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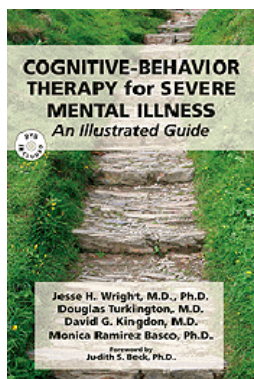
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**Cognitive-Behavior Therapy Book Wins Top Medical Book Competition**

ARLINGTON, Va. (September 15, 2009) – *Cognitive-Behavior Therapy for Severe Mental Illness* by Jesse H. Wright, M.D., Ph.D., Douglas Turkington, M.D., David G. Kingdon, M.D., and Monica Ramirez Basco, Ph.D., won first prize in the Mental Health category of the 2009 British Medical Association book competition. The book is published by the American Psychiatric Publishing, Inc. (APPI), the world's premier publisher of books, journals and multi-media on psychiatry.

The British Medical Association medical book competition began in 1996, and aims to encourage and reward excellence in medical publishing. Prizes are awarded in 26 categories, including the Mental Health category that *Cognitive-Behavior Therapy for Severe Mental Illness* won.



*Cognitive-Behavior Therapy for Severe Mental Illness* is a practical, “how to” guide for using cognitive-behavior therapy (CBT) to treat some of the most common and difficult to treat psychiatric conditions. It is based on the presentations the authors have given at courses and workshops, previous writings on CBT, and the steady outpouring of research that has documented favorable results when CBT is used in treatment of severe mental illness. By showing CBT in action, in the accompanying DVD, the authors give readers an inside picture of how CBT methods can be used to tackle challenging clinical problems.

Review copy and book cover graphic file is available for credentialed media.

**American Psychiatric Publishing, Inc.**

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The American Psychiatric Association is a national medical specialty society whose more than 38,000 physician members specialize in the diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.HealthyMinds.org](http://www.HealthyMinds.org).

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