

# DSM-5

Learning  
Companion  
for Counselors

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The logo features the text "DSM-5" in a large, white, sans-serif font. The "5" is partially enclosed by a diamond-shaped graphic with a black and white checkered pattern. Below this, the words "Learning Companion for Counselors" are stacked in a smaller, black, sans-serif font.

# DSM-5

## Learning Companion for Counselors

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*This book is dedicated to professional counselors  
who draw upon the art and science of counseling in a  
courageous attempt to serve and foster growth in those seeking  
relief, wellness, and personal empowerment.*



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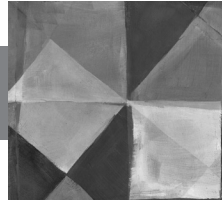


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## Foreword



The *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, published in 2013 by the American Psychiatric Association, is a dense book that spans 947 pages and describes hundreds of mental disorders. Keeping abreast of the manual's evolving changes is a tedious but necessary task for counselors. In their text *DSM-5 Learning Companion for Counselors*, Dailey, Gill, Karl, and Barrio Minton provide readers with an exceptionally practical, straightforward, and, most important, readable summary of the *DSM-5*.

One of the many highlights of the text is its focus on clinical utility and counselor practice implications. Care is taken to ensure readers understand what the changes from the *DSM-IV-TR* to *DSM-5* mean to them and how these changes can be applied in their day-to-day practice.

Structural changes to the *DSM-5*, diagnostic changes, and newly added disorders are discussed, and Dailey and colleagues take care to avoid distracting readers with diagnostic material that has not changed. While it is easy to feel overwhelmed by the sheer volume of diagnostic changes presented in the *DSM-5*, the authors ease this transition by highlighting the changes that relate to disorders counselors more commonly treat (e.g., depressive, anxiety, obsessive-compulsive disorders). Attention is also paid to emerging diagnostic trends, such as the proposed personality disorders continuum, which provide readers with information that may be foundational to future *DSM* changes. The authors' understanding of the manual's evolutions is obvious, and their discussion of this in Chapter 2 is a must-read for all practicing counselors.

The final chapter is a gem and explains practical *DSM-5* resources that will inform practitioners' counseling. In terms of assessment, the updated diagnostic coding processes, the diagnostic interview, culturally informed assessments (specifically the Cultural Formulation Interview), and the World Health Organization Disability Assessment Schedule are discussed; these are excellent counselor resources and can serve to enrich counselors' diagnostic practices. Essential information regarding the upcoming Health Insurance Portability and Accountability Act changes to require *International Statistical Classification of Diseases and Related Health Problems, 10th Revision (ICD-10)* diagnoses is also provided and deepens readers' understanding of the emerging, broader landscape of diagnosis, beyond just the *DSM* system.

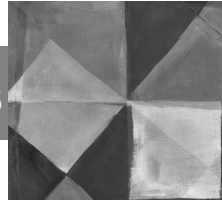
The material in this *Learning Companion* is presented in a highly engaging format. The authors address and clearly explain the changes from the *DSM-IV-TR* to *DSM-5*. They use lively case studies to illustrate the diagnostic features of the new *DSM-5* disorders. They also provide “notes” that highlight the information to which readers should pay special attention. These aforementioned features help readers connect with the essential information they need to successfully use the newest edition of the *DSM*. The case examples especially are quite thought provoking and serve to bring the newest *DSM* disorders to life.

In addition, and consistent with counselors’ values and practices, the authors pay close attention to the developmental considerations that have been integrated into the *DSM-5* as well as the situational and environmental contexts that relate to the changes. Paralleling the increased emphasis placed on culture in the *DSM-5*, cultural considerations relating to the diagnoses are also addressed.

The authors are to be commended on providing a resource that is thorough and comprehensive, yet engaging and highly readable—a tall order for a topic as detailed and complex as the *DSM* system of diagnosis. This book is an essential read for all practicing counselors who wish to stay contemporary in their practices and stay connected with the current edition of the *DSM*!

—**Victoria E. Kress, PhD**  
Youngstown State University

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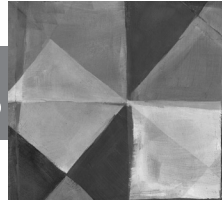
*Casey A. Barrio Minton*

To Joel, for his infinite patience,  
optimism, and affirmation.





## About the Authors



Stephanie F. Dailey, EdD, LPC, NCC, ACS, is an assistant professor of counseling at Argosy University in Washington, DC. Dr. Dailey is a licensed professional counselor in Virginia as well as a national certified counselor and an approved clinical supervisor. She specializes in working with individuals and groups from a wide range of multicultural backgrounds on counseling issues ranging from normal situational and developmental issues to living and coping with severe and persistent mental illness. As a certified American Red Cross disaster mental health responder and liaison to the American Red Cross disaster mental health partners for the American Counseling Association (ACA), she is also trained to work with disaster survivors, first responders, and emergency preparedness personnel. Dr. Dailey has published and presented regionally and nationally on the American Psychiatric Association's 2013 *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)* as well as counseling assessment, diagnosis, and treatment planning. Dr. Dailey is a member of the ACA Ethics Committee; sits on the executive board for the Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC); and serves as chair of the ASERVIC Ethics Committee.

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