Clinical Psychology and Psychiatry 2009

NEW BOOKS AND SELECTED BACKLIST
Addictions, Child and Adolescent Clinical Psychology and Psychiatry, Clinical Tests and Assessments, Cognitive Behaviour Therapy, Couples and Family Therapy, Eating Disorders, Forensic Psychiatry, Gerontology, Mood Disorders, Psychopathology, Schizophrenia, Self-Harm and Suicide, Stress and Trauma
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## CLINICAL PSYCHOLOGY AND PSYCHIATRY ARENA

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- RESOURCES

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## 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

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## NEW SERIES!

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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

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

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-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. www.routledgementalhealth.com/practical-clinical-guidebooks

100 KEY POINTS SERIES
SERIES EDITOR: WINDY DRYDEN
The 100 Key Points Series are concise and practical introductions to approaches and modalities in counselling and psychotherapy. Ideal for those in training, or for professionals wishing to improve their practice. www.routledgementalhealth.com/100-key-points

INTERNATIONAL PERSPECTIVES ON FORENSIC MENTAL HEALTH SERIES
SERIES EDITORS: RONALD ROESCH AND STEPHEN HART
The goal of this series is to improve the quality of health care services in forensic settings by providing a forum for discussing issues related to policy, administration, clinical practice, and research. www.routledgementalhealth.com/forensic-mental-health

MAUDSLEY MONOGRAPHS SERIES
SERIES EDITOR: PROFESSOR A. S. DAVID
The South London and Maudsley (SLAM) NHS Trust, together with the Institute of Psychiatry, are jointly known as The Maudsley. The series reports work carried out at The Maudsley. Some of the books 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

COUNSELLING AND PSYCHOTHERAPY SERIES: INVESTIGATING PRACTICE FROM SCIENTIFIC, HISTORICAL, AND CULTURAL PERSPECTIVES
SERIES EDITOR: BRUCE WAMPOLD
This innovative new series is devoted to grasping the vast complexities of the practice of counselling and psychotherapy. As a set of healing practices delivered in a context shaped by health delivery systems and the attitudes and values of consumers, practitioners, and researchers, counselling and psychotherapy must be examined critically. www.routledgementalhealth.com/counseling-and-psychotherapy

ROUTLEDGE SERIES ON COUNSELLING AND PSYCHOTHERAPY WITH BOYS AND MEN
SERIES EDITOR: MARK S. KISELICA
The Routledge Series on Counselling and Psychotherapy with Boys and Men captures the burgeoning body of knowledge about the emotional and psychological lives of boys and men and the process of counselling them in a male-friendly manner. www.routledgementalhealth.com/counseling-and-psychotherapy

ISPS SERIES
SERIES EDITOR: BRIAN MARTINDALE
The ISPS (The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses) Series contributes to the psychological understanding and therapeutic treatment of psychosis. www.routledgementalhealth.com/isps
Reaching Out: The Psychology of Assertive Outreach

Edited by Caroline Cupitt, Oxleas NHS Foundation Trust, UK

“This book should be read by all assertive outreach practitioners, and by those practitioners in other settings/services who wish to use psychological ideas to inform their work with this client group.” - Dr Mark Hayward, University of Surrey, UK

Assertive outreach is a means of helping people with serious and persistent mental health difficulties who have not engaged with conventional mental health services. Reaching Out examines the application of psychological approaches in assertive outreach – a process which involves forming new relationships and offering hope to people who have been alienated from traditional methods. This book begins with a discussion of topics including:

- engagement
- the team approach
- assessments
- team case formulation
- managing stress and burnout for staff.

The second half of the book focuses on the task of delivering psychological therapies and considers a range of models including psychodynamic therapy, family therapy, cognitive behaviour therapy and community approaches.

Reaching Out: The Psychology of Assertive Outreach demonstrates that the relationship between staff and service users can be essential to the process of recovery and personal growth.


Hb: 978-0-415-45407-0: £22.99/$39.95
Pb: 978-0-415-45408-7: £11.99/$19.95

Staff Support Groups in the Helping Professions
Principles, Practice and Pitfalls

Edited by Phil Hartley, Adult Psychotherapist and Group Analyst, NHS, UK, and David Kennard, Clinical Psychologist and Group Analyst, UK

“I wish this book had been written decades ago, before I started having to learn for myself the pitfalls and advantages of this work. I guess many readers will have the sense that so many of us have had to do this work without turning to an established body of knowledge and experience. We have each had to re-invent the wheel for ourselves. Now – here is the wheel, at last.” - Bob Hinshelwood, From the Foreword

Staff burnout and work-related stress in mental health professionals cost the National Health Service not only millions of pounds each year, but also impact upon the welfare of those being cared for. Staff Support Groups in the Helping Professions takes the lead from recent Department of Health initiatives, promoting the use of staff support groups to foster emotional resilience, deal with potential conflict and support reflective practice.

In this book Hartley, Kennard and their contributors explore the influences that help and hinder the setting up and running of staff support groups, and attempt to counter the often negative reactions that the term ‘staff support’ can evoke. They demonstrate that such support groups can be a sophisticated and valuable intervention that needs careful preparation and skilful management to succeed, and will in turn not only benefit the individual, but also the department as a whole and those that they care for.


Hb: 978-0-415-44773-7: £55.00/$95.00
Pb: 978-0-415-44774-4: £19.99/$34.95

Prime Time
Maximizing the Therapeutic Experience – A Primer for Psychiatric Clinicians

Frederick G. Guggenheim, Warren Alpert Medical School of Brown University, Rhode Island, USA

Prime Time gives pointers from an experienced clinician on how to deal more effectively and efficiently within time constraints. It is designed to assist psychiatrists with medication and evaluation, and to allow for psychotherapy in addition to the requisite psychopharmacology. The primer provides a number of short cuts and clinical maneuvers in initiating and ending sessions that can help promote positive transference, assist effective flow of information, and aid in closing out the session without falling behind schedule.

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. Divided into two parts, the text first addresses specific disorders or problem areas, then presents issues concerning implementation and evaluating such tools in clinical practice and important ethical issues to consider when doing so.


Hb: 978-0-415-99474-3: £31.95/$49.95
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Hb: 978-0-415-80154-6: £61.10/$110.00
Pb: 978-0-415-80155-3: £27.95/$49.95
Forthcoming!

Using Technology to Support Evidence-Based Behavioral Health Practices
A Clinician's Guide
Edited by Michael A. Cucciare, and Kenneth R. Weingardt, both at VA Palo Alto Health Care System, USA

The Psychotic Wavelength
A Psychoanalytic Perspective for Psychiatry
Richard Lucas, was a consultant psychiatrist, St. Ann's Hospital, London, UK

“In this admirably lucid book Dr Richard Lucas demonstrates that psychoanalysis has much to contribute to the treatment of seriously disturbed and disturbing psychiatric patients... I sincerely hope it will be read by a wide, professional, national and international audience and will become essential reading for junior psychiatrists and nursing staff in particular.”
- Carine Minne, From the Preface

The Psychotic Wavelength provides a psychoanalytical framework for clinicians to use in everyday general psychiatric practice and discusses how psychoanalytic ideas can be of great value when used in the treatment of seriously disturbed and disturbing psychiatric patients with psychoses, including both schizophrenia and the affective disorders.
The Psychotic Wavelength is an essential resource for anyone working with disturbed psychiatric patients. It will be of particular interest to junior psychiatrists and nursing staff and will be invaluable in helping to maintain treatment aims and staff morale. It will also be useful for more experienced psychiatrists and psychoanalysts.


Hb: 978-0-415-48468-8: £60.00/$90.00
Pb: 978-0-415-48469-5: £22.99/$36.95

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www.routledgementalhealth.com/nlp

Psychodynamic Therapy
Conceptual and Empirical Foundations
Steven K. Huprich, Eastern Michigan University, USA

Psychodynamic Therapy: Conceptual and Empirical Foundations reintroduces psychoanalytic and psychodynamic theory to the practice of clinical psychology in ways that are easily understandable, practical, and immediate in their application. Dr Huprich readily demonstrates that, contrary to what is misconstrued and taught as relic and historical artifact, Sigmund Freud's ideas and their evolution offer a comprehensive, useful framework from which clinical psychology and psychiatry can benefit.


Hb: 978-0-8058-6401-4: £25.00/$39.95
Pb: 978-0-8058-6406-9: £22.99/$36.95

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 model describes mental health disorders in terms of perturbation to the optimal brain organisation, and demonstrates how particular disorders can be identified through a specific breakdown pattern of the brain's organisation.


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

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. 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.

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/$41.95

Mental Health in a Multi-Ethnic Society
A Multidisciplinary Handbook
Second Edition
Edited by Suman Fernando, Chase Farm Hospital, Enfield, UK, and Frank Keating, Royal Holloway University of London, UK

“This second edition of Suman Fernando’s book, now co-edited by Frank Keating, is a must read for those interested in cultural influences on the expression and management of mental distress in diverse societies. Although the book is anchored in British experience there are general propositions which should also be taken up for psychiatric practice the world over.” - Kamaldeep Bhui, Barts & The London School of Medicine & Dentistry, Honorary Consultant Psychiatrist East London NHS Foundation Trust, UK

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

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

Hb: 978-0-415-41486-9: £60.00/$100.00

New!

The End of Stigma?
Changes in the Social Experience of Long-Term Illness
Gill Green, University of Essex, UK

Award-winning author Gill Green presents a groundbreaking and timely contribution to understanding the roots of contemporary experiences of stigma. Centred on an analysis of a range of inter-related studies of illness and stigma conducted in recent years, she examines the cases of HIV, multiple sclerosis and mental illness, including substance misuse, to provide new insights into stigma in health.


Hb: 978-0-415-37624-2: £70.00/$140.00
Pb: 978-0-415-37625-9: £21.99/$43.95

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.

Hb: 978-1-85391-865-4: £95.00/$170.95
Pb: 978-1-85391-866-1: £34.99/$62.95

Books by ALAN CARR,
University College Dublin, Ireland

What Works with Children, Adolescents, and Adults?
A Review of Research on the Effectiveness of Psychotherapy
Alan Carr

“This book offers a unique and comprehensive up-to-date review of the research into the effectiveness of psychotherapy and psychological interventions with children, adolescents, adults and people in later life... Thanks to Alan Carr who has done an admirable job, the book presents a helpful guide to mental health professionals who aim to provide evidence based interventions. I highly recommend this book.” - Anegen Trillingsgaard, University of Aarhus, Denmark

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


Hb: 978-0-415-45290-8: £65.00/$110.00
Pb: 978-0-415-45291-5: £24.99/$43.95

What Works with Children, Adolescents, and Adults? offers a review of the evidence base for the following three Handbooks:

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.
Imagery for Pain Relief

A Scientifically Grounded Guidebook for Clinicians

David Pincus, Chapman University, Orange, California, USA, and Anees A. Sheikh, Marquette University, Wisconsin, USA

“Pincus and Sheikh provide a timely, comprehensive, and well researched look at the power of imagery for reducing pain, and how to best use this simple but potent modality in the clinic with adults and children. Clinicians will find themselves dipping into this valuable resource frequently.” - Belleruth Naparstek, Author: Invisible Heroes: Survivors of Trauma and How They Heal and Creator of the Health Journeys Guided Imagery Audio Series

Imagery for Pain Relief, the first book of its kind, familiarizes the reader with basic scientific information about pain and mental imagery and shows why imagery is a valuable tool for pain management. Scientifically grounded and easy-to-read, it provides readers with a wealth of practical information, including imagery techniques that have been successfully used in the past.

