G. Gelder, Juan Jose Lopez-Ibor, Nancy C. Andreasen  
Oxford University Press (Paperback) | Much more comprehensive texts for later in training – only need to get one |
| 2b | **Comprehensive Textbook of Psychiatry (2 vols)**  
Kaplan & Sadock; Pub Lippincott Williams & Wilkins | |
| **Assessment & Interviewing** | |
| 3a | **Psychiatric Interviewing and Assessment**  
Rob Poole and Robert Higgo, Pub. Cambridge | Essential assessment texts –suggest trainees get them both |
| 3b | **Psychiatric Interviewing**  
S C Shea, Pub W B Saunders | |
| 3c | **The Psychiatric Interview (Practical Guidelines in Interviewing)**  
D Carlat, Pub LWW | Optional alternate text |
### MSE & Phenomenology

| 4a | The Psychiatric Mental Status Examination  
Paula T. Trzepacz & Robert W. Baker; Pub OUP | Both are good – Trzepacz is a bit more accessible for 1st years. Suggest trainees get both at some point pre-exam |
| 4b | Symptoms in the Mind: an Introduction to Descriptive Psychopathology  
Andrew Sims (Pub W B Saunders) |  |
| 4c | Fish’s Clinical Psychopathology  
Pub Casey and Kelly | Optional alternate text |
| 5 | Cognitive Assessment for Clinicians  
JR Hodges, Oxford University Press | Essential assessment text |

### Diagnosis & Formulation

| 6a | Diagnostic & Statistical Manual of Mental Disorders version 5 (DSM-5)  
[APA Press] | Essential diagnostic manual – DSM-5 is the version in current use |
| 6b | International Classification of Disease – ICD-10 (or 11 when released) | Alternative diagnostic manual and classificatory system to DSM. Trainees should be aware of this system |

and see 10b below: Psychiatric Case Formulations by L Sperry

### Management

| 7a | Management of Mental Disorders  
Andrews, Dean, Genderson et. al., Independent Publishing Platform | Essential text on management |
| 7b | Gabbard’s Treatments of Psychiatric Disorders  
| 7c | Management of Mental Disorder 1&2 – Treatment protocol Project  
World Health Organization Collaborating Centre |  |

### Organic Psychiatry

| 8a | Organic psychiatry: the psychological consequences of cerebral disorder  
Lishman W.A. [Blackwell Scientific] | Core organic psychiatry texts – either of these is fine |
| 8b | APA Textbook of Neuropsychiatry  
[APA Press] |  |

