New Books in Mental Health
April - June 2011
A Collaborative Approach to Eating Disorders

Edited by June Alexander, writer, Australia and Janet Treasure, Maudsley Hospital and King’s College London, UK

“Professionals and families need to work together to help people with eating disorders. This book tells us why this is true and offers specific strategies to make it happen. This is a terrific book and long overdue!” - James Lock, Professor of Child Psychiatry and Pediatrics, Stanford University, USA

“The aim of this enthusiastic book is to integrate treatments from a wide range of professional and lay experts who have learned how best to treat persons with eating disorders. The model for family therapy has taught us how to mobilize parental help and this approach can now be extended to enlist contributions from carers, partners and recovered patients themselves. This book is a cornucopia of treatment ideas and should be read by those who strive to help sufferers from eating disorders.” - Gerald Russell, Emeritus Professor of Psychiatry, Institute of Psychiatry and the Maudsley Hospital, London, UK

While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery.

A Collaborative Approach to Eating Disorders draws on up-to-date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones. Areas of discussion include:

- current research including genetic factors, socio-cultural influences and early intervention
- clinical applications such as family based dialectical and cognitive behavioural treatments
- treatment developments for both adolescents and adults with a range of eating disorders
- building collaborative alliances at all levels for treatment and ongoing recovery.

With contributions from key international figures in the field, this book will be a valuable resource for students and mental health professionals including family doctors, clinicians, nurses, family therapists, dieticians and social workers.

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Avoiding Emotions, Living Emotions

Antonino Ferro, in private practice, Pavia, Italy

Translated by Ian Harvey

Avoiding Emotions, Living Emotions explores the psychoanalytic encounter and examines how emotions are formed and experienced by both the patient and analyst. The author narrates key theoretical concepts through the presentation of clinical material from adult and child analysis and emphasises the importance of being able to foster these narrations.

Offering new insights into how the mind works, topics of discussion include:

- Bion's thinking and its fertilization: clinical implications
- variations on transference and countertransference
- image and narration.

Providing the reader with clinical exercises and case reports, this book will be of great interest to psychoanalysts, psychotherapists and psychiatrists, as well as being a helpful tool in psychoanalytic and psychotherapeutic work on a day-to-day basis.

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

"The BAARS-IV is a valuable addition to the assessment process for ADHD in adults. Barkley has created a valid and reliable tool that will greatly aid in the diagnostic and differential diagnostic process for ADHD. I will definitely include this current, comprehensive scale in my adult assessments, and I encourage other clinicians to do the same." - Sam Goldstein, Editor-in-Chief, Journal of Attention Disorders

"Based on DSM-IV criteria, and normed on a large, representative sample of the adult population, the BAARS-IV will increase the reliability and validity of diagnoses of ADHD in adults. In addition to the self-reports of current and childhood symptoms, the BAARS-IV includes other-report forms and a quick screening tool. The development and validation of this scale and its presentation in the accompanying manual reflect Barkley's usual impeccable work and his extensive clinical and research experience with ADHD." - Mary V. Solanto, Department of Psychiatry and Director, ADHD Center, Mount Sinai School of Medicine, USA

The Barkley Adult ADHD Rating Scale–IV (BAARS-IV) offers an essential tool for assessing current ADHD symptoms and domains of impairment as well as recollections of childhood symptoms. Directly linked to DSM-IV diagnostic criteria, the scale includes both self-report and other-report forms (for example, spouse, parent, or sibling). Not only is the BAARS-IV empirically based, reliable, and valid, but it is also exceptionally convenient to use. Purchasers get a limited license to photocopy the scales and score sheets, yielding considerable cost savings over other available scales. The long version takes the average adult 5–7 minutes to complete; the Quick Screen takes only 3–5 minutes. Special features include a section of items assessing the newly identified symptoms of sluggish cognitive tempo, also known as the inattentive-only subtype of ADHD.

Barkley Deficits in Executive Functioning Scale (BDEFS)

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

“The BDEFS is a much-needed, clinically relevant tool. This exceptionally well-written manual includes a detailed description of the scale’s development, psychometric properties and norms, scoring, and clinical interpretation, as well as the forms themselves. The limited photocopy license clearly enhances the clinical utility of the BDEFS. All professionals responsible for assessing and understanding adults suffering the burden of executive dysfunction will find this scale highly useful and beneficial.” - Rosemary Tannock, Ontario Institute for Studies in Education; Department of Medicine, University of Toronto, Canada, and Hospital for Sick Children, Toronto, Canada

“Barkley has created a rating scale that is quick and easy to administer and score. The BDEFS provides valuable information regarding specific executive functioning deficits, including those found in ADHD. This scale does what a good assessment instrument should: not only does it answer questions regarding diagnosis, but it also helps clinicians identify target skills and behaviors for intervention.” - Peg Dawson, Center for Learning and Attention Disorders, Seacoast Mental Health Center, New Hampshire, USA

The Barkley Deficits in Executive Functioning Scale (BDEFS) is an empirically based tool for evaluating dimensions of adult executive functioning in daily life. Evidence indicates that the BDEFS is far more predictive of impairments in major life activities than more time-consuming and costly traditional EF tests. BDEFS offers an ecologically valid snapshot of the capacities involved in time management; organization and problem solving; self-restraint; self-motivation; and self-regulation of emotions. Purchasers get a limited license to photocopy the forms and score sheets without the expense of reordering materials from the publisher. Provided are both self- and other-reports in a long form (15–20 minutes) and a short form (4–5 minutes). Special features include an adult ADHD risk index in the long form.

This book will be invaluable to clinical and forensic psychologists; neuropsychologists; social workers; psychiatrists; psychopathology researchers.

