Tables are provided indicating those self-help works most frequently read and prescribed by. Data are presented from a survey of 123 practicing psychologists in 36 states concerning attitudes and prescriptive practices with regard to self-help books. Tables are provided indicating those self-help works most frequently read and prescribed by responding psychologists, along with ratings of quality and helpfulness. Results indicate widespread readership and prescription of popularized self-help books among psychologists and a positive evaluation of their utility. Questions as to how and why these works are being used are explored. Authors: S Starker. Related Documents: 10614138 - Extern The prescription of self-help books by psychologists: a bibliography of selected bibliotherapy resources. Psychotherapy, 28, 671—7. Redding, R. E., Herbert, . . D., Forman, E. M. ve Gaudiano, B. A. (2008). Popular self-help books for anxiety, depression, and trauma: How scientifically grounded and useful are they? Professional Psychology: Research and Practice, 39(5), 537-545. Russell, D. H. ve Shrodes, G. (1950). Contributions of research in bibliotherapy to the language arts program. Psychiatrists and psychologists are different types of doctors trained to help you deal with mental health issues. Both are there to talk you through problems. They aim to provide you with the means to manage the issues in your everyday life. How They’re Different. Education. But a few states allow psychologists to prescribe a limited number of psychiatric medications if they’ve taken a course in psychopharmacology. The Approach. Both psychiatrists and psychologists are typically trained to practice psychotherapy -- talking with their patients about their problems. But the differences in background and training translates into different approaches to solving your mental health problems. Psychologists look closely at your behavior.