Cognitive Behavior Therapy 2009

NEW BOOKS AND SELECTED BACKLIST
Child and Adolescent Cognitive Behavior Therapy  |  Clinical Problems  |  Coaching
Cognitive Behavior Therapy  |  Professional Issues and Development  |  Psychotherapy
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## CBT ARENA

- NEWS
- BOOKS
- JOURNALS
- RESOURCES

Our Cognitive Behavior Therapy Arena is a subject-focused selection of our books and journals in Cognitive Behavior Therapy, allowing you to quickly and easily browse the subject area you’re interested in. Most of our books are available at a special **10% discount** if you order them from the Arena, with free shipping on orders to the US, Canada and UK if you spend more than $35/£20.

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## INVITATION TO AUTHORS

If you would like to submit or discuss your book proposal with our Publisher, George Zimmars, please email George.Zimmars@taylorandfrancis.com

## READ AND RECOMMEND

### Treatment Resistant Anxiety Disorders
Resolving Impasses to Symptom Remission
Edited by **Debbie Sookman** and **Robert L. Leahy** .......................................................... 2

### Simply Effective Cognitive Behaviour Therapy
A Practitioner’s Guide
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### Dissociation and the Dissociative Disorders
DSM-V and Beyond
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A Guide for the Community Practitioner
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A Clinician’s Guide to Treatment Management
Second Edition
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### The Psychology of Executive Coaching
Theory and Application
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100 KEY POINTS SERIES
SERIES EDITOR: WINDY DRYDEN
The 100 Key Points series are concise and practical introductions to approaches and modalities in counseling and psychotherapy. Ideal for those in training, or for professionals wishing to improve their practice.
www.routledgementalhealth.com/100-key-points

THE CBT DISTINCTIVE FEATURES SERIES
SERIES EDITOR: WINDY DRYDEN
This exciting new series asks leading practitioners and theorists of the main CBT therapies to write simply and briefly on what constitutes the main features of their particular approach. Each Distinctive Features book highlights the thirty main features – practical and theoretical – of its respective approach.
www.routledgementalhealth.com/cbt-distinctive-features

CBT WITH CHILDREN, ADOLESCENTS AND FAMILIES SERIES
SERIES EDITOR: PAUL STALLARD
The CBT with Children, Adolescents and Families series is designed to provide clinicians and trainees with the latest evidence-based clinical programmes and materials for a range of common problems in a concise and accessible format.
www.routledgementalhealth.com/cbt-with-children

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

PRACTICAL CLINICAL GUIDEBOOKS 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-Behavioral 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.
www.routledgementalhealth.com/practical-clinical-guidebooks

ESSENTIAL COACHING SKILLS AND KNOWLEDGE SERIES
SERIES EDITORS: GLADEANA MCMAHON, STEPHEN PALMER, AND AVERIL LEIMON
The Essential Coaching Skills and Knowledge series provides an accessible and lively introduction to key areas in the developing field of coaching. Each title in the series is written by leading coaches with extensive experience and has a strong practical emphasis, including illustrative vignettes, summary boxes, exercises and activities.
www.routledgementalhealth.com/essential-coaching-skills


for a further book by Paul Gilbert see page 6

Imagery and the Threatened Self Perspectives on Mental Imagery and the Self in Cognitive Therapy

Edited by Luisa Stopa, University of Southampton, UK

“Imagery and psychological disorders is said to be a ‘hot topic’. Luisa Stopa and co-authors do justice to this claim and provide an excellent overview of research and theory within this exciting new area... The book is illustrated throughout with highly accessible and clinically relevant case material and it should be required reading for researchers and practitioners alike.”

- Professor Graham Turpin, University of Sheffield, UK

Imagery is important in cognitive therapy because images often trigger strong emotions, and imagery techniques such as imaginal reliving and imaginal rescripting are increasingly used in therapeutic treatments. Imagery and the Threatened Self considers the role that images of the self play in a number of common mental health problems and how these images can be used to help people to recover.

Stopa and her contributors focus specifically on images of the self which are often negative and distorted and can contribute to both the cause and the progression of clinical disorders. The book includes chapters on current theories of the self and on imagery techniques used in therapy, alongside chapters that examine the role of self-images and how images can be used in the treatment of disorders.

Cognitive Behaviour Therapy
A Guide for the Practising Clinician
Volume 2
Edited by Gregoris Simos, Aristotelian University of Thessaloniki, Greece

“Gregoris Simos has, once again, compiled an up-to-date comprehensive text, which serves as a second volume to his first text on cognitive-behavior therapy. This companion volume is filled with interventions that serve as an invaluable contribution to the field. The contributors consist of an outstanding cadre of accomplished cognitive-behavior therapists who combine a critical review of the research literature with practical considerations of clinical issues and case examples.” - Frank M. Dattilio, Harvard Medical School, USA

CBT: A Guide for the Practising Clinician, Volume 2 brings the practising clinician up to date with recent developments in the continuously expanding field of cognitive behaviour therapy (CBT). As with the first volume, this book is a clinically orientated and techniques-focused CBT manual, dealing with specific clinical conditions, skillfully blending guiding theories, focused techniques and clinical flexibility.

This book, along with the first volume, will be essential reading for all CBT practitioners, mental health professionals and students alike.


Hb: 978-0-415-44963-2: £55.00/$95.00
Pb: 978-0-415-44964-9: £19.99/$34.95

FREE SHIPPING! Postage and packing free for US, Canadian and UK online orders over $35/£20
Understanding Emotional Problems

The REBT Perspective

Windy Dryden

Rational emotive behaviour therapy (REBT) is an approach to counselling and psychotherapy rooted in the CBT tradition and one that has a distinctive perspective on emotional problems.