Becoming Who We Are
Temperament and Personality in Development

Mary K. Rothbart, University of Oregon, USA

“While one of the oldest-studied topics in psychology, temperament remains one of its toughest nuts to crack. Rothbart leads the reader along a compelling personal and scientific journey during which the many factors that combine to make us unique individuals – biological, social, and developmental – are carefully assessed and elucidated. Rothbart’s writing style is clear and engaging. This book not only reflects the current state of the field, but also, I suspect, will shape its future.” - Mark H. Johnson, Centre for Brain and Cognitive Development, Birkbeck College, University of London, UK

“This outstanding book from the foremost world expert on temperament offers a creative and authoritative synthesis. A broad range of interrelated topics are addressed, including the development and structure of temperament and personality; connections to competence, conscience, and psychopathology; meaning structures; biological and environmental contributions to temperament; and interventions. Rothbart clarifies the multiple levels of factors that contribute to the course of human development. There is something for all developmental scientists and students in this accessible and well-written book.” - Nancy Eisenberg, Regents’ Professor of Psychology, Arizona State University, USA

“Rothbart’s ideas and findings have become crucial for understanding temperament. In this powerful and engaging book, Rothbart not only explains basic and advanced concepts of temperament, but also beautifully shows how a temperament framework can enrich understanding of social development more generally. The book is unusually full of both information and wisdom.” - John E. Bates, Department of Psychological and Brain Sciences, Indiana University, USA

This definitive work comprehensively examines the role of temperament in the development of personality and psychopathology. Preeminent researcher Mary Rothbart synthesizes current knowledge on temperament’s basic dimensions; its interactions with biology, the social environment, and developmental processes; and influences on personality, behavior, and social adjustment across the lifespan. In a direct and readable style, Rothbart combines theory and research with everyday observations and clinical examples. She offers new insights on “difficult” children and reviews intervention programs that address temperamental factors in childhood problems.

This book will be invaluable to developmental psychologists; personality/social psychologists; child clinical psychologists and other mental health practitioners. It will also serve as a text in graduate-level courses.

Black Fathers
An Invisible Presence in America
Second Edition

Edited by Michael E. Connor, Alliant International University, San Francisco, USA and Joseph L. White, University of California, USA

"An important contribution to the true image of black fathers in America...I enthusiastically endorse this book...It provides a broad integrated perspective that combines relevant theory and research...I am certain that it will be used in many college and university courses." - Robert L. Williams, Washington University, USA

This book offers a broader, more positive picture of African American fathers. Featuring case studies of African-descended fathers, this edited volume brings to life the achievements and challenges of being black fathers in America. Leading scholars and practitioners provide unique insight into this understudied population. Short-sighted social policies which do not encourage father involvement are critically examined and the value of father engagement is promoted. The problems associated with the absence of a father are also explored.

The second edition features an increased emphasis on:
- the historical issues confronting African descended fathers
- the impact of health issues on Black fathers and their children
- the need for therapeutic interventions to aid in the healing of fathers and their children
- the impact of an Afrikan-centered fathering approach and the need for research which considers systemic problems confronting African American fathers
- community focused models that provide new ideas for (re)connecting absent fathers
- learning tools including reflective questions and a conclusion in each chapter and more theory and research throughout the book.

Part I provides a historical overview of African descended fathers including their strengths and shortcomings over the years. Next, contributors share their personal stories including one from a communal father working with underserved youth and two others that highlight the impact of absent fathers. Then, the research on father-daughter relationships is examined including the impact of father absence on daughters and on gender identity. This section concludes with a discussion of serving adolescents in the foster care system. Part II focuses on the importance of a two-parent home, communal fathering, and equilitarian households. Cultural implications and barriers to relationships are also explored. This section concludes with a discussion of the struggles Black men face with role definitions. The book concludes with a discussion of the impact of adoption and health issues on Black fathers and their children, and the need for more effective therapeutic interventions that include a perspective centered in the traditions and cultures of Afrika in learning to become a father. The final chapter offers an intervention model to aid in fatherhood.

An ideal supplementary text for courses on fathers and fathering, introduction to the family, parenting, African American families/men, men and masculinity, Black studies, race and ethnic relations, and family issues taught in a variety of departments, the book also appeals to social service providers, policy makers, and clergy who work with community institutions.

Black Fathers

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“This volume offers the most comprehensive review to date of knowledge about body image. Whether you are a professional or student interested in body image, you should keep this book close at hand. The second edition maintains the high standards of its predecessor while incorporating the latest research. Highlights include more information about the neuroscientific bases of body image and expanded coverage of prevention.” - Sabine Wilhelm, Department of Psychiatry, Massachusetts General Hospital, Harvard Medical School, USA

“The first edition of this book was great, and this one is even better. It captures the significant advances that have occurred in the field over the past decade. This is the definitive work on all matters pertaining to body image.” - Kelly D. Brownell, Department of Psychology and Director, Rudd Center for Food Policy and Obesity, Yale University, USA

The standard reference for practitioners, researchers, and students, this acclaimed work brings together internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Contributors review established and emerging theories and findings; probe questions of culture, gender, health, and disorder; and present evidence-based assessment, treatment, and prevention approaches for the full range of body image concerns. Capturing the richness and complexity of the field in a readily accessible format, each of the 53 concise chapters concludes with an informative annotated bibliography. New to this edition:

- conceptual Foundations section now incorporates evolutionary, genetic, and positive psychology perspectives
- increased coverage of prevention (four chapters instead of two).

This book will be important reading for clinical psychologists, psychiatrists, social workers, and counselors; medical doctors in a range of specialties; allied health professionals; and students and researchers in these fields. It may also serve as a text in graduate-level courses.

