



Clinical Assessment Workbook: Balancing Strengths and Differential Diagnosis

Elizabeth Pomeroy

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This practical workbook facilitates readers' understanding of the DSM-5 and other texts related to the diagnoses of mental disorders, enhancing their ability to assess their clients' strengths and to diagnose any emotional difficulties the clients may be experiencing. As a workbook, it offers a wealth of real life examples and exercises, providing users with the opportunity to practice their assessment skills in a classroom environment prior to entering the field as a mental health professional. Readers learn the various diagnostic categories of the DSM-5-along with dual diagnoses, symptom formulation, and the overlap between diagnostic categories-as well as how to apply these categories to clients they will be seeing in practice.

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