Routledge Mental Health

Couples and Family Therapy 2010

New Books and Selected Backlist
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Arenas

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

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Invitation to authors

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

Read and Recommend

Attachment
Expanding the Cultural Connections
Edited by Phyllis Erdman and Kok-Mun Ng
Page 4

Recovering Intimacy in Love Relationships
A Clinician’s Guide
Edited by Jon Carlson and Len Sperry
Page 4

Families Under Fire
Systemic Therapy with Military Families
Edited by R. Blaine Everson and Charles R. Figley
Page 8

Enduring Desire
Your Guide to Lifelong Intimacy
Michael E. Metz and Barry W. McCarthy
Page 13

Handbook of Clinical Sexuality for Mental Health Professionals
Second Edition
Edited by Stephen B. Levine, and Associate Editors: Candace B. Risen, and Stanley E. Althof
Page 15

Navigating Teenage Depression
A Guide for Parents and Professionals
Gordon Parker and Kerrie Eyers
Page 19

My Kid is Back
Empowering Parents to Beat Anorexia Nervosa
June Alexander with Daniel Le Grange
Page 22
To p 10

Conferences

Routledge Mental Health ensures its books are represented at all major conferences. The calendar of events from mid-2010 to early 2011 are listed below. Routledge will be exhibiting all recent and relevant key books at these meetings. Please visit the Routledge stand where all books will be available for sale at a 20% conference discount with free global shipping.

1. **16th Annual BACP Research Conference 2010**
   14-15 May 2010, London, UK

2. **118th Annual Convention of the American Psychological Association (APA)**
   12-15 August 2010, San Diego, USA

3. **American Association for Marriage and Family Therapy (AAMFT) Annual Conference 2010**
   23-26 September 2010, Atlanta, Georgia, USA

4. **American Counseling Association (ACA) Annual Conference 2011**
   23-27 March 2011, New Orleans, USA

5. **Psychotherapy Networker Symposium 2011**
   24-27 March 2011, Washington D.C., USA

   29-31 March 2011, London, UK

7. **Association for Death Education and Counseling (ADEC) 33rd Annual Conference 2011**
   22-25 June 2011, Miami, USA

8. **Kolberg/Nadeau: ADD-Friendly Ways to Organize Your Life: Strategies that Work from a Professional Organizer and a Renowned ADD Clinician**

9. **McCarthy/McCarthy: Rekindling Desire: A Step-by-Step Program to Help Low-Sex and No-Sex Marriages**

10. **Johnson et al.: Becoming an Emotionally Focused Couple Therapist: The Workbook**
Attachment: Expanding the Cultural Connections is an exciting exploration of the latest trends in the theory and application of attachment within cross-cultural settings. The book’s insightful analysis, remarkable case studies, and groundbreaking research make it essential reading for any clinician or scholar interested in perceptions of love and attachment.

The loss of intimacy is one of the most difficult – but also one of the most common – factors in the destruction of any relationship. Recovering Intimacy in Love Relationships lays out practical, evidence-based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis.

In Enduring Desire, authors Michael Metz and Barry McCarthy inspire and motivate readers with real-life examples and clear, helpful individual and couple exercises to reach for realistic and high quality sexual satisfaction as a couple.

The constantly-changing field inspired the second edition of Handbook of Clinical Sexuality for Mental Health Professionals. In a state-of-the-art guide, Dr. Levine and his associates continue to help professionals with the assessment and treatment of a large array of sexual concerns.
Family Therapy and Counseling Series
Series Editor: Jon Carlson

The Family Therapy and Counseling Series is devoted to providing practitioners and students with current information on specific topics relevant to marriage and family therapy, counseling, couples therapy, and child and adolescent therapy. Page 4
www.routledgementalhealth.com/family-therapy-and-counseling

Adolescence and Society Series
Series Editor: John Coleman

In the 20 years since it began, this series has published some of the key texts in the field of adolescent studies. The series has covered a very wide range of subjects, almost all of them being of central concern to students, researchers and practitioners.
The primary aim of the series is to make accessible to the widest possible readership important and topical evidence relating to adolescent development. Page 20
www.psypress.com/adolescence-and-society

Couples and Family Therapy Series

The couples and family therapy series is devoted to providing practitioners and students with current information on specific topics relevant to marriage and family therapy, counseling, couples therapy, and child and adolescent therapy. Page 4
www.routledgementalhealth.com/family-therapy-and-counseling

Routledge Series on Counseling and Psychotherapy with Boys and Men
Series Editor: Mark S. Kiselica

The Routledge Series on Counseling 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 counseling them in a male-friendly manner. Page 11
www.routledgementalhealth.com/boys-and-men

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. Page 20
www.routledgementalhealth.com/cbt-with-children

Adolescence and Society Series
Series Editor: John Coleman

In the 20 years since it began, this series has published some of the key texts in the field of adolescent studies. The series has covered a very wide range of subjects, almost all of them being of central concern to students, researchers and practitioners.
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www.psypress.com/adolescence-and-society

Series in Death, Dying, and Bereavement
Series Editor: Robert Neimeyer

Volumes published within the prestigious Series in Death, Dying, and Bereavement are representative of the multidisciplinary nature of the intersecting fields of death studies, suicidology, end-of-life care, and grief counseling. Page 23
www.routledgementalhealth.com/death-dying-and-bereavement

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Attachment: Expanding the Cultural Connections
Edited by Phyllis Erdman, Washington State University, USA, and Kok-Mun Ng, University of North Carolina at Charlotte, USA

"Attachment: Expanding the Cultural Connections is so unique among scholarly publications that it will likely become standard reading for scholars interested in culturally based attachment issues. It is a comprehensive and varied international and cross-cultural resource that gives counseling and psychotherapy students, clinicians, and researchers the opportunity to learn about and compare the universality of attachment theory."
- Alan J. Hovestadt, Western Michigan University, USA, and Past President, American Association for Marriage and Family Therapy

Attachment: Expanding the Cultural Connections is an exciting exploration of the latest trends in the theory and application of attachment within cross-cultural settings. The book’s insightful analysis, remarkable case studies, and groundbreaking research make it essential reading for any clinician or scholar interested in perceptions of love and attachment.


