

Clinical Psychology and Psychiatry

New Books and Selected Backlist Titles 2008

Addictions

Child and Adolescent Clinical Psychology and Psychiatry

Cognitive Behaviour Therapy

Couples and Family Therapy

Eating Disorders and Body Image

Forensic Psychiatry

Mood Disorders

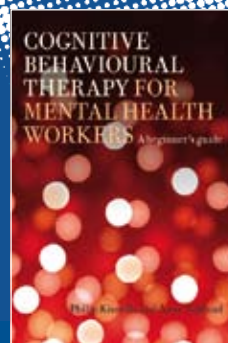
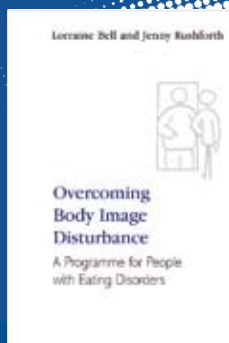
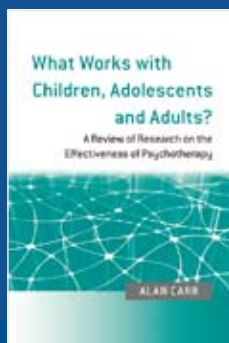
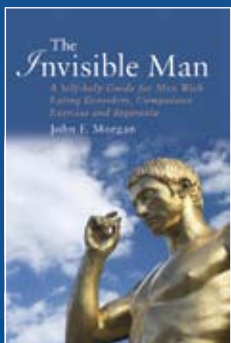
Neuropsychology

Physical and Sexual Abuse

Schizophrenia

Stress, Trauma and Anxiety

Suicide



ROUTLEDGE



Routledge
Taylor & Francis Group

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ARENAS

As part of Routledge's ongoing initiative to provide the best available online resources in support of our top-selling line of Mental Health titles, we are pleased to be able to provide our up-to-date Clinical Psychology and Psychiatry Arena.

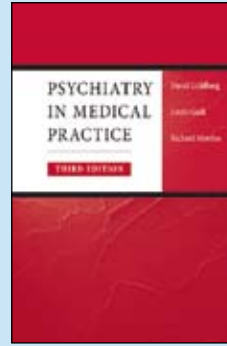
We've made the arena very easy to navigate around, because we know that you want to find the information you're after quickly, whether it's the 'buy now' link for a particular book, the date and venue of a forthcoming conference, or the online version of a specific academic journal article.

www.clinicalpsychologyarena.com

INVITATION TO AUTHORS

If you would like to submit or discuss your book proposal with our Senior Editor, Joanne Forshaw, please email joanne.forshaw@informa.com

GENERAL TITLES



New Edition!

Psychiatry in Medical Practice

Third Edition

David Goldberg, Institute of Psychiatry, London, UK, **Linda Gask**, Manchester University, UK, and **Richard Morriss**, University of Nottingham, UK

"This is an outstanding revision of the excellent text which has successfully supported many medical students through their training, and into their subsequent clinical careers. Whether the student plans to go into general practice, study psychiatry or become a medical or surgical specialist, this book provides an essential grounding in psychiatry in medical practice." - **Professor Rachel Jenkins**, Institute of Psychiatry, Kings College London, UK

This fully updated third edition of *Psychiatry in Medical Practice* takes into account major changes in medical education since 1994. New sections provide information on problem-based learning and observed structured clinical examinations.

Divided into four sections, this book covers:

- clinical approaches to the patient
- syndromes of disorder
- disorders related to stages of the life cycle
- services, ethics and the law.

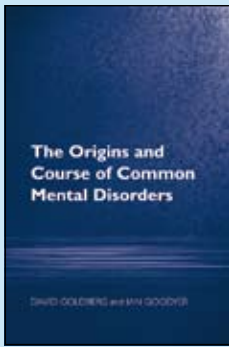
As well as retaining the key features of the previous editions, this book includes two brand new chapters on risk assessment and the Mental Health Service. A handy portable reference card is also included; this has been updated to incorporate a scale for assessing cerebral impairment in the elderly, and a new assessment of suicidal risk scale.

This highly practical book is an essential guide for all medical students and doctors in training who are involved with psychiatry. It is also a useful reference tool for those who are more experienced in the field.

CONTENTS: Part I: Clinical Approach to the Patient. Introduction. Interview Techniques and History Taking. Examination of the Mental State. Risk Assessments. Syndromes and Diagnosis. Aetiology. Investigations. Treatment. Prognosis. Formulation. **Part II: Syndromes of Disorder.** Psychiatric Aspects of Physical Disease. Organic Brain Disease. Schizophrenia and Delusional Disorders. Bipolar Illness. Internalising Disorders 1: Anxiety and Depression. Internalising Disorders 2: Somatisation. Externalising Disorders – Dependence on Alcohol and Drugs and Eating Disorders. Personality Disorders. **Part III: Particular Parts of the Life Cycle.** Learning Disability. Childhood and Adolescence. Sexual and Reproductive Disorders. Old Age. **Part IV: Services, Ethics and the Law.** Mental Health Services. Ethical Dilemmas and Legal Aspects.

March 2008: 400pp.

Pb: 978-0-415-42544-5: £22.99/\$40.00



The Origins and Course of Common Mental Disorders

David Goldberg, Institute of Psychiatry, King's College London, UK, and Ian M. Goodyer, University of Cambridge, UK

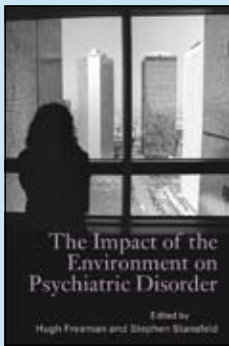
The Origins and Course of Common Mental Disorders describes the nature,

characteristics and causes of common emotional and behavioural disorders as they develop across the lifespan, providing a clear and concise account of recent advances in our knowledge of the origins and history of anxious, depressive, anti-social, and substance related disorders.

2005: 248pp.

Hb: 978-1-58391-959-0: £50.00/\$90.00

Pb: 978-1-58391-960-6: £19.99/\$34.95



New!

The Impact of the Environment on Psychiatric Disorder

Edited by Hugh Freeman, Consultant Psychiatrist, Salford Mental Health Trust, UK, and Stephen Stansfeld, Wolfson Institute of Preventative Medicine, UK

The Impact of the Environment on Psychiatric Disorder explores the relationship between the environment and mental health, and suggests that environmental factors can play a role in the causation of psychiatric illness.

Hugh Freeman and Stephen Stansfeld bring together experts from the field to discuss a range of physical and social environmental settings that are linked to psychiatric disorders.

The book closes with a discussion of how disasters such as global warming and terrorism can affect mental health, and highlights the risks and protective factors for psychiatric disorders following such events.

The Impact of the Environment on Psychiatric Disorder illuminates the wide range of ways in which it is possible for the environment to influence mental health. It will appeal to both academics and professionals, and will interest anyone concerned with connections between the environment and mental health.

CONTENTS: Freeman, Stansfeld, Introduction. Tsuang, Stone, Johnston, Gene-environment Interactions in Mental Disorders: A Current View. Curtis, Geographical Perspectives on Psychiatric Disorder. Stansfeld, Weich, Clark, Boydell, Freeman, Urban-rural Differences, Socioeconomic Status and Psychiatric Disorder. Evans, Lepore, Psychosocial Processes Linking the Environment and Mental Health. Brugha, Stansfeld, Freeman, Social Support, Environment and Psychiatric Disorder. Bhui, Migration and Mental Health. Freeman, Housing and Mental Health. Stansfeld, Clark, Noise and Psychiatric Disorder. McGrath, Parker, Seasonality and Mental Health: Mood Disorders, Suicide and Schizophrenia. McFarlane, Psychiatric Morbidity Following Disasters: Epidemiology, Risk and Protective Factors.

May 2008: 344pp.

Hb: 978-0-415-11618-3: £34.95/\$60.00



New Edition!

Mental Health in a Multi-Ethnic Society

A Multidisciplinary Handbook

Second Edition

Edited by Suman Fernando, Chase Farm Hospital, Enfield, UK, and Frank Keating, Royal Holloway University of London, UK

This new edition of *Mental Health in a Multi-Ethnic Society* is an authoritative, comprehensive guide on issues around race, culture and mental health service provision. It has been updated to reflect the changes in the UK over the last ten years and features entirely new chapters by over twenty authors, expanding the range of topics by including issues of particular concern for women, family therapy, and mental health of refugees and asylum seekers.

With chapters on training, service user involvement, policy development and service provision *Mental Health in a Multi-Ethnic Society* will appeal to academics, professionals, trainers and managers, as well as providing up-to-date information for a general readership.

CONTENTS: Introduction. **Part I: Current Scene.** Fernando, Meanings and Realities. Inyama, Race Relations, Mental Health and Human Rights – The Legal Framework. Fernando, Inequalities and the Politics of 'Race' in Mental Health. Kotecha, Black and Minority Ethnic Women. Bennett, Kalathil, Keating, Race Equality Training in the UK: An Historical Overview. **Part II: Confronting Issues.** Kapasi, Management Approaches to Effecting Change. Ahmed, Jennings, Dhillon, Innovation in the Voluntary Sector. Ferns, The Challenges of Race Equality and Cultural Capability (RECC) Training. Patel, Developing Psychological Services for Refugee Survivors of Torture. Trivedi, Black Service 'User Involvement' – Rhetoric or Reality? Griffiths, A Programme for Changing Attitudes in the Statutory Sector: Dialogue is Critical. **Part III: Making It Happen.** Alleyne, Working Therapeutically with Hidden Dimensions of Racism. Malik, Fateh, Haque, The Marlborough Cultural Therapy Centre. Au, Tang, Mental Health Services for Chinese People. Choudhry, Bakhsh, Counselling and Day Care for South Asian People. Stanley, African and Caribbean Mental Health Service in Manchester. Burnett, The Sanctuary Practice in Hackney. Jones, A Movement Led by Black Service Users in South London. **Part IV: Lessons for the Future.** Fernando, Keating, The Way Ahead.

August 2008: 320pp.

Hb: 978-0-415-41486-9: £60.00/\$100.00

Pb: 978-0-415-41487-6: £21.99/\$34.95



The Female Body in Mind

The Interface between the Female Body and Mental Health

Edited by Mervat Nasser, Karen Baistow, and Janet Treasure, all at the Institute of Psychiatry, London, UK

"A fascinating book which draws on a broad range of perspectives concerning female minds and bodies to bring us the latest and best of knowledge and research." - Dr Jane Mounty, Avon and Wiltshire Partnership Trust, UK

The Female Body in Mind introduces new ways of thinking about issues of women's mental health assessment and treatment.

Its multidisciplinary approach incorporates social, psychological, biological and philosophical perspectives on the female body.

The contributions, from notable academics in the field of women's mental health, examine the relationship between women's bodies, society and culture, demonstrating how the body has become a platform for women's expression of their distress and anguish.

All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women bodies and their mental health.

CONTENTS: The Body in Question. **Part I: The Body at Risk.** *Malson, Nasser, At Risk by Reason of Gender. Skårderud, Nasser, (Re)Figuring Identities: My Body is What I Am.* **Part II: The Hurting Body.** *Bunclark, Deliberate Self Harm. Busuttill, Psychological Trauma and Post-traumatic Stress Disorder. Treasure, The Trauma of Self Starvation: Eating Disorders and Body Image. Moorey, Breast Cancer and Body Image.* **Part III: The Reproductive Body.** *Kohen, Women's Bodies: Natural History and Biological Programming. Baistow, "On Being a Mother": Motherhood and Mental Health. Patrick, O'Keane, Sad Motherhood: An Overview of Perinatal Affective Disorders. Davenport, Flynn, Shaw, Women Who Kill Their Babies.* **Part IV: The Interactive Body.** *Harris, Society and Women's Distress. Lee, When the Personal Gets in the Way of the (Inter)Personal. Murray, Care and Blame: The Dialectic of Caring. Nasser, Bhugra, Chow, Concepts of Body and Self in Minority Groups.* **Part V: Body-sensitive Therapies.** *Katzman, Nasser, Noordenbos, Feminist Therapies. Schmidt, Sánchez-Ortiz, Self-help and Healing Narratives. Palmer, Whight, Dialectical Behaviour Therapy: A Treatment for Borderline Personality Disorder. Ohlsen, Pilowsky, Gender and Psychopharmacology.* **Part VI: The Body on My Mind.** *Davies, Waterhouse, Do Women Need Specific Services? Ramsay, Dogra, Gender-sensitive Education and Gender Competence Training. The Perspective of the Royal College of Psychiatrists and Beyond.*

2007: 304pp.

Hb: 978-0-415-38514-5: £55.00/\$100.00

Pb: 978-0-415-38515-2: £22.99/\$39.95

for further titles by Janet Treasure see pages 27, 28

Forthcoming!

Dissociation and the Dissociative Disorders

DSM-V and Beyond

Edited by **Paul F. Dell**, Trauma Recovery Center, Norfolk, USA, and **John Allison O'Neil**, McGill University, Canada

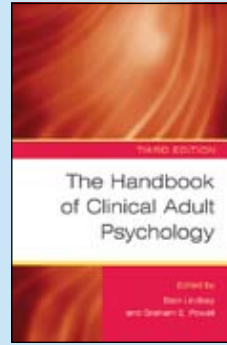
This book draws together and integrates the most recent scientific and conceptual foundations of dissociation and the dissociative disorders field. *Dissociation and the Dissociative Disorders* reports the most recent scientific findings and conceptualizations about dissociation, defines and establishes the boundaries of current knowledge in the dissociative disorders field, identifies and carefully articulates the field's current points of confusion, gaps in knowledge, and conjectures, clarifies the different aspects and implications of dissociation, and sets forth a research agenda for the next decade.

SELECTED CONTENTS: Part I: Dissociation: An Overview. Part II: Development: Psychology and Neurobiology. Part III: Normal and Exceptional Dissociation. Part IV: Acute Dissociation. Part V: Chronic Dissociation. Part VI: Neurobiology of Dissociation. Part VII: The DSM-IV Dissociative Disorders. Part VIII: Dissociation in Posttraumatic Stress Disorder. Part IX: Dissociation in Borderline Personality Disorder and Substance Dependence. Part X: Dissociation and Psychosis. Part XII: Treatment of Dissociation. Part XIII: Toward a Clarified Understanding of Dissociation.

November 2008: 860pp.

Hb: 978-0-415-95785-4: £60.00/\$95.00

CLINICAL HANDBOOKS



The Handbook of Clinical Adult Psychology

Third Edition

Edited by **Stan Lindsay**, Institute of Psychiatry, London, UK, and **Graham E. Powell**, independent professional practice, London, UK

"I hope and expect that the present book will be as successful as the earlier editions and congratulate the Editors, and the contributors, for the continuing excellence of the Handbook."
- **S. J. Rachman**, From the Foreword

This third edition of *The Handbook of Clinical Adult Psychology* has been thoroughly updated throughout to take account of recent research. As well as updating existing sections, the editors have added sections on problems which are only now showing promise of being amenable to psychological treatment, such as post-traumatic stress disorder, the psychoses and cyclical emotional disorders.

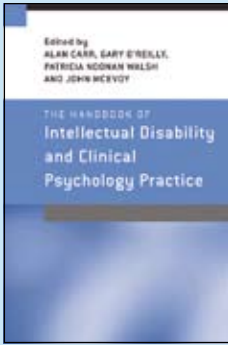
Following the same format as previous editions, the book describes causes, influences and corresponding investigation for each of the main problems that face clinical psychologists, before outlining approaches to evidence-based treatment. Practical guidance is provided on treatments for disorders including depression, sexual dysfunction, psychosis, substance misuse disorders, social phobia and personality disorder.

CONTENTS: *Rachman*, Foreword. *Lindsay, Powell*, Editors' Introduction. *Lindsay, Powell*, Practical Issues of Investigation in Clinical Psychology. *Lindsay, Powell*, An Introduction to Treatment. *de Silva*, Obsessions and Compulsions: Investigation. *de Silva*, Obsessions and Compulsions: Treatment. *Watkins*, Depression: Investigation. *Watkins, Bradley*, Depression: Treatment. *Lam, Mansell*, Bipolar Disorder: Investigation. *Mansell, Lam*, Bipolar Disorder: Treatment. *Grey*, Post Traumatic Stress Disorder: Investigation. *Grey*, Post Traumatic Stress Disorder: Treatment. *McManus, Hirsch*, Social Phobia: Investigation. *Hirsch, McManus*, Social Phobia: Treatment. *Lindsay*, Panic Disorders: Investigation. *Lindsay*, Panic Disorders: Treatment. *de Silva*, Sexual Dysfunction: Investigation. *de Silva*, Sexual Dysfunction: Treatment. *Ridley*, Relationship Therapy: Investigation. *Ridley*, Relationship Therapy: Treatment. *Peters, Linney, Johns, Kuipers*, Psychosis: Investigation. *Johns, Peters, Kuipers*, Psychosis: Treatment. *Hayward, Walker*, Personality Disorder: Investigation. *Walker, Hayward*, Personality Disorder: Treatment. *Gossop*, Substance Misuse Disorders: Investigation. *Gossop*, Substance Misuse Disorders: Treatment. *Woods*, Problems in Later Life: Investigation. *Woods*, Problems in Later Life: Treatment. *Lake, Lavender*, Psychosocial Rehabilitation: Investigation. *Lake, Lavender*, Psychosocial Rehabilitation: Intervention. *Hutton*, An Introduction to Clinical Health Psychology. *Wardle, Chadwick*, Disorders of Eating and Weight: Investigation. *Chadwick, Wardle*, Disorders of Eating and Weight: Treatment. *Wild, Broomfield, Espie*, Disorders of Sleep: Investigation. *Broomfield, Wild, Espie*, Disorders of Sleep: Treatment. *Williams*, Chronic Pain: Investigation. *Williams*, Chronic Pain: Psychological Approaches to Management. *Powell*, Introduction to Neuropsychology and Neuropsychological Assessment. *Wilson*, Neurological Problems: Treatment and Rehabilitation. *Gudjonsson*, Psychological Evidence in Court. *Morley*, Single-case Methodology in Psychological Therapy. *Yaguez, Canavan*, Single-case Methodology in Clinical Neuropsychology. *Dooley*, Professional Issues in the New Century: New Demands, New Skills.

2007: 928pp.

Hb: 978-1-58391-865-4: £95.00/\$170.00

Pb: 978-1-58391-866-1: £32.99/\$58.95



The Handbook of Intellectual Disability and Clinical Psychology Practice

Edited by **Alan Carr, Gary O'Reilly,** and **Patricia Noonan Walsh,** all at the

University College Dublin, Ireland, and **John McEvoy,** Dundalk Institute of Technology, Ireland

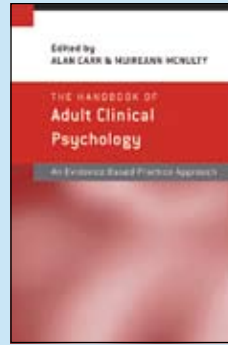
The Handbook of Intellectual Disability and Clinical Psychology Practice will equip clinical psychologists in training with the skills necessary to complete a clinical placement in the field of intellectual disability.

The book is divided into seven sections, which cover *conceptual frameworks, assessment frameworks and intervention frameworks,* and the specific problems that arise in *infancy and early childhood, middle childhood, adolescence and adulthood.* Chapters combine discussion of the theoretical and empirical issues with practical considerations. The authors incorporate detailed practice descriptions throughout, which will allow clinicians to use the book as a step-by-step guide to clinical work. Practice exercises are also included where relevant to aid skills development.

This comprehensive, evidence-based practice *Handbook* will prove an invaluable resource for anyone undertaking postgraduate training in clinical psychology, as well as practising clinical psychologists, psychiatrists and psychotherapists.

CONTENTS: Emerson, Preface. Carr, Foreword. **Conceptual Frameworks.** Carr, O'Reilly, Diagnosis, Classification and Epidemiology. Carr, O'Reilly, Lifespan Development and the Family Lifecycle. **Assessment Frameworks.** O'Reilly, Carr, Evaluating Intelligence Across the Life-span: Integrating Theory, Research and Measurement. Keith, Evaluation of Quality of Life. Carr, O'Reilly, Interviewing and Report Writing. **Intervention Frameworks.** Colye, Person Centred Planning. O'Reilly, Sigafos, Lancioni, Green, Olive, Lacey, Cannella, Applied Behaviour Analysis. Kroese, Dangan, Jahoda, Cognitive Behaviour Therapy. **Infancy and Early Childhood.** Blacher, Feinfield, Kraemer, Supporting Families Who Have Children with Disabilities. Baker, Feinfield, Early Intervention and Parent Training. Wiggs, Sleep Disorders. Grey, McClean, Toileting Problems. Sturmey, Reyer, Mayville, Matson, Feeding Difficulties and Eating Disorders. Udwin, Kuczynski, Behavioural Phenotypes in Genetic Syndromes Associated with Intellectual Disabilities. Jordan, Autistic Spectrum Disorders. **Middle Childhood.** Wehmeyer, Lee, Educating Children with Intellectual Disabilities. Sigafos, O'Reilly, Green, Communication Difficulties and the Promotion of Communication Skills. McClean, Grey, Modifying Challenging Behaviour and Planning Positive Supports. **Adolescence.** Parmenter, Harman, Yazbeck, Riches, Life Skills Training for Adolescents with Intellectual Disabilities. Valenti-Hein, Choinski, Relationships and Sexuality in Adolescence. **Adulthood.** Walsh, Linehan, Living and Working in the Community. Zaman, Holt, Bouras, Managing Mental Health Problems in People with Intellectual Disabilities. Murphy, Intellectual Disability and Sexual Abuse. McCannon, McCallion, Supporting Families with Aging Members Who Have Intellectual Disabilities. McGuire, McEvoy, The Macrosystem and Professional Issues. McEvoy, McGuire, Risk Assessment.

2007: 992pp.
Hb: 978-1-58391-861-6: £95.00/\$170.00
Pb: 978-1-58391-862-3: £32.99/\$58.95



The Handbook of Adult Clinical Psychology

An Evidence Based Practice Approach

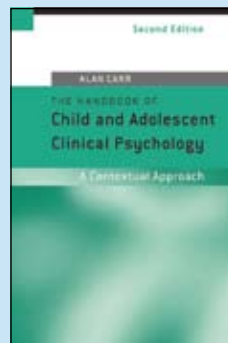
Edited by **Alan Carr,** and **Muireann McNulty,** both at the University College Dublin, Ireland

"... *This Handbook is a nice overview of major areas of clinical psychology practice with adults. An introductory graduate student seeking an overview of the most common domains of clinical psychology and how it is most often practiced by contemporary clinicians will find this book a good, indeed a comprehensive, overview.*" - **Bruce A. Thyer,** Contemporary Psychology: APA Review of Books

The Handbook of Adult Clinical Psychology provides a reliable source of guidance on the full range of issues associated with conducting evidence based practice in adult mental health. Each chapter includes useful skill building exercises, summaries of the issues covered, suggested further reading lists for both psychologists and patients, and case material.

SELECTED CONTENTS: Part I: Conceptual Frameworks. Part II: Mood Disorders and Suicide. Part III: Anxiety Disorders. Part IV: Physical Health Problems. Part V: Other Psychological Difficulties.

2006: 1096pp.
Hb: 978-1-58391-853-1: £95.00/\$170.00
Pb: 978-1-58391-854-8: £32.99/\$58.95



The Handbook of Child and Adolescent Clinical Psychology

A Contextual Approach

Second Edition

Alan Carr, University College Dublin, Ireland

"*This text stands as the clearest and most comprehensive account of therapy and practice in the field of child and adolescent mental health. This second edition will have an impact that establishes it as the text of choice for students, practitioners and trainers.*" - **Arlene Vetere,** University of Surrey, UK

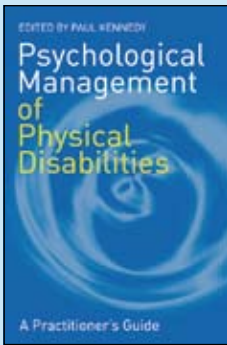
This second edition of the hugely successful *Handbook of Child and Adolescent Clinical Psychology* incorporates important advances in the field to provide a reliable and accessible source of practical advice.

Beginning with a set of general conceptual frameworks for practice, the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents, drawing on best practice in the fields of clinical psychology and family therapy.

SELECTED CONTENTS: Part I: Frameworks for Practice. Part II: Problems of Infancy and Early Childhood. Part III: Problems of Middle Childhood. Part IV: Problems in Adolescence. Part V: Child Abuse.

2006: 1224pp.
Hb: 978-1-58391-830-2: £95.00/\$170.00
Pb: 978-1-58391-831-9: £32.99/\$59.95

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for further titles by Alan Carr see pages 11, 39



Psychological Management of Physical Disabilities

A Practitioner's Guide

Edited by **Paul Kennedy**, University of Oxford, UK

"This is a significant volume in terms of its consideration of the applications of clinical health psychology... It is a well organised and detailed text and will be essential reading to any health professional who wishes to provide biopsychosocially informed and truly integrated services." - **Tony Wells**, City Hospitals Sunderland, UK

The successful integration of psychological factors into the management of physical disabilities is critical to successful health-care delivery. This book provides a comprehensive and accessible guide to the best practice and approaches in this field.

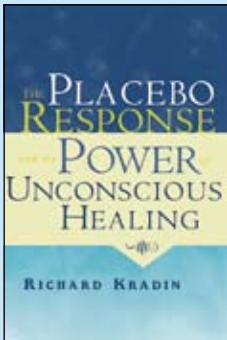
Paul Kennedy brings together contributions from a range of experienced researchers and practitioners, who explore the emotional, motivational and psychological factors associated with the rehabilitation and treatment of people with a range of physical disabilities, including spinal cord injury, stroke, and chronic pain.

SELECTED CONTENTS: Part I: The Scope of Psychological Processes in Physical Rehabilitation. Part II: Psychological Applications and Practitioner Perspectives. Part III: General Organisational Challenges and Developments.

2007: 296pp.

Hb: 978-1-58391-712-1: £60.00/\$104.00

Pb: 978-1-58391-713-8: £24.99/\$43.00



New!

The Placebo Response and the Power of Unconscious Healing

Richard Kradin, Massachusetts General Hospital, Boston, USA

Placebo responses are automatic and unconscious and cannot be predicted based on conscious volition. Instead, they reflect complex interactions between the innate reward system of the nervous system and encoded procedural memories and imaginal fantasies. The placebo response contributes inextricably to virtually all therapeutic effects, varies in potency, and likely exhibits its own pathologies. *The Placebo Response* further considers that the critical elements required to provoke placebo responses overlap substantially with what most current psychotherapies consider to be therapeutic, i.e. an interpersonal dynamic rooted in concern, trust and empathy. The potential importance of training caregivers in how to optimize placebo responses is considered a crucial feature of both the art and science of care-giving.

CONTENTS: Introduction. The Placebo Response: A Matter of Perspective. Sickness and Healing. A Brief History of Medicine and Placebo. Placebo Effects – Who Gets Them? What Do We Know About How Placebos Act? The Anomalous Placebo Response. Placebo and Truth. Harnessing the Placebo Response.

January 2008: 296pp.

Hb: 978-0-415-95618-5: £24.95/\$40.00



Formulation and Treatment in Clinical Health Psychology

Edited by **Ana V. Nikčević**, Kingston University, UK, **Andrzej R. Kuczmierczyk**, City University, London, UK, and **Michael Bruch**, University College London, UK

Formulation and Treatment in Clinical

Health Psychology brings together leading experts in the fields of clinical health psychology and behavioural medicine with the aim of illustrating the formulation and treatment design procedures which they employ in their specialist areas. Each chapter covers the key biopsychosocial parameters, assessment modalities, empirically based treatment strategies and formulation procedures for specific problems.

The practical guidance provided in this volume will prove invaluable for all practising clinicians working in the context of health-related problems.

2006: 320pp.

Hb: 978-1-58391-284-3: £55.00/\$100.00

Pb: 978-1-58391-285-0: £22.99/\$41.95



Choosing Methods in Mental Health Research

Mental Health Research from Theory to Practice

Edited by **Mike Slade**, Institute of Psychiatry, UK, and **Stefan Priebe**, Queen Mary's School of Medicine and Dentistry, UK

"This book fulfils an undoubted need, with clear descriptions of different research methods written by informed enthusiasts."

- **David Goldberg**, From the Foreword

Choosing Methods in Mental Health Research develops a new framework for mental health research. It is concerned with how to choose the most appropriate mental health research method, not only to address a specific question, but to maximize the potential impact on shaping mental health care.

Mike Slade and Stefan Priebe focus attention on the types of audience that the researcher is seeking to influence, the types of evidence each audience accepts as valid, and the relative strengths and limitations of each type of methodology.

2006: 320pp.

Hb: 978-1-58391-844-9: £29.95/\$53.95

ALSO BY MIKE SLADE & STEFAN PRIEBE



Evidence in Mental Health Care

Edited by **Stefan Priebe**, and **Mike Slade**

2002: 288pp.

Hb: 978-0-415-23692-8: £29.95/\$52.95



Countertransference and the Therapist's Inner Experience

Perils and Possibilities

Charles J. Gelso, University of Maryland/College Park, USA, and **Jeffrey A. Hayes**, Pennsylvania State University, USA

"In this comprehensive, even-handed treatment of the topic of countertransference, Charles Gelso and Jeffrey Hayes manage to be both clinically passionate and empirically dispassionate... Countertransference and the Therapist's Inner Experience is a significant milestone on the journey." - Nancy McWilliams, Rutgers University, USA

Countertransference and the Therapist's Inner Experience explores the inner world of the psychotherapist and its influences on the relationship between psychotherapist and patient. This relationship is a major element determining the success of psychotherapy, in addition to determining how and to what extent psychotherapy works with each individual patient.

2007: 184pp.

Hb: 978-0-8058-4696-6: £33.95/\$59.95

Pb: 978-0-8058-6082-5: £13.50/\$24.95

Forthcoming!

Psychodynamic Theory, Therapy, and Assessment

Clinical Utility and Empirical Foundations

Steven K. Huprich, Eastern Michigan University, USA

The purpose of this book is to reintroduce psychoanalytic and psychodynamic theory to the practice of clinical psychology in ways that are easily understandable, practical and immediate in their application, and supported empirically. Moreover, this book is designed to demonstrate to its readers that psychoanalytic theory affects much of what is done in clinical practice today. Readers will gain a greater appreciation for what psychodynamic theory offers and how they may apply psychoanalytic and psychodynamic ideas toward effective clinical practice.

CONTENTS: Introduction. **Part I: Theoretical Underpinnings.** Basic Principles of Psychoanalytic and Psychodynamic Theory. The Evolution of Theory I. The Evolution of Theory II. **Part II: Treatment Principles and Empirical Support.** How Does Treatment Work? Empirical Studies of Psychoanalytic and Psychodynamic Therapy. Theories and Empirical Studies of Therapeutic Action. Cognitive Neuroscience and Psychoanalytic Ideas. **Part III: Therapeutic Processes.** Diagnosis and Assessment. Case Study.

September 2008: 225pp.

Hb: 978-0-8058-6400-7: £49.95/\$89.95

Pb: 978-0-8058-6401-4: £22.00/\$39.95



Psychological Clinical Science

Papers in Honor of Richard M. McFall

Edited by **Teresa A. Treat**, Yale University, USA, **Richard R. Bootzin**, University of Alabama, USA, and **Timothy B. Baker**, University of Wisconsin-Madison, USA

Psychological Clinical Science offers readers

insightful appraisals of the most current theory and research in psychopathology and evidence-based intervention. It honors Richard McFall of Indiana University, a visionary psychological clinical scientist widely recognized for his unwavering advocacy for a science of clinical psychology and for the integration of clinical psychology with other subdisciplines of psychological science.

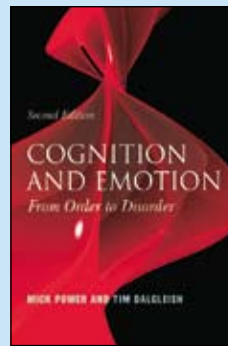
In keeping with McFall's integrative approach to psychological science, contributors to this volume include prominent clinical scientists, cognitive scientists, and neuroscientists.

SELECTED CONTENTS: Part I: History and Epistemology of Psychological Clinical Science. Part II: Application of Clinical Science to Topics of Applied Significance. Part III: Model Integrative Research Programs. Part IV: Future Directions for Research, Application, and Training. Part V: Closing Chapter.

2007: 464pp.

Hb: 978-0-8058-5561-6: £44.00/\$80.00

Series: *Modern Pioneers in Psychological Science*



Cognition and Emotion

From Order to Disorder

Second Edition

Mick Power, Edinburgh University, UK, and **Tim Dalgleish**, Medical Research Council Cognition and Brain Sciences Unit, Cambridge, UK

"Once again, with their unique style, Power and Dalgleish have produced a most readable, comprehensive, and scholarly book on Cognition and Emotion." - **Nazanin Derakhshan**, School of Psychology, Birkbeck University of London, UK

This second edition of the highly praised *Cognition and Emotion* examines everything from past philosophical to current psychological perspectives in order to offer a novel understanding of both normal emotional experience and the emotional disorders.

