The Recognition and Management of Early Psychosis - A Preventive Approach

2nd Edition
Edited by Henry J. Jackson and Patrick D. McGorry
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Henry J. Jackson is a Professor in the Department of Psychology at the University of Melbourne, Australia. Professor Jackson’s expertise is in clinical psychology with regards to youth mental health and severe mental illness, especially in the fields of early psychosis and personality disorders.

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"The Recognition and Management of Early Psychosis: A Preventive Approach“ (Second Edition) presents the field of early detection and early intervention in an interesting and informative format. This book presents mainly the experiences of a group of Australian psychiatrists in the early recognition and treatment of psychosis. It addresses a major new issue in psychiatry: prevention of chronic psychiatric illness. The bias toward psychological and social factors in this book does not diminish its central message: early identification of psychotic illness is possible, and comprehensive early treatment can greatly diminish the severity of the illness.

The book is structured in 8 sections as follow: Section 1 Introduction; Section 2 Risk and vulnerability; Section 3 At-risk mental state; Section 4 Access and reducing delay to treatment: reducing the duration of untreated psychosis; Section 5 The first episode; Section 6 The critical period: other psychopathology and comorbidity; Section 7 The critical period: specific interventions; Section 8 Service models.

The practical issues are well discussed in the book. How do you recognize early psychosis, or — even more difficult — psychotic prodromes: How does a health care system deal with the very real problem of getting patients with new-onset psychosis into treatment programs quickly? The evidence suggesting that immediate treatment is vital for a good outcome is clearly spelled out. These issues recur in a somewhat redundant fashion in the sections dealing with onset and assessment, which show how to proceed and the evidence for each step. The authors’

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concern for their patients and for the need to document a scientific basis for preventive treatment is evident.

They advocate the use of medication early on and also see that a treatment program must encompass pharmaco-therapy, psychotherapy, and social programs. The message is on target, but the tone detracts.

Describing a stage-specific model highlighting the risk, the clinical and biological factors present during the development of the illness, and the best treatments available for each of these stages, this new edition will guide practitioners and researchers in adopting carefully planned management strategies fully integrating treatment with prevention. Issues such as resistance to drugs and vocational recovery are also covered, with related topics such as service organization and community education.

This will be essential reading for all those involved in the care of people with early psychotic illness, or those responsible for the organization of services.