**CONTENTS:**

- Rossi, Foreword. Pain: A Primer
- Imagery: More than Make-believe
- Imagery for Pain Relief: How does it Work?
- The Process of Image Therapy
- Pain Management: Simple Techniques
- Pain Management: Deeper Techniques
- Pain Management: Deepest Techniques
- Imagery for Children in Pain
- The Gift of Pain and Suffering

Hb: 978-0-415-99702-7: £33.50/$59.95

A Dented Image

Journeys of Recovery from Subarachnoid Haemorrhage

Alison Wertheimer, writer, researcher and counsellor

"An excellent, well written blend of personal experience, academic information and the experiences of others regarding life after subarachnoid haemorrhage.” - Dr Trevor Powell, Berkshire Healthcare NHS Foundation Trust, UK

In Britain, 8,500 people a year experience subarachnoid haemorrhages; around 50% survive. Many have a good neurological recovery but the psychosocial impact can be much longer lasting. Here Alison Wertheimer, a survivor, draws from her own and others’ experiences and recent research findings to produce a guide for those who are on the road to recovering from a subarachnoid haemorrhage. Wertheimer covers topics including leaving neurocare, physical, sensory and cognitive effects, returning to work, life changes and emotional impact, making this book essential for survivors, family, friends, health professionals and rehabilitation teams.


2006: 1,224pp.
Hb: 978-1-58391-830-2: £100.00/$179.95
Pb: 978-1-58391-831-9: £34.99/$62.95

The Handbook of Child and Adolescent Clinical Psychology

An Evidence Based Practice Approach

Second Edition

Alan Carr

“This text stands as the clearest and most comprehensive account of therapy and practice in the field of child and adolescent mental health.” - 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.

2006: 1,224pp.
Hb: 978-1-58391-830-2: £100.00/$179.95
Pb: 978-1-58391-831-9: £34.99/$62.95

The Handbook of Adult Clinical Psychology

An Evidence Based Practice Approach

Edited by Alan Carr, and Muireann McNulty, University College Dublin, Ireland

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 and suggested further reading lists for both psychologists and patients.

Hb: 978-1-58391-853-1: £100.00/$170.95
Pb: 978-1-58391-854-8: £34.99/$62.95

Positive Psychology

The Science of Happiness and Human Strengths

Hb: 978-1-58391-991-0: £19.99/$35.95
Pb: 978-1-58391-991-0: £34.99/$62.95

Also by Alan Carr

- Positive Psychology
- The Science of Happiness and Human Strengths
- **10% DISCOUNT!** Order online at www.clinicalpsychologyarena.com
Intellectual Disability, Trauma and Psychotherapy
Edited by Tamsin Cottis, Psychotherapist and co-founder of Respond, UK
"In this remarkable book contributors take us on a journey to understand the emotional needs of a small but very challenged group of people, and on the way answer the question of whether psychotherapy for people with learning disabilities is worth it. It so definitely is!” - Professor Sheila Hollins, President of the Royal College of Psychiatrists

Intellectual Disability, Trauma and Psychotherapy focuses on the delivery of psychotherapy services for people with intellectual disabilities. Leading professionals in this specialist field are brought together to describe the history, theory and practice of their work in twelve focused chapters that draw on the work of psychotherapists including Bion, Winnicott, Sinason and Alvarez.

Drawing on over a decade of pioneering practitioner experience at Respond – a government-funded psychotherapy service for people with learning disabilities based in central London – this book explores the practical issues in providing therapy to this client group, whether individually, in families, in groups, or by the use of telephone counselling. It closes with a chapter exploring the way forward for those who wish to develop services of this kind.

Hb: 978-0-415-42166-9: £55.00/$98.95
Pb: 978-0-415-42167-6: £19.99/$35.95

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 psychotherapists 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

The Quest to Feel Good
Paul R. Rasmussen, Furman University, South Carolina, USA

This volume describes how emotions, rather than being the result of random or disordered biochemical processes, are adaptive mechanisms that are often over relied upon as a function of basic learning processes. This book addresses the role of emotions as adaptive components, in combination with cognitive and behavioural processes, to our overall orchestration of life.

Hb: 978-0-415-96531-6: £28.00/$44.95

Dissociation and the Dissociative Disorders

Hb: 978-0-415-95785-4: £60.00/$95.00

New!

FREE SHIPPING! Postage and packing free for UK, US and Canadian online orders over £20/$35
**Self-Esteem Across the Lifespan**

**Issues and Interventions**

Edited by Mary H. Guindon, John Hopkins University, Maryland, USA

This book provides an overview of the self-esteem construct and defines it, reviews its history, explains its development, draws comparisons of it across gender, racial, and ethnic groups, and discusses its significance in counseling and therapy.


Hb: 978-0-415-99689-0: £24.95/$44.95

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**Responding to Drug Misuse**

**Research and Policy Priorities in Health and Social Care**

Edited by Susanne MacGregor, London School of Hygiene and Tropical Medicine, University of London, UK

“This is an excellent collection of relevant empirically-based research which should be used to inform contemporary drugs misuse policy in the UK.” - Elizabeth Ettorre, University of Liverpool, UK

Responding to Drug Misuse provides a unique insight into the current shape of the drugs treatment system in England. Reporting findings from research linked to the government’s ten year drugs strategy Tackling Drugs to Build a Better Britain, the book places these in the context of policy, practice, and service development. It goes on to discuss the implications of these findings for the government’s new strategy Drugs: Protecting Families and Communities. Throughout the book contributors reflect on current debates on drug strategies and social policy and consider the relevance of the findings for policy and practice.


Hb: 978-0-415-47470-2: £39.95/$69.95

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**New!**

**Social Behaviour and Network Therapy for Alcohol Problems**

Alex Copello, and Jim Orford, both at the University of Birmingham, UK, Ray Hodgson, Alcohol Education and Research Council, Cardiff, UK, and Gillian Tober, Leeds Addiction Unit, UK

“This is much more than a therapist’s guide to Social Behaviour and Network Therapy. It tracks the history of context driven, cognitive interventions for individuals with alcohol problems and, as part of the UKATT trial, it is firmly grounded in the practitioner and...”
practice evidence base. This book is essential reading for all of us who are in the business of helping promote improvement in the quality of life of our clients.” - Professor Robin Davidson, Consultant Clinical Psychologist

This book serves as a manual for clinicians working with people with alcohol problems. The manual is based on previous research in addiction treatment, including family and social network interventions, as well the authors’ own work developing and evaluating Social Behaviour and Network Therapy (SBNT) for example in the United Kingdom Alcohol Treatment Trial (UKATT).

Containing a range of ideas the book is guided by a key principle: the development of social support for a positive change in drinking behaviour.

**CONTENTS:**
- Part III: Elective Topics, Training and Common Questions. 
- Appendices: Handouts/Prompt Sheets. Appendices.

Pb: 978-1-58391-803-6: £22.99/$39.95

www.routledgementalhealth.com/social-behaviour-network-therapy

**Forthcoming!**

**Working Together to Reduce Harmful Drinking**

Edited by Marcus Grant, President of the International Center for Alcohol Policies, and Mark Leverton, Director of Alcohol Policy and Industry Issues at Diageo, London, UK

This book is intended to contribute to the World Health Organization’s (WHO) global strategy to reduce the harmful use of alcohol and lays out for the international community a coherent view of what it is that beverage alcohol producers can do. While governments, health professionals, and civil society must occupy center stage in developing and implementing balanced alcohol policies, alcohol producers also have a role to play. This book demonstrates just how positive that role can be by focusing on key areas of reducing harmful drinking where the producers show particular competence and technical strength and where industry input has been welcomed by WHO: responsible production of beer, wine, and spirits; addressing availability of noncommercial beverages; pricing, marketing, and selling beverage alcohol; encouraging responsible choices; and working with other sectors. The messages recurring throughout the book are that reasonable regulation provides the context for good alcohol policy, excessive regulation often leads to unanticipated negative consequences, leading producers have a proud record of making positive contributions to implementing effective alcohol policies – but there are opportunities to do much more.

**CONTENTS:**

Pb: 978-0-415-80087-7: £38.95/$69.95

**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 examines their views on extreme drinking, motivations behind it and the cultural similarities and differences that exist.

Hb: 978-0-415-95548-5: £37.95/$60.00

International Center for Alcohol Policies Series on Alcohol in Society

**Handbook of the Medical Consequences of Alcohol and Drug Abuse**

Second Edition

Edited by John Brick, Fellow, American Psychological Association, Executive Director, Intoxikon International

The Handbook of the Medical Consequences of Alcohol and Drug Abuse, Second Edition is the newly-updated classic reference text that provides even more detailed and expanded information on the pharmacological, toxicological, and neuropsychological consequences of alcohol and drug abuse. Eight new chapters of crucial information have been added. Written by leading experts in the fields of medical physiology, psychopharmacology, and neuropsychology, this valuable resource provides the detailed alcohol and drug information health professionals in all fields need to know.

Hb: 978-0-7890-3573-8: £99.50/$160.00
Pb: 978-0-7890-3574-5: £55.00/$89.95

**Solution-Focused Substance Abuse Treatment**

Teri Pichot, Program Manager, Substance Abuse Counseling Program, Jefferson County Department of Health and Environment, with Sara A. Smock, Texas Tech University, USA

Solution-Focused Substance Abuse Treatment describes the standard of care for substance abuse treatment, demonstrates how solution-focused brief therapy....

FREE SHIPPING! Postage and packing free for UK, US and Canadian online orders over £20/$35
 quizzes and interactive materials to reinforce learning and thinking. This book is aimed at postgraduate students, clinicians, and teachers involved in the early intervention and treatment of young people with emotional and behavioral problems, including parents and family members. It is written in an accessible, user-friendly format that will be a valuable resource for those working in the field of child and adolescent mental health. 


Women, Girls, and Addiction
Celebrating the Feminine in Counseling Treatment and Recovery
Cynthia A. Briggs, Winona State University, Minnesota, USA, and Jennifer L. Pepperell, Minnesota State University, Mankato, USA

Women, Girls, and Addiction is the first book on the efficacy of treatment approaches and interventions that are tailored to working with addicted women, and the first publication of any kind to provide a feminist approach to understanding the experience of addiction from the female perspective. Part I of the book provides an overview of feminist theory and addiction counseling, followed by an historical look at women and addiction. The three chapters in Part II give an in-depth look at the Biological, Psychological, and Social factors of the experience of addiction as unique in women. The final part of the book presents a series of chapters spanning the lifespan, which each feature age-specific special issues, treatment strategies, interventions, and commonly encountered topics in therapy with the population.