Series: Family Therapy and Counseling

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Recovering Intimacy in Love Relationships
A Clinician’s Guide
Edited by Jon Carlson, Governors State University, Illinois, USA, and Len Sperry, Florida Atlantic University, USA

The loss of intimacy is one of the most difficult – but also one of the most common – factors in the destruction of any relationship. Recovering Intimacy in Love Relationships lays out practical, evidence-based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis. With care and sensitivity, the book’s authors analyze the increasingly complex context in which the cycle of intimacy develops, wanes, and recovers. The chapters delve into diverse populations’ attitudes toward intimacy and provide an entire section on cultural, gender and religious issues.


Series: Family Therapy and Counseling

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Working With Immigrant Families
A Practical Guide for Counselors
Edited by Adam Zagelbaum, Sonoma State University, California, USA, and Jon Carlson, Governors State University, Illinois, USA

Working With Immigrant Families examines the theoretical and practice-based issues that must be considered by counseling professionals when performing family therapy with immigrant clients. It provides practitioners with insights into why immigrant families come to the United States, the processes that unfold while they do, and the steps that can be taken to help these families make the most of their experience in their new country.

Hb: £19.99/$34.95

Forthcoming!

Poisonous Parenting

Toxic Relationships Between Parents and Their Adult Children

Edited by Shea Dunham, Shannon Dermer, and Jon Carlson, all at Governors State University, Illinois, USA

How does the toxicity associated with particular parenting styles affect attachment? How do the contaminated views people have of themselves affect their relationships into their adulthood? Like physicians, clinicians do not want to amputate, but sometimes find it necessary in order to preserve the health of the larger system. Poisonous Parenting shows readers how to recognize poisonous parenting and how to recognize adult children who are suffering from toxic parenting attitudes and behaviors. Practitioners will learn how to counteract the effects of toxic parenting so that patients can recover and lead a healthy life.


Hb: £19.99/$34.95

Series: Family Therapy and Counseling

Forthcoming!

Case Studies in Couples Therapy

Theory-Based Approaches

Edited by David K. Carson, and Montserrat Casado-Kehoe, both at Palm Beach Atlantic University, Florida, USA

This up-to-date, highly readable, theory-based, and application oriented book fills a crucial void in literature on couple therapy. Few books in the couple therapy market bridge the gap between theory and practice; texts tend to lean in one direction or the other, either emphasizing theory and research with little practical application, or taking a cookbook approach that describes specific techniques and interventions that are divorced from any conceptual or theoretical base. However, couples therapy requires a high degree of abstract/conceptual thinking, as well as ingenuity, inventiveness and skill on the part of the therapist. Case Studies in Couples Therapy blends the best of all worlds: clinical applications with challenging and diverse couples that have been derived from the most influential theories and models in couples and family therapy, all written by highly experienced and respected voices in the field.

Hb: £52.99/$90.00
Pb: £22.99/$39.95

Series: Family Therapy and Counseling

Forthcoming!

Changing Aging, Changing Family Therapy

Practicing with 21st Century Realities

Paul R. Peluso, Florida Atlantic University, USA, and Richard E. Watts, Sam Houston State University, Texas, USA

As the baby boomers move into retirement and later stages of life, gerontology and geriatrics have begun to receive much more attention. States such as California and Wisconsin are among those that now require gerontology courses as part of their continuing education requirements. As the authors illustrate, family therapists’ expertise in family-systems theory make them uniquely qualified to take a leading role in helping families and individuals cope with the challenges and changed circumstances that aging brings.

Hb: £27.99/$49.95

Series: Family Therapy and Counseling

Also by Jon Carlson

Family Therapy Techniques

Integrating and Tailoring Treatment

Jon Carlson, Len Sperry and Judith A. Lewis

Pb: £25.00/$39.95

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Castaldo: Divorced, without Children: Solution Focused Therapy with Women at Midlife

Hb: £23.95/$37.50

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

New!

Multi-Family Therapy
Concepts and Techniques
Eia Asen, CNWL NHS Trust, UK, and Michael Scholz, University of Dresden, Germany

“This book captures and makes clear how Multi-family therapy employs an attractive style of always approaching issues through activities that are multiply layered in terms of sensory experiences and also have a lateral/creative fun twist... A book that is both substantial in its thought and content and also a pleasure and fun to read.” - Rudi Dallos, University of Plymouth, UK

Multi-Family Therapy (MFT) involves the bringing together of different families in a therapeutic context in order to work jointly to overcome each of their specific and very individual problems. This innovative book combines the theory and concepts of MFT with detailed practical examples of techniques and exercises which have been proven to help with problematic children, teenagers and adults.

In this book Asen and Scholz discuss how MFT has been developed over the past 30 years and has been applied nationally and internationally across a range of settings with a variety of clients, including:
- children and teenagers who are excluded from school
- multi-problem families with abuse and violence who challenge social workers and the legal system
- children, teenagers and adults who present with mental health issues.

Multi-Family Therapy: Concepts and Techniques is written for professionals in mental health, social work and education. Its unique pragmatic approach makes it an essential guide for anyone wishing to employ MFT.


Hb: 978-0-415-55781-8: £22.99/$40.00
Pb: 978-0-415-55781-8-7: £12.99/$21.95
Series: 100 Key Points

for a complete list of books in this series please visit www.routledgementalhealth.com/100-key-points

Forthcoming!

