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dsm-5 expert wisdom  
**877.334.8512**, ext 1  
10/14/14

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# DSM-5 wisdom from the guy who wrote the book!

## Guidance about changes in DSM codes and diagnosis procedure from Dr. Jason King

Ok, he didn't write the whole book. But he was a part of the process: Dr. Jason King served as a DSM-5 Revision Task Force committee member for the American Mental Health Counselors Association (AMHCA) and the American Counseling Association (ACA), giving national and state presentations on the DSM-5 revision process and proposed diagnostic changes.

He co-owns and clinically directs Life Enhancement Center, an outpatient mental health and substance abuse treatment clinic that collected data for the American Psychiatric Association's Routine Clinical Practice field trials that informed the DSM-5 revision process. He has taught DSM and Clinical Assessment classes at the bachelor and master's level.

**We're honored to have him on the PIMSY Advisory Board. And he has shared his DSM-5 wisdom with us (and therefore you!) To get started, check out the DSM-5 does not make diagnoses:**

"Some counselors may catastrophize by telling themselves, 'The DSM-5 promotes the medicalization of normal life stressors and encourages people to use psychotropics instead of counseling to achieve mental health. I will no longer have a purpose as a counselor.'

Other counselors may overgeneralize by thinking, 'The DSM-5 lowers the diagnostic threshold on some disorders. Therefore, most of my clients will never be able to overcome their struggles.'

Some counselors may entertain all-or-nothing thinking. For example: 'APA's DSM-5 task force and work groups did not include counselors, so I do not need to use this book in my counseling practice.'

My suggestion to counselors of all specialties is to brush up on their cognitive disputation skills as proposed by Albert Ellis and Aaron Beck. The DSM-5 is here, and it is not the end of the world." [click here](#) to read the full article....



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