Understanding Emotional Problems provides an accurate understanding of the REBT perspective on eight major emotional problems for which help is sought: anxiety, depression, shame, guilt, unhealthy anger, hurt, unhealthy jealousy and unhealthy envy.

Rather than discussing treatment methods, Windy Dryden encourages the reader to accurately understand these problems and suggests that a clear, correct understanding of each disorder will provide a firm foundation for effective treatment.

This concise, straightforward text presents each emotional problem in a similar way, allowing the reader to compare and contrast the similarities and differences between problems. Understanding Emotional Problems will be essential reading for therapists both in training and in practice.


Hb: 978-0-415-48196-0: £50.00/$90.00
Pb: 978-0-415-48197-7: £17.99/$29.95

Developing Resilience

A Cognitive-Behavioural Approach

Michael Neenan

“In this scholarly, yet practical book, Michael Neenan shows how you can develop skills for managing life challenges in a way that strengthens and empowers you. For anyone who wants to find inner strength in the face of adversity, this book is for you.” - Professor Alan Carr, Director of Clinical Psychology Training, University College Dublin, Ireland

Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate. In this book, Michael Neenan suggests that it is the meanings that we attach to events, and not the events themselves, that determine our reactions to them; this is why different people can react to the same event in a variety of ways.

Developing Resilience shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity. This book provides useful guidance and advice on topics including:

- managing negative emotions
- distinguishing between what is within and outside of your control
- learning from past experiences
- developing self-belief
- increasing your level of frustration tolerance
- maintaining a resilient outlook.

This book will be essential for anyone trying to find constructive ways forward in difficult times, as well as counsellors, coaches and therapists looking for guidance in helping their clients.


Pb: 978-0-415-48068-0: £12.99/$21.95

Routledge Recommends!

How to Think and Intervene Like an REBT Therapist

Windy Dryden

Trainee therapists often stick rigidly to the therapeutic guidelines that are taught to them on their training course, or adopted from a book, regardless of their approach. How to Think and Intervene Like an REBT Therapist provides the trainee with an opportunity to discover how experienced therapists think, and how their thoughts influence their interventions when using REBT.

In this book, Windy Dryden compares the thinking and intervening characteristics of experienced REBT therapists with the actions of trainees making errors typical of people at an introductory level. By using clinical vignettes, case scenarios and verbatim dialogue he demonstrates how REBT therapists can make better use of the work alliance between themselves, their clients and their trainees, and use REBT more flexibly in practice.

This highly practical guide will be essential reading for all those who have recently been introduced to rational emotive behaviour therapy.


Hb: 978-0-415-48793-1: £55.00/$95.00
Pb: 978-0-415-48795-5: £18.99/$29.95

Understanding Emotional Problems

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Windy Dryden

Rational emotive behaviour therapy (REBT) is an approach to counselling and psychotherapy rooted in the CBT tradition and one that has a distinctive perspective on emotional problems.

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Hb: 978-0-415-48793-1: £55.00/$95.00
Pb: 978-0-415-48795-5: £18.99/$29.95
Rational Emotive Behaviour Therapy
100 Key Points and Techniques
Windy Dryden, and Michael Neenan

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

Hb: 978-1-58391-740-4: £47.50/$85.95
Pb: 978-1-58391-741-1: £12.99/$21.95
Series: 100 Key Points

Cognitive Therapy
100 Key Points and Techniques
Michael Neenan, and Windy Dryden

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

Cognitive Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of the most popular and best validated approach within the field of cognitive behaviour therapy. The 100 key points cover cognitive therapy theory and practice, and examine misconceptions about this approach.

Pb: 978-1-58391-858-6: £12.99/$21.95
Series: 100 Key Points

Acceptance and Commitment Therapy: Distinctive Features
Paul Flaxman, City University, London, UK, and J. T. Blackledge, Morehead State University, Kentucky, USA

Acceptance and commitment therapy (ACT) focuses on accepting and dealing with uncomfortable thoughts and feelings instead of challenging these beliefs by looking for a more rational response – a technique used in other methods of cognitive behaviour therapy. ACT incorporates acceptance and mindfulness strategies, encouraging the client to observe their experience without judgement and then work with this experience rather than against it, to bring about psychological change. Divided into two sections, The Distinctive Theoretical Features of ACT and the Distinctive Practical Features of ACT this book summarises the key features of the approach in 30 concise points.

Acceptance and Commitment Therapy: Distinctive Features provides an excellent guide to ACT and explains how the technique differs from traditional cognitive behaviour therapy. Its straightforward format will appeal to those who are new to the field, and it will be a handy reference tool for more experienced clinicians.


Hb: 978-0-415-45065-2: £50.00/$90.00
Series: CBT Distinctive Features

Schema Therapy
Distinctive Features
Eshkol Rafaeli, Columbia University, New York, USA, David P. Bernstein, Maastricht University, The Netherlands, and Jeffrey Young, Columbia University, New York, USA

Schema therapy combines proven cognitive behaviour therapy techniques with elements of interpersonal, experiential and psychodynamic therapies in order to help people with long term mental health problems including personality disorders and chronic depression. Schema therapy suggests that many negative cognitive conditions are based on past experiences, and therefore provides models for challenging and modifying negative thoughts and behaviours in order to provoke change.

In this book, Jeffrey Young, Eshkol Rafaeli, and David Bernstein – pioneers of the schema therapy approach – indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum.
Divided into two sections The Distinctive Theoretical Features of Schema Therapy and The Distinctive Practical Features of Schema Therapy, this book will provide a concise introduction for those new to the technique, as well as a discussion of how it differs from the other cognitive behavioural therapies for those experienced in the field.


