

DSM-5-TR

LEARNING COMPANION

FOR COUNSELORS

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DEDICATION

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

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FOREWORD

The *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR)*, published in 2022 by the American Psychiatric Association, is a dense book that spans 1,048 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-TR Learning Companion for Counselors*, the authors Gill, Dailey, Karl, and Barrio Minton provide readers with an exceptionally practical, straightforward, and, most importantly, readable summary of the *DSM-5-TR*.

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*, and the *DSM-5* to *DSM-5-TR*, mean to them and how these changes can be applied in their day-to-day practice.

Structural changes to the *DSM-5-TR*, diagnostic changes, and newly added disorders are discussed, and Gill and colleagues take care to avoid distracting readers with diagnostic material that has not changed. It is easy to feel overwhelmed by the sheer volume of diagnostic changes presented in the updated iteration of the *DSM*, yet the authors ease this transition by highlighting the changes that relate to disorders counselors more commonly address (e.g., depressive, anxiety, obsessive-compulsive disorders). Consistent with the new text revision, attention is also paid to the risk factors associated with systematic racism and discrimination and to the intentional removal of stigmatizing language from the manual. 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 fifth chapter is a gem and explains practical *DSM-5* resources that will inform practitioners' counseling practice. In terms of assessment, the authors discuss updated diagnostic coding processes, the diagnostic interview, culturally informed assessments (specifically the Cultural Formulation Interview), and the World Health Organization Disability Assessment Schedule; these are excellent counselor resources and can serve to enrich diagnostic practices. Essential information regarding the upcoming changes to the

Health Insurance Portability and Accountability Act 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/DSM-5-TR*. They apply lively case studies to illustrate the diagnostic features of the newest *DSM-5-TR* disorders. The authors also provide "notes" that highlight the information to which readers should pay special attention. These features help readers connect with the essential information they need to successfully use the newest edition of the *DSM*. The case examples are thought provoking and serve to bring the *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-TR*, as well as the situational and environmental contexts that relate to the changes. Paralleling the increased emphasis placed on culture in the *DSM-5-TR* and within our broader society, cultural considerations relating to the diagnoses are also addressed.

The authors are to be commended for 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