



# *The DSM-5-TR: More than a Text Revision*

Presented by  
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## **Overview**

The DSM-5-TR introduces a wide variety of conceptual and criteriological revisions and additions to its diagnostic categories. Keystone diagnostic revisions include the addition of new ICD-10 codes and disorders. Prolonged Grief Disorder gains official recognition, and Suicidal Behavior and Non-Suicidal Self-Injury receive credentialed ICD-10 codes. New neurocognitive, mood, and depressive disorders are introduced, as well, and accompanied by key conceptual shifts in familiar disorders.

These inclusions are joined by diagnostic revisions or clarifications to dozens of additional disorders. Among the signature contributions of the DSM-5-TR is its comprehensive attention to issues of race, equity, and discrimination, attention that ramifies throughout the text and its supplemental assessment tools. Designed for the practicing professional, this course provides an overview the full range of changes in the DSM's most recent revision, and illustrates select aspects of those changes with clinical videos, assessment measures, and structured interview protocols.

## **Objectives: Participants will be able to:**

- Discuss the relationship of the DSM and the ICD
- Identify at least five diagnostic additions or revisions in the DSM-5-TR
- Discuss the rationale for at least three of the diagnostic manual's novel inclusions or revisions
- Discuss the DSM-5-TR's attention to issues of culture, diversity and discrimination
- Identify at least 3 assessment tools that offer potential utility for use in clinical practice
- Distinguish grief from depression
- Discuss the prevalence and criteria for Prolonged Grief Disorder
- Discuss the rationale for the change to Gender Dysphoria from Gender Identity Disorder

### **I. Overview and Disclaimers (1:37:41)**

### **II. The DSM-5-TR: Who, What, When, Where and Why (now)?**

Dual/Dueling Diagnostic Systems: The ICD and the DSM

### **III. New Disorders in the DSM-5-TR**

- Prolonged Grief Disorder and Differential Diagnoses
- Unspecified Mood Disorders
- Suicidal Behavior and Non-suicidal Self-Injury (NSSI)
- Gender Dysphoria

### **IV. Criteriological Changes (1:31:28)**

### **V. Revisions in Assessment Tools**

### **VI. Culturally Sensitive and Affirming Revisions**

### **VII. "To Infinity and Beyond" .... Future directions for the ICD and the DSM**

### **VI. The "DSM Rap" Questions and Answers**

Dr. Neimeyer is professor emeritus in the Department of Psychology at the University of Florida, where he has taught doctoral courses on psychological diagnosis and psychopathology for over 30 years. He is an internationally recognized trainer and consultant on the ICD and the DSM. A Fellow of the American Psychological Association (Div. 17), Dr. Neimeyer is also a previous chair of the Executive Board of the Council of Counseling Psychology Training Programs in the United States and has served as the Graduate Coordinator and Director of Training of the APA-approved doctoral training program in psychology at the University of Florida.

Dr. Neimeyer has worked in a variety of clinical settings, including a family practice medical center, VAMC, university counseling center, and in private practice. The author of over 200 scholarly journal articles and 10 books, Dr. Neimeyer is a recipient of the American Psychological Association's *Award for Outstanding Contributions to Personality and Career Research*. His teaching and mentoring have received numerous recognitions, culminating in his induction into *The Academy of Distinguished Teacher Scholars* as a lifetime member.

He currently serves as the Director of the Office of Continuing Education in Psychology and the Center for Learning and Career Development at the American Psychological Association in Washington, D.C.

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