**Forthcoming!**

**Compassion-Focused Therapy**

Paul Gilbert, Kingsway Hospital Mental Health Research Unit, Derby, UK

Compassion-focused therapy builds on traditional CBT, but also has a different evolutionary and neuroscience focus. This book provides a clear guide to the distinctive characteristics of compassion-focused therapy as a wide-ranging, integrative approach.


**Behavioral Activation**

**Distinctive Features**

Jonathan W. Kanter, University of Wisconsin-Milwaukee, USA, Andrew M. Busch, Brown University, Rhode Island, USA, and Laura C. Rusch, University of Wisconsin-Milwaukee, USA

“This book gives us new voices in the literature on behavioral activation. It is to be commended for its practicality as well as its well articulated treatment of basic behavioral theory...

Behavioral Activation is an outstanding work, and will be a welcomed addition to the libraries of beginning and seasoned clinicians.”

- Christopher Martell, in private practice, Seattle, USA

Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement, and that when positive reinforcement is reduced, lost, or chronically low depression results. Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse, stable sources of positive reinforcement. This creates a life of meaning, value and purpose.

**Behavioral Activation: Distinctive Features** clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach.

This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy.


**April 2009: 200pp.**

Hb: 978-0-415-44653-2: £50.00/$90.00

Series: CBT Distinctive Features
Beck’s Cognitive Therapy

Beck’s Cognitive Therapy: Distinctive Features explores the key contributions made by Aaron T. Beck to the development of cognitive behaviour therapy. This book provides a concise account of Beck’s work against a background of his personal and professional history. The author, Frank Wills, considers the theory and practice of Beck’s cognitive therapy by firstly examining his contribution to the understanding of psychopathology, and going on to explore Beck’s suggestions about the best methods of treatment. Throughout the book a commentary of how Beck’s thinking differs from other approaches to CBT is provided, as well as a summary of the similarities and differences between Beck’s methods and other forms of treatment including psychoanalysis and humanistic therapy.

**CONTENTS:**
- Introduction
  - Part I: Theory
    - Prelude: Beck and His Group
    - Cognition, Emotion and Behaviour Interact with Mutual and Reciprocal Influence on Each Other. Safety Behaviours, Including Avoidance, Reassurance Seeking and Hyper-vigilance, Play a Crucial Role in Maintaining Anxiety.
- Part II: Practice

Hb: 978-0-415-43952-7: £9.99/$17.95
Pb: 978-0-415-43952-7: £9.99/$17.95
Series: CBT Distinctive Features

Constructivist Psychotherapy

Constructivist psychotherapy focuses on the meaning that clients attribute to their world, and the way that this shapes their life and contributes to their difficulties. In this book, Robert A. Neimeyer, a leading figure in the field, provides a clear and accessible explanation of the key features of this approach.

**CONTENTS:**
- Part I: Theory
  - Constructivist Psychotherapy: Distinctive Features concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives. Divided into two sections – Theory and Practice – this straightforward book is illustrated throughout with case material and recent research findings.

Hb: 978-0-415-44233-6: £50.00/$90.00
Pb: 978-0-415-44234-3: £9.99/$17.95
Series: CBT Distinctive Features

Dialectical Behaviour Therapy

Dialectical Behaviour Therapy (DBT) is a psychotherapeutic approach designed particularly to treat the problems of chronically suicidal individuals with borderline personality disorder (BPD).

The therapy articulates a series of principles that effectively guide clinicians in responding to suicidal and other behaviours that challenge them when treating this population.

**CONTENTS:**
- Prelude: Beck and His Group
  - Dialectical Behaviour Therapy highlights 30 distinctive features of the treatment and uses extensive clinical examples to demonstrate how the theory translates into practice. In Part I: The Distinctive Features

Hb: 978-0-415-43951-0: £50.00/$90.00
Pb: 978-0-415-43952-7: £9.99/$17.95
Series: CBT Distinctive Features
The features of DBT, the authors introduce us to the three foundations on which the treatment rests – behaviourism, Zen and dialectics – and how these integrate. In Part II: The Distinctive Practical Features of DBT, Swales and Heard describe both how the therapy applies these principles to the treatment of clients with borderline personality disorder and elucidate the distinctive conceptual twists in the application of cognitive and behavioural procedures within the treatment.

This book provides a clear and structured overview of a complex treatment. It is written for both practising clinicians and students wishing to learn more about DBT and how it differs from the other cognitive behaviour therapies.


**Metacognitive Therapy: Distinctive Features**

**Peter Fisher,** University of Liverpool, UK, and **Adrian Wells,** University of Manchester, UK

“This book provides a skilful mix of theory and practice that should be essential reading for all wanting to learn more about MCT… I highly recommend it.” – **Hans M. Nordahl,** Norwegian University of Science and Technology, Trondheim, Norway

**Metacognitive Therapy: Distinctive Features** is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy. Divided into two sections, **Theory** and **Practice** and using thirty key points, the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress. This book is a valuable resource for both students and practitioners wishing to develop a basic understanding of metacognitive therapy and how it compares and contrasts with traditional forms of cognitive behavioural therapy.