Bullying, Suicide, and Homicide
Understanding, Assessing, and Preventing Threats to Self and Others for Victims of Bullying

Butch Losey, Child Focus, Inc., Ohio, USA

The main objective of this book is to provide a detailed understanding of the relationship between bullying, suicide, and homicide and to offer an assessment and response strategy that is useful for mental health professionals who work with children. It will help readers understand that bullying is not a part of childhood development, but rather an aberrant behavior that for the victim can lead to adverse decisions, such as suicide and homicide. Specific topics covered include the identification of risk factors of suicide and homicide for someone who is being bullied; characteristics of bullying that are more traumatic and therefore carry more risk; analysis of homicide risk within the context of American school shooters; four “indelible links” that thread through bullying, suicide, and homicide that take on particular significance and point to a need for a heightened awareness on the part of professionals working with victims; and appropriate assessment and intervention strategies. This text also intends to challenge the prevailing idea that suicide is about death; instead, it is about escape, which can make it seem to be a viable option (although a poor one) for children who experience suicide ideation as a result of bullying and can find no other form of escape.

Contents:
Persistant Bullying and Suicide as a Viable Option.
Effective School Prevention.
Inconspicuous Partners: Bullying as a Precursor to Suicide and Homicide.
Factors that Increase Risk for Victims of Bullying.
Practical Application of the Bullying Lethality Identification System.
Appendix A: BLIS Screening Tool.
Appendix B: Suicide Assessment.
Appendix C: Threat Assessment.
Appendix D: Documentation of Bullying Intervention.
Companion CD: Bullying Lethality Screening Questionnaire for Use by Professionals.
Decision Tree.
The Negative Bullying Response Continuum for Suicide Assessment.
Threat Assessment Guide.
Guided Questions for an Unstructured Interview Using the BLSS.

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Case Studies in Couples Therapy
Theory-Based Approaches

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

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

In Case Studies in Couples Therapy, readers will grasp the essentials of major theories and approaches in a few pages and then see how concepts and principles are applied in the work of well-known clinicians. The case studies incorporate a wide variety of couples from diverse backgrounds in a number of different life situations. It is simultaneously narrow (including specific processes and interventions applied with real clients) and broad (clearly outlining a broad array of theories and concepts) in scope, and the interventions in it are directly linked to theoretical perspectives in a clear and systematic way. Students and clinicians alike will find the theoretical overview sections of each chapter clear and easy to follow, and each chapter’s thorough descriptions of effective, practical interventions will give readers a strong sense of the connections between theory and practice.


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Clinical Handbook of Schizophrenia

Edited by Kim T. Mueser, Dartmouth Medical School, New Hampshire, USA and Dilip V. Jeste, University of California, San Diego, USA

“Do we need another large book about schizophrenia? In the case of the Clinical Handbook of Schizophrenia, the answer is a resounding yes... It is a book I am likely to refer to often as we look to develop effective new programs in our service system.” - Mark R. Munetz, Psychiatric Services

Reviewing the breadth of current knowledge on schizophrenia, this Handbook provides clear, practical guidelines for effective assessment and treatment in diverse contexts. Leading authorities have contributed 61 concise chapters on all aspects of the disorder and its clinical management. In lieu of exhaustive literature reviews, each chapter summarizes the state of the science; highlights key points the busy practitioner needs to know; and lists recommended resources, including seminal research studies, invaluable clinical tools, and more. Comprehensive, authoritative, and timely, the volume will enable professionals in any setting to better understand and help their patients or clients with severe mental illness.

Clinical Textbook of Addictive Disorders
Third Edition
Edited by Richard J. Frances, Silver Hill Hospital, Connecticut, USA, Sheldon I. Miller, Northwestern University, Illinois, USA and Avram H. Mack, Medical University of South Carolina, USA

“Beyond covering the basics that readers expect from an addiction text – pharmacology of specific substances and major treatment modalities – the editors also address a breadth of other topics, including polydrug use, comorbidities, HIV/AIDS, and the needs of women and older adults.”
- Joyce A. Tinsley, Department of Psychiatry, University of Connecticut, USA

“This is an ideal text for providing students with a broad overview of the field as well as specific guidelines for clinical practice. Practitioners will find it a handy reference for state-of-the-art conceptualizations and treatments for the full range of substance use disorders.”
- Arnold M. Washton, in private practice, New York, and Princeton, New Jersey, USA

This authoritative work comprehensively examines all aspects of addictive disorders and their treatment. Leading researchers and practitioners identify best practices in assessment and diagnosis and provide tools for working with users of specific substances. Issues in working with particular populations – including polysubstance abusers, culturally diverse patients, women, and older adults – are addressed, and widely used psychosocial and pharmacological treatment approaches are reviewed. An indispensable text for anyone studying or treating these prevalent, challenging disorders, the book describes ways to tailor interventions to each patient’s needs while delivering compassionate, evidence-based care.

Clinician’s Electronic Thesaurus
Software to Streamline Psychological Report Writing
Version 7.0

Edward L. Zuckerman, in private practice, Pennsylvania, USA

From the Previous Edition:
“An excellent aid for preparing well-organized, clearly articulated mental health reports. The accompanying manual and onscreen help show how to customize the reporting format to meet the unique needs of each provider as well as the populations being evaluated.” - Ann A. Abbott, Graduate Social Work Department, West Chester University, Pennsylvania, USA

“This software has pride of place on my virtual desktop, right alongside the dictionary and encyclopedia. It should also be especially useful for students, who often need special help understanding the nuances of mental health terminology.” - James Morrison, Department of Psychiatry, Oregon Health and Science University, USA

This timesaving software puts the entire language of mental health at your fingertips and also becomes your personal text library. It features thousands of searchable words and phrases for describing nearly any clinical situation, which can be copied and pasted directly into your evaluations, reports, progress notes, or treatment plans. Customize the program by adding or deleting text or report formats to meet your writing needs. Version 7.0 has been updated along with the Clinician’s Thesaurus, 7th Edition, and includes sections on additional clinical problems (reactive attachment disorder, body dysmorphic disorder, and varieties of violent behaviors).

