Alfred Adler Revisited

Edited by Jon Carlson, Governors State University, Illinois, USA, and Michael P. Maniacci, in private practice, Illinois, USA

Alfred Adler was one of the most influential thinkers in psychotherapy who helped to establish the field through his writings and teaching. His original ideas serve as a foundation for most modern theories of counseling and psychotherapy, and this book pays tribute to, analyzes, and disseminates his classic, seminal papers, which have significantly impacted the therapy field. Alfred Adler Revisited brings together leading experts to introduce, discuss, and contextualize twenty-three of his professional papers.


*All titles in quotes represent original articles written by Alfred Alder, with an introduction by each contributor.
This powerful audiobook provides a fascinating and instructive demonstration of Neo-Ericksonian hypnotherapy, highlighting the significance of timing, rhythm and pauses. Through demonstrations of Basic Induction and Naturalistic Induction, Havens and Walters provide clear examples of the tempo, tone and phrasing employed by experienced clinicians to elicit and maintain a trance. Combined with the text, the companion audiobook enables clinicians to incorporate or more effectively utilize hypnotherapy techniques in their practices. By following along and entering into the pleasantly relaxed, focused inner awareness typical of a trance state, practitioners give themselves the opportunity to develop a direct experiential understanding of the nature of trance and of the skills required to elicit and utilize that trance effectively.
Animal Assisted Therapy in Counseling
Second Edition

Cynthia K. Chandler, University of North Texas, USA

This text explores the history and practice of Animal Assisted Therapy (AAT) in counseling. It discusses the latest empirical research in the field and offers guidelines for implementing the practice of AAT in a variety of settings, including community counseling agencies, schools, private practices, and universities. It features case examples, explains how to select, train, and evaluate an animal for therapy work, and examines ethical considerations, risk management, diversity issues, and crisis response applications. Sample forms to be used in evaluating clients and recording session data are included, as well as illustrations to facilitate some of the recommended AAT techniques. The second edition features all of the material from the previous, updated and expanded, as well as a new chapter on animal assisted techniques and counseling theories and an expanded section on equine assisted counseling.

Contents:
- An Introduction to Animal Assisted Therapy.
- Research in Animal Assisted Counseling and Related Areas.
- Selecting an Animal for Therapy Work.
- Training a Pet for Therapy Work.
- Evaluation of a Pet for Therapy Work.
- Risk Management and Ethical and Legal Considerations in Animal Assisted Counseling.
- Animal Assisted Interventions and Counseling Theories.
- Equine Assisted Counseling.
- A Variety of AAT Applications.
- Sensitivity to Cultural Differences and Populations with Special Needs.
- Crisis and Disaster Response Counseling with Therapy Animals.
- Establishing a School-based Program for Animal Assisted Therapy and Education.
- International Considerations and Applications of Animal Assisted Therapy.
- Appendices: College and University Programs in Animal Assisted Therapy and Related Areas.
- Client Screening Form for Animal Assisted Therapy.
- Psychosocial Session Form.
- Animal Assisted Therapy Animal Illustrations.
- Instructions and Activities.
- Sample Course Syllabus for Counselor Training in Animal Assisted Therapy.
- Sample Policy and Procedures for the Practice of Animal Assisted Therapy in a Counselor Training Program.
- Recommended Competency Areas and Accompanying Performance Guideline for the Practice of Animal Assisted Therapy in Mental Health Counseling.
- Several Hospitals with AAA/AAT Programs.
- Sample Policies and Procedures for the Practice of Animal Assisted Therapy in an Agency or Private Practice.
Attachment Theory in Clinical Work with Children

Bridging the Gap between Research and Practice

Edited by David Oppenheim, University of Haifa, Israel, and Douglas F. Goldsmith, The Children’s Center, Utah, USA

“This invaluable presentation of cutting-edge clinical applications, seamlessly integrated with the most recent research data, is a remarkable achievement. It is a highly convincing testament to the profound relevance of attachment theory for therapeutic work and prevention.” - Peter Fonagy, University College London, UK

“This groundbreaking volume brings the ideal of a scientifically informed dynamic psychotherapy practice a step nearer. Cutting-edge clinician-researchers, backed by a sophisticated array of evidence on the assessment and therapy of children and their parents, show how the universal psychotherapeutic values of mentalization, boundedness, and building on strengths can enhance security and happiness.” - Jeremy Holmes, University of Exeter, UK

Attachment research has tremendous potential for helping clinicians understand what happens when parent-child bonds are disrupted, and what can be done to help. Yet there remains a large gap between theory and practice in this area. This book reviews what is known about attachment and translates it into practical guidelines for therapeutic work. Leading scientist-practitioners present innovative strategies for assessing and intervening in parent-child relationship problems; helping young children recover from maltreatment or trauma; and promoting healthy development in adoptive and foster families. Detailed case material in every chapter illustrates the applications of research-based concepts and tools in real-world clinical practice.

This book will be important reading for practitioners working with infants and young children and their caregivers, including clinical psychologists, psychiatrists, social workers, and counselors; developmental psychologists; and students in these areas. It may also serve as a supplemental text in graduate-level courses in attachment and child therapy.

Barkley Functional Impairment Scale (BFIS)

Russell A. Barkley, Medical University of South Carolina, USA

“This great tool fills a huge void in current psychological assessment practices – finally, we have a psychometrically sound, norm-referenced instrument to measure functional impairment in adults. The BFIS is conceptually sound, empirically derived, ecologically valid, highly reliable, and clinically useful. The ease of administration and interpretation is a major plus. This scale is a great asset for assessment of patients in any clinical or mental health setting. Kudos to Dr. Barkley for responding so keenly to a pressing need in our field.” - Lawrence Lewandowski, Department of Psychology, Syracuse University, New York, USA

“Clinicians and scholars agree that functional impairment is critical to the diagnosis of psychological disorders, as well as a major focus of intervention. But most measures of impairment lack evidence of psychometric quality. In contrast, the BFIS has impressive normative data and reliability and validity evidence. With this scale, clinicians can make confident judgments about how impaired a client is relative to the general population, leading to more informed decisions about prioritizing treatment goals. Graduate students taking courses in clinical assessment or rehabilitation counselling could learn much from the conceptual background and empirical data that Barkley offers. And clinical researchers now have a new tool to accurately quantify impairment when conducting studies with a range of populations. The BFIS helps to solve the long-standing problem of measuring how well someone functions in everyday life.” – Benjamin J. Lovett, Department of Psychology, Elmira College, New York, USA

To diagnose a mental disorder or evaluate a disability claim, clinicians must assess functional impairment – not just the presence of symptoms. Meeting a key need, the Barkley Functional Impairment Scale (BFIS) is the first empirically based, norm-referenced tool designed to evaluate possible impairment in 15 major domains of psychosocial functioning in adults. Featuring both self-report and other-report forms (for example, spouse, parent, or sibling), the BFIS is reliable, valid, and user friendly. Purchasers get a limited license to reproduce the forms and score sheets without the expense of reordering materials from the publisher; the large format and sturdy wire binding facilitate photocopying. The long version takes the average adult 5–7 minutes to complete, and the Quick Screen takes only 3–5 minutes.

This book will be important reading for clinical and forensic psychologists, neuropsychologists, social workers, psychiatrists, and psychopathology researchers.


Published by Guilford Press

June 2011: 8 x 10 1/2: 118pp.
Pb: 978-1-60918-219-9: £99.95 £89.96

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US/Canadian customers please visit www.guilford.com
Beyond Technique in Solution-Focused Therapy

Working with Emotions and the Therapeutic Relationship

Eve Lipchik, ICF Consultants Inc., Milwaukee, USA

Foreword by Wendel A. Ray

“Lipchik dispels all the stereotypes of solution-focused therapy (SFT), so that even SFT skeptics will want to give the model a second look. Her version cherishes the uniqueness of clients, is nonformulaic, emotion-focused, and privileges the client-therapist relationship over technique... Replete with rich case illustrations (which heretofore I would have assumed to be ‘too complex’ for SFT), the volume has left me with the imprint of a master teacher and clinician and has greatly enriched my practice.” - Douglas H. Spenkle, Marriage and Family Therapy Program, Purdue University, Indiana, USA

“At last, someone has written a book that integrates the practical simplicity of solution-focused work with the crucial presence of emotion and relationship. Lipchik liberates our understanding of feelings from cumbersome theoretical frameworks, and shows how they are a basic currency in the therapeutic exchange... Eminently practical and theoretically illuminating.” - Stephen Gilligan, in private practice, USA, and author of Therapeutic Trances and The Courage to Love

Solution-focused therapy is often misunderstood to be no more than the techniques it is famous for – pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a "one-size-fits-all" manner, these techniques may produce disappointing results and leave clinicians wondering where they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making. The focus is on how attention to emotional issues, traditionally not emphasized in brief, strengths-based interventions, can help “unstick” difficult situations and pave the way to successful solutions.

“This book continues to set the standard for evidence-based cognitive-behavioral therapy (CBT) with children and adolescents. Cutting-edge issues and new developments are evident throughout the fourth edition. The stellar group of contributors cover best CBT practices across a wide range of clinical problems and domains... Kudos to Kendall for yet another outstanding contribution!” - Eric J. Mash, University of Calgary, Canada, and Oregon Health & Science University, Canada

“The question of how to improve on a classic is expertly answered by Kendall and his stellar team of contributors. The fourth edition of Child and Adolescent Therapy is even more clinician friendly without sacrificing any of the scientific rigor we have come to expect... Set aside space on your bookshelf for this peerless work.” - Robert D. Friedberg, Director, Cognitive Behavioral Therapy Clinic for Children and Adolescents, Penn State University, USA

Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do-it descriptions illustrated with clinical examples. Relevant theories and research findings are explained, and exemplary treatment manuals and client workbooks reviewed. Coverage encompasses evidence-based treatments for Aggression, Attention-Deficit/Hyperactivity Disorder, Anxiety Disorders, Depression and Suicidality, Obsessive-Compulsive Disorder, Eating Disorders, and Trauma. Ways to involve parents in treatment are addressed throughout.

New to this Edition:
• presents advances in conceptualizing and treating specific clinical problems
• up-to-date information on treatment manuals and outcome research
• chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions.

Contents:

Edited by Philip C. Kendall, Temple University, Pennsylvania, USA

Published by Guilford Press

September 2011: 7 x 10: 538pp. Hb: 978-1-60623-561-4: £42.95 £39.56

Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
Classroom Pivotal Response Teaching for Children with Autism

Aubyn C. Stahmer, Jessica Suhreinich, Sarah Reed, Laura Schreibman, all at the University of California, San Diego, USA, and Cynthia Bolduc, San Diego Unified School District, USA

“Designed for and with educators, this book goes beyond just describing the components of CPRT; it includes many examples of practices linked to student goals and objectives and determined by data-based progress monitoring. It is an excellent guide for effective implementation of evidence-based classroom strategies based on applied behavior analysis. The troubleshooting strategies and the companion DVD-ROM are useful features. I recommend this book to all educators as an outstanding, user-friendly resource.” - Laura J. Hall, Department of Special Education, San Diego State University, USA

“The beauty of CPRT is its flexibility: these teaching procedures can be applied successfully to almost any learning goal, in virtually any setting. The approach maximizes students’ attention and motivation for learning – regardless of their learning challenges – and its positivity is rewarding for both students and educators. The manual provides clear, concrete guidelines, forms, and sequences for those learning to use CPRT for the first time. Very few empirically supported autism interventions are applicable for both individuals and groups, making CPRT a unique and very promising tool for educators and therapists.” - Sally J. Rogers, Department of Psychiatry and Behavioral Sciences and M.I.N.D. Institute, University of California, Davis, USA

This practical manual and accompanying DVD-ROM present a research-supported behavioral intervention for children with autism that teachers can easily integrate into their existing classroom curriculum. Classroom Pivotal Response Teaching (CPRT) enhances children's motivation and participation in learning; increases the number of learning opportunities they experience each day; and promotes mastery of targeted communication, play, social, and academic skills. In a convenient large-size format with lay-flat binding, the book features more than two dozen reproducible worksheets and forms to aid in planning and implementing the procedures. The DVD-ROM includes narrated PowerPoint presentations with invaluable video examples of CPRT in action, along with copies of the reproducibles.

This book will be invaluable to special educators and classroom teachers; also of interest to school and child clinical psychologists, behavior specialists, applied developmentalists, and speech-language pathologists. It may also serve as a supplemental text in graduate-level courses.