Hb: 978-0-415-99352-4: €18.00/$32.95

Backlist Books

Baker/Velleman, Eds.: Clinical Handbook of Co-existing Mental Health and Drug and Alcohol Problems
Hb: 978-1-58391-775-6: 2007: 424pp. £70.00/$125.95
Pb: 978-1-58391-776-3: 2007: 424pp. £27.99/$50.95

Bellack et al.: Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness: A Handbook for Mental Health Professionals
Pb: 978-0-415-95283-5: 2006: 288pp. £31.00/$49.95

Stimson et al., Eds.: Drinking in Context: Patterns, Interventions, and Partnerships
Hb: 978-0-415-95447-1: 2006: 264pp. £31.00/$49.95

New!
Keeping the Baby in Mind
Infant Mental Health in Practice
Edited by Jane Barlow, University of Warwick, UK, and P.O. Svanberg, Tyne and Wear NHS Trust, UK

“This well researched book will be of interest to many involved with infant mental health. Those engaged in direct work with families, academics concerned with infant development or social provision and those organising or making policy about the provision of services for under 5s will find much to inspire them in these accessibly written chapters.” - Dr Janine Sternberg, Consultant Child & Adolescent Psychotherapist, Tavistock & Portman NHS Trust, London, UK

Keeping the Baby in Mind builds on the expanding evidence pointing to the crucial importance of parents in facilitating their baby’s development, and brings together expert contributors to examine a range of innovative psychological and psychotherapeutic interventions that are currently being used to support parents and their infants. It not only provides an overview of the many projects that are now available but also makes recommendations for future practice and the way in which children’s services are organised.

Keeping the Baby in Mind marks a new and exciting phase in the development of interventions to support infant mental health and will be of interest across a wide range of disciplines from primary and community care to early years and Children’s Centre settings.


Hb: 978-0-415-44298-5: £19.99/$34.95
Pb: 978-0-415-44297-8: £55.00/$95.00

ADDICTIONS

exceeds this standard, and shows how it can effectively be used in substance abuse evaluation, case management, and both individual and group treatment. Beginning and advanced concepts are provided to address the questions of even the most advanced clinician, all placed in the context of cultural awareness.


Hb: 978-0-7890-3722-0: £38.99/$69.95
Pb: 978-0-7890-3723-7: £19.50/$34.95

CLINICAL PSYCHOLOGY AND PSYCHIATRY

10% DISCOUNT! Order online at www.clinicalpsychologyarena.com
Based on one of the largest ever longitudinal studies of homeless young people, this book examines the personal, familial and structural factors that impact on homeless young people’s long-term outcomes. Whilst telling the personal stories of young people’s experiences, the book refers to the wider research and policy literature on youth homelessness, engaging with key debates about the causes and meanings of homelessness in western societies. The book addresses important issues such as employment and education, engagement with services, social support, connection to family and friends, as well as personal factors including physical and mental health, sexual practices and drug use.

**November 2009: 208pp.**  
**Hb: 978-0-415-47030-8: £19.95/$35.95**  
**Pb: 978-0-415-47029-2: £11.95/$20.95**  
**Series: Adolescence and Society**

**www.psypress.com/adolescence-and-society**

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**New!**

Cognitive Behavioral Therapy with Children

**A Guide for the Community Practitioner**

**Katharina Manassis, University of Toronto, Canada**

This book aims to bridge the gap between child cognitive behavioral therapy (CBT) as practiced in academic centres 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.


**June 2009: 286pp.**  
**Pb: 978-0-415-99670-9: £22.50/$39.95**

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**New!**

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 develops after exposure to one or more terrifying events that have 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.

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.


**September 2009: 240pp.**  
**Hb: 978-0-415-39977-7: £44.95/$79.95**  
**Pb: 978-0-415-39978-4: £19.99/$35.95**  
**Series: CBT with Children, Adolescents and Families**

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**New!**

Depression

**Cognitive Behaviour Therapy with Children and Young People**

**Chrissie Verduyn, Central Manchester & Manchester Children’s University Hospitals NHS Trust, UK, Julia Rogers, Berkshire Healthcare NHS Foundation Trust, UK, and Alison Wood, in private practice, Manchester, UK**

Depression: Cognitive Behaviour Therapy with Children and Young People provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy.


**March 2009: 224pp.**  
**Hb: 978-0-415-39877-7: £55.00/$95.00**  
**Pb: 978-0-415-39878-4: £19.99/$34.95**  
**Series: CBT with Children, Adolescents and Families**
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
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 behaviour. 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

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
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.

This straightforward text provides essential direction for practitioners and trainees in a range of professions including psychiatry, psychotherapy, counselling, nursing, education and social work.


Hb: 978-0-415-40388-7: £55.00/$95.00
Pb: 978-0-415-40389-4: £19.99/$34.95
Series: CBT with Children, Adolescents and Families

Anxiety
Cognitive Behaviour Therapy with Children and Young People
Paul Stallard, Consultant Clinical Psychologist, Avon and Wiltshire Mental Health Partnership NHS Trust, UK
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.

Hb: 978-0-415-37255-8: £55.00/$95.00
Pb: 978-0-415-37256-5: £19.99/$34.95
Series: CBT with Children, Adolescents and Families

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Children’s Anxiety
A Contextual Approach
Edited by Peter Appleton, chartered clinical psychologist, Cambridge, UK

“In this outstanding volume Peter Appleton and his colleagues show that to understand and treat a child’s anxiety, it is essential to take account of the social context within which it occurs... “Children’s Anxiety’ will be of interest to all mental health professionals who provide clinical services to young people in clinical and educational settings.” - Alan Carr, University College Dublin, Ireland

Children’s Anxiety: A Contextual Approach provides an introduction to anxiety in children and teenagers, emphasising the importance of understanding the life circumstances of young people. The book provides an up-to-date account of research on the developmental, familial and social context of child anxiety, along with nine vibrant and detailed case studies illustrating the ways in which young people can be helped to deal with serious and complex anxiety problems.

Hb: 978-0-415-41248-3: £60.00/$107.95 
Pb: 978-0-415-45944-0: £24.99/$44.95

Forthcoming!
Social Skills for Teenagers with Developmental and Autism Spectrum Disorders
The PEERS Program
Elizabeth A. Laugeson, and Fred Frankel, both at UCLA School of Medicine, USA

Social Skills for Teenagers with Developmental and Autism Spectrum Disorders is a comprehensive, evidence-based, fourteen-week program whose efficacy in working with autism spectrum disorders, ADHD, and other conditions has been proven in published, peer-reviewed studies based at UCLA’s Semel Institute for Neuroscience and Human Behavior. After reviewing techniques designed to help parents and therapists tailor the manual to the needs of the teens with whom they’re working, the text moves on to the individual treatment sessions and strategies for tackling issues such as developing conversational skills, choosing friends, using humor, get togethers, teasing, bullying, gossiping, and handling disagreements.

CONTENTS:

Pb: 978-0-415-87203-4: £27.99/$49.95

New!
Residential Treatment of Adolescents
Integrative Principles and Practices
Don Pazaratz, President and Founder of Warren Youth Services

In Residential Treatment of Adolescents, Pazaratz discusses how practitioners can remain emotionally available for the needs of their residents without feeling overwhelmed. Readers will be apprised of ways to deal judiciously with residents who try to circumvent, con, play workers off each other, and even attempt to seduce or manipulate the worker.


Hb: 978-0-415-99708-9: £24.99/$44.95

New!
Treating Problem Behaviors
A Trauma-Informed Approach
Ricky Greenwald, Founder, Executive Director and faculty chair of the Child Trauma Institute, Greenfield, Massachusetts, USA

The book is designed as a user-friendly textbook/manual for mental health professionals. It teaches a trauma-informed treatment approach as an organizing framework for a series of empirically supported interventions including motivational interviewing, cognitive-behavioral skills training, trauma resolution, and relapse prevention.


Pb: 978-0-415-98801-7: £25.00/$44.95

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

10% DISCOUNT! Order online at www.clinicalpsychologyarena.com
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. Eating Disorders in Childhood and Adolescence was the earliest book of its kind to explore eating disorders in people under 15. This book offers the reader knowledge, perception and understanding of this fascinating but challenging patient group.

Hb: 978-0-415-39457-4: £60.00/$107.95  
Pb: 978-0-415-42589-6: £22.99/$41.95

**Child Abuse and Neglect**
Monica L. McCoy, Converse College, South Carolina, USA, and Stefanie M. Keen, University of South Carolina Upstate, USA  
This book examines child abuse and neglect—the latest research and laws, what it entails, and how to recognize and report it. “Focus on Research Boxes”, “Case Examples”, “Legal Examples” and “Focus on Law” sections that explain judicial rulings are sprinkled throughout. Discussion questions, key terms, and a glossary of terms are included.

Hb: 978-0-8058-6244-7: £32.50/$59.95  
Published by Psychology Press

**Memory Matters**
Contexts for Understanding Sexual Abuse Recollections
Edited by Janice Haaken, Portland State University, Oregon, USA, and Paula Reavey, London South Bank University, UK  
“Memory Matters provides an exhaustive overview and thorough grounding for anyone wishing to find out about research on memory and abuse, or to undertake such research themselves. I have rarely seen such an impressive, comprehensive anthology.” - Lynne Segal, Professor of Gender and Psychology, Birkbeck College, UK  
This book is grounded in the debates of the 1980s and 90s that surrounded recollections of childhood sexual abuse, particularly those that emerged in the context of psychotherapy. When growing numbers of therapists claimed that they were recovering deeply repressed memories of early sexual violations in their female clients, a wave of alarmed critics countered that therapists were implanting the very memories they were discovering. In looking back at this volatile and heated controversy, Memory Matters takes up disturbing questions that linger, concerning memory, sexuality, and childhood.

Hb: 978-0-415-44491-0: £39.95/$69.95

**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 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: £43.50/$69.95

**Handbook of Depression in Adolescents**
Edited by Susan Nolen-Hoeksema, Yale University, Connecticut, USA, and Lori M. Hilt, University of Wisconsin, USA  
This Handbook offers authoritative reviews of research on the nature, causes, and treatments for depression in adolescents. It covers the breadth of this research, focusing on etiology, predictors, and the interplay of biological, psychological, and social factors in adolescent depression.


Hb: 978-0-8058-6235-5: £99.50/$175.00

**Treating Traumatized Children**
Risk, Resilience and Recovery
Edited by Danny Brom, and Ruth Pat-Horenczyk, both at the Israel Centre for the Treatment of Psychotrauma, Israel, and Julian D. Ford, University of Connecticut, USA  
“An excellent and diverse set of reviews that puts resiliency on the child trauma map, and provides promising directions for research, policy, and practice.” - Ricky Greenwald, Founder/Executive Director, Child Trauma Institute, USA

NEW!

