

Asperger Syndrome in Adulthood: A Comprehensive Guide for Clinicians

Kevin P. Stoddart, Lillian Burke, Robert King. W.W. Norton & Co. New York, 2012, 350 pp, \$32.00

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Interest in Asperger's syndrome has increased dramatically since the official recognition of the condition in 1994 in both ICD-10 and DSM-IV. During this time much of the work conducted has been focused on school age children and adolescents with relatively much less work concerned with adults. This volume makes a great stride in correcting this gap in the literature.

A book that will be of great value to all clinicians who deal with higher cognitively functioning but socially disabled individuals it is, as the name implies, a valuable attempt to provide comprehensive but clinically relevant coverage of topics of interest to clinicians. The seven chapters include an overview of Asperger syndrome and is

followed by chapters on assessment, mental health symptoms, medical and also psychosocial issues, treatment (psychotherapy and psychopharmacology) as well as the role of complementary interventions and evidence based practice. Well written and highly readable the volume is primarily focused on clinical issues (i.e., comparatively less on research). If there are any limitations these reflect gaps in the research literature which sadly are many. It is somewhat paradoxical that the volume appears the year before Asperger's is slated to disappear from DSM 5. Regardless of nomenclature changes patients with Asperger disorder will remain with us and need care as they mature—this volume will be invaluable for those clinicians who provide that care.

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