CONTENTS: Introduction. The Cognitive Philosophy of Emotion. Cognitive Theories of Emotion. Cognitive Theories of Emotional Disorder. Towards an Integrated Cognitive Theory of Emotion: The SPAARS Approach. Fear. Sadness. Anger. Disgust. Happiness. Overview and Conclusions.

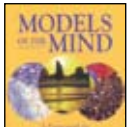
2007: 456pp.

Hb: 978-0-415-37353-1: £45.00/\$90.00

Pb: 978-0-415-37354-8: £22.50/\$44.95

Published by Psychology Press

BACKLIST TITLES



Dilts Jr.: Models of the Mind: A Framework for Biopsychosocial Psychiatry

Pb: 978-1-58391-071-9: 2000: 352pp. £20.00/\$33.95

Heath: Home Treatment for Acute Mental Disorders: An Alternative to Hospitalization

Hb: 978-0-415-93408-4: 2004: 328pp. £50.00/\$76.00

Johnstone: Users and Abusers of Psychiatry, Second Edition

Pb: 978-0-415-21156-7: 2000: 318pp. £19.99/\$31.95

Ottosson/Fink: Ethics in Electroconvulsive Therapy

Hb: 978-0-415-94659-9: 2004: 168pp. £20.99/\$34.95

Stevens/Price: Evolutionary Psychiatry: A New Beginning, Second Edition

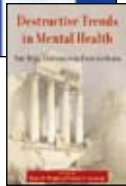
Pb: 978-0-415-21979-2: 2000: 310pp. £19.99/\$31.95

Schein et al., Eds: Psychosocial Treatment for Medical Conditions: Principles and Techniques

Hb: 978-1-58391-366-6: 2002: 352pp. £37.50/\$65.95

Wright/Cummings, Eds.: Destructive Trends in Mental Health: The Well-Intentioned Path to Harm

Hb: 978-0-415-95086-2: 2005: 384pp. £22.00/\$34.95

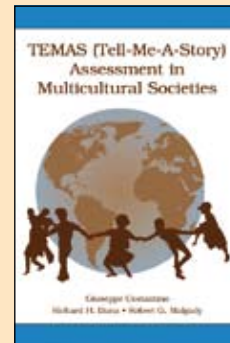


SELECTED CONTENTS: Part I: General Principles. Part II: The Research Summaries and Scoring Manuals. Perceptual-Cognitive. Part III: Psychodynamic. Part IV: Social-emotional. Part V: Needs-concerns.

2007: 816pp.

Hb: 978-0-8058-4373-6: £56.00/\$90.00

Series: *Personality and Clinical Psychology*



TEMAS (Tell-Me-A-Story) Assessment in Multicultural Societies

Giuseppe Costantino, Lutheran Medical Center, Brooklyn, USA, **Richard H. Dana**, Portland State University, USA, and **Robert G. Malgady**, Montrose, USA

TEMAS (Tell-Me-A-Story) Assessment in Multicultural Societies examines the health/mental care system in which professional service providers, including psychologists, labor to offer quality care for youth in the United States. The authors ardently support the use of the TEMAS assessment instrument as a useful tool for diagnosis of all youngsters, particularly its use on the growing population of minority children and adolescents.

TEMAS (Tell-Me-A-Story) Assessment in Multicultural Societies brings practical insight to instructors who teach standard assessment courses; clinicians, counselors, and school psychologists; assessment specialists; and administrators concerned with mental health services designed for children and adolescents.

CONTENTS: Part I: Introductory Considerations. Child-Adolescent Mental Health Needs and Services. Promoting Cultural Competency in Mental Health Service Delivery. Picture-story Performance Instruments for Children and Adolescents. TEMAS: Description and Development. **Part II: Essentials of TEMAS Assessment.** Administration and Scoring. Psychometric Properties. Cross-cultural Findings. **Part III: Clinical Utility of TEMAS: Case Studies.** European-American Case Study. Hispanic/Latino Case Study. Asian-American Case Study. Diverse Cross-cultural Studies. Forensic Case Study.

2007: 512pp.

Hb: 978-0-8058-4451-1: £30.95/\$49.95

Series: *Personality and Clinical Psychology*

CLINICAL TESTS & ASSESSMENTS

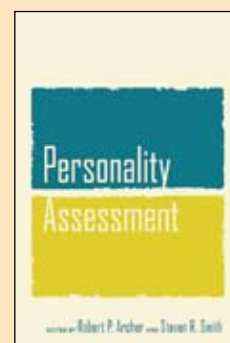


A Handbook of Clinical Scoring Systems for Thematic Apperceptive Techniques

Edited by **Sharon Rae Jenkins**, University of Northern Texas, USA

This comprehensive volume brings together the best available clinical scoring systems for thematic apperceptive techniques (TATs), presented in research summaries along with practice stories and available scoring manuals.

This book should be in the library of every faculty member and clinical supervisor who is responsible for teaching courses in psychological assessment or supervising assessment students in clinical, counseling, school, or forensic psychology, whether in academic or practice settings, practicum sites, or internships.



New!

Personality Assessment

Edited by **Robert P. Archer**, Eastern Virginia Medical School, USA, and **Steven R. Smith**, University of California, Santa Barbara, USA

"This volume is exceptionally well suited as a comprehensive text on personality assessment for graduate-level courses

in clinical and counseling psychology." - **Charles D. Spielberger**, University of South Florida, USA

Personality Assessment provides an overview of the most popular self-report and performance-based personality assessment instruments. Designed with graduate-level clinical and counseling psychology programs in mind, the book serves as an instructional text for courses in objective or projective personality assessment. It provides coverage of eight of the most popular assessment instruments used in the United States – from authors key in creating,

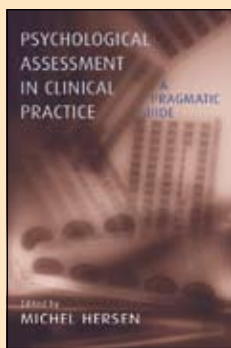
or developing the research base for these test instruments. The uniquely informed perspective of these leading researchers, as well as chapters on clinical interviewing, test feedback, and integrating test results into a comprehensive report, will offer students and clinicians a level of depth and complexity not available in other texts.

CONTENTS: *Smith, Archer*, Introducing Personality Assessment. *Maruish*, The Clinical Interview. *Ben-Porath, Archer*, The MMPI-2 and MMPI-AMMPI. *Craig*, Millon Clinical Multiaxial Inventory-III. *Morey, Hopwood*, The Personality Assessment Inventory. *Costa, McCrae*, The NEO Inventories. *Merrel, Harlacher*, Behavior Rating Scales. *Meyer, Viglione*, An Introduction to Rorschach Assessment. *Ackerman, Fowler, Clemence*, TAT and Other Performance-based Assessment Techniques. *Fischer, Finn*, Developing the Life Meaning of Psychological Test Data: Collaborative and Therapeutic Approaches. *Blais, Smith*, Improving the Integrative Process in Psychological Assessment: Data Organization and Report Writing.

January 2008: 480pp.

Hb: 978-0-8058-6117-4: £84.00/\$135.00

Pb: 978-0-8058-6118-1: £38.95/\$69.95



Psychological Assessment in Clinical Practice

A Pragmatic Guide

Edited by **Michel Hersen**, Pacific University, USA

The primary objective of *Psychological Assessment in Clinical Practice* is to provide the reader (students and practitioners

alike) with the realities of conducting psychological assessment in clinical settings where there is not the availability of a plethora of research assistants and staff. Indeed, most individuals end up being solo practitioners or at best work in settings where they must conduct assessment themselves. This multi-authored book, then, details the specifics as to how this is done.

2004: 472pp.

Hb: 978-0-415-93502-9: £32.50/\$50.95

REGISTERED USERS

We are obliged to follow strict ethical guidelines for the supply of the clinical tests and assessments. The message 'Registered Users' at the top of a test indicates that its use is restricted to psychiatrists, registered clinical psychologists, and clinicians or researchers with the relevant training to administer the test. Clinicians or researchers wishing to purchase the test and related materials will be asked to fill in a registration form. Further information and prices for all the tests listed below are available on request.

Please contact: **Julie Norton** at julie.norton@psyppress.co.uk



Registered Users

The Gudjonsson Scales

Gisli H. Gudjonsson

The *Gudjonsson Suggestibility Scale (GSS 1)* and its parallel form, the *GSS 2*, were developed for research, forensic and clinical applications. They

give a reliable measure of verbal memory recall, both immediate and delayed, and 'interrogative suggestibility'. The Scales can be used with forensic populations, victims and witnesses to crime, mentally disordered persons, and children and adolescents.

Further information and prices available on request.

Registered Users

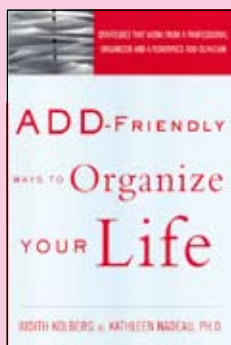
Attention-Deficit Scales for Adults (ADSA)

Santo James Triolo

The *Attention-Deficit Scales for Adults (ADSA)* is an important new tool that will aid clinicians in the assessment and diagnosis of Attention-Deficit/Hyperactivity Disorder (ADHD) in adults.

Further information and prices available on request.

ADD



ADD-Friendly Ways to Organize Your Life

Strategies that Work from a Professional Organizer and a Renowned ADD Clinician

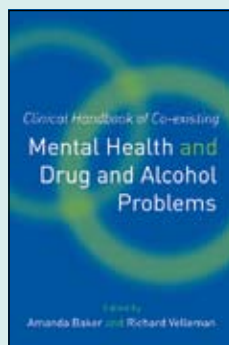
Judith Kolberg, and **Kathleen Nadeau**

This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields – professional organization and clinical psychology.

2002: 280pp.

Pb: 978-1-58391-358-1: £13.50/\$21.95

ADDICTIONS



Clinical Handbook of Co-existing Mental Health and Drug and Alcohol Problems

Edited by **Amanda Baker**, University of Newcastle, Australia, and **Richard Velleman**, University of Bath, UK

"The editors have pulled together a veritable 'who's who' of the fields of substance use... If the messages of this book about assessment and treatment are heeded... then the quality of treatment provided for co-existing disorders will be substantially improved." - **Wayne Hall and Michael Farrell**, From the Foreword

Co-existing mental health and drug and alcohol problems occur frequently in primary care and clinical settings. Despite this, health professionals rarely receive training in how to detect, assess and formulate interventions for co-existing problems and few clinical guidelines exist.

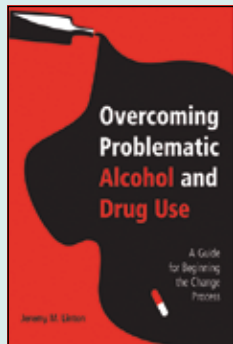
This *Handbook* provides an exciting and highly useful addition to this area. Leading clinicians from the UK, the US and Australia provide practical descriptions of assessments and interventions for co-existing problems.

SELECTED CONTENTS: Part I: Overview: Detection and Decisions. Part II: General Processes When Working with People with Co-existing Mental Health and Drug and Alcohol Problems. Part III: Adapting Approaches with Specific Populations or Specific Problems. Part IV: Training, Supervision and Future Directions.

2007: 424pp.

Hb: 978-1-58391-775-6: £70.00/\$125.00

Pb: 978-1-58391-776-3: £27.99/\$49.95



Overcoming Problematic Alcohol and Drug Use

A Guide for Beginning the Change Process

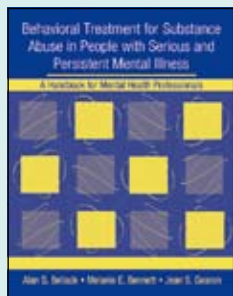
Jeremy M. Linton, University of Indiana, USA

Overcoming Problematic Alcohol and Drug Use is a workbook for use with clients in treatment, informed by the most current research and literature in the substance abuse field. Offering a field-tested alternative to the disease model of addiction, the book introduces a six-session curriculum for treating persons with substance abuse issues and can be used as a self-help resource for persons with substance abuse issues, or as a practice guide for human service professionals.

CONTENTS: List of Documents Available in the Public Domain. Determining Your Goals and Getting Started. The Change Process. Cognitive Model of Addiction. Errors in Thinking. Recovery. Relapse. Managing Emotions. Living with Integrity in Recovery. Where to Go Next. Summary of Treatment Options.

2007: 136pp.

Pb: 978-0-415-96072-4: £15.95/\$24.95



Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness

A Handbook for Mental Health Professionals

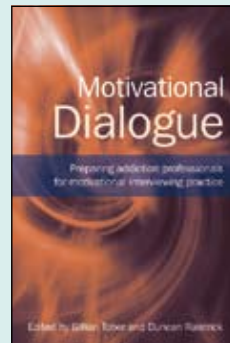
Alan S. Bellack, and Melanie E. Bennett, both at the University of Maryland School of Medicine, USA, and Jean S. Gearon, in private practice, Washington, USA

"Bellack, Bennett, and Gearon give clinicians an excellent guide to treating dual disorders of schizophrenia and substance abuse. The book is replete with clinical vignettes and supplemented with user-friendly skill sheets, educational materials, and forms. It will be a welcome resource to all clinicians working with dually diagnosed clients." - Kim T. Mueser, Dartmouth Medical School, USA

Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness addresses the specific challenges faced by the clinician treating individuals with co-occurring schizophrenia and substance abuse disorders. Designed as a treatment manual for mental health professionals, the book incorporates various treatment components, from motivational interviewing and social skills training to education, problem solving, and relapse prevention.

2006: 288pp.

Pb: 978-0-415-95283-5: £31.00/\$49.95



Motivational Dialogue

Preparing Addiction Professionals for Motivational Interviewing Practice

Edited by Gillian Tober, and Duncan Raistrick, both at the Leeds Addiction Unit, UK

Motivational Dialogue explores the application of motivational interviewing in various contexts, with a view to enhancing understanding and improving practice.

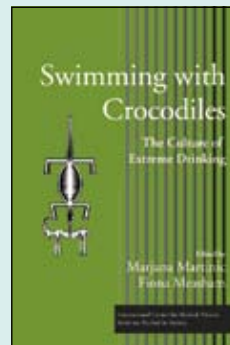
The book describes the research and practice of motivational interviewing as a stand alone intervention, as an adjunct to further treatment, and as a style of delivery of social and behavioural interventions. The contributors draw on their expertise and experience as researchers, teachers and practitioners to encourage the reader to appreciate the broad applicability of motivational dialogue.

SELECTED CONTENTS: Reflections and a Model. Learning and Practice. Four Studies of Motivational Therapy in Practice. Motivational Dialogue and Stepped Care.

2007: 248pp.

Hb: 978-1-58391-295-9: £60.00/\$104.95

Pb: 978-1-58391-296-6: £24.99/\$43.95



New!

Swimming with Crocodiles

The Culture of Extreme Drinking

Edited by Marjana Martinic, Vice President for Public Health, International Center for Alcohol Policies (ICAP), Washington, USA, and Fiona Measham, Lancaster University, UK

Swimming with Crocodiles is the ninth volume in the ICAP Book Series on Alcohol in Society. The authors discuss the factors that motivate extreme drinking, address the developmental, cultural and historical contexts that have surrounded it, and offer a new approach to addressing this behavior through prevention and policy. The centerpiece of the book is a series of focus groups conducted with young people in Brazil, China, Italy, Nigeria, Russia, South Africa, and the United Kingdom, which examine their views on extreme drinking.

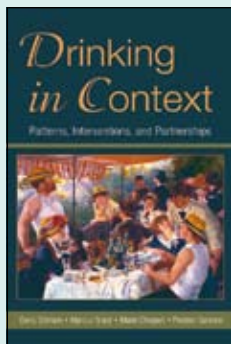
CONTENTS: Martinic, Measham, A Case for the Term "Extreme Drinking". Measham, A History of Intoxication: Changing Attitudes to Drunkenness and Excess in the United Kingdom. Nahoum-Grappe, Beyond Boundaries: Youth and the Dream of the Extreme. Choquet, Case Study: Drinking Among Young People in France. Leigh, Lee, What Motivates Extreme Drinking? Measham,

Case Study: Drinking Among Young People in the United Kingdom. **Focus Group Results.** *Gorgulho, Da Ros, Brazil. Newman, China. Tempesta, Italy. Odejide, Omigbodun, Ajuwon, Makanjuola, Bamgboye, Oshiname, Nigeria. Koshkina, Russia. Makan, South Africa. March, United Kingdom (Scotland). Leverton, Evans, Stakeholders and Their Roles. Martinic, Alexander, Extreme Drinking, Young People, and Feasible Policy. Pérez-Fragero, Case Study: Botellón in Spain. Gorgulho, Tamendarova, Tackling Extreme Drinking in Young People: Feasible Interventions. Kilmer, Larimer, Case Study: United States: Drinking Among Sorority and Fraternity Students. Martinic, Measham, Afterword. Annex 1: Procedures for Focus Groups on Extreme Drinking. Annex 2: Guiding Questions for Focus Groups.*

May 2008: 300pp.

Hb: 978-0-415-95548-5: £37.95/\$60.00

Series: ICAP Series on Alcohol in Society



Drinking in Context

Patterns, Interventions, and Partnerships

Edited by **Gerry Stimson**, International Harm Reduction Association, Australia, **Marcus Grant**, International Center for Alcohol Policies, Washington D.C., USA, **Marie Choquet**, Institut de Recherches Scientifiques sur les Boissons, France, and

Preston Garrison, World Federation for Mental Health, Virginia, USA

"This volume does exactly as its title suggests. It provides examples of the different cultural contexts within which alcohol problems are evident... Its value lies in its contribution to the debate about effective interventions in alcohol problems, and the need to achieve a balance between population wide approaches and targeted interventions."

- **Jack Law**, Chief Executive, Alcohol Focus Scotland, Glasgow, UK

Drinking in Context is intended to complement existing volumes dealing with international alcohol policy by focusing on three main themes: *drinking patterns, targeted interventions, and partnership development.*

2006: 264pp.

Hb: 978-0-415-95447-1: £31.00/\$49.95

Forthcoming!

Pharmacology and Treatment of Substance Abuse

Evidence and Outcome Based Perspectives

Edited by **Lee M. Cohen**, Texas Tech University, USA, **Frank L. Collins, Jr.**, University of North Texas, USA, **Alice Young**, Texas Tech University, USA, **Dennis E. McChargue**, University of Nebraska, USA, and **Thad R. Leffingwell**, Oklahoma State University-Stillwater, USA

Given the prevalence of substance abuse in general clinical populations, it is important for healthcare providers to have knowledge and skill in the treatment of these problems. Evidence-based practice (EBP) involves the integration of the best evidence with clinical expertise and patient values. This text is designed as a bridge for practitioners that will provide up-to-date evidence reviews as well as information on how to best keep up with emerging trends in the field.

CONTENTS: *Young, Cohen, Part I: Psychopharmacology and Neurobiology of Substance Abuse. Paronis, Principles of Drug Action. Comer, Actions of Drugs Pertinent to their Abuse. Mintzer, Vandrey, Performance and Cognitive Alterations. Allen, Tolerance, Sensitization, Dependence, and Withdrawal. Koob, Neurobiology of Addiction. Ray, Hutchison, Behavioral Genetics. Collins,*

Leffingwell, Part II: Conceptual Models and Principles of Substance Abuse Treatment. Collins, Leffingwell, Callahan, Cohen, Evidence Based Practice. Pierce, Individual Treatment Approaches. Morrell, Myers, Group Treatment Approaches. Smith, Community Based Treatment Approaches. Steiker, Hopson, Goldbach, Sagun, Prevention. Cohn, McChargue, Part III: Assessment and Treatment of Substance Abuse. Blume, Resor, Villanueva, Braddy, Alcohol. Brandon, Droles, Ditre, Elibero, Nicotine. Looby, Earleywine, Marijuana. Petry, Alessi, Cocaine. Rush, Amphetamines. Marsch, Bickel, Heroin and Other Opiates. Crano, Inhalants. Halpern, Hallucinogens and Dissociative Drugs. Pope, Kanayama, Steroids. Schnoll, Prescription Medications. Echeverry, Club Drugs. Collins, Cohn, Part IV: Special Topics. Henderson, Rowe, Liddle, Treatment of Adolescent Drug Users. Roman, Knudsen, Drug Testing and Workplace Issues. al'Absi, Stress and Drug Abuse. Murphy, Correia, Vuchinich, Behavioral Economics and Substance Abuse. Caldeiro, Saxon, Calsyn, Pharmacotherapy of Substance Abuse. Baer, Hartzler, Rosengren, Dunn, Motivational Interviewing. Johnson, Faith Based Treatments. Sher, The Future of Substance Abuse Treatment and Research.

November 2008: 672pp.

Hb: 978-0-8058-5968-3: £100.00/\$200.00

Pb: 978-0-8058-5969-0: £45.00/\$79.95

CHILD AND ADOLESCENT CLINICAL PSYCHOLOGY AND PSYCHIATRY

Forthcoming!

Abnormal Child Psychology

A Developmental Perspective

Edited by **Linda Wilmschurst**, Elon University, USA

Abnormal Child Psychology: A

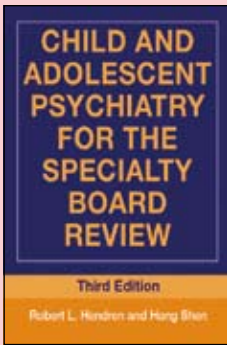
Developmental Perspective is intended

for undergraduate and Masters-level students enrolled in courses in Abnormal Child and Adolescent Psychology. The text provides students with a learning model which incorporates three essential cornerstones, which are pivotal to understanding child and adolescent psychopathology: the K3 paradigm that consists of Knowledge of Developmental Expectations, Knowledge of the Sources of Influence, and Knowledge of the Theoretical Models.

CONTENTS: Part I: The Foundations of Abnormal Child Psychology: A Developmental Perspective. Abnormal Child Psychology: Past, Present and Future. Understanding Abnormal Development: Theoretical Perspectives. Understanding Abnormal Development: Risks, Protective Factors and Culturally Diverse Youth. Developmental Considerations in Research and Practice: Ethical Issues and Research Methods. Issues in Diagnosis, Assessment and Treatment. **Part II: Emotional, Behavioral and Learning Difficulties in Children and Youth: Their Nature and Their Course. Part IA: Internalizing Problems: An Introduction.** Anxiety Disorders with likely Onset in Childhood. Anxiety Disorders with Likely Onset in Adolescence and Stress Disorders. Mood Disorders: Depression, Bipolar Disorder and Suicide. **Part IB: Externalizing Problems: An Introduction.** Behavioral Problems and Disruptive Disorders. **Part II: Problems of Attention and Learning: An Introduction.** Attention Deficit/Hyperactivity Disorder (ADHD). Specific Learning Disabilities (SLD). **Part III: Problems of Late Childhood or Adolescence: An Introduction.** Eating Disorders. Substance Abuse and Abuse Among Youth. **Part IV: Intellectual and Developmental Disabilities and Pervasive Developmental Disorders: An Introduction.** Intellectual and Developmental Disabilities. Pervasive Developmental Disorders.

June 2008: 533pp.

Hb: 978-0-415-95363-4: £43.00/\$69.00



Child and Adolescent Psychiatry for the Specialty Board Review

Third Edition

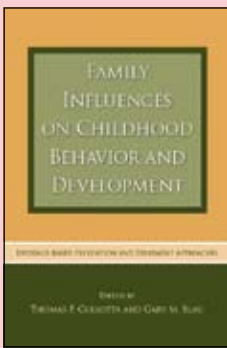
Robert L. Hendren, and Hong Shen, both at the University of California, USA

Both general and child/adolescent psychiatrists will find the third edition of this book valuable in preparing for their re-certification exams. The revision of this book incorporates recent information from AACAP's Practice Parameters, and review questions and references have also been updated. Hendren has reviewed every question, answer, and explanation to ensure coverage of the major advances in the classification of child and adolescent disorders represented in the DSM-IV.

2007: 184pp.

Pb: 978-0-415-95598-0: £21.95/\$34.95

Series: Continuing Education in Psychiatry and Psychology



New!

Family Influences on Childhood Behavior and Development

Evidence-Based Prevention and Treatment Approaches

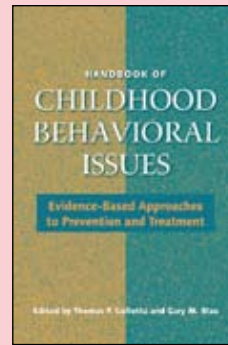
Edited by **Thomas P. Gullotta**, C.E.O. of Child and Family Agency, USA, and **Gary M. Blau**, Chief of the Child, Adolescent and Family Branch of the Center for Mental Health Services, USA

This book is about families and their children. This book is about those times when the family unit experiences distress. In this volume, the authors explore what family means today, what functions it serves, and those circumstances that can make family life painful. Importantly, the authors provide readers with clearly written information drawn from the most recent scientific investigations suggesting how the topics in this volume might be addressed to either ease that discomfort (treatment) or prevent its occurrence.

CONTENTS: Introduction. *Gullotta*, The Family, Treatment, and Prevention: How Theory Influences Practice. *Williams-Washington, Melon, Blau*, Childhood Growth and Development Within a Family Context. *Osher, Osher, Blau*, Families Matter. *Goode, Jones*, Cultural Influences on Child Development: The Middle Years. *Keys, Leaf*, Public Health Principles and Approaches to Systems Interventions to Support Children's Emotional and Behavioral Health. *Arcus, Chambers*, Childhood Risks Associated with Adoption. *Mensah, Fine*, Divorce and Children. *Hennon, Hildebrand, Schedle*, Stepfamilies and Children. *Fisher, Easterly, Lazear*, Lesbian, Gay, Bisexual and Transgender (LGBT) Families and their Children. *Plant, Siegel*, Children in Foster Care: Prevention and Treatment of Mental Health Problems. *Nicholson, Cooper, Freed, Isaacs*, Children of Parents with Mental Illnesses. *Portwood*, Physical Abuse in Childhood (Ages 5-13). *Spitalnick, Younge, Sales, DiClemente*, Sexual Abuse in Childhood (The Abused Child). Epilogue.

April 2008: 312pp.

Hb: 978-0-415-96532-3: £31.00/\$49.95



Handbook of Childhood Behavioral Issues

Evidence-Based Approaches to Prevention and Treatment

Edited by **Thomas P. Gullotta**, C.E.O. of Child and Family Agency, USA, and **Gary M. Blau**, Chief of the Child, Adolescent

and Family Branch of the Center for Mental Health Services, USA

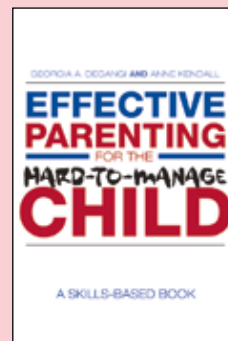
"Gullotta and Blau have assembled an exciting group of contributors and a distinctive text... this book will serve as a comprehensive reference for all professionals engaged in the treatment of children." - **Deborah C. Beidel**, author of *Shy Children, Phobic Adults* and *Childhood Anxiety Disorders*

Recent years have seen increasing interest in the mental health field, particularly related to strategies that foster the positive behavior and healthy mental state of children. As the *Handbook of Childhood Behavioral Issues* indicates, however, the causes of childhood behavioral, physical, and mental health problems are multi-dimensional and cannot be treated with a uniform approach. Rather than focus solely on theory, this book offers evidence of effective interventions as well as extensive bio-psychosocial methods of preventative practices.

CONTENTS: Introduction. **Part I: Foundational Chapters.** *Gullotta*, From Theory to Practice: Treatment and Prevention Possibilities. *de Voursney, Mannix, Brounstein, Blau*, Childhood Growth and Development. *Bush, Peterson*, Family Influences on Child Development. *Antonishak, Reppucci*, Ecological and Community Level Influences on Child Development. *E. W. Holden, E. A. Holden*, The Evidence Base for Treating Children's Mental Health Disorders. *Bloom*, Principles and Approaches to Primary Prevention. **Part II: Physical Health Issues.** *Philipsen, Brooks-Gunn*, Overweight and Obesity in Childhood. *Nansel, Hood*, Diabetes in Childhood. *Gustafson, Meadows-Oliver, Banasiak*, Asthma in Childhood. *Gillespie, Scagliola*, Children with Cancer. **Part III: Behavioral Health Issues.** *Graczyk, Connolly*, Anxiety Disorders in Childhood. *Roberts, Bishop, Rooney*, Depression and Bipolar Disorder in Childhood. *A. J. Schwabach, Mulsow, D. J. Schwabach*, ADHD in Childhood. *Kruczek, Vitanza, Salsman*, Post Traumatic Stress Disorder in Childhood. *Sexton, Pederson, Schuster*, Oppositional Defiant Disorder and Conduct Disorder in Childhood. *Mandell, Stahmer, Brodtkin*, Autism Spectrum Disorders in Childhood. *DuCharme, McGrady*, Pervasive Developmental Delay and Autistic Spectrum Disorder in Childhood.

2007: 432pp.

Hb: 978-0-415-95461-7: £60.00/\$95.00



Effective Parenting for the Hard-to-Manage Child

A Skills-Based Book

Georgia A. DeGangi, in private practice, ITS (Integrated Therapy Services) for Children and Families, Inc., USA, and

Anne Kendall, in private practice, The Wake Kendall Group, USA

"This is a very valuable book for parents who feel out of control with a difficult child. There are valuable insights into the child's build-in reasons for being difficult." - **T. Berry Brazelton**, Harvard Medical School, USA

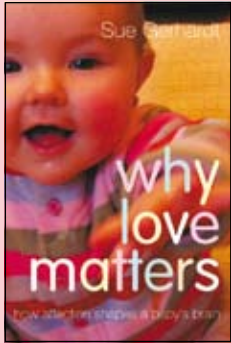
Effective Parenting for the Hard-to-Manage Child is a skills-based book for parents who need practical advice from experts, without all the jargon and generalizations. The book provides specific strategies and techniques for children who are intense, highly reactive, and unable to self-calm.

CHILD AND ADOLESCENT CLINICAL PROBLEMS

CONTENTS: How to Use this Book. The Intense, Irritable Child. Coping with Different Kinds of Anxiety. Mealtime Battles, Picky Eaters and Kids Who Just Won't Eat. Problems of Falling and Staying Asleep. The Mysteries of Obsessive-Compulsive Disorder. He Won't Listen and Can't Finish a Thing! How to Help Your Child with ADHD. The Oppositional Child – You Are Not the Boss of Me! Children with Sensory Overload. The Curious, Clueless, and Disorganized Child. Depression: Trying to Halt a Downward Slide. Embattled Parents: Focusing on Yourself and Your Child. Appendices.

2007: 296pp.

Pb: 978-0-415-95546-1: £13.95/\$24.95



Bestseller!

Why Love Matters

How Affection Shapes a Baby's Brain

Sue Gerhardt, in private practice, Oxford, UK

"Why Love Matters is hugely important. It should be mandatory reading for all parents, teachers and politicians." - **The Guardian**

Why Love Matters is a lively and very accessible interpretation of the latest findings in neuroscience, psychology, psychoanalysis and biochemistry. It will be invaluable to psychotherapists and psychoanalysts, mental health professionals, parents and all those concerned with the central importance of brain development in relation to many later adult difficulties.

2004: 256pp.

Pb: 978-1-58391-817-3: £9.99/\$17.95

www.whylovematters.com

RELATED TITLES



The Handbook of Child and Adolescent Clinical Psychology

Alan Carr

see page 3

What Works with Children, Adolescents and Adults?

Alan Carr

see page 39

BACKLIST TITLES



Carr, Ed.: **Prevention: What Works with Children and Adolescents?: A Critical Review of Psychological Prevention Programmes for Children, Adolescents and their Families**

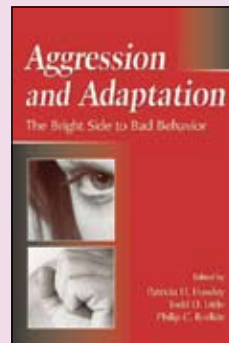
Pb: 978-1-58391-277-5: 2003: 432pp. £20.99/\$34.95



Carr, Ed.: **What Works with Children and Adolescents?: A Critical Review of Psychological Interventions with Children, Adolescents and their Families**

Pb: 978-0-415-23350-7: 2000: 384pp. £20.99/\$34.95

for further titles by Alan Carr see pages 3, 39



Aggression and Adaptation

The Bright Side to Bad Behavior

Edited by **Patricia H. Hawley**, and **Todd D. Little**, both at the University of Kansas, USA, and **Philip C. Rodkin**, University of Illinois at Urbana-Champaign, USA

"I would require this book for all of my doctoral students who study aggression... It is a

wonderful compilation of leading peer relations and aggression experts." - **Dorothy L. Espelage**, University of Illinois, Urbana-Champaign, USA

Aggression and Adaptation raises thought provoking questions about interpersonal functioning within social groups. The reader may find him/herself entertaining thoughts about the nature of goodness as the chapters suggest that aggressive behavior can offer significant avenues for personal growth, goal attainment, and bolstering one's social standing. The volume brings to light alternative points of view to the prevailing orthodoxy that aggression equals pathology.

