



# Modelling and Managing the Depressive Disorders: A Clinical Guide

*Gordon Parker, Vijaya Manicavasagar*

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The DSM and ICD mental illness classificatory systems define mood disorder as essentially a single condition varying only by severity; however, there are major problems with this approach. In this book, Gordon Parker and Vijaya Manicavasagar expose the weaknesses in the existing models, and describe a new approach to sub-typing and managing depression based on there being some specific defined manifestations, including melancholia and psychotic depression, as well as versions of the condition highly dependent on life stresses and personality styles. They argue that depression can exist as a disease, a disorder, a syndrome and a normal reaction, and it therefore requires a multi-modal approach to conceptualization and management. Highly illustrated in full colour throughout and written in an entertaining, but informative and practical style, this book should be read by all those responsible for managing or caring for individuals with mental illness.

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