



Shrink Rap: An Irreverent Take on Child Psychiatry

MD, Robin A. Altman

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If you want to simultaneously learn about Child Psychiatry, laugh, cry, and skeet shoot, then Shrink Rap ? An Irreverent Take on Child Psychiatry, is the book for you. Child Psychiatry is a growing field which has managed to capture our imagination, and whose vernacular has crept into the English language. If someone mentions that his or her child has ADHD, we all have a vague idea of what this means. If we want to learn more, we are confronted with ponderous tomes, more likely to cure insomnia than to explain the presentation of Childhood Depression. There are plenty of parenting books on the market. Shrink Rap ? An Irreverent Take on Child Psychiatry is not a parenting book. It?s a fun book, meant for people who want more information about child psychiatry a chapter at a time. A chapter before bed, a chapter while waiting for a kid?s piano lesson to finish?.perhaps a chapter on the toilet (depending on how much fiber one eats). Shrink Rap ? An Irreverent Take on Child Psychiatry is a fun look at topics in Child Psychiatry written in a light-hearted style, and full of anecdotes about patients and families (including the author?s own), which illustrate points while making mothers feel that they are not so alone. It covers topics such as ?ADHD?, ?Anxiety Disorders?, ?Psychosis?, and, of course ?Childcare i.e. Leaving Your Child with Nut Jobs?. Shrink Rap ? An Irreverent Take on Child Psychiatry, is written by a child and adolescent psychiatrist with 20 years of experience in psychiatry, but more importantly, 15 years of experience in motherhood. It demystifies the field, while answering the important questions, ?Are all children of child psychiatrists nuts??. ?Are child psychiatrists insane??. and ?Why the heck would anyone go into this field??.

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