The Needs ABC Therapeutic Model for Couples and Families
A Guide for Practitioners
Tom Caplan, McGill University of Social Work, Quebec, Canada

The Needs ABC Therapeutic Model for Couples and Families shows readers how to successfully tailor a therapeutic approach to meet the needs of couples and families. It has been preceded by Needs ABC: Acquisition and Behavior Change: A Model for Group Work and Other Psychotherapies published in the UK by Whiting and Birch.

Beginning clinicians will come away from this book with concrete, practical skills and an expanded theoretical base for their practice. They will be able to apply their new knowledge directly and in ways that will help them create long-lasting change in clients who present with difficult behaviors. The book explains the concepts and theories behind the Needs ABC approach and provides tangible methods with which to perform as a Needs ABC therapist or integrate aspects of the Needs ABC approach into the reader’s own therapeutic techniques.


Hb: 978-0-415-87306-2: £18.99/$32.95
Pb: 978-0-415-87306-2-7: £12.99/$21.95

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.
"Mary-Joan Gerson’s masterful synthesis of psychoanalytic and systemic perspectives on couples treatment has stood the test of time. The second edition retains the impressive breadth, emotional depth and intellectual heft of the original volume... Couples work is hard to do. It’s important to have a book like this one at the ready."

- Virginia Goldner, Ackerman Institute for the Family, USA

First published in 1996, The Embedded Self was lauded as “a brilliant and long overdue rapprochement between psychoanalysis and family therapy conceived by a practitioner trained and experienced in both modalities of treatment.” From a new and revised perspective on the possibilities of integration, Gerson covers the latest research in neuroscience and the transmission of affect within intimate relationships, with a new chapter on attachment theory and emotionally focused therapy. Sections on narrative therapy and psychoanalytically-oriented family therapy are expanded as well.


Hb: 978-0-415-99241-1: £60.00/$99.00
Pb: 978-0-415-99242-8: £22.99/$35.95

**The Embedded Self**

**An Integrative Psychodynamic and Systemic Perspective on Couples and Family Therapy**

Second Edition

Mary-Joan Gerson, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, USA

In a single volume, **Bringing Systems Thinking to Life** presents the extraordinary diversity and breadth of Bowen theory applications that address human functioning in various relationship systems across a broad spectrum of professions, disciplines, cultures, and nations. Providing three chapters of never-before-published material by Dr. Bowen, the book also demonstrates the transcendent nature and versatility of Bowen theory-based social assessment and its extension into fields of study and practice far beyond the original psychiatric context in which it was first formulated including social work, psychology, nursing, education, literary studies, pastoral care and counseling, sociology, business and management, leadership studies, distance learning, ecological science, and evolutionary biology. Providing ample evidence that Bowen theory has joined that elite class of theories that have enjoyed broad application to social phenomena while lending credibility to the claim that Bowen theory is one of the previous and current centuries’ most significant social-behavioral theories.

The Counselor’s Guide for Facilitating the Interpretation of Dreams

Family and Other Relationship Systems Perspectives

Evelyn Duesbury, in private practice, Wisconsin, USA

This book will serve as a guide for practicing counselors and therapists to facilitate work with their clients interpreting their dreams in order to reduce and alleviate stress, with a focus on dreams concerning family members and other major figures in the dreamer’s life with whom he or she interacts. Providing a framework for what follows, a brief historical and cultural background on the uses of dreams is presented, along with an overview of the major dream theories and therapies and the clinicians who developed them.


Hb: 978-0-415-88341-2: £50.00/$90.00

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The Counselor’s Guide for Facilitating the Interpretation of Dreams

Family and Other Relationship Systems Perspectives

Evelyn Duesbury, in private practice, Wisconsin, USA

This book will serve as a guide for practicing counselors and therapists to facilitate work with their clients interpreting their dreams in order to reduce and alleviate stress, with a focus on dreams concerning family members and other major figures in the dreamer’s life with whom he or she interacts. Providing a framework for what follows, a brief historical and cultural background on the uses of dreams is presented, along with an overview of the major dream theories and therapies and the clinicians who developed them.


Hb: 978-0-415-80046-4: £49.99/$89.95


Families Under Fire

Systemic Therapy with Military Families

Edited by R. Blaine Everson, Samaritan Counseling Center, Georgia, USA, and Charles R. Figley, Tulane University, Louisiana, USA

“The need for ways to help military families has rarely been greater, and most family therapists are oblivious to the special challenges these families face and present to the therapist. Families Under Fire is written by people who work with military families on a daily basis, and it is an invaluable resource for those of us who want to know what we are doing with this specially distressed population.” - Richard C. Schwartz, developer of the Internal Family Systems model of psychotherapy and president of the Center for Self Leadership in Oak Park, Illinois, USA

As provider networks on military bases are overwhelmed with new cases, civilian clinicians are increasingly likely to treat military families. However, these clinicians do not receive the same military mental-healthcare training as providers on military installations, adding strain to clinicians’ workloads and creating gaps in levels of treatment. Families Under Fire fills these gaps with real-world examples, clear, concise prose, and nuts-and-bolts approaches for working with military families utilizing a systems-based practice that is effective regardless of branch of service or the practitioner’s therapeutic preference.


Hb: 978-0-415-99847-5: £24.99/$44.95

Series: Psychosocial Stress

www.routledgementalhealth.com/pss
Introduction to Family Processes
Fifth Edition
Randal D. Day, Brigham Young University, Utah, USA
What goes on “behind closed doors” in families is examined in this text. Through his storytelling style, Randy Day introduces readers to the family processes approach – the strategies and behaviors families use to achieve goals. The emphasis is on how families work and interact rather than on the psychological, sociological, or economic processes. It examines emotions in families, communication, relationship formation/dissolution, family rituals, and power and conflict. Chapters open with a preview and conclude with a summary, study questions, key terms, and suggested readings.
Hb: 978-1-84169-761-1: £32.50/$59.95
Forthcoming!

