



Garden Ridge, TX Author Publishes Self-Help Book

This Book is a Self Help Book for Alcohol Use Disorder, PTSD, and Marital Issues

Journey with the Psychiatrist, a new book by Dr. Vijayalakshmy Patrick, has been released by Dorrance Publishing Co., Inc.

Dr. Vijayalakshmy Patrick has written a unique case-based self-help book regarding alcohol use disorder, PTSD, and marital issues. The book is a narrative of 4 individuals who present with unique histories, but end up being treated by the same psychiatrist. The lives of these 4 individuals are interestingly intertwined. Issues covered include denial of illness, stigma, and use of various types of support modalities to effect change. The stories are realistic and represent problems encountered by many individuals in our communities. The book is easy to read and quite well written. I think it would be of great benefit to families where these problems are occurring. David L Dunner, MD, FACPsych Director, Center for Anxiety and Depression, Mercer Island, WA Professor Emeritus, Department of Psychiatry and Behavioral Sciences, University of Washington.

About the Author

Vijayalakshmy Patrick graduated from the Ceylon (Sri Lanka) Medical School and worked in Sri Lanka before moving to United States. She completed her training in Psychiatry at the Manhattan Psychiatric Institute and Columbia University in New York. She has been a practicing psychiatrist for 45 years and has experience working in state institutions, university departments, private practice, and the Department of Defense. She is Board Certified in Psychiatry by the American Board of Psychiatry and Neurology, American Society of Addiction Medicine, and American Board of Addiction Medicine.

Besides her clinical work in treating patients, she has also been involved in training medical students, Residents, and Fellows. She has several publications in peer-reviewed journals in England and the United States.

Journey with the Psychiatrist is a 100-page paperback with a retail price of \$14.95. The ISBN is 978-1-4809-9484-3. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.