Clinical Work with Traumatized Young Children

Edited by Joy D. Osofsky, Louisiana State University Health Sciences Center, USA

“The vulnerability of young children’s emotions is movingly documented on these pages, as are avenues of hope. Leading experts in the field profile the most promising approaches to promoting recovery and healing in traumatized young children. As they do so, we learn about the importance of relational support, understanding developmental needs, multigenerational influences, and the importance of social systems coming together around the needs of young children. A valuable resource for clinicians, early childhood practitioners, teachers and students, and anyone concerned with the early years.” - Ross A. Thompson, Department of Psychology, University of California, Davis, USA

“Osofsky has engineered an accessible and valuable resource for professionals across the disciplines that collaborate to deliver the best possible outcomes for children and families impacted by isolated or continual trauma. This book provides important perspectives for any contemporary practitioner.” - Constance Cohen, Juvenile Court Judge, Des Moines, Iowa, USA

Presenting crucial knowledge and state-of-the-art treatment approaches for working with young children affected by trauma, this book is an essential resource for mental health professionals and child welfare advocates. Readers gain an understanding of how trauma affects the developing brain, the impact on attachment processes, and how to provide effective help to young children and their families from diverse backgrounds. Top experts in the field cover key evidence-based treatments – including child–parent psychotherapy, attachment-based treatments, and relational interventions – as well as interventions for pediatric, legal, and community settings. Special sections give in-depth attention to deployment-related trauma in military families and the needs of children of substance-abusing parents.

Cognitive-Behavioral Interventions for Emotional and Behavioral Disorders

School-Based Practice

Edited by Matthew J. Mayer, Rutgers, The State University of New Jersey, USA, Richard Van Acker, University of Illinois at Chicago, USA, John E. Lochman, University of Alabama, USA, and Frank M. Gresham, Louisiana State University, USA

“Filling a critical void in the literature, this book illuminates the exciting potential of cognitive-behavioral interventions in school-based practice... The impressive collection of scholar-authors steers clear of hyperbole in favor of more dispassionate examinations of what the science is saying. Their approach leaves the reader informed, optimistic, and energized.” - Jim Larson, Coordinator, School Psychology Program, University of Wisconsin-Whitewater, USA

“This book is a prize for clinicians, researchers, and students alike. The editors have assembled valuable chapters that address theoretical, methodological, and clinical issues. Most impressively, the contributors tackle the often harsh realities that confront clinicians doing cognitive-behavioral therapy in real-world settings. Further, they seamlessly integrate pivotal developmental and ethnocultural variables.” - Robert D. Friedberg, Department of Psychiatry, Penn State Milton Hershey Medical Center, USA

Evidence based and practical, this book presents state-of-the-science approaches for helping K-12 students who struggle with aggressive behaviors, anxiety, depression, ADHD, and autism. It explains the fundamentals of cognitive-behavioral intervention and reviews exemplary programs that offer powerful ways to reach at-risk children and adolescents. Leading authorities thoroughly describe the process of assessment, treatment planning, implementation, and program evaluation. What makes the book unique is its focus on the nitty-gritty of school-based intervention, including how to integrate mental health services into the special education system, overcome obstacles, and provide needed skills to school personnel.


Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
Cognitive Behavior Therapy
Basics and Beyond
Second Edition

Judith S. Beck, Beck Institute for Cognitive Therapy and Research, University of Pennsylvania, USA
Foreword by Aaron T. Beck

“In addition to the fundamental aspects of CBT that were presented in the original volume, the second edition presents innovations in theory and clinical practice. Like its predecessor, this book is destined to be an international success. It is written in clear and compelling prose, with many practical suggestions and clinical vignettes. This is truly an essential book for anyone who wants to become expert in CBT.” - Keith S. Dobson, Department of Psychology, University of Calgary, Canada

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. New to this edition:

- reflects over 15 years of research advances and the author’s ongoing experience as a clinician, teacher, and supervisor
- chapters on the evaluation session and behavioral activation
- increased emphasis on the therapeutic relationship, building on patients’ strengths, and homework
- now even more practical: features reproducibles and a sample case write-up.

This book will be invaluable to clinicians and graduate students in all of the mental health disciplines, including clinical psychology, social work, psychiatry, and counseling. It will also serve as a text in graduate-level CBT and psychotherapy courses.


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Cognitive Therapy for Challenging Problems
What to Do When the Basics Don’t Work

Judith S. Beck, Beck Institute for Cognitive Behavior Therapy, University of Pennsylvania, USA

Foreword by Aaron T. Beck

“When therapy does not seem to be going well, most clinicians can name another therapist whom they think would fare better. This book teaches you how to become that therapist.” - David M. Clark, Department of Experimental Psychology, University of Oxford, UK

“A highly practical guide for using cognitive therapy with patients who present challenging problems to clinicians with diverse levels of experience. An excellent hands-on text for graduate-level courses and for novice therapists, it can also fruitfully guide mature practitioners who wish to expand their realm of expertise.” - Theodore Millon, Institute for Advanced Studies in Personology and Psychopathology, USA

This groundbreaking book addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, the Personality Belief Questionnaire.


Pb: 978-1-60918-990-7: £16.95
Published by Guilford Press

Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
Cognitive Therapy of Anxiety Disorders
Science and Practice

David A. Clark, University of New Brunswick, Canada, and Aaron T. Beck, University of Pennsylvania, USA

“Exceptional. In this comprehensive and integrative work, Clark and Beck offer their latest insights in treating anxiety disorders and provide specific conceptual frameworks... Included are a wealth of practical assessment and monitoring tools that can be used effectively with clients. The book will also be valuable as a course text in clinical psychology training programs.” - Adrian Wells, Division of Clinical Psychology, University of Manchester and Director, Metacognitive Therapy Institute, UK

“Clark and Beck have produced a landmark work. Scholarly and clinically rich, the book presents the contemporary status of the cognitive model of anxiety disorders with great clarity. It provides a comprehensive yet easy-to-read summary of the empirical literature and describes concrete clinical techniques for addressing some of the most common psychiatric problems. Essential reading for current and future mental health professionals.” - Stefan G. Hofmann, Department of Psychology, Boston University, USA

Updating and reformulating Aaron T. Beck’s pioneering cognitive model of anxiety disorders, this book is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention. They provide evidence-based mini-manuals for treating the five most common Anxiety Disorders: Panic Disorder, Social Phobia, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, and Posttraumatic Stress Disorder. User-friendly features include vivid case examples, concise “Clinician Guidelines” that reinforce key points, and over three dozen reproducible handouts and forms.


Published by Guilford Press

Pb: 978-1-60918-992-1: £23.95 £21.56
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Counseling Muslims
Handbook of Mental Health Issues and Interventions

Edited by Sameera Ahmed, The Family and Youth Institute (FYI), Wayne State University, Michigan, USA, and Mona M. Amer, American University, Cairo, Egypt

Behavioral health practitioners who provide services to Muslim clients living in English-speaking territories, such as North America, Australia, and parts of Europe, need a resource to help guide them towards providing religio-culturally competent care. Editors Sameera Ahmed and Mona Amer have gathered together authoritative contributors specializing in a variety of mental health care issues to compile the resource that is Counseling Muslims. This text is unique in its broad scope, which reflects interventions at the individual and community level, and includes chapters that discuss persons born in the West, converts to Islam, and those from smaller ethnic minorities. This is the only guide practitioners will need to access for information on effective service delivery.


This edited collection explores the advantages and disadvantages of current management schemes for high-risk offenders, such as sex offenders, terrorists, offenders with serious mental illnesses, and juvenile offenders. It is written for scholars in the field, as well as policy-makers and mental health professionals. Chapters examine a myriad of relevant issues, such as the practical issues that have arisen following the implementation of preventive detention/supervision schemes, the issues relating to assessing the risk of future harm in the management of high-risk offenders, and different programs/sentencing options for high-risk offenders with mental illnesses.

Contents:

Part I: Parameters.
- McSherry, Keyzer, 'Dangerous' People: An Overview.
- Sifris, An International Human Rights Perspective on Detention without Criminal Charge or Trial.
- Keyzer, The International Human Rights Parameters for the Preventive Detention of Serious Sex Offenders.
- Slobogin, Legal Limitations on the Scope of Preventive Detention.

Part II: Policy.
- La Fond, Sexual Offender Commitment Laws in the USA: The Inevitable Failure of Misusing Civil Commitment to Prevent Further Sex Crimes.
- Petrila, Sexually Violent Predator Laws: Going Back to a Time Better Forgotten.
- Freckleton, The Preventive Detention of Insanity Acquittees: A Case Study from Victoria.

Part III: Prediction.
- Skeem, Peterson, Silver, Toward Research-informed Policy for High Risk Offenders with Severe Mental Illnesses.

Part IV: Practice.
- Thomson, The Role of Forensic Mental Health Services in Managing High Risk Offenders: Functioning or Failing?
- Quinn, Crichton, 'Case Managing High Risk Offenders with Mental Disorders in Scotland.'
- Fyfe, Gailey, The Scottish Approach to High Risk Offenders: Early Answers or Further Questions?
- Logan, Managing High Risk Personality Disordered Offenders: Lessons Learned to Date.

Part V: Conclusion.
- McSherry, Keyzer, 'Dangerous’ People: The Road Ahead for Policy, Prediction and Practice.
Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy
A Client’s Guide

Windy Dryden, Goldsmiths, University of London, UK

Dealing with Emotional Problems offers clear, practical advice on how to deal with some of the most common emotional difficulties.

Rational-Emotive Cognitive Behaviour Therapy (RECBT) is a technique that encourages a direct focus on emotional problems, helping you to understand the thoughts, beliefs and behaviours that cause you to maintain these problems. This understanding will enable you to overcome problems and lead a happier and more fulfilling life.

The book begins by outlining foundations of emotional problems. Each problem is then presented in a similar way, allowing the reader to compare and contrast similarities and differences between each emotion, and how to cope with it.

This book covers:
• anxiety
• depression
• guilt
• shame
• hurt
• unhealthy anger
• unhealthy jealousy
• unhealthy envy.

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy can be used on your own or in conjunction with a therapist who can use the Practitioner’s Guide.

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy

A Practitioner’s Guide

Windy Dryden, Goldsmiths, University of London, UK

In this practical companion to the client manual, Windy Dryden draws on Rational-Emotive Cognitive Behaviour Therapy (RECBT) – a form of CBT that focuses on challenging and changing the irrational beliefs that largely determine emotional and behavioural issues – to encourage people to deal with their emotional problems.

This Practitioner’s Guide includes all of the information presented in the Client’s Guide with the addition of helpful hints and tips for the therapist, making it straightforward to use in the consulting room with no need for further references.

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy will allow the therapist to work through and help the client learn to deal with their problems from an RECBT perspective, covering:

- anxiety
- depression
- guilt
- shame
- hurt
- unhealthy anger
- unhealthy jealousy
- unhealthy envy.

This practical Workbook presents each emotion in a similar way, allowing the reader to compare and contrast common and distinctive features of each problem. It will be essential reading for any professional using RECBT with their client.

D. W. Winnicott
Edited by Clare Winnicott, Ray Shepherd and Madeleine Davis

“Winnicott was a healer with the qualities of a parent, a magician, a teacher, a poet and a friend. The editors of this book have done a great service in collecting and arranging papers dating from the experiences of the evacuation in the Second World War up to some of Winnicott’s continued explorations of his own philosophy.” - The British Medical Journal

D.W. Winnicott was one of the giants of child psychiatry and psychoanalysis. He argued eloquently for an increased sensitivity to children, their development and their needs. Deprivation and Delinquency is an invaluable collection of his work on the theme of the relationship between antisocial behaviour, or more chronically delinquency, and childhood experiences of deprivation. Winnicott examines children under stress, the nature and origin of antisocial tendency and the practical management of difficult children – issues which have once again exploded onto the social agenda.


This collection of clinical vignettes can be used in several ways, including as an adjunct to teaching, in self-instruction for individuals and groups, and as a video examination in DSM-IV diagnosis. It contains sixteen vignettes ranging in length from five to 12 minutes and includes a program guide that illustrates one or more Axis I or Axis II disorders.
Eating Disorders in Children and Adolescents
A Clinical Handbook

Edited by Daniel Le Grange, University of Chicago, USA, and James Lock, Stanford University, California, USA

"An authoritative and comprehensive guide to the assessment and treatment of eating disorders in children and adolescents. I strongly recommend this unique resource." - Christopher G. Fairburn, University of Oxford, UK

"As a clinician who engages families in the treatment of eating disorders, I cannot think of a more comprehensive, authoritative, and thoughtfully curated collection of knowledge about these complex disorders. With its groundbreaking focus on the fundamental developmental nature of anorexia nervosa and bulimia nervosa, Eating Disorders in Children and Adolescents asks meaningful questions, broadens our understanding, sharpens our efforts, and strengthens our resolve." - Leslie Sim, Mayo Graduate School of Medicine, Minnesota, USA

Bringing together leading authorities, this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents. The book reveals how anorexia nervosa, bulimia nervosa, and other disorders present differently in children than in adults and explains their potentially far-reaching impact on psychological, physical, and neurobiological development. It provides guidelines for developmentally sound assessment and diagnosis, with attention to assessment challenges unique to this population. Detailed descriptions of evidence-based therapies are illustrated with vivid case examples. Promising directions in prevention are also addressed. A special chapter offers a parent’s perspective on family treatment.