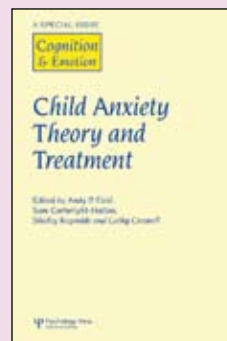
CONTENTS: Hawley, Preface. Hawley, Social Dominance in Childhood and Adolescence: Why Social Competence and Aggression May Go Hand in Hand. Vaughn, Santos, An Evolutionary/Ecological Account of Aggressive Behavior and Trait Aggression in Human Children and Adolescents. Smith, Why Has Aggression Been Thought of as Maladaptive? Pellegrini, Is Aggression Adaptive? Yes: Some Kinds Are and in Some Ways. Card, Little, Differential Relations of Instrumental and Reactive Aggression With Maladjustment: Does Adaptivity Depend on Function? Cillessen, Mayeux, Variations in the Association Between Aggression and Social Status: Theoretical and Empirical Perspectives. Sippola, Paget, Buchanan, Praising Cordelia: Social Aggression and Social Dominance Among Adolescent Girls. Bukowski, Abecassis, Self, Other, and Aggression: The Never-ending Search for the Roots of Adaptation. Farmer, Xie, Cairns, Hutchins, Social Synchrony, Peer Networks, and Aggression in School. Rodkin, Wilson, Aggression and Adaptation: Psychological Record, Educational Promise.

2007: 312pp.

Hb: 978-0-8058-5245-5: £49.95/\$89.95

Pb: 978-0-8058-6234-8: £19.95/\$34.50

Published by Psychology Press



A Special Issue of the Journal *Cognition and Emotion*

Child Anxiety Theory and Treatment

Edited by **Andy P. Field**, University of Sussex, UK, **Sam Cartwright-Hatton**, University of Manchester, UK, **Shirley Reynolds**, University of

East Anglia, UK, and **Cathy Creswell**, University of Reading, UK

Despite the negative impact of anxiety in children, theories and research have lagged behind their adult counterparts. This special issue arose from an Economic and Social Research Council funded seminar series (*Child Anxiety Theory and Treatment*, CATTS).

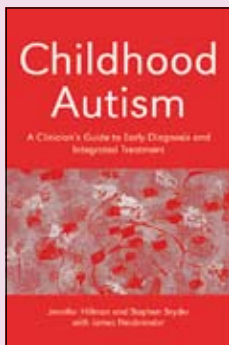
It highlights four themes in theories and research into child anxiety: the appropriateness of applying adult models to children, the need to isolate causal variables, the need to take a developmental perspective, and the importance of parents. This issue aims to stimulate debate about theoretical issues that will inform future child anxiety research.

CONTENTS: *Field, Cartwright-Hatton, Reynolds, Creswell*, Child Anxiety Theory and Treatment: Past Present and Future. *Muris, Field*, Distorted Cognition and Pathological Anxiety in Children and Adolescents. *In-Albon, Kleinb, Rinck, Beckerb, Schneider*, Development and Evaluation of a New Paradigm for the Assessment of Anxiety Disorder-specific Interpretation Bias Using Picture Stimuli. *Creswell, Woolgar, Cooper, Giannakakis, Schofield, Young, Murray*, Processing of Faces and Emotional Expressions in Infants at Risk of Social Phobia. *Field, Lawson*, The Verbal Information Pathway to Fear and Subsequent Causal Learning in Children. *Tiwari, Podell, Martin, Mychailyszyn, Furr, Kendall*, Experiential Avoidance in the Parenting of Anxious Youth: Theory, Research, and Future Directions. *Gifford, Reynolds, Bell, Wilson*, Threat Interpretation Bias in Anxious Children and Their Mothers. *Perez-Olivas, Stevenson, Hadwin*, Do Anxiety-related Attentional Biases Mediate the Link Between Maternal Over Involvement and Separation Anxiety in Children? *Bögels, Bamelis, Bruggen*, Parental Rearing as a Function of Parent's Own, Partner's, and Child Anxiety Status: Fathers Make the Difference. *Carter, Williams, Silverman*, Cognitive and Emotional Facets of Test Anxiety in African American School Children.

April 2008: 176pp.

Hb: 978-1-84169-851-9: £39.95/\$69.95

Published by Psychology Press



Childhood Autism

A Clinician's Guide to Early Diagnosis and Integrated Treatment

Jennifer Hillman, and **Stephen Snyder**, both at Berks College of the Pennsylvania State University, USA, with **James Neubrandner**, member of the think tank of the internationally recognized Autism Research Institute

"Childhood Autism provides both practical and scientific information on different therapies for young children with autism... it will be extremely useful for therapists and teachers." - **Temple Grandin**, From the Foreword

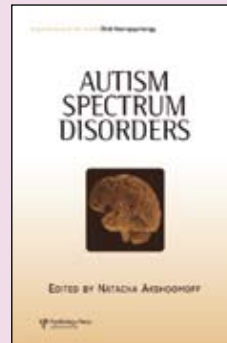
Childhood Autism provides clinicians with a comprehensive guide for working with autistic children and their families. It offers practical assistance with early diagnosis, cutting edge treatment options and goals, interdisciplinary insights, and available resources. Empirical research findings are presented in a clear, accessible manner. Perhaps most importantly, vivid case examples bring both the therapist's and patient's experience to the fore as they work towards recovery.

CONTENTS: *Grandin*, Foreword. Introduction. Making an Accurate and Timely Diagnosis. Autism: The Experience for Children, Parents and Practitioners. Applied Behavioural Analysis: The Gold Standard and Beyond. Sensory Integration, Systematic Desensitization, and Exercise: Promoting Interdisciplinary Intervention in the Mind-body Relationship. Addressing Core Social Deficits. The Psychobiology of Autism: Coping with Dietary Restrictions, Invasive Procedures and Chronic Pain. Autism and Academics: Getting the Appropriate Education and IEP. Newer Treatments, Resiliency, and Hope for the Future.

2007: 176pp.

Hb: 978-0-415-37259-6: £50.00/\$90.00

Pb: 978-0-415-37260-2: £19.99/\$35.95



A Special Issue of the journal
Child Neuropsychology

Autism Spectrum Disorders

Edited by **Natacha Akshoomoff**,
University of California, San Diego, USA

Our understanding of the autism spectrum disorders is improved by

studying children at various points in development, including infants, and by using a careful neuropsychological approach. This approach is emphasized here in studies that examine characteristics of infants later diagnosed with autism spectrum disorders, neuropsychological test performance of children, and developmental information obtained from detailed, standardized parent interviews.

2006: 140pp.

Hb: 978-1-84169-818-2: £29.95/\$53.95

Published by Psychology Press



Handbook of Child and Adolescent Obsessive-Compulsive Disorder

Edited by **Eric A. Storch**, **Gary R. Geffken**, and **Tanya K. Murphy**, all at the University of Florida, USA

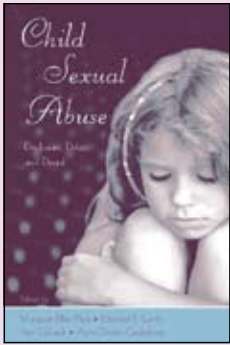
Handbook of Child and Adolescent Obsessive-Compulsive Disorder is the definitive book on OCD in children and adolescents. It provides a comprehensive review of the existing literature on pediatric OCD, and is a welcome contribution to the extant literature, which otherwise lacks a text detailing the state of knowledge in this area. Emphasizing developments made in recent years, this new volume serves to disseminate information regarding effective treatments, etiology, and accurate assessment, and guides practitioners to formulate new questions that will further elucidate this condition.

CONTENTS: Obsessive-Compulsive Disorder: A Historical Overview. Obsessive-Compulsive Disorder in Children and Adolescents: Diagnosis, Comorbidity, and Developmental Factors. Obsessive-Compulsive Spectrum Disorders. Assessment of Pediatric Obsessive-Compulsive Disorder. Psychological Theories of Obsessive-Compulsive Disorder. Neurobiology, Neuropsychology, and Neuroimaging of Child and Adolescent Obsessive-Compulsive Disorder. Pediatric Autoimmune Neuropsychiatric Disorders Associated With Streptococcal Infections. Genetics of Obsessive-Compulsive Disorder: Evidence From Pediatric and Adult Studies. Cognitive-Behavioral Treatment of Pediatric Obsessive-Compulsive Disorder. Psychopharmacology of Pediatric Obsessive Compulsive Disorder. Clinical Challenges in the Treatment of Pediatric OCD. Family Based Treatment of Early Onset Obsessive-Compulsive Disorder. The Function of the Family in Childhood Obsessive-Compulsive Disorder: Family Interactions and Accommodation. School Issues in Children With Obsessive-Compulsive Disorder. Obsessive-Compulsive Disorder the Primary Care Setting.

2007: 432pp.

Hb: 978-0-8058-5766-5: £71.00/\$125.00

Pb: 978-0-8058-6254-6: £45.00/\$79.95



Child Sexual Abuse

Disclosure, Delay, and Denial

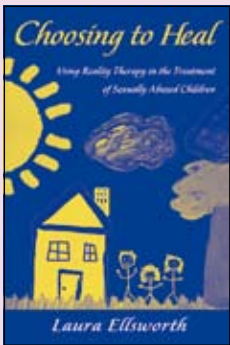
Edited by **Margaret-Ellen Pipe**, City University of New York, USA, **Michael E. Lamb**, Cambridge University, UK, **Yael Orbach**, National Institute of Child Health and Human Development, USA, and **Ann-Christin Cederborg**, Linköping University, Sweden

"The editors are world renowned for their research and writings on child forensic interviews. They have assembled a group of international experts on disclosure... Anyone who cares about child protection... will find this volume invaluable." - **Gail S. Goodman**, University of California, USA, and **Tina Goodman Brown**, in private practice

This volume provides the first rigorous assessment of the research relating to the disclosure of childhood sexual abuse, along with the practical and policy implications of the findings. Leading researchers and practitioners from diverse and international backgrounds offer critical commentary on these previously unpublished findings gathered from both field and laboratory research.

CONTENTS: Introduction. Seeking Resolution in the Disclosure Wars: An Overview. Disclosure of Child Sexual Abuse: A Review of the Contemporary Empirical Literature. False Denials: Overcoming Methodological Biases in Abuse Disclosure Research. Individual and Family Variables Associated With Disclosure and Non-disclosure of Child Abuse in Israel. Factors Associated With Non-disclosure of Suspected Abuse During Forensic Interviews. Suspected Victims of Abuse Who Do Not Make Allegations: An Analysis of Their Interactions With Forensic Interviewers. Reluctant Disclosers of Child Sexual Abuse. The Influence of Interviewer-provided Social Support on Children's Suggestibility, Memory, and Disclosures. Delay of Disclosure, Minimization, and Denial of Abuse When the Evidence is Unambiguous: A Multi-victim Case. A Retrospective Study of Factors Affecting the Disclosure of Childhood Sexual and Physical Abuse. Canadian Criminal Court Reports of Historic Child Sexual Abuse: Factors Associated With Delayed Prosecution and Reported Repression. A Holistic Approach to Interviewing and Treating Children in the Legal System. Clinical and Organizational Perspectives on Denial and Delayed Disclosure. Forensic Interviewing in New Zealand. The Silence of Abused Children in Israel: Policy Implications. Reflections on the Concept of Disclosure.

2007: 328pp.
Hb: 978-0-8058-5284-4: £49.95/\$89.95
Pb: 978-0-8058-6317-8: £19.95/\$34.95
Published by Psychology Press



Choosing to Heal

Using Reality Therapy in the Treatment of Sexually Abused Children

Laura Ellsworth, specialized in the treatment of child sexual abuse for over 15 years

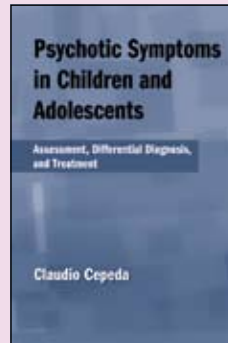
Choosing to Heal breaks new ground as the first resource to use *Reality Therapy*

and *Choice Therapy* in focusing on the treatment of sexually abused children. Mental health professionals are provided with numerous techniques and strategies to utilize during the treatment process.

Parents, caretakers, teachers and anyone helping children heal from sexual abuse can obtain an understanding of the process in simple and understandable language. *Choosing to Heal* is a must-have resource for anyone helping a child heal from sexual abuse.

CONTENTS: Choice Theory and Reality Therapy. Sexual Abuse and Coping Mechanisms. Survival and Self-preservation. Love and Belonging: Connecting and Caring. Power. Freedom. Fun. Abuse Reporting, Ethics and Cultural Competence.

2007: 192pp.
Pb: 978-0-415-95614-7: £21.95/\$34.95



Psychotic Symptoms in Children and Adolescents

Assesment, Differential Diagnosis, and Treatment

Claudio Cepeda, University of Texas Medical Center, USA

"This comprehensive text provides a most welcome overview of psychosis and psychotic conditions in children and adolescents... This volume will be of great interest to clinicians who work with children and adolescents with severe mental disorders." - **Fred R. Volkmar**, Yale University School of Medicine, USA

Psychotic Symptoms in Children and Adolescents demystifies the interviewing diagnostic process of psychosis in children and adolescents and provides a valuable resource for treatment. This book offers a useful guide to the interviewing process, a review of differential diagnosis, and an overview on psychosocial interventions.

2006: 552pp.
Hb: 978-0-415-95364-1: £46.95/\$79.95

Forthcoming!

Self-Injury in Youth

The Essential Guide to Assessment and Intervention

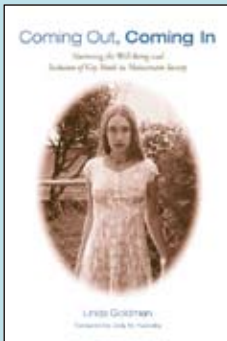
Edited by **Mary-Kay Nixon**, University of Victoria Island Medical Program, Canada, and **Nancy Heath**, McGill University, Canada

This edited volume features evidence-based reviews and practical approaches for the professional in the hospital, clinic, community and school, with case examples throughout. Divided into five major sections, the book offers background historical and cultural information, discussion of self-injury etiology, assessment and intervention/prevention issues, and relevant resources for those working with youths who self-injure.

CONTENTS: Part I: Introduction. Nixon, Heath, Introduction. **Part II: Background Information: Historical and Cultural Issues.** Nixon, Heath, Self-Injury Today: Review of Population Studies. Lofthouse, Nixon, Self-Injury and Comorbidity Issues. **Part III: Etiology of Self-Injury.** Richardson, Nock, Prinstein, Functions of Self-Injury. Heath, Toste, Psychological Risk and Protective Factors. Osuch, Payne, Neurobiology and Self-Injury. **Part IV: Effective Practice and Self-Injury in Youth.** Assessment. Clouthier, Evaluating Self-Injury. Heath, Nixon, Assessment Overview. Nixon, Families and Self-Injury. Intervention/Prevention Issues. Katz, Lofthouse, Intervention/Prevention in the Hospital. Leiberman, Heath, Toste, Intervention/Prevention in the Schools. Whitlock, Knox, Intervention/Prevention in the Community. **Part V: Conclusion.** Nixon, Heath, Conclusions. Toste, Relevant Resources for Use in Working with Youth Who Self-Injure.

June 2008: 291pp.
Hb: 978-0-415-95725-0: £28.00/\$44.95

CHILD AND ADOLESCENT DEVELOPMENT



Coming Out, Coming In

Nurturing the Well-Being and Inclusion of Gay Youth in Mainstream Society

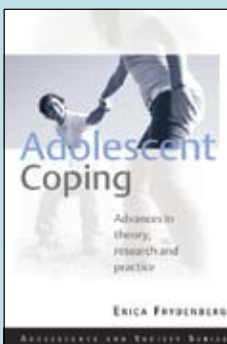
Linda Goldman, in private practice, Maryland, USA

Coming Out, Coming In describes the process of "coming in" to a welcoming and nurturing family, from both the teen's and the parents' perspective. Linda Goldman draws on her personal and professional experience as a school guidance counselor, child and adolescent therapist, parent, and a member of the national group PFLAG to build a common language and a new paradigm for understanding sexual orientation and gender identity as a part of mainstream culture.

CONTENTS: *Huckaby*, Foreword. **Understanding Gay Youth: Society's Mirror.** The World of Gay Youth: From Exclusion to Inclusion. Dispelling Old Myths: Creating New Insights. **Coming Out: Finding Freedom to Be.** **Interventions with LGBT Young People: Supporting a Healthy Outlook.** Counseling Youth on LGBT Issues: Towards Self-acceptance. Speak Up and Share: Self-expression and the Creative Arts. The School Environment: Creating an Oasis of Safety. **Possibilities for LGBT Participation in Daily Life: Evolving Relationships and Communities.** Parenting LGBT Children: A Foundation for Love and Support. **Coming In: Gay and Lesbian Family Life.** Community Counts: A Place for Friends and Family. Conclusion: A Final Look at a New Beginning. **Creating Equality in Society: Resources and Supports.** Resources on LGBT Issues for Youth and Adults: Celebrating Diversity. Lesbian, Gay, Bisexual and Transgender Organizations: Support for All.

2007: 320pp.

Pb: 978-0-415-95824-0: £18.95/\$29.95



Forthcoming!

Adolescent Coping

Advances in Theory, Research and Practice

Erica Frydenberg, University of Melbourne, Australia

"The book is a rich resource of theory, research and practical common sense..."

This is a scholarly work of significance, and the author is to be congratulated on the depth and breadth of her research and scholarship." - Susan Moore, Swinburne University of Technology, Australia

This thoroughly revised and updated new edition of *Adolescent Coping* presents the latest research and applications in the field of coping. It highlights the ways in which coping can be measured and, in particular, details a widely used adolescent coping instrument.

While topics such as depression, eating disorders, self-harm and grief and loss are addressed, there is a substantial focus on the positive aspects of coping, including an emphasis on resilience and the achievement of happiness.

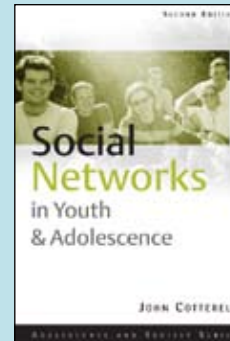
CONTENTS: Introduction. Adolescent Stresses, Concerns and Resources. What is Coping? The Measurement of Coping. The Correlates of Coping: Age, Personality and Ethnicity. Gender and Coping. Coping in Context: The Family. Coping with Separation and Adversity. Anxiety, Depression and Other Related Conditions. Resilience and Happiness. Coping and Achievement. Learning to Cope. Teaching Coping Skills. What We Have Learned and What Might Follow.

May 2008: 352pp.

Hb: 978-0-415-40571-3: £49.95/\$89.95

Pb: 978-0-415-40572-0: £19.95/\$35.95

Series: *Adolescence and Society*



Social Networks in Youth and Adolescence

Second Edition

John Cotterell, Formerly of the School of Education, University of Queensland, Australia

"John Cotterell is the principle pioneer of an approach that I am sure is going to prove

extraordinarily important for the field... I will certainly want this book on my shelves and I have no doubt but that this wish will be shared by every researcher/teacher in this area." - Nicholas Emler, University of Surrey, UK

This thoroughly revised new edition looks at the nature of social networks, their changing configurations, and the forces of influence they unleash in shaping the life experiences of young people between the ages of 12 and 25 years.

The author draws on both social and psychological research to apply network thinking to the social relations of youth across the domains of school, work and society. Network thinking examines the pattern and nature of social ties, and analyses how networks channel information, influence and support with effects on a wide range of life experiences.

SELECTED CONTENTS: Part I: Networks and Young People. Part II: Social Networks. Part III: Social Influences. Part IV: Social Support. Conclusion: Networked Youth Futures.

2007: 328pp.

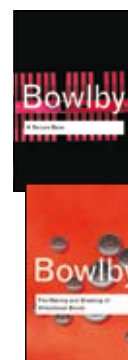
Hb: 978-0-415-35949-8: £49.95/\$90.00

Pb: 978-0-415-35950-4: £19.95/\$35.95

Series: *Adolescence and Society*

www.psympress.com/adolescence-and-society

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A Secure Base

John Bowlby

2005: 212pp.

Pb: 978-0-415-35527-8: £9.99/\$19.95

Series: *Routledge Classics*

The Making and Breaking of Affectional Bonds

John Bowlby

2005: 224pp.

Pb: 978-0-415-35481-3: £9.99/\$19.95

Series: *Routledge Classics*

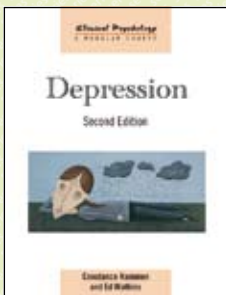
www.routledge.com/classics

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Series Editor: Chris R. Brewin

Clinical Psychology: A Modular Course was designed to overcome problems faced by the traditional textbook in conveying what psychological disorders are really like. All the books in the series, written by leading scholars and practitioners in the field, can be read as stand-alone texts, but they will also integrate with other modules to form a comprehensive resource in clinical psychology.

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New Edition!

Depression

Second Edition

Constance Hammen, University of California, Los Angeles, USA, and
Ed Watkins, University of Exeter, UK

"Hammen and Watkins are to be congratulated on the breadth, depth and up-

to-date information in this text... this excellent updated second edition of a classic text will be a major resource to students, clinicians and researchers." - **Professor Paul Gilbert**, Kingsway Hospital, Derby, UK

This book is intended for students and professionals who are seeking an up-to-date summary of research-based information on depression. Chapters cover clinical and diagnostic information, as well as features of the course of depression and the demographic features of the disorder.

A series of chapters discusses the presumed causes of depression, including genetic and biological factors, as well as cognitive, family, stress and interpersonal contributors to depression. Finally, two chapters discuss current developments in the treatment of depressive disorders, including pharmacological and other medical interventions, as well as effective psychotherapies.

CONTENTS: Defining and Diagnosing Depression. Course and Consequences of Depression. Who is Affected by Depression? Biological Aspects of Depression. Cognitive and Life Stress Approaches to Depression. Biological Treatments of Depression. Psychological Treatment.

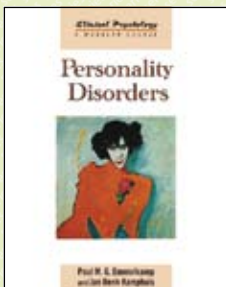
2007: 272pp.

Hb: 978-0-415-41972-7: £45.00/\$80.00

Pb: 978-0-415-41973-4: £15.95/\$26.95

Series: Clinical Psychology: A Modular Course

Published by Psychology Press



Personality Disorders

Paul M. G. Emmelkamp, and
Jan Henk Kamphuis, both at the University of Amsterdam, the Netherlands

"The Dutch nation has influenced a large part of the earth's surface through their ingenuity and industry. Emmelkamp and Kamphuis join these worthy pioneers... They convey all the

excitement and novelty of a young subject that is bursting with energy and demonstrating a tremendous impact in mental health that no-one can sensibly ignore." - **Peter Tyrer**, Imperial College, London, UK

This comprehensive evidence-based book provides a broad and in-depth coverage of personality disorders across a variety of patient groups and treatment settings. Emmelkamp and Kamphuis bring together research examining psychological and biological variables that may play a role in the development of personality disorders.

Illustrated throughout with clinical vignettes, as well as scholarly reviews, *Personality Disorders* offers excellent coverage on all aspects of personality disorder, and will be extremely informative for students and practitioners alike.

CONTENTS: Description of Personality Disorder. Diagnosis and Assessment. Epidemiology and Course. Biological and Psychological Theories. The Anxious/Inhibited Personality Disorders. Borderline Personality Disorder. Dramatic/Erratic Personality Disorders. Antisocial Personality Disorder and Psychopathy. Schizotypal, Schizoid and Paranoid Personality Disorders.

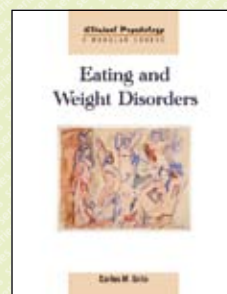
2007: 272pp.

Hb: 978-0-415-38518-3: £45.00/\$79.00

Pb: 978-0-415-38519-0: £15.95/\$26.95

Series: Clinical Psychology: A Modular Course

Published by Psychology Press



Eating and Weight Disorders

Carlos M. Grilo, Yale University, USA

"This is a fine book by a fine scholar and clinician. Anyone wishing to understand how and why eating and weight disorders develop... will benefit from this excellent analysis." - **Kelly D. Brownell**, Director, Yale Center for Eating and Weight Disorders, USA

Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

2006: 256pp.

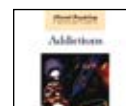
Hb: 978-1-84169-547-1: £45.00/\$79.00

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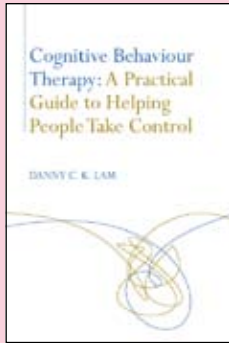


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COGNITIVE BEHAVIOUR THERAPY



New!

Cognitive Behaviour Therapy: A Practical Guide To Helping People Take Control

Danny C. K. Lam, Kingston University and St George's Medical School, UK

"This book is the first to consider the practicalities of helping people to change using CBT from the perspective of stigma, self stigma and labelling." - **Paul Salkovskis**, From the Foreword

Cognitive Behaviour Therapy: A Practical Guide to Helping People Take Control explores the premise that negative beliefs play an important role in the development and continuation of mental health problems. The book offers a new integrative model of causality for instigating change, based on giving clients control and choice over these beliefs, and therefore over their mood and behaviour.

This practical guide also focuses on the stigmas often attached to people with 'mental illness'. Danny C. K. Lam suggests that by providing both the client and the general public with a more accurate understanding of the nature and causes of mental health problems it is possible to de-stigmatise the 'mental illness' label. This will help the client improve self-esteem and the ability to manage personal and interpersonal difficulties and take control of their problems and responsibility for recovery.

This cognitive behavioural approach to mental health problems is an innovative contribution to the field. Illustrated throughout with clinical examples and practical advice, the book is essential reading for all of those involved in mental health.

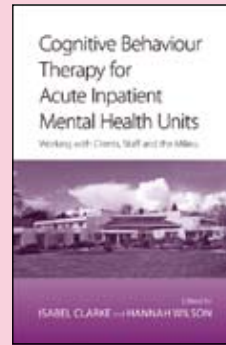
CONTENTS: *Salkovskis*, Foreword. *Lam*, A Personal Experience. **Part I: Societal Perspective: Stigma, Prejudice and Discrimination.** Mental Illness Stigma. Biological and Genetic Explanations of 'Mental Illness'. Prejudice, Discrimination and 'Mental Illness'. **Part II: Therapist's Perspective: A Therapeutic Framework.** Cognitive Behaviour Therapy Theory of Emotional Upset. Components in Cognitive Behaviour Therapy. A Shared Responsibility Approach in the Change Process. Dealing with Negative Thoughts. Dealing with Unhelpful Behaviour. Homework Assignments. Drug Treatments. **Part III: Client's Perspective: Self-prejudice and Personal Issues.** Approval and Approval-seeking Behaviour. Perfectionism and Competitiveness. Healthy and Unhealthy Negative Emotions. Fear of Failure and Procrastination. Self-criticism. Setback and Relapse. **Part IV: Client's Perspective: Self-prejudice and Interpersonal Difficulties.** Others' Criticism. Good and Bad Communication. Developing Effective Communication Skills. **Part V: Therapeutic Approach Skills and Techniques.** Assessment Skills. Disputing Approach and Techniques. **Part VI: Taking Control: New Models for Helping Change.** Control and Choice in Mental Health. An Illustration of Cognitive Behaviour Therapy Approach to Panic Disorder: A Case Example.

March 2008: 256pp.

Hb: 978-0-415-39811-4: £55.00/\$99.00

Pb: 978-0-415-39812-1: £19.99/\$34.95

Forthcoming!



Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units

Working with Clients, Staff and the Milieu

Edited by **Isabel Clarke**, and **Hannah Wilson**, both at the Hampshire Partnership NHS Trust, UK

"This book will be an invaluable tool for mental health professionals working in inpatient settings, and will hopefully inspire people to increase access to such approaches and conduct the research required to firmly establish the evidence base." - **Anthony P. Morrison**, From the Foreword

Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units presents innovative ways of delivering CBT within the inpatient setting and applying CBT principles to inform and enhance inpatient care.

Maintaining staff morale and creating a culture of therapy in the acute inpatient unit is essential for a well-functioning institution. This book shows how this challenge can be addressed, along with introducing and evaluating an important advance in the practice of individual CBT for working with crisis, suited to inpatient work and crisis teams.

CONTENTS: *Morrison*, Foreword. *Clarke*, Introduction. **Part I: Setting the Scene.** *Hanna*, The Context of the Acute In-patient Hospital in the UK, and the Place for Therapy Within It. *Kinderman*, New Ways of Working and the Provision of CBT in the Inpatient Setting. *Marie*, The Service User Perspective. *Kennedy*, The Use of Formulation in Inpatient Settings. **Part II: Individual CBT in the Inpatient Setting.** *Clarke*, Pioneering a Cross Diagnostic Approach, Founded in Cognitive Science. *Clarke, Wilson*, Working With Overwhelming Emotion: Depression, Anxiety and Anger. *Freemantle, Clarke*, Making Sense of Psychosis in Crisis. *McGowan*, Working With Personality Disorders in an Acute Psychiatric Ward. **Part III: Working With the Staff Group to Create a Therapeutic Culture.** *Cowdrill, Dannahy*, Running Reflective Practice Groups on an Inpatient Unit. *Sambrook*, Working With Crisis – The Role of the Clinical Psychologist in a Psychiatric Intensive Care Unit. *Rosebert, Hall*, Training Acute In-patient Ward Staff to Use CBT Techniques. **Part IV: CBT Group Work.** *Hill, Clarke, Wilson*, The 'Making Friends With Yourself Group' and the 'What is Real and What is Not Group'. *Rendle, Wilson*, Delivering Dialectical Behavior Therapy Based Emotional Coping Skills Group Across Diagnostic Groups. **Part V: The Challenge of Evaluating This Service.** *Durrant, Tolland*, 'Evaluating Short-term CBT in an Acute Adult In-patient Unit'.

June 2008: 240pp.

Hb: 978-0-415-42211-6: £55.00/\$99.00

Pb: 978-0-415-42212-3: £24.99/\$44.99

Forthcoming!

Cognitive-Behavioral Therapy for Deaf and Hearing Persons with Language and Hearing Challenges

Neil Glickman, Westborough State Hospital in Massachusetts, USA

The needs of deaf and hearing people with limited functioning can be a challenge for the mental health practitioner to meet. This book responds to the challenge with a blend of theory and practice, using innovative interventions. Glickman uses stories as

a metaphor to illustrate his strategies, and includes resources and tools that will help to develop concrete skills.

CONTENTS: Introduction. Language and Learning Challenges in the Deaf Psychiatric Population. Do You Hear Voices? *Gaines, Meltzner, Glickman*, Language and Learning Challenges in Adolescent Hearing Psychiatric Inpatients. Pre-treatment Strategies to Engage and Motivate Clients. Coping Skills. Conflict Resolution Skills. Relapse Prevention and Crisis Management Skills. Staff and Program Development.



September 2008: 300pp.

Hb: 978-0-8058-6398-7: £75.00/\$125.00

Pb: 978-0-8058-6399-4: £32.00/\$59.95

Series: *Counselling and Psychotherapy*

Forthcoming!

Narrative CBT for Psychosis

John Rhodes, Consultant Clinical Psychologist, Haringey Community Mental Health Service, UK, and **Simon Jakes**, Macarthur Mental Health Service, Australia

Narrative CBT for Psychosis combines narrative and solution focused therapy with CBT for psychosis into one integrated flexible approach. In this book John Rhodes and Simon Jakes draw on some of the most practical ideas in both therapies to produce an approach which is client centred and non-confrontational.

Areas of discussion include:

- understanding psychosis and implications for therapy
- working with core beliefs
- recovery and ending therapy.

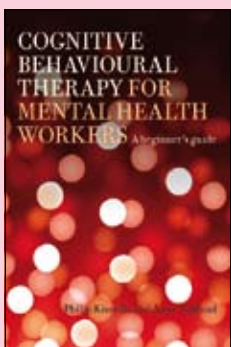
The book will be essential reading for all mental health professionals who deal with psychosis and who wish to learn a new approach.

