



# Healing and Wholeness: Complementary and Alternative Therapies for Mental Health

*Randi Fredricks*


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# Healing and Wholeness: Complementary and Alternative Therapies for Mental Health

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**Healing and Wholeness: Complementary and Alternative Therapies for Mental Health** Randi Fredricks  
Healing and Wholeness: Complementary and Alternative Therapies for Mental Health provides a comprehensive overview of complementary and alternative treatments for mental health, with information and research on their effectiveness for treating specific disorders. Twenty-two chapters document research and the current practice of using complementary and alternative therapies in treating a number of disorders, including depression, anxiety, ADHD, autism, and addictions. The therapies covered are both state-of-the-art and ancient, including naturopathy, psychotherapy, hypnotherapy, nutritional therapy, herbal medicine, meditation, and others. Each chapter begins with a description of the classification of the disorder, followed by discussions of scientific documentation on diet, nutritional therapy, herbal medicine, complementary and alternative therapies, psychotherapy, and lifestyle changes. This compendium of integrative and holistic therapies provides the reader with access to a multitude of options for improving their mental health. This is a thorough guide to alternative therapies in the mental health field, organizing a large amount of information in a relevant, easy-to-use format. Healing and Wholeness: Complementary and Alternative Therapies for Mental Health can be used as a standard reference for the mental health care professional, the graduate student, or anyone looking to improve their emotional health.

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