Robert L. Leahy, and Dennis Tirch, both at the American Institute for Cognitive Therapy and Weill Cornell Medical College, New York, USA, and Lisa A. Napolitano, New York University School of Medicine, USA

“Thank you, Leahy, Napolitano, and Tirch, for providing clinicians everywhere with a systematic means for helping clients develop emotion regulation skills. Most clients present with difficulties in managing their emotions, but there is a startling lack of useful materials to guide therapists. This invaluable book fills the gap, and is sure to be a resource that clinicians will reach for frequently as they develop treatment plans, adjust therapy programs during the course of treatment, and teach clients skills to use in their everyday lives. The book is complete with structured exercises, guidelines for treatment, and strategies for overcoming difficulties that routinely arise in-session.” - Dean McKay, Department of Psychology, Fordham University, New York, USA

“This book is a unique contribution to the literature; one that is particularly important given the pervasiveness of emotion regulation problems across multiple disorders. I highly recommend it.” - Marsha M. Linehan, Professor and Director, Behavioral Research and Training Clinics, University of Washington, USA

Highly practical and accessible, this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences. The book presents a menu of effective intervention options – including schema modification, stress management, acceptance, mindfulness, self-compassion, cognitive restructuring, and other techniques – and describes how to select the best ones for particular patients or situations. Provided are sample questions to pose to patients, specific interventions to use, suggested homework assignments, illustrative examples and sample dialogues, and troubleshooting tips. In a large-size format for easy photocopying, the volume is packed with over 65 reproducible handouts and forms.

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.

This book is divided into three parts: Part I addresses the basic concepts in conducting male-sensitive counseling, incorporating the most current thinking regarding how to conduct gender-aware psychotherapy. Part II consists of contributions from couples therapists who work with specific models, such as Psychodynamic Couples Counseling; Adlerian Couples Counseling; Imago Relationship Therapy; Emotionally Focused Couples Therapy; and Integrated Behavioral Couples Therapy. Part III focuses on special issues, including infidelity, culturally-sensitive counseling, issues with sexuality, and veterans’ issues.

Even if It Costs Me My Life
Systemic Constellations and Serious Illness

Stephan Hausner, in private practice, Germany

“With great clarity, sensitivity, and unique insight, Stephan Hausner lifts the veil surrounding the mystery of illness and disease. No one has more experience exploring the hidden patterns behind illness...this book is a must for all those who want to expand their understanding...opening a new view to how we have moved away from health and happiness, showing us ways to reintegrate the lost parts of our self.”

- Dale Schusterman, author, Sign Language of the Soul

“Stephan Hausner has given us a spectacularly unspectacular view into the complex world of mind/body healing from a transgenerational perspective. His work is based on careful observation of real people in real-life situations. Without extraneous metaphysical claims or hocus-pocus, it is nothing more or less than a plain old open-minded and open-hearted ‘I’ll believe it if I see it’ examination of a fascinating subject. Whether professional or lay person interested in health and illness, this book has a great deal of common sense to offer.”

- Hunter Beaumont, and co-author of Love’s Hidden Symmetry

Family constellations work has broadened and developed in many different fields as a method of counseling and therapy. In addition to constellations in organizations and schools, applying this approach to working with illness and disease has expanded the potential for healing effects in the field of medicine as well. A view of transgenerational entanglements and family dynamics casts a new light on health and disease, and the insights gained from constellations with illness and health problems have led to a more holistic view of those who are ill. In Even If It Costs Me My Life, Stephan Hausner aims to provide a picture of the healing potential of systemic constellations, entering into the reciprocal effects of family dynamics and illness. Extensive use of case studies demonstrates this technique in action, revealing how existing illneses and pathologies are rooted within the family dynamic, and setting up healing postures to facilitate growth, development, and direction.

Experiencing Psychosis

Personal and Professional Perspectives

Edited by Jim Geekie, Auckland District Health Board, New Zealand, Patte Randal, Buchanan Rehabilitation Centre, New Zealand, Debra Lampshire and John Read, both at the University of Auckland, New Zealand

“This is one of the most exciting, novel and important books I have read in a long time. It is ground-breaking and unique through the way it combines first-person accounts of, and reflections on psychosis with professional accounts, theory and research.” - Anne Cooke, Department of Applied Psychology, Canterbury Christ Church University, UK

Extensive scientific research has been conducted into understanding and learning more about psychotic experiences. However, in existing research the voice of subjective experience is rarely taken into consideration. In this book, first-person accounts are brought centre stage and examined alongside current research to suggest how personal experience can contribute to professional understanding, and therefore the treatment, of psychosis.

Experiencing Psychosis brings together a range of contributors who have either experienced psychosis on a personal level or conducted research into the topic. Chapters are presented in pairs providing information from both personal and research perspectives on specific aspects of psychosis including: hearing voices, delusional beliefs, and trauma as well as cultural, existential and spiritual issues.

This book will be essential reading for all mental health professionals involved with psychosis. The accessible style and compelling personal histories will also attract service users and their families.


Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Facing the Storm
Using CBT, Mindfulness and Acceptance to Build Resilience
when your World’s Falling Apart

Ray Owen, Herefordshire NHS Primary Care Trust, UK

“At some point all of us will face a life crisis. This pragmatic yet warm-hearted book helps us to recognise that it is not so much a question of avoiding this truth, nor of living in dread of difficulty, but a question of discovering how we can face each and every moment of our lives (including the desperate ones) with honesty and with a willingness to work with our experience as it is rather than as we would like it to be. Ray Owen offers us a pragmatic tool kit that is highly relevant to the process of working with the storms of our lives and our everyday life experience with a greater degree of awareness, compassion and understanding.” - Rebecca Crane, Mindfulness teacher, Bangor University, UK

“I would recommend this book to everyone interested in learning from a highly experienced palliative care clinician who has himself learnt from many people making final journeys – still finding routes through that are filled with laughter, hope and resilience.” - Julie Stokes OBE – Consultant Clinical Psychologist, Executive Coach, Founder of Winston’s Wish

We live in a world where bad things can, and do, happen irrespective of whether we are good or bad, whether we consider ourselves lucky or doomed, and with no regard to fairness. Any of us can find ourselves facing redundancy, the breakdown of a relationship, bankruptcy or any number of life changing crises, or supporting someone else who is. And sometimes, no matter how much we might try, there’s nothing we can do to prevent or reduce the problem.

But that doesn’t mean you have to be helpless; no matter how bad the situation you’re about to deal with, there are things that you can do to become more resilient and that will help you face the storm that’s coming towards you or yours.

Using cognitive behaviour therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what’s going on, and providing new tools for dealing with the situation.

When there’s a storm coming towards you, and you can’t escape it, then you have to prepare to face it. Here’s how.

Contents:

Further Reading / Further Help.

Published by Routledge

Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Gestalt Therapy
Advances in Theory and Practice

Edited by Talia Bar-Yoseph Levine, Psychotherapist, London, UK

The Gestalt approach is based on the philosophy that the human being is born with the healthy ability to regulate needs and wants in relationship with the environment in which she/he lives. Heightening of personal awareness and exploration of needs is enabled by the therapist who actively engages in supporting and assisting the therapeutic journey of the client. Gestalt Therapy: Advances in Theory and Practice is a collaboration of some of the best thinkers in the Gestalt therapy approach. It offers a summary of recent advances in theory and practice, and novel ideas for future development. Each chapter focuses on a different element of the Gestalt approach and, with contributors from around the world, each offers a different perspective of its ongoing evolution in relation to politics, religion and philosophy.

Incorporating ideas about community, field theory, family and couple therapy, politics and spirituality, this book will be of interest not only to Gestalt therapists but also to non-Gestalt practitioners, counsellors, psychologists, psychiatrists and other mental health professionals. Counselling, behavioural science and psychotherapy students will also find this a valuable contribution to their learning.

Handbook of Applied Behavior Analysis

Edited by Wayne W. Fisher, and Cathleen C. Piazza, both at the University of Nebraska Medical Centre, Munroe-Meyer Institute, USA, and Henry S. Roane, SUNY Upstate Medical University, Syracuse, New York, USA

“This is an authoritative volume for practitioners, graduate students, and academicians. Authors include many top contributors to the field, who address basic principles; assessment and intervention; and specific applications in such areas as autism, education, addiction, and gerontology. The Handbook is well organized and chock full of valuable information. A great go-to resource.” - Travis Thompson, Special Education Program, University of Minnesota, USA

Describing the state of the science of applied behavior analysis (ABA), this comprehensive Handbook provides detailed information about theory, research, and intervention. The contributors are leading ABA authorities who present current best practices in behavioral assessment and demonstrate evidence-based strategies for supporting positive behaviors and reducing problem behaviors. Conceptual, empirical, and procedural building blocks of ABA are reviewed and specific applications described in education, autism treatment, addiction treatment, and other areas. The volume also addresses crucial professional and ethical issues, making it a complete reference and training tool for ABA practitioners and students.


The purpose of this book is to explore and present humanistic perspectives on contemporary social and counseling issues. It will provide a single resource for counselors and therapists identifying and describing effective approaches founded on humanistic principles to use in their practice. Each chapter describes the significance of a specific counseling issue, reviews the humanistic literature on this issue, discusses the theoretical model provided by a humanistic perspective, and concludes with applications and implications for practitioners. Situations considered include marital/couples counseling, multicultural counseling, treating substance abuse and eating disorders, and healing trauma, all of which have been shown to benefit from the use of humanistic approaches. Applications in educational settings, such as addressing school violence, working with at-risk youth, and counseling in college and university settings, are also discussed. The book concludes with uses of humanistic approaches in counselor education and training.

Nancy Chodorow, Harvard Medical School, Massachusetts, USA

Nancy Chodorow, in her groundbreaking book, *The Reproduction of Mothering*, quite simply changed the conversation in at least three areas of study: psychoanalysis, women's studies, and sociology. In her latest book, *Individualizing Gender and Sexuality*, she examines the complexity and uniqueness of each person's personal creation of sexuality and gender and the ways that these interrelate with other aspects of psychic and cultural life. She brings her well-known theoretical agility, wide-ranging interdisciplinarity, and clinical experience to every chapter, advocating for the clinician's openness, curiosity, and theoretical pluralism. The book begins with reflections on Freud's *Three Essays on the Theory of Sexuality*, followed by considerations of Melanie Klein and Stephen Mitchell, as well as on her own work and on the postmodern turn in psychoanalytic gender theory. Subsequent chapters address contemporary clinical-cultural issues such as women and work, women and motherhood, and men and violence. Concluding chapters elaborate on the multiple ingredients and the personal affective, conflictual, and defensive constellations and processes that create sexuality and gender in each individual. Ending with a chapter on homosexualities as compromise formations, Chodorow deepens her account of clinical individuality and sex-gender transference-countertransference while bringing her readers back to Freud and to the many strands that followed, as she consolidates a consistent line of interest in sexuality and gender, theory and practice, sustained over a lifetime.

Initiating Psychoanalysis
Perspectives

Edited by Bernard Reith in private practice, Geneva, Switzerland, Sven Lagerlöf, Swedish Psychoanalytical Society, Sweden, Penelope Crick, London Clinic of Psychoanalysis, UK, Mette Møller, Danish Psychoanalytic Society, Denmark, and Elisabeth Skale, Vienna Psychoanalytical Society, Austria

“This thoughtful book reminded me how difficult it can be to listen fairly and objectively to our colleagues’ clinical material, particularly so when it concerns a first interview. [...] I congratulate the editors of this book for offering us a thoughtful, searching and important publication.”
- Anne-Marie Sandler, From the Foreword

Initiating Psychoanalysis presents an international collection of papers brought together by the Working Party on Initiating Psychoanalysis of the European Psychoanalytic Federation and addresses the specific clinical and technical issues involved in launching the processes that are at the core of psychoanalysis and psychoanalytic treatment.

Expert contributors provide introductions and commentaries on a selection of psychoanalytic papers, including one by Freud himself, which refer to beginning psychoanalytic treatment in a wide range of settings. Divided into four main sections areas of discussion include:

• historical and conceptual developments in the field
• practical, technical and ethical considerations
• unconscious transference and counter-transference dynamics of initial interviews
• internal factors that can help or hinder the psychoanalyst in their work to initiate psychoanalysis.