**Also by Bryan Lask and Rachel Bryant-Waugh**

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**Eating Disorders**  
A Parents’ Guide  
Revised Edition

Pb: 978-1-58391-860-9: £9.99/$17.95

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**TREATING TRAUMATIZED CHILDREN**
Risk, Resilience and Recovery
Edited by Danny Brom, and Ruth Pat-Horenczyk, both at the Israel Centre for the Treatment of Psychotrauma, Israel, and Julian D. Ford, University of Connecticut, USA  
“An excellent and diverse set of reviews that puts resiliency on the child trauma map, and provides promising directions for research, policy, and practice.” - Ricky Greenwald, Founder/Executive Director, Child Trauma Institute, USA

FREE SHIPPING! Postage and packing free for UK, US and Canadian online orders over £20/$35
While recent years have seen a vast increase in the literature on adult trauma, interest in childhood trauma has only recently started to gain momentum, encouraging new research and evidence-based interventions. Here the editors have brought together an international list of contributors to look at both innovative and established treatments of trauma in a range of contexts, and provide up-to-date coverage of what is on offer in prevention, assessment, treatment and research.

Hb: 978-0-415-42636-7: £60.00/$100.00
Pb: 978-0-415-47150-3: £24.99/$43.95

for further books on Trauma please see page 48

Self-Injury in Youth
The Essential Guide to Assessment and Intervention
Edited by Mary K. Nixon, University of Victoria Island Medical Program, Canada, and Nancy L. Heath, McGill University, Montreal, Canada

This edited volume features evidence-based reviews and practical approaches for the professional in the hospital, clinic, community and school, with case examples throughout.

Hb: 978-0-415-95725-0: £28.00/$44.95

for further books on Self-Harm please see page 47

BACKLIST BOOKS

Nader: Understanding and Assessing Trauma in Children and Adolescents: Measures, Methods, and Youth in Context
Hb: 978-0-415-96073-1: 2007: 512pp. £46.95/$75.00
Series: Psychosocial Stress

Pipe et al., Eds: Child Sexual Abuse: Disclosure, Delay, and Denial
Hb: 978-0-8058-5284-4: 2007: 328pp. £49.95/$89.95
Pb: 978-0-8058-6317-8: 2007: 328pp. £23.50/$39.95
Published by Psychology Press

Storch et al., Eds.: Handbook of Child and Adolescent Obsessive-Compulsive Disorder
Hb: 978-0-8058-5766-5: 2007: 432pp. £78.00/$125.00
Pb: 978-0-8058-6254-6: 2007: 432pp. £50.00/$79.95

for a complete list of books in this series please visit www.routledgementalhealth.com/pss
Forthcoming!

Clinical Applications of the Personality Assessment Inventory
Edited by Mark A. Blais, Matthew R. Baity, and Christopher J. Hopwood, all at Massachusetts General Hospital, USA

Clinical Applications of the Personality Assessment Inventory covers the various uses of a commonly employed multi-scale self-report inventory of psychological functioning. Leading experts in psychological assessment practice and research describe the uses of this flexible instrument across the settings and applications for which it has been and might be used.


Hb: 978-0-415-99323-4: £38.95/$69.95

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.

Hb: 978-0-8058-6117-4: £84.50/$135.00
Pb: 978-0-8058-6118-1: £39.95/$69.95

Also by Robert P. Archer

Forensic Uses of Clinical Assessment Instruments
Hb: 978-0-8058-5519-7: 2006: 384pp. £39.95/$69.95

Hb: 978-0-8058-5187-8: 2005: 456pp. £40.50/$65.00

Backlist Books

Costantino et al.: TEMAS (Tell-Me-A-Story) Assessment in Multicultural Societies
Hb: 978-0-8058-4451-1: 2007: 512pp. £37.50/$59.95

Gacono/Evans, Eds.: The Handbook of Forensic Rorschach Assessment
Hb: 978-0-8058-5823-5: 2007: 648pp. £50.00/$79.95
Series: Personality and Clinical Psychology

Jenkins, Ed.: A Handbook of Clinical Scoring Systems for Thematic Apperceptive Techniques
Hb: 978-0-8058-4373-6: 2007: 616pp. £56.50/$90.00
Series: Personality and Clinical Psychology

Hersen, Ed.: Psychological Assessment in Clinical Practice: A Pragmatic Guide
Hb: 978-0-415-93502-9: 2004: 472pp. £37.50/$60.00

Registered Users

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

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

Registered Users

The Gudjonsson Scales
Gisli H. Gudjonsson

The Gudjonsson Suggestibility Scale (GSS 1) and its parallel form, the GSS 2, were developed for research, forensic and clinical applications. They give a reliable measure of verbal memory recall, both immediate and delayed, and ‘interrogative suggestibility’. The Scales can be used with forensic populations, victims and witnesses to crime, mentally disordered persons, and children and adolescents.

Further information and prices available on request

Registered Users

Attention-Deficit Scales for Adults (ADSA)
Santo James Triolo

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

Further information and prices available on request

Registered Users

The Gudjonsson Suggestibility Scale (GSS 1) and its parallel form, the GSS 2, were developed for research, forensic and clinical applications. They give a reliable measure of verbal memory recall, both immediate and delayed, and ‘interrogative suggestibility’. The Scales can be used with forensic populations, victims and witnesses to crime, mentally disordered persons, and children and adolescents.

Further information and prices available on request
The distinctive theoretical features of ACT

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.


Pb: 978-0-415-44806-2: £50.00/$90.00

The CBT Distinctive Features Series

Acceptance and Commitment Therapy

Distinctive Features

Paul Flaxman, City University, London, UK, and J. T. Blackledge, Assistant Professor of Psychology, Morehead State University, USA

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.


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The CBT Distinctive Features Series

Compassion-Focused Therapy

Distinctive Features

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

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

CONTENTS: Specific Focus on Shame and Self-criticism as Pathological Processes. Function Analysis of Shame and Self-criticism. Identifies These Processes as Target for Intervention and its Transdiagnostic. Utilises Evolutionary Models of Psychopathology and Psychotherapy. Pays Particular Attention to Early Attachment. Distinguishes Between Two Types of Positive Affect System. One Linked to Drive and Motivation, The Other Linked to Soothing and Contentment. Explores Shame Memory in Relationship to Trauma Memory. Suggests That in Addition to Being Threat Focused Shame Prone and Self-critical People Have Great Difficulty in Accessing the Soothing and Contentment System. Formulation Does Not Focus Specifically on Schemas but Key Fears and Safety Strategies. Formulation is Designed to be Deshaming and to Help People Recognise Safety Behaviours as Focused in Self-protection Rather Than as Pathologies. Focusing on Differences Between Blaming, Condemning and Taking Responsibility. Develops a Model Self-soothing Based on Compassion. Compassion is a Multi-faceted Quality of Mind. Hence We Focus on Motivating Care for One’s Wellbeing. Sensitivity to One’s Distress and Needs. Sympathy as the Ability to be Emotionally Moved as Opposed to be Dissociated from One’s Distress. Developing Distress Tolerance. Empathic Understanding for Distress. Non-judgement Warmth. Warmth. CMT Focuses on Trying to Stimulate the Soothing System Through the Process of Imagery and Exercises. Two Imagery Exercises Include Compassionate Other and Compassionate Self. When Individuals Engage in Change Behaviours They Are Encouraged to Practice a Compassionate/Warm Focus. CMT Suggests that People Cannot Feel Alternative Thoughts or Behaviours to be Helpful Unless the Emotion System that Underpins the Experience of Reassurance, Relief or Helpfulness is Active. CMT Focuses on Compassionate Attention, Thinking, Feeling and Behaviour. Compassionate Mind Uses Compassionate Letter-writing as a Way to Begin Certain Types of Inner Dialogues with The Self. CMT Focuses on Developing a Certain Type of Internal Self to Self Relating Which Acts as an Antidote to Self-criticism. The Compassion Circle of Caring Motivation, Distress Sensitivity, Sympathy, Distress Tolerance, Empathy and Non-Judgement Are Key for the Therapeutic Relationship. CMT is Based on Social Mentality Theory that Argues that Humans Co-create certain Roles, Such as for Attachment, Sex, Friendship, In-group/Out-group. It is the Mechanisms Underpinning these Co-constructions that can be Problematic in Psychopathology. CMT Suggests that We Don’t Just have Negative Thoughts But We Have Particular Types of Dialogue Within The Self.

Hb: 978-0-415-45065-2: £50.00/$90.00

The CBT Distinctive Features Series

Schema Therapy

Distinctive Features

Eshkol Rafaeli, Columbia University, USA, David P. Bernstein, Maastricht University, The Netherlands, and Jeffrey Young, Columbia University, USA

In this book, Eshkol Rafaeli, David Bernstein, and Jeffrey Young – pioneers of the schema therapy approach – indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum.


Hb: 978-0-415-45065-2: £50.00/$90.00

The CBT Distinctive Features Series
**Behavioral Activation**

**Distinctive Features**

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

“All therapists who treat depression should read this excellent overview of behavioural activation... There are good clinical examples and descriptions of how to apply the principles in practice.” - David Veale, Institute of Psychiatry, King’s College London, UK

*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 behavioural concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach.

**CONTENTS:**


Hb: 978-0-415-43951-0: £50.00/$90.00

Pb: 978-0-415-43952-7: £9.99/$17.95

*The CBT Distinctive Features Series*

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**Beck’s Cognitive Therapy**

**Distinctive Features**

Frank Wills, Independent Practitioner and Researcher, UK

*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.

**CONTENTS:**


Hb: 978-0-415-43951-0: £50.00/$90.00

Pb: 978-0-415-43952-7: £9.99/$17.95

*The CBT Distinctive Features Series*
**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.


Hb: 978-0-415-44456-3: £50.00/$90.00
Series: CBT Distinctive Features

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**Mindfulness-Based Cognitive Therapy**

**Distinctive Features**

Rebecca Crane, University of Wales, Bangor, UK

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

This book provides a basis for understanding the key theoretical and practical features of MBCT. 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.

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**Dialectical Behaviour Therapy**

**Distinctive Features**

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

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 Theoretical 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.

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**Rational Emotive Behaviour Therapy**

**Distinctive Features**

Windy Dryden, Goldsmiths College, University of London, UK

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

Hb: 978-0-415-43086-9: £50.00/$90.00
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Routledge Recommends!

Simply Effective Cognitive Behaviour Therapy
A Practitioner’s Guide
Michael J. Scott, University of Manchester, UK
“This book manages to balance and structure theory, research and practical detail in a guide which helps the reader to understand how to conduct cognitive behaviour therapy (CBT). Not only does it provide a clear clinical guide to treatment, but it also helps the reader to identify further resources and tools which will allow the clinician to extend the scope of their work without losing the essential empirical grounding which underpins CBT.” - Paul Salkovskis, Centre for Anxiety Disorders and Trauma, Maudsley Hospital, London, UK

Simply Effective Cognitive Behaviour Therapy guides the therapist in treating clients effectively in a simple, structured, time-limited way, as well as indicating where additional treatment or referral is required, thus widening access to CBT. In this book, Michael J. Scott provides a practical and concise guide for therapists using CBT with a range of disorders.

