

Clinical Case Management for People with Mental Illness: a Biopsychosocial Vulnerability-Stress Model (Chinese edition)

精神病臨床個案管理：致病性·壓力模式

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This is the Chinese edition of *Clinical Case Management for People with Mental Illness: a Biopsychosocial Vulnerability-Stress Model*. Author Daniel Fu Keung Wong, PhD, is the Associate Professor of Department of Social Work and Social Administration of the University of Hong Kong and a qualified cognitive therapist of the Beck Institute in Philadelphia. He worked as a mental health worker in Hong Kong, before going to Australia and worked as a case manager. In this book, he has reviewed concepts and his experience in clinical case management for people with mental illness according to the biopsychosocial vulnerability-stress model. Different topics, including the roles and functions of mental health workers, biopsychosocial theories and approaches for treating mental illness, the biopsychosocial vulnerability-stress model for psychiatric assessment, guidelines for working with families and psychiatric emergencies handling, are covered.

The first of this book's 9 chapters provides an overview of clinical case management with a critical review of mental health services in Hong Kong. The potential for and limitations of clinical case management in Hong Kong and the roles and functions of mental health workers are also discussed. The second chapter goes through the theoretical framework of clinical case management with reference to the biopsychosocial vulnerability-stress model. Different biological, psychological, and social theories and treatment are summarised. The third chapter describes different models of psychiatric assessment and demonstrates use

of the biopsychosocial vulnerability-stress model with examples. Microskills needed for assessment are also included. Chapters 4 to 7 provide focused discussion of different mental illnesses including depression, anxiety disorders, schizophrenia, and personality disorders with literature support and case illustrations. The eighth chapter covers the roles and psychological reactions of family members of mentally ill persons. Guidelines on methods for working with family members are suggested. The ninth chapter discusses the issues involved and services available for handling psychiatric emergencies, especially those at risk of suicide or violence.

The author successfully delivers the theory and practical experience of clinical case management for people with mental illness using a biopsychosocial vulnerability-stress model. Its broad coverage provides an overview for mental health professionals who want to start practising clinical case management or have an interest in the biopsychosocial vulnerability-stress model, although individual topics are not covered in great depth. The translation is fluent and easy to read. This Chinese edition is a useful reference for the psycho-education of mentally ill persons and their family members.

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