This book will be helpful to all psychoanalytical practitioners in thinking about their work in first interviews with prospective patients, as well as psychoanalysts and psychotherapists at all levels of experience, who will be able to use this book to enrich their own practice.


Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.

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Insight
Essays on Psychoanalytic Knowing

Jorge L. Ahumada, Argentine Psychoanalytic Association, Argentina

“This is an important, illuminating book by one of the few psychoanalysts who are intellectually equipped to deal authoritatively with the crucially important links between our failure to improve methods for evaluating clinical evidence and the culture wars in psychoanalysis in recent decades.”

- Dale Boesky, From the Foreword

This book explores the clinical processes of psychoanalysis by charting modern developments in logic and applying them to the study of insight. Offering an epistemic approach to clinical psychoanalysis this book places value on the clinical interpretations of both the analysand and analyst and engages in a critique on purely linguistic approaches to psychoanalysis, which forsake crucial dimensions of clinical practice.

Drawing on the work of key twentieth century thinkers including Jerome Richfield, Ignacio Matte-Blanco, Gregory Bateson and the pioneering contribution on insight made by James Strachey, topics of discussion include:

- the structure and role of clinical interpretation
- interpretation and creationism
- body, meaning and language
- logical levels and transference.

As such, this book will be of great interest to all those in the psychoanalytic field, in particular those wanting to learn more about the study of insight and its relationship to clinical processes of psychoanalysis.


Hb: 978-0-415-61880-9: £60.00/$99.00
£54.00/$89.10
Pb: 978-0-415-61881-6: £22.99/$36.95
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Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Jung and Film II: The Return
Further Post-Jungian Takes on the Moving Image

Edited by Christopher Hauke, Goldsmiths, University of London, UK, and Luke Hockley, University of Bedfordshire, UK

“They’re back! The relentless creative output of the post-Jungian critique of film rolls on and you can’t ignore them. In this, their second volume of movie analyses, these writers – some academics, some clinicians, some both – have returned in strength. While many psychoanalytic approaches to the moving image are starting to feel a little... what shall we say?... tired, the Jung-dude abides! And judging by the take-up of the first Jung and Film by Media and Film departments, clinical trainings and industry creatives alike, the out of date resistance to all things Jungian has witnessed a fast dissolve. These chapters are erudite, funny, sexy, sometimes a little weird. They offer tight close-ups and wide shots. They tell you about the psychology of film and the psychology of those who make film. Like with Coppola’s The Godfather – this sequel could be even better than what went before.” - Andrew Samuels, University of Essex, UK

Since Jung and Film was first published in 2001, Jungian writing on the moving image in film and television has accelerated. Jung and Film II: The Return provides new contributions from authors across the globe willing to tackle the broader issues of film production and consumption, the audience and the place of film culture in our lives.

As well as chapters dealing with particular film makers such as Maya Derren and films such as Birth, The Piano, The Wrestler and Breaking the Wave, there is also a unique chapter co-written by documentary film-maker Tom Hurvitz and New York Jungian analyst Margaret Klenck. Other areas of discussion include:

- how Jungian ideas on psychological personality types can be applied in fresh ways to analyse a variety of characters.
- the way in which psychological issues come under scrutiny in many movies
- the various themes that concern Jungian writers on film

Loving Someone with Borderline Personality Disorder

How to Keep Out-of-Control Emotions from Destroying Your Relationship

Shari Y. Manning, in private practice, South Carolina, USA

“Dr. Manning’s compassion, understanding, and nonjudgmental approach resonate on every page of this readable, helpful book. She eloquently describes the challenges of caring for someone with BPD and provides numerous step-by-step strategies for dealing with common problems. Highly recommended.” - Michaela Swales, School of Psychology, Bangor University, UK

“The title says it all! Dr. Manning explains what she has learned about the true nature of borderline personality disorder (BPD) from the experts themselves – those who have the disorder. She shows family and friends how our instinctive responses to the crises associated with BPD are frequently ineffective or even harmful, and illuminates what we can do differently, providing practical, incisive, step-by-step guidance. The book helps readers understand their complicated relationship with a person with severe emotion dysregulation. It provides valuable tools for dealing with self-harm, suicidality, and hospitalization decisions. Of crucial importance, Dr. Manning clearly affirms that BPD – and the pain experienced by those who suffer – is real. We highly recommend this book.” – Jim and Diane Hall, Family Educators for the National Alliance on Mental Illness and the National Education Alliance for Borderline Personality Disorder, USA

People with BPD can be compassionate, caring, smart, and funny, but they are also prone to explosive emotional outbursts and highly self-destructive acts. BPD expert Dr. Shari Manning helps overwhelmed loved ones understand why their spouse, adult child, or other family member acts so “impossible” – and learn to respond differently. She presents simple yet powerful strategies that can radically transform a troubled relationship. Loads of true stories demonstrate ways to defuse crises, set limits, and help the person with BPD build crucial problem-solving and emotion-management skills. Empathic, hopeful, and science based, this is the first book for significant others grounded in dialectical behavioral therapy (DBT), the most effective treatment for BPD. Dr. Manning is a longtime associate of DBT originator Marsha M. Linehan.

Manual of Panic Focused Psychodynamic Psychotherapy – eXtended Range

Fredric N. Busch, and Barbara L. Milrod, both at Weill Medical College, Cornell University, New York, USA, Meriamne B. Singer, Columbia University, New York, USA, and Andrew C. Aronson, Mount. Sinai Medical Center, New York, USA

“My first impression of this book was that of a straightforward manual for psychodynamic psychotherapy that does not hesitate to go directly at anxiety and panic, two very difficult symptoms to treat. As I read deeper into the interpretation of patients’ behaviors, thoughts, and dreams, the authors’ wealth of wisdom and clinical experience began to overwhelm me. For the beginner, this book will be eye-opening. For the experienced therapist, it is indeed a pleasure to listen to skilled colleagues at work.” - Robert Freedman, Editor, American Journal of Psychiatry

This manual presents a carefully researched, detailed psychodynamic treatment program for the alleviation of a transdiagnostic range of primary Axis I anxiety disorders, including panic disorder, generalized anxiety disorder, social anxiety disorder, posttraumatic stress disorder, and related psychological problems. First exploring the principles of psychodynamic theory and formulation, the authors then present a three-phased process of Panic Focused Psychodynamic Psychotherapy-Extended Range (PFPP-XR): initial evaluation, interpretation of central conflicts and defense mechanisms, and termination. Each phase is discussed in depth and relies on central case illustrations to demonstrate techniques and results. A subsequent chapter explores how to address complex issues that may arise during the course of treatment. Altogether, this manual not only provides a demonstrated, adaptable approach for anxiety disorders, but also clearly embodies a spirit of research and empiricism heretofore rare in psychodynamic psychotherapies, with an eye toward future development.

Masters of Narrative and Collaborative Therapies
The Voices of Andersen, Anderson, and White

Edited by Tapio Malinen, Helsinki Psychotherapy Institute, Finland, Scot J. Cooper, HN REACH, Ontario, Canada, and Frank N. Thomas, Texas Christian University, USA

“Reading this book is like being invited into numerous and overlapping conversations among friends at a party. The solo voices of Tom, Harlene, and Michael rise clearly and distinctly, and yet we hear the harmony that comes from their passion for the relational. Thanks to the editors for hosting and welcoming us into these conversations.” - Dan Wulff, and Sally St. George, both at University of Calgary, Canada

Tom Andersen, Harlene Anderson, and Michael White have shaped the landscapes of dialogical, collaborative, and narrative therapies. All three share a common curiosity for meaning-making as a relational process, a curiosity that emerges from their transcripts and allows us a glimpse into their wisdom, compassion, and skill. Contextualized by editors and contributors, readers can experience how many ideas and practices, which we take for granted, are challenged by a more relational framework.

Contents: Malinen, Cooper, Thomas, An Opening Triologue.
Andersen, Words: Universes Travelling By.
Anderson, Possibilities of the Collaborative Approach.
White, Scaffolding a Therapeutic Conversation.
Malinen, Cooper, Thomas, Closing Triologue.

Published by Routledge
Metacognitive Therapy for Anxiety and Depression

Adrian Wells, The University of Manchester, UK

“The procedures Wells describes will be enormously useful to therapists of all persuasions, and can form the bedrock of low-intensity and high-intensity interventions for a wide range of disorders.” - Chris R. Brewin, University College London, UK

“As a clinician who has struggled with helping people work through dysfunctional thinking patterns, I can appreciate the usefulness of Wells’s methods. Metacognitive therapy (MCT) helps both the patient and the therapist take a step back from the sometimes repetitive work of cognitive therapy, and lends a new perspective with the potential for breaking through treatment roadblocks. Well done!” - Monica Ramirez Basco, University of Texas at Arlington, USA

“Clinicians who read this revolutionary book will be able to utilize techniques found nowhere else.” - Robert L. Leahy, Weill Cornell Medical College, New York Presbyterian Hospital, USA

This groundbreaking book explains the “whats” and “how-tos” of metacognitive therapy (MCT), an innovative form of cognitive-behavioral therapy with a growing empirical evidence base. MCT developer Adrian Wells shows that much psychological distress results from how a person responds to negative thoughts and beliefs – for example, by ruminating or worrying – rather than the content of those thoughts. He presents practical techniques and specific protocols for addressing metacognitive processes to effectively treat generalized anxiety disorder, obsessive compulsive disorder, posttraumatic stress disorder, and major depression. Special features include reproducible treatment plans and assessment and case formulation tools, plus a wealth of illustrative case material.

Mindfulness and Acceptance
Expanding the Cognitive-Behavioral Tradition

Edited by Steven C. Hayes, and Victoria M. Follette, both at the University of Nevada, USA, and Marsha M. Linehan, University of Washington, USA

“One of the most important treatment developments in recent years has been the theoretical and empirical elaboration of mindfulness and acceptance into evidence-based, cognitive-behavioral protocols... Anyone seeking to remain up to date on the applications of these exciting new procedures with a variety of client problems will want to have this book close at hand.” - David H. Barlow, Center for Anxiety and Related Disorders and Department of Psychology, Boston University, USA

“This book will be of interest to all mental health professionals concerned with enhancing therapeutic change in their patients and with furthering their own personal development. Provocative and at times very wise, this is ‘must’ reading for researchers and clinicians alike, inviting critical consideration of new and promising ideas and procedures. It is an appropriate text for graduate-level courses in psychotherapy, particularly within clinical psychology programs, and would serve as an excellent basis for a special-topic seminar on mindfulness and acceptance therapies.” - Gerald C. Davison, Department of Psychology, University of Southern California, USA

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in a relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. Contributors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches.


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Money Talks
in Therapy, Society and Life

Edited by Brenda Berger, Center for Psychoanalytic Training and Research, Columbia University, New York, USA, and Stephanie Newman, in private practice, New York, USA

“Money has always been the dirtiest topic in psychoanalysis. It is avoided in scientific papers, clinical case conferences, and analytic seminars. With auspicious timing, this new collection of thoughtful contributions brings the subject into the light of day. The chapter authors examine every possible aspect of the subject: guilt, greed, narcissism, envy, impasse, interminable analyses, and resentment. This book is a must read for both beginning and experienced analysts.” - Glen O. Gabbard, author of Love and Hate in the Analytic Setting

Sometimes referred to as "the last taboo," money has remained something of a secret within psychoanalysis. Ironically, while it is an ingredient in almost every encounter between analyst and patient, the analyst's personal feelings about money are rarely discussed openly or in any great depth. So what is it about money that relegates it to the background, both on the couch and off? In Money Talks, Brenda Berger, Stephanie Newman, and their excellent cast of contributors address this and other questions surrounding the tender topic of money, how we talk about it, and how it talks to us. Its multiple meanings are explored in the contexts of patients and analysts and the ways in which they relate, in the training and practice of the analysts themselves, as well as the psychological and cultural consequences of having too much or too little in both flush and tight economic times.

Throughout, a clinical sensibility is brought to bear on money’s softly spoken place in therapy and life. Money Talks paves the way for an open discourse into the psychology of money and its pervasive influence on the psyche of both patient and analyst.