Simply Effective Cognitive Behaviour Therapy is illustrated throughout with transcripts of sessions which serve as models for putting theory into practice. It provides the therapist with sufficient understanding of the cognitive theory of a disorder, enabling them to tailor the protocols provided to the needs of the individual.


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ALSO BY MICHAEL J. SCOTT

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Cognitive Behaviour Therapy
A Guide for the Practising Clinician
Volume 2
Edited by Gregoris Simos, Aristotelian University of Thessaloniki, Greece
“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. Practitioners and researchers alike will find this text a great asset to the professional literature.” - Frank M. Dattilio, Harvard Medical School, Massachusetts, 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, skilfully 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.


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The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies
Edited by Paul Gilbert, Kingsway Hospital, Derby, UK, and Robert L. Leahy, Weill-Cornell University Medical School, USA

“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. The contributors draw on their extensive experience in different schools of cognitive behavioral therapy to address their understanding and use of the therapeutic relationship.


Pb: 978-0-415-48542-5: £19.99/$35.95

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 lack specific training or 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.


Hb: 978-0-415-98891-9: £28.00/$49.95

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Imagery and the Threatened Self

Perspectives on Mental Imagery and the Self in Cognitive Therapy

Edited by Lukas Stopa, University of Southampton, UK

“Imagery and psychological disorders is said to be a “hot topic.” Lukas 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.


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Understanding Emotional Problems

The REBT Perspective

Windy Dryden

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.

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Books by WINDY DRYDEN, Goldsmiths College, University of London, UK, MICHAEL NEENAN, Centre for Stress Management, London, UK
COGNITIVE BEHAVIOUR THERAPY

Routledge Recommends!

Developing Resilience
A Cognitive-Behavioural Approach
Michael Neenan, Centre for Stress Management, London, UK

“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, 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.

CONTENTS:

- What is Resilience? Attitude: The Heart of Resilience
- Attitudes That Undermine Resilience Building
- Developing Resilience
- Underpinning resilience
- Resilience in the Workplace
- Resilience in Relationships
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PRACTICAL CLINICAL GUIDEBOOKS SERIES

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, 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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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 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.


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New!
Narrative CBT for Psychosis

John Rhodes, Consultant Psychologist, Brent, CNWL Trust, and Simon Jakes, Consultant Clinical Psychologist, Campbelltown Hospital, South West Sydney, Australia

“Narrative CBT for Psychosis is a clearly written text describing the potential for integrating solution-focused and narrative-based approaches with CBT for psychosis. It provides practical examples from the authors’ experiences with this novel approach.” - David Kingdon, University of Southampton, UK

Designed to meet the complex needs of patients with psychosis, Narrative CBT for Psychosis combines narrative and solution-focused therapy with established techniques from CBT (cognitive behaviour therapy) into one integrated flexible approach.

In this book John Rhodes and Simon Jakes bring the practitioner up-to-date, as treatment and practice evolve to draw on other therapeutic approaches, creating an approach which is client centred and non-confrontational. The book contains many tried and tested practical ideas for helping clients, with several chapters including detailed and illuminating case studies.

Narrative CBT for Psychosis will be essential reading for all mental health professionals who deal with psychosis who wish to learn a new approach.


Hb: 978-0-415-40730-4: £60.00/$100.00
Pb: 978-0-415-47572-3: £24.99/$43.95

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.

ALSO BY ANTHONY P. MORRISON

Larkin/Morrison, Eds.: Trauma and Psychosis: New Directions for Theory and Therapy
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Morrison, Ed.: A Casebook of Cognitive Therapy for Psychosis
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Morrison et al.: Cognitive Therapy for Psychosis: A Formulation-Based Approach
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COGNITIVE BEHAVIOUR THERAPY

The book covers a brief cross-diagnosis adaptation of CBT, employing arousal management and mindfulness, developed and evaluated by the editors. It features ways of supporting and developing the therapeutic role of inpatient staff through consultation and reflective practice.


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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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Hb: 978-0-415-95075-6: 2007: 248pp. £29.95/$49.95

Tarrier, Ed.: Case Formulation in Cognitive Behaviour Therapy: The Treatment of Challenging and Complex Cases
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COUPLES AND FAMILY THERAPY

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Discovering Your Couple Sexual Style
Sharing Desire, Pleasure, and Satisfaction

Barry W. McCarthy, American University, USA, and Emily McCarthy, author

“Once again the McCartyhs have created a classic, easy to read, and relevant guide to a great sex life that is tailored to your personal style and taste. Great insights, compelling stories and fun exercises make this a must read book.” - Dr Sue Johnson, author of Becoming an Emotionally Focused Couple Therapist

The quality of most couple sex doesn’t measure up to the much distorted image of the perfect romantic love/passionate sex encounter portrayed in popular culture. In Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction, renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV, in books, or online, and discover their own unique sexual style. Based on three years of research and treating more than 4,000 individuals and couples, Discovering Your Couple Sexual Style provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.


ALSO BY BARRY W. MCCARTHY

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Fitness for Satisfying Sex

Barry W. McCarthy, and Michael E. Metz

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


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Systemic Sex Therapy
Edited by Katherine M. Hertlein, and Gerald R. Weeks, both at the University of Nevada, Las Vegas, USA, and Nancy Gambescia, in private practice, specializing in relationship and sex therapy
“Systemic Sex Therapy will become the gold standard for treatment of sexual problems. By treating the relationship as well as the partners, the three entities present in sex therapy are directly addressed.” - Jon Carlson, Governors State University, University Park, Illinois, USA
Systemic Sex Therapy serves as an introduction to the field of sex therapy from a systems perspective. It is an excellent resource for graduate students in marriage and family therapy programs or students and professionals who want a truly fresh perspective on sex therapy. This approach moves beyond traditional behavioral approaches to incorporate individual, couple, and intergenerational factors in etiology and treatment.
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Katherine M. Hertlein, and Gerald R. Weeks, both at the University of Nevada, Las Vegas, USA, and Shelley K. Sendak, teaches courses in women's studies, women's sexuality, and sexual minority health
“What a refreshing view of sex therapy. The systemic perspective puts sexual dysfunction and its treatment in an interactional context... the book is an invaluable resource for clinicians who treat individuals and couples presenting with sexual problems and for teachers of sexual dysfunction and sex therapy.” - Volker Thomas, Purdue University, USA
A Clinician’s Guide to Systemic Sex Therapy provides readers with an integrative and comprehensive theory in guiding their clinical practice. Pragmatically oriented, this text walks clinicians through diagnosis and treatment with resources such as tables, graphs, flow charts, and implementation strategies.
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Edited by Stephen B. Levine, Candace Risen, and Stanley Althof, all at Case Western Reserve University School of Medicine, Ohio, USA
This second edition of Handbook of Clinical Sexuality for Mental Health Professionals is a thoroughly revised and expanded edition of their first indispensable handbook. The new material reflects the changing needs of mental health professionals and covers topics such as erectile dysfunction, great sex, the challenges men and women face when single again, helping the developmentally disabled with sex, and sex and cancer. With a well thought-out and updated organizational structure, this second edition is even more informative and consequential than their first.
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**New!**

**Family Therapy**  
**100 Key Points and Techniques**  
Mark Rivett, Cardiff and Vale NHS Trust, UK, and Eddy Street, Child and Adolescent Mental Health Service, UK

“This book is excellent – clear, well organised, and very easy to find your way about!”  
- Arlene Vetere, University of Surrey, UK

*Family Therapy: 100 Key Points and Techniques* provides a concise and jargon-free guide to 100 of the fundamental ideas and techniques of this approach.

Divided into helpful sections, it covers:
- family therapy theory
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This book is an invaluable resource for psychotherapists and counsellors in training and in practice.


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Thomas Sexton, Indiana University, USA

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**Family Influences on Childhood Behavior and Development**  
**Evidence-Based Prevention and Treatment Approaches**  
Edited by Thomas P. Gullotta, C.E.O of Child and Family Agency, USA, and Gary M. Blau, Chief of the Child, Adolescent and Family Branch of the Center for Mental Health Services, USA

In this volume, the authors explore what family means today, what functions it serves, and those circumstances that can make family life painful.

**Hb:** 978-0-415-96532-3: £31.00/$49.95

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**Also by Thomas P. Gullotta and Gary M. Blau**

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**Pb:** 978-0-415-95546-1; 2007: 304pp. £14.95/$24.95

Jurich: *Family Therapy with Suicidal Adolescents*  
**Hb:** 978-0-415-96086-1; 2007: 288pp. £25.00/$39.95
**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, PhD student, 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

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 for both managing their personal reaction to the illness, and for providing a practically and emotionally supportive environment that is conducive to change. The appendices of the book contain a Toolkit for Carers, a series of worksheets designed to help carers recognise their own unique caring styles.

**CONTENTS:**

- Part I: Introduction to Collaborative Care Between Carers of People with Eating Disorders and Professional Services.
  


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**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

“This book will help you cope better with the challenge of helping your loved one recover. Although intended for carers, this book should be mandatory reading for professionals involved in the treatment of people with an eating disorder.” - Eric F. van Furth, President, Academy for Eating Disorders (AED)

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.


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- **Treasure/Schmidt: Clinician’s Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders**
  

- **Schmidt/Treasure: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders**
  

**New!**

**Critical Feminist Approaches to Eating Dis/Orders**

Edited by Helen Malson, University of the West of England, Bristol, UK, and Maree Burns, Eating Difficulties Education Network, New Zealand

“Well considered, up-to-date and scholarly, I learnt a great deal without having to struggle and looked forward to reading the next chapter. Each contributor shows their knowledge and enthusiasm and the editors have linked each chapter brilliantly and seamlessly.” - Paula Nicolson, Royal Holloway, University of London, UK

Over the past decade there have been significant shifts both in feminist approaches to the field of eating disorders and in the ways in which gender, bodies, body weight, body management and food are understood, represented and regulated within the dominant cultural milieus of the early twenty-first century.
This book addresses these developments, exploring how eating disordered subjectivities, experiences and body management practices are theorised and researched within postmodern and post-structuralist feminist frameworks.


Hb: 978-0-415-41811-9: £60.00/$100.00
Pb: 978-0-415-41810-2: £15.95/$28.95

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**Forthcoming!**

**Eating Disorders in Sport**

Ron Thompson, and Roberta Sherman, both in private practice, Bloomington, Indiana, USA

Available prevalence data indicate that disordered eating and clinical eating disorders are a significant problem for many athletes. Because athletes face the same general risk factors as non-athletes, as well as risks unique to the sport environment, athletes could be considered a more at risk group than non-athletes. As a consequence, athletes comprise a very special subpopulation of eating disorder patients in need of specialized approaches to identification, management, treatment, and prevention.