**January 2009: 152pp.**

**Hb:** 978-0-415-43496-0: £50.00/$90.00

**Pb:** 978-0-415-43499-7: £9.99/$17.95

**Series: CBT Distinctive Features**

**Mindfulness-Based Cognitive Therapy Distinctive Features**

**Rebecca Crane,** University of Wales, Bangor, UK

“A clear account of what MBCT is, both in its theoretical perspectives and its actual practices. Written in accessible language, it is an extraordinary achievement that will be highly valued by both participants in mindfulness classes and their teachers.” – Mark Williams, From the Foreword

Mindfulness-Based Cognitive Therapy (MBCT) is increasingly used in therapeutic practice. It encourages clients to process experience without judgement as it arises, helping them to change their relationship with challenging thoughts and feelings, and accept that, even though difficult things may happen, it is possible to work with these in new ways.

This book provides a basis for understanding the key theoretical and practical features of MBCT. Focusing on a mindfulness-based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses, the text is divided into 30 distinctive features that characterise the approach.

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


**2008: 200pp.**

**Hb:** 978-0-415-44501-6: £50.00/$90.00

**Pb:** 978-0-415-44502-3: £9.99/$17.95

**Series: CBT Distinctive Features**
Rational Emotive Behaviour Therapy
Distinctive Features
Windy Dryden, Goldsmiths College, University of London, UK

Rational Emotive Behaviour Therapy (REBT) encourages the client to focus on their emotional problems in order to understand, challenge and change the irrational beliefs that underpin these problems. REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook.

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.

Content:
Part I: the distinctive theoretical features of REBT

Pb: 978-0-415-43085-2: £50.00/$90.00
Series: CBT Distinctive Features

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 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

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Cognitive Behavioural Therapy for Chronic Fatigue Syndrome
A Guide for Clinicians
Philip Kinsella, Nottinghamshire Health Care Trust, UK

Cognitive Behavioural Therapy for Chronic Fatigue Syndrome attempts to make sense of the illness, and describes how cognitive behavioural therapy can help patients by working with their environment, emotions, and behaviour to improve their physical condition. Aimed at practitioners, this book will provide essential guidance for cognitive behavioural therapists, physiotherapists, occupational therapists, and other clinicians who work in this rapidly expanding field.

Hb: 978-1-58391-841-8: £24.99/$44.95
Pb: 978-1-58391-840-1: £60.00/$110.00

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. It will also be an informative read for those researcher and senior managers who continue to support the use of clinical supervision as a means of reducing occupational stress in nurses.” - Nursing Standard

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.

Hb: 978-1-58391-851-7: £55.00/$100.00
Pb: 978-0-415-43612-0: £24.99/$44.95

Case Formulation in Cognitive Behaviour Therapy
The Treatment of Challenging and Complex Cases
Edited by Nicholas Tarrier, University of Manchester, UK

“Case formulation is a central feature of modern psychotherapies. 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.

Hb: 978-1-58391-852-4: £60.00/$110.00
Pb: 978-1-58391-841-8: £24.99/$44.95

Dissociation and the Dissociative Disorders
DSM-V and Beyond
Edited by Paul F. Dell, Trauma Recovery Center, Norfolk, Virginia, USA, and John A. O’Neil, McGill University, Montreal, Canada

“This is the definitive source for information on dissociative topics. The editors have compiled a comprehensive resource that includes the most up-to-date information on theory, research, and clinical practice from the most authoritative experts in the field.” - Christine A. Courtois, Co-editor of Treating Complex Traumatic Stress Disorders and author of Recollections of Sexual Abuse

Dissociation and the Dissociative Disorders is a book that has no real predecessor in the dissociative disorders field. It 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. In many respects, Dissociation and the Dissociative Disorders both defines and redefines the field.


Hb: 978-0-415-95785-4: £60.00/$95.00

Cognitive-Behavioral Therapy for Deaf and Hearing Persons with Language and Learning Challenges
Neil Glickman, Westborough State Hospital, Massachusetts, USA

This book provides a model for adapting best practices in cognitive-behavioral therapy to consumers whose language and cognitive deficits make it difficult for them to benefit from traditional talk oriented psychotherapy.
Mindfulness and Mental Health

Therapy, Theory and Science

Chris Mace, University of Warwick, UK

“This excellent and much-needed book does a great job for both clinicians and researchers in a rapidly expanding field. It will be a source book for many for some years to come.”

- Mark Williams, University of Oxford, UK

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.

Pb: 978-1-905091-788-6: £19.99/$35.95

ALSO OF INTEREST

The Positive Psychology of Buddhism and Yoga

Paths to a Mature Happiness

Second Edition

Marvin Levine

Hb: 978-1-84872-850-9: July 2009: 288pp. £37.50/$69.00
Pb: 978-1-84872-851-6: July 2009: 288pp. £18.99/$34.95

POST TRAUMATIC STRESS DISORDER

Cognitive Therapy with Children and Young People

Patrick Smith, Sean Perrin, William Yule, and David M. Clark, all at the Institute of Psychiatry, King’s College, London, UK

“Post Traumatic Stress Disorder provides state-of-the-art guidance on how to effectively treat this neglected disorder. Written by leading experts in the field and filled with clinical wisdom this book will be an invaluable resource for mental health professionals who work with traumatized children and adolescents and their parents.”

- Professor Anke Ehlers, King’s College London, UK

Post traumatic stress disorder develops after exposure to one or more terrifying event that has caused, or threatened to cause the sufferer grave physical harm. This book discusses how trauma-focused cognitive therapy can be used to help children and adolescents who suffer from post traumatic stress disorder.

Cognitive therapy is frequently used to treat adults who suffer from PTSD with proven results. Post Traumatic Stress Disorder provides the therapist with instructions on how CT models can be used with children and young people to combat the disorder.

The authors provide case studies and practical tips, as well as examples of self-report measures and handouts for young people and their parents which will help the practitioner to prepare for working with this difficult client group.