CONTENTS: Narrative CBT for Psychosis. Understanding Psychosis and Implications for Therapy. Assessment, Engagement and Case-Conceptualisation. Solution Focused Therapy. Working with Core Beliefs. Trauma and Narrative. Alternative Perspectives. Voices and Visions. Recovery and Ending Therapy.

December 2008: 208pp.

Hb: 978-0-415-40730-4: £60.00/\$104.00

Pb: 978-0-415-47572-3: £24.99/\$43.00



New!

Cognitive Behavioural Therapy for Mental Health Workers

A Beginner's Guide

Philip Kinsella, Nottinghamshire Health Care Trust, UK, and **Anne Garland**, Nottingham Psychotherapy Unit, UK

"Warm, compassionate, structured, yet flexible, CBT for Mental Health Workers provides a comprehensive overview of the key CBT interventions. This book together with clinical supervision provides all the key information and skills you need to build a firm foundation for introducing CBT into your clinical practice." - **Dr. Chris Williams**

Cognitive Behavioural Therapy for Mental Health Workers offers the reader a good overview of CBT, allowing them to develop an understanding of the patient's problems, utilise the approach effectively, prepare for supervision, and integrate CBT skills into everyday practice.

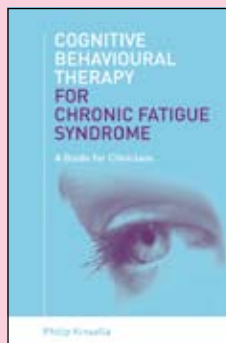
This clear, comprehensive introduction written by experienced clinicians, describes how to use CBT within the busy clinical environment.

CONTENTS: What is Cognitive Behavioural Therapy. CBT Style, Structure and Materials. Making Sense of the Patient's Problems. The Therapeutic Relationship in CBT. Assessment. Identifying and Modifying Thoughts Using Cognitive and Behavioural Methods. How to Modify Rules for Living. Treating Anxiety Disorders Effectively. Treating Acute Depression Effectively Using Cognitive and Behavioural Methods. Other CBT Models and Approaches. Integrating CBT Skills into Generic Mental Health Roles. Developing Further CBT Skills.

March 2008: 264pp.

Hb: 978-1-58391-869-2: £60.00/\$105.00

Pb: 978-1-58391-870-8: £19.99/\$34.95



Cognitive Behavioural Therapy For Chronic Fatigue Syndrome

A Guide for Clinicians

Philip Kinsella, Nottinghamshire Health Care Trust, UK

Chronic fatigue syndrome is a common and disabling condition characterised by fatigue, muscle pain, sleep disturbances and other physical and psychological symptoms that cause a considerable amount of distress and suffering. This book provides a practical guide for clinicians on how to treat chronic fatigue syndrome using cognitive behaviour therapy approaches.

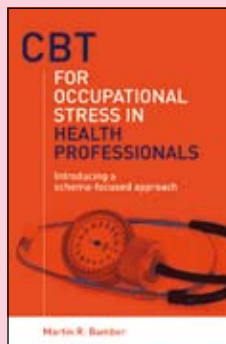
Cognitive Behavioural Therapy for Chronic Fatigue Syndrome attempts to make sense of the illness, and describes how cognitive behavioural therapy can help patients.

CONTENTS: *Kinsella*, Introduction. Understanding Chronic Fatigue Syndrome from a Cognitive Behavioural Perspective. Key Elements of the Cognitive Behavioural Approach. Assessing Patients with Chronic Fatigue Syndrome. Beginning Therapy. Helping Patients with Emotional Issues. Helping Patients with Other Maintenance Factors. Managing Pain and Other Problems Arising from Chronic Fatigue Syndrome. Catherine's Story. Using Cognitive Behavioural Therapy Alongside Other Approaches to Chronic Fatigue Syndrome. A Cognitive Behavioural Self-Help Program for Chronic Fatigue Syndrome Sufferers.

2007: 184pp.

Hb: 978-1-58391-737-4: £55.00/\$100.00

Pb: 978-0-415-43612-0: £24.99/\$43.95



CBT for Occupational Stress in Health Professionals

Introducing a Schema-Focused Approach

Martin R. Bamber, Selby and York NHS Primary Care Trust, UK

"This text will be a valuable resource to occupational health nurses and anyone involved in treating occupational stress." - **Nursing Standard**

The costs of occupational stress in terms of sickness absence, ill-health-related retirement, litigation and lost productivity are increasing, putting strain on economies across the world. The fact

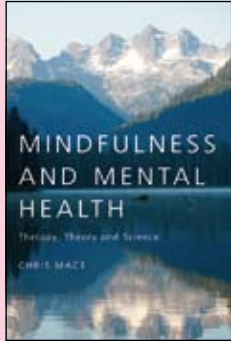
that health care work is inherently more stressful than many other occupations makes it vital that the problem of occupational stress among health professionals is addressed.

CBT for Occupational Stress in Health Professionals goes beyond simply defining the problem and fills a gap in the current literature by providing clear and concise individual treatment interventions.

2006: 280pp.

Hb: 978-1-58391-851-7: £55.00/\$100.00

Pb: 978-1-58391-852-4: £24.99/\$44.95



Mindfulness and Mental Health

Therapy, Theory and Science

Chris Mace, University of Warwick, UK

"A careful and comprehensive examination of the full range of issues involved in integrating mindfulness into mental health practice, this belongs on the bookshelf of

anyone interested in bringing this ancient wisdom into the modern world." - Steven C. Hayes, University of Nevada, USA

Being mindful can help people feel calmer and more fully alive. *Mindfulness and Mental Health* examines other effects it can also have and presents a significant new model of how mindful awareness may influence different forms of mental suffering.

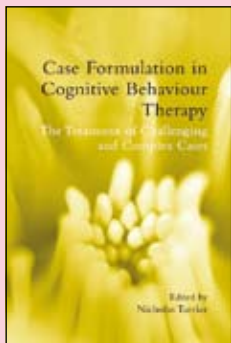
The book assesses current understandings of what mindfulness is, what it leads to, and how and when it can help. It looks at the roots and significance of mindfulness in Buddhist psychology and at the strengths and limitations of recent scientific investigations.

CONTENTS: Mace, Preface. Introduction. Understanding Mindfulness I: Origins. Understanding Mindfulness II: Science. Mindful Therapy. Mindfulness and Mental Disorder. Harnessing Mindfulness. Mental Health and Mindfulness.

2007: 200pp.

Hb: 978-1-58391-787-9: £50.00/\$90.00

Pb: 978-1-58391-788-6: £19.99/\$34.95



Case Formulation in Cognitive Behaviour Therapy

The Treatment of Challenging and Complex Cases

Edited by Nicholas Tarrier, University of Manchester, UK

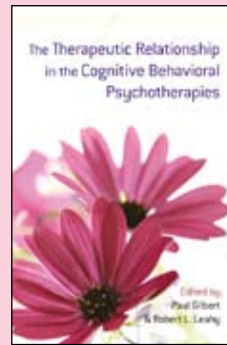
"The chapters in this volume clearly outline how to conceptualize individuals' problems and, based on this, how to apply the relevant strategies and techniques for a specific case. Recommended for all psychotherapists." - Aaron T. Beck, University of Pennsylvania, USA

In this volume, Nicholas Tarrier brings together contributions that cover many of the clinical issues that will challenge practitioners in their practice of cognitive behaviour therapy. Each chapter serves as a practical guide to overcoming that particular clinical challenge and is grounded solidly in research evidence.

2006: 400pp.

Hb: 978-1-58391-840-1: £60.00/\$110.00

Pb: 978-1-58391-841-8: £24.99/\$44.95



The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies

Edited by Paul Gilbert, Kingsway Hospital, Derby, UK, and Robert L. Leahy, American Institute for Cognitive Therapy

"This book will be useful to all psychotherapists who want to deepen their knowledge and understanding, and especially those who are following cognitive-behavioural approaches." - Francine Brett, Therapy Today

The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies covers new research on basic models of the process of the therapeutic relationship, and explores key issues related to developing emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship.

CONTENTS: Gilbert, Leahy, Preface. **Key Issues.** Gilbert, Leahy, Introduction and Overview: Basic Issues in the Therapeutic Relationship. Hardy, Cahill, Barkham, Active Ingredients of the Therapeutic Relationship that Promote Client Change: A Research Perspective. Greenberg, Emotion in the Therapeutic Relationship in Emotion Focused Therapy. Miranda, Anderson, The Therapeutic Relationship: Implications from Social Cognition and Transference. Katzow, Safran, Recognizing and Resolving Ruptures in the Therapeutic Alliance. Gilbert, Evolved Minds and Compassion in the Therapeutic Relationship. Liotti, Internal Working Models of Attachment in the Therapeutic Relationship. **The Therapeutic Relationship in Specific Therapies.** Newman, The Therapeutic Relationship in Cognitive Therapy with Difficult to Engage Clients. Swales, Heard, The Therapy Relationship in Dialectical Behaviour Therapy. Pierson, Hayes, Using Acceptance and Commitment Therapy to Empower the Therapeutic Relationship. Leahy, Schematic Mismatch in the Therapeutic Relationship: A Social-Cognitive Model. Bennett-Levy, Thwaites, Self and Self-reflection in the Therapeutic Relationship: A Conceptual Map and Practical Strategies for the Training, Supervision and Self-supervision of Interpersonal Skills.

2007: 312pp.

Hb: 978-0-415-38437-7: £27.95/\$50.00

for further titles by Paul Gilbert see pages 29, 42



Cognitive Therapy for Personality Disorders

A Guide for Clinicians

Second Edition
Kate Davidson, Glasgow Institute of Psychosocial Interventions, UK

"Kate Davidson brings a wealth of clinical experience to this concise guide, which conveys a sense of clarity and sound, practical advice. The sections on antisocial and borderline personality types, and the detailed case studies and therapy extracts, ensure that cognitive therapists will feel better prepared and more confident for work with clients with complex problems." - Ken Gordon, Hampshire Partnership Trust, UK

Cognitive Therapy for Personality Disorders provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders and those with antisocial personality disorders.

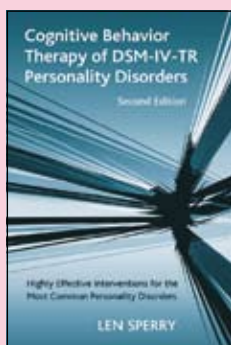
This clinician's guide to cognitive behavioural therapy in the treatment of borderline and antisocial personality disorder will be essential reading for psychiatrists, clinical and counselling psychologists, therapists, mental health nurses, and students on associated training courses.

CONTENTS: Introduction. What is Personality Disorder? The Cognitive Model of Personality Disorder. Key Characteristics of Cognitive Therapy for Personality Disorders. Basic Structure and Style of Cognitive Therapy for Personality Disorders. Arriving at a Formulation. Identifying Core Beliefs. Changing Core Beliefs. Typical Behavioural Problems: Antisocial Personality Disorder. Typical Behavioural Problems: Borderline Personality Disorder. Clinical Evaluation of Change. Ending Treatment. Therapy in Action: A Case Illustration of Antisocial Personality Disorder. Therapy in Action: A Case Illustration of Borderline Personality Disorder.

2007: 208pp.

Hb: 978-0-415-41557-6: £60.00/\$105.00

Pb: 978-0-415-41558-3: £24.99/\$43.95



Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders

Highly Effective Interventions for the Most Common Personality Disorders

Second Edition

Len Sperry, Florida Atlantic University, USA

"... some of the best descriptions and clearest CBT treatment conceptualizations available anywhere." - Arthur Freeman, From the Foreword

Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders is a timely addition to clinical practice, as personality disorders have received steadily increasing attention in recent years and Cognitive Behavior Therapy is now the most widely practiced theoretical orientation. Invaluable as both a text and a professional reference.

2006: 248pp.

Hb: 978-0-415-95075-6: £24.95/\$39.95



Developmental Cognitive Behavioral Therapy with Adults

Janet M. Zarb, Providence Healthcare Hospital, Toronto, Canada

"This is an excellent book that would make an excellent reference for those working with any segment of the developmental population from birth to later adulthood... Zarb has the necessary background and that makes the book even more accessible and readable." - F. Richard Ferraro, PsycCRITIQUES, Contemporary Psychology: APA Review of Books

Developmental Cognitive Behavioral Therapy with Adults outlines a new cognitive approach that combines existing CBT theory and strategies with a lifespan developmental psychopathology perspective.

The major focus is on the relationship between mastery of normative psycho-social developmental tasks and mental health. Primary targets for therapy are maladaptive developmental pathways that have significantly disrupted the client's ability to cope with normal adult tasks and challenges.

CONTENTS: Introducing the Developmental Cognitive Behavioral Therapy Approach. Developmental Cognitive Behavioral Therapy Assessment Strategies. Developmental Cognitive Behavioral Therapy Intervention Strategies. Maladaptive Developmental Patterns Affecting Occupational Functioning. Maladaptive Developmental Patterns Affecting Social Functioning. Maladaptive Developmental Patterns Affecting Intimate Partner and Family Functioning.

2007: 216pp.

Pb: 978-0-415-95600-0: £21.95/\$34.95



Handbook of Cognitive-Behavior Group Therapy with Children and Adolescents

Specific Settings and Presenting Problems

Edited by **Ray W. Christner**, Philadelphia College of Osteopathic Medicine, USA, **Jessica Stewart**, in private practice, Rhode Island, USA, and **Arthur Freeman**, President of the Freeman Institute for Cognitive Therapy

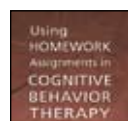
This *Handbook* offers a much-needed resource of theoretical knowledge, evidence-based interventions, and practical guidelines for professionals providing group psychotherapy to youth clients.

Written by leading professionals in the field of child and adolescent cognitive-behavioral therapy, this comprehensive volume offers readers a collection of innovative and well established approaches for group interventions with youth in a variety of treatment settings.

2007: 552pp.

Hb: 978-0-415-95254-5: £31.00/\$49.95

BACKLIST TITLES



Kazantzis et al., Eds.: Using Homework Assignments in Cognitive Behavior Therapy

Hb: 978-0-415-94773-2: 2005: 416pp. £30.00/\$45.00



Mennuti et al., Eds.: Cognitive-Behavioral Interventions in Educational Settings: A Handbook for Practice

Hb: 978-0-415-95039-8: 2005: 528pp. £30.00/\$49.95



Simos, Ed.: Cognitive Behaviour Therapy: A Guide for the Practising Clinician

Pb: 978-1-58391-105-1: 2002: 352pp. £19.99/\$31.95

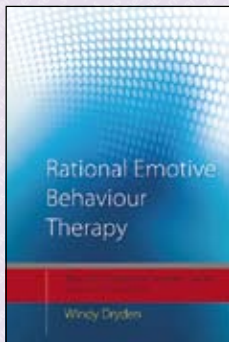
THE CBT DISTINCTIVE FEATURES SERIES

Series Editor: Windy Dryden

This exciting new series asks leading practitioners and theorists of the main CBT therapies to write simply and briefly on what constitutes the main features of their particular approach.

Each Distinctive Features book will highlight the thirty main features – practical and theoretical – of its respective approach. The series as a whole will be essential reading for psychotherapists, counsellors, clinical and counselling psychologists of all orientations who wish to learn more about the range of new and developing cognitive-behavioural approaches.

www.routledgejournalhealth.com/cbt-distinctive-features



Forthcoming!

Rational Emotive Behaviour Therapy Distinctive Features

Windy Dryden, Goldsmiths College, University of London, UK

This accessible and direct guide

introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum. Divided into two sections; *The Distinctive Theoretical Features of REBT* and *The Distinctive Practical Features of REBT*, this book presents concise, straightforward information in 30 key points derived from the author's own experience in the field.

Rational Emotive Behaviour Therapy: Distinctive Features will be invaluable to both experienced clinicians, and those new to the field.

CONTENTS: Part I: The Distinctive Theoretical Features of REBT. Post-modern Relativism. REBT's Position on Human Nature and Other Theoretical Emphases: Distinctiveness in the Mix. REBT's Distinctive ABC Model. Rigidity is at the Core of Psychological Disturbance. Flexibility is at the Core of Psychological Health. Extreme Beliefs are Derived from Rigid Beliefs. Non-extreme Beliefs are Derived from Flexible Beliefs. Distinction Between Unhealthy Negative Emotions (UNEs) and Healthy Negative Emotions (HNEs). Explaining Why Clients' Inferences are Highly Distorted. Position on Human Worth. Distinction Between Ego and Discomfort, Disturbance and Health. Focus on Meta-emotional Disturbance. The Biological Basis of Human Irrationality. Choice-based Constructivism and Going Against the Grain. Position on Good Mental Health. **Part II: The Distinctive Practical Features of REBT.** The Therapeutic Relationship in REBT. Position on Case Formulation. Psycho-educational Emphasis. Dealing with Problems in Order. Early Focus on iBs. Helping Clients to Change their Irrational Beliefs to Rational Beliefs. Use of Logical Arguments in Disputing Beliefs. Variety of Therapeutic Styles. Discourages Gradualism. Change is Hard Work and the Use of Therapist Force and Energy. Emphasis on Teaching Clients General Rational Philosophies and Encouraging them to Make a Profound Philosophic Change. Compromises in Therapeutic Change. Focus on Clients' Misconceptions, Doubts, Reservations, and Objections to REBT. Therapeutic Efficiency. Theoretically-consistent Eclecticism.

September 2008: 144pp.

Hb: 978-0-415-43085-2: £50.00/\$88.00

Pb: 978-0-415-43086-9: £9.99/\$17.00

The CBT Distinctive Features Series

Forthcoming!

Mindfulness-Based Cognitive Therapy Distinctive Features

Rebecca Crane, University of Wales, Bangor, UK

"A clear account of what MBCT is, both in its theoretical perspectives and its actual practices. Written in accessible language, it is an extraordinary achievement that will be highly valued by both participants in mindfulness classes and their teachers."

- Mark Williams, From the Foreword

This book provides a basis for understanding the key theoretical and practical features of MBCT and how these differ from the other cognitive therapies. Focussing on a mindfulness-based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses, the text is divided into thirty distinctive features that differentiate this approach from other CBT approaches.

Mindfulness-Based Cognitive Therapy: Distinctive Features provides a concise, straightforward summary for professionals and trainees in the field. Its easy to use format will appeal to both experienced practitioners, and newcomers with an interest in MBCT.

CONTENTS: Williams, Foreword. Introduction. **Part I: The Distinctive Theoretical Features of MBCT.** An Integration of Mindfulness-based Stress Reduction and Cognitive Behaviour Therapy. Underpinned by the Cognitive Theory of Vulnerability to Depression. Learning Skills to Reduce the Risk of Depressive Relapse. The Significance of Automatic Pilot. Modes of Mind: 'Doing'. Doing Mode in Action: The Effects of Rumination. Doing Mode in Action: The Effects of Experiential Avoidance. Reacting and Responding to Experience: Avoidance and Approach. Modes of Mind: Being. Body Sensations – A Door into the Present. Ways of Approaching and Welcoming What Is. Developing a New Relationship with Experience. Awareness as a Container of Our Experience. Working with General and Specific Vulnerability. The MBCT Evidence Base. **Part II: The Distinctive Practical Features of MBCT.** Course Content and Structure. Session Themes. Assessment and Orientation. Eating a Raisin with Awareness. Body Scan Practice. Mindful Movement Practice. Sitting Meditation Practice. Three Minute Breathing Space. The Importance of Home Practice. Mindfulness Practice in Everyday Life. Pleasant and Unpleasant Events. Cognitive Behavioural Curriculum Elements. Investigating Our Experience. The MBCT Learning Environment. Teaching Through Embodiment.

September 2008: 200pp.

Hb: 978-0-415-44501-6: £50.00/\$88.00

Pb: 978-0-415-44502-3: £9.99/\$17.00

The CBT Distinctive Features Series

Forthcoming!

Dialectical Behaviour Therapy Distinctive Features

Michaela Swales, University of Wales, Bangor, UK, and **Heidi Heard**, Consultant and Supervisor, St. Louis, USA

Dialectical Behaviour Therapy (DBT) is an innovative approach, used in the treatment of patients with Borderline Personality Disorder. In this book, Michaela Swales and Heidi Heard offer a succinct and accessible guide to the theory and practice of DBT.

CONTENTS: Part I: Theory. Dialectical Philosophy. Biosocial Theory. Behavioural Theory. Zen Philosophy. **Part II: Practice.** Treatment Structure. Functions and Modalities. Stages and Targets. Treatment Strategies. Validation Strategies. Problem Solving. Dialectical Strategies. Stylistic Strategies. Case Management Strategies. Therapy – Interfering Behaviour.

September 2008: 160pp.

Hb: 978-0-415-44457-6: £50.00/\$88.00

Pb: 978-0-415-44458-3: £9.99/\$17.00

The CBT Distinctive Features Series

Forthcoming!

Acceptance and Commitment Therapy

Distinctive Features

Frank Bond, Goldsmiths College, University of London, UK, and
Paul Flaxman, City University, London, UK

This accessible and concise book provides an excellent guide to the key features of ACT, explaining how it differs from traditional cognitive behaviour therapy.

CONTENTS: Part I: Theory. Developments Within CBT. The History of ACT. ACT's View on Human Suffering. ACT's Underlying Philosophy: Functional Contextualism. ACT's Underlying Theory: Relational Frame Theory. Psychological Flexibility. Acceptance. Defusion. Self-as-context. Contact with the Present Moment. Values. Committed Action. Measuring Psychological Flexibility: The Acceptance and Action Questionnaire (AAQ). **Part II: Practice.** ACT Case Formulation. 25 Core Clinical Goals and Examples of Associated Intervention Techniques. The Technical Flexibility of ACT. ACT and the Therapeutic Relationship. ACT in Groups. ACT in Non-clinical Contexts. ACT: The Evidence.

October 2008: 160pp.

Hb: 978-0-415-45065-2: £50.00/\$88.00

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The CBT Distinctive Features Series

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Behavioral Activation

Distinctive Features

Jonathan Kanter, **Andrew Busch**, and **Laura Rusch**, all at the University of Milwaukee – Wisconsin, USA

Behavioral Activation was first proposed as a means of treating depression, but has now been elaborated, refined and applied to other populations, including clients with personality and anxiety disorders. Divided into two parts – theory and practice – this book highlights the fundamental features of behavioral activation, as well as explaining terminology and concepts.

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Activation. Do Not Be Scared of Reinforcement. Depression is Not a Disease. Depression Makes Sense. Response Contingent Positive Reinforcement. The Many Faces of Avoidance. Goal-directed Activation in Behavioral Activation. The Importance of Routine. Depression and Anxiety: Activation and Exposure in Behavioral Activation. Cognitive Change in Behavioral Activation. Insight Without Action. **Part II: Distinctive Practical Features of Behavioral**

Activation. The Therapeutic Relationship in Behavioral Activation. Providing a Treatment Rationale in Behavioral Activation. Ongoing Functional Case Conceptualization. Assessing the Function of Behavior. Be Specific: Concrete Versus Abstract Talk in Behavioral Activation. The Importance of Homework Compliance. Uses of an Activity Chart. Where to Set the Bar for Success? Graded Task Assignments and Shaping. TRAPs and TRACs. Goals and Values in Behavioral Activation. Bringing Family Members into Treatment: How and When. Addressing Barriers to Activation. Addressing Rumination. Be Extinction Resistant. Try This. How to Activate Resistant Clients. TRAPs in the Therapy Room. Managing Suicide in Behavioral Activation. Behavioral Activation for Different Populations. Behavioral Activation for Anxiety Disorders.

December 2008: 160pp.

Hb: 978-0-415-44653-2: £50.00/\$88.00

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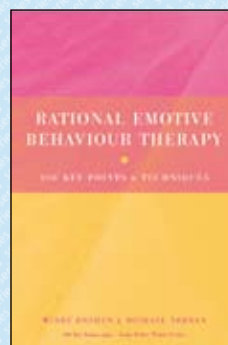
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Rational Emotive Behaviour Therapy

100 Key Points and Techniques

Windy Dryden, Goldsmiths College, University of London, UK, and
Michael Neenan, Centre for Stress Management, London, UK

Rational Emotive Behaviour Therapy: 100 Key Points and Techniques presents 100 main features of this system, to help therapists improve their practice. These essential points have been derived from the authors' own practice, and also from their experience as trainers and supervisors of novice rational emotive behaviour therapists.

2006: 288pp.

Hb: 978-1-58391-740-4: £47.50/\$85.00

Pb: 978-1-58391-741-1: £11.99/\$21.95

Series: 100 Key Points



Cognitive Therapy

100 Key Points and Techniques

Windy Dryden, Goldsmiths College, University of London, UK, and
Michael Neenan, Centre for Stress Management, London, UK

"With sections like 'Practicing what you preach' it would be an unwise step for any practitioner to pass this text by on the bookstore." - **Dennis Bury**, British Association for Behavioural and Cognitive Psychotherapies Newsletter

Cognitive Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of the most popular and best

validated approach within the field of cognitive behaviour therapy. The 100 key points cover cognitive therapy theory and practice, and examine misconceptions about this approach.

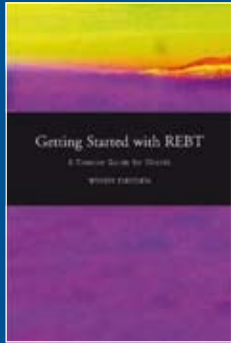
2004: 280pp.

Hb: 978-1-58391-880-7: £47.50/\$69.95

Pb: 978-1-58391-858-6: £11.99/\$19.95

Series: 100 Key Points

ALSO FROM WINDY DRYDEN



Getting Started with REBT

A Concise Guide for Clients

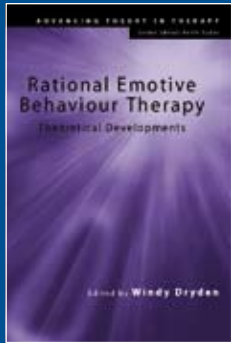
Windy Dryden, Goldsmiths College, University of London, UK

Getting Started with REBT provides a concise guide to assessing the suitability of REBT and using this method to address your emotional problems.

2006: 136pp.

Hb: 978-1-58391-938-5: £45.00/\$80.00

Pb: 978-1-58391-939-2: £9.99/\$23.95



Rational Emotive Behaviour Therapy

Theoretical Developments

Edited by **Windy Dryden**, Goldsmiths College, University of London, UK

"This volume is for all Relational Emotive Behaviour Therapists and Cognitive

Behaviour Therapists who desire to look more closely at their theories and practice... I would recommend this book be on every REBTer's and CBTer's bookshelf." - **John Blackburn**, Behavioural and Cognitive Psychotherapy

Rational Emotive Behaviour Therapy: Theoretical Developments is a cutting edge examination of the theory behind this popular approach within the cognitive-behavioural tradition.

2003: 272pp.

Hb: 978-1-58391-272-0: £55.00/\$96.00

Pb: 978-1-58391-273-7: £19.99/\$33.95

Series: *Advancing Theory in Therapy*

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Dryden: Reason to Change: A Rational Emotive Behaviour Therapy (REBT) Workbook

Pb: 978-0-415-22980-7: 2001: 280pp. £19.99/\$31.95

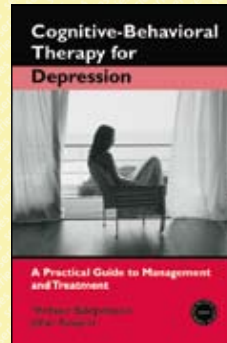
Neenan/Dryden: Life Coaching: A Cognitive-Behavioural Approach

Pb: 978-1-58391-138-9: 2001: 200pp. £12.99/\$20.95

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The *Practical Clinical Guidebooks Series* provides clinicians, students, and trainees with clear descriptions of practical, empirically supported treatments for specific disorders and their sequelae. Focusing largely on Cognitive Behavioural approaches to the assessment, diagnosis, and treatment of a disorder, each volume presents a clear and focused structure to facilitate the transition from book to practice.

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Forthcoming!

Cognitive-Behavioral Therapy for Depression

A Practical Guide to Management and Treatment

Thröstur Björgvinsson, Baylor College of Medicine, USA, and **Johan Rosqvist**, Pacific University, USA

Cognitive-Behavioral Therapy for Depression provides an overview of the established core techniques and strategies for using CBT with depression while drawing together the latest research and soundest thinking in the field today.

With an emphasis on practical guidelines to established therapeutic techniques and treatment strategies, illustrated through a number of case examples, this book provides clinical insight into how to apply it in a meaningful way to the broadly varying forms of depression.

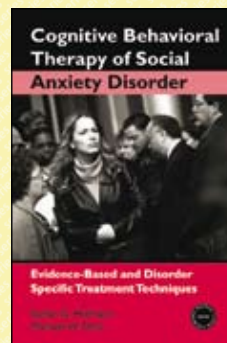
CONTENTS: Part I: Introduction. The Nature of Depression. Models of Depression. **Part II: Cognitive-Behavioral Therapy: Management and Treatment.** Assessment. Setting the Stage. Starting Work. Working Through. Towards Termination. **Part III: Aftercare, Challenges, and Case Illustrations.** Different Populations and Case Illustrations. Challenges and Future Directions.

September 2008: 256pp.

Hb: 978-0-415-95339-9: £53.00/\$85.00

Pb: 978-0-415-95340-5: £15.95/\$24.95

Series: *Practical Clinical Guidebooks*



New!

Cognitive Behavioral Therapy of Social Anxiety Disorder

Evidence-Based and Disorder Specific Treatment Techniques

Stefan G. Hofmann, and **Michael W. Otto**, both at Boston University, USA

Cognitive-Behavior Therapy (CBT) has been demonstrated to be the most effective form of treatment for social phobia, but research has shown that conventional CBT principles and

general interventions fall short of the mark. With this in mind, Drs. Hofmann and Otto have composed an organized treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies. This volume builds upon empirical research to address the psychopathology and heterogeneity of social phobia, creating a series of specific interventions with numerous case examples.

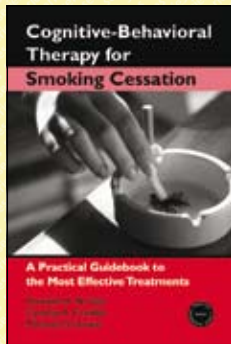
CONTENTS: Description of Disorder. Overall Description of Treatment Strategy. Session by Session Interventions. Research Basis. Clinical Cases. Complicating Factors. Maintenance and Follow-up Strategies.

May 2008: 272pp.

Hb: 978-0-415-95402-0: £53.00/\$85.00

Pb: 978-0-415-95403-7: £17.95/\$27.95

Series: *Practical Clinical Guidebooks*



Cognitive-Behavioral Therapy for Smoking Cessation

A Practical Guidebook to the Most Effective Treatments

Kenneth A. Perkins, Cynthia A. Conklin, and Michele D. Levine, all at the University of Pittsburgh Medical Center, USA

Cognitive-Behavioral Therapy for Smoking Cessation offers the fundamental counseling strategies and interventions that have been established, researched, and refined over the past decades. This program outlines essential components that should be included in the treatment of any smoker, as well as steps to take when faced with smokers likely to have particular difficulty quitting.

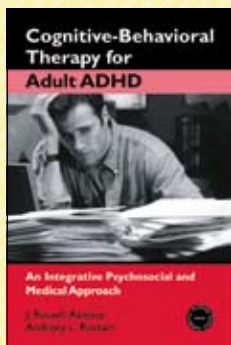
CONTENTS: The Consequences of Smoking and the Nature of Tobacco Dependence. Preparing Smokers to Quit. Time to Quit. Medications to Aid Quitting. Handling Withdrawal and Dealing with Lapses. Addressing Weight Gain Concerns. Cessation Treatment for Subpopulations and Smokers with Comorbid Conditions. Follow-up and Long-term Maintenance.

2007: 224pp.

Hb: 978-0-415-95462-4: £53.00/\$85.00

Pb: 978-0-415-95463-1: £17.95/\$27.95

Series: *Practical Clinical Guidebooks*



Cognitive-Behavioral Therapy for Adult ADHD

An Integrative Psychosocial and Medical Approach

J. Russell Ramsay, and Anthony L. Rostain,

both at the University of Pennsylvania School of Medicine, USA

"... a valuable guide for clinicians working with adults who experience the various types of ADHD. Here is a wealth of useful information about etiology, diagnosis, and comorbidity as well as treatment,

presented in no-frills prose and interspersed with informative case examples. One gets a clear sense of authorial wisdom and competence – of clinicians who have helped lots of patients bring order to their chaotic lives." - **Robert K. Ax, PsycCritiques**

In this volume, Ramsay and Rostain provide an overview of symptoms, assessment and diagnosis issues for adult ADHD. Utilizing research, case examples, and a combined biological and psychosocial treatment approach, the authors discuss the many complicated factors that go into treatment, relapse prevention, and long-term management of adult ADHD.