### Psychotherapies

| 9 | An Introduction to the Psychotherapies  
S Bloch – Oxford University Press | A good overview of the psychotherapies |
| 10a | Long-Term Psychodynamic Psychotherapy: A Basic Text  
(Excellent “how to” explanatory book about actually doing psychotherapy)  
By Glen Gabbard, American Psychiatric Publishing, Inc. | Essential to read this before starting your Psychotherapy Written Case with a patient |
| 10b | Psychiatric Case Formulations  
L Sperry et al, Pub: American Psychiatric Publishing, Inc. | Advisable to read before writing up the Psychotherapy Written Case |
| 11a | Psychodynamic Psychiatry in Clinical Practice  
(links psychological understandings to usual clinical work)  
Glen Gabbard, American Psychiatric Press | Excellent and comprehensive, core psychotherapy texts – at least one of these should be read |
| 11b | Oxford textbook of Psychotherapy  
G Gabbard, J Beck, J Holmes |  |
| 11c | Individual Psychotherapy and the Science of Psychodynamics  
David H Malan | A more advanced text – suitable for Stage 3 training |
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<tr>
<th>Section</th>
<th>Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>Notes</th>
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<tr>
<td></td>
<td>Cognitive Behavior Therapy: Basics and Beyond</td>
<td>Judith S. Beck</td>
<td>Guilford Press</td>
<td>Alternate core CBT text</td>
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<tr>
<td>Critical Appraisal &amp; EBM</td>
<td>Evidence-Based Mental Health Care</td>
<td>Hatcher, R Butler, M Oakley-Browne</td>
<td>Elsevier Ltd</td>
<td>This is commonly a challenging area so both texts are recommended, as they cover different but overlapping areas. Essential preparation for CAP questions in MCQ exam.</td>
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<td></td>
<td>Critical Appraisal</td>
<td>Lawrie, A MacIntosh, S Rao</td>
<td>Pub</td>
<td>Alternate texts on Critical Appraisal</td>
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<tr>
<td></td>
<td>How to Read a Paper: The Basics of Evidence-Based Medicine</td>
<td>Greenhalgh</td>
<td>Wiley Blackwell</td>
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<tr>
<td></td>
<td>Critical Reviews in Psychiatry</td>
<td>Brown and Wilkinson</td>
<td>Gaskell Publications (RCPsych)</td>
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<tr>
<td>Psychopharmacology</td>
<td>Stahl's Essential Psychopharmacology: Neuroscientific Basis and Practical Applications</td>
<td>Stephen Stahl</td>
<td>Pub</td>
<td>Core psychopharmacology texts – suggest read both.</td>
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<td></td>
<td>Fundamentals of Psychopharmacology</td>
<td>Brian E Leonard</td>
<td>Wiley</td>
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<td></td>
<td>The Maudsley Prescribing Guidelines</td>
<td>Paton and Taylor and Kapur</td>
<td>RCPsych</td>
<td>Useful for everyday prescribing</td>
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<td>Ethics</td>
<td>Psychiatric Ethics</td>
<td>Bloch S</td>
<td>Oxford University Press</td>
<td>Core ethics texts – either is fine</td>
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<td></td>
<td>In Two Minds: A Casebook of Psychiatric Ethics</td>
<td>Dickenson, W Fulford, KWM Fulford</td>
<td>OUP</td>
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<td>Child and Adolescent Psychiatry</td>
<td>Clinical Child Psychiatry</td>
<td>M Klykylo, J Kay, D Rube</td>
<td>Pub</td>
<td>Good core Child Psychiatry text</td>
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<td></td>
<td>Lewis's Child and Adolescent Psychiatry: A Comprehensive Textbook</td>
<td>M Lewis</td>
<td>Lippincott Williams &amp; Wilkins; 4th edition</td>
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<td></td>
<td>Basic Child Psychiatry</td>
<td>Philip Barker</td>
<td>Wiley-Blackwell</td>
<td>Other alternate Child Psychiatry texts</td>
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<td>Child and Adolescent Psychiatry</td>
<td>David Coghill et al</td>
<td>Pub OUP</td>
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<td></td>
<td>Child and Adolescent Psychiatry</td>
<td>Goodman and Scott</td>
<td>Wiley-Blackwell</td>
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<td>Recommended Texts</td>
<td>Core Texts or Additional Resources</td>
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<td><strong>Addiction Psychiatry</strong></td>
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| 19 | Drugs & Alcohol Abuse: a clinical guide to diagnosis and treatment  
M A Schuckit – Published Plenum Medical Book Co. | Core Addiction Psychiatry text |
| **Psychiatry of Old Age** | | |
| 20a | Oxford textbook of Old Age Psychiatry  
Edited by Tom Dening and Alan Thomas, Pub. Oxford University Press | Core Old Age Psychiatry text |
| 20b | Community Mental Health for Older People  
Gerard Byrne and Christine C Neville, Pub Elsevier | Alternate POA text, Australian author, and community based focus. |
| 21 | Geriatric Consultation Liaison Psychiatry  
P S Melding & B Draper [Oxford Univ Press] | Useful POA and C–L text |
| **ECT** | | |
| 22 | Electroconvulsive Therapy – An Australasian Guide  
(Ed. JWG Tiller & RW Lyndon)  
| **Forensic Psychiatry** | | |
| 23 | Psychiatry and the Law  
Brookbanks & Simpson, Pub: LexisNexis | Core Forensic psychiatry text |
| **Liaison Psychiatry** | | |
Michael G. Wise, James R. Rundell  
Publisher: American Psychiatric Publishing Inc | Core consultation–liaison psychiatry text |
| 24b | Massachusetts General Hospital – Handbook of General Hospital Psychiatry (Edition 6)  
By Theodor A Stern MD  
Pub Saunders Elsevier | Alternate consultation-liaison psychiatry text |
| **Mental Health Services (for Australian trainees)** | | |
| 25 | Mental Health in Australia: Collaborative Community Practice  
Graham Meadows et al, Pub OUP | Locally written text on Mental Health services. |

**JOURNALS**

- Australian & New Zealand Journal of Psychiatry
- Australasian Psychiatry
- British Journal of Psychiatry
- American Journal of Psychiatry
- Psychosomatics
- Journal of Psychological Medicine
RANZCP Resources:

- Clinical Practice Guidelines (current/updated versions)
- Clinical Memoranda
- Position Statements
- Exam Archive materials

PRACTICE AND POLICY GUIDELINES PRODUCED BY LOCAL & STATE/NATIONAL HEALTH SERVICES

Especially managerial and organisational themes, for example:
- Managing adverse incidents
- Safe ward practice e.g. policies on reducing seclusion
- Indigenous mental health
- ECT

THE APA CORE COMPETENCIES SERIES

**Long-Term Psychodynamic Psychotherapy**
A Basic Text, Second Edition
Core Competencies in Psychotherapy
Glen O. Gabbard, M.D. Series Editor: Glen O. Gabbard, M.D.

**Learning Cognitive-Behavior Therapy**
An Illustrated Guide
Core Competencies in Psychotherapy
Jesse H. Wright, M.D., Ph.D., Monica Ramirez Basco, Ph.D., and Michael E. Thase, M.D.
Series Editor: Glen O. Gabbard, M.D.

**The Art and Science of Brief Psychotherapies**
An Illustrated Guide, Second Edition
Core Competencies in Psychotherapy
Edited by Mantosh J. Dewan, M.D., Brett N. Steenbarger, Ph.D., and Roger P. Greenberg, Ph.D.

**Learning Supportive Psychotherapy**
An Illustrated Guide
Core Competencies in Psychotherapy
Arnold Winston, M.D., Richard N. Rosenthal, M.D., and Henry Pinsker, M.D.
Series Editor: Glen O. Gabbard, M.D.