Motivational Interviewing for Effective Classroom Management
The Classroom Check-Up

Wendy M. Reinke and Keith C. Herman, both at the University of Missouri, USA, and Randy Sprick, Director, Safe and Civil Schools, Oregon, USA

“Assisting teachers with classroom management while respecting their professionalism is an important challenge. If you’re a school consultant or coach interested in classroom management, you need this practical book.” - Jim Knight, Center for Research on Learning, University of Kansas, USA

“This book provides a great blend of strong research foundations; practical, hands-on applications; and vibrant examples. It addresses both assessment and intervention in a critical context. The book will be extremely useful for consultants and school administrators.” - Sylvie Naar-King, Departments of Pediatrics and Psychiatry, Wayne State University, Michigan, USA

Highly accessible and user-friendly, this book focuses on helping teachers increase their use of classroom management strategies that work. It addresses motivational aspects of teacher consultation that are essential, yet often overlooked. The Classroom Check-Up is a step-by-step model for assessing teachers’ organizational, instructional, and behavior management practices; helping them develop a menu of intervention options; and overcoming obstacles to change. Easy-to-learn motivational interviewing techniques are embedded throughout. In a large-size format with lay-flat binding to facilitate photocopying, the book includes more than 20 reproducible forms, checklists, and templates.


Published by Guilford Press

Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
“The take-home message of Neuroplasticity and Rehabilitation is not only that our brains are more plastic than we ever expected, but also that we are learning how to influence this plasticity through informed treatment to achieve truly meaningful rehabilitation outcomes. From animal studies to sophisticated human trials, the book gathers a wealth of information from eminent experts. This book is absolutely essential reading for basic neuroscientists as well as for rehabilitation professionals at all levels of care. Understanding how and why the study of neuroplasticity can inform treatment choices will allow clinicians to make cutting-edge clinical decisions. These decisions may range from individual treatments, such as choice of physiotherapy intervention following stroke, to the design of holistic rehabilitation programs for survivors of severe acquired brain injury. The future of rehabilitation has now been linked inextricably to the growing field of neuroplasticity.” - Jill Winegardner, lead psychologist, Oliver Zangwill Centre for Neuropsychological Rehabilitation, UK

“This is a comprehensive book incorporating the latest research on neuroplasticity in diverse areas of cognitive function. It serves as an authoritative guide to how clinical practice can effectively incorporate significant new findings about brain plasticity and learning. It will be equally appropriate and useful for graduate students, experienced clinicians, and researchers in the field.” - Wayne A. Gordon, Department of Rehabilitation Medicine, Mount Sinai School of Medicine, New York, USA

Brain plasticity is the focus of a growing body of research with significant implications for neurorehabilitation. This state-of-the-art volume explores ways in which brain-injured individuals may be helped not only to compensate for their loss of cognitive abilities, but also possibly to restore those abilities. Expert contributors examine the extent to which damaged cortical regions can actually recover and resume previous functions, as well as how intact regions are recruited to take on tasks once mediated by the damaged region. Evidence-based rehabilitation approaches are reviewed for a range of impairments and clinical populations, including both children and adults.

New Ideas about Eating Disorders
Human Emotions and the Hunger Drive

Charles T. Stewart, in private practice, California, USA

“In the literature on psychotherapy, it is a rare author who can motivate us to take up the burden of emotion in a region of experience like eating, where many of us would simply prefer to be unthinkingly happy, but because Charles Stewart does so in a way that makes difficult emotions actually easier to hold, reading his work has the paradoxical effect of actually lightening our load.” - John Beebe, From the Foreword

In this book, Charles Stewart discusses how the positive affects of the life instinct such as interest and joy, and the crisis affects such as fear, anguish, rage, shame and contempt, condition and can even dissociate the hunger drive, thereby contributing to either positive or negative attitudes toward eating.

New Ideas About Eating Disorders presents clinical case studies of individuals from infancy to adulthood suffering from various eating disorders, a new theory as to their etiology, and suggestions for treatment and prevention.

This book will be essential reading for all professionals engaged in caring for patients experiencing an eating disorder and for those developing theories to deepen our knowledge of these disturbances. It will also be of interest to those in the field of analytical psychology, as well as anyone wanting to know how contemporary affect theory can help us understand eating and its disorders.

Power, Resistance and Liberation in Therapy with Survivors of Trauma

To Have Our Hearts Broken

Taiwo Afuape, South Camden Community CAMHS for the Tavistock and Portman NHS Foundation Trust, UK

“Innovative and very challenging... not only locating therapy within systemic, political and cultural contexts but also providing much useful clinical advice – highly recommended!”
- Professor Eia Asen, Clinical Director of the Marlborough Family Service, London and Visiting Professor at University College London, UK

“Terrific! As the title promises, it taught me to break my heart; it also expanded my mind and filled my soul with gladness. Speaking from personal and professional experience and integrating an unusual set of theories, Taiwo shows how power, resistance and liberation help therapists – and ordinary people outside of therapy – act collaboratively with others.”
- W. Barnett Pearce, Professor Emeritus, Fielding Graduate University, California, USA

This book offers reflections on how liberation might be experienced by clients as a result of the therapeutic relationship. It explores how power and resistance might be most effectively and ethically understood and utilised in clinical practice with survivors of trauma.

Power, Resistance and Liberation in Therapy with Survivors of Trauma draws together narrative therapy, coordinated management of meaning (CMM) and liberation psychology approaches. It critically reviews each approach and demonstrates what each contributes to the other as well as how to draw them together in a coherent way. The book presents:

• an original take on CMM through the lenses of power and resistance
• a new way of thinking about resistance in life and therapy, using the metaphor of creativity
• numerous case examples to support strong theory-practice links.

Through the exploration of power, resistance and liberation in therapy, this book presents innovative ways of conceptualising these issues. As such it will be of interest to anyone in the mental health fields of therapy, counselling, social work or critical psychology, regardless of their preferred model. It will also appeal to those interested in a socio-political contextual analysis of complex human experience.

In this book Elizabeth Spillius and Edna O’Shaughnessy explore the development of the concept of projective identification, which had important antecedents in the work of Freud and others, but was given a specific name and definition by Melanie Klein. They describe Klein’s published and unpublished views on the topic, and then consider the way the concept has been variously described, evolved, accepted, rejected and modified by analysts of different schools of thought and in various locations – Britain, Western Europe, North America and Latin America.

The authors believe that this unusually widespread interest in a particular concept and its varied ‘fate’ has occurred not only because of beliefs about its clinical usefulness in the psychoanalytic setting but also because projective identification is a universal aspect of human interaction and communication.

Projective Identification: The Fate of a Concept will appeal to any psychoanalyst or psychotherapist who uses the ideas of transference and counter-transference, as well as to academics wanting further insight into the evolution of this concept as it moves between different cultures and countries.

Psychoanalysis and Ecology at the Edge of Chaos
Complexity Theory, Deleuze|Guattari and Psychoanalysis for a Climate in Crisis

Joseph Dodds, Charles University, Prague, Czech Republic

“Showing himself to be a ‘nomadic scholar’ of the highest order Dodds both draws on relevant psychoanalytic ideas to explore the ecological terrain, and points out its limitations in remaining, in spite of all its advantages, fundamentally a psychology without ecology.” - Martin Jordan, From the Foreword

This book argues that psychoanalysis has a unique role to play in the climate change debate through its placing emphasis on the unconscious dimensions of our mental and social lives. Exploring contributions from Freudian, Kleinian, Object Relations, Self Psychology, Jungian, and Lacanian traditions, the book discusses how psychoanalysis can help to unmask the anxieties, deficits, conflicts, phantasies and defences crucial in understanding the human dimension of the ecological crisis.

Yet despite being essential to studying environmentalism and its discontents, psychoanalysis still remains largely a ‘psychology without ecology.’ The philosophy of Deleuze and Guattari, combined with new developments in the sciences of complexity, help us to build upon the best of these perspectives, providing a framework able to integrate Guattari’s ‘three ecologies’ of mind, nature and society. This book thus constitutes a timely attempt to contribute towards a critical dialogue between psychoanalysis and ecology.

Further topics of discussion include:

- ecopsychology and the greening of psychotherapy
- our ambivalent relationship to nature and the non-human
- complexity theory in psychoanalysis and ecology
- defence mechanisms against eco-anxiety and eco-grief
- Deleuze|Guattari and the three ecologies
- becoming-animal in horror and eco-apocalypse in science fiction films
- nonlinear ecopsychoanalysis.

In our era of anxiety, denial, paranoia, apathy, guilt, hope, and despair in the face of climate change, this book offers a fresh and insightful psychoanalytic perspective on the ecological crisis. As such this book will be of great interest to all those in the fields of psychoanalysis, psychology, philosophy, and ecology, as well as all who are concerned with the global environmental challenges affecting our planet’s future.

Psychoanalytic Diagnosis
Understanding Personality Structure in the Clinical Process
Second Edition

Nancy McWilliams, Rutgers, The State University of New Jersey, USA

“In revising Psychoanalytic Diagnosis, McWilliams has surpassed herself. The original – deservedly regarded as a classic – was an integrative tour de force; the second edition is even better. Informed by current advances in neuroscience and infant research, and reshaped in light of the ‘relational turn’ in contemporary psychoanalysis, this book distills a vast literature on development, psychopathology, and therapy into an extraordinarily useful map of the clinical terrain. It is at once an indispensable resource for beginning therapists, a valuable teaching tool, and a comprehensive reference for seasoned clinicians.” - David J. Wallin, in private practice, Mill Valley and Albany, California, USA

“This is a book for all clinicians who aspire to understand their clients deeply and help them live more richly and authentically. McWilliams synthesizes a century of cumulative clinical wisdom and offers it in a form that is accessible and useful to clinicians of any theoretical persuasion. The first edition of Psychoanalytic Diagnosis was an instant classic; the second edition is exceptionally lucid and masterful. This is McWilliams, master clinician and teacher, at her very best.” - Jonathan Shedler, Department of Psychiatry, University of Colorado School of Medicine, USA

This acclaimed clinical guide and widely adopted text has filled a key need in the field since its original publication. Nancy McWilliams makes psychoanalytic personality theory and its implications for practice accessible to practitioners of all levels of experience. She explains major character types and demonstrates specific ways that understanding the patient’s individual personality structure can influence the therapist’s focus and style of intervention. Guidelines are provided for developing a systematic yet flexible diagnostic formulation and using it to inform treatment. Highly readable, the book features a wealth of illustrative clinical examples. New to this edition:

• reflects the ongoing development of the author’s approach over nearly two decades.
• incorporates important advances in attachment theory, neuroscience, and the study of trauma.
• material on the contemporary relational movement in psychoanalysis.
• additional case vignettes.

This book will be important reading for clinicians and graduate students in all of the mental health disciplines, including clinical psychology, social work, psychiatry, and counseling. It will also serve as a text in graduate-level psychotherapy courses and in psychoanalytic institutes.

Psychotherapy for Children with Bipolar and Depressive Disorders

Mary A. Fristad, The Ohio State University, USA, Jill S. Goldberg Arnold, in private practice, Massachusetts, USA, and Jarrod M. Leffler, The Ohio State University, USA

“Finally, a book that brings together the wide variety of strategies available for working with families of children with mood disorders. The authors clearly show how psychoeducational psychotherapy differs from simple education. Readers will especially appreciate the wealth of clinical information and the practical, ‘how-to’ approach, supplemented by reproducible handouts.” - David J. Miklowitz, David Geffen School of Medicine, University of California, Los Angeles, USA

“This book raises the bar for evidence-based practice resources. The authors are not just familiar with the research, they have contributed much to it, and they are also experts at engaging families. As a researcher, I am impressed by how up to date the information is. As a clinician, I appreciate the combination of a clear structure and strong supporting materials. The book provides extensive handouts and exercises for teaching and reinforcing core skills. This book combines art, science, and wisdom in a blend that will raise the game of anyone working with children who struggle to regulate their emotions or form lasting positive relationships.” - Eric Youngstrom, Department of Psychology, University of North Carolina at Chapel Hill, USA

Packed with ready-to-use clinical tools, this book presents the first evidence-based psychosocial treatment for school-age children with bipolar disorder or depression. Leading clinician/researcher Mary Fristad and her colleagues show how to integrate psychoeducational strategies with cognitive-behavioral and family therapy techniques. They provide nuts-and-bolts information for implementing the approach with individual families or groups. Kids learn to identify and manage mood states while parents learn essential skills for problem solving, crisis management, improving family functioning, and collaborating with schools and mental health systems. In a large-size format with lay-flat binding for easy photocopying, the book features over 75 reproducible handouts and 20 children's game materials.

This book will be invaluable to mental health professionals who work with children and families, including child psychologists, social workers, counselors, child psychiatrists, and school psychologists. It may also serve as a supplemental text in clinically oriented graduate-level courses.