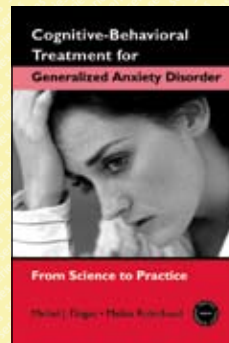
CONTENTS: Adult ADHD: Diagnosis, Symptoms, Etiology, and Assessment. Models of Treatment: CBT and Pharmacotherapy for Adult ADHD. Research Evidence for CBT and Medications for Adult ADHD. Clinical Case Examples. Complicating Factors. Maintenance and Follow-up.

2007: 240pp.

Hb: 978-0-415-95500-3: £53.00/\$85.00

Pb: 978-0-415-95501-0: £18.95/\$29.95

Series: *Practical Clinical Guidebooks*



Cognitive-Behavioral Treatment for Generalized Anxiety Disorder

From Science to Practice

Michel J. Dugas, Concordia University, Canada, and **Melisa Robichaud,** Anxiety Disorders Clinic of UBC Hospital, Vancouver, Canada

Cognitive-Behavioral Treatment for Generalized Anxiety Disorder provides a review of the empirical support for the different models of GAD. It includes a detailed description of the assessment and step-by-step treatment of GAD and concludes with a description of maintenance and follow-up strategies.

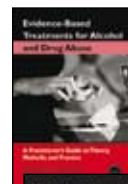
2006: 224pp.

Hb: 978-0-415-95210-1: £50.00/\$80.00

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Key Title!

Breaking Up Blues

A Guide to Survival and Growth

Denise Cullington, psychoanalyst, in private practice, Oxford, UK

"A wise and practical book for managing heartbreak and change." - Dorothy Rowe

"With immense psychological insight the Author draws on her own experience and on her clinical work to examine every aspect of so painful a process as breaking up. It is unique in its combination of depth and accessibility. It deserves to be a classic." - Margot Waddell
Psychoanalyst and Consultant Child Psychotherapist

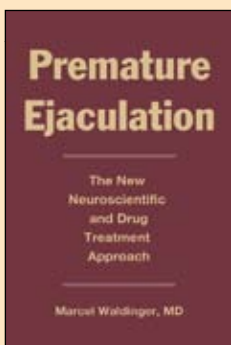
Breaking Up Blues is an indispensable, practical self-help book for those going through break-up and divorce.

Leaver or left, breaking up is much more painful than you'd ever expect. There are so many pitfalls that can leave you stuck in bitterness and rage, emotional emptiness, or in endless depression. Time on its own does not necessarily heal all.

Written by a psychoanalyst, who has her own experience of break up, Denise Cullington is sympathetic but challenging. She takes you gently but firmly through the areas we would rather not think about – feelings of failure and of guilt; of hatred and envy; of sadness and loss – and shows the cost of pushing such feelings out of conscious mind. Facing up to emotional pain can be healing, and helpful for the future.

April 2008: 344pp.
Hb: 978-0-415-45546-6: £40.00/\$70.00
Pb: 978-0-415-45547-3: £9.99/\$17.00

www.routledge mentalhealth.com/breaking-up-blues



Forthcoming!

Premature Ejaculation

The New Neuroscientific and Drug Treatment Approach

Marcel D. Waldinger, General Hospital, Leyenburg, The Netherlands

Marcel Waldinger is one of the leading PE researchers in the world, and a staunch proponent of the neurobiological origin theory of the disorder. Based on his own research, findings, and experience, Dr. Waldinger carefully examines the current PE literature, existing theory, and treatment strategies, before presenting his own theory of the basis of PE.

December 2008: 256pp.
Hb: 978-0-415-95163-0: £37.95/\$59.95



Men's Sexual Health

Fitness for Satisfying Sex

Barry W. McCarthy, American University, USA, and **Michael E. Metz**, University of Minneapolis, USA

"McCarthy and Metz's latest book, Men's Sexual Health: Fitness for Satisfying Sex, is just plain terrific!... Truly, this is the best book on men's sexual health to come along

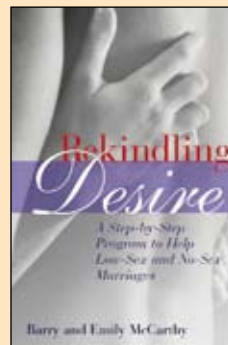
in decades. I am recommending it to all of my patients!" - Sandra R. Leiblum, Robert Wood Johnson Medical School, USA

Men's Sexual Health is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance.

Men and couples who adopt this approach will enjoy sexuality throughout the lifespan. The authors introduce the new "smart thinking," focused on an integration of mind and body, which confronts the myths and misunderstandings which limit male sexual growth.

CONTENTS: The Truth About Sex. Healthy Thinking About Male Sexuality: What You Need to Know and Learn. Boys to Men: What is Normal and Healthy. Vive le Différence: His Sexuality, Her Sexuality. The Mantra of Healthy Sexuality: Intimacy, Pleasuring, Eroticism, and Satisfaction. 'Good Enough' Male and Couple Sexuality. Fitness, Physical Well-being, and Sexual Function. Lifelong Healthy Sexuality: You Are a Sexual Man Until You Die. Dealing with Sexual and Health Problems. Valuing an Intimate, Erotic Sexual Life. Epilogue: The Nuts and Bolts for Your Sexual Health. Appendices.

2007: 224pp.
Pb: 978-0-415-95638-3: £12.95/\$19.95



Rekindling Desire

A Step-by-Step Program to Help Low-Sex and No-Sex Marriages

Barry McCarthy, American University, USA, and **Emily McCarthy**, Author

Acclaimed sex and marital experts Barry and Emily McCarthy, who for years have helped couples break down the barriers that have developed between them,

and rebuild closeness and longing. Their groundbreaking ten-step program is designed to get sex and intimacy back into these marriages and revitalize relationships.

2003: 224pp.
Pb: 978-0-415-93551-7: £11.99/\$17.95

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McCarthy B./E. McCarthy: Getting It Right This Time: How to Create a Loving and Lasting Marriage

Pb: 978-0-415-95169-2: 2005: 224pp. £10.99/\$16.95

McCarthy B./E. McCarthy: Getting It Right the First Time: Creating a Healthy Marriage

Pb: 978-0-415-94829-6: 2004: 232pp. £10.99/\$15.95



The Practice of Emotionally Focused Couple Therapy

Creating Connection
Second Edition

Susan M. Johnson

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD.

2004: 384pp.

Pb: 978-0-415-94568-4: £24.99/\$34.95



Spanish Language Translation of Susan M. Johnson's *The Practice of Emotionally Focused Couple Therapy*

Práctica de la Terapia Matrimonial Concentrada Emocionalmente

Creando Conexiones

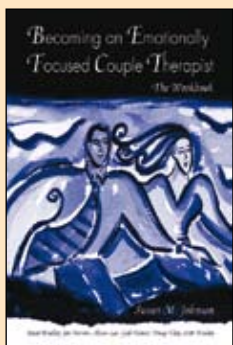
Segunda Edición

Susan M. Johnson

"The Spanish translation of The Practice of Emotionally Focused Couple Therapy... captures the sense and voice of the English edition of the book. This edition will be well received by Spanish speaking counselors and family therapists." - **Dr. Luis Enrique Oliver**, St. Paul University, Ontario, Canada

2007: 296pp.

Pb: 978-0-415-95639-0: £21.95/\$34.95



Becoming an Emotionally Focused Couple Therapist

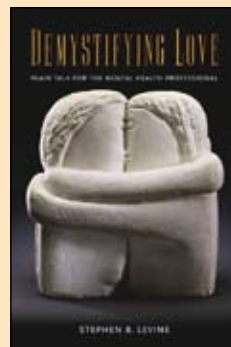
The Workbook

Susan M. Johnson, Brent Bradley, Jim Furrow, Alison Lee, Gail Palmer, Doug Tilley, and Scott Woolley

The *Workbook* which accompanies the revised second edition of *The Practice of Emotionally Focused Couple Therapy*, is designed to facilitate the learning and implementation of EFT by providing explicit exercises that can be utilized by students as well as clinicians looking to increase their treatment efficacy.

2005: 416pp.

Pb: 978-0-415-94747-3: £17.99/\$29.95



Demystifying Love

Plain Talk for the Mental Health Professional

Stephen B. Levine, Case Western Reserve University School of Medicine, USA

"The special gift of this book is to recognize and address the complexity of love... Demystifying Love is one of the most

thought provoking books for clinicians in recent years." - **Barry McCarthy**, American University, USA

Intended primarily for mental health professionals, *Demystifying Love* deals plainly with topics rarely written about for clinicians. The book discusses in a small package highly readable and useful topics, such as love, psychological intimacy, sexual desire, as well as infidelity, both in background concepts and clinical guidelines.

2006: 200pp.

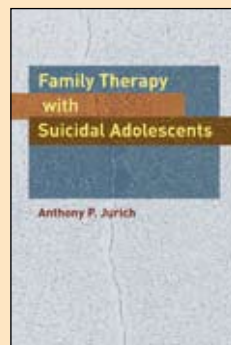
Hb: 978-0-415-95599-7: £21.95/\$34.95

ALSO BY STEPHEN B. LEVINE



Levine et al., Eds.: Handbook of Clinical Sexuality for Mental Health Professionals

Hb: 978-1-58391-331-4: 2003: 496pp. £63.50/\$110.00



Family Therapy with Suicidal Adolescents

Anthony P. Jurich, Kansas State University, USA

"Family Therapy with Suicidal Adolescents is an eminently practical book... It will be invaluable to both experienced clinicians and novices alike." - **Alan Carr**, University College Dublin, Ireland

This book describes a blend of insight-oriented, behavioral, and strategic family therapy, which the author has developed over thirty-four years of dealing with suicidal adolescents. It aims not to replace other forms of therapy but to augment the therapist's own therapeutic style.

2007: 288pp.

Hb: 978-0-415-96086-1: £24.95/\$39.95

BACKLIST TITLES



Carnes/Adams, Eds.: Clinical Management of Sex Addiction

Hb: 978-1-58391-361-1: 2002: 424pp. £49.95/\$89.95



Lachkar: The Narcissistic / Borderline Couple: New Approaches to Marital Therapy, Second Edition

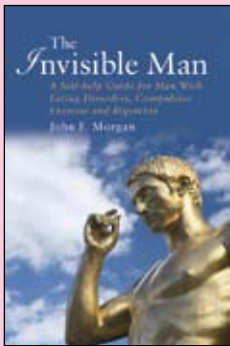
Hb: 978-0-415-93471-8: 2003: 256pp. £22.99/\$38.95



Reder/Lucey, Eds.: Assessment of Parenting: Psychiatric and Psychological Contributions

Pb: 978-0-415-11454-7: 1995: 308pp. £20.99/\$33.95

EATING DISORDERS AND BODY IMAGE



Key Title!

The Invisible Man

A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia

John F. Morgan, Yorkshire Centre for Eating Disorders, Leeds, UK

"An exceptionally experienced and expert clinician has given us an exceptionally useful book to guide boys and men in understanding and healing eating disorders, compulsive exercise, and uniquely male body image disorders." - **Arnold Andersen**, University of Iowa, USA

Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems.

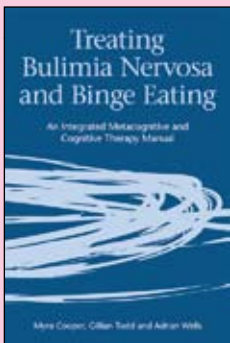
The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems.

CONTENTS: Part I: Fat is More Than a Feminist Issue. Snakes and Ladders: Barriers to Recovery. Stories From the Past: The First Case of Anorexia Nervosa and Lord Byron's Eating Disorder. **Part II: Do You Have a Body Image Disorder?** Anorexia Nervosa. Bulimia Nervosa and Binge Eating. Muscle Dysmorphia (Bigorexia). Obesity. **Part III: Science Fiction and Science Fact.** What Causes Body Image Disorders in Men? Compulsive Exercise: When Does Exercise Become Unhealthy? The Poisoned Chalice: Anabolic Steroid Abuse. Physical Health and Body Image Disorders. Mental Health and Body Image Disorders. The Role of Culture: 'Fat is Not Just a Feminist Issue'. **Part IV: 7 Stages to Recovery.** Stage 1: Motivation – A Cost-benefit Analysis of Recovery. Stage 2: Sharing the Secret. Stage 3: Healthy Habits. Stage 4: Thinking Straight. Stage 5: Feeling Good. Stage 6: Seeking Professional Help – A Consumer's Guide. Stage 7: Remaining Well – Sadder and Wiser.

February 2008: 184pp.

Hb: 978-1-58391-149-5: £55.00/\$95.00

Pb: 978-1-58391-150-1: £12.99/\$22.95



Forthcoming!

Treating Bulimia Nervosa and Binge Eating

An Integrated Metacognitive and Cognitive Therapy Manual

Myra Cooper, University of Oxford, UK,

Gillian Todd, University of Cambridge, UK, and **Adrian Wells**, University of Manchester, UK

"Every clinician working with the eating disorders will know a bulimia nervosa sufferer like Jessica, Angela or Bethany. This book gives practical advice about how to work with such patients, incorporating

existing methods and building on them with new methods from the authors' clinical research and experience. It should be in the collection of every psychological therapist working with bulimia nervosa."

- **Glenn Waller**, Institute of Psychiatry, King's College London, UK

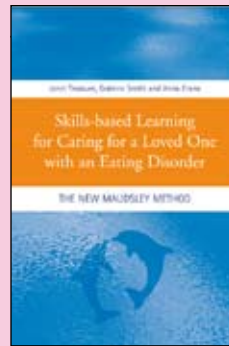
Treating Bulimia Nervosa and Binge Eating explains how cognitive therapy can be used to treat those suffering from bulimia nervosa. The manual provides a step-by-step treatment guide, incorporating a number of case examples offering detailed explanations of the treatment process, questionnaires, worksheets and practical exercises for the client, which will provide a framework and focus for therapy. The authors use existing techniques, as well as new integrated cognitive and metacognitive methods developed from their recent research to take the therapist from initial assessment to the end of treatment and beyond.

CONTENTS: Introduction to the Book, a Case Example and an Overview of Treatment. Diagnosis and Assessment. Treatment of Bulimia Nervosa. A New Cognitive Model of Bulimia Nervosa. Engagement and Motivation. Case Formulation and Socialisation. Detached Mindfulness Strategies. Negative Beliefs About Eating; Uncontrollability and Consequences. Positive Beliefs About Eating. Negative Self Beliefs. Ending Therapy. Therapist Resources.

September 2008: 256pp.

Hb: 978-1-58391-944-6: £60.00/\$100.00

Pb: 978-1-58391-945-3: £22.99/\$40.00



Key Title!

Skills-based Learning for Caring for a Loved One with an Eating Disorder

The New Maudsley Method

The New Maudsley Method

Janet Treasure, Guy's Hospital, King's College London, UK, **Gráinne Smith**, Course and Workshop developer, Scotland, UK, and **Anna Crane**, Medical student at Guy's, King's and St Thomas' Hospital, London, UK

"The combination of practical suggestions, real life situations and a sound theoretical basis in the Maudsley model make this book invaluable for any family with a loved one struggling to overcome an eating disorder." - **Susan Ringwood**, Chief Executive Officer of BEAT

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery.

Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones.

CONTENTS: Shifting Responsibility – The Lived Experience of an Eating Disorder. Caring for a Loved One with an Eating Disorder – First Steps. Working with a Joint Understanding of the Illness – Basic Facts About Eating Disorders. Which Kind of Carer Are You? Stress, Strain and Developing Resilience. Consequences – Understanding Medical Risk. Understanding Change. Communication. Interpersonal Relationships. Modelling Emotional Intelligence and Problem-solving Skills. Managing Undereating. How to Help with Bingeing and Overeating. Managing Difficult Behaviours. Reflection, Review – and Relaxation.

2007: 248pp.

Pb: 978-0-415-43158-3: £12.99/\$22.95

www.routledgementalhealth.com/treasure
for a further title by Janet Treasure see page 1

ALSO FROM JANET TREASURE



Anorexia Nervosa

A Survival Guide for Families, Friends and Sufferers

Janet Treasure

Anorexia Nervosa includes sections for parents and other carers alongside a section for the sufferer herself.

1997: 176pp.

Pb: 978-0-86377-760-8: £12.99/\$24.00



Getting Better Bit(e) by Bit(e)

A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Ulrike Schmidt, and Janet Treasure

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers.

1993: 160pp.

Pb: 978-0-86377-322-8: £12.95/\$26.95



Clinician's Guide:

Getting Better Bit(e) by Bit(e)

A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

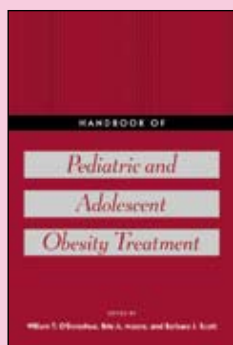
Janet Treasure, and Ulrike Schmidt

The authors of *Getting Better Bit(e) by Bit(e)*

have now written this *Clinician's Guide*, to help health care professionals maximize the benefit that patients obtain from the self-help book.

1997: 240pp.

Hb: 978-0-86377-730-1: £23.99/\$42.00



Handbook of Pediatric and Adolescent Obesity Treatment

Edited by **William T. O'Donohue, Brie A. Moore, and Barbara J. Scott**, all at the University of Nevada, Reno, USA

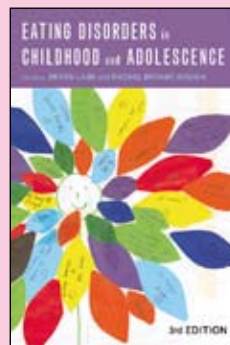
This volume brings together behavioral, medical, and public health approaches and provides the knowledge necessary for a wide range of practitioners to effectively address the current obesity epidemic among children and adolescents. The book addresses several themes in pediatric and adolescent obesity. Experts in the field discuss the prevalence, etiology, and sequelae of pediatric and adolescent obesity, as well as the medical and behavioral assessment of the overweight child, adolescent, and family.

SELECTED CONTENTS: Part I: Etiology, Diagnosis, and Socio-cultural Considerations. Part II: Toward a More Comprehensive Understanding: Relevant Process Variables. Part III: Treatment Approaches: A Stepped Care Perspective. Part IV: Nutritional Approaches.

2007: 360pp.

Hb: 978-0-415-95432-7: £78.00/\$125.00

Pb: 978-0-415-99066-0: £38.95/\$69.95



Eating Disorders in Childhood and Adolescence

Third Edition

Edited by **Bryan Lask**, St George's University of London, UK, and **Rachel Bryant-Waugh**, Great Ormond Street Hospital, London, UK

"This is an excellent book with contributions from a wide range of experts in the field. It is comprehensive and everybody working in the field will find it invaluable." - **Alan Stein**, University of Oxford, UK

In the third edition of this accessible and comprehensive book, Bryan Lask and Rachel Bryant-Waugh build on the research and expertise of the previous two editions. First published in 1993, this was the earliest book of its kind to explore eating disorders in people under 15, a population that is very distinct from those in their late teens and adulthood.

CONTENTS: Part I: Perspectives. *Nunn*, The Sensitivities that Heal and the Sensitivities that Hinder. *Haggiag*, The Broken Jigsaw: A Child's Perspective. *Davenport*, A Parent's Perspective. **Part II: Context and Course of Early Onset Eating Disorders.** *Bryant-Waugh, Lask*, Overview of the Eating Disorders. *Nicholls*, Aetiology. *Gowers, Doherty*, Outcome and Prognosis. **Part III: Assessment and Treatment.** *Pinhass, Steinegger, Katzman*, Clinical Assessment and Physical Complications. *Frampton, Hutchinson*, Eating Disorders and the Brain. *Lask, Bryant-Waugh*, Overview of Management. *Lask*, Motivational Approaches. *Hart*, Nutrition and Refeeding. *Honig*, Family Approaches: Evidence-based and Collaborative Practice. *Christie*, Cognitive-Behavioural Approaches. *Magagna*, Individual Psychotherapy. *Close*, Physiotherapy and Exercise. *Tate*, Schooling. *Tan, Stewart*, Ethical and Legal Issues.

2007: 424pp.

Hb: 978-0-415-39457-4: £60.00/\$105.00

Pb: 978-0-415-42589-6: £22.99/\$39.95

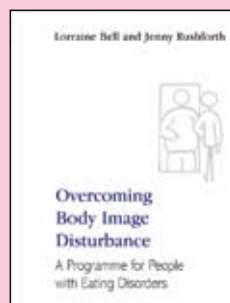
ALSO OF INTEREST



Eating Disorders: A Parents' Guide, Revised Edition

Rachel Bryant-Waugh, and Bryan Lask

Pb: 978-1-58391-860-9: 2004: 192pp. £9.99/\$17.95



New!

Overcoming Body Image Disturbance

A Programme for People with Eating Disorders

Lorraine Bell, and Jenny Rushforth,

both at Hampshire Partnership trust, UK

"A clear, simple treatment manual which contains useful handouts and assessment tools." - **Janet Treasure**, Institute of Psychiatry, UK

People with eating disorders often exhibit serious misconceptions about their own body image. *Overcoming Body Image Disturbance* provides a treatment programme (piloted by the authors) for people with eating disorders who have a negative body image. The manual offers advice for therapists, enabling them to deliver

the programme, as well as practical guidance for the sufferer, encouraging them to learn the appropriate skills to change their attitude towards their body.

This manual – intended to be used with close guidance from a therapist – will be essential for all therapists, mental health workers and counsellors working with clients who have negative body images.

Workbook resources can be downloaded free of charge by purchasers of the print version.

CONTENTS: Introduction. Body Image and Body Image Disturbance. Body Image Disturbance and Psychological Disorders. What Works? The Design of this Programme. Notes for Therapists: I. Therapist Skills Needed for this Programme. Notes for Therapists: II. The Programme.

February 2008: 160pp.

Pb: 978-0-415-42330-4: £22.99/\$40.00

www.routledge mentalhealth.com/overcoming-body-image-disturbance



Body Image

Understanding Body Dissatisfaction in Men, Women, and Children

Second Edition

Sarah Grogan, Staffordshire University, UK

"In her revised volume, Professor Grogan leaves no stone unturned in telling the scientific and cultural stories of human

embodiment. She is scrupulous in her psychological scholarship and articulate in her prose. Readers will be both fascinated and edified by this book's thoughtful coverage of a subject that so deeply affects our lives." - Thomas F. Cash, Old Dominion University, USA

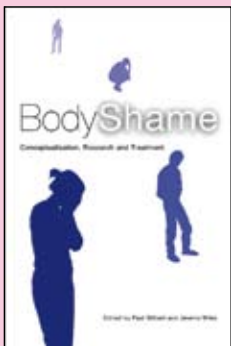
Sarah Grogan provides a comprehensive overview of the subject of body image, pulling together diverse research from the fields of psychology, sociology, media, and gender studies in men, women, and children.

This second edition has been thoroughly revised and updated to reflect the significant increase in research on body image since the first edition was published, including new empirical data collected specifically for this text. In addition to examining evidence for sociocultural influences on body image, the book also reviews recent literature and includes new findings on body modification practices.

2007: 264pp.

Hb: 978-0-415-35822-4: £29.95/\$55.00

Pb: 978-0-415-35821-7: £17.50/\$35.00



Body Shame

Conceptualisation, Research and Treatment

Edited by Paul Gilbert, Kingsway Hospital, University of Derby, UK, and Jeremy Miles, University of York, UK

"This edited work is clearly structured in a way that should inform and stimulate debate on the subject of body shame... I would recommend this book." - Professor

Glenn Waller, Behavioural and Cognitive Psychotherapy Journal

Body Shame gives the reader insight into the nature and mechanisms of shame, how it can focus on the body, how it can underlie a variety of psychological difficulties, and how

to intervene to help resolve it. This book will be invaluable for practitioners from different disciplines working with people who have problems centred on their physical appearance and/or functions, and clinicians working with various mental health problems.

2002: 320pp.

Hb: 978-1-58391-165-5: £50.00/\$88.00

Pb: 978-1-58391-166-2: £17.99/\$31.00

for further titles by Paul Gilbert see pages 18, 42

RELATED TITLE



Grilo: **Eating and Weight Disorders**

See page 15

BACKLIST TITLES



Andersen, Ed: **Males With Eating Disorders**

Hb: 978-0-87630-556-0: 1990: 264pp. £37.50/\$65.95

Crisp et al.: **Anorexia Nervosa: The Wish to Change, Second Edition**

Pb: 978-0-86377-408-9: 1996: 112pp. £12.99/\$25.00

Published by Psychology Press



Herrin: **Nutrition Counseling in the Treatment of Eating Disorders**

Hb: 978-1-58391-031-3: 2002: 304pp. £22.95/\$39.95



Logue: **The Psychology of Eating and Drinking, Third Edition**

Hb: 978-0-415-95008-4: 2004: £57.50/\$90.00

Pb: 978-0-415-95009-1: 2004: 376pp. £17.99/\$29.95

FORENSIC PSYCHIATRY



New!

The Psychology of Female Violence

Crimes Against the Body

Second Edition

Anna Motz, Consultant Clinical and Forensic Psychologist with the Thames Valley Forensic Services, UK

"This scholarly work by Anna Motz is a vital resource for all professionals dealing with violent women. It is a wonderful book and I am proud to be associated with it." - Baroness Helena Kennedy QC

This book explores the nature and causes of female violence from the perspectives of psychodynamic theory and forensic psychology. This fully updated and expanded second edition explores developments in research and services for violent women. Recent high profile cases of female violence are discussed alongside clinical material and theory. New topics include: the Victoria Climbié Inquiry, the controversy related to the diagnosis of Munchausen's Syndrome by Proxy, Dangerous and Severe

Personality Disorder in women, and the impact of pro-anorexia and pro-bulimia websites. New chapters address central clinical issues of working with women who kill and designing therapeutic services for women in secure mental health settings.

The Psychology of Female Violence will be valuable to trainees and practitioners working in the fields of clinical and forensic psychology, women's studies, sociology, psychiatric nursing, social work, probation, counselling, psychoanalysis, the criminal justice system and criminology.

CONTENTS: *Welldon*, Foreword. Introduction. **Part I: Violence Against Children.** The Development of Maternal Abuse. Female Sexual Abuse of Children Maternal Physical Abuse. Fabricated or Induced Illness. **Part II: Violence Against the Self.** Deliberate Self-harm. Anorexia Nervosa. **Part III: Violence Against Others.** Battered Women Who Kill. **Part IV: Clinical Applications.** Working With Women Who Kill. Hiding and Being Lost: The Need for Women Only Secure Units. Conclusion.

January 2008: 408pp.

Hb: 978-0-415-40386-3: £55.00/\$95.00

Pb: 978-0-415-40387-0: £19.99/\$34.95



Men's Violence Against Women

Theory, Research, and Activism

Christopher Kilmartin, University of Mary Washington, USA, and **Julie Allison**, Pittsburgh State University, Pittsburgh, USA

"A useful tool for community agencies... as well as for college counseling centers..."

book increases your understanding of what underlies gender based violence and provides concrete information on interventions."

- **Jonathan Schwartz**, University of Houston, USA

This text offers a balance of clinical and social psychological theory and research, as well as prevention and intervention techniques with the purpose of understanding and ultimately ending gender-based violence. The authors address several forms of violence, including rape, intimate partner violence, stalking, and sexual harassment in a contemporary linguistic style carefully crafted to avoid victim blaming.

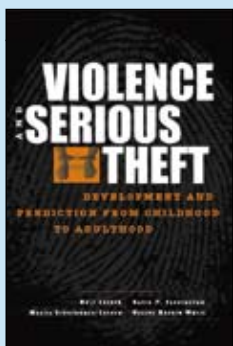
SELECTED CONTENTS: Part I: The Problem, The Perpetrator, The Victim. Part II: Theory. Part III: Intervention and Prevention.

2007: 304pp.

Hb: 978-0-8058-5770-2: £33.95/\$59.95

Pb: 978-0-8058-5771-9: £16.95/\$29.95

Published by Psychology Press



New!

Violence and Serious Theft

Development and Prediction from Childhood to Adulthood

Edited by **Rolf Loeber**, University of Pittsburgh, USA, **David P. Farrington**,

University of Cambridge, UK, **Magda Stouthamer-Loeber**, University of Pittsburgh, USA, and **Helene Raskin White**, Rutgers University, USA

In this volume, top experts in the field of delinquency discuss the implications of the findings of the Pittsburgh Youth Study for current conceptualizations of antisocial behavior. *Violence*

and *Serious Theft* is unique in that it combines the strengths of three disciplines to explain delinquency in young people: developmental psychopathology, criminology, and public health. The book addresses questions in two main areas: serious offending as an outcome over time and developmental aspects of serious offending; and factors which explain why some young males become violent and/or commit serious crime while others do not. *Violence and Serious Theft* is a resource for researchers, practitioners and students in developmental, school and counseling psychology; psychopathology, psychiatry, public health and criminology.

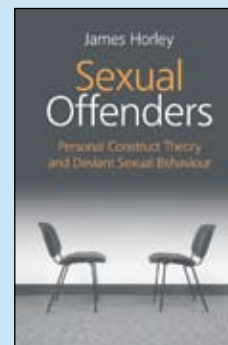
CONTENTS: Part I: Introduction and Methods. Introduction and Key Questions. The Pittsburgh Youth Study: Its Design, Data Collection, and Early Key Findings. Measurement Instruments and Constructs.

Part II: Epidemiology of Violence, Serious Theft, Substance Use, Drug Dealing and Gang Membership. The Age-crime Curve in Reported Offending. Comparing Arrests and Convictions with Reported Offending. Substance Use, Drug Dealing, Gang Membership, and Gun Carrying and Their Predictive Associations with Serious Violence and Serious Theft.

Part III: Prediction of Violence, Serious Theft and Desistance. Promotive and Risk Processes at Different Life Stages. Developmental Trajectories of Violence and Theft. Desistance From and Persistence in Offending. **Part IV: Conclusions.** Conclusions and Policy Implications.

January 2008: 392pp.

Hb: 978-0-8058-5222-6: £50.00/\$80.00



New!

Sexual Offenders

Personal Construct Theory and Deviant Sexual Behaviour

James Horley, University of Alberta, Canada

Is there an alternative way of treating sexual offenders beyond traditional psychiatry?

Sexual Offenders explores and develops personal construct theory in terms of forensic and social psychology, and examines the possibilities for sexual offender assessment and therapy.

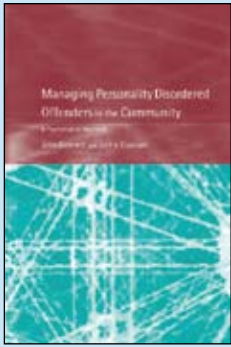
Rather than viewing sexual offenders as having a mental illness or possessing a set of pathological personality traits, personal construct theory indicates that all people learn particular ways of understanding their own experience, and use these 'personal constructs' to anticipate the future. Through a variety of experiences, sexual offenders appear to develop a set of constructs that demands a particular understanding of themselves and other people. James Horley suggests that if they desire change sexual offenders can alter these constructs through psychotherapy. *Sexual Offenders* describes a number of techniques used by the author and other clinicians as well as presenting new and more dynamic approaches to psychological assessment.

Based on over 20 years of the author's clinical and research work, this book will provide professionals and students in the field of forensic psychology and psychiatry with an alternative way of treating sex offender clients.

CONTENTS: Sexual Offending: An Alternative Construction. Sexual Offender Self-labelling and PCT. Social Power and Sexual Assault. Alternative Approaches to the Psychological Assessment of Sex Offenders. Psychotherapy with Sexual Offenders. Assessment and Treatment of Sexual Offenders: An Illustrative Case. Final Considerations.

April 2008: 152pp.

Hb: 978-1-58391-735-0: £29.95/\$55.00



Managing Personality Disordered Offenders in the Community

A Psychological Approach

John Dowsett, Consultant Clinical Psychologist, in private practice, UK, and **Jackie Craissati**, Oxleas NHS Trust, South East London, UK Drawing on the latest evidence from the disparate worlds of mental health and criminal justice, *Managing Personality Disordered Offenders in the Community* provides a practical guide to the management and treatment of a group who comprise some of the most troubled offenders, who provoke the most anxiety in our society.

Illustrated throughout with relevant case examples, this book provides a detailed account of key issues in the assessment of both personality disorder and offending. Dowsett and Craissati explore the current state of knowledge regarding treatment approaches, before suggesting a framework for thinking about community management, legislation, and multi-agency practice. The book concludes with a discussion of community pilot projects currently taking place throughout England and Wales.

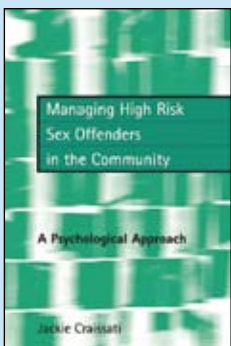
Managing Personality Disordered Offenders in the Community is an accessible and informative guide for trainees and practitioners working in the fields of mental health, social services, and the criminal justice system.

