

Book Review

Edited by

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Impulse Control Disorders: A Clinician's Guide to Understanding and Treating Behavioral Addictions

Dr. Jon E. Grant

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Reviewed by *Amanda B. Walters, Psychiatric-Mental Health Graduate Student University of Tennessee, Knoxville, Tennessee, USA*

Dr. Jon E. Grant is a researcher and clinician in the field of impulse control disorders. Dr. Grant is an Associate Professor of Psychiatry at the University of Minnesota in Minneapolis where he provides supervision at an impulse control disorders outpatient clinic and serves as the editor-in-chief of the *Journal of Gambling Studies*. Dr. Grant has authored the first truly comprehensive guide for understanding, screening, and treating impulse control disorders.

In this book, Dr. Grant discusses various impulse control disorders such as kleptomania, trichotillomania, skin

picking, compulsive buying, and pathological gambling. He also provides an overview of the impulsive components of intermittent explosive disorder. Dr. Grant offers valuable insights for differentiating between obsessive-compulsive disorder, impulse control disorders, and substance abuse. He asserts that recent research indicates more heterogeneity among impulse control disorders than previously thought. Dr. Grant includes various models (including neurobiology) for understanding impulsive behaviors and provides a thorough literature review regarding pharmacological treatment.

This book is well organized and employs numerous case studies to illuminate clinical characteristics of patients with impulse control disorders. Dr. Grant also includes several screening tools of interest to clinicians. This book succeeds in providing clinicians with a starting point for better understanding, screening, and treatment of impulse control disorders. Dr. Grant's work serves as a contemporary guide for an often-misunderstood group of disorders.