Rediscovering Confession
The Practice of Forgiveness and Where it Leads
David A. Steere, in private practice, Kentucky, USA
Rediscovering Confession is about recovering the experience of confession, in danger now of becoming a lost art. It identifies four elements present in psychotherapy and confession: a state of heightened self-awareness, a growing realization that our predicament points in some meaningful direction beyond itself, the necessity to make a relevant response to our situation, and a potential for spiritual encounter that accompanies the process. Each chapter contains a section devoted to practice, with exercises for individual contemplation and experimentation, guidelines for forming a confessional partnership, directions for conducting discussions in a study group, and ways to organize a small confessional group.
Hb: 978-0-415-99746-1: £25.00/$44.95

Restoration Therapy
Understanding and Guiding Healing in Marriage and Family Therapy
Terry D. Hargrave, Fuller Theological Seminary and Amarillo Family Institute, California, USA
Restoration Therapy introduces the reader to the essential elements of its namesake and from there guide clinicians to a systemic understanding of how certain forces lead to destructive cycles in relationships which perpetuate more and more dysfunction among members. Restoration Therapy will revolutionize the effectiveness of family origin therapy. Clients and therapists both will understand issues more clearly, experience the impacts that emotion can have on the insight, and practice the process so more loving and trustworthy relationships can take hold in the intergenerational family.
Hb: 978-0-415-87625-4: £52.99/$95.00
Pb: 978-0-415-87626-1: £19.50/$34.95

Functional Family Therapy in Clinical Practice
An Evidence-Based Treatment Model for Working with Troubled Adolescents
Thomas L. Sexton, Indiana University, USA
“This book is a milestone in the development of FFT... It should be read by all professionals who work with the families of troubled adolescents. It is a masterpiece.” - Alan Carr, University College Dublin, Ireland; Associate Editor, Journal of Family Therapy
Functional Family Therapy (FFT) develops a comprehensive presentation that serves as a systematic guide to understanding the FFT clinical model, the FFT service delivery system, the theoretical principles that serve as the foundation of FFT, and the mechanism of therapeutic change that gives FFT its potency. Clinically relevant, theoretically sound, and scientifically based, this book contains systematic discussions of topics and theoretical perspectives, as well as illustrative clinical examples that demonstrate the manner in which principles are applied in FFT.
Hb: 978-0-415-99691-4: £52.95/$95.00
Pb: 978-0-415-99692-1: £27.95/$44.95

Also by Thomas L. Sexton

Handbook of Family Therapy
Edited by Thomas L. Sexton, Gerald R. Weeks, and Michael S. Robbins
Hb: 978-1-58391-325-3: 2003: 520pp. £75.00/$120.00
Professional interest in the clinical applications of attachment theory continues to grow and evolve, and at the same time narrative approaches are also gaining ground. This book explores how attachment-based ideas can be used in clinical practice by offering a practical and sophisticated exposition of clinical approaches.

Bringing together three main systems of thought and psychotherapeutic practice – systemic theory, attachment theory and narrative theory – practitioners are shown how to use these ideas in their work through the integrated approach of ‘attachment narrative therapy’.

Hb: 978-0-415-41657-3: £55.00/$95.00
Pb: 978-0-415-41658-0: £19.99/$34.95
considerations for working with this special population. Making authors discuss theories of masculinity and aging and therapeutic experience, and the physical, mental, and emotional challenges raised, how they view the world, the gender role conflicts they and aging men understand the eras in which these men were challenging and distressing experience, especially for those men for further books on Couples Therapy please see page 13

Routledge Series on Counseling and Psychotherapy with Boys and Men

Forthcoming!

Working Successfully with Men in Couples Counseling
A Gender-Sensitive Approach

Edited by David S. Shepard, California State University, USA, and Michele Harway, Antioch University, California, USA

The premise of this book is that a crucial and overlooked reason for treatment failures in couples counseling may be the therapist’s inability to respond to the needs and psychological issues particular to the male partner. Through illustrative, in-depth case studies, the reader will learn how to practice male-sensitive couples counseling while still using the theoretical model that guides their treatment; how to connect the emerging literature on conducting individual psychotherapy with men to working with men in a couples context; and how to work with populations of men who require specialized knowledge and sensitivity.


Hb: 978-0-415-87587-5: £50.00/$90.00
Pb: 978-0-415-87588-2: £19.95/$34.95

Routledge Series on Counseling and Psychotherapy with Boys and Men

for further books on Couples Therapy please see page 13

New!

Psychotherapy with Older Men

Tammi Vacha-Haase, Colorado State University, USA, and Stephen R. Wester, and Heidi Fowell Christianson, both at University of Wisconsin-Milwaukee, USA

Growing older can be a time of great joy and satisfaction for men as they look back on their accomplishments and gain more free time, but it can also be a challenging and distressing experience, especially for those men raised with the very distressing notions of what it means to be a “real man.” This book will help practitioners working with older and aging men understand the era in which these men were raised, how they view the world, the gender role conflicts they experience, and the physical, mental, and emotional challenges and problems they face during the later stages of their lives. The authors discuss theories of masculinity and aging and therapeutic considerations for working with this special population. Making use of many detailed case studies, they explore the psychological issues that are commonly faced by older men, such as depression, anxiety, cognitive impairment, and substance use and abuse, as well as effective screening and assessment techniques, and treatment approaches. They then conclude with a look at the future directions of psychotherapy with older men.


