

NEWS RELEASE

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Rutgers New Jersey Medical School Professor Wins SSTAR Award for Book on LGBT Mental Health

NEWARK—The LGBT Casebook, a new book by Rutgers New Jersey Medical School's Department of Psychiatry Chair Petros Levounis, M.D., M.A., has won the Society of Sex Therapy and Research's 2014 Health Professional Book Award.

Described as a book that “brings homosexuality out of the psychiatric closet and into the 21st century,” The LGBT Casebook is geared toward helping clinicians and mental health professionals to better understand the unique needs of their lesbian, gay, bisexual, and transgender patients.

“Considering the lack of attention that has been paid to this area of mental health,” said Levounis, who shares the award with coauthors Jack Drescher, M.D., and Mary E. Barber, M.D., “such a prestigious award brings LGBT mental health to the forefront of psychiatry and behavioral health. We are delighted with the response we are getting, both from professionals and the general public.”

Levounis credits the success of the book to the tremendous support he and his coauthors received from their colleagues. “Everyone we asked to contribute to the book enthusiastically accepted.”

The idea for The LGBT Casebook, which was recently translated into Portuguese, was originally conceived in 2010 during the American Psychiatric Association's Annual Meeting in New Orleans, La., Levounis said. Four years and more than 30 contributors later, the book discusses case studies covering a variety of topics, including sexual identity, issues surrounding “coming out” or hiding one's identity, substance use, partner relational problems, same-sex parenting as well as bereavement, schizophrenia, obsessive-compulsive and anxiety disorders. “There has been a significant dearth of information on how to best treat LGBT patients. It's that gap that this book aims to bridge.”

The Health Professional Book Award was established by the Society for Sex Therapy and Research to recognize works published in English that relate to the understanding of human sexuality and the treatment of sexual disorders.

Levounis's next book, The Addiction Casebook, based on the recently released 5th Edition of the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM-5), is expected to be available in early March 2014. He is currently working on his seventh book, The Behavioral Addictions.