**Eating Disorders in Sport** brings the field up to date while continuing to look to the next frontier in identification, prevention, treatment, and management of EDs in the sports world. The authors begin by identifying and marrying together the two ‘worlds’ sport studies/sport psychology and eating disorders prevention/treatment. Following is a series of chapters that present the various forms of clinical eating disorders, current literature on research and prevalence data, and risk factors in both general and sport-related populations. The core of the volume then describes Identification, Management, Treatment, Prevention and Medical Considerations.


Hb: 978-0-415-99836-9: £28.00/$49.95
Pb: 978-0-415-99835-2: £12.99/$24.95

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**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

“Treating Bulimia Nervosa and Binge Eating is an excellent, practical handbook for clinicians in helping their patients overcome bulimia nervosa... This is an important contribution to helping us overcome a difficult clinical problem. The authors should be congratulated for providing us with a break-through in how to conceptualize and treat this problem.” - Robert L. Leahy, Director, American Institute for Cognitive Therapy, USA

**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/$41.95

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**Overcoming Body Image Disturbance**

A Programme for People with Eating Disorders

Lorraine Bell, and Jenny Rushforth, both at the Hampshire Partnership Trust, UK


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

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

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**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

“In ‘The Invisible Man’, John Morgan makes a powerful case for meeting the particular needs of men affected by eating disorders. It can be difficult for anyone to seek help – but the problem is so much greater for young men who develop what many people mistakenly consider is a female problem. Morgan combines theory and practical help in a highly readable style.” - Susan Ringwood, Chief Executive Officer of BEAT

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. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-
solving therapies, *The Invisible Man* will provide help to all men with body image disorders, as well as families and professionals involved in their care.

Hb: 978-0-415-99491-0: £55.00/$98.95
Pb: 978-1-58391-149-5: £55.00/$98.95

The Psychology of Female Violence
Crimes Against the Body
Second Edition
Anna Motz, Thames Valley Forensic Services, UK
Foreword by Estela Welldon
“This scholarly work by Anna Motz is a vital resource for all professionals dealing with violent women. It is a wonderful book and I am proud to be associated with it.” - Baroness Helena Kennedy QC

This book explores the nature and causes of female violence from the perspectives of psychodynamic theory and forensic psychology. This fully updated and expanded second edition explores developments in research and services for violent women. Recent high profile cases of female violence are discussed alongside clinical material and theory. New topics include: the Victoria Climbié Inquiry, the controversy related to the diagnosis of Munchausen’s Syndrome by Proxy, Dangerous and Severe Personality Disorder in women, and the impact of pro-anorexia and pro-bulimia websites. New chapters address central clinical issues of working with women who kill and designing therapeutic services for women in secure mental health settings.

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


Hb: 978-0-8058-5923-2: £50.00/$75.00
Pb: 978-0-8058-5922-5: £35.00/$55.00

for a further book by Anna Motz please see page 47
www.routledgementalhealth.com/anna-motz

Violence and Serious Theft
Development and Prediction from Childhood to Adulthood
Edited by Rolf Loeb, University of Pittsburgh, USA, David P. Farrington, Cambridge University, UK, Magda Stouthamer-Loeber, University of Pittsburgh, USA, and Helene Raskin White, Rutgers University, New Jersey, 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.


Hb: 978-0-8058-5222-6: £50.00/$80.00

Sexual Offenders
Personal Construct Theory and Deviant Sexual Behaviour
James Horley, University of Alberta, Canada

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. 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
Forthcoming!

The Aging Intellect

Douglas Powell, Harvard Medical School, Massachusetts, USA

The Aging Intellect is written for the large number of professionals, including social workers, nurses, retirement home administrators, doctors, psychologists, pastors and others, who oversee the well being of elderly women and men. It provides elder care workers with an array of suggestions (beyond exercising and eating right) that can improve, maintain or maximize the quality of their client’s mental abilities for as long as possible. The Aging Intellect serves its purpose by addressing four major issues associated with age-related cognitive decline, each of which has a solid research footing and is within the reach of most seniors.


Hb: 978-0-415-99685-3: £19.50/$34.95

Aging and Diversity

An Active Learning Experience

Second Edition

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

This new edition has been completely rewritten and includes chapters that address key topics in diversity and aging: research methods, psychological aging; health beliefs, behaviors, and services; health disparities; informal and formal care for older persons; work and retirement; religious affiliation and spirituality; and death, dying, and bereavement. Taking a broad view of diversity, Mehrotra and Wagner discuss elements of diversity such as gender, race or ethnicity, religious affiliation, social class, rural-urban community location, and sexual orientation.

Throughout the book, Mehrotra and Wagner present up-to-date knowledge and scholarship in a way that engages readers in active learning. Rather than simply transmitting information, the authors place ongoing emphasis on developing readers’ knowledge and skills; fostering higher order thinking and encouraging exploration of personal values and attitudes.


Hb: 978-0-415-95213-2: £60.00/$95.00
Pb: 978-0-415-95214-9: £24.95/$39.95

Forthcoming!

Medical Hypnosis Primer
Clinical and Research Evidence

Edited by Arreed Franz Barabasz, Washington State University, USA, Karen Oliness, Case Western School of Medicine, Ohio, USA, Robert Boland, International University, Geneva, Switzerland, and Stephen Kahn, in private practice, Chicago, USA

This brief Primer, assembled by top recognized hypnosis authorities, briefly presents the basic concepts of modern medical hypnosis and encourages mental health care practitioners to learn how to use hypnosis as an adjunct to standard medical care. It also lays the groundwork for the teaching and practice of hypnosis as part of the required syllabus for every medical and nursing school as well as graduate programs in clinical and counseling psychology. While not intended as a training manual, Medical Hypnosis Primer: Clinical and Research Evidence goes far in advancing the medical and factual aspects of this still greatly misunderstood field, and is of great value to practitioners, teachers, and students.


Advanced Hypnotherapy

Hypnodynamic Techniques

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

“The scope of Advanced Hypnotherapy is both wide and deep. These leaders in the fields of hypnosis research and psychotherapy write in a lucid, engaging style. The book advances our knowledge of hypnosis in psychotherapy in a fashion that will fascinate both new psychotherapists and experienced clinicians.” - David Spiegel, Stanford University School of Medicine, USA

Hb: 978-0-415-95627-7: £31.50/$50.00

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Second Edition

Arreed Barabasz, and John G. Watkins
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The Maudsley Family Study of Psychosis
A Quest for Intermediate Phenotypes
Edited by Colm McDonald, National University of Ireland, Ireland
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.

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 many types of computer-aided psychotherapy; how each might be accessed is detailed together with the pros and cons of such help.

Hb: 978-1-84169-679-9: £24.95/$44.95
Series: Maudsley Monographs
Published by Psychology Press

Forthcoming!

The Other Depression
Bipolar Disorder
Second Edition
Robert Grieco, Trinity Family Practice, Tri-State Medical, Heritage Valley Health System, USA, and Laura Edwards, Bryn Mawr College, Pennsylvania, USA
In The Other Depression, Grieco and Edwards help people understand and destigmatize those afflicted with bipolar disorder. Topics discussed include the genetic signature and environmental stresses and underpinnings of this disease, along with how it alters the functioning of the brain, and how it can be treated. The authors also introduce resources available to bipolar people and their families and suggest strategies for coping and getting on with life.

CONTENTS:
Hb: 978-0-415-99876-5: £49.50/$89.00
Pb: 978-0-415-99877-2: £13.95/$24.95

New!

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

CONTENTS:

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Forthcoming!

Metacognition and Severe Adult Mental Disorders
From Research to Treatment
Edited by Giancarlo Dimaggio. Third Center of Cognitive Psychotherapy, Rome, Italy, and Paul H. Lysaker, Roudabush VA Medical Center, Indiana, USA

“Dimaggio and Lysaker have assembled a stellar cast of contributors who apply the latest developments in theory and research on metacognition to our understanding of both the development and treatment of severe mental disorders... The end result is a lively, engaging and thought provoking collection of essays that will be of tremendous interest to theorists, researchers and psychotherapists of all orientations.”
- Jeremy D. Safran, New School for Social Research, New York, USA

Many adults who experience severe mental illness also suffer from deficits in metacognition – put simply, thinking about one’s own thought processes – limiting their abilities to recognize, express and manage naturally occurring painful emotions and routine social problems as well as to fathom the intentions of others.

This book presents an overview of the field, showing how current research can inform clinical practice. An international range of expert contributors provide chapters which look at the role of metacognitive deficits in personality disorders, schizophrenia, and mood disorders, and the implications for future psychotherapeutic treatment.

Hb: 978-0-415-48423-7: £29.95/$49.95

Borderline Personality Disorder
Meeting the Challenges to Successful Treatment
Edited by Perry D. Hoffman, President, National Education Alliance for Borderline Personality Disorder, Inc., New York, USA, and Penny Steiner-Grossman, Albert Einstein College of Medicine, New York, USA

Borderline Personality Disorder brings together over two dozen of the field’s leading experts in one enlightening text. The book also offers mental health providers a view of BPD from the perspectives of sufferers as well as family members to foster an understanding of the experiences of relatives who are often devastated by their loved ones’ struggles with this common disorder. Borderline Personality Disorder provides social workers and other mental health clinicians with practical access to the knowledge necessary for effective treatment.

Hb: 978-0-7890-3692-6: £19.95/$34.95

Integrative Treatment for Co-Occurring Disorders
Personality Disorders and Addiction
Sharon C. Ekleberry, Community Services Board, Transformation Initiatives, Chantilly, Virginia, USA

Integrative Treatment for Co-Occurring Disorders: Personality Disorders and Addiction addresses a complex client population, which presents service providers with significant professional challenges. Underlying personality disorders compromise treatment effectiveness for medical, other psychiatric, or trauma services, as well as the ability these individuals have in adhering to probation, parole, or court-ordered treatment requirements. This book brings focus to the specifics of assessment and treatment for this type of co-occurring disorder and suggests that greater adaptability, fewer self-sabotaging behaviors, and an abstinent lifestyle are all possible. Recovery from both disorders is the journey these individuals take toward greater maturation, reliable impulse control, and coping skills that are not dependent upon the evasion of the demands of living or use of substances to manage stress or uncomfortable affect.

Hb: 978-0-7890-3693-3: £19.95/$34.95

Understanding the Effects and Preparing for Therapy
Moving On After Childhood Sexual Abuse
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, the 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.


Hb: 978-0-415-42482-0: £50.00/$90.00
Pb: 978-0-415-42483-7: £12.99/$23.95
Understanding the Effects of Child Sexual Abuse

Feminist Revolutions in Theory, Research and Practice

Sam Warner, Manchester Metropolitan University, UK

“A elegantly written and practically useful text for students of gender and welfare in a variety of disciplines, as well as those on qualifying and post-qualifying programmes in social work, clinical psychology, psychiatry and nursing. 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

Understanding the Effects of Child Sexual Abuse offers a re-evaluation of mainstream and feminist approaches to understanding the theories and research issues relating to women and child sexual abuse. It critically examines our current perceptions of women who have suffered childhood sexual abuse, with a focus on the damaging implications of traditional attitudes towards femininity and the gender roles. The effectiveness of current approaches used to understand women who have survived abuse are brought into consideration and revaluated.