CONTENTS: Introduction. Theory. Assessment. Treatment Models. Management Approaches. Personality Traits and Strategic Approaches. Where Are We Now?

2007: 224pp.

Hb: 978-1-58391-738-1: £55.00/\$100.00

Pb: 978-1-58391-739-8: £19.99/\$34.95



Managing High Risk Sex Offenders in the Community

A Psychological Approach

Jackie Craissati, Oxleas NHS Trust, South East London, UK

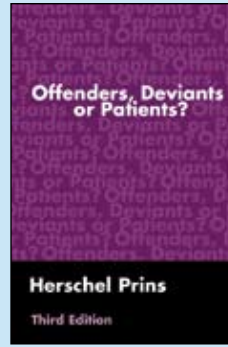
"Overall the quality of the evidence-based information in this book is excellent. It is presented in a meaningful and interesting manner from different professional perspectives... I found the book both informative and readable, providing a balanced view for the range of professionals working in this challenging area." - **Sarah Isherwood**, The Journal of Forensic Psychiatry and Psychology

Managing High Risk Sex Offenders in the Community covers both the assessment and management of high risk sex offenders in the community, with an emphasis on evidence-based approaches. The reader will be able to access the most widely used actuarial approaches to risk assessment and understand the clinical themes that underpin such variables.

2004: 248pp.

Hb: 978-1-58391-157-0: £50.00/\$70.00

Pb: 978-1-58391-158-7: £17.99/\$25.95



Offenders, Deviants or Patients?

Third Edition

Herschel Prins, Loughborough University, UK

This third edition of *Offenders, Deviants or Patients?* is aimed specifically at understanding the social context of the serious criminal offender who is deemed to be mentally abnormal. Using up-to-date case examples, Herschel Prins examines the relationship between abnormality and criminal behaviour, the extent to which this relationship is used or misused in the criminal courts, and the various facilities that are currently available for the management/incarceration of offenders/patients.

2005: 344pp.

Hb: 978-1-58391-824-1: £55.00/\$97.00

Pb: 978-1-58391-825-8: £19.99/\$34.95



Cultural Competence in Forensic Mental Health

A Guide for Psychiatrists, Psychologists, and Attorneys

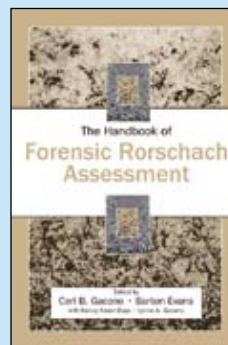
Wen-Shing Tseng, Daryl Matthews, and

Todd S. Elwyn, all at the University of Hawaii School of Medicine, USA

As culturally relevant psychiatry becomes common practice, the need for competent and culturally relevant forensic psychiatry comes to the forefront. This volume, written by one expert in cultural psychiatry and another in forensic psychiatry addresses that need. By combining their expertise in these areas, they are able to develop and create a new body of knowledge and experiences addressing the issue of the cultural aspects of forensic psychiatry.

2004: 352pp.

Hb: 978-0-415-94789-3: £35.00/\$49.95



The Handbook of Forensic Rorschach Assessment

Edited by **Carl B. Gacono**, in private practice, Austin, USA, and **Barton Evans**, George Washington University School of Medicine, USA, with **Nancy Kaser-Boyo**, and **Lynne A. Gacono**

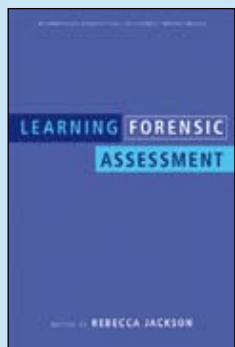
In *The Handbook of Forensic Rorschach Assessment*, Editors Carl B. Gacono and Barton Evans underscore the unique contribution the Rorschach makes to forensic practice. The chapters, all of which include the expertise of a licensed practicing forensic psychologist, offer a systematic approach to personality assessment when presenting use of the Rorschach in specific forensic contexts.

SELECTED CONTENTS: Part I: Scientific and Legal Foundations. Part II: Forensic Applications. Part III: Forensic Reference Groups. Part IV: Special Topics.

2007: 648pp.

Hb: 978-0-8058-5823-5: £44.95/\$79.95

Series: *Personality and Clinical Psychology*



Learning Forensic Assessment

Edited by **Rebecca Jackson**, Pacific Graduate School of Psychology, Palo Alto, California, USA

Providing an excellent resource for forensic psychology undergraduate students, this book, unlike other books in the area that are topic specific,

offers students the opportunity to learn from experts – through the collection of outstanding articles as well as giving them comprehensive coverage of the subject.

SELECTED CONTENTS: Part I: Professional and Practice Issues. Part II: Adult Forensic Assessment. Part III: Juvenile Forensic Assessment. Part IV: Civil Forensic Assessment. Part V: Communicating Your Findings.

2007: 632pp.

Hb: 978-0-8058-5922-5: £70.00/\$125.00

Pb: 978-0-8058-5923-2: £40.00/\$75.00

Series: *International Perspectives on Forensic Mental Health*

BACKLIST TITLES



Gudjonsson/Haward: Forensic Psychology: A Guide to Practice

Hb: 978-0-415-13290-9: 1998: 256pp. £55.00/\$87.95
Pb: 978-0-415-13291-6: 1998: 256pp. £20.95/\$34.95

Slovenko: Psychiatry in Law / Law in Psychiatry

Hb: 978-0-415-93365-0: 2002: 1088pp. £105.00/\$174.95

GERONTOLOGY

Forthcoming!

Aging and Diversity An Active Learning Experience

Second Edition

Chandra M. Mehrotra, College of St. Scholastica, USA, and
Lisa Smith Wagner, University of San Francisco, USA

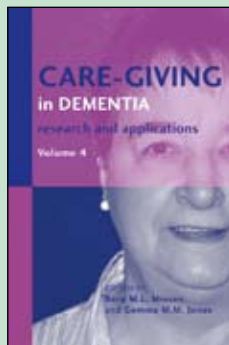
In a time of growing awareness of the diversity among elders, Mehrotra and Wagner provide an excitingly fresh perspective that helps readers develop a clearer understanding of gerontology and that bridges the gap between students and service providers in the field. *Aging and Diversity* combines a clear narrative with active learning experiences. The authors invite readers to broaden their works view, enhance culturally relevant skills, understand older adults through a life-course perspective, and view aging from a multi-ethnic perspective.

CONTENTS: An Introduction to Aging and Diversity. Psychological Aging. Issues in Health and Sexuality. Caregiving. Work and Retirement. Religion and Spirituality. Death, Dying, and Grieving.

October 2008: 320pp.

Hb: 978-0-415-95213-2: £60.00/\$95.00

Pb: 978-0-415-95214-9: £24.95/\$39.95



Care-Giving in Dementia Research and Applications

Volume 4

Edited by **Bère M. L. Miesen**, the Hague University, the Netherlands, and **Gemma M. M. Jones**, Freelance educator and consultant about care-giving in dementia issues

"A rich compilation of contributions that will have a wide resonance across medicine, psychology, nursing and allied professions." - **Bill Lemmer**, Canterbury Christ Church University, UK

Volume 4 of *Care-Giving in Dementia* builds on previous volumes to continue to make a significant contribution to establishing a knowledge base for the developing field of care-giving in dementia.

2006: 456pp.

Hb: 978-1-58391-190-7: £60.00/\$110.00

Pb: 978-1-58391-191-4: £22.99/\$41.95

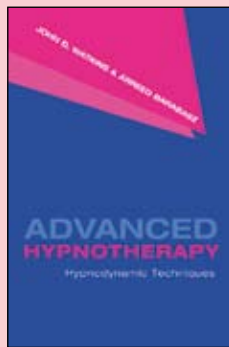
ALSO BY BÈRE M. L. MIESEN, AND GEMMA M. M. JONES



Jones/Miesen, Eds.: Care-Giving in Dementia: Research and Applications, Volume 3

Hb: 978-1-58391-188-4: 2004: 464pp. £60.00/\$95.00
Pb: 978-1-58391-189-1: 2004: 464pp. £22.99/\$32.95

HYPNOTHERAPY



Advanced Hypnotherapy Hypnodynamic Techniques

John G. Watkins, University of Montana, USA, and **Arreed Barabasz**, Washington State University, USA

This book focuses on tested hypnoanalytic techniques, with step-

by-step procedures for integrating hypnosis into psychoanalytic processes. In its examination of the latest thinking, research, and techniques, the book discusses historical origins of hypnosis as well as how to apply it to current events.

CONTENTS: Introduction to Hypnoanalysis. Hypnoanalytic Insight Therapy. The Psychodynamics of Hypnotic Induction. Hypnodiagnosis and Evaluation. Advanced Abreactive Techniques. Sensory Hypnoplasty and Hypnography. Realities, Dreams, and Fantasies. Projective Hypnoanalysis. Dissociative Hypnoanalysis. Ego State Therapy. Hypnotic Transference, Counter-transference and the Therapeutic Alliance. Existential Hypnoanalysis and the Therapeutic Self.

2007: 368pp.

Hb: 978-0-415-95627-7: £31.00/\$50.00

ALSO BY ARREED BARABASZ
& JOHN G. WATKINS



Hypnotherapeutic Techniques
Second Edition

Barabasz/Watkins

Hb: 978-0-415-93581-4: 2004: 416pp. £32.95/\$49.95

BACKLIST TITLES



Voit/Delaney: Hypnosis in Clinical Practice: Steps for Mastering Hypnotherapy

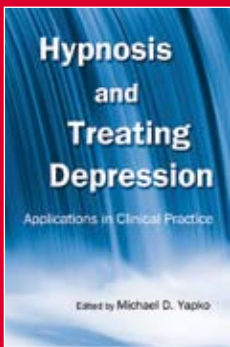
Hb: 978-0-415-93544-9: 2004: 192pp. £19.50/\$34.95



Alman/Lambrou: Self-Hypnosis: The Complete Manual for Health and Self-Change, Second Edition

Pb: 978-0-87630-650-5: 1991: 312pp. £20.95/\$26.95

TITLES BY **MICHAEL D. YAPKO**, IN PRIVATE PRACTICE, CALIFORNIA, USA
WINNER OF THE 2003 PIERRE JANET AWARD FOR CLINICAL EXCELLENCE!



Hypnosis and Treating Depression
Applications in Clinical Practice

Edited by **Michael D. Yapko**

"In this new and innovative volume, Dr. Yapko has added the voices of other well known hypnosis and depression experts to

the call for more creative and empowering treatments." - Reid Wilson, Director, Anxiety Disorders Treatment Center

Hypnosis and Treating Depression diversifies the range of topics to consider and increases the number of knowledgeable contributors on the subject of treating depression with hypnosis. The book features chapter contributions by highly experienced and well-known experts on using hypnosis to treat specific forms of depression.

2006: 376pp.

Hb: 978-0-415-95305-4: £31.00/\$49.95



Trancework
An Introduction to the Practice of Clinical Hypnosis

Abridged Audio Version

Michael D. Yapko

This 8-CD abridged version, based on the text of the popular third edition of *Trancework*, specifically addresses the growing emphasis within psychotherapy on proving efficacy through empirical data and the creative use of hypnosis to enhance treatment outcomes.



2005: 8 Discs

Hb: 978-0-415-95259-0: £37.50/\$59.95

ALSO BY MICHAEL D. YAPKO



Yapko: Trancework: An Introduction to the Practice of Clinical Hypnosis, Third Edition

Hb: 978-0-415-93589-0: 2003: 528pp. £28.99/\$42.95



Yapko: Treating Depression With Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches

Pb: 978-1-58391-304-8: 2001: 208pp. £16.99/\$29.95



Yapko: Using Hypnosis in Treating Depression

Cassette: 978-0-87630-704-5: 1992: £39.95/\$65.95

MAUDSLEY MONOGRAPHS
SERIES

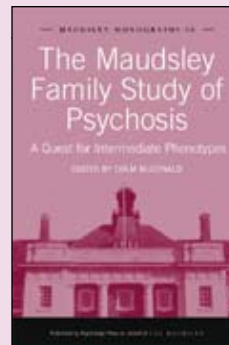
Series Editor: Professor A. S. David

Henry Maudsley, founder of the Maudsley Hospital, was the most prominent English psychiatrist of his generation. The Maudsley Hospital was united with the Bethlem Royal Hospital in 1948 and its medical school renamed the Institute of Psychiatry. It is now entrusted with the duty of advancing psychiatry by teaching and research. The South London and Maudsley (SLAM) NHS Trust, together with the Institute of Psychiatry, are jointly known as The Maudsley. The monograph series reports work carried out at The Maudsley.

Some of the monographs are directly concerned with clinical problems; others, less obviously relevant, are in scientific fields that are cultivated for the furtherance of psychiatry.

www.routledgejournalhealth.com/maudsley

Forthcoming!



The Maudsley Family Study of Psychosis

A Quest for Intermediate Phenotypes

Edited by **Colm McDonald**, National University of Ireland, Ireland

Psychotic disorders such as schizophrenia and bipolar disorder are known to be highly heritable. Despite decades of research, however, the genetic variations conferring susceptibility to these illnesses have yet to be identified. Such genetic variations most likely produce abnormalities of brain structure and function from which the clinical features of psychosis emerge.

The Maudsley Family Study of Psychosis investigates the genetically produced markers of abnormal brain structure and function ('intermediate phenotypes') which underlie the clinical syndrome of schizophrenia, and more recently bipolar disorder. In this book, key findings of this important research program, and their implications for this field, are discussed in detail. Contributors outline research examining brain structure and functioning in

patients with schizophrenia and their unaffected first degree relatives, incorporating detailed clinical assessments, magnetic resonance imaging, electrophysiology, eye tracking measures and neuropsychology.

This book provides an improved understanding of illness pathways and potential scope for intervention in order to better manage and prevent psychotic disorders and will be of interest to academics and clinicians in the field.

CONTENTS: *McDonald, Murray*, Exploring Intermediate Phenotypes of Psychosis. *McDonald*, The Maudsley Family Study of Psychosis – Overview of Clinical Methodology and Characteristics. *Williams, Frangou, Bramon*, Auditory Evoked Potentials as Genetic Trait Markers of Schizophrenia. *MacCabe, Zanelli*, Are Eye Movement Abnormalities Related to Susceptibility Genes for Schizophrenia? *Toulopoulou, Filbey, Kravariti*, Neuropsychological Impairments in Patients With Schizophrenia and their Unaffected Relatives. *Dazzan, Griffiths*, Neurological Abnormalities in Patients With Schizophrenia From Singly and Multiply Affected Families and their Relatives. *McDonald*, Structural Brain Deviations in Schizophrenia and Bipolar Disorder – To What Extent Are They Genetically Mediated? *McDonald*, Summary and Implications.

July 2008: 256pp.

Hb: 978-1-84169-734-5: £24.95/\$43.95

Series: *Maudsley Monographs*

Published by Psychology Press



Hands-on Help Computer-aided Psychotherapy

Isaac M. Marks, Institute of Psychiatry, King's College London, UK, **Kate Cavanagh**, University of Newcastle, UK, and **Lina Gega**, Florence Nightingale School of Nursing and Midwifery, King's College London, UK

"It is indeed a veritable milestone... it is extremely valuable to have the present state of knowledge described."
- **Sir David Goldberg**, from the Foreword

Hands-on Help is a narrative review of the mushrooming field of computer-aided psychotherapy for mental health problems as a whole, from the time it began in the 1960's through to the present day. The many types of computer-aided psychotherapy and how each might be accessed are detailed together with the pros and cons of such help and the functions it can serve. The authors review prevention as well as treatment.

This informative book will be essential reading for psychiatrists, psychologists and all other mental health professionals interested in broadening their understanding of computer-aided psychotherapy.

CONTENTS: *Goldberg*, Foreword. *Marks, Cavanagh, Gega*, Introduction. CP for Phobic/Panic Disorder. CP for Obsessive-Compulsive Disorder and Post-Traumatic Stress Disorder. CP for General Anxiety and Emotional Problems. CP for Depression. CP for Eating Problems. CP for Substance Misuse. CP for Miscellaneous Adult Problems: Pain, Tinnitus Distress, Insomnia, Sexual Problems, Schizophrenia. CP for Problems in Children and Teenagers. Synthesis. Conclusion.

2007: 296pp.

Hb: 978-1-84169-679-9: £24.95/\$43.95

Series: *Maudsley Monographs*

Published by Psychology Press

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Hb: 978-1-84169-580-8: 2005: 320pp. £24.95/\$43.95

Melzer et al.: Social Inequalities and the Distribution of the Common Mental Disorders

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Patel: Culture and Common Mental Disorders in Sub-Saharan Africa

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MOOD DISORDERS

Forthcoming!

Bipolar Disorder

A Clinician's Guide to Biological Treatments

Second Edition

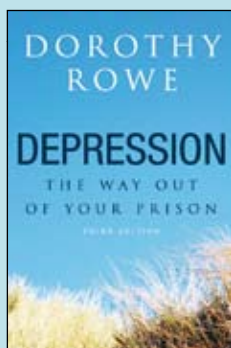
Edited by **Lakshmi N. Yatham**, University of British Columbia, Canada, and **Vivek Kusumakar**, Dalhousie University, Canada

Bipolar disorder is one of the most common and potentially devastating psychiatric illnesses. This essential text book provides clinicians with an extraordinarily well-balanced and comprehensive overview of rational and research-informed contemporary clinical practice in the assessment and medical management of patients with bipolar disorder. With the advent of a new generation of treatments, there is a resurgence of interest in the pharmacological treatment of bipolar disorders. In *Bipolar Disorder*, clinicians who are faced with making choices from a variety of treatments are instructed how to mold their practice around the long-term symptomatic and functional needs of their patients.

CONTENTS: *Kusumakar, Yatham*, Diagnosis and Treatment of Hypomania and Mania. *Mizuna, Calabrese*, Diagnosis and Treatment of Acute Bipolar Depression. *Frye*, Diagnosis and Treatment of Rapid Cycling States in Bipolar Disorder. *Berk, Malhi*, Diagnosis and Management of Bipolar II Disorder. *Suppes, Swan*, Maintenance Treatment of Bipolar Disorder. *Viguera*, Management of Bipolar Disorder in Women. *Kusumakar, Carson*, Management of Bipolar Disorder in Children and Elderly: Special Issues. *Goldberg*, Bipolar Disorder and Comorbid Axis I Disorders: Diagnosis and Management. *Levine, Chengappa, Gershon*, Lithium in the Treatment of Bipolar Disorder. *Vieta, Tohen*, The Role of Atypical Neuroleptics in Bipolar Disorder. *Nolen, Gjisman*, Antidepressants in Bipolar Disorder: A Review of Efficacy. *Yatham, Kusumakar*, Anticonvulsants in Treatment of Bipolar Disorder: A Review of Efficacy. *Lam, Howard*, Somatic Treatments for Bipolar Disorder. *Scott, Colom*, Psychosocial Treatments for Bipolar Disorder. *Ketter*, Psychotropic Medications in Bipolar Disorder: Pharmacodynamics, Pharmacokinetics, Drug Interactions, Adverse Effects and their Management. *Post, Quiroz, Singh*, New and Novel Targets for Treatment of Bipolar Disorder.

November 2008: 320pp.

Hb: 978-0-415-96136-3: £46.95/\$75.00



Bestseller!

Depression

The Way Out of Your Prison

Third Edition

Dorothy Rowe, Clinical Psychologist

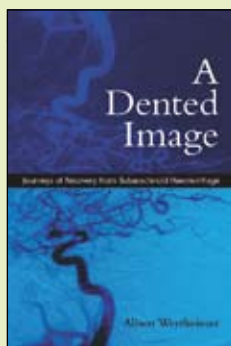
Depression: The Way Out of Your Prison gives us a way of understanding our depression which matches our experience and which enables us to take charge of our life and

change it. Dorothy Rowe shows us that depression is not an illness or a mental disorder but a defence against pain and fear.

2003: 344pp.

Pb: 978-1-58391-286-7: £9.99/\$17.95

NEUROPSYCHOLOGY



Forthcoming!

A Dented Image

Journeys of Recovery from Subarachnoid Haemorrhage

Alison Wertheimer, writer, researcher and counsellor

"This is an excellent, well written blend of personal experience, academic information and the experiences of others regarding life

after subarachnoid haemorrhage." - **Dr Trevor Powell**, Consultant Clinical Neuropsychologist, Berkshire Healthcare NHS Foundation Trust

Every year, 8,500 people in the UK will have a subarachnoid haemorrhage, of whom about 50 per cent will survive this traumatic brain injury which often occurs without warning. Survivors can make a 'good' neurological recovery but the psychosocial impact can be longer lasting.

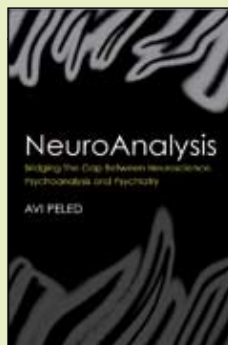
A Dented Image will be of interest to a wide-ranging audience: survivors and their families and friends; health professionals working with people recovering from acute brain injury in hospital and community-based services including doctors, nurses, psychologists, physiotherapists, occupational therapists and other members of rehabilitation teams.

CONTENTS: The Dented Image. **Part I: Setting the Scene.** Background. Subarachnoid Haemorrhage: An Introduction. Personal Experiences of Subarachnoid Haemorrhage. Aspects of Recovery. **Part II: Recovery.** Leaving Hospital. Looking for Help. Physical and Sensory Effects. Cognitive Functioning. The Emotional Impact of Subarachnoid Haemorrhage. **Part III: Family, Friends and Work.** Family and Friends. Social Life and Leisure Activities. Employment: Changes and Alternatives. **Part IV: Making Sense of It All.** Finding Ways Through Recovery: What Helped. Changed Lives. Appendixes.

July 2008: 296pp.

Hb: 978-0-415-38671-5: £50.00/\$90.00

Pb: 978-0-415-38672-2: £14.99/\$26.95



Forthcoming!

NeuroAnalysis

Bridging the Gap Between Neuroscience, Psychoanalysis and Psychiatry

Avi Peled, Shaar-Menashe Mental Health Centre, Israel

NeuroAnalysis investigates using the neural network and neural computation

models to bridge the divide between psychology, psychoanalysis, and neuroscience when diagnosing mental health disorders and prescribing treatment.

Avi Peled builds on Freud's early attempts to explain the neural basis of mental health by introducing neural computation as a bridging science to explain psychiatric disorders. Peled describes the brain as a complex system of interconnected units and goes on to suggest that conscious experience, feelings, and mood are emergent properties arising from these complex organisations.

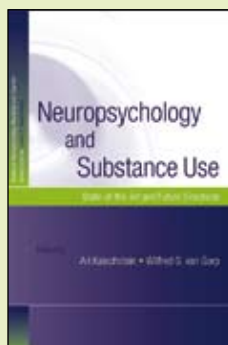
This fresh approach to the diagnosis of psychiatric disorders will interest students, professors, and researchers of psychoanalysis, neuroscience, and their related fields.

CONTENTS: Introduction. Some Psychoanalytic Formulations. Some Computational Neuroscience Findings and Ideas. Attempting the Conceptual Leap. Implications for Diagnosis of Mental Disorders. Implications for Future Directions and Therapy. Implications of Neuroanalysis in Clinical Settings.

July 2008: 152pp.

Hb: 978-0-415-45132-1: £55.00/\$90.00

Pb: 978-0-415-45133-8: £20.99/\$34.95



Neuropsychology and Substance Use

State-of-the-Art and Future Directions

Edited by **Ari Kalechstein**, UCLA University, USA, and **Wilfred G. van Gorp**, Columbia Presbyterian Medical Center, USA

Neuropsychology and Substance Misuse:

State-of-the-Art and Future Directions explores cutting-edge issues, and will be of interest to clinical neuropsychologists who require the latest findings in this increasingly important area of neuropsychology.

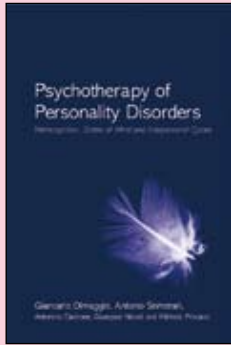
2007: 504pp.

Hb: 978-1-84169-457-3: £55.00/\$100.00

Series: *Studies on Neuropsychology, Neurology and Cognition*

Published by Psychology Press

PERSONALITY DISORDERS



Psychotherapy of Personality Disorders

Metacognition, States of Mind and Interpersonal Cycles

Giancarlo Dimaggio, Trainer, Training school in cognitive psychotherapy APC, Rome, **Antonio Semerari**, trainer,

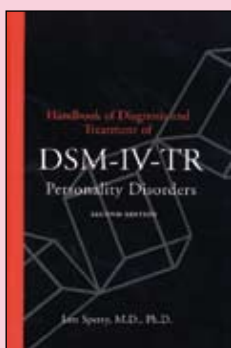
Cognitive Psychotherapy, Scuola di Psicoterapia Cognitiva, Rome, **Antonino Carcione**, and **Giuseppe Nicolò**, both trainers, training school in cognitive psychotherapy APC, Rome, and **Michele Procacci**, University of Naples, Italy

"Psychotherapy of Personality Disorders readily moves back and forth from the presentation of sophisticated ideas, to accessible applications and clinical illustrations – a treatment guide that is at once scholarly and practical." - **J. Christopher Muran**, Beth Israel Medical Center, USA

An accurate description of the problems associated with personality disorders can lead to psychotherapists providing better treatment for their patients, alleviating some of the difficulties associated with handling such disorders. The authors draw on existing therapeutic approaches and concepts to offer a treatment model for dealing with personality disorders.

CONTENTS: *Dimaggio, Semerari, Carcione, Nicolò, Procacci*, The Perpetuation of Personality Disorders: A Model. *Semerari, Dimaggio, Carcione, Conti, Nicolò*, General Treatment Principles. *Semerari, Fiore*, Borderline Personality Disorder: Model and Treatment. *Dimaggio, Fiore, Salvatore*, Narcissistic Personality Disorder: Model and Treatment. *Carcione, Conti*, Dependent Personality Disorder: Model and Treatment. *Procacci, Popolo, Petrilli, Dimaggio*, Avoidant Personality Disorder: Model and Treatment. *Nicolò, Nobile*, Paranoid Personality Disorder: Model and Treatment. *Dimaggio, Semerari, Carcione, Nicolò, Procacci*, Conclusions.

2007: 256pp.
Hb: 978-0-415-41270-4: £29.95/\$52.95



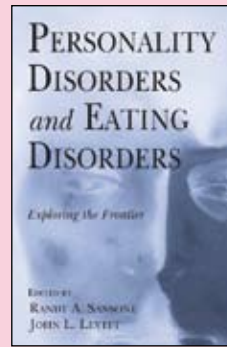
Handbook of Diagnosis and Treatment of DSM-IV-TR Personality Disorders

Second Edition

Len Sperry, Florida Atlantic University, USA

The second edition of this classic *Handbook* includes the latest developments in the diagnosis and treatment of personality disorders that have emerged since the publication of the DSM-IV-TR. Sperry highlights the many significant advances in the field, providing the reader with a complete summary of new intervention strategies, treatment approaches, and research findings.

2003: 320pp.
Hb: 978-0-415-93569-2: £26.99/\$45.95



Personality Disorders and Eating Disorders

Exploring the Frontier

Edited by **Randy A. Sansone**, Wright State University School of Medicine, USA, and **John L. Levitt**, Alexian Brothers Behavioral Health Hospital, Illinois, USA

"Dr. Sansone and Levitt... have fashioned a text that is scholarly and up-to-date yet accessible, and loaded with clinical wisdom for the practitioner. I recommend this book most highly to all of us who work with this patient population."

- **James E. Mitchell**, University of North Dakota School of Medicine and Health Sciences, USA

Personality Disorders and Eating Disorders explores and defines the multifaceted relationship between these two fields in a cogent synthesis of prevalence, etiology, and treatment.

2006: 320pp.
Hb: 978-0-415-95324-5: £24.95/\$39.95

RELATED TITLE



Cognitive Therapy for Personality Disorders

A Guide for Clinicians

Second Edition

Kate Davidson

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PHYSICAL AND SEXUAL ABUSE

Forthcoming!

Moving On After Childhood Sexual Abuse

Understanding the Effects and Preparing for Therapy

Jonathan Willows, Sussex Partnership NHS Trust, UK

This self-help guide allows those who have experienced childhood sexual abuse to consider the impact that it has had on their adult lives from a new perspective, helping them to understand the effects, and prepare for therapy.

Based on known reactions to physical and emotional trauma, this book explains how a broad range of difficulties in adulthood can result from sexual abuse in childhood. The reader is invited to think about how psychological therapy can be particularly helpful in reducing these difficulties and promoting change. Ground rules for therapy are provided, as well as guidance on how to get the most from the therapy process.

Moving On After Childhood Sexual Abuse provides a clear explanation of the developmental effects of childhood sexual abuse as well as the role of psychological therapy. This book will

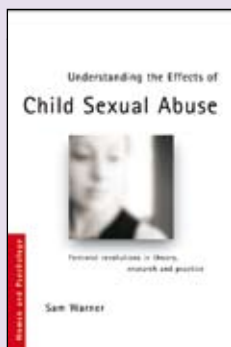
therefore assist the reader in making informed decisions about seeking treatment and setting personal goals for therapy, as well as appreciating the demands involved in the process of change.

CONTENTS: Part I: Childhood Sexual Abuse, An Introduction and Overview. Introduction: About This Book and How to Use It. Childhood Sexual Abuse – A Definition and Overview. The Impact of Childhood Sexual Abuse Upon the Individual. Beyond the Individual, Child Sexual Abuse and Society. Review and Exercise. **Part II: Childhood Sexual Abuse and Child Development.** An Introduction to Child Development. Models of Child Development. What Happens if Things Go Wrong? Risk Factors and a Useful Summary. Review and Exercise. **Part III: Childhood Sexual Abuse and Adulthood.** Introduction. Symptoms and Diagnoses. Focus on Post-Traumatic Stress Disorder. Focus on Personality Disorder. Putting it All Together – A Joined Up Approach. Review and Exercise. **Part IV: Psychological Therapy.** Introduction. Psychological Therapies. Some Ground-rules for Psychological Therapy. More Issues to Consider Before Starting Therapy. Review and Some Final Thoughts. Further Information, Links and Contacts.

August 2008: 216pp.

Hb: 978-0-415-42482-0: £50.00/\$90.00

Pb: 978-0-415-42483-7: £12.99/\$22.00



Forthcoming!

Understanding the Effects of Child Sexual Abuse

Feminist Revolutions in Theory, Research and Practice

Sam Warner, Manchester Metropolitan University, UK

"An elegantly written and practically useful text for students of gender and welfare in a variety of disciplines... Its conclusions and recommendations for ethical practice in the area of sexual abuse show considerable sagacity and are practical, pragmatic and compassionate." - Professor Sue White, Lancaster University, UK

Child sexual abuse is a global problem that negatively affects many women and girls. As such, it has long been of concern to feminists, and more recently mental health activists. *Understanding the Effects of Child Sexual Abuse* draws on this revolutionary legacy, feminism and post-structuralism to critically examine current perceptions of women, girls and child sexual abuse in psychology, psychiatry and the mass media, and to re-evaluate mainstream and feminist approaches to this subject.

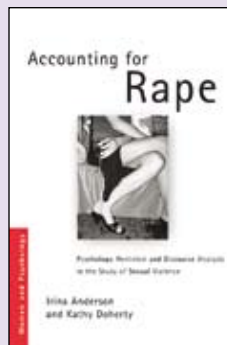
CONTENTS: Part I: Theory. Setting Scenes: Developing a Feminist, Post-structuralist Perspective. Disordered and Abnormal: Mainstream Misrecognition of Women and Child Sexual Abuse. Dangerous Desires: Child Sexual Abuse, Mental Disorder, and the Mass Media. Changing Concerns in Theory and Activism: Women, Child Sexual Abuse and Radical Politics. **Part II: Research.** Contingent Morality and Ethical Research Practices: Critical Uses of Interviewing and Q-methodology. Narratives of Displacement: Women's Routes into Secure Hospitals. Embodying Disorder: Representing Women and Theorising the Effects of Child Sexual Abuse. Special Care and Child Sexual Abuse: Working with Women in Secure Hospitals. **Part III: Practice.** Visible Therapy and Child Sexual Abuse: Critical Approaches to Working with Women and Girls. Between Investigation and Protection: Revising the Role of the Expert Witness in Child Care Proceedings. Reconstructing Blame and Re-enactment: Motherhood, Child Sexual Abuse and Domestic Violence. Beyond Deviance and Damnation: Working with Women and Girls in Secure Care Contexts.

June 2008: 272pp.

