



College Mental Health Practice

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Paul Grayson, a co-editor of the successful 1989 book *College Psychotherapy*, has teamed up with Phil Meilman, a seasoned veteran of college counseling and psychological services, to compile this needed comprehensive up-to-date treatment guide. After an opening discussion of the campus environment and student mentality, the book provides an overview of the state of college mental health at the start of the 21st century, touching on the issues faced by students of every generation, as well as those concerns unique to this day and age. With an emphasis on practice, and not theory, this easily referenced treatment guide will be of use to anyone working in the mental health fields in and around a college environment.

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