August 2010: 212pp.
Hb: 978-0-415-99862-8: £50.00/$90.00
Pb: 978-0-415-99863-5: £19.95/$34.95

Routledge Series on Counseling and Psychotherapy with Boys and Men

for further books on Gerontology please see page 22

Counseling Fathers

Edited by Chen Z. Oren, and Dora Chase Oren, both at Phillips Graduate Institute, California, USA

Counseling Fathers is designed to bridge the gap between fathers and professional helpers. This book provides the mental health practitioner with a guide for working with fathers in therapy, whether the issues of fathering are at the center of the discussions or in the background. The organization of the book speaks to the variety of today’s fathers and the issues that they face.


Pb: 978-0-415-98864-3: £22.00/$34.95

Routledge Series on Counseling and Psychotherapy with Boys and Men

for further books on Parenting please see page 17

www.routledgementalhealth.com/boys-and-men

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Professional Issues and Resources

**Forthcoming!**

**Duped**

*Lies and Deception in Psychotherapy*

Edited by Jeffrey Kottler, California State University, USA, and Jon Carlson, Governors State University, Illinois, USA

In this book, Jeffrey Kottler and Jon Carlson turn their well-polished therapy microscopes onto the subjects of lying, falsehood, deceit, and the loss of trust in the counseling room. In their exploration of this taboo material, the authors interview and share stories from dozens of their peers, of all practice areas and modalities and ranging from neophytes to established master practitioners.

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Pb: 978-0-415-87624-7: £19.95/$34.95

**New!**

**Voices from the Field**

*Defining Moments in Counselor and Therapist Development*

Edited by Michelle Trotter-Mathison, Julie M. Koch, Sandra Sanger, and Thomas M. Skovholt, all at University of Minnesota, USA

All professional counselors and therapists can identify a number of turning points in their careers that led to key realizations regarding their practice with clients, work with students, or self-understanding. This book is a collection of such turning points.

Hb: 978-0-415-99574-0: £50.00/$90.00
Pb: 978-0-415-99575-7: £17.00/$29.95

**New Edition!**

**The Resilient Practitioner**

*Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals*

Second Edition

Thomas Skovholt, and Michelle Trotter-Mathison, both at University of Minnesota, USA

This informative and inspirational volume creates a map for new mental health practitioners – one that provides a positive trinity of validity, clarity, and hope for novices, their teachers, and their supervisors.

Hb: 978-0-415-89338-1: £56.00/$95.00
Pb: 978-0-415-89339-8: £22.00/$39.95

Series: Counseling and Psychotherapy

www.routledgementalhealth.com/counseling-and-psychotherapy

**New Edition!**

**Favorite Counseling and Therapy Techniques**

Second Edition

In the new edition of this highly popular book, Howard Rosenthal once again brings together a group of prominent therapists who share their insightful, pioneering, and favorite therapeutic techniques. These therapists include such well-known figures as Albert Ellis, Arnold Lazarus, William Glasser, Raymond Corsini, and Allen E. Ivey.

Pb: 978-0-415-87104-4: £21.95/$39.95

**New Edition!**

**Favorite Counseling and Therapy Homework Assignments**

Second Edition

This companion to Favorite Counseling and Therapy Techniques contains more than fifty handouts and homework assignments used by some of the finest and most renowned therapists in the world, such as Albert Ellis, William Glasser, Richard B. Bolles, Alan E. Ivey, Marianne Schneider Corey, Gerald Corey, Maxie C. Maultsby, Jr., and Peter R. Breggin.

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This new edition of Vital Information and Review Questions for the NCE, CPCE and State Counseling Exams sticks to the successful structure of the previous versions. Two new discs have been added to this new edition, bringing the total to 20 audio CDs and over 20 hours of programming.

CD: 978-0-415-80141-6: 2009: £60.00/$110.00
Enduring Desire: Your Guide to Lifelong Intimacy

Michael E. Metz, in private practice, Minneapolis, USA, and Barry W. McCarthy

In Enduring Desire, authors Michael Metz and Barry McCarthy inspire and motivate readers with real-life examples and clear, helpful individual and couple exercises to reach for realistic and high quality sexual satisfaction as a couple. Throughout the book, they promote positive, realistic sexual expectations without commercialism and the exotic promises of hype that set people up for disappointment. The message is down-to-earth and full of joy for all couples, from their 20s to their 80s. They advocate the variable, flexible “Good Enough Sex” (GES) model, which validates the inherent variability and flexibility of couple sexuality and examine the biopsychosocial, multidimensional, and comprehensive roles, functions, and meanings of couple sexuality.


Pb: 978-0-415-87830-2: £12.95/$19.95

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

Barry W. McCarthy, and Emily McCarthy, author

"A classic, easy to read, and a relevant guide to a great sex life that is tailored to your personal style and taste... a must read book." - Dr. Sue Johnson, author of Becoming an Emotionally Focused Couple Therapist

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. The McCartys offer three guidelines for sexual satisfaction: develop positive, realistic sexual expectations; explore sensual and sexual options; and communicate sexual desires. With this foundation, couples can take a straightforward survey to determine which of four couple sexual styles best fits their relationship.


Bestseller!

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


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


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

Pb: 978-0-415-95169-2: 2005: 224pp. £11.95/$19.00

McCarthy/Metz: Men’s Sexual Health: Fitness for Satisfying Sex


www.routledgementalhealth.com/barry-mccarthy

New Edition!

Couples Group Psychotherapy: A Clinical Treatment Model

Second Edition

Judith Coché, University of Pennsylvania Medical School, USA

“This down-to-earth book, based on broad scholarship and clinical experience, will add immeasurably to the field of couples group interventions.” - Sue Johnson, author of Becoming an Emotionally Focused Couple Therapist

This book is an up-to-date model based on more than twenty years of work and research with outpatient couples groups. In the text, therapists will find everything they need to conceptualize and develop a successful practice based on group psychotherapy for couples. The book combines tenets of individual personality development, family systems theory, and group psychotherapy theory, blending aspects of the theoretical basis of each in order to build a conceptual framework that incorporates the strengths of all three.