Hb: 978-0-415-36027-2: £45.00/\$70.00

Pb: 978-0-415-36028-9: £16.95/\$27.95

Series: *Women and Psychology*



Accounting for Rape

Psychology, Feminism and Discourse Analysis in the Study of Sexual Violence

Irina Anderson, University of East London, UK and Kathy Doherty, Sheffield Hallam University, UK

"Accounting for Rape provides a timely, in-depth critique of contemporary rape supportive culture in western societies... Accounting for Rape is destined to make a significant impact on contemporary scholarship on sexual violence and rape culture." - Annie Potts, University of Canterbury, New Zealand

Accounting for Rape presents an original perspective on the subject of rape, focusing on both female and male sexual violence. The authors investigate everyday beliefs about rape, to examine how blaming the victim and the normalization of rape are achieved by people in a discussion about sexual violence.

CONTENTS: Rape Supportive Culture. The Social Psychology of Rape Perception. Toward a Feminist Discourse Analysis of Accounts for Rape. Talking about Female Rape: The Social Construction of Hazard/Risk and Accountability. Making Sense of Male Rape. Metaphors about Female and Male Rape. Conclusions.

2007: 176pp.

Hb: 978-0-415-21173-4: £45.00/\$80.00

Pb: 978-0-415-21174-1: £14.95/\$26.95

Series: *Women and Psychology*

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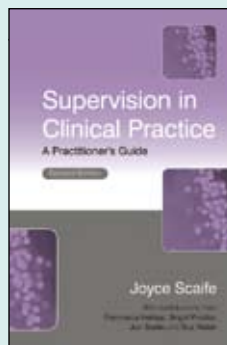


Spiegel: Sexual Abuse of Males: The SAM Model of Theory and Practice

2003: 560pp.

Hb: 978-1-56032-403-4: £42.50/\$63.95

PROFESSIONAL ISSUES AND DEVELOPMENT



New Edition!

Supervision in Clinical Practice A Practitioner's Guide Second Edition

Joyce Scaife, Independent consultant clinical psychologist, UK, with contributions from Francesca Inskipp, Brigid Proctor, Jon Scaife, and Sue Walsh

Since the publication of the first edition of this book supervision has become of even greater significance in health, education and social care settings, with continuing pace in the trend towards mandatory registration, managed care and clinical governance.

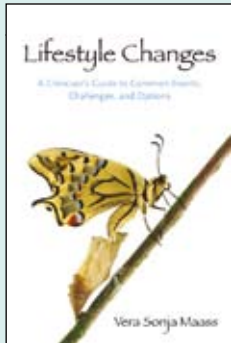
This fully updated and expanded edition includes new chapters on issues of diversity and the managerial role of the supervisor in context.

Supervision in Clinical Practice offers a range of suggestions for providing supervision that are stimulating, creative and fun, using methods that ensure safe and open practice. It is an indispensable

text for supervisors and supervisees who practice clinically in a range of professions, including applied psychology, counselling, psychotherapy, psychiatry, nursing, and social work.

CONTENTS: Introduction. *J. M. Scaife, J. A. Scaife*, Supervision and Learning. *J. M. Scaife, Walsh*, Personal Development and the Emotional Climate of Work. The Contracting Process and the Supervisory Relationship: Averting Pitfalls and Problems. Frameworks for Supervision. *Proctor, Inskipp*, Group Supervision. Ethical Dilemmas and Issues in Supervision. Supervision and Diversity. The Interface of Supervision and Management Roles. Use of Recordings and Other Technologies in Supervision. Live Supervision and Observation. Creative Approaches. The Influence of Different Models of Therapeutic Intervention on the Supervisory Process. Challenge and the Assessment Role. Outcome Studies of Supervision. Appendices.

September 2008: 384pp.
Hb: 978-0-415-44999-1: £65.00/\$110.00
Pb: 978-0-415-45000-3: £24.99/\$43.95



New!

Lifestyle Changes

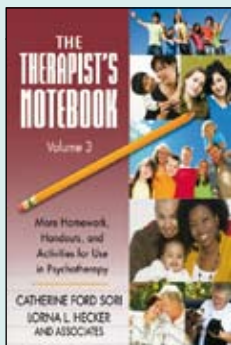
A Clinician's Guide to Common Events, Challenges, and Options

Vera Sonja Maass, Living Skills Institute, Indianapolis, USA

Change is inevitable, and each person handles each event differently, some with more difficulty than others. In *Lifestyle Changes*, psychologist Vera Maass draws on 25 years of practice experience – and a lifetime filled with changes, growth, and challenges – to present a clinician's guide to working with clients who are facing a fundamental change in their lifestyle. Each chapter explores a different event and its potential impacts on the client's current lifestyle, focusing on positive ways to respond and adapt to the situation. Through a mix of case examples, personal vignettes, sample clinician/client dialog, and engaging language, *Lifestyle Changes* provides an accessible and practical resource for practitioners that maximizes the potential for positive growth out of each experience.

CONTENTS: Yesterday's Guarantees – Today's Insecurities. Marital Relationships: The Long and Short of It. Divorce: When Waiting Until Death Do Us Part Becomes Too Long. Widowhood: When Loss Seems Overwhelming. Career Changes. Cohabitation, the Challenges of an Alternative Lifestyle. Single Parenthood. Health-related Issues Requiring Changes. Care-taking Responsibilities: Putting One's Own Life on Hold. Retirement: A Diverse Menu of Options. Geographical and Cultural Relocations.

May 2008: 256pp.
Hb: 978-0-415-96057-1: £21.95/\$34.95



New!

The Therapist's Notebook

More Homework, Handouts, and Activities for Use in Psychotherapy

Volume 3

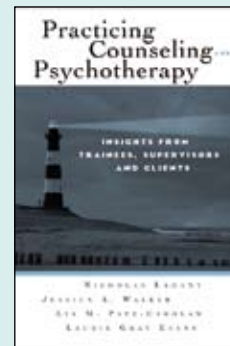
Catherine Ford Sori, Governors State University, USA, and **Lorna L. Hecker**, Purdue University Calumet, USA

The Therapist's Notebook Volume 3 includes clinician field-tested activities for therapists who work with individuals, children and adolescents, couples, families, and groups. The reproducible handouts are designed to be practical and useful for the clinician.

CONTENTS: Part I: Children and Adolescents. *VanFleet*, Playful Pooches: Using Canine Interactions to Enhance Therapeutic Outcomes for Children and Adolescents. *Sori*, "Kids-Rap": Using Hip-Hop to Promote and Punctuate Change. *McVicker*, Creating a Narrative: A Storybook Activity Using a Cinematic Reference. *Froerer, Smock*, The Future MySpace Page: Solution-focused Adolescent Blogging. *Rodriguez*, Educating Children about Parental Substance Abuse. *Weber*, Do I Have to Give Rewards? Non-astounding Ways to Recognize Children's Accomplishments. **Part II: Adult Clients.** *Robey*, Ready, Set, Goal! Helping Families Come to Agreement on Therapeutic Goals. *Carich, Kohut*, The Repetitive Listing Technique: A Homework Task Assignment. *Mannino, Young*, The Sexual Beliefs Checklist. *Kisler, Christopher*, Writing a Letter to Your Sexual Self. **Part III: Couples.** *Foraker-Koons, Dermer*, The Couples Relationship Quiz Show. *Dermer, Matson, Sori*, "May I Have This Dance?" *Sori*, "Let Me Show You the Ropes" *Wiener*, Assessing Trust in Action: The Couples Leaning Exercise. *Waehler*, Me-You-Us: A Model for Understanding and Intervening with Couples. *Meyerstein*, "Are We There Yet?" A Method for Quantifying Progress in Couples Treatment. **Part IV: Families and Groups.** *Laninga, Sanders, Greenwood*, The Family Boundaries Game. *Godwin, Hames*, "Mother Says/Father Says..." *Hames, Godwin*, The "Out of Control" Balloon: Using Spirituality As a Coping Resource. *Sori*, "Touchstones": Connecting to Memories of a Loved One. *Perkins, Dolbin-MacNab*, The Toolbox: Using a Collage to Access Client Strengths. *Martin*, Trust Circle and Cradle: Body-centered Approaches to Help Men Access and Heal Emotions in Groups. *Karakurt, Jeffries*, Attachment Injuries: Healing Activity for Survivors of Intimate Partner Abuse.

May 2008: 320pp.
Pb: 978-0-7890-3522-6: £30.00/\$49.95

Series: Practical Practice in Mental Health



Practicing Counseling and Psychotherapy

Insights From Trainees, Supervisors, and Clients

Nicholas Ladany, Leigh University, Pennsylvania, USA, **Jessica A. Walker**, University of North Carolina, USA, **Lia M. Pate-Carolan**, Psychologist with the ACT

Medical Group, USA, and **Laurie Gray Evans**, Lehigh University, Pennsylvania, USA

Practicing Counseling and Psychotherapy offers a framework for understanding the counseling and psychotherapy process that can be used in any training program. Clinical examples and discussion questions are included throughout the book, and are based on a large-scale empirical study that qualitatively and quantitatively examines the experiences of trainees, clients, and supervisors.

2007: 328pp.
Hb: 978-0-415-95738-0: £53.00/\$85.00
Pb: 978-0-415-95739-7: £17.95/\$27.95

www.routledgejournalhealth.com/ladany



Dictionary of Ethical and Legal Terms and Issues

The Essential Guide for Mental Health Professionals

Len Sperry, Florida Atlantic University, USA

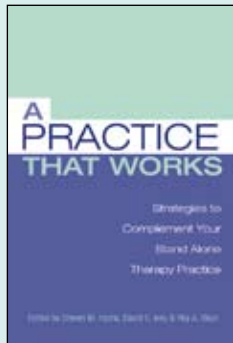
"This is one of those few books that every licensed mental health professional should have in their office (as well as students wishing to become licensed mental health professionals). Dr. Sperry has done an excellent service to the profession by putting this book together." - **Thomas G. Plante**, Santa Clara University, USA

The *Dictionary of Ethical and Legal Terms and Issues* is an invaluable resource for students and practitioners alike who need to navigate that complexity. The book blends ethical, legal, and professional issues along with a dictionary for the mental health professional in one handy volume.

2006: 296pp.

Hb: 978-0-415-95321-4: £60.00/\$95.00

Pb: 978-0-415-95322-1: £24.95/\$39.95



A Practice that Works

Strategies to Complement Your Stand Alone Therapy Practice

Edited by **Steven M. Harris, David C. Ivey, and Roy A. Bean**, all at Texas Tech University, USA

A Practice that Works represents an anthology of new knowledge in the field, as chapter contributors describe in revealing detail their own innovative techniques.

2005: 288pp.

Hb: 978-0-415-95076-3: £24.99/\$39.95

BACKLIST TITLES



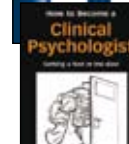
Cole/Reese: Mastering the Financial Dimension of Your Practice: The Definitive Resource for Private Practice Development and Financial Planning

Hb: 978-0-415-94838-8: 2004: 256pp. £20.99/\$29.95



Fleming/Steen, Eds.: Supervision and Clinical Psychology: Theory, Practice and Perspectives

Hb: 978-1-58391-254-6: 2003: 280pp. £50.00/\$78.95
Pb: 978-1-58391-255-3: 2003: 280pp. £18.99/\$29.95



Knight: How to Become a Clinical Psychologist: Getting a Foot in the Door

Pb: 978-1-58391-242-3: 2002: 136pp. £9.99/\$17.95



Luepker: Record Keeping in Psychotherapy and Counseling: Protecting Confidentiality and the Professional Relationship

Pb: 978-1-58391-306-2: 2002: 256pp. £22.95/\$36.95



Rosenthal: Before You See Your First Client: 55 Things Counselors, Therapists and Human Service Workers Need to Know

Pb: 978-0-415-95064-0: 2004: 176pp. £13.99/\$19.95



Tribe/Morrissey, Eds.: Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists

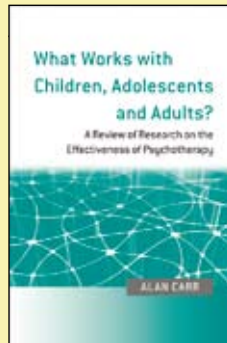
Hb: 978-1-58391-968-2: 2004: 288pp. £50.00/\$87.50
Pb: 978-1-58391-969-9: 2004: 288pp. £17.99/\$31.95



Weiss: Therapist's Guide to Self-Care

Hb: 978-0-415-94800-5: 2004: 216pp. £20.99/\$29.95

PSYCHOTHERAPY



Forthcoming!

What Works with Children, Adolescents and Adults?

A Review of Research on the Effectiveness of Psychotherapy

Alan Carr, University College Dublin, Ireland

What Works with Children, Adolescents and Adults? provides an up-to-date review of research on the effectiveness of psychotherapy and psychological interventions with children, adolescents, adults, people in later life, and people with intellectual and pervasive developmental disabilities.

Drawing on recent meta-analyses, systematic reviews and key research studies in psychotherapy, this volume presents evidence for:

- the overall effectiveness and cost-effectiveness of psychotherapy
- the contribution of common factors to the outcome of successful psychotherapy
- the effectiveness of specific psychotherapy protocols for particular problems.

This comprehensive, user-friendly guide will inform clinical practice, service development and policy. It will be invaluable to psychotherapists, service managers, policy makers, and researchers.

CONTENTS: Psychotherapy, Psychotherapy Research, and Translating Science into Practice. The Overall Effectiveness and Cost-effectiveness of Psychotherapy. Common Factors in Psychotherapy. Effectiveness of Psychotherapy and Psychological Interventions with Specific Problems in Children, Adolescents and People with Intellectual Disabilities and Pervasive Developmental Disorders. Effectiveness of Psychotherapy and Psychological Interventions with Specific Problems in Adulthood and Later Life. Additional Elements in the Psychotherapy Evidence-base. Conclusions.

August 2008: 368pp.

Hb: 978-0-415-45290-8: £65.00/\$110.00

Pb: 978-0-415-45291-5: £24.99/\$43.95

ALSO FROM ALAN CARR



Positive Psychology The Science of Happiness and Human Strengths

Alan Carr, University College Dublin, Ireland

Hb: 978-1-58391-990-3: 2003: 408pp. £60.00/\$95.00

Pb: 978-1-58391-991-0: 2003: 408pp. £18.99/\$33.00

for further titles from Alan Carr see pages 3, 11

Forthcoming!

Culture and Therapeutic Process

Edited by **Mark M. Leach**, and **Jamie D. Aten**, both at the University of Southern Mississippi, USA

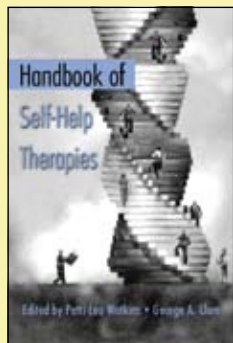
Leach and Aten take a "start to finish" approach to incorporating culture into the treatment stages of counseling and psychotherapy. This book goes beyond the brief introduction to bridge culture and mental health theory and research with practice. Each expert author provides practical strategies, techniques, examples, and case studies highlighting the incorporation of culture at each stage of treatment, from self-awareness to the clinical intake to termination. This current and thorough volume answers the question, "How can I apply the theory and research on culture in session?"

CONTENTS: *Leach, Aten*, Introduction. *Leach, Aten*, Cultural Self-awareness and Knowledge. *Vazquez*, The Clinical Intake and Culture. *Paniagua*, Assessment and Diagnosis in a Cultural Context. *Constantine, Miville, Kindaichi*, Case Conceptualization of Mental Health Counselors. *Johnson, Sandhu*, Treatment Planning in a Multicultural Context. *Roysircar, Gill*, Cultural Encapsulation and Decapsulation of Therapist Trainees. *Utsey*, Treatment Implementation and Techniques. *Ridley, Shaw-Perry*, Termination from a Cultural Perspective. *Fukuyama, Phan*, Looking through a Kaleidoscope. *Duncan, Vandiver*, Clinical Research and Training.

November 2008: 320pp.

Pb: 978-0-8058-6247-8: £25.00/\$44.95

Series: *Counselling and Psychotherapy*



Handbook of Self-Help Therapies

Edited by **Patti Lou Watkins**, Oregon State University, USA, and **George A. Clum**, Virginia Tech University, Virginia, USA

This volume constitutes the first solidly research-grounded guide for practitioners wending their way through the new maze of self-help approaches. The *Handbook of*

Self-Help Therapies summarizes the current state of our knowledge about what works and what does not, disorder by disorder and modality by modality. Comprehensive in its scope, this systematic, objective assessment of self-help treatments will be invaluable for practitioners, researchers and students in counseling psychology, psychiatry and social work, health psychology, and behavioral medicine.

CONTENTS: *Watkins*, Self-Help Therapies: Past and Present. *Rosen, Barrera, Glasgow*, Good Intentions Are Not Enough: Reflections on Past and Future Efforts to Advance Self-Help. *Clum*, Self-Help Therapies: Mapping the Role of Self-administered Treatments in Healthcare. *Febbraro, Clum*, Self-regulation Theory and Self-Help Therapies. *Hirai, Clum*, Self-Help Therapies for Anxiety Disorders. *Karpe, Scogin*, Self-Help Therapies for Depression. *Elgar, McGrath*, Self-Help Therapies for Childhood Disorders. *Winzelberg, Luce, Taylor*, Self-Help Therapies for Eating Disorders. *van Lankveld*, Self-Help Therapies for Sexual Dysfunctions. *Currie*, Self-Help Therapies for Insomnia. *Kypri, Cunningham*, Self-Help Therapies for Problem Drinking. *Schare, Konstas*, Self-Help Therapies for Smoking Cessation. *Conception, Watkins*, Self-Help Therapies for Dieting and Weight Loss. *Winett, Tate, Anderson, Wojcik, Winett*, Preventing Weight Gain with Internet Programs. *Fisher, Glasgow, Gabriele*, An Ecological Perspective on Self-Help: The Case of Diabetes. *Vincent, Walker, Katz*, Self-Help Therapies in Primary Care. Self-Help Therapies: Retrospect and Prospect.

2007: 472pp.

Hb: 978-0-8058-5171-7: £45.00/\$75.00

Forthcoming!

When Death Enters the Therapeutic Space

Existential Perspectives in Psychotherapy and Counselling

Edited by **Laura Barnett**, in private practice, UK

"Much can be learnt from this book about what has been said on this topic by philosophers and practitioners alike... the counsellor and therapist who are confronted with clients who have been faced with their mortality will find exactly what they need to approach this challenge with due care, consideration and philosophical clarity."

- **Professor Emmy van Deurzen**, From the Foreword

Although it is a natural and inescapable part of life, death is a subject that is often neglected in psychotherapeutic literature and training. In *When Death Enters the Therapeutic Space* Laura Barnett and her contributors offer us insights into working with mortality in the therapeutic encounter.

Taking an existential perspective, the book brings together a variety of client groups all of whom have experienced a confrontation with mortality, and encourages the reader to engage with, and reflect upon the subject of death. Although this may initially evoke anxiety and distress, Barnett and her contributors introduce the reader to the 'vitality of death'; an energy and focus that can come from confronting our greatest fears and anxieties, including the anxiety aroused by our own mortality.

When Death Enters the Therapeutic Space presents therapists with an understanding of what it means to experience such traumas and prepares them for helping the client. It will be useful for trainee counsellors and experienced therapists alike.

CONTENTS: *Deurzen*, Foreword. *Barnett*, Introduction. *Barnett*, The Philosophical Roots of Existential Therapies. *Lockett*, Reflections on Cancer Counselling. *Horne*, HIV as a Mirror to Life. *Barnett*, Surviving Intensive Care. *Oakley*, Creating Safety for the Client (The London 7/7 Bombings). *Blackwell*, Mortality and Meaning in Work with Refugee Survivors of Torture and Organized Violence. *Heaton*, Reflections on Suicide and Despair. *Smith-Pickard*, The Experience of Working with Patients with a Short Prognosis. *Diffley, Fife, Lockett*, Palliative Care, Pastoral Care and Counselling – Working Together, Learning for One Another. *Young*, Working With Bereavement. *Chalmers*, Working with Bereaved Parents. *Sorensen*, And When the Therapist or Supervisor Dies. *Barnett*, Dialogues: Buber, Rogers, Levinas and the Therapeutic Relationship. *Barnett*, The Therapeutic Relationship, When Death Enters the Therapeutic Space.

December 2008: 240pp.

Hb: 978-0-415-41654-2: £60.00/\$100.00

Pb: 978-0-415-41655-9: £19.99/\$34.95



Forthcoming!

Anger, Rage and Relationship

An Empathic Approach to Anger Management

Sue Parker Hall, BACP accredited therapist

"Anger and rage are typically presented as problems by the person concerned

and those in close relationship with them. This book offers a deeper and more positive analysis of anger and rage and their therapeutic potential. Essential reading for any anyone working with these primary feelings." - **Professor Tim Bond**, University of Bristol, UK

Anger, Rage and Relationship presents a radically new way to understand and work with anger and rage issues. Taking a relational approach to anger and rage, the book presents a positive view of human nature, supported by recent research findings and illustrated with case studies, with individuals trusted to be essentially pro-social.

Rather than promoting strategies and techniques for eradicating anger, Sue Parker Hall, puts forward an approach which seeks to not only work with, but to differentiate between, anger and rage. Anger and rage are constructed as entirely different phenomena, originating at different developmental stages, having different functions and relational needs and requiring different aspects of relationship in the therapeutic process.

Further areas of discussion include:

- the positive aspects of anger
- practitioner protection
- the therapeutic implications of working with both anger and rage.

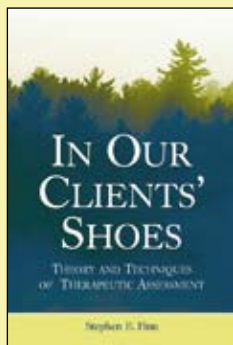
This book will provide invaluable reading for practitioners dealing with anger and rage in the therapeutic setting, as well as being of great interest to all counsellors and therapists in the related field.

CONTENTS: Introduction. The Individual in a Cultural Context. Why a Relational Approach? The Positive Aspects of Anger. How Anger is Distorted. The Therapeutic Implications for Working with Anger. Rage. The Therapeutic Implications for Working with Rage. Working with the Personality Adaptations. Working with the Borderline Personality. Working with the Narcissistic Personality. Couples. Practitioner Protection. Adult Rage. Conclusion.

September 2008: 248pp.

Hb: 978-0-415-41347-3: £55.00/\$90.00

Pb: 978-0-415-41348-0: £18.99/\$29.95



In Our Clients' Shoes

Theory and Techniques of Therapeutic Assessment

Stephen E. Finn, Center for Therapeutic Assessment, Austin, USA

"Dr. Finn's revelations have breathed fresh air into assessment practice... This book is a must-read for psychologists!" - Deborah Tharinger, University of Texas, Austin, USA

In Our Clients' Shoes conveniently assembles a number of important papers on the Therapeutic Assessment approach in one resource, explicating its history, theory, techniques, as well as its impact on clients and assessors. Author Stephen E. Finn incorporates pieces presented at various conferences over the past 13 years, in addition to previously unpublished work, with the intent to allow psychologists greater insight into their clients' perspectives.

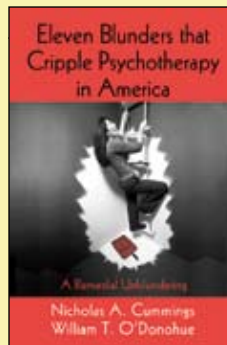
In Our Clients' Shoes is appropriate for all clinicians who wish to further impact the lives of their clients and enhance their own wisdom, compassion, and personal and professional development.

SELECTED CONTENTS: Fischer, Foreword. Part I: The History and Development of Therapeutic Assessment. Part II: Specific Techniques of Therapeutic Assessment. Part III: Theoretical Developments.

2007: 320pp.

Hb: 978-0-8058-5764-1: £17.95/\$34.95

Series: *Counselling and Psychotherapy*



New!

Eleven Blunders that Cripple Psychotherapy in America

A Remedial Unblundering

Nicholas A. Cummings, and William T. O'Donohue, both at the University of Nevada, Reno, USA

After a period of economic success and high regard in society, clinical psychology has fallen onto hard times, assert authors Nicholas Cummings and William O'Donohue. What was and continues to be the reason for the decline and continuing descent of clinical psychology?

The authors posit that the profession blundered and has not adapted to the profound changes that have taken place in American society over the past 40 years. Psychotherapy practice is based on a 50-minute hour, yet mental health treatment must operate at a much briefer, more efficient pace. The authors enumerate and discuss the *Eleven Blunders That Cripple Psychotherapy in America* and offer remedies to correct the ongoing decline of the field.

CONTENTS: Preface: The 50-minute Hour in a Nanosecond Era. Foreword: Our Founders Were Economically Savvy. Blunder 1: We Successors Are Economic Illiterates. Blunder 2: We Turned Our Charismatic Leaders into Gurus. Blunder 3: Don't Worry, Managed Care is a Passing Fad. Blunder 4: We Are Not a Healthcare Profession. Blunder 5: At War with Ourselves: Failure of the Profession to Own its Training. Blunder 6: Our Anti-business Bias, an Inadvertent Vow of Poverty. Blunder 7: Our Public Relations: A Disaster or Just a Fiasco? Blunder 8: Political Correctness: We No Longer Speak as a Science and Profession. Blunder 9: Creating Patients Where There Are None. Blunder 10: Diversity Fiddles While Practice Burns. Blunder 11: RxP: Is this Our Sole Economic Thrust? Afterword: Hope for a Profession of Endearing Losers.

April 2008: 400pp.

Hb: 978-0-415-98963-3: £14.00/\$25.95



Terminating Psychotherapy

A Clinician's Guide

Edited by William T. O'Donohue, University of Nevada, Reno, USA, and Michael Cucciare, VA Palo Alto Health Care System, USA

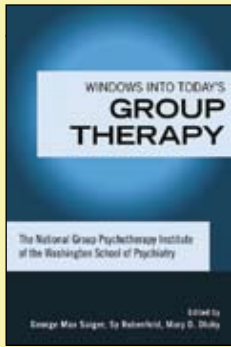
The topic of terminating therapy is not one that clinicians normally consider.

However, the session limits placed on

clinicians by managed care require that the end of therapy be built into the treatment plan from the onset. With a focus on the termination of psychotherapy, *A Clinician's Guide* examines the pertinent additional training that will aid mental health professionals in providing the most financially sensible and clinically deep treatment for their clients. Specifically, the book provides information on how to identify and understand when and how to discontinue psychological treatment with clients who have achieved sub-par results, as well as with clients who have ulterior motives such as friendship or support.

2007: 576pp.

Hb: 978-0-415-95436-5: £31.00/\$50.00



New!

Windows into Today's Group Therapy

The National Group Psychotherapy Institute of the Washington School of Psychiatry

Edited by **George Max Saiger**, and **Sy Rubenfeld**, both at the Washington School of Psychiatry, USA, and **Mary D. Dluhy**, President Emerita and Founder of the Clinical Social Work Institute of Washington, D.C., USA

This volume is a collection of papers by the Institute members and reflects the mission and recent research and developments of the Institute. Originally delivered by faculty members and visiting presenters at the Washington School of Psychiatry, they represent the various vertices from which modern group psychotherapy can be studied. Organized according to theoretical position, the volume contains work by the top group theorists and clinicians in the field.

January 2008: 288pp.
Hb: 978-0-415-95843-1: £37.50/\$60.00



Existential-Integrative Psychotherapy

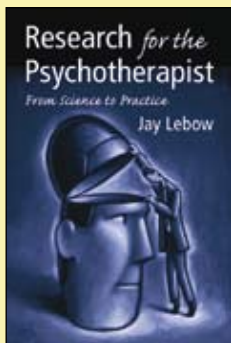
Guideposts to the Core of Practice

Edited by **Kirk J. Schneider**, Center for Existential Therapy, San Francisco, USA

Existential-Integrative Psychotherapy promises to be a landmark in the fields of

psychotherapeutic theory and practice. A comprehensive revision of its predecessor, *The Psychology of Existence*, *Existential-Integrative Psychotherapy* combines clear and updated guidelines for practice with vivid and timely case vignettes.

2007: 368pp.
Hb: 978-0-415-95471-6: £31.00/\$49.95



Research for the Psychotherapist

From Science to Practice

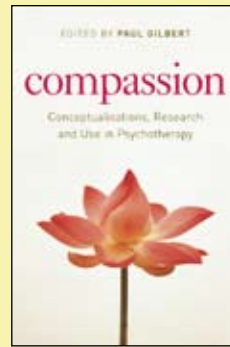
Jay Lebow, Northwestern University, USA

"This is a book for our times... it makes the material easily accessible covering topics highly useful to the clinician." - **Leslie S. Greenberg**, York University, Canada

Most books about psychotherapy focus either on the process of gathering,

analyzing, presenting, and discussing research results, or on conducting clinical work. What most of these texts lack is an engaging, accessible guide on how to incorporate research into practice. *Research for the Psychotherapist* fills that niche.

2006: 296pp.
Pb: 978-0-415-95226-2: £15.95/\$24.95



Compassion

Conceptualisations, Research and Use in Psychotherapy

Edited by **Paul Gilbert**, Kingsway Hospital, Derby, UK

"Gilbert's *Compassion* is a landmark publication. It represents a courageous and visionary endeavour to produce an edited volume that integrates Buddhism with scientific psychology." - **PsycCRITIQUES**

Humans are capable of extreme cruelty but also considerable compassion. Often neglected in Western psychology, this book looks at how compassion may have evolved, and is linked to various capacities such as sympathy, empathy, forgiveness and warmth. Exploring the effects of early life experiences with families and peers, this book outlines how developing compassion for self and others can be key to helping people change, recover and develop ways of living that increase well-being.

2005: 416pp.
Hb: 978-1-58391-982-8: £60.00/\$90.00
Pb: 978-1-58391-983-5: £19.99/\$34.95

ALSO BY PAUL GILBERT



Genes on the Couch

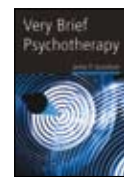
Explorations in Evolutionary Psychotherapy

Edited by **Paul Gilbert**, and **Kent G. Bailey**

2000: 376pp.
Hb: 978-1-58391-102-0: £35.00/\$61.95
Pb: 978-1-58391-103-7: £19.95/\$34.95

for further titles by Paul Gilbert, see pages 18, 29

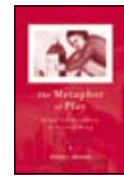
BACKLIST TITLES



Very Brief Psychotherapy

James P. Gustafson

Hb: 978-0-415-95058-9: 2005: 232pp. £21.99/\$34.95

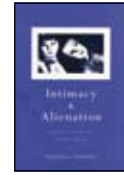


The Metaphor of Play

Origin and Breakdown of Personal Being, Third Edition

Russell Meares

Hb: 978-1-58391-966-8: 2005: 272pp. £55.00/\$87.50
Pb: 978-1-58391-967-5: 2005: 272pp. £19.99/\$31.95



Intimacy and Alienation

Memory, Trauma and Personal Being

Russell Meares

Pb: 978-0-415-22031-6: 2001: 208pp. £19.99/\$31.95



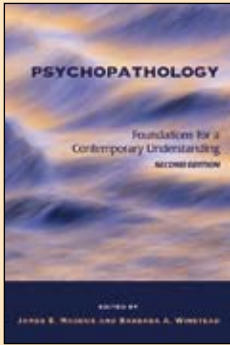
On the Theory and Therapy of Mental Disorders

An Introduction to Logotherapy and Existential Analysis

Viktor E. Frankl

2004: 304pp.
Hb: 978-0-415-95029-9: 2004: 304pp. £26.99/\$39.95

PSYCHOPATHOLOGY



Psychopathology

Foundations for a Contemporary Understanding

Second Edition

Edited by **James E. Maddux**, George Mason University, USA, and **Barbara A. Winstead**, Old Dominion University, USA

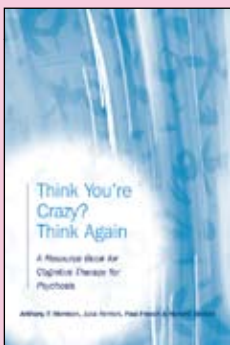
Psychopathology is intended for first-year graduate students in clinical

psychology, counseling psychology, and related fields, and it has been specifically designed to meet the needs of students in these courses. Maddux and Winstead have brought together the most distinguished researchers in the fields of clinical psychology and psychopathology in order to provide up-to-date information about theory and research.