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Series: Women and Psychology

Sex-Offender Therapy

A “How-To” Workbook for Therapists Treating Sexually Aggressive Adults, Adolescents, and Children

Rudy Flora, in private practice, Virginia, USA, Joseph T. Duehl, Veterans Administration, Virginia, USA, Wanda Fisher, Smyth County Counseling Center, Virginia, USA, Sandra Halsey, in private practice, Virginia, USA, Michael Keohane, The Highland Community Services Board, Virginia, USA, Barbara L. Maberry, and Jeffrey A. McCorkindale, both in private practice, and Leroy C. Parson, School Guidance Counselor, Virginia, USA

Sex-Offender Therapy is a practical workbook for clinicians who deal with sexually aggressive adults, adolescents, and children. This invaluable professional resource focuses on how to treat patients male and female – impaired by sexual addiction, sexual disorders, sex offending, and other sexual misconduct behaviors.

Designed as an accessible step-by-step guide, Sex-Offender Therapy features case studies, work exercises, and clinical suggestions that help to walk the reader through a sexual disorders program. With a wealth of therapeutic interventions, as well as information on polygraph testing and the FDA-approved plethysmograph, this unique text breaks new ground.

Pb: 978-0-7890-3123-5: £31.00/$49.95

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

“This second edition is a major revision and should be considered essential reading for those involved in expanding access to psychological therapy services. As well as providing a highly accessible overview of clinical supervision, it also has been made contemporary by embracing issues around case management and some of the technological challenges to supervision. A source of much excellent and practical advice, written in an engaging and creative style.” - Professor Graham Turpin, University of Sheffield, UK

This fully updated and expanded edition includes new chapters on issues of diversity and the managerial role of the supervisor in context. Packed with practical examples in the key areas of personal and professional development, Joyce Scaife and her contributors draw on three decades of clinical experience to explore frequently encountered dilemmas.

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.


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Forthcoming!

State of the Art in Clinical Supervision

Edited by John R. Culbreth, Associate Professor and Coordinator of Community Counseling Program, UNC – Charlotte, USA, and Lori L. Brown, UNC – Greensboro, USA

This book includes a series of cutting edge chapters that present the state of the art in clinical supervision, written by some of the leading researchers, scholars, and professionals in the field. Readers will find fresh approaches to core topics such as multicultural competence, spirituality, and the training of supervisors themselves. Several new areas of study are also covered, including the use of expressive arts in supervision, triadic supervision, teaching supervision to master’s level students, and applications of narrative therapy and emotionally intelligent concepts in supervision.


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Pb: 978-0-415-45000-3: £24.99/$44.95

New! Ethical and Legal Issues for Mental Health Professionals in Forensic Settings
Edited by Steven F. Bucky, and Joanne E. Callan, both at Alliant International University, San Diego, USA, and George Stricker, Argosy University, Washington D.C., USA

Ethical and Legal Issues for Mental Health Professionals in Forensic Settings comprehensively focuses on the integration of ethical, legal, and clinical issues for practicing mental health professionals dealing with legal processes in forensic settings. This unique text is organized around the most current ethical and legal standards as defined by the mental health professionals of psychology, social work, marriage and family therapy, and psychiatry. Respected well-known authorities with diverse backgrounds, expertise, and professional experience offer a far-reaching discussion of ethical and legal issues important for every mental health professional to know.


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New Edition! Foundations of Ethical Practice, Research, and Teaching in Psychology
Second Edition
Sharon K. Anderson, Colorado State University, Fort Collins, USA, and Karen Strohm Kitchener, University of Denver, Colorado, USA

In Foundations of Ethical Practice, Research, and Teaching in Psychology, Kitchener and Anderson lay a conceptual foundation for thinking well about ethical problems. Whereas the first edition focused mainly on ethical reasoning and decision making, this new edition draws more explicitly on all components of James Rest’s model of moral/ethical behavior, including moral/ethical sensitivity, moral/ethical decision making, moral/ethical motivation, and the ego strength to follow through on the decision. The book addresses five key principles of ethical decision making and includes updated sections on research, teaching and supervision, and practice. It discusses the relationship of the ethical principles and the model of ethical decision-making to professional ethical codes, while offering discussion questions, case scenarios, and activities to help the reader focus on ethical character and virtue. Foundations of Ethical Practice, Research, and Teaching in Psychology gives psychologists, students, and trainees the tools they need to analyze their own ethical quandaries and take the right action.

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Published by Psychology Press

New Edition! Understanding Research in Clinical and Counseling Psychology
Second Edition
Edited by Jay C. Thomas, and Michel Hersen, both at Pacific University, Oregon, USA

Understanding Research in Clinical and Counseling Psychology is designed and written for graduate students aspiring to careers in practice rather than in psychological science who are the vast majority in clinical and counseling programs. This new edition builds on the successful features of the first, while updating the scope and content to reflect current concerns of evidence based practice, as well as performing and applying research cross culturally. This book helps students who need to know the principles underlying research and how to apply research findings to their practices.

Pb: 978-0-415-99221-3: £38.95/$69.95

Forthcoming! Researching, Reflecting and Writing about Work
Guidance on Training Course Assignments and Research for Psychotherapists and Counsellors
Edited by Fiona Gardner, and Steven J. Coombs, both at Bath Spa University, UK

“This is an important book. For the first time the gamut of diverse training programmes for therapists are linked in a systematic and productive way with the research methodologies currently in use.” - Rom Harré, From the Preface

Researching, Reflecting and Writing about Work provides a guide to the research skills and critical thinking required to complete a research project for professional learning courses in counselling and psychotherapy.

Written at a level easily accessible to those enrolled on a work-based qualification as well as those considering postgraduate research at master’s level, this book includes:
• how we reflect on our work
• discussion on preparation and structuring of a case study
• how to present work in supervision with advice on process recording
• essay plan structures and appropriate methodologies for research
• ethical considerations and critical thinking
• dilemmas and tensions involved in ‘research at work.’

Researching, Reflecting and Writing about Work will be of interest to all those on counselling courses, training as psychotherapists, as well as people involved in professional learning linked to the helping professions.
**Forthcoming!**

25 Essential Skills & Strategies for the Professional Behavior Analyst

Expert Tips for Maximizing Consulting Effectiveness

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

25 Essential Skills & 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.


**September 2009:** 226pp.

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


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**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: Developing Clinical Competencies in Counseling and Psychotherapy** emphasizes the process of learning these essential competencies.


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The Essential Guide for Mental Health Professionals

Hb: 978-0-415-95321-4: 2006: 296pp. £60.00/$95.00

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**Psychopathology**

Foundations for a Contemporary Understanding

Second Edition

Edited by James E. Maddux, George Mason University, Virginia, USA, and Barbara A. Winstead, Old Dominion University, Virginia, 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, as well as to challenge students to think critically about psychopathology. Thoroughly revised and updated from the previous edition, the book focuses throughout on what has been demonstrated by research, not on what has been claimed by theories that may be accepted or traditional but lack empirical support.

**2007:** 472pp.

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“Consistently stimulating and informative, this book is essential reading for anyone interested in learning about current developments in Transactional Analysis theory and practice.”

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Transactional Analysis (TA) is a versatile and comprehensive system of psychotherapy. Transactional Analysis: 100 Key Points and Techniques synthesises developments in the field, making complex material accessible and offering practical guidance on how to apply the theory and refine TA psychotherapy skills in practice.

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Improving Outcomes for that Minority of People who are the Majority of Clients

Elaine Aron, in private practice, California, USA

In Psychotherapy and the Highly Sensitive Person, Dr. Elaine Aron redefines the term “highly sensitive”. She dispels common misconceptions about the relationship between being sensitive and other personality traits,
such as being introverted, and further defines the trait for the benefit of both the clinician and patient. Dr. Aron’s book suggests ways to adapt treatment for highly sensitive patients and how to deal with the issues that usually arise, providing a helpful guide for both doctor and patient.

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The Therapist’s Notebook on Strengths and Solution-Based Therapies
Homework, Handouts, and Activities

Bob Bertolino, and Michael Kiener, both at Maryville University, Missouri, USA, and Ryan Patterson, licensed clinical social worker and director, clinical services at Youth in Need, Inc., Missouri, USA

The Therapist’s Notebook on Strengths and Solution-Based Therapies offers multiple pathways for those in helping relationships to employ strengths and solution-based (SSB) principles and practices as a vehicle for promoting positive change with individuals, couples, and families. The 100 exercises in this book are based on a series of core principles that are not only central to solution-based therapies; they have been demonstrated through research as essential to successful outcome. Readers will learn about processes and practices that are supported by research and are collaborative, competency-based, culturally sensitive, client-driven, outcome-informed, and change-oriented.


Pb: 978-0-415-99415-6: £27.95/$45.95

The Past in the Present
Therapy Enactments and the Return of Trauma

Edited by David Mann, NHS Trust, Kent, UK, and Valerie Cunningham, in private practice, Tunbridge Wells, UK

“Mann and Cunningham have brought together a fine collection of clinicians, from diverse backgrounds and both sides of the Atlantic, providing an unprecedented depth and breadth of exploration of enactment. This will be of great importance and interest to seasoned practitioners as well as those in training.” - Phil Mollon, Psychoanalyst, British Psychoanalytic Society; Psychotherapist, Tavistock Society, and Clinical Psychologist, UK

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. Using a wealth of clinical material throughout, the contributors show how therapists from different therapeutic orientations are thinking about and working with enactments in therapy, how trauma enactment can affect the therapeutic relationship and how both therapist and client can use it to positive effect.

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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’ (Koestenbaum): 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.

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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?”


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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, *Thad R. Leffingwell,* Oklahoma State University-Stillwater, USA, and *Katrina L. Cook,* Texas Tech University, 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. The editors have gathered expert authors to provide a much needed summary of the current status of the evidence based practice for both the assessment and treatment of specific substance use disorders.

Counselling and Psychotherapy Series: Investigating Practice from Scientific, Historical, and Cultural Perspectives

Beyond Evidence-Based Psychotherapy
Fostering the Eight Sources of Change in Child and Adolescent Treatment
George W. Rosenfeld, Clinician, Sutter Counseling Center, Sacramento, California, USA

This book provides students of child and adolescent psychotherapy that are pursuing degrees in psychiatry, clinical psychology, social work, and marriage and family counseling with an insight into the practice of a child psychologist with 40,000 hours of experience working with thousands of clients and families.

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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. It focuses primarily upon the mental health care of those deaf clients, sometimes referred to as “low functioning” or “traditionally underserved,” who are particularly difficult to engage in meaningful treatment.

Drawing most heavily upon the work of Donald Meichenbaum, Marsha Linehan, and Ross Greene, this book presents adaptations and simplifications of psychotherapy which make it accessible and meaningful for persons often viewed as “poor candidates.”