Pb: 978-0-415-39163-4: £55.00/$95.00
Pb: 978-0-415-39164-1: £19.99/$34.95

Series: CBT with Children, Adolescents and Families

FREE SHIPPING! Postage and packing free for US, Canadian and UK online orders over $35/£20
presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services, as well as those in training.


Hb: 978-0-415-39977-7: £55.00/$95.00
Pb: 978-0-415-39978-4: £19.99/$34.95

Series: CBT with Children, Adolescents and Families

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**Eating Disorders**

Cognitive Behaviour Therapy with Children and Young People

Simon G. Gowers, University of Liverpool, UK, and Lynne Green, Cheshire and Merseyside Eating Disorders Service for Adolescents, UK

In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their difficulties. *Eating Disorders* provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder.

This practical text will be essential reading for mental health professionals, paediatric teams and those in primary care working with children and adolescents with eating disorders. It will benefit those working with both sufferers themselves and families who have difficulty understanding the disorder.


Hb: 978-0-415-44462-0: £55.00/$95.00
Pb: 978-0-415-44463-7: £19.99/$34.95

Series: CBT with Children, Adolescents and Families

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**Obsessive Compulsive Disorder**

Cognitive Behaviour Therapy with Children and Young People

Edited by Polly Waite, and Tim Williams, both at the University of Reading, UK

*Obsessive Compulsive Disorder (OCD)* is characterised by a person’s obsessive, distressing, intrusive thoughts and their related compulsions. It affects an estimated one percent of teenagers and has been detected in children as young as three years old.

In this concise, accessible book experienced contributors provide detailed guidance on carrying out assessments and treatment for children and young people with OCD from a cognitive behavioural perspective. This approach has been developed from extensive research and clinical work with young people with OCD and associated problems.


Hb: 978-0-415-40388-7: £55.00/$95.00
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Series: CBT with Children, Adolescents and Families

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**Anxiety**

Cognitive Behaviour Therapy with Children and Young People

Paul Stallard, Consultant Clinical Psychologist, Avon and Wiltshire Mental Health Partnership NHS Trust, UK

"This book is a ‘must’ and an excellent read for all professionals wanting effective treatment for anxiety disorders." - Joyce Cope, Counselling Children and Young People

In *Anxiety: Cognitive Behaviour Therapy with Children and Young People* Paul Stallard describes the nature and extent of anxiety problems that are suffered in childhood and discusses evidence for the effectiveness of the cognitive behavioural model as a method of treatment.

This concise and accessible book, written specifically for the clinician, provides a clear outline of how CBT can be used with children suffering from anxiety disorders in an easy to follow format. The book provides many ideas that can be incorporated into everyday practice, as well as clinical vignettes, case examples, and worksheets for use with the client.


Hb: 978-0-415-37256-5: £55.00/$95.00
Pb: 978-0-415-37255-8: £19.99/$34.95

Series: CBT with Children, Adolescents and Families

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This book aims to bridge the gap between child cognitive behavioral therapy (CBT) as practiced in academic centers and its use in community settings. Because CBT is considered the ‘gold standard’ in the treatment of a variety of child mental health conditions and has been evaluated in numerous randomized controlled trials, practitioners often face pressure to “do CBT” for children meeting criteria for certain disorders, especially anxiety and depression. This book uses a step-by-step, practical approach to spell out child CBT assessment and treatment considerations that are often not detailed in treatment manuals but are highly relevant to community practitioners.

**CONTENTS:**

Why the Gap Between Efficacy and Effectiveness?

Pb: 978-0-415-99670-9: £22.50/$39.95
60-day examination copy available

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This text applies Cognitive Behavior Therapy (CBT) to use in school settings, presenting the first comprehensive integration of theory with specific intervention strategies and techniques designed for work in school. An essential reference text for mental health professionals working closely with school officials, it is also useful as a resource for school psychologists, guidance counselors, pupil personnel support staff, school social workers and clinical psychologists. Chapters are organized around topics such as anxiety, depression, eating disorders, peer aggression and bullying, ADHD, and parent consultation, and include assessment tools, tips and strategies, intervention techniques, and case studies. Including contributions from a renowned group of scholars and practitioners, this collection represents a standard upon which future progress can be built.

Hb: 978-0-415-95039-8: £30.00/$54.95

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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. The book offers a comprehensive understanding of the wide range of approaches to pediatric and adolescent obesity treatment, in order to promote an individualized approach that will best fit the patient and family.

**SELECTED CONTENTS:**


Hb: 978-0-415-95432-7: £78.00/$125.00
Pb: 978-0-415-99066-0: £43.50/$69.95
focusing towards reactions to terrorism and natural disaster. and abuse, and post traumatic stress disorders in childhood with a causes for this, as well as brand new sections on substance use information on the changes in the prevalence of childhood disorders each chapter in this second edition is fully updated and includes overview of methods used for treating childhood disorders. is presented alongside the latest research findings to provide an thinking about each disorder. Specific criteria for diagnosis that occur in childhood, and discuss the major models that guide current information about the full range of psychological disorders issues Facing the disorders of Childhood. Conduct disorders. Attention- deficit Hyperactivity disorder. Anxiety Disorders. Depression. Eating Disorders. Mental Retardation and Learning Disabilities. Pervasive Developmental Disorders. Tics and Elimination Disorders. Questions for Your Consideration.

New Edition!

Childhood Disorders
Second Edition

Philip C. Kendall, Temple University, Philadelphia, USA, and Jonathan S. Comer, Columbia University Clinic for Anxiety and Related Disorders, New York, USA

In this revised edition of Childhood Disorders Philip Kendall and Jonathan Comer present


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Paul M. G. Emmelkamp, and Jan Henk Kamphuis

This comprehensive evidence-based book provides a broad and in-depth coverage of personality disorders across a variety of patient groups and treatment settings.