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Books by Susan M. Johnson, Ottawa Couple and Family Institute, Ontario, Canada

Forthcoming!

The EFT Casebook
Edited by James L. Furrow, Fuller Theological Seminary, California, USA, Brent Bradley, University of Houston-Clear Lake, Texas, USA, and Susan M. Johnson, Ottawa Couple and Family Institute, Ontario, Canada

There is currently no single resource that compiles the various applications to the many clinical populations being served by EFT today. The EFT Casebook fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidance and illustrations for the adaptation and application of EFT with specific treatment populations. This casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and treatment applications of EFT.


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Bestseller!

The Practice of Emotionally Focused Couple Therapy
Creating Connection
Second Edition

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

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Creando Conexiones
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Becoming an Emotionally Focused Couple Therapist

The Workbook

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

An invaluable tool for clinicians and students, Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure – the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies.

Pb: 978-0-415-94747-3: £19.95/$29.95

Common Dilemmas in Couple Therapy

Judith P. Leavitt, psychologist and co-founder, Sundance Counseling and Consulting, Massachusetts, USA

Common Dilemmas in Couple Therapy addresses four common problems that couples therapists face everyday in their offices – problems that leave therapists exhausted, drained, challenged, alive, racing, and on edge. These dilemmas encompass not only the difficult challenges therapists face everyday, but also the passions and profound disappointments of human intimate partnerships. The purpose of this book is not only to explore and give case illustrations of these dilemmas, but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work.

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Pb: 978-0-415-80001-3: £19.50/$29.95

Forthcoming!

We’re No Fun Any More

Guiding Clients to a Joyful Marriage

Robert Schwarz, licensed clinical psychologist and member and supervisor, American Association of Marital & Family Therapy, USA, and Elaine Braff, in private practice, New Jersey, USA

If one is married and also works and/or has kids, it’s common to lose the playful, sexy side of a relationship. Common – but not necessary. We’re No Fun Any More shows couples how to regain
the joy that supports a strong and loving marriage. Within its pages, readers will find a practical (and obviously fun) plan to get their marriage out of the rut that’s robbing it of joy, recapture the pleasure of dating, romance, and love, and revive the playful quality of sex that makes it the pleasurable and enjoyable experience it’s supposed to be.


*Forthcoming!*

**Self Within Marriage**

**The Foundation for Lasting Relationships**

**Richard M. Zeitner,** Greater Kansas City Psychoanalytic Institute, Missouri, USA

*Self Within Marriage* combines the theoretical orientations of object relations theory, self psychology, and systems theory to illustrate and discuss a way of understanding and working with couples and individuals whose relationship and emotional difficulties have centered on the very common conundrum of balancing individuality and intimacy in romantic relationships. Based on detailed case examples and couples therapy techniques, *Self Within Marriage* provides individual and analytic therapists with a refreshing new framework for working with clients and for helping them understand who they are as individuals and as partners.


*July 2011: 320pp.*

Hb: 978-0-415-99732-4: £21.99/$34.95

Pb: 978-0-415-97188-7: £44.50/$79.95

**Backlist Book**

**Breaking Up Blues**

**A Guide to Survival and Growth**

**Denise Cullington**

*Hb: 978-0-415-45546-6: 2008: 296pp. £42.50/$79.95*

Sex in Psychotherapy takes a psychodynamic approach to understanding recent technological and theoretical shifts in the field of psychotherapy. Lawrence Hedges provides an expert overview and analysis of a wide variety of new perspectives on sex, sexuality, gender, and identity; new theories about sex’s role in therapy; and new discoveries about the human brain and how it works. Therapists will value Hedges’s unique insights into the role of sexuality in therapy, which are grounded in the author’s studies of neurology, the history of sexuality, transference, resistance, and countertransference.

**CONTENTS:**
- Introduction: “Boy Meets Girl”: A Just-so Story about Sexuality
- **Part I: Perspectives for Considering Sex, Sexuality, Gender, and Gender Identity**
  - The Natural/Religious/Biological Perspective
  - The Infant-Caregiver/Erotic Interaction Perspective
  - The Personal Identity Perspective
  - The Perspective of Dissociation, Otherness, and Multiple Selves
  - The Postmodern/Social Constructionist Perspective
  - The Race/Ethnicity/Sexuality Perspective
  - The Perspective of Mimetics
  - The Perspective of Trauma and Transgenerational Ghosts
  - The Intersubjective Perspective
  - The Relational/Thirdness Perspective
- **Part II: Published Accounts of Sex in Psychotherapy**
  - Some Related Countertransference Issues
  - Developmental Listening
  - Listening Perspective I – The Personality in Organization
  - The Search for Relatedness
  - Listening Perspective II – Symbiosis and Separation
  - Listening Perspective III – The Emergent Self
  - Listening Perspective IV – Self and Other Constancy
- **Part III: Three Extended Case Studies Illustrating Sex and Sexuality in the Transference, Resistance, and Countertransference of Psychotherapy**
  - Dora: Eros in the Transference
  - Ted: Eros in the Resistance
  - Charles: Eros in the Countertransference

Hb: 978-0-415-87352-9: £19.99/$34.95
Pb: 978-0-415-87359-8: £16.99/$29.95

A Clinician’s Guide to Systemic Sex Therapy
Katherine M. Hertlein, and Gerald R. Weeks, both at University of Nevada, Las Vegas, USA, and Shelley K. Sendak, teaches courses in women’s studies, women’s sexuality, and sexual minority health

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. The text does not rely on only visual elements, however. Acknowledging that information needs to be guided by a theory that can be translated into practice, the authors use the Intersystems approach to provide a comprehensive perspective in understanding and improving intimate and sexual relationships for clients.