This software will be useful to clinicians, graduate students, interns, and residents in all mental health disciplines, including clinical and counseling psychology, psychiatry, social work, and psychiatric nursing.
Contingency Management for Substance Abuse Treatment

A Guide to Implementing This Evidence-Based Practice

Nancy M. Petry, University of Connecticut School of Medicine, USA

Contingency Management has been identified as the most efficacious intervention for substance use disorders. Despite the evidence of its efficacy in numerous clinical trials, contingency management is poorly understood and rarely utilized in practice settings, as no book exists specifically for clinicians. Contingency Management for Substance Abuse Treatment fills this gap as a clinician-oriented text that focuses on contingency management protocol development and implementation, and provides everything clinicians require to successfully apply a novel treatment in practice.


Part IV: Conclusions. Conclusion.
Counseling 21st Century Students for Optimal College and Career Readiness

A 9th-12th Grade Curriculum

Corine Fitzpatrick, Manhattan College, New York, USA and Kathleen Costantini, New York City Department of Education, New York, USA

This book offers counselors an action-based curriculum that will meet the needs of the 21st century high school student, help to foster their growth and ambition, and engage them as constructivists in learning what they need to succeed beyond high school. It takes a comprehensive, developmental approach, focusing on 9th-12th grade students, rather than solely on those in 11th and 12th grade. Specific topics discussed include successful transition to 9th grade; using technology in the college and career advising process; assisting and advising students in college research and application; and helping seniors make successful transitions to college. Also included is information on running a college guidance office and working with parents. The described curriculum is geared to all school counselors and students, but there is also a special focus on those students in urban public schools to enable them to have the same enriched experiences in their college and career advising program as that at private and suburban schools.

Depression in Adolescent Girls
Science and Prevention

Edited by Timothy J. Strauman and Philip R. Costanzo, both at Duke University, North Carolina, USA and Judy Garber, Vanderbilt University, Tennessee, USA

“Given the high personal and societal costs of depression in adolescent girls, this volume intends to move the field forward by sharing the latest findings from basic and prevention science. Chapters by leading experts are not only informative but will also be motivating for scholars, practitioners, and students. The editors are to be commended for producing such a timely and readable volume.” - Constance L. Hammen, Department of Psychology, University of California, Los Angeles, USA

“It is critical that we gain a better understanding of factors that contribute to the onset and maintenance of depression so that we can develop effective programs for treatment and, equally important, for prevention. Strauman et al. have assembled a stellar group of contributors to address psychological and biological aspects of depression in adolescent girls, with a strong focus on prevention. The authors are internationally recognized experts in their fields and, as one would expect, the chapters are exceptionally rich in detail and well researched. This welcome volume belongs on the bookshelf of anyone interested in understanding developmental aspects of depression.” - Ian H. Gotlib, Department of Psychology, Stanford University, California, USA

Compared to boys, adolescent girls face an increased risk of depression and repeated recurrences throughout adulthood. This unique volume presents a comprehensive multidisciplinary framework for understanding how girls become vulnerable to mood disorders and how that vulnerability might be reduced. The contributors are leading scholars at the cutting edge of theory, research, intervention, and policy. The chapters cover new developments in the science of depression – from genes to biological, psychological, and social processes – and explore how the research is being translated into innovative prevention efforts.

Disorganized Attachment and Caregiving

Edited by Judith Solomon, Child FIRST Program, Bridgeport Hospital, Connecticut, USA and Carol George, Mills College, California, USA

“Disorganized attachment is of greatest relevance to clinicians, as it provides the primary link connecting early history with later mental disorder. This definitive volume summarizes the most recent advances in this area, with careful attention to both the mechanisms and clinical implications of disorganization. It is an invaluable contribution to every clinician’s library.” - Peter Fonagy, Department of Clinical, Educational and Health Psychology, University College London, UK

From leading authorities, this volume provides a state-of-the-art examination of disorganized attachment: what it is, how it can be identified, and its links to behavioral problems and psychological difficulties in childhood and beyond. The editors offer a fresh perspective on disorganized attachment, not as a characteristic of the infant or child but as the product of a dysregulated and disorganized parent-child relationship. They present cutting-edge research and exemplary treatment approaches. With attention to the subjective experiences of both mothers and children, the book shows how focusing on the caregiving system can advance research and clinical practice.


Doing Couple Therapy
Craft and Creativity in Work with Intimate Partners

Robert Taibbi, in private practice, Virginia, USA

“There are a number of books on doing couple therapy based on a particular model, but until now, there hasn’t been a text for beginning couple therapists that is so comprehensive, practical, and eclectic.” - Richard C. Schwartz, Center for Self Leadership, Illinois, USA

“Treating the intricacies, delicate balances, and difficult compromises of any couple relationship is different from working with individuals or families, and is arguably the most challenging form of therapy... Despite specializing in couples work for the past 20 years, I found Taibbi’s approach compelling and refreshing.” - David Treadway, in private practice, Massachusetts, USA

Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners. Self-care strategies and tips for getting the most out of supervision are provided. Special topics include how to address couple issues with only one partner and couple therapy applications for chronic mental health problems.