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Eating Disorders

The Clinician’s Guide to Collaborative Caring in Eating Disorders
The New Maudsley Method

Edited by Janet Treasure, Maudsley Hospital and King’s College London, UK, Ulrike Schmidt, Maudsley Hospital and the Institute of Psychiatry, London, UK, and Pam Macdonald, Institute of Psychiatry, Kings College, London, UK

“This book is a valuable companion piece to Treasure et al.’s existing volume, providing useful information, resources and skills for clinicians. However, this book’s biggest contribution is the way in which it stresses that clinicians should see the family as a resource (rather than a nuisance or an irrelevance).” - Professor Glenn Waller, Vincent Square Eating Disorders Service, CNWL NHS Foundation Trust, UK

Caring for a loved one with an eating disorder is a difficult task; carers often find it hard to cope, and this can contribute to the maintenance of the disorder. The Clinician’s Guide to Collaborative Caring in Eating Disorders shows how active collaboration between professional and non-professional carers can maximise the quality of life for both the sufferer and all other family members.

The book provides straightforward guidance for clinicians who work with families and carers. It suggests ways of ensuring that interpersonal elements that can maintain eating disorders are minimised and indicates skills and knowledge that can be taught to the carer.


Hb: 978-0-415-48424-4: £65.00/$110.00
Pb: 978-0-415-48425-1: £24.99/$42.95

Skills-based Learning for Caring for a Loved One with an Eating Disorder
The New Maudsley Method

Janet Treasure, Maudsley Hospital and 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

“I would highly recommend that health professionals buy this manual and in turn recommend it to anyone involved in the care of someone with an eating disorder. It is the type of book the whole family can benefit from.” - Gillian Todd, Psychological Medicine

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.

Pb: 978-0-415-43158-3: £12.99/$23.95
Overcoming Body Image Disturbance
A Programme for People with Eating Disorders

Lorraine Bell, and Jenny Rushforth, both at the Hampshire Partnership trust, 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.

Pb: 978-0-415-42330-4: £22.99/$41.95

Workbook resources can be downloaded FREE OF CHARGE by purchasers of the print version, please visit
www.routledgementalhealth.com/overcoming-body-image-disturbance

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

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

“B-EAT the principal UK charity for eating disorders, recommends this book as an important resource for anyone wishing to understand these particular men’s issues. I second that recommendation.” - Carl Eaton, Healthcare Counselling and Psychotherapy Journal

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

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

Hb: 978-1-58391-149-5: £55.00/$98.95
Pb: 978-1-58391-150-1: £12.99/$23.95

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

“Underpinned by a strong and evidence-based model, this therapist guide is brimming with solid practical advice and detailed guidance on how to implement particular therapeutic strategies and deal with hurdles and challenges along the way... Both new and expert therapists will find this book highly useful.” - Ulrike Schmidt, Institute of Psychiatry, South London and Maudsley NHS Trust, 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.

Hb: 978-1-58391-944-6: £60.00/$100.00
Pb: 978-1-58391-945-3: £22.99/$40.00

Bipolar Disorder
A Clinician’s Guide to Treatment Management
Second Edition

Edited by Lakshmi N. Yatham, University of British Columbia, Canada, and Vivek Kusumakar, Dalhousie University, Nova Scotia, 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. With a focus on pharmacotherapy, the foundation of symptomatic treatment, Bipolar Disorder provides the most recent analysis of the data regarding efficacy and safety of medications along with practical guidelines with which treatment choices can be made.

Hb: 978-0-415-96136-3: £46.95/$74.95

60-day examination copy available
Cognitive Therapy for Personality Disorders
A Guide for Clinicians
Second Edition
Kate Davidson, Glasgow Institute of Psycosocial 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, Consultant Clinical Psychologist, Hampshire Partnership Trust, UK

It is increasingly recognized that a significant number of individuals with personality disorders can benefit from therapy. In this new edition – based on the treatment of over a hundred patients with antisocial and borderline personality disorders – Kate Davidson demonstrates that clinicians using cognitive therapy can reduce a patient’s tendency to deliberately self-harm and to harm others; it also improves their psychological well-being.

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: 978-0-415-41557-6: £60.00/$107.95
 Pb: 978-0-415-41558-3: £24.99/$44.95

FROM LEN SPERRY

Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders
Highly Effective Interventions for the Most Common Personality Disorders
Second Edition
Hb: 978-0-415-95075-6: 2006: 248pp. £29.95/$49.95

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

Think You’re Crazy? Think Again
A Resource Book for Cognitive Therapy for Psychosis
Anthony P. Morrison, University of Manchester, UK, Julia Renton, Bedfordshire and Luton Partnership Trust, UK, Paul French, Bolton, Salford and Trafford Mental Health Trust, UK, and Richard Bentall, University of Manchester, UK

“Morrison and colleagues have produced the ideal book on CBT for psychosis. It destigmatises and energises people with psychosis instilling hope and insight. Every chapter is a gem of understanding and opportunity. All mental health professionals, users and carers should have access to this book.” - Douglas Turkington, Newcastle University, UK

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

Think You’re Crazy? Think Again provides an effective step-by-step aid to understanding your problems, making positive changes and promoting recovery. Written by experts in the field, this book will help you to:

• understand how your problems developed and what keeps them going
• use questionnaires and monitoring sheets to identify and track changes in the links between your experiences, how you make sense of these and how you feel and behave
• learn how to change thoughts, feelings and behaviour for the better
• practice skills between sessions using worksheets.