Hb: 978-0-7890-3822-7: £38.99/$69.95
Pb: 978-0-7890-3823-4: £16.99/$29.95

**Sex, Sexuality and Therapeutic Practice**
A Manual for Therapists and Trainers
Edited by Catherine Butler, Hackney Primary Care Trust, London, UK, Amanda O’Donovan, St. Bartholomew’s Hospital, London, UK, and Elizabeth Shaw, St Ann’s Hospital, North London, UK

“This excellent resource will quickly become a solid favourite among trainers. Its easily accessible style, comprehensive coverage of sexuality issues, and range of practical exercises designed to foster self-reflection and awareness will make it a resource to which professionals turn with remarkable regularity.” - Hannah Frith, University of Brighton, UK

Sexuality is an important area of clients’ lives yet it is often neglected, both in the consulting room and in training. This book examines issues of sexuality in a positive and affirming light and considers how sexuality-related issues can be introduced into therapy and training. Sex and sexuality are important to consider in psychotherapy, psychology, counselling and health provision across a variety of contexts and are relevant to clinicians and therapists working in health and mental health settings as well as in specialist services such as sexual and reproductive health and HIV.

The manual provides up-to-date information, further reading, handouts for clients, self-reflective exercises and examples of training exercises for workshops and teaching. It is an essential resource for health professionals, therapists, clinicians, academics and trainers, and will support the practicing therapist as well as those in training.

Hb: 978-0-415-44808-6: £60.00/$100.00
In the Grip of Desire
A Therapist at Work with Sexual Secrets

Gale Holtz Golden,
in private practice, Vermont, USA

Written in a first-person, narrative style, In the Grip of Desire gives both the professional and lay reader the rare opportunity to experience the sequestered world of the therapist as she works with people who have sexual secrets and behaviors.

Referencing the academic literature and research, using rich case material, and a broad use of literary references, the book unpretentiously demonstrates the basic concepts and issues in treating compelling and legal sexual behaviors.


Forthcoming!

Case Studies in Sexual Deviance

Edited by William T. O’Donohue, University of Nevada, Reno, USA

Case Studies in Sexual Deviance is a comprehensive text that covers 14 different forms of sexual deviance, each contained within one chapter that functions as an exemplar to assist other clinicians with treating that problem. Each chapter covers topics such as assessment, case formulation, relevant research, denial and treatment engagement, adjunctive treatment/case management, forensic issues, relapse prevention, and priorities for future research.


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Parenting

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Dropping the Baby and Other Scary Thoughts
Breaking the Cycle of Unwanted Thoughts in Motherhood

Karen Kleiman, The Postpartum Stress Center, Pennsylvania, USA, and Amy Wenzel, University of Pennsylvania, USA

Dropping the Baby and Other Scary Thoughts addresses the nature of the intrusive, negative, and anxious thoughts pregnant and postpartum women can experience. It provides answers to the women who seek information, clarification, and validation and is a useful resource for healthcare professionals who work with them. It is a resource for consumers and clinicians who must confront these negative cognitions by outlining what these thoughts are, why they are there, and what can be done about them.


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Also by Karen Kleiman

Therapy and the Postpartum Woman
Notes on Healing Postpartum Depressions for Clinicians and the Women Who Seek their Help
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Now!

Electra vs Oedipus
The Drama of the Mother–Daughter Relationship

Hendrika C. Freud, in private practice, Amsterdam, the Netherlands
Translated by Marjolijn de Jager

Electra vs Oedipus explores the deeply complex and often turbulent relationship between mothers and daughters. In contrast to Sigmund Freud’s conviction that the father is the central figure, the book puts forward the notion that women are in fact far more (pre)occupied with their mother. Drawing on the author’s extensive clinical experience, the book provides numerous case studies which shed light on women’s emotional development.

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Parenting with Reason
Evidence-Based Approaches to Parenting Dilemmas
Esther Yoder Strahan, Clinical Psychologist, Ohio, USA, Wallace E. Dixon, Jr., East Tennessee State University, USA, and J. Burton Banks, Medical Practitioner, Southwest Virginia, USA

Parenting with Reason cuts through the masses of confusing and often contradictory advice about parenting by providing hard evidence to back up the tough decisions all parents face.

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What Every Man Should Know About Being a Dad
David Cohen, Writer, psychologist and film maker

This book provides a guide for men on how to be a good dad and a supportive partner. Dealing directly with the key issues and the many stresses that fathers can face, it looks at the psychological research on child development, parenting, and fathering in particular.

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Books from Garry L. Landreth

Child Parent Relationship Therapy (CPRT)
A 10-Session Filial Therapy Model
Garry L. Landreth and Sue C. Bratton
This book offers a survey of the historical and theoretical development of the filial therapy approach and presents an overview of filial therapy training and then filial therapy processes.

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Child Parent Relationship Therapy (CPRT) Treatment Manual
Sue C. Bratton, and Garry L. Landreth, both at University of North Texas, USA, Theresa Kellam, in private practice, Lexington, USA, and Sandra R. Blackard, independent consultant in communication and training

This manual is the highly recommended companion to CPRT: A 10-Session Filial Therapy Model. Accompanied by a CD-Rom of training materials, the workbook will help the facilitator of the filial training and will provide a much needed educational outline to allow filial therapists to pass their knowledge on to parents.

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The CPRT Package
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Garry L. Landreth
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John H. Harvey, University of Iowa, USA, and Mark A. Fine, University of Missouri/Columbia, USA
Featuring excerpts of essays collected from over one thousand young adults while in the throes of divorce, this book paints a picture of the pain and the hope shown by the storytellers. By framing the narratives with an analysis of the most recent divorce literature, the authors provide readers with a greater and more vivid understanding of the effects of divorce.

