

## Book Reviews Évaluation des livres

**Title:** Mild Traumatic Brain Injury  
Episodic Symptoms and  
Treatment

**Author:** Richard J. Roberts &  
Mary Ann Roberts

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San Diego, CA.

**Cost:** \$47.66

**Reviewer:** Regina Jokel, Ph.D.  
University of Toronto.



Chapters four and five of the book provide evidence for the existence of patients with neuropsychiatric symptoms resembling MIND (useful to neuropsychiatrists) and the challenges of living with untreated symptoms of MIND. The remaining part of the book (Chapters 6-12) provides evidence for treatment efficacy and deals with selected aspects of assessment and treatment of mild TBI in both adults and children, with emphasis on pharmacological and behavioural strategies. The Appendix provides guidelines for making the diagnosis of MIND in adult patients only. While some chapters end with a brief summary section, all are followed by a helpful list of references. Readers will also be happy with the visual organization of text and tables.

This book is a reflection of many years of clinical work in TBI with adult and paediatric populations. While being a great resource, due to its scope and presentation of material, some parts appear to be most useful to novice neuropsychologists and neuropsychiatrists while others to individuals with TBI. To this effect, the cognitive-communication aspects of TBI are omitted entirely and, consequently, professionals interested in communication (e.g., speech-language pathologists) may prefer to turn to other sources of information. ▶

Roberts and Roberts book provides a refreshing discussion of topics addressing neuro-behavioural issues in mild traumatic brain injury (TBI). With its practical approach and wealth of clinically-relevant basic facts, it has the potential to set the context for a better understanding and rehabilitation of some aspects of TBI. It includes information on the fundamentals of behavioural and emotional assessment, and basic management strategies following the initial treatment with anticonvulsive mood stabilizers.

The book is divided into several chapters, organized by themes driven by the concept of MIND, or *Multisymptomatic Intermittent Neurobehavioral Disorder*. The authors view MIND not as a new neurobehavioural syndrome, but rather a new way of looking at “resurrected and systematized observations” of their predecessors. Consequently, new assertions are supported by a number of research sources.

The first chapter defines the features of brain injury due to blunt force trauma followed by a presentation of an illustrative case study in chapter two. The first chapter also contains a number of disclaimers helpful in further delineation of what MIND is and is not, which is helpful to medical professionals not familiar with the term or the concept.

In chapter three, the authors present a handful of suggestions as to how to negotiate medical and legal issues resulting from mild TBI. While some of the suggestions are clearly directed to medical professionals, others, somewhat unexpectedly, address individuals with TBI.