CONTENTS: Part I: Thinking about Psychopathology. Maddux, Gosselin, Winstead, Conceptions of Psychopathology: A Social Constructionist Perspective. Lopez, Guarnaccia, Cultural Dimensions of Psychopathology: The Social World's Impact on Mental Disorders. Winstead, Sanchez-Hucles, The Role of Gender, Race, and Class in Psychopathology. Smith, Biological Bases of Psychopathology. Widiger, Classification and Diagnosis: Historical Development and Contemporary Issues. Garb, Lilienfeld, Fowler, Psychological Assessment and Clinical Judgment. Stewart, Chambless, Research on Psychological Interventions. **Part II: Common Problems of Adulthood, Childhood, and Adolescence.** Williams, Anxiety Disorders. Ingram and Smith, Mood Disorders. Walker, Bollini, Hochman, Kestler, Mittal, Schizophrenia. Lowe, Widiger, Personality Disorders. Polivy, Herman, Boivin, Eating Disorders. Gosselin, Sexual Dysfunctions and Disorders. Eifert, Zvolensky, Golub, Somatoform Disorders. Fals-Stewart, Klostermann, Substance Use Disorders. Frick, Kimonis, Externalizing Disorders of Childhood. Ollendick, Shortt, Sander, Internalizing Disorders in Children and Adolescents. Naglieri, Salter, Rojahn, Cognitive Disorders of Childhood: Specific Learning and Intellectual Disabilities. Kinoshita, Sorocco, Gallagher-Thompson, Mental Health and Aging: Current Trends and Future Directions. 2007: 470pp.

Hb: 978-0-8058-6169-3: £33.00/\$59.95

SCHIZOPHRENIA



New!

Think You're Crazy? Think Again

A Resource Book for Cognitive Therapy for Psychosis

Anthony P. Morrison, University of

Manchester, UK, **Julia Renton**, Bedfordshire and Luton Partnership Trust, UK, **Paul French**, Bolton, Salford and Trafford Mental Health Trust, UK, and **Richard Bentall**, University of Manchester, UK

"Morrison and colleagues have produced the ideal book on CBT for psychosis. It destigmatises and energises people with psychosis instilling hope and insight. Every chapter is a gem of understanding

and opportunity. All mental health professionals, users and carers should have access to this book." - **Douglas Turkington**, Newcastle University, UK

Are you troubled by hearing voices or seeing visions that others do not? Do you believe that other people are trying to harm you or control you? Do you feel that something odd is going on that you can't explain or that things are happening around you with a special meaning? Do you worry that other people can read your mind or that thoughts are being put in your head?

Think You're Crazy? Think Again provides an effective step-by-step aid to understanding your problems, making positive changes and promoting recovery.

Based on clinically proven techniques and filled with examples of how cognitive therapy can help people with distressing psychotic experiences, *Think You're Crazy? Think Again* will be a valuable resource for people with psychosis.

CONTENTS: What is Psychosis? Are My Experiences Abnormal? Will I Be Like This Forever? What's happening to Me? Evaluating Your Thoughts. Evaluating Your Thoughts by Changing Your Behaviour. Helpful and Unhelpful Ways of Coping. Feeling Good About Yourself. Staying Well. Using Medication. Recovery. Who Can Help?

April 2008: 160pp.

Hb: 978-1-58391-836-4: £50.00/\$90.00

Pb: 978-1-58391-837-1: £14.99/\$26.95

ALSO FROM ANTHONY P. MORRISON



Larkin/Morrison, Eds.: Trauma and Psychosis: New Directions for Theory and Therapy

Hb: 978-1-58391-820-3: 2006: 328pp. £29.99/\$53.95

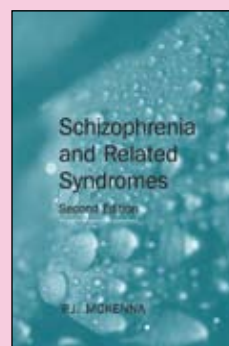
Morrison, Ed.: A Casebook of Cognitive Therapy for Psychosis

Hb: 978-1-58391-205-8: 2002: 328pp. £37.50/\$61.95

Pb: 978-1-58391-206-5: 2002: 328pp. £18.99/\$29.95

Morrison et al: Cognitive Therapy for Psychosis: A Formulation-Based Approach

Hb: 978-1-58391-810-4: 2003: 288pp. £28.99/\$54.95



Schizophrenia and Related Syndromes

Second Edition

P. J. McKenna, University of Glasgow, UK

"In these days of multi-author, interactive, downloadable, upgradeable data-dumps, it is an almost unique pleasure to sit down and take in a coherent piece of scholarship like

this book... It is a mystery, a tragedy, and not without its comedy."

- **Anthony David**, Institute of Psychiatry, UK

This new edition of *Schizophrenia and Related Syndromes* has been thoroughly updated and revised to provide an authoritative overview of the subject, including new chapters on the neurodevelopmental hypothesis, cognitive neuropsychology, and schizophrenia and personality.

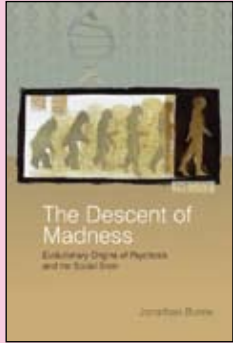
Peter McKenna guides the reader through a vast amount of literature on schizophrenia plus related syndromes such as paranoia and schizoaffective disorder, providing detailed and in-depth, but highly readable, accounts of the key areas of research. The book describes the clinical features of schizophrenia and its causes and treatment.

CONTENTS: *David*, Foreword. Preface to the Second Edition. Preface to the First Edition. The Cardinal Symptoms of Schizophrenia. The Clinical Pictures of Schizophrenia. The Natural History of Schizophrenia. The Diagnosis of Schizophrenia. Aetiological Factors in Schizophrenia. The Neurochemistry of Schizophrenia. The Neurodevelopmental Theory of Schizophrenia. The Psychology and Neuropsychology of Schizophrenia. The Cognitive Neuropsychology of Schizophrenia. Neuroleptic Drug Treatment. The Management of Schizophrenia. Paraphrenia and Paranoia. Schizoaffective and Other Atypical Psychoses. Schizophrenia and Organic Brain Disease. Childhood Schizophrenia, Autism and Asperger's Syndrome. Schizophrenia and Personality.

2007: 536pp.

Hb: 978-1-58391-928-6: £65.00/\$115.00

Pb: 978-1-58391-929-3: £24.99/\$43.95



The Descent of Madness

Evolutionary Origins of Psychosis and the Social Brain

Jonathan Burns, Nelson Mandela School of Medicine, South Africa

"Burns shares a banquet of ideas in the emerging areas of evolutionary psychiatry..."

This provocative hypothesis should keep investigators busy for decades." - Jaak Panksepp, Washington State University, USA

Drawing on evidence from across the behavioural and natural sciences, this book advances a radical new hypothesis: that madness exists as a costly consequence of the evolution of a sophisticated social brain in *Homo sapiens*.

Having explained the rationale for an evolutionary approach to psychosis, the author makes a case for psychotic illness in our living ape relatives, as well as in human ancestors. He then reviews existing evolutionary theories of psychosis, before introducing his own thesis: that the same genes causing madness are responsible for the evolution of our highly social brain.

Jonathan Burns' novel Darwinian analysis of the importance of psychosis for human survival provides some meaning for this form of suffering.

CONTENTS: Introduction. A History and Prehistory of Madness. Evolutionary Principles of the Origins of Psychosis. Evolutionary Genetics of Psychosis. A Social Brain for a Social World. The Evolution of the Social Brain. Schizophrenia and the Social Brain. The Dysconnectivity Hypothesis of Schizophrenia. Evolutionary Ontogeny of Schizophrenia. The Costly Legacy of an Evolved Social Brain.

2007: 288pp.

Hb: 978-1-58391-742-8: £55.00/\$100.00

Pb: 978-1-58391-743-5: £19.99/\$35.95

BACKLIST TITLE



Byrne et al: A Casebook of Cognitive Behaviour Therapy for Command Hallucinations: A Social Rank Theory Approach

2005: 160pp.

Hb: 978-1-58391-785-5: £24.99/\$43.95

ISPS SERIES

Series Editor: Brian Martindale

The *ISPS (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses)* series contributes to the psychological understanding and therapeutic treatment of psychosis.

www.routledgejournalhealth.com/isps



New!

Therapeutic Communities for Psychosis

Philosophy, History and Clinical Practice

Edited by **John Gale**, CEO of Community Housing and Therapy, **Alba Realpe**, Deputy

Manager, Mount Lodge, Eastbourne, UK, and **Enrico Pedriali**, Clinical Psychologist and Psychoanalytic Psychotherapist, Italy

"As we used to say, the therapeutic community stands for the healthy side of the patient, which we seek to rescue and support(...) That recovery of personhood is conceived technically in a myriad of ways in all this book's fascinating accounts of communities and approaches and theorisations. What appeals to me so much is the common strand of serious endeavour to put the institutions to right."

- **Bob Hinshelwood**, From the Foreword

Therapeutic Communities for Psychosis offers a uniquely global insight into the renewed interest in the use of therapeutic communities for the treatment of psychosis, as complementary to pharmacological treatment. Within this edited volume contributors from around the world look at the range of treatment programmes on offer in therapeutic communities for those suffering from psychosis.

This book will be essential reading for all mental health professionals, targeting readers from a number of disciplines including psychiatry, psychology, social work, psychotherapy and group analysis.

CONTENTS: *Hinshelwood*, Foreword. **Part I: Historical Background and Philosophical Context.** *Kennard*, View of the Evolution of Therapeutic Communities for People Suffering from Psychosis. *Kipp*, The American Contribution to Therapeutic Community for People with Psychosis and a Reflection on Current Milieu Treatment in the United States. *Pedriali*, The Decline and Re-launch of the Therapeutic Community. *Gale*, *Exegesis*, Truth and Tradition: A Hermeneutic Approach to Psychosis. *Kapur*, Applying Bion's Concept of Psychotic Personality to Staff and Patients. *Moutsou*, When Philosophy Meets Practice: Setting Up a PA Community Household. *Black*, Psychosis and the Community of the Question: Training Therapists in Therapeutic Community. **Part II: Treatment Settings and Clinical Models.** *Davenport*, The Therapeutic Community Approach in Forensic Settings. *Vassilev*, *Groshkova*, *Jenkov*, The Treatment of Substance Use and Mental Health Problems in Bulgaria. *Mannu*, *Soscia*, Drug Treatment as a Tool in Therapeutic and Rehabilitative Programmes in Communities for People Suffering From Schizophrenic Disorders. *Fergusson*, *Realpe*, Consent, Accountability and the Future of Therapeutic Communities in the Light of Accompanied Self-rehabilitation: The Chemical Asylum and the Right to be Socially Sanctioned. *Gomez*, *Sanchez Espana*, An Exploration of the Term Autonomy: Attitudes and Philosophy for a Modern Concept in Mental Health. *Schonfield*, *Navaratnem*, Holding Structures in a Crisis Centre: An Applied Psychoanalytical Model. *Sassolas*, Psychological Care in Therapeutic Communities. *Nin Pratt*, Madness, Persecution and Transference. *Cechnicki*, *Bielanska*, A Community Treatment Programme for People Suffering from Schizophrenia in Krakow. **Part III: Alternative Therapies and Extended Applications.** *Sanchez Espana*, *Gale*, *Sanchez Suarez*, Surrealism, Psychosis and the Therapeutic Community: A Window Onto the Mental Landscape. *Naracci*, The Multi-family Structured

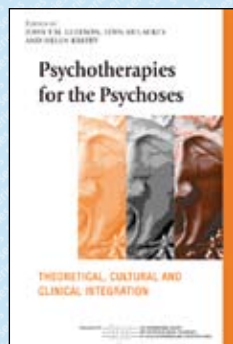
Therapeutic Community: Reflections on the Experience of the Therapeutic Community Tarsia, Italy. *Chaudhry, Niaz, Suleman*, The Farm House, Farooqabad, Sheikhpura, Pakistan. *Beilanska, Cechnicki*, Drama Therapy in Community Treatment Programme. *Psarraki*, Psychodrama and the Psychotic Member. *Wallenberg Pachaly*, New Visions in the Long Term Outpatient Therapy of Psychosis: The Therapeutic Community within the Community. *Gale, Sanchez Espana*, Research into Effectiveness.

May 2008: 296pp.

Hb: 978-0-415-44053-0: £55.00/\$99.00

Pb: 978-0-415-44054-7: £19.99/\$34.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*



New!

Psychotherapies for the Psychoses

Theoretical, Cultural and Clinical Integration

Edited by **John F. M. Gleeson**, and **Eóin Killackey**, both at The University of Melbourne, Australia, and **Helen Krstev**, ORYGEN Youth Health, Melbourne, Australia

Throughout the world, access to psychotherapeutic and psychosocial treatments for the psychoses varies significantly, with many people diagnosed with psychotic disorders receiving only medication as treatment. *Psychotherapies for the Psychoses* considers ways that this gap can be bridged through theoretical, cultural and clinical integration.

The theme of integration offers possibilities for trainees and experienced mental health professionals from diverse orientations and cultural perspectives to strengthen alliances for tackling the gap in availability of treatments.

Psychotherapies for the Psychoses explores different approaches from a variety of theoretical perspectives, providing significant encouragement for mental health practitioners.

CONTENTS: Gleeson, Krstev, Killackey, Preface. Jackson, Foreword. Gleeson, Krstev, Killackey, Integration and the Psychotherapies for Schizophrenia and Psychosis: Where has the 'New View' of Schizophrenia Taken Us?

Part I: Theoretical Integration. *Margison, Davenport*, Integrating Approaches to Psychotherapy in Psychosis. *Martindale*, The Rehabilitation of Psychoanalysis and the Family in Psychosis: Recovering From Blaming. *Lewis*, Neuropsychological Deficit and Psychodynamic Defence Models of Schizophrenia: Towards an Integrated Psychotherapeutic Model.

Part II: Global Perspectives on Psychotherapy for Psychoses. *Killackey*, Introduction to Part I. *Larsen*, Biological and Psychological Treatments for Psychosis: An Overdue Alliance? *Herewini*, New Zealand Maori Conceptual Models Utilised Within Early Intervention Services. *Phillips, Francey, Morrison, Bechdolf, Veith, Klosterkotter*, Development of Psychotherapy in the Pre-psychotic Phase: Integration of Three International Approaches – Australia, Germany and UK. *Sanyal*, Integration of Psychotherapy in Concept Change Within a Culture – India. **Part III: Integrating Psychotherapeutic Thinking and Practice into 'Real World' Settings.**

Miller, McCormack, Sevy, An Integrated Treatment Program for First-episode Schizophrenia. *Berk, Macneil, Castle, Berk*, The Importance of the Treatment Alliance in Bipolar Disorder. *Geekie, Read*, Fragmentation, Invalidation and Spirituality: Personal Experiences of Psychosis. Ethical, Research and Clinical Implications. *Killackey, Krstev, Gleeson*, The Role of National Guidelines in Integrating Psychological Interventions into Real-world Settings. *Norman, Hassall, Mulder, Wentzell, Manchanda*, Families Dealing with Psychosis: Working Together to Make Things Get Better. *Woodhead*, Therapeutic Work for Young People with First-episode Psychosis. *Couchman*, Systematically Speaking: Integrating Multi-family Group Work.

January 2008: 288pp.

Hb: 978-0-415-41191-2: £55.00/\$99.00

Pb: 978-0-415-41192-9: £19.99/\$34.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*



Experiences of Mental Health In-patient Care

Narratives From Service Users, Carers and Professionals

Edited by **Mark Hardcastle**, Sussex Partnership (NHS) Trust, UK, **David**

Kennard, Clinical Psychologist and Group Analyst, UK, **Sheila Grandison**, East London and City Mental Health Trust, UK, and **Leonard Fagin**, Retired, North East London Mental Health Trust, UK

"So, halleluia, in this enlightened book we have a bite-sized collection of intelligent, insightful, and absorbing contributions which refreshes the soul... The book not only challenges but informs and inspires... [I] intend to ensure that as many people as possible are aware of its value." - **Malcolm Rae**, From the Foreword

This book offers an insight into the experience of psychiatric in-patient care, from both a professional and a user perspective. The editors highlight the problems in creating therapeutic environments within settings which are often poorly resourced, crisis driven and risk averse.

The contributors argue that for change to occur there needs first of all to be a genuine appreciation of the experiences of those involved in the unpredictable, anxiety-arousing and sometimes threatening environment of the psychiatric ward. Each chapter comprises a personal account of in-patient care by those in the front line: people who have been admitted to a psychiatric ward; their relatives; or those that provide the care.

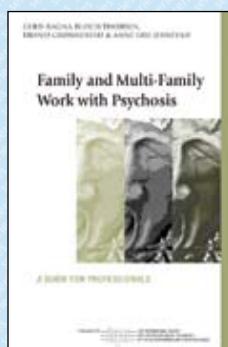
SELECTED CONTENTS: *Perkins*, Foreword. *Rae*, Foreword. Part I: Introduction. Part II: Service Users' Experiences. Part III: Carers' Experiences. Part IV: Mental Health Staff Experiences.

2007: 248pp.

Hb: 978-0-415-41081-6: £55.00/\$100.00

Pb: 978-0-415-41082-3: £19.99/\$35.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*



Family and Multi-Family Work with Psychosis

A Guide for Professionals

Gerd-Ragna Bloch Thorsen, Stavanger University Hospital, Norway, **Trond**

Grønnestad, leader of a project on psychiatric education and information in the community, Sandnes, Norway, and **Anne Lise Øxnevad**, Stavanger University Hospital, Norway

"In this book, the key clinicians in the Stavanger service have given a detailed account of their approach. The text is illustrated with examples from families who have participated, and enlivened with verbatim quotes from family members, including users. Practical tips and helpful advice abound." - **Julian Leff**, From the Foreword

Family and Multi-Family Work with Psychosis provides a practical step-by-step guide for professionals treating psychosis using family work.

The authors draw on over ten years of experience working with family and multi-family groups where there are members

with a psychotic disturbance. They provide helpful guidance on vital issues, including setting up initial group meetings, crisis intervention plans, group structure, problem solving and communication in the group.

2006: 152pp.

Hb: 978-1-58391-726-8: £55.00/\$90.00

Pb: 978-1-58391-727-5: £18.99/\$33.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*



Evolving Psychosis

Different Stages, Different Treatments

Edited by **Jan Olav Johannessen**, General Hospital of Rogaland, Norway, **Brian V. Martindale**, South Tyne and Wearside, Mental Health NHS Trust, UK, and **Johan Cullberg**, Dandcryd Hospital, Sweden

"This book has managed successfully to combine a great spectrum of different thinking... I thoroughly recommend it as inspiring optimism in a climate increasingly dominated by short-term or reductionist treatments." - **Chris Brogan**, Regional Department of Psychotherapy, Newcastle-Upon-Tyne, UK

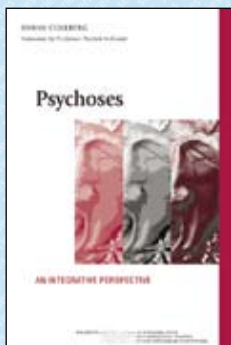
Evolving Psychosis explores the success of psycho-social treatments for psychosis in helping patients recover more quickly and stay well longer. This book incorporates new and controversial ideas which will stimulate discussion regarding the benefits of early, need-adapted treatment.

2006: 320pp.

Hb: 978-1-58391-722-0: £55.00/\$110.00

Pb: 978-1-58391-723-7: £19.99/\$35.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*



Psychoses

An Integrative Perspective

Johan Cullberg, Dandcryd Hospital, Norway
 "... essential reading for anyone working with psychotic clients." - **Val Allen**, Therapy Today

Psychoses provides a unique perspective on the challenges associated with understanding and treating psychoses,

bringing together insights and developments from medicine and psychology to give a full and balanced overview of the subject.

2006: 368pp.

Hb: 978-1-58391-992-7: £55.00/\$100.00

Pb: 978-1-58391-993-4: £19.99/\$35.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*

ALSO IN THE SERIES



Read et al, Eds.: Models of Madness: Psychological, Social and Biological Approaches to Schizophrenia

Pb: 978-1-58391-906-4: 2004: 400pp. £19.99/\$28.95

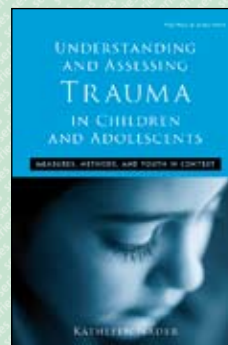
STRESS, TRAUMA & ANXIETY

PSYCHOSOCIAL STRESS SERIES

Series Editor: Charles R. Figley

Psychosocial stress is broadly viewed to include interpersonal, social, familial, societal, social psychological, and sociological factors that are causes or consequences of stress. The Routledge *Psychosocial Stress Series* includes books that make a contribution to understanding the role of psychosocial stress as a context for causing and absorbing stress by combining groundbreaking theory, research, assessment, treatment, and policy over a broad range of fields of study.

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Understanding and Assessing Trauma in Children and Adolescents

Measures, Methods, and Youth in Context

Kathleen Nader, Two Suns Childhood Trauma Program, Cedar Park, USA

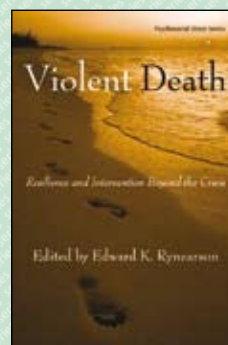
In this volume, Kathleen Nader has compiled an articulate and comprehensive guide to the complex process of assessment in youth and child trauma. There are many issues that are important to evaluating children and adolescents, and it is increasingly clear that reliance on just one type of assessment does not provide the most accurate results. From history to recent advances, this book covers a wide range of methods and measures for assessing trauma, including case examples to illustrate the integration of these different facets. Altogether, the broad scope and inclusive depth of this work make it an essential addition to the field of trauma assessment.

SELECTED CONTENTS: Part I: Understanding Trauma in Youths and the Issues Related to its Assessment. Part II: Aspects of the Youth and His or Her Environment: Their Assessment and/or Influence on the Assessment of Trauma. Part III: Methods and Measures for Assessing Trauma in Youths. Part IV: Assessing Additional Trauma Symptoms. Part V: Pulling it All Together.

2007: 512pp.

Hb: 978-0-415-96073-1: £46.95/\$75.00

Series: *Psychosocial Stress*



Violent Death

Resilience and Intervention Beyond the Crisis

Edited by **Edward K. Rynearson**, University of Washington, Seattle, USA

"Encyclopedic in breadth and scholarly in tone, this wonderful volume is easy to read and immediately relevant to the clinician..."

It is a work of vision, hope and great compassion for these uniquely bereaved individuals.” - Michael F. Myers, University of British Columbia, Canada

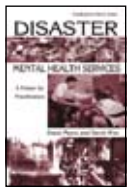
This book pulls together a definitive collection of work on the theory and practice of clinical, spiritual, and emotional support after the experience of violent death – counseling beyond the crisis. The chapters in this volume, written by national and international experts in the field, provide the reader with the theoretical and clinical bases necessary for planning and implementing clinical and spiritual services to meet the needs of survivors, witnesses, family and community members of violent death.

2006: 416pp.

Hb: 978-0-415-95323-8: £31.00/\$49.95

Series: *Psychosocial Stress*

BACKLIST TITLE



Myers/Wee: **Disaster Mental Health Services: A Primer for Practitioners**

Hb: 978-1-58391-063-4: 2004: 288pp. £40.00/\$59.95

Pb: 978-1-58391-064-1: 2004: 288pp. £16.95/\$24.95

Series: *Psychosocial Stress*



Forthcoming!

The Past in the Present

Therapy Enactments and the Return of Trauma

Edited by **David Mann**, NHS Trust, Kent, UK, and **Valerie Cunningham**, in private practice, Tunbridge Wells, UK

“Mann and Cunningham have brought together a fine collection of clinicians, from diverse backgrounds and both sides of the Atlantic, providing an unprecedented depth and breadth of exploration of enactment. This will be of great importance and interest to seasoned practitioners as well as those in training.” - Phil Mollon, Psychoanalyst and Psychotherapist

The Past in the Present brings together, for the first time, contemporary ideas from both the psychoanalytic and humanistic therapy traditions, looking at how trauma and enactments affect therapeutic practice.

Enactments are often experienced as a crisis in therapy and are understood as symbolic interactions between the client and therapist, where personal issues of both parties become unconsciously entwined. This is arguably especially true if the client has undergone some form of trauma. This trauma becomes enacted in the therapy and becomes a turning point that significantly influences the course of therapy, sometimes with creative or even destructive effect.

The Past in the Present will be invaluable to practitioners and students of analytic and humanistic psychotherapy, psychoanalysis, analytic psychology and counselling.

CONTENTS: Mann, Cunningham, Introduction. Mann, The Therapist's Vulnerability as the Theatre for the Patients Trauma: The Repetition of Enacted Trauma in Psychoanalytic Psychotherapy. Cunningham, Mutual Enactments Within the Therapeutic Relationship. Adams, The Complaint: Enactments from the Patient's Sadism and the Therapist's Collusion. Harding, The Ghost at the Feast: Enactments of Cumulative Trauma in the Therapeutic Relationship. Cornell, 'Loves and Losses': Enactments in the Disavowal of Intimate Desires. Case, Action and Enactment in Therapy

with Children. Kenwood, Existential Psychotherapy and Enactment. Marsden, Knight-Evans, Tangled Webs: Enactments on an Inpatient Ward for Eating Disorders. Tudor, Tudor, Person-Centred Therapy with Enactment and Trauma. Webster, The Therapist as a "Bad Object": The Use of Countertransference Enactment to Facilitate Psychoanalytic Therapy. McDermott, Enactment of Trauma in Therapeutic Work with Refugees and Asylum Seekers. Wieland, The Therapist as a Passive Object.

August 2008: 248pp.

Hb: 978-0-415-43369-3: £55.00/\$96.00

Pb: 978-0-415-43370-9: £19.99/\$34.95



A Special Issue of the Journal *Memory!*

New Insights in Trauma and Memory

Edited by **Elke Geraerts**, Harvard University, USA, and **Marko Jellic**, Maastricht University, The Netherlands

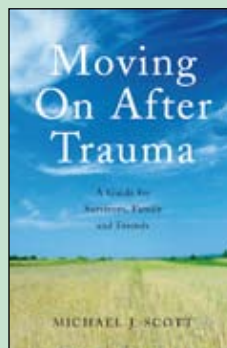
The purpose of this special issue is to highlight studies examining remembering

and forgetting in people who report having experienced traumatic events. Moreover, this issue will also focus on research manipulating memory functioning, thereby providing us important information regarding the status of traumatic memories. This research on trauma and memory may provide important clues to the architecture and characteristics of both abnormal and normal memory functioning.

February 2008: 88pp.

Pb: 978-1-84169-847-2: £42.95/\$64.95

Published by Psychology Press



Moving On After Trauma

A Guide for Survivors, Family and Friends

Michael J. Scott, University of Manchester, UK

“This valuable guide explains the puzzling and disturbing symptoms of posttraumatic stress disorder and what to do about them.

There is a wealth of practical wisdom, supported by many practical examples, that cannot fail to inform and help trauma victims and their families.” - Chris Brewin, University College, London, UK

The effects of extreme trauma can continue to be emotionally devastating. *Moving On After Trauma* offers hope, providing survivors, family members and friends with a roadmap for managing emotional, relationship, physical and legal obstacles to recovery. Dr Scott details examples of the strategies used by twenty characters who have recovered and the survivor (with or without the help of a family member, friend or counsellor) is encouraged to identify with one or more of them and follow in their footsteps.

CONTENTS: Preface – How to Use This Book. What's Happening to Me? Making Sense of My Reactions. Will I Get Better? What Works? Re-setting the Alarm. Better Ways of Dealing With the Traumatic Memory. Restoring Relationships. Managing Mood. Managing Pain and Sleep. Old Baggage, New Trauma. Managing Additional Disorders. Children and Adolescents. Justice. Getting Further Help. Guidance for Professionals Using This Book. Appendices.

2007: 200pp.

Hb: 978-0-415-40962-9: £45.00/\$79.00

Pb: 978-0-415-40963-6: £9.99/\$17.00

Forthcoming!

Living and Surviving in Harm's Way

A Psychological Treatment Handbook for Pre- and Post Deployment of Military Personnel

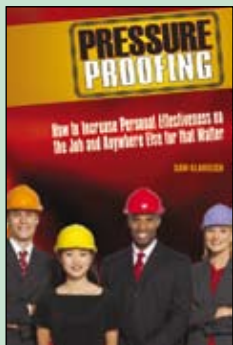
Edited by **Sharon Morgillo Freeman**, Director of The Center for Brief Therapy, Indiana, USA, **Bret A. Moore**, Captain of Medical Service Corps, United States Army, and **Arthur Freeman**, Philadelphia College of Osteopathic Medicine, USA

This is a volume on how warriors live and survive in combat duty and the psychological impact of being in harm's way. It addresses the combat preparation of service men and women, their support system, their interpersonal and intrapersonal experiences. The book focuses on cognitive behavioral interventions for treating various combat related disorders and addresses psychological health and adjustment after leaving the battlefield and reintegrating back into the lives they put on hold.

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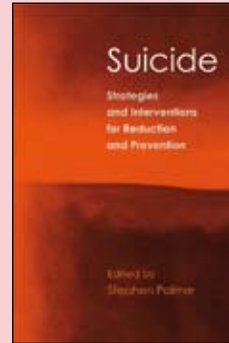
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Strategies and Interventions for Reduction and Prevention



Edited by **Stephen Palmer**, Director, Centre for Stress Management, London, UK

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- **Professor Cary Cooper**, CBE, from the Foreword

Suicide: Strategies and Interventions for Reduction and Prevention examines myths about suicide, explores facts and statistics at national and international levels, and uses client cases to uncover thoughts leading to suicidal behaviour. The editor offers an insight into what can be done in the community, and within therapeutic settings when working with this challenging client group.

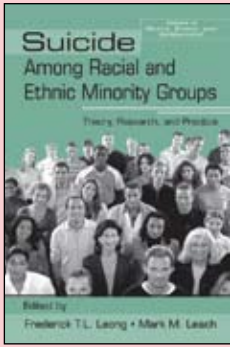
Featuring chapters from a range of experienced practitioners, this book provides a wealth of information on strategies and possible interventions. The addition of a self-harm management plan, assessment checklists, and list of useful organizations makes it essential reading for both mental health professionals, and those in training.

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Suicide Among Racial and Ethnic Minority Groups

Theory, Research, and Practice

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Suicide is increasingly understood and predicted as an intersection of biological, psychological, cognitive, and sociocultural factors. We have some basic knowledge of these factors and how they interact, but presently we know very little about how culture can play a role as a variable that influences suicide. *Suicide Among Racial and Ethnic Minority Groups* will go a long way towards filling that gap by pulling together cutting edge empirical research from general cultural diversity literature and applying it to suicide assessment, treatment, and prevention theory and practice.

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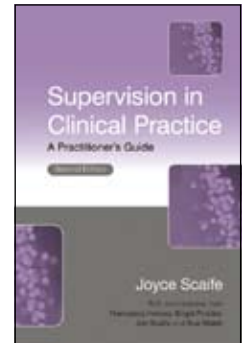
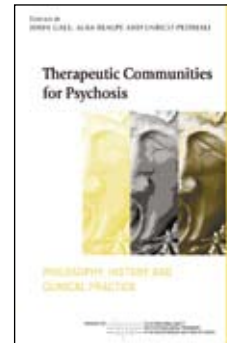
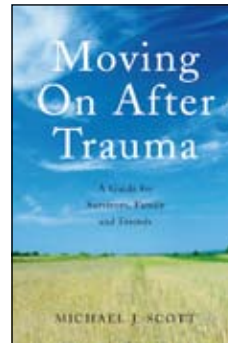
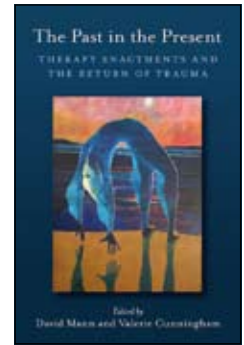
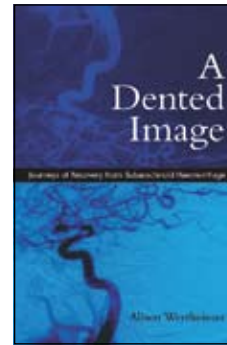
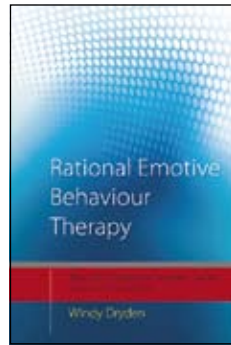
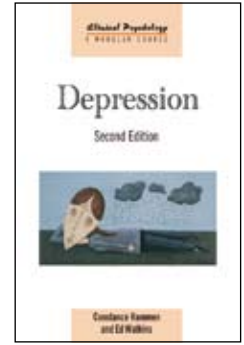
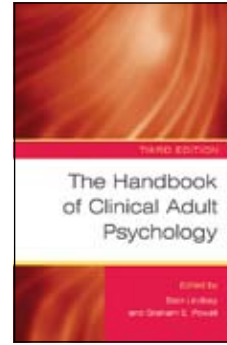
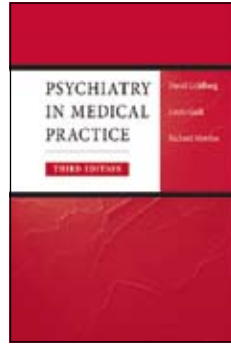
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