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Sandtray Therapy
A Practical Manual
Second Edition
Linda Homeyer, Texas State University, USA, and Daniel Sweeney, George Fox University, Oregon, USA
This manual is intended for play therapists, counselors, and other mental health practitioners seeking to incorporate sandtray work into their clinical repertoire. Chapters cover the history and rationale for sandtray therapy, the materials needed for successful sessions, and how to conduct and process a therapy session.

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Child Anxiety Disorders
A Guide to Research and Treatment
Second Edition
Deborah C. Beidel, University of Central Florida, USA, and Candice A. Alfano, Children’s National Medical Center, The George Washington University School of Medicine, Washington D.C., USA
Childhood anxiety disorders represent one of the most common psychological disorders found among the general population. They can be serious, distressful, and functionally impairing, so much so that there has been an explosion of interest in their treatment, primarily from pharmacological and cognitive-behavioral perspectives. Addressing these perspectives is the revised second edition of Childhood Anxiety Disorders, by Beidel and Alfano.


Hb: 978-0-415-87373-4: £27.95/$49.95

Navigating Teenage Depression
A Guide for Parents and Professionals
Gordon Parker, University of New South Wales & Black Dog Institute, Sydney, Australia, and Kerrie Eyers, Black Dog Institute, Sydney, Australia
“If you suspect your teenager is depressed, read this book. It contains the distilled wisdom of Professor Gordon Parker and Kerrie Eyers who have been successfully helping young people overcome depression at their Black Dog Institute in Australia for many years. This book is a ray of light that shows the way out of a dark place.” - Alan Carr, University College Dublin, Ireland

First symptoms of depression often occur during teenage years, and it can be a disturbing and confusing time for families as well as the teenager themselves. How can you tell whether it is just typical teenage ups and downs that will pass, or something more serious? How can we reliably identify and support teenagers with depression?

In this book experienced clinician and researcher Gordon Parker explains how to systematically identify different mood disorders and contributing factors. He and co-author Kerrie Eyers explain when clinical treatment is required and outline treatment options. They also discuss the particular challenges faced by adolescents and approaches to effective management.


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Gustavo Mesch, and Ilan Talmud, both at the University of Haifa, Israel

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Young People’s Pathways In and Through Homelessness

Shelley Mallett, and Doreen Rosenthal, both at University of Melbourne, Australia, Deb Keys, Melbourne Citymission, Australia, and Roger Averill, Freelance Writer, Researcher and Editor, Australia

Based on a large longitudinal study of homeless young people, this book examines the factors that impact on homeless young people’s long-term outcomes.

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Eating Disorders

New Edition!

Nutrition Counseling in the Treatment of Eating Disorders

Second Edition

Marcia Herrin, Dartmouth Medical School, New Hampshire, USA

In the first edition of Nutrition Counseling in the Treatment of Eating Disorders, Marcia Herrin educated nutritionists, psychotherapists, cognitive behaviorists, psychiatrists, physicians, and primary care providers about clinically-sound nutrition treatment and provided the opportunity to expand their treatment approaches.

In this second edition, Herrin still devotes sections to nutrition counseling, nutrition interventions, and food, exercise, and weight management while detailing relevant nutritional and biological facts, assessment and counseling techniques, and prescription of a food plan. Included in this revised edition is the incorporation of the new Maudsley-inspired nutrition treatment techniques she has pioneered for the last ten years.

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Eating Disorders in Sport

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

In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes.


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The Clinician’s Guide to Collaborative Caring in Eating Disorders

Edited by Janet Treasure, Ulrike Schmidt, and Pam Macdonald

This book provides guidance for clinicians working with families and carers. It demonstrates how active collaboration between professional and non-professional carers can maximise quality of life for both the sufferer and all other family members.

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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

Gerontology

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Ageing and Older Adult Mental Health

Issues and Implications for Practice

Edited by Patrick Ryan, and Barry Coughlan, both at University of Limerick, Ireland

“Ryan and Coughlan are to be congratulated for editing a highly accessible book on aging and mental health... required reading on all postgraduate courses for mental health professionals who are being trained to provide services to older adults with psychological problems.” - Alan Carr, University College Dublin, Ireland

This book examines the issues and implications that mental health professionals face when dealing with ageing and older adults. The book explores the area of ageing and focuses on the biological, psychological and cultural influences that impact on the work of mental health practitioners who work with this client group.


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 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.


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Counseling Older Adults

John Blando, San Francisco State University, USA

Counseling older adults is not equivalent to counseling the general population, and specialized skills and knowledge, as well as sensitivity to the contexts in which older adults live, are essential in working successfully with this population. This book provides an introduction to gerontological counseling, covering theories of aging and their practical application in counseling work with older adults; basic counseling skills and the counseling process in the context of work with older adults; contextual factors; and a discussion of social justice issues.

CONTENTS:
- Theories of Aging and Later Life Development
- Attending and Listening Skills in Work with Older Adults
- Stages of Counseling Older Adults
- Psychodynamic and Existential Foundations in Counseling Older Adults
- Transference and Other Counseling Processes with Older Adults
- Approaches to Counseling Older Adults
- The Culture and Context of Old Age
- Spirituality and Counseling Older Adults
- Multicultural Gerontological Counseling
- School, College, and Career Counseling with Older Adults
- Rehabilitation Counseling with Older Adults
- Alzheimer’s Disease and Other Dementias
- Family Issues in Counseling Older Adults
- Psychological Issues in Community and Mental Health Counseling
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Growing Old

A Journey of Self-Discovery

Danielle Quinodoz, Psychoanalyst, Geneva, Switzerland

In this book psychoanalyst Danielle Quinodoz highlights the value of old age and the fact that although many elderly people have suffered losses, either of their own good health or through bereavement, most have managed to retain the most important thing – their sense of self. Quinodoz argues that growing old provides us with the opportunity to learn more about ourselves.

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