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
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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

www.clinicalpsychologyarena.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.


Pb: 978-0-415-42544-5: £22.99/$40.00

www.clinicalpsychologyarena.com
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.

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 wide range of ways in which it is possible for the environment to interact with mental health.


Hb: 978-0-415-11618-3: £34.95/$60.00
Pb: 978-0-415-11619-0: £19.99/$34.95
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.


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’Neill, 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.


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.


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.


Hb: 978-1-58391-861-6: £95.00/$170.00
Pb: 978-1-58391-862-3: £32.99/$58.95

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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.


Hb: 978-1-58391-853-1: £95.00/$170.00
Pb: 978-1-58391-854-8: £32.99/$58.95

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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.


Hb: 978-1-58391-830-2: £95.00/$170.00
Pb: 978-1-58391-831-9: £32.99/$58.95

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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.


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.


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.


Hb: 978-1-58391-712-1: £60.00/$104.00

Pb: 978-1-58391-713-8: £24.99/$43.00

**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.


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


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.

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.


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.


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.


Hb: 978-0-415-37353-1: £45.00/$90.00
Pb: 978-0-415-37354-8: £22.50/$44.95

Published by Psychology Press
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.


Hb: 978-0-8058-4451-1: £30.95/$49.95
Series: Personality and Clinical Psychology

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.
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.

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
sole practitioners or at best work in settings where they must
c conducive assessment themselves. This multi-authored book, then,
details the specifics as to how this is done.

Hb: 978-0-415-93502-9: £32.50/$50.95

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.

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.

Hb: 978-0-8058-6117-4: £84.00/$135.00
Pb: 978-0-8058-6118-1: £38.95/$69.95
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.


Hb: 978-1-58391-775-6: £70.00/$125.00
Pb: 978-1-58391-776-3: £27.99/$49.95

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**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.


Pb: 978-0-415-96072-4: £15.95/$24.95

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**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.

Pb: 978-0-415-95283-5: £31.00/$49.95

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**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.

Hb: 978-1-58391-295-9: £60.00/$104.95
Pb: 978-1-58391-296-6: £24.99/$43.95

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**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.

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


Hb: 978-0-415-95548-5: £37.95/$60.00
Series: ICAP Series on Alcohol in Society

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.

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.


November 2008: 672pp.
Hb: 978-0-8058-5968-3: £100.00/$200.00
Pb: 978-0-8058-5969-0: £45.00/$79.95

Abnormal Child Psychology

A Developmental Perspective

Edited by Linda Wilmhurst, 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.


Hb: 978-0-415-95363-4: £43.00/$69.00

www.routledgementalhealth.com

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.

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

for further titles by Alan Carr see pages 3, 39

CHILD AND ADOLESCENT CLINICAL PROBLEMS

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.


Pb: 978-0-8058-6234-8: £19.95/$34.50

Published by Psychology Press

A Special Issue of the Journal

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).

www.routledgementalhealth.com
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.


Hb: 978-1-84169-851-9: £39.95/$69.95
Published by Psychology Press

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**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.


Hb: 978-0-8058-6254-6: £45.00/$79.95
Pb: 978-0-8058-5766-5: £71.00/$125.00
Published by Psychology Press

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**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.

Hb: 978-1-84169-818-2: £29.95/$53.95
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.
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.


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.


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.


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.routledge.com/classics

www.psypress.com/adolescence-and-society

www.clinicalpsychologyarena.com
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.


**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**

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**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

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**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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**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.


**2007: 272pp.**

Hb: 978-0-415-41973-4: £15.95/$26.95  
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Cognitive Behaviour Therapy

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.


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.


Hb: 978-0-415-42211-6: £55.00/$99.00

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.


**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

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**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.


**December 2008: 208pp.**

**Hb:** 978-0-415-40730-4: £60.00/$105.00

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**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.

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**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.


**2007: 184pp.**

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

**Pb:** 978-0-415-43612-0: £24.99/$43.00

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**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.

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**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.


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**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.

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**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.


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**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.

Hb: 978-0-415-38437-7: £27.95/$50.00
Pb: 978-0-415-38437-7: £27.95/$50.00
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.

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**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.

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:**

Pb: 978-0-415-95254-5: £31.00/$49.95

**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.

Hb: 978-0-415-95254-5: £31.00/$49.95

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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*

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.


- **September 2008:** 144pp.
- **Hb:** 978-0-415-43085-2: £50.00/$88.00
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- *The CBT Distinctive Features Series*
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.

**Forthcoming! Cognitive-Behavioral Therapy for Depression**

A Practical Guide to Management and Treatment

Thrööstur 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.


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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.