Qualitative Inquiry in Clinical and Educational Settings

Danica G. Hays, Old Dominion University, Virginia, USA, and Anneliese A. Singh, University of Georgia, USA

“This book is interesting, informative, and worthy of class adoption. The chapters are user friendly and easy to read, including clear definitions and explanations. The hands-on activities and exercises, case examples, and helpful hints will be helpful to students’ comprehension.” - Ruth Chao, Morgridge College of Education, University of Denver, USA

“Written in an accessible and manageable style for graduate students, advanced undergraduates, or professionals, this book makes excellent use of examples throughout. Readers will be especially interested in the examples the authors bring from their personal research agendas. I really like the discussion of the different purposes of research (basic, applied, action, evaluation), since qualitative research methods texts often neglect to discuss the usefulness of qualitative methods to basic research. The book does a good job of educating readers about why qualitative research is just as rigorous and as valuable as quantitative research. Although primarily targeted toward clinical and educational researchers, this book will be useful for any social scientist who wants to acquire a rich understanding of the theoretical underpinnings of qualitative research.” - Lisa Harrison, California State University, Sacramento, USA

This highly readable text demystifies the qualitative research process – and helps readers conceptualize their own studies – by organizing the different research paradigms and traditions into coherent clusters. Real-world examples and firsthand perspectives illustrate the research process; instructive exercises and activities build on each other so readers can develop their own proposals or reports as they work through the book. Provided are strategies for selecting a research topic, entering and exiting sites, and navigating the complexities of ethical issues and the researcher’s role. Readers learn how to use a range of data collection methods – including observational strategies, interviewing, focus groups, email and chat rooms, and arts-based media – and to manage, analyze, and report the resulting data. Useful pedagogical features include:

- In-class and field activities to apply qualitative concepts.
- Discussion questions, proposal development exercises, and reflexive journal activities.
- Exemplary qualitative studies and two sample proposals.
- Cautionary notes, or “Wild Cards,” about possible research pitfalls.
- Tables that summarize concepts and present helpful tips.

Qualitative Inquiry in Clinical and Educational Settings

continued from previous page

Relational Psychoanalysis
Expansion of Theory
Volume 4

Edited by Lewis Aron and Adrienne Harris, both at New York University, USA

“This anthology, the fourth in this series, focusing on ‘expansion’ in terms of the current state of relational psychoanalysis, illuminates not only a deepening of thought but also an intensified intertwining of ideas and domains, with a particular focus throughout on keeping creative and reflective space open. Consistently, the chapters reveal that the relational turn, along with the essential influences of feminist theory, gender and social theory, and the deconstructions of many of the polarizations that have served as dogma in our sociopolitical realm, continues to open up dialogic space, posing challenging questions that encourage a constant rethinking and deeper understanding of what renders us human, vital, and engaged. Through this volume we, as an ongoing relational community, are invited to think more deeply about and quest more piercingly many of the contradictions we have accepted for too readily and reflexively.” - Hazel Ipp, From the Foreword

Building on the success and importance of three previous volumes, Relational Psychoanalysis continues to expand and develop the relational turn. Under the keen editorship of Lewis Aron and Adrienne Harris, and comprised of the contributions of many of the leading voices in the relational world, Volumes 4 and 5 carry on the legacy of this rich and diversified psychoanalytic approach: Volume 4 takes a fresh look at developments in relational theory, and Volume 5 demonstrates that theory in practice and process. Various topics bear investigation, including enactment, subjectivity and intersubjectivity, multiplicity of self-states, disclosure, trauma, fantasy, thirdness, and social construction, as well as issues of race, gender, sexual orientation, and culture. Thoughtful, capacious, and integrative, these two new volumes place the leading edge of relational thought close at hand, and push the boundaries of the relational turn that much closer to the horizon.

Relational Psychoanalysis
Evolution of Process
Volume 5

Edited by Lewis Aron and Adrienne Harris, both at New York University, USA

“The chapters in this volume attest to the success of the unusual professional community that was formed by the relational point of view. The contributors demonstrate an originality of thinking and action (practice) that, taken together, indicate the continued creative spirit generated by the relational revolution. The small miracle of the volume is that there is nothing nostalgic or sentimental about the tone of the chapters. They are the kinds of clinical stories relational analysts tell each other when there is time and encouragement and an atmosphere of creativity. There is a healthy intermingling of the theoretical along with the clinical. Overall, this volume challenges you, the reader, in what I consider to be a lively and engaging way. And in the spirit of the relational sensibility, I venture to say that what the reader brings and how she or he voyages ‘on such a full sea’ of clinical process can be what will make this volume a great one.” - Spyros Orfanos, From the Foreword

Building on the success and importance of three previous volumes, Relational Psychoanalysis continues to expand and develop the relational turn. Under the keen editorship of Lewis Aron and Adrienne Harris, and comprised of the contributions of many of the leading voices in the relational world, volumes 4 and 5 carry on the legacy of this rich and diversified psychoanalytic approach: Volume 4 takes a fresh look at developments in relational theory, and Volume 5 demonstrates that theory in practice and process. Various topics bear investigation, including enactment, subjectivity and intersubjectivity, multiplicity of self-states, disclosure, trauma, fantasy, thirdness, and social construction, as well as issues of race, gender, sexual orientation, and culture. Thoughtful, capacious, and integrative, these two new volumes place the leading edge of relational thought close at hand, and push the boundaries of the relational turn that much closer to the horizon.

Retraumatization
Assessment, Treatment, and Prevention

Edited by Melanie P. Duckworth and Victoria M. Follette, both at University of Nevada, Reno, USA

“This text contains the most cutting-edge information on issues related to retraumatization. It examines issues specific to particular populations and provides recommendations for reducing the risk of retraumatization and targeting its associated consequences. It has the potential to stimulate research and inform the delivery of clinical services.”
- Susan M. Orsillo, Professor of Psychology, Director of Clinical Training, Suffolk University, Massachusetts, USA

“This unique volume tackles the neglected areas of revictimization and retraumatization, areas that currently pose the greatest challenges to trauma theory and practice.”
- Chris Brewin, Professor of Psychology, University College, London, UK

Exposure to potentially traumatic events puts individuals at risk for developing a variety of psychological disorders; the complexities involved in treating them are numerous and have serious repercussions. How should diagnostic criteria be defined? How can we help a client who does not present with traditional PTSD symptoms? The mechanisms of human behavior need to be understood and treatment needs to be tested before we can move beyond traditional diagnostic criteria in designing and implementing treatment.

No better guide than Retraumatization exists to fulfill these goals. The editors and contributors, all highly regarded experts, accomplish six objectives, to:

- define retraumatization
- outline the controversies related to it
- provide an overview of theoretical models
- present data related to the frequency of occurrence of different forms of trauma
- detail the most reliable strategies for assessment
- to provide an overview of treatments.

Contained within is the most current information on prevention and treatment approaches for specific populations. All chapters are uniformly structured and address epidemiological data, clinical descriptions, assessment, diagnosis and prognosis, and prevention. It is an indispensable resource that expands readers' knowledge and skills, and will encourage dialogue in a field that has many unanswered questions.


Hb: 978-0-415-87275-1: £53.00/$95.00
£47.70/$85.50
Pb: 978-0-415-87276-8: £27.95/$49.95
£25.16/$44.96
Published by Routledge
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Shamans and Analysts
New Insights on the Wounded Healer

John Merchant, in private practice, Sydney, Australia

_Shamans and Analysts_ provides a model by which to understand the wounded healer phenomenon. It provides evidence as to how this dynamic arises and gives a theoretical model by which to understand it, as well as practical implications for the way analysts’ wounds can be transformed and used in their clinical work.

By examining shamanism through the lens of contemporary approaches to archetype theory, this book breaks new ground through specifying the developmental foreground to the shaman archetype, which not only underpins the wounded healer but constitutes those regarded as ‘true Jungians.’

Further areas of discussion include:

- Siberian shamanism
- contemporary archetype theory
- countertransference phenomena in psychotherapy
- socio-cultural applications of psychoanalytic theory.

These original and thought-provoking ideas offer a revolutionary way to understand wounded healers, how they operate and how they should be trained, ultimately challenging traditional analyst / analysand stereotypes. As such this book will be of great interest to all Jungians, both in training and practice, as well as psychoanalysts, psychotherapists and counsellors with an interest in the concept of the wounded healer.


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Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Simply Effective Group Cognitive Behaviour Therapy
A Practitioner’s Guide

Michael J. Scott, Sheffield Hallam University, UK

“Michael J. Scott has come up with many useful ideas and if I were to undertake a group treatment nowadays, I would definitely adopt some of them.” - Jack Rachman, Emeritus Professor of Clinical Psychology, University of British Columbia, Canada

Group Cognitive Behaviour Therapy (GCBT) and guided self-help widen the availability of evidence-based treatment for common mental health disorders. This volume provides GCBT protocols for common disorders as well as session-by-session teaching materials and self-help survival manuals covering:

- Depression
- Panic Disorder and Agoraphobia
- Post-Traumatic Stress Disorder
- Social Phobia
- Obsessive Compulsive Disorder
- Generalised Anxiety Disorder

The specifics of selecting and engaging clients in GCBT are first addressed and general group therapeutic skills are detailed. Transcripts of sessions show how group processes can be utilised to enhance outcome. Simply Effective Group Cognitive Behaviour Therapy adds to the armamentarium of tools for low intensity intervention and complements the high intensity individual approach of the companion volume Simply Effective Cognitive Behaviour Therapy. It will prove essential reading for all professionals using CBT with groups.

Online resources: The appendices of this book provide self-help manuals, questionnaires and worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website: www.routledgementalhealth.com/9780415573412 to find out more about this facility.


Published by Routledge
Social Skills Training for Children with Asperger Syndrome and High-Functioning Autism

Susan Williams White, Virginia Polytechnic Institute and State University, Virginia, USA

“Backed by cutting-edge research and considerable clinical experience, White takes the theoretical and makes it practical. The book offers rationales behind tailor-made training methods for individuals and groups and provides a variety of templates and handouts for use with students and their parents. Whether you want to understand the greatest challenges facing students with autism and related conditions, or you want practical strategies you can start using today, this book should hold a prominent place on your desk.” - Katherine A. Briccetti, school psychologist, Piedmont (California) Unified School District, USA

“The book is filled with examples and vignettes illustrating the principles and practices of social skills intervention. This book is a valuable resource for therapists, school-based clinicians, and teachers. It contains a wealth of specific intervention strategies, exercises, and worksheets to aid in the assessment and instruction of social skills. It also will be useful as a text in courses preparing clinicians and educators to work with children and youth with autism spectrum disorders (ASD).” - Donald Oswald, Department of Psychiatry, Virginia Commonwealth University, USA

This practical, research-based guide provides a wealth of tools and strategies for implementing social skills training in school or clinical settings. Numerous case examples illustrate common social difficulties experienced by children with Asperger syndrome and high-functioning autism; the impact on peer relationships, school performance, and behavior; and how social skills training can help. Chapters delve into the nuts and bolts of teaching and reinforcing core skills in classroom, small-group, or individual contexts, emphasizing ways to tailor interventions to each individual's needs.

This book will be invaluable to clinical and school psychologists; counselors; social workers; child and adolescent psychiatrists; elementary and secondary special educators and classroom teachers. It may also serve as a supplemental text in graduate-level courses.

Social Work Practice With Children

Third Edition

Nancy Boyd Webb, Graduate School of Social Service, Fordham University, New York, USA

Foreword by James W. Drisko

“An excellent resource for the clinician, child advocate, or social work student. The book describes proven intervention methods and discusses the pitfalls and challenges of assisting children and their families in the 21st century. Numerous interesting case examples help the reader to envision specific problems, cultural influences, and applications. Useful books, games, and other resources for child practitioners are listed. This is an important text for all social work students.”
- Kathleen Nader, Two Suns Childhood Trauma Program, Cedar Park, Texas, USA

“In lucid writing, Webb beautifully conveys the range and complexity of social workers’ roles in intervention with children. Detailed case examples encompassing a range of problems and intervention approaches help the reader understand the realities of working with children and parents. Clear discussions of fundamental concepts make the book an excellent introduction for undergraduates, while Webb’s practice sophistication and depth of understanding also make it an outstanding text for graduate students and resource for practitioners. Webb’s wise and practical voice comes through on every page.”
- Douglas Davies, School of Social Work, University of Michigan, USA

Widely adopted, this bestselling text provides the knowledge that social workers need for effective, culturally competent practice with children, adolescents, and their caregivers. The author presents a framework for developmentally informed assessment and intervention and describes a variety of powerful helping methods, illustrated with vivid case examples. Demonstrated are research-based strategies for working with victims of abuse and trauma as well as children affected by poverty, divorce, parental substance abuse, and other adverse circumstances. New to this edition:

- updated to incorporate current research on child development, attachment, and trauma
- chapter on bullying
- new discussions of autism, childhood obesity, and blended families
- school social work chapter has been extensively revised
- expanded examples of group work, including groups for children with ADHD and crisis groups following disasters.

Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.

Spirituality in Clinical Practice
Theory and Practice of Spiritually Oriented Psychotherapy
Second Edition

Len Sperry, Florida Atlantic University, USA

Foreword by Lisa Miller

“This revised edition of Spirituality in Clinical Practice supersedes any current book in the field and sets a new and higher standard for all those that follow. It represents the first day of a truly integrated spiritual psychology... I have no doubt that it will be of immense value to both trainees and experienced clinicians.” - Lisa Miller, From the Foreword

“Len Sperry has written a second edition of Spirituality in Clinical Practice. But this is a new book, not a touched-up version of ideas that are now long in the tooth. Sperry’s perceptions are as acute as ever. His mind is laser-accurate and his thinking is current. He provides new insights for the clinician in a world that is becoming increasingly spiritually oriented. I particularly liked the second part of the revised edition, which is not something we’ve seen before – a current, theoretically driven view of the entire psychotherapy process. But, even the heavily revised and updated first part of the book is worth the read if you are mining for a current and relevant understanding of how to understand and treat clients who are spiritually oriented.” - Everett L. Worthington, Jr., Professor of Psychology, Virginia Commonwealth University, USA

In the midst of America’s “spiritual awakening,” psychotherapists are increasingly expected to incorporate the spiritual as well as the psychological dimension in their professional work. Therapists also are increasingly required to utilize evidence-based practices and demonstrate the effectiveness of their practice. An ever-increasing number of spiritually oriented psychotherapy books attests to its importance but, unlike these books that primarily focus on the therapist’s spiritual awareness, the second edition of Spirituality in Clinical Practice addresses the actual practice of spiritually oriented psychotherapy from the beginning to end. Dr. Len Sperry, master therapist and researcher, emphasizes the therapeutic processes in spiritually oriented psychotherapy with individual chapters on:

- the therapeutic relationship
- assessment and case conceptualization
- intervention
- evaluation and termination
- and culturally and ethically sensitive interventions.

The days of training therapists to be spiritually aware and sensitive to client needs are over; therapists are now expected to practice spiritually sensitive psychotherapy in a competent manner from the first session to termination. Dr. Sperry organizes his text around this central focus point and, as in the original edition, continues to provide a concise, theory-based framework for understanding the spiritual dimension.

In the best tradition of William James, Pargament highlights the role of spirituality in the lives of clients and psychotherapists and critically examines the assessment and treatment implications. Drawing on research and clinical examples, he describes important and often overlooked ways that attention to spirituality can be integrated into psychotherapy.”

- Donald Meichenbaum, Department of Psychology (Emeritus), University of Waterloo, Ontario, Canada

“A remarkable combination of clinical acumen and spiritual sensitivity – there is nothing like it in the literature. This book is clearly the work of a mature clinician... Psychotherapists of all persuasions will welcome this book, and it would be an ideal text for any course in spirituality and psychotherapy or pastoral counseling.”

- James W. Jones, Department of Religion, Rutgers, The State University of New Jersey, USA

From a leading researcher and practitioner, this volume provides an innovative framework for understanding the role of spirituality in people's lives and its relevance to the work done in psychotherapy. It offers fresh, practical ideas for creating a spiritual dialogue with clients, assessing spirituality as a part of their problems and solutions, and helping them draw on spiritual resources in times of stress. Written from a nonsectarian perspective, the book encompasses both traditional and nontraditional forms of spirituality. It is grounded in current findings from psychotherapy research and the psychology of religion, and includes a wealth of evocative case material.

Stress Management and Prevention
Applications to Daily Life
Second Edition

Jeffrey A. Kottler and David D. Chen, both at California State University, – Fullerton, USA

“So many texts on stress management and prevention come from the same old mold and offer limited new information. This book has broken that mold so to speak and presents answers to questions that only these authors dared to address.”
- Christopher J. Rasmussen, Research Associate, Exercise & Sport Nutrition Laboratory, Texas A&M University, USA

“As a classical text in stress and health, its strong point is the anatomy and physiology of stress. A must for first-year freshman students, examining the question of ‘what is stress and how can I master the situation before it gets out of hand?’”
- Linda R. Barley, Professor, School of Health and Behavioral Sciences, York College, CUNY, USA

“Stress precedes many of the common chronic diseases in medicine today, such as heart disease, cancer, diabetes, etc. The use of preventive techniques to manage the lifestyle behaviors that contribute to these diseases would appear to be a beneficial approach in the control of their effects and incidence. The stress management techniques and principles in Kottler and Chen’s text provide individuals with the knowledge to achieve the sense of control and autonomy that result in enhanced quality of life and health status.
I highly recommend this text.”
- Ellen Lee, Health Science Department, California State University, Fullerton

Stress Management and Prevention, Second Edition will offer your students a new way of looking at the world, during the course of the class and beyond. Informed by the most recent theory and research from medicine, health science, and both the social and behavioral sciences, this is a book that students will not only enjoy reading, but that will also encourage them to incorporate what they learn into their lives long after the course is over. It takes a proactive approach to stress management and prevention, built upon a foundation in both Western and Eastern views of stress with techniques that can be used to not only manage but also prevent its impact. The accessible writing style, combined with vivid illustrations from the authors’ own lives and examples from popular culture, makes rigorous academic material easy to understand and will help readers to see the value in taking steps to incorporate these principles into their lives. Importantly, this text addresses real life concerns, like financial stress, being a non-traditional student, or dealing with cultural and language barriers. Please visit: www.routledgementalhealth.com/stress-management for access to our online Instructor resources.

Contents:
A Personal Introduction: From the Authors to the Readers. About the Authors.
Supervision and Clinical Psychology
Theory, Practice and Perspectives
Second Edition

Edited by Ian Fleming and Linda Steen, both at the University of Manchester, UK

“This book, now in its second edition, offers an excellent introduction to the literature on clinical supervision, as well as invaluable practical advice for professionals. The authors review a comprehensive body of research into what works (and what doesn’t) in clinical supervision, and give clear advice for clinical psychologists, psychiatrists, social workers, psychotherapists and others. I recommend it unreservedly.”

- Peter Kinderman, Chair of British Psychological Society Division of Clinical Psychology and Professor of Clinical Psychology, University of Liverpool, UK.

Supervision is crucial to good professional practice and an essential part of training and continuing professional development. This second edition of Supervision and Clinical Psychology has been fully updated to include the recent developments in research, policy and the practice of supervision.

With contributions from senior trainers and clinicians who draw on both relevant research and their own experience, this book is rooted in current best practice and provides a clear exposition of the main issues important to supervision. New areas of discussion include:

- the impact of the recent NHS policy
- developments in supervisor training
- practical aspects of supervision
- a consideration of future trends.

Supervision and Clinical Psychology, Second Edition is essential reading for clinical psychology supervisors as well as being invaluable to those who work in psychiatry, psychotherapy and social work.

The Analysis of Failure
An Investigation of Failed Cases in Psychoanalysis and Psychotherapy

Arnold Goldberg, Chicago Institute for Psychoanalysis, Illinois, USA

“Arnold Goldberg has succeeded in writing an illuminating account of a study of a very difficult subject: failure. Its organizing principle is that everything matters. It is beautifully written, philosophically sophisticated, and clinically wise. He confronts the unpleasant and the uncomfortable head-on and demands honesty of himself and all the participants in the study. This book is essential reading for every psychotherapist and psychoanalyst. It deserves a place chairside as well as the most experienced practitioner.” - Arnold Richards, Training and Supervising Analyst, New York Psychoanalytic Institute, USA

Psychotherapy and psychoanalysis don’t always work. Inevitably, a therapy or analysis may fail to alleviate the suffering of the patient. The reasons why this occurs are as manifold as the patients and analysts themselves, and oftentimes are a source of frustration and vexation to clinicians, who aren’t always eager to discuss them. Taking the challenge head-on, Arnold Goldberg proposes to demystify failure in an effort to determine its essential meaning before determining its causes. Utilizing multiple vignettes of failed cases, he offers a deconstruction and a subsequent taxonomy of failure, delineating cases that go bad after six months from cases that never get off the ground, mismatches from impasses, failures of empathy from failures of inattention. Commonalities in the experience of failure – conceived as less a misapplication of technique than consequences of a co-constructed yet fraught therapeutic relationship – begin to emerge for scrutiny.

The Shadow of the Tsunami
and the Growth of the Relational Mind

Philip M. Bromberg, William Alanson White Institute, New York, USA

Foreword by Allan Schore

“In The Shadow of the Tsunami, Philip Bromberg has made it clear why he is widely regarded as the doyen of relational psychoanalysis. He speaks to the process of healing and growth like no one else. His writing comes to life so powerfully that you don’t just hear his words but virtually participate in what is taking place between and within each partner. The late Stephen A. Mitchell called his writing ‘unique jewels’ – how Mitchell would have appreciated this new book! More than ever, Bromberg bridges domains that for others would tend to collide – literature, poetry, theory, neurobiology, infant research, and decades of clinical wisdom. As you read, surprises are in store – clinical surprises, conceptual surprises, transforming surprises. Whether you are brand new to the field or a senior analyst – read it!” - Lewis Aron, PhD, Director, New York University Postdoctoral Program in Psychotherapy and Psychoanalysis, USA

During early development, every human being is exposed to the relative impact of relational trauma – disconfirmation of aspects of oneself as having legitimate existence in the world of others – in shaping both the capacity for spontaneous human relatedness and the relative vulnerability to “adult-onset trauma.” To one degree or another, a wave of dysregulated affect – a dissociated “tsunami” – hits the immature mind, and if left relationally unprocessed leaves a fearful shadow that weakens future ability to regulate affect in an interpersonal context and reduces the capacity to trust, sometimes even experience, authentic human discourse.

In his fascinating third book, Philip Bromberg deepens his inquiry into the nature of what is therapeutic about the therapeutic relationship: its capacity to move the psychoanalytic process along a path that, bit by bit, shrinks a patient’s vulnerability to the pursuing shadow of affective destabilization while simultaneously increasing intersubjectivity. What takes places along this path does not happen because “this” led to “that,” but because the path is its own destination – a joint achievement that underlies what is termed in the subtitle “the growth of the relational mind.”

Expanding the self-state perspective of Standing in the Spaces (1998) and Awakening the Dreamer (2006), Bromberg explores what he holds to be the two nonlinear but interlocking rewards of successful treatment – healing and growth. The psychoanalytic relationship is illuminated not as a medium for treating an illness but as an opportunity for two human beings to live together in the affectively enacted shadow of the past, allowing it to be cognitively symbolized by new cocreated experience that is processed by thought and language – freeing the patient’s natural capacity to feel trust and joy as part of an enduring regulatory stability that permits life to be lived with creativity, love, interpersonal spontaneity, and a greater sense of meaning.


Published by Routledge
The Social Cure
Identity, Health and Well-Being

Edited by Jolanda Jetten, University of Queensland, Australia, Catherine Haslam, and S. Alexander Haslam, both at University of Exeter, UK

“This educative, wide-ranging and informative book argues that participation in social groups improves mental health and well being. While neuropsychologists may be most interested in the four chapters that are directly concerned with neurologically impaired people, the remaining chapters will inform them of the benefits of groups in other areas such as survivors of disasters, rape victims and concentration camp survivors.” - Barbara Wilson, The Oliver Zangwill Centre for Neuropsychological Rehabilitation, Ely, UK

This book brings together the latest research on how group memberships, and the social identities associated with them, determine people’s health and well-being. The volume provides a variety of perspectives from clinical, social, organisational and applied fields that offer theoretical and empirical insights into these processes and their consequences. The contributions present a rich and novel analysis of core theoretical issues relating to the ways in which social identities, and factors associated with them (such as social support and a sense of community), can bolster individuals’ sense of self and contribute to physical and mental health. In this way it is shown how social identities constitute a ‘social cure’, capable of promoting adjustment, coping and well-being for individuals dealing with a range of illnesses, injuries, trauma and stressors. In addition, these theories provide a platform for practical strategies that can maintain and enhance well-being, particularly among vulnerable populations.

Contributors to the book are at the forefront of these developments and the book’s strength derives from its analysis of factors that shape the health and well-being of a broad range of groups. It presents powerful insights which have important implications for health, clinical, social and organisational psychology and a range of cognate fields.

