



DSM-5 Insanely Simplified: Unlocking the Spectrums within DSM-5 and ICD-10

By Steven Buser M.D, Leonard Cruz

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The release of the *Diagnostic and Statistical Manual Version 5* (DSM-5) marked one of the biggest changes to the field of mental health diagnosis in over 20 years. *DSM-5 Insanely Simplified* provides a summary of key concepts of the new diagnostic schema including a section on using ICD-10. DSM-5 Insanely Simplified utilizes a variety of devices to help clinicians memorize complex criteria and ideas about the different diagnoses. Cartoons, mnemonic devices, and summary tables allow clinicians and students to quickly grasp and retain broad concepts and subtle nuances related to psychiatric diagnosis. *DSM-5 Insanely Simplified* fosters quick mastery of the most important concepts introduced in DSM-5 while offering an **entirely new way of looking at mental health along a continuum.** This new approach avoids simply “labeling” clients, but rather places their symptoms along spectrums that range from normal to problematic. Mental health professionals as well as laymen interested in a deeper understanding of emotional well-being will appreciate the synthesis of theoretical psychology and modern diagnosis.

Dr. Steven Buser has taught principles of psychiatric diagnosis to medical students and residents in family medicine. His effort to provide an easy to remember schema led him to develop the idea of diagnoses along a spectrum long before DSM-5 introduced this concept. *DSM-5 Insanely Simplified* borrowed heavily from Dr. Buser's earlier efforts while making sure to incorporate specific changes that characterize the DSM-5. In addition to his busy psychiatric practice, Dr. Buser is the Publisher of Chiron Publications and is the co-founder of the Asheville Jung Center.

Dr. Len Cruz has been editing and writing for years. In collaboration with Dr. Buser, he wrote the manuscript for *DSM-5 Insanely Simplified*. He admits that over the years his tastes progressed from *Archie Comics* and *Mad Magazine* to *Freud for Beginners*. Naturally, the opportunity to co-author a serious book on DSM-5 and ICD-10 utilizing cartoons was irresistible. In addition to his practice of psychiatry, Dr. Cruz is the Editor-in-Chief of Chiron Publications and is the co-founder of the Asheville Jung Center.

Luke Sloan was a 5th grade student in Asheville, NC when he completed the illustrations for this book. When he's not drawing, Luke enjoys playing soccer, reading books, snow-skiing, and just plain having fun!

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Editorial Review

About the Author

Steven Buser trained in medicine at Duke University and served 12 years as a physician in the US Air Force. He is a graduate of the two-year Clinical Training Program at the CG Jung Institute of Chicago and is a co-founder of the Asheville Jung Center. In addition to a busy psychiatric private practice he serves as Publisher for Chiron Publications. He is active in the community and strives to integrate faith and spirituality into psychotherapy. He resides in the mountains in Asheville, NC with his wife and two children.

Leonard Cruz, MD, in addition to maintaining a busy practice of psychiatry, he is the Editor-in-Chief of Chiron Publications, co-founder of the Asheville Jung Center, Chairman of the Mission Institutional Review Board. He co-authored "DSM-5 Insanely Simplified" and he is a contributor to an upcoming book from Chiron, "The Unconscious Roots of Creativity". He is currently at work on a short story collection and a nonfiction work on globalization, sustainability and human rights.

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