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- Description of Disorder
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- Research Basis
- Clinical Cases
- Complicating Factors
- Maintenance and Follow-up Strategies

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### Cognitive-Behavioral Therapy for Smoking Cessation

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**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.

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### Cognitive-Behavioral Treatment for Generalized Anxiety Disorder

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**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.

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*...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.*

**J. Russell Ramsay, and Anthony L. Rostain,** both at the University of Pennsylvania School of Medicine, USA

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.

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- Research Evidence for CBT and Medications for Adult ADHD
- Case Examples
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- Maintenance and Follow-up

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*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.*

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The Official Journal of the International Association for Cognitive Psychotherapy

Edited by JOHN H. RISKIND, PhD

This state-of-the-science journal addresses all scientific and clinical aspects of cognitive therapy. Featured are:

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The scope of coverage is fittingly broad, encompassing basic research on cognitive clinical processes, innovative assessment and treatment technologies, expert perspectives on specific clinical problems and populations, and critical issues in translating research to practice. Special issues on topics of particular interest to contemporary clinicians and researchers are also planned.

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Breaking Up Blues
A Guide to Survival and Growth
Denise Cullington, psychoanalyst, in private practice, Oxford, UK

"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.

Hb: 978-0-415-45546-6: £40.00/$70.00
Pb: 978-0-415-45547-3: £9.99/$17.00

www.routledgementalhealth.com/breaking-up-blues

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.


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.

Pb: 978-0-415-83551-7: £11.99/$17.95

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.

Hb: 978-0-415-95163-0: £37.95/$59.95

ALSO FROM BARRY AND EMILY MCCARTHY

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

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

Pb: 978-0-415-94568-4: £24.99/$34.95

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.

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.

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


Reder/Lucey, Eds.: Assessment of Parenting: Psychiatric and Psychological Contributions
Part I: Fat is More than a Feminist Issue.

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, compulsive exercise, and uniquely male body image disorders. “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


Hb: 978-1-58391-149-5: £55.00/$95.00
Pb: 978-1-58391-150-1: £12.99/$22.95

Key Title!

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.


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

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.


Pb: 978-0-415-43158-3: £12.99/$22.95
EATING DISORDERS AND BODY IMAGE

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.

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.

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.

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.


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.


Hb: 978-0-415-39457-4: £60.00/$105.00
Pb: 978-0-415-42589-6: £22.99/$39.95

ALSO OF INTEREST

Rachel Bryant-Waugh, and Bryan Lask


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.


Pb: 978-0-415-42330-4: £22.99/$40.00

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.

Hb: 978-0-87630-556-0: 1990: 264pp. £37.50/$65.95
Pb: 978-0-415-35821-7: £17.99/$31.00

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.

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

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Andersen, Ed: Males With Eating Disorders
Hb: 978-0-87630-556-0: 1990: 264pp. £37.50/$65.95

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: 978-0-415-95008-9: 2004: £57.50/$90.00

www.routledgementalhealth.com
Forensic Psychiatry

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.


Hb: 978-0-415-40386-3: £55.00/$95.00
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**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... The 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.


Hb: 978-0-8058-5770-2: £32.95/$59.95
Pb: 978-0-8058-5771-9: £16.95/$29.95

Published by Psychology Press

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**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.


Hb: 978-0-8058-5222-6: £50.00/$80.00

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**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.


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.


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.

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.

Hb: 978-1-58391-157-0: £55.00/$97.00
Pb: 978-1-58391-158-7: £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.

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.
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.


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

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.

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


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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.


Hb: 978-0-415-95213-2: £60.00/$95.00
Pb: 978-0-415-95214-9: £24.95/$39.95
Hypnotherapeutic Techniques
Second Edition
Barabasz/Watkins
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Hb: 978-0-415-93544-9: 2004: 192pp. £19.50/$34.95


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.

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.
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ALSO BY MICHAIL 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

Yapko: Using Hypnosis in Treating Depression

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.routledgementalhealth.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.


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.


Hb: 978-1-84169-679-9: £24.95/$43.95
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<td>Patel: Culture and Common Mental Disorders in Sub-Saharan Africa</td>
<td>Hb: 978-0-86377-530-7: 1998</td>
<td>£29.95/$52.95</td>
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</tbody>
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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.
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.

Hb: 978-1-84169-457-3: £55.00/$100.00
Series: Studies on Neuropsychology, Neurology and Cognition
Published by Psychology Press

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.


Hb: 978-0-415-45132-1: £55.00/$90.00
Pb: 978-0-415-45133-8: £20.99/$34.95

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.

Pb: 978-1-84391-286-7: £9.99/$17.95


Bestseller!

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.
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:

Hb: 978-0-415-41270-4: £29.95/$52.95

Related Title

Cognitive Therapy for Personality Disorders: A Guide for Clinicians
Second Edition
Kate Davidson

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.