How can psychotherapists apply the wealth of recent research in Positive Psychology to their clinical work to help their clients change in positive directions? Bill O’Hanlon, who originated Solution-Oriented Therapy in the early 1980s, and Bob Bertolino, an experienced clinician, build the bridge between Positive Psychology and Psychotherapy in this book that allows readers to focus on the mental, behavioral, emotional, cognitive, and spiritual health of their clients. Following the highly readable and user-friendly approach of The Therapist Notebooks, this book contains 75 activities, exercises, and handouts throughout seven chapters that therapists can implement both in sessions and as activities outside the therapeutic milieu. Among the many attractive features included are:

• exercises that follow a standard format for ease of use and implementation
• research findings that underscore the importance of focusing on strengths and well-being
• overviews and suggestions for use that flank each exercise and contextualize them.

Readers appreciate the breadth of research and literature covered, the interactive exercises that both clients and clinicians can use, and devices presented to help translate research into practice, such as the P.O.S.I.T.I.V.E. Framework and The Happiness Hypothesis. For mental health practitioners who are interested in building resilience and strength, both within their clients and within themselves, this book is indispensable.
The Trickster in Contemporary Film

Helena Bassil-Morozow, Further Education Lecturer, London, UK

“This book surprises us and gratifies us with its scope, its detail and how, like the trickster himself, it challenges our beliefs about the function of popular culture.” - Christopher Hauke, Senior Lecturer, Goldsmiths, University of London, UK

This book discusses the role of the trickster figure in contemporary film against the cultural imperatives and social issues of modernity and postmodernity, and argues that cinematic tricksters always reflect psychological, economic and social change in society. It covers a range of films, from Charlie Chaplin’s classics such as Modern Times (1936) and The Great Dictator (1940) to contemporary comedies and dramas with ‘trickster actors’ such as Jim Carrey, Sacha Baron-Cohen, Andy Kaufman and Jack Nicholson.

The Trickster in Contemporary Film offers a fresh perspective on the trickster figure not only in cinema but in Western culture in general. Alongside original film analyses, it touches upon a number of psychosocial issues including sovereignty of the individual, tricksterish qualities of the media, and human relationships in the mercurial digital age.

Further topics of discussion include:
• common motifs in trickster narratives
• the trickster and personal relationships
• gonzo-trickster and the art of comic insurrection.

Employing a number of complementary approaches such as Jungian psychology, film semiotics, narrative structure theories, Victor Turner's concept of liminality and Mikhail Bakhtin's theory of the carnivalesque, this book is essential reading for students and scholars of film, as well as anyone with an interest in analytical psychology and wider critical issues in contemporary culture.


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Therapeutic Practice in Schools
Working with the Child Within: A Clinical Workbook for Counsellors, Psychotherapists and Arts Therapists

Edited by Lyn French and Reva Klein, both at A Space for Creative Learning and Support, East London, UK

“This is a remarkably thoughtful book that demonstrates so clearly what psychotherapy can do for children and schools to make things more possible... It is all so practical and accessible – down to earth, in fact, in a world of psychotherapy that so many think is up in the clouds.”
- Peter Wilson, Foreword

This book is an indispensable guide to providing therapy services for children and adolescents in primary and secondary schools settings. The contributors have extensive experience in the field and carefully examine every aspect of the work, ranging from developing an understanding of the school context in all its complexity, through to what to say and do in challenging therapy sessions and in meetings with school staff or parents and carers.

Therapeutic Practice in Schools opens with an overview of key psychoanalytic concepts informing therapy practice. This is followed by a detailed exploration of the hopes and anxieties raised by providing therapy in schools, the factors that either enable or impede the therapist’s work and how to manage expectations as well as measure outcomes. The practical aspects of delivering therapy sessions are also covered, from the initial assessment phase through recognising and working with anxieties, defences, transference and counter-transference to working with endings. An awareness of the impact of social identity, gender, race and culture on both the therapist and client is woven into the book and is also discussed in depth in a dedicated chapter.

The manual offers a comprehensive yet highly readable guide to the complex world of school-based therapy. It provides practical examples of how therapists translate theory into everyday language that can be understood by their young clients, ensuring that trainees starting a placement in schools, as well as therapists beginning work in the educational setting for the first time, are able to take up their role with confidence.

Therapeutic Uses of Rap and Hip-Hop

Edited by Susan Hadley, Slippery Rock University, Pennsylvania, USA, and George Yancy, Duquesne University, Pennsylvania, USA

Therapeutic Uses of Rap and Hip-Hop is the first anthology to examine the use of rap and hip-hop in the therapeutic context. It provides a rationale for their use in therapy and encourages therapists to validate rap music’s value as a therapeutic tool, by extension validating the experiences of those for whom rap music is a significant mode of expression. The contributors introduce a more complex understanding of the ways in which rap and hip-hop are attentive to the lived experiences (both positive and negative) of many therapy clients and how this aspect of music is helpful within the therapeutic context. Each contributor provides the theoretical context in which they work and bring in case examples of the ways in which rap and hip-hop have benefited the growth and well-being of their clients.


“This volume, edited by Valerie Sinason who has campaigned tirelessly to get the voices of multiple selves heard, brings together many well known and respected experts to share their perspectives on the still partially understood topic of dissociation in relation to trauma and multiplicity. Recommended for all those interested in furthering their understanding of the many aspects of themselves and others.”

- Fiona C. Kennedy, GreenWood Mentors Ltd., Formerly Head of Psychology Services, Isle of Wight NHS, UK

Trauma, Dissociation and Multiplicity provides psychoanalytic insights into dissociation, in particular dissociative identity disorder (DID), and offers a variety of responses to the questions of self, identity and dissociation. With contributions from a range of clinicians from both America and Europe, areas of discussion include:

- the concept of dissociation and the current lack of understanding on this topic
- the verbal language of trauma and dissociation
- the meaning of children's art
- the dissociative defence from the average to the extreme
- pioneering new theoretical concepts on multiple bodies.

This book brings together latest findings from research and neuroscience as well as examples from clinical practice and includes work from survivor-writers. As such, this book will be of interest to specialists in the field of dissociation as well as psychoanalysts, both experienced and in training.

This book follows on from Valerie Sinason's Attachment, Trauma and Multiplicity Second Edition and represents a confident theoretical step forward.

Treating Addiction
A Guide for Professionals

William R. Miller and Alyssa A. Forcehimes, both at the University of New Mexico, Albuquerque, USA, and Allen Zweben, Columbia University School of Social Work, New York, USA

“The authors have blended superb clinical acumen with an exceptional grasp of cutting-edge research to produce this practical, scholarly, and client-centered book. The book captures the complexities of addiction treatment in an engaging manner. A major strength is the way the authors move beyond their strong presentation of evidence-based practices to thoroughly discuss the process and context of treatment, ably addressing the necessary conditions for therapeutic change. Addiction treatment specialists and other clinicians will be well served by this book. It can be used as a primary text in graduate-level courses on addiction treatment or as a supplemental text in virtually any advanced clinical practice course.” - Meredith Hanson, Graduate School of Social Service, Fordham University, New York, USA

“This book gives particular emphasis to the practical things clinicians need to know and do to treat addiction successfully. The authors are world leaders in treatment who describe an approach that is comprehensive, evidence based, multidisciplinary, holistic, and collaborative. A terrific text for courses that train professionals to deal with addiction problems, this book is destined to become a classic. I highly recommend it!” - Timothy J. O’Farrell, Department of Psychiatry, Harvard Medical School, Massachusetts, USA

An indispensable practitioner reference and text, this engaging book focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment. They describe and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches. Also addressed are such crucial clinical issues as resistance, maintenance of change, treating co-occurring disorders, and spirituality. Reproducible clinical tools can be photocopied from the book or downloaded and printed in a convenient 8 1/2” x 11” size (www.guilford.com/p/miller11). Of special utility, the companion Web page features more than two dozen additional widely used, ready-to-download assessment tools, assembled in one place for the first time, together with the authors’ guidance for using them throughout the process of treatment.

Vulnerability to Depression
From Cognitive Neuroscience to Prevention and Treatment

Rick E. Ingram and Ruth Ann Atchley, both at the University of Kansas, USA, and Zindel V. Segal, University of Toronto, Canada

“This is an essential text for researchers, clinicians, and graduate students wanting a clear, up-to-date, multifaceted understanding of research into depression. Remarkable in lucidity, balance, and thoroughness, it puts recent cognitive and neurobiological findings into historical perspective, illuminates diverse conceptualizations and research strategies, highlights the strengths and limitations of various approaches, and provides clear avenues for further study. This is a ‘must read’ for anyone with a serious interest in understanding depression today.” - Ronald D. Siegel, Department of Psychiatry, Harvard Medical School, Massachusetts, USA

“The question of what mechanisms underlie depression is crucial for understanding and treating this disorder. Answers have begun to emerge from both the cognitive and the neuroscience literatures. The time is right for synthesizing the cognitive, neuroscience, and treatment literatures so that an integrated approach to depression vulnerability can be formulated and prevention and management interventions can be optimized. Ingram, Atchley, and Segal provide a theoretically sophisticated, practical synthesis that will appeal to both researchers and clinicians.” - Dan J. Stein, Department of Psychiatry, University of Cape Town, South Africa, and Mt. Sinai School of Medicine, New York, USA

Providing a cutting-edge examination of the mechanisms underlying depression, this volume integrates important areas of research that have largely remained separate. The authors explore both the cognitive and neurological processes that make some people more vulnerable than others to developing depression and experiencing recurrent episodes. They also probe how these processes interact – how negative life experiences, maladaptive belief systems, and patterns of thinking may actually affect neural circuitry, and vice versa. Explaining sophisticated theory and research in an accessible style, the book highlights the implications for improving clinical practices and patient outcomes.

“This book should be handed out with each marriage license and be required reading for every couples counselor. It’s complete and is all that’s needed to help couples play together and stay together. I review so many books about marriage, but this one is truly unique. Instead of how to manage conflict, it’s all about how to manage fun. Instead of how to fight fair, it’s all about how to play with abandon. You can’t read it without feeling optimistic, inspired, energized and determined to put more frolic and gusto in your marriage and your practice.” - Diane Sollee, Director, SmartMarriages.com

In the 21st century, we tend to expect more than ever from our relationships without knowing how to sustain them. Often a married couple juggling the many demands of life, work and children take their bond for granted. They fail to cultivate and nurture the positive interactions they share, neglecting the fun, playful and sexy side of the relationship. Over time, this neglect creates an increasing spiral of dysfunction. We’re No Fun Anymore reminds therapists and the couples they treat that marriage does not have to mean forfeiting the passion, playfulness and joy in a relationship. With 50 combined years of clinical experience backing it, the program outlined in this book will help to build up a relationship without first tearing it down, examining its weaknesses, or trying to fix its problems. Integrating findings from neuroscience, social psychology, positive psychology and marriage research, We’re No Fun Anymore shows couple therapists how to create and magnify positive energy between their clients to refortify the foundation of their relationship and help it stand strong, even in times of strife and crisis. Readers will find a practical (and fun) plan to get their marriage out of the rut that’s robbing it of fun, 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. Clinicians will also get the bonus of increasing the fun that they have in their personal lives and in their clinical work with clients.

When Someone You Love Suffers from Posttraumatic Stress
What to Expect and What You Can Do

Claudia Zayfert, Dartmouth Medical School, New Hampshire, USA, and Jason C. DeViva, Yale University Medical School, Connecticut, USA

“This easy-to-understand, useful book will help you make sense of what your loved one is going through and how you can play an important role in the recovery process. Drawing on their extensive experience, Drs. Zayfert and DeViva provide an array of examples that bring the effects of trauma on individuals and relationships into sharp focus. They also offer straightforward explanations about treatments that work. Anyone who cares about someone who has been traumatized will be grateful for this book.” - Candice M. Monson, Department of Psychology, Ryerson University, Toronto, Canada

“Finally, a resource for all sufferers of PTSD and their families and friends. As the wife of a veteran and an advocate who works with families dealing with combat trauma, I have been searching for a book like this. It provides up-to-date information that is relevant for readers worldwide. This book will save many relationships. It’s not a book to borrow, it’s one you have to own!” - Donna Reggett, Head Advocate, Ipswich District Veterans’ Support Centre, Australia

“An easy-to-read, comprehensive, research-based resource. This book is filled with practical advice.” - Andrew Christensen, coauthor of Reconcilable Differences, Department of Psychology, University of California, Los Angeles, USA

Trauma survivors frequently struggle with unwanted memories, intense emotions, and problems with everyday functioning. Effective help is out there, but the needs of family members – confused and scared about what has happened to the person they love – are often overlooked. Will the person with posttraumatic stress ever get better? How can spouses and other loved ones promote healing? Where can family members turn when they feel like they just can’t cope?

From experienced trauma specialists Drs. Claudia Zayfert and Jason C. DeViva, this highly practical guide is packed with information, support, vivid stories, and specific advice. Readers learn to navigate the rough spots day by day and help their loved one find a brighter tomorrow.

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