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


Hb: 978-1-58391-836-4: £50.00/$90.00
Pb: 978-1-58391-837-1: £14.99/$26.95

ALSO BY ANTHONY P. MORRISON

Trauma and Psychosis
New Directions for Theory and Therapy
Edited by Warren Larkin, and Anthony P. Morrison
Hb: 978-1-58391-820-3: 2006: 328pp. £32.50/$58.95

Cognitive Therapy for Psychosis
A Formulation-Based Approach
Anthony Morrison, Julia Renton, Hazel Dunn, Steve Williams, and Richard Bentall
Hb: 978-1-58391-810-4: 2003: 288pp. £28.99/$44.95

A Casebook of Cognitive Therapy for Psychosis
Edited by Anthony P. Morrison
Hb: 978-1-58391-205-8: 2001: 328pp. £37.50/$67.95

STRESS AND TRAUMA

New!
A Casebook of Cognitive Therapy for Traumatic Stress Reactions
Edited by Nick Grey, South London and Maudsley Foundation NHS Trust, UK

“A Casebook of Cognitive Therapy for Traumatic Stress Reactions is the best book to date on this topic... I wholeheartedly recommend this book to every clinician, whether novice or expert, and predict it will quickly become one of the most dog-eared books on your desk from frequent and welcome use.” - Christine A. Padesky, Co-Founder, Center for Cognitive Therapy, Huntington Beach, California USA

Many people experience traumatic events and whilst some gradually recover from such experiences, others find it more difficult and may seek professional help for a range of problems. A Casebook of Cognitive Therapy for Traumatic Stress Reactions aims to help therapists who may not have an extensive range of clinical experience.

The book includes descriptions and case studies of clinical cases of cognitive behavioural treatments involving people who have experienced traumatic events.

All chapters are written by experts in the field and consider what may be learned from such cases. In addition it is considered how these cases can be applied more generally in cognitive behavioural treatments for traumatic stress reactions.

This book will be invaluable to all mental health professionals and in particular to therapists wanting to treat people who have experienced traumatic events, allowing them to creatively apply their existing knowledge to new clinical cases.


Hb: 978-0-415-43802-5: £60.00/$100.00
Pb: 978-0-415-43803-2: £24.99/$42.95

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Moving On After Trauma
A Guide for Survivors, Family and Friends
Michael J. Scott, University of Manchester, UK

“Michael Scott has produced an excellent book that should be of immense value to sufferers of PTSD and their relatives... Packed full of strategies and tips for dealing effectively with trauma symptoms and associated problems this book should be at the top of a sufferers self-help list.” - Adrian Wells, University of Manchester, UK

The effects of extreme trauma can continue to be emotionally devastating. Moving On After Trauma offers hope, providing survivors, family members and friends with a roadmap for managing emotional, relationship, physical and legal obstacles to recovery.

Hb: 978-0-415-40962-9: £45.00/$80.95

for a further book by Michael J. Scott please see page 3

New!

Living and Surviving in Harm’s Way
A Psychological Treatment Handbook for Pre- and Post-Deployment of Military Personnel

Edited by Sharon Morgillo Freeman, Indiana/Purdue University, Bret A. Moore, Indian Health Service in Poplar, Montana, USA, and Arthur Freeman, Philadelphia College of Osteopathic Medicine, USA

“This is an invaluable reference for students, clinicians, policy makers, and all who seek to understand the complex psychological impacts of war. The authors give voice to the full experience of Warriors in combat, addressing issues such as the psychological costs of killing, and post-combat adjustment.” - Colonel Bruce E. Crow, Clinical Psychology Consultant to the U.S. Army Surgeon General, USA

In Living and Surviving in Harm’s Way, experts investigate the psychological impact of how warriors live and survive in combat duty. They address the combat preparation of servicemen and women, their support systems, and their interpersonal and intrapersonal experiences. The text maintains a focus on cognitive-behavioral interventions for treating various combat-related disorders, and addresses psychological health and adjustment after leaving the battlefield.

Hb: 978-0-415-98868-1: £28.00/$44.95

Cognitive Behavioral Therapy for Social Anxiety Disorder
Evidence-Based and Disorder-Specific Treatment Techniques

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

Cognitive-Behavioral 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, 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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Pb: 978-0-415-95403-7: £17.95/$27.95

Series: Practical Clinical Guidebooks

Cognitive-Behavioral Therapy for Adult ADHD
An Integrative Psychosocial and Medical Approach

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

“A valuable guide for clinicians working with adults who experience the various types of ADHD. Here is a wealth of useful information about etiology, diagnosis, and comorbidity as well as treatment, presented in no-frills prose and interspersed with informative case examples. One gets a clear sense of authorial wisdom and competence – of clinicians who have helped lots of patients bring order to their chaotic lives.” - Robert K. Ax, PsychCritiques

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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Stress and Trauma
Cognitive-Behavioral Therapy for Smoking Cessation offers the fundamental counseling strategies and interventions that have been established, researched, and refined over the past decade. 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. Unique to this volume is the inclusion of a specifically tailored CBT model designed to address weight gain concerns in the smoker. Perkins, Conklin, and Levine are leading researchers on effective smoking cessation intervention for those concerned about the potential gain in weight that accompanies quitting, and offer a flexible approach that allows the practitioner to tailor interventions to each individual.

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Series: Practical Clinical Guidebooks

Cognitive-Behavioral Treatment for Generalized Anxiety Disorder from Science to Practice
Michel J. Dugas and Melisa Robichaud
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 (including many examples of therapist-client dialogue), data on treatment efficacy in individual and group therapy, and concludes with a description of maintenance and follow-up strategies.