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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.


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Pb: 978-0-415-36028-9: £14.95/$26.95
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.


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Series: Women and Psychology

PROFESSIONAL ISSUES AND DEVELOPMENT

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.


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.


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**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.

**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.

Hb: 978-0-415-95738-0: £53.00/$85.00  
Pb: 978-0-415-95739-7: £17.95/$27.95  
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**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

www.clinicalpsychologyarena.com

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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.

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.


BACKLIST TITLES


Fleming/Steen, Eds.: Supervision and Clinical Psychology: Theory, Practice and Perspectives
Hb: 978-1-58391-254-6: 2003: 280pp. £50.00/$78.95

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

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

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

Weiss: Therapist’s Guide to Self-Care

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.


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
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?”


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.


Pb: 978-0-8058-5171-7: £45.00/$75.00

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.


Pb: 978-0-415-41654-2: £60.00/$100.00
Pb: 978-0-415-41655-9 : £19.99/$34.95

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 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:**

**September 2008: 248pp.**

**Pb:** 978-0-415-41348-0: £18.99/$29.95

**Hb:** 978-0-415-41347-3: £55.00/$90.00

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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:**
- **Pb:** 978-0-8058-5764-1: £17.95/$34.95
- **Hb:** 978-0-415-98963-3: £14.00/$25.95
- **Series:** Counselling and Psychotherapy

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**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

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**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

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**Eleven Blunders that Cripple Psychotherapy in America**

**A Remedial Unblundering**

*New!*

**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:**

**April 2008: 400pp.**

**Hb:** 978-0-415-98963-3: £14.00/$25.95
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.

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


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.

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.” - PsyCRIQUES

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.

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
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

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

Intimacy and Alienation
Memory, Trauma and Personal Being
Russell Meares

On the Theory and Therapy of Mental Disorders
An Introduction to Logotherapy and Existential Analysis
Viktor E. Frankl
**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.


Hb: 978-0-8058-6169-3: £33.00/$59.95

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**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.
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.

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.

Jonathan Burns, Nelson Mandela School of Medicine, South Africa

The Descent of Madness
Evolutionary Origins of Psychosis and the Social Brain


Hb: 978-1-58391-742-8: £55.00/$100.00
Pb: 978-1-58391-743-5: £24.99/$43.95

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 Pedrini, 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.

Psychotherapies for the Psychoses

**Theoretical, Cultural and Clinical Integration**

Edited by John F. M. Gleeson, and Eón 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.


Hb: 978-0-415-41082-3: £19.99/$35.95
Pb: 978-0-415-41081-6: £15.99/$27.95

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

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**Experiences of Mental Health In-patient Care**

**Narratives From Service Users, Carers and Professionals**


“So, halleluiah, 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.


Hb: 978-0-415-41081-6: £15.99/$27.95
Pb: 978-0-415-41082-3: £19.99/$35.95

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

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**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 Øxnevd, 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.

Hb: 978-1-58391-726-8: £55.00/$90.00
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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

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Johan Cullberg, Dandcryd Hospital, Norway

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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

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

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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.

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**Forthcoming!**

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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.


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Pb: 978-1-84169-847-2: £42.95/$64.95

**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 post-traumatic stress disorder and what to do about them.

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.


Hb: 978-0-415-40962-9: £45.00/$79.00

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Suicide and Self-Harm

Suicide: Strategies and Interventions for Reduction and Prevention
Edited by Stephen Palmer, Director, Centre for Stress Management, London, UK

“This book will help to take away the veil of mystery and suspicion about a topic that now permeates all of society in times of constant and unremitting change and stress, suicides. The editor has done a magnificent job in demystifying this subject, and deserves our wholehearted support and gratitude.”

- 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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Pressure Proofing
How to Increase Personal Effectiveness on the Job and Anywhere Else for that Matter
Sam Klarrreich, Founder and President of the Berkeley Centre for Effectiveness

In Pressure Proofing, Dr. Klarrreich tackles the many people problems in the workplace and anywhere else for that matter. He shows how to identify the thoughts that bring on unhealthy reactions, and how to turn those thoughts around by debunking. Drawing on years of experience as a clinical psychologist, Dr. Klarrreich then shows us, using quizzes, case histories, and practical programs, how these reactions can be conquered so that we can regain our health, productivity, and personal effectiveness.

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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Series in Death, Dying and Bereavement
Suicide Among Racial and Ethnic Minority Groups

Theory, Research, and Practice

Edited by Frederick T. L. Leong, Michigan State University, East Lansing, USA, and Mark M. Leach, University of Southern Mississippi, USA

Suicide is increasingly understood and predicted as an intersection of biological, psychological, cognitive, and sociocultural factors. We present 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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