Case Studies in Abnormal Psychology

Ninth Edition

Thomas F. Oltmanns
Washington University in St. Louis

Michele T. Martin
Wesleyan College

John M. Neale
State University of New York at Stony Brook

Gerald C. Davison
University of Southern California

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"To Presley, Riley, and Kinley"
—TFO

"To Matt, Caroline, Grace, and Thomas"
—MTM

"To Gail and Sean"
—JMN

"To Kathleen, Eve, and Asher"
—GCD

PREFACE

Most textbooks on abnormal psychology include short descriptions of actual clinical cases. However, those presentations are necessarily brief and too fragmented for students to gain a clear understanding of the unique complexities of a person's troubled life. They cannot describe the client's developmental history, the manner in which a therapist might conceptualize the problem, the formulation and implementation of a treatment plan, or the trajectory of a disorder over a period of many years. In contrast to such brief descriptions, a detailed case study can provide a foundation on which to organize important information about a disorder. This enhances the student's ability to understand and recall abstract theoretical and research issues.

The purpose of *Case Studies in Abnormal Psychology*, 9e is therefore threefold: (a) to provide detailed descriptions of a range of clinical problems, (b) to illustrate some of the ways in which these problems can be viewed and treated, and (c) to discuss some of the evidence that is available concerning the prevalence and causes of the disorders in question. The book is appropriate for both undergraduate and graduate courses in abnormal psychology. It may also be useful in courses in psychiatric social work or nursing and could be helpful to students enrolled in various practicum courses that teach how best to conceptualize mental-health problems and plan treatment. It may be used on its own or as a supplement to a standard textbook in abnormal psychology.

In selecting cases for inclusion in the book, we sampled from a variety of problems, ranging from psychotic disorders (e.g., schizophrenia and bipolar mood disorder) to personality disorders (e.g., paranoid and antisocial) to various disorders of childhood and aging (e.g., attention-deficit/hyperactivity disorder). We focused deliberately on cases that illustrate particular problems that are of interest to students of abnormal psychology. We do not mean to imply, however, that all the cases fit neatly into specific diagnostic molds. In addition to describing "classic" behavioral symptoms (e.g., hallucinations, compulsive rituals, or specific fears), we emphasized the social context in which these disorders appear as well as life problems that are significant in determining the person's overall adjustment, even though they may not be relevant from a diagnostic