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David A. Verhaagen, Managing Partner/CEO, Southeast Psychological Services

Young adult men in their late teens and early twenties are statistically the least happy of any group of males surveyed. What’s more, scholarly research tells us that adolescent boys and young men have the highest rates of behavioral problems, completed suicides, and drug and alcohol problems of any demographic group. Young men frequently come into therapy with unresolved identity issues, behavioral problems, and drug and alcohol problems. They also tend to have greater problems managing their emotions and successfully negotiating close interpersonal relationships, which makes therapy more complex and challenging.

In Therapy with Young Men, Verhaagen presents a comprehensive model of therapy with young men that address each of these concerns, beginning with the rapport and engagement process, and then moving to ways to increase motivation for changing problem behaviors and increasing adaptive skills.


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This book fills a void in the current literature by providing a detailed and comprehensive discussion of a wide variety of specific interventions – individual counseling, parenting techniques, classroom interventions, group counseling techniques, and (where appropriate) the use of medications as adjuncts to those counseling techniques and the methods of coordinating this multimodal treatment. The author begins by reviewing issues of description, etiology, course, assessment, and differential diagnosis. Next, he discusses counseling and psychotherapy techniques, focusing on individual and group approaches, as well as the involvement of parents and spouses/partners in treatment. Educational interventions are then reviewed, followed by a review of the use of medications.

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Kiselica et al., Eds.: Counseling Troubled Boys: A Guidebook for Professionals

Pb: 978-0-415-96318-3: 2007: 192pp. £22.50/$34.95
Psychotherapeutic Approaches to Schizophrenic Psychoses
Past, Present and Future

Edited by Yrjö O. Alanen, University of Turku, Finland, Manuel González de Chávez, Complutense Madrid University, Spain, and Brian Martindale, South Tyne and Wearside, Mental Health NHS Trust, UK

“A wonderful book that should be read by all professionals that deal with schizophrenia! As a necessary counterweight to the current biology-dominated and drug-centred practice, it offers an almost complete anthology of the worldwide developments of truly integrative psycho-socio-biological approaches and their psychotherapeutic consequences on the individual, familial and socio-environmental level.” - Luc Ciompi, Professor Emeritus of Social Psychiatry, University of Basel, Switzerland

Psychotherapeutic Approaches to Schizophrenic Psychoses brings together professionals from around the world to provide an extensive overview of the treatment of schizophrenia and psychosis.

Divided into three parts – past, present and future – the book begins by examining the history of the treatment of schizophrenia and psychosis, with reference to Freud, Jung, Harry Stack Sullivan and Adolf Meyer, amongst others. Part II then takes a geographical look at treatment and its evolution in different parts of the world including the UK, USA, Northern Europe and Eastern Asia. Finally, Part III covers the range of interventions, from pharmacological treatments to psychoanalytic psychotherapy to CBT, with the aim of helping to shape the future integration of treatment.

With contributions from leading figures in the field, this book will provide a varied examination of treatment, and spark much-needed debate about its future.


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New!
Making Sense of Madness

Contesting the Meaning of Schizophrenia

Jim Geekie, Auckland District Health Board, New Zealand, and John Read, University of Auckland, New Zealand

“Jim Geekie and John Read have written a fascinating book about what psychiatrists call ‘schizophrenia’... This is a ‘must read’ for all mental health professionals and everyone else interested in madness.” - Professor Paul J. Fink, Past President American Psychiatric Association, Temple University School of Medicine, USA

The experience of madness – which might also be referred to more formally as ‘schizophrenia’ or ‘psychosis’ – consists of a complex, confusing and often distressing collection of experiences, such as hearing voices or developing unusual, seemingly unfounded beliefs. Madness, in its various forms and guises, seems to be a ubiquitous feature of being human, yet our ability to make sense of madness, and our knowledge of how to help those who are so troubled, is limited. Making Sense of Madness explores the subjective experiences of madness. Using clients’ stories and verbatim descriptions, it argues that the experience of ‘madness’ is an integral part of what it is to be human, and that greater focus on subjective experiences can contribute to professional understandings and ways of helping those who might be troubled by these experiences.

Making Sense of Madness will be essential reading for all mental health professionals as well as being of great interest to people who experience psychosis and their families and friends.

Beyond Medication
Therapeutic Engagement and the Recovery from Psychosis
Edited by David Garfield, Rosalind Franklin University of Medicine and Science, USA, and Daniel Mackler, in private practice, New York, USA

“This superbly executed work is as courageous as it is timely. At last psychoanalytically informed psychotherapy is being recommended and justified for the treatment of psychotic patients – over and above – and often instead of – psychopharmacology! This work is recommended for all mental health workers but particularly for psychiatric residents and psychologists in training.” - James Grotstein, David Geffen School of Medicine, UCLA, USA

Beyond Medication focuses on the creation and evolution of the therapeutic relationship as the agent of change in the recovery from psychosis.

Organized from the clinician’s point of view, this practical guidebook moves directly into the heart of the therapeutic process with a sequence of chapters that outline the progressive steps of engagement necessary to recovery. Both the editors and contributors challenge the established medical model by placing the therapeutic relationship at the centre of the treatment process, thus supplanting medication as the single most important element in recovery.

This book will be essential reading for all mental health professionals working with psychosis including psychoanalysts, psychiatrists, psychologists and social workers.


Pb: 978-0-415-46386-7: £55.00/$90.00
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Series: The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses
Psychotherapies for the Psychoses
Theoretical, Cultural and Clinical Integration
Edited by John F. M. Gleeson, and Eoin Killackey, both at the University of Melbourne, Australia, and Helen Krstev, ORYGEN Youth Health, Melbourne, Australia

“This book advocates the integration of psychological approaches into the treatment of psychoses. It is an important book to be strongly recommended both for trainees, to familiarise themselves with the literature, and for consultants in considering how to effect their integration within their current approach to psychosis.” — Richard Lucas, British Journal of Psychiatry

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 to broaden the range of humane psychotherapeutic possibilities for people suffering from the effects of psychosis.


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

SCHIZOPHRENIA

Schizophrenia: The Positive Perspective
Explorations at the Outer Reaches of Human Experience
Second Edition
Peter K. Chadwick, Retired, formerly of Birkbeck College Faculty of Continuing Education and The Open University, UK

“This excellent book is written by a psychologist who has experienced psychosis. His own case history and that of others should be essential reading for both trainees and graduates in the Mental Health Field.” — Brian Martindale, Early Intervention in Psychosis Service, Northumberland Tyne and Wear NHS Trust, UK

This fully revised second edition of Schizophrenia: The Positive Perspective uses biographical sketches and essays to discuss schizophrenia and related conditions, providing advice on methods of coping, routes to growth, recovery and well-being, and how schizophrenia can be viewed in a positive light. It also explores the insights of R.D. Laing and discusses how they can be applied to contemporary ideas and research.


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Managing Self-Harm
Psychological Perspectives
Edited by Anna Motz, Thames Valley Forensic Services, UK

“Caring for people who harm themselves is hard work. This excellent collection of papers, ably edited by Anna Motz, will help those of us who do this difficult work to do it better.”
- Dr Gwen Adshead, Consultant Forensic Psychotherapist, Broadmoor Hospital, UK

Managing Self-Harm explores the meaning and impact of self-harm, and the sense in which it is a language of the body. It is designed to help clinicians, people who self-harm and their families and carers to understand its causes, meaning and treatment. Each chapter integrates theory with clinical illustration, enabling the direct experiences of those who self-harm to be heard and reflecting the populations that are most likely to self-harm. The contributors are drawn from a wide range of backgrounds, including clinical psychology, psychotherapy, group analysis and psychiatric nursing. This book does not offer a prescription for self-harm cessation but rather describes therapeutic approaches to working with self-harm, and outlines the complex, subtle and meaningful interactions between those who engage in self-harm and those who seek to understand it.


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To download the free podcast about Anna Motz’s latest book please visit: www.routledgementalhealth.com/anna-motz for a further book by Anna Motz please see page 32

Relating to Self-Harm and Suicide
Psychoanalytic Perspectives on Practice, Theory and Prevention
Edited by Stephen Briggs, Tavistock Clinic, London, UK, and Alessandra Lemma, and William Crouch, both at the Tavistock and Portman NHS Foundation Trust, UK

“This book offers a complex and in-depth approach to coping with suicidal patients by understanding them better, helping them with effective psychoanalytical treatment and applying psychoanalytical ideas to identify protective factors in suicide prevention.” - Nicholas Temple, From the Preface

Relating to Self-Harm and Suicide presents original studies and research from contemporary psychoanalysts, therapists and academics focusing on the psychoanalytic understanding of suicide and self-harm, and how this can be applied to clinical work and policy. This powerful critique of current thinking suggests that suicide and self-harm must be understood as having meaning within interpersonal and intrapsychic relationships, offering a new and more hopeful dimension for prevention and recovery. Relating to Self-Harm and Suicide will be helpful to psychoanalytic therapists, analysts and mental health professionals wanting to integrate psychoanalytic ideas into their work with self-harmers and the suicidal. This text will also be of use to academics and professionals involved in suicidal prevention.


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Hope in Action
Solution-Focused Conversations About Suicide
Heather Fiske, University of Toronto, Canada

Hope in Action is a unique resource providing fresh approaches to treating individuals and families where suicide is an issue. This comprehensive book provides a thorough grounding in using a solution-focused therapy approach to elicit and reinforce hope and reasons for living. Strategies are demonstrated with stories, case vignettes, and transcripts. Special applications include some of the most challenging high-risk clients that therapists treat, including people who make repeated attempts. This powerful resource offers a set of practice principles based on the existing empirical evidence in the context of clinical utility and client expertise.


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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, USA, 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

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 service men and women, their support system, and their interpersonal and intrapersonal experiences. The text maintains a focus on cognitive behavioral interventions for treating various combat related disorders, and address psychological health and adjustment after leaving the battlefield. The text is logically organized for easy reading and reference, and covers often over-looked topics such as preparation and training of service personnel, women in combat and the indirect effects of combat stress on the family.


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Clinical and Diversity Perspectives
Sixth Edition
Lee Ann Hoff, Life Crisis Institute, USA, Bonnie Joyce Hallisey, Curry College, Massachusetts, USA, and Miracle Hoff, Drake Counseling Services, North Dakota, USA

“My graduate students over the years have used People in Crisis for learning how to understand and respond appropriately to multiple personal, national, and international crises faced by people for whom we provide care. The focus on cultural sensitivity and resilience are wonderful additions to the text.” - Betty D. Morgan, University of Massachusetts – Lowell, USA

The first edition of People in Crisis, published in 1978, established success as a comprehensive and user-friendly text for health and social service professionals. This new edition includes new case examples and expanded coverage of cross-cultural content, including “commonalities and differences” in origins, manifestations, and crisis responses. The authors illustrate the application of crisis concepts, assessment, and intervention strategies across a wide range of health and mental health settings, as well as at home, school, workplace, and in the community. Each chapter contains a closing summary that includes discussion questions, references, and online data sources for maximum application and learning.


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www.routledgementalhealth.com/people-in-crisis

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