Contents:
- Into the Fray: Theoretical Foundation and Overview
- The Basics: Clinical Goals and Tasks
- Beginnings: Presentations, Assessments, and Goals
- Beginnings in Action
- Clearing the Clutter: Improving Communication Skills
- Drilling Down: Core Issues
- Termination
- Of Money, Sex, and Children: Handling the Power Issues
- The Challenges of the Early Years
- Re-creating the Vision
- Battle and Loss: Managing the Teenage Years
- One Big Happy Family: Working with Stepfamilies
- The Challenges of Old Age
- One Helping Two, Two Helping One: Working with Individuals in Relationships
- Life in the Details: The Nuts and Bolts of Couple Therapy

Robert Taibbi

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Dramatherapy and Destructiveness
Creating the Evidence Base, Playing with Thanatos

Edited by Ditty Dokter, Anglia Ruskin University, Cambridge, UK, Pete Holloway, Kent & Medway Partnership Trust, UK and Roehampton University, UK and Henri Seebohm, Roehampton University and West London Mental Health Trust, UK

“This book is a stimulating read, opening the door on the experience of dramatherapy practice in challenging settings and with complex clients. The authors engage with the theme of destructiveness and the therapist’s struggle to understand it with compassion and honesty.” - Anna Chesner, Psychodrama and Group Analytic Psychotherapist, Co-Director London Centre for Psychodrama, UK

“... an important book for any psychological therapist working with those who ‘offend’ – against themselves or others.”

- Gwen Adshedd, From the Foreword

Dramatherapy uses the healing aspects of drama and theatre as part of the therapeutic process and is increasingly required to supply evidence of its effectiveness. This book aims to provide an evidence base for practice with destructive clients, and raise the profile of dramatherapy as a distinct therapeutic intervention in this field.

Dramatherapy and Destructiveness discusses working with those suffering from conduct disorders, mood disorders, schizophrenia and personality disorders. Divided into three parts, topics of discussion include:

- theory and research underpinning the understanding of working with destructiveness
- in-depth case studies of dramatherapy with a wide range of clients
- analysis and evaluation of the evidence base for dramatherapy with these clients
- guidelines for best practice.

Dramatherapy and Destructiveness covers a wide range of client groups, settings, methods and therapeutic approaches. As well as being an invaluable resource for dramatherapists, this book will be of interest to other therapists, health professionals, social workers, teachers and artists.

Essential Psychotherapies
Theory and Practice
Third Edition

Edited by Stanley B. Messer, Rutgers, The State University of New Jersey, USA and Alan S. Gurman, University of Wisconsin School of Medicine and Public Health, USA

“Essential Psychotherapies is a classic. With this significantly revised third edition, Messer and Gurman have once again accomplished their goal of providing a thorough exposition of the most important approaches of our field. The chapters are written by foremost authors who cover the waterfront from treatments with deep historical roots (such as dynamic and humanistic approaches) to those associated with empirical traditions (such as behavioral and cognitive-behavioral approaches), as well as those at the cutting edge (such as third-wave behavioral treatments). There is no more comprehensive and informative volume on this topic.”
- Bruce E. Wampold, Department of Counseling Psychology, University of Wisconsin-Madison, USA

The leading survey text for basic psychotherapy courses, this book offers authoritative, engaging presentations of the 12 most important forms of psychotherapy practiced today. Prominent experts cover traditional treatments as well as influential models that have been developed relatively recently, giving students and practitioners a solid grasp of foundational theories, techniques, and research. Each chapter follows a common set of organizational guidelines; features illustrative vignettes and a full case example; and concludes with readings and resources to guide further study.

New to this edition:
• incorporates the latest clinical developments and research
• chapter on “third-wave” behavior therapies
• each chapter has expanded discussions of the role of the therapeutic relationship and the use of evidence-based practices
• concise chapters and one-column format make the book even more instructor and student friendly.

The book will be important reading for students and clinicians in clinical psychology, counseling, psychiatry, social work, family therapy, and psychiatric nursing. It also serves as a text in advanced undergraduate- and graduate-level psychotherapy courses.

Gene-Environment Interactions in Developmental Psychopathology

Edited by Kenneth A. Dodge, Duke University, North Carolina, USA and Michael Rutter, Institute of Psychiatry, Kings College London, UK

“The recent explosion of research on gene-environment interaction has excited psychologists, psychiatrists, anthropologists, and neuroscientists, to name a few of the fields being transformed by work that simply did not exist a decade ago. When the leading lights of any burgeoning new arena of inquiry are assembled to share their insight and understanding – as they are in this fascinating volume – students and scholars wise enough to drink from the well can be assured of being intellectually nourished. This book will afford graduate students and established academics a state-of-the-art understanding of the complex interplay of nature and nurture in shaping human behavior and development, along with implications for intervention and public policy.”

- Jay Belsky, Department of Human and Community Development, University of California, USA

“This volume is the definitive work on gene-environment interactions: their nature, underlying mechanisms, developmental and clinical implications, and ramifications for inequality and social policy. Chapters are by world experts, and the book is both authoritative and fascinating. Without hyperbole, I believe that each chapter is essential reading.”

- Stephen Hinshaw, University of California, Berkeley, USA

Bringing together foremost experts, this book reviews groundbreaking gene-environment research and explores implications for clinical practice, prevention, and public policy. Presented is cutting-edge work on the interplay of genetic factors and childhood experiences in the development of mental disorders such as depression, conduct disorder, and schizophrenia. Essential topics include what scientists currently know about “susceptibility genes”; the mechanisms by which maltreatment and other stressors interact with biological susceptibilities across development; and factors that make certain children more resilient than others. Future directions for personalizing treatment and prevention efforts, thus making them more effective, are discussed. This book will be important reading for developmental and clinical psychology researchers; epidemiologists; policymakers in the area of child and family health. It may also serve as a supplemental text in graduate-level courses.