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Psychotherapy as a Developmental Process
Michael Basseches, Suffolk University, Massachusetts, USA, and Michael F. Mascolo, Merrimack College, Massachusetts, USA

This book provides a basis for improving psychotherapy practice, research, and training, offering therapists ways of improving their success rate by means of disciplined attention to and reflection upon therapeutic processes across all psychotherapy. It is based upon four main components: a presentation of the conceptual framework that underlies the proposed way of understanding the nature of psychotherapy in general, as well as the differences among various theoretical and technical approaches; a discussion of the research method, derived from the conceptual framework, for examining psychotherapy case material and determining how psychological development is occurring or how it may be being obstructed; a presentation of case material, illustrating the application of the research method and conceptual framework to particular cases; and a summary and discussion of the potential contributions of the theory and method in the contexts of psychotherapy research, practice, and training.

Hb: 978-0-8058-5730-6: £31.00/$54.95

New!

**Psychotherapist Revealed**

**Therapists Speak About Self-Disclosure in Psychotherapy**

Edited by Andrea Bloomgarden, in private practice, Philadelphia, USA, and Rosemary B. Mennuti, Philadelphia College of Osteopathic Medicine, USA

In this edited volume, the real dialogue begins. Therapists speak openly and honestly about their self-disclosure practices, decisions and clinical dilemmas. Bloomgarden and Mennuti bring together research, training and tales from their clinical experience to illuminate lessons derived from their own journeys toward judicious, balanced self-disclosure practices. In a readable fashion, the stories highlight a variety of self-disclosure and boundary issues that occur in the course of psychotherapy. Numerous treatment modalities and clinical orientations are represented.


Hb: 978-0-415-96383-1: £31.00/$49.95

**Eleven Blunders that Cripple Psychotherapy in America**

**A Remedial Unblundering**

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

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

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

*2008: 408pp.*

Hb: 978-0-415-98276-5: £49.99/$69.95

Pb: 978-0-415-80277-2: £24.99/$44.95

New!

**Highly Effective Therapy**

**Developing Essential Clinical Competencies in Counseling and Psychotherapy**

Len Sperry, Florida Atlantic University, Boca Raton, USA

Mental health professionals and accrediting bodies have steadily been embracing competency-focused learning and clinical practice. In contrast to a skill, a competency is a level of sufficiency evaluated against an external standard. Learning to be clinically competent involves considerably more than the current emphasis on skill and micro skill training. While there are now a small number of books that describe the various clinical competencies of counseling and psychotherapy, none of these books focus on how to learn them. *Highly Effective Therapy* emphasizes the process of learning these essential competencies.


*September 2009: 304pp.*

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Pb: 978-0-415-80277-2: £24.99/$44.95

**Dictionary of Ethical and Legal Terms and Issues**

The Essential Guide for Mental Health Professionals

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Pb: 978-0-415-95322-1: 2006: 296pp. £28.00/$44.95

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for further books by Len Sperry see pages 16, 24

**Handbook of Self-Help Therapies**

Edited by Patti Lou Watkins, and George A. Clum

Hb: 978-0-8058-5171-7: 2007: 472pp. £45.00/$75.00

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New!

25 Essential Skills and Strategies for the Professional Behavior Analyst

Expert Tips for Maximizing Consulting Effectiveness

Jon Bailey, Florida State University, USA, and Mary Burch, American Society of Journalists and Authors

25 Essential Skills and Strategies for the Professional Behavior Analyst is a much needed guidebook for behavior analysts who want to become successful at consulting. Jon Bailey and Mary Burch present five basic skills and strategy areas that professional behavior analysts need to acquire. This book is organized around those five areas, with a total of 25 specific skills presented within those topics. Every behavior analyst, whether seasoned or beginning, should have this book.

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60-day examination copy available

Also by Jon Bailey and Mary Burch

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How to Think Like a Behavior Analyst
Understanding the Science That Can Change Your Life
Pb: 978-0-8058-5888-4: £14.50/$22.95

Using Technology to Support Evidence-Based Behavioral Health Practices

A Clinician’s Guide

Edited by Michael A. Cucciare, and Kenneth R. Weingardt, both at the VA Palo Alto Health Care System, USA

The use of technology to provide cost-effective behavioral healthcare is emerging as a crucial aspect of treating a wide variety of behavioral health problems. However, many behavioral health providers lack the knowledge and skills necessary to effectively integrate technology-based behavioral tools into their practice. In Using Technology to Support Evidence-Based Behavioral Health Practices, the authors help providers implement technology-based behavioral health practices in various healthcare settings and with various mental health disorders.


Hb: 978-0-415-99474-3: £31.95/$49.95

Routledge Recommends!

Psychiatry in Law / Law in Psychiatry
Second Edition

Ralph Slovenko, Wayne State University, Michigan, USA

Psychiatry in Law/Law in Psychiatry, Second Edition, is a sweeping, up-to-date examination of the infiltration of psychiatry into law and the growing intervention of law into psychiatry. Unmatched in breadth and coverage, and thoroughly updated from the first edition, this comprehensive text and reference is an essential resource for psychiatry residents, law students, and practitioners alike.


Hb: 978-0-415-99491-0: £108.00/$195.00

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.

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- **100 Key Points Series**  
  [www.routledgementalhealth.com/100-key-points](http://www.routledgementalhealth.com/100-key-points)
- **CBT with Children, Adolescents and Families Series**  
- **Clinical Psychology: A Modular Course Series**  
  [www.psypress.com/clinicalmodular](http://www.psypress.com/clinicalmodular)
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