Generation to Generation
Family Process in Church and Synagogue

Edwin H. Friedman, former Family Therapist and Rabbi, USA

“When [this book] was originally written, learning about the emotional side of congregations was not part of the curriculum in most seminaries. Now it is the gold standard in this area, and Generation to Generation is a text many clergy carry with them each day... Just as the book’s title suggests, Friedman’s ideas continue to be passed down to today’s generation of leaders.” - Gary Emanuel and Mickie Crimone, From the Foreword

“Well written and lively... required reading for pastoral counselors of every persuasion... Any therapist will find here new techniques for bringing about changes and will enlarge his or her conceptual framework of the human dilemma.”

- Jay Haley

An acclaimed, influential work now available in paper for the first time, this bestselling book applies the concepts of systemic family therapy to the emotional life of congregations. Edwin H. Friedman shows how the same understanding of family process that can aid clergy in their pastoral role also has important ramifications for negotiating congregational dynamics and functioning as an effective leader. Clergy from diverse denominations, as well as family therapists and counselors, have found that this book directly addresses the dilemmas and crises they encounter daily. It is widely used as a text in courses on pastoral care, leadership, and family systems.

This book will be important reading for clergy and lay leaders, family therapists and counselors, instructors and students in both religious studies and mental health/family fields. It is also widely used as a text in courses on pastoral care, leadership, and family systems.


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Grief and Bereavement in Contemporary Society
Bridging Research and Practice

Edited by Robert A. Neimeyer, University of Memphis, Tennessee, USA, Darcy L. Harris, King’s University College, Ontario, Canada, Howard R. Winokuer, The Winokuer Center for Counseling and Healing, North Carolina, USA and Gordon F. Thornton, Indiana University of Pennsylvania, USA

Grief and Bereavement in Contemporary Society is an authoritative guide to the study of and work with major themes in bereavement. Its chapters synthesize the best of research-based conceptualization and clinical wisdom across 30 of the most important topics in the field, including the implementation of specific models in clinical practice, family therapy for bereavement, complicated grief, spirituality, and more. The volume’s contributors come from around the world, and their work reflects a level of cultural awareness of the diversity and universality of bereavement and its challenges that has rarely been approximated by other volumes. This is a readable, engaging, and comprehensive book that will share the most important scientific and applied work on the contemporary scene with a broad international audience, and as such, it will be an essential addition to anyone with a serious interest in death, dying, and bereavement.

Handbook of Peer Interactions, Relationships, and Groups

Edited by Kenneth H. Rubin, University of Maryland, College Park, USA, William M. Bukowski, Concordia University, Quebec, Canada and Brett Laursen, Florida Atlantic University, USA

“Outstanding. The relationships of children and adolescents with their peers are examined with exceptional thoroughness and authority by the key researchers in the field... The breadth of the topics covered and the clarity and accessibility of the writing make this book an excellent text for developmental psychology students.” - Judith F. Dunn, Institute of Psychiatry, Kings College London, UK

“The clear structuring of the broad content helps readers to quickly find what they are looking for and to organize their own ideas about peer relations.” - Jens B. Asendorpf, Department of Psychology, Humboldt University of Berlin, Germany

This comprehensive, authoritative Handbook covers the breadth of theories, methods, and empirically based findings on the ways in which children and adolescents contribute to one another’s development. Leading researchers review what is known about the dynamics of peer interactions and relationships from infancy through adolescence. Topics include methods of assessing friendship and peer networks; early romantic relationships; individual differences and contextual factors in children’s social and emotional competencies and behaviors; group dynamics; and the impact of peer relations on achievement, social adaptation, and mental health. Salient issues in intervention and prevention are also addressed.

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Helping Abused and Traumatized Children
Integrating Directive and Nondirective Approaches

Eliana Gil, Childhelp, Inc., and Gil Center for Healing and Play, Virginia, USA

“Gil provides useful practical guidelines, general principles, and goals for both assessment and intervention using the integrated approach model. The author also describes the expressive therapy techniques in such rich detail that the reader has an excellent understanding of the potential power of these therapeutic tools in their most nuanced form.”
- PsycCRITIQUES

“Inspirational, practical, and theoretically sound... All professionals engaged with children impacted by any form of abuse and trauma must have this invaluable resource at their disposal.”
- Child and Family Journal

“A valuable resource that effectively combines theory, research, and clinical case examples. The readability of the text and the detailed use of illustrations that complement the material enhance the quality of this book and speak to Gil's reputation as one of the best in the field of child-focused family therapy.”
- Journal of Marital and Family Therapy

“This is a text for clinicians by a master clinician with many years of experience in the field.”
- Child and Family Behavior Therapy

Presenting an integrative model for treating traumatized children, this book combines play, art, and other expressive therapies with ideas and strategies drawn from cognitive-behavioral and family therapy. Eliana Gil demonstrates how to tailor treatment to the needs of each child by using both directive and nondirective approaches. Throughout, practical clinical examples illustrate ways to target trauma-related symptomatology while also helping children process painful feelings and memories that are difficult to verbalize. The book concludes with four in-depth cases that bring to life the unique situation of each child and family, the decision-making process of the therapist, and the applications of developmentally informed, creative, and flexible interventions.

Helping Couples Get Past the Affair
A Clinician’s Guide

Donald H. Baucom, University of North Carolina at Chapel Hill, USA, Douglas K. Snyder, Texas A&M University, USA and Kristina Coop Gordon, University of Tennessee-Knoxville, USA

“Based on sound theory and accumulating evidence, this book is a clear-headed, compassionate guide for working with the volatile emotional issue of infidelity.” - Andrew Christensen, Department of Psychology, University of California, Los Angeles, USA

“We have long known that traditional couple therapy models are not applicable to treating couples who experience infidelity. Baucom et al. offer a revolutionary approach in which infidelity is conceptualized as a traumatic event, yet they are able to facilitate empathy for both parties....I have already begun using this therapy model in my private practice and teaching it to my clinical psychology graduate students, with wonderful results.” - Erika Lawrence, University of Iowa, USA

From leading marital therapists and researchers, this unique book presents a three-stage therapy approach for clinicians working with couples struggling in the aftermath of infidelity. The book provides empirically grounded strategies for helping clients overcome the initial shock, understand what happened and why, think clearly about their best interests before they act, and move on emotionally, whether or not they ultimately reconcile. The volume is loaded with vivid clinical examples and carefully designed exercises for use both during sessions and at home.

The book will be invaluable to clinicians who treat couples, including couple and family therapists and counselors, clinical psychologists, social workers, pastoral counselors, and psychiatrists. It may also serve as a supplemental text in graduate-level courses.

Helping Grieving People – When Tears Are Not Enough

A Handbook for Care Providers
Second Edition

J. Shep Jeffreys, in private practice, Maryland, USA

Helping Grieving People is a training manual for care providers who provide support and counseling to those grieving death, illness, and other losses. The author addresses grief as it affects a variety of relationships and discusses different intervention and support strategies, always cognizant of individual and cultural differences in the expression and treatment of grief. Jeffreys has established a practical approach to preparing trainee caregivers through three basic tracks: Heart, Head, and Hand. The first step, Heart, calls for self discovery, freeing oneself of accumulated loss in order to focus all attention on the griever. Head emphasizes understanding the complex and dynamic phenomena of human grief. Hand stresses the caregiver’s actual intervention, and speaks to the appropriate level of skill as well as the various methods of healing available. Following these three motifs, the Handbook discusses the social and cultural contexts of grief as well as its psychological constructs. Throughout the book, Jeffreys presents the role of the caregiver as an ‘exquisite witness’ to the grief and pain of the surviving family and friends, and also to the life that the dying person has led. The second edition stays true to the approach that has been so well received in the original volume, updating and addressing new information and developments in the field as appropriate.

Interpersonal Psychotherapy for Depressed Adolescents

Second Edition

Laura Mufson, New York State Psychiatric Institute, USA, Kristin Pollack Dorta and Donna Moreau, both in private practice, New York, USA and Myrna M. Weissman, Columbia University College of Physicians and Surgeons, USA

“Interpersonal psychotherapy is one of the most promising interventions for the treatment of depression, and one of the few that has empirical data to support its efficacy with adolescents. Mufson and colleagues provide an informative and succinct description of the steps involved in using IPT-A to treat depressed adolescents. Rich in theory and clinical detail, this is a valuable resource for anyone working with younger patients.” - Steven D. Hollon, Department of Psychology, Vanderbilt University, Tennessee, USA

“I found this book to be well-organized and easy (actually fun) to read... The brief, focal nature of the therapy is very adaptable for work with adolescents in community settings.” - Paulette Marie Gillig, Community Mental Health Journal

Grounded in extensive research and clinical experience, this manual provides a complete guide to interpersonal psychotherapy for depressed adolescents (IPT-A). IPT-A is an evidence-based brief intervention designed to meet the specific developmental needs of teenagers. Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. The book includes illustrative clinical vignettes, an extended case example, and information on the model’s conceptual and empirical underpinnings. Helpful session checklists and sample assessment tools are featured in the appendices.

Lacanian Psychotherapy
Theory and Practical Applications

Michael J. Miller, SUNY Upstate Medical University, New York, USA

“Therapists of all persuasions will relish Michael Miller’s lucid, beautifully written discussion of the use of Lacan’s work in clinical practice. Targeting topics of concern to the widest range of practitioners – including insight, opening up of “potential space,” transference, countertransference, gender, and power dynamics – he provides word-for-word transcripts of interactions with his clients that beautifully illustrate a Lacanian approach to listening and interpreting that can be applied in a great many therapeutic settings, using theory to illuminate – but never overshadow – the case material. The level of detail provided in his case studies is unrivaled. A fabulous achievement!” - Bruce Fink, Lacanian Psychoanalyst and Professor of Psychology, Duquesne University, Pennsylvania, USA

“The work of Jacques Lacan is associated more with literature and philosophy than mainstream American psychology, due in large part to the dense language he employs in articulating his theory – often at the expense of clinical illustration. As a result, his contributions are frequently fascinating, yet their utility in the therapeutic setting can be difficult to pinpoint. Lacanian Psychotherapy fills in this clinical gap by presenting theoretical discussions in clear, accessible language and applying them to several chapter-length case studies, thereby demonstrating their clinical relevance. The central concern of the book is the usefulness of Lacan’s notion that the unconscious is structured like and by language. This concept implies a peculiar manner of listening (“to the letter”) and intervention, which Miller applies to a number of common clinical concerns – including case formulation, dreams, transference, and diagnosis – all in the context of real-world psychotherapy.


Order online for a 10% discount and free shipping on US, Canadian and UK orders over $35/£20.
Marriage and Relationship Education
What Works and How to Provide It

W. Kim Halford, University of Queensland, Australia

“This book sets a new high-water mark, not only for therapists, counselors, and their clients, but also for the field itself. While relationship enhancement programs have often lacked strict accountability based on research, Halford’s approach is both clinically relevant and empirically sound. The book details effective assessment and stepped-training procedures with great clarity. Scholarly and accessible, it will have lasting utility for practitioners and students.” - Robert L. Weiss, Department of Psychology (Emeritus), University of Oregon, USA

“With this comprehensive, beautifully written book, Halford brings the practice of couple relationship education to a whole new level. The program presented here enhances all aspects of couple functioning and includes specific guidance for helping partners initiate relationship behavior changes and sustain them over time. The book features assessment scales and plenty of illustrative vignettes. It will become an instant classic and core text for therapists, pastoral counselors, and other professionals who want to provide couples with the tools to make their love last.” - Peter Fraenkel, Doctoral Program in Clinical Psychology, The City University of New York, USA and Director, Center for Work and Family, Ackerman Institute for the Family, USA

Grounded in extensive research and clinical experience, this indispensable book addresses the “whats,” “whys,” and “how-tos” of conducting effective marriage and relationship education. Leading authority W. Kim Halford reviews a range of contemporary models and provides an in-depth description of his own approach, Couple CARE. Session-by-session guidelines for therapists show how to help groups or individual couples – including those facing major life changes or stressors – foster closeness and communication, manage conflicts, and prevent common relationship problems. The book also explains how to use commercially available online assessment tools to help each couple develop their own relationship goals. It includes over 20 reproducible handouts and forms.

This book will be invaluable to therapists and counselors who work with couples, including clinical psychologists, social workers, family therapists, psychiatrists, and pastoral counselors. It may also serve as a supplemental text in advanced undergraduate- and graduate-level courses.

Mental Disorders in Older Adults
Fundamentals of Assessment and Treatment
Second Edition

Steven H. Zarit, The Pennsylvania State University, USA and Judy M. Zarit, in private practice, Pennsylvania, USA

Steven Zarit – Awarded the Gerontological Society of America’s 2009 Distinguished Career Contribution Award!

“A rich guidebook for assessing and treating the most common mental disorders likely to be encountered by mental health professionals working with older adults.... An exceptional contribution to the field.” - Contemporary Gerontology

“The insights [the authors] share with readers are clearly the result of many years of experience working with this client group.” - Social Work in Health Care

Steven Zarit - Awarded the Gerontological Society of America’s 2009 Distinguished Career Contribution Award!

Illustrated with abundant clinical material, this book provides essential knowledge and skills for effective mental health practice with older adults. It demonstrates how to evaluate and treat frequently encountered clinical problems in this population, including dementias, mood and anxiety disorders, and paranoid symptoms. Strategies are presented for implementing psychosocial interventions and integrating them with medications. The book also describes insightful approaches for supporting family caregivers and addresses the nuts and bolts of consulting in institutional settings. Combining their expertise as a researcher and an experienced clinician, the authors offer a unique perspective on the challenges facing older adults and how to help them lead more fulfilling and independent lives.

Neuroplasticity and Rehabilitation

Edited by Sarah A. Raskin, Trinity College, Connecticut, USA

“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.

Overcoming Your Workplace Stress
A CBT-based Self-help Guide

Martin R. Bamber, Selby and York NHS Primary Care Trust, UK

“This book is not just another book identifying the problems of workplace stress but an outstanding self-help guide that is based on Cognitive Behavioural Therapy. It is focussed on the individual, and what you can do to help yourself cope with the stress-related issues in your job... a must read for the many out there who are finding they just can’t cope!” - Cary L. Cooper, CBE, Distinguished Professor of Organizational Psychology and Health, Lancaster University, and Chair of the Academy of Social Sciences, UK

Occupational stress affects millions of people every year and not only is costly to the individual – in terms of their mental and physical health – but also results in major costs for organizations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively.

Divided into three parts, this book will help you to:

• understand occupational stress
• learn about a range of methods to reduce stress levels
• develop your own self-help plan.

Examples of stress management techniques covered include developing a healthy lifestyle, effective time management skills, assertiveness, developing interpersonal skills, relaxation training and healthy thinking.

Overcoming Your Workplace Stress is written in a straightforward, easy-to-follow style, allowing the reader to develop the necessary skills to become their own therapist.

Contents:

Part I: Understanding Occupational Stress.
Occupational Stress and its Consequences. Identifying the Causes of your Occupational Stress.

Part II: Interventions for Occupational Stress.

Part III: Pulling it all Together.

Order online for a 10% discount and free shipping on US, Canadian and UK orders over $35/£20.
Poisonous Parenting
Toxic Relationships Between Parents and Their Adult Children

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

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

Positive Psychology
The Science of Happiness and Human Strengths
Second Edition

Alan Carr, University College Dublin, Ireland

“This book offers an empirically based, rigorously scientific approach to a rapidly changing and expanding field. Undergraduates and graduate students will much appreciate the accessible presentation, ample graphics, and personal development questions, while professionals will be pleased with the up-to-date, sensible coverage of this thoroughly revised edition. The next generation of positive psychology textbooks has arrived!” - Grant Rich, University of Alaska, USA

Praise for the first edition:
“Carr’s Positive Psychology is a magisterial text, an enormously informative and inclusive synthesis of this new branch of science. It is a model of a contemporary textbook, with references to websites, useful copies of test forms, and provocative questions at the end of chapters. The positive psychology movement is fortunate to rate such an excellent textbook so soon after its inception.” - Mihaly Csikszentmihaly, Claremont Graduate University, California, USA

“This book does more than provide a thorough review of the extant research in positive psychology – it outlines available resources, methods of measurement, offers a critique of available research and makes recommendations for further reading and research. Alan Carr’s background in systemic psychotherapy and critical psychology enables him to add theoretical richness to the field of positive psychology by integrating contextual and relational perspectives with this inherently individualistic approach.” - Arlene Vetere, University of East London, UK

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing.

Alan Carr’s Positive Psychology has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including:
• accounts of major theories and relevant research
• learning objectives
• chapter summaries
• research and personal development questions
• suggestions for further reading
• measures for use in research
• glossaries of new terms.

The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on positive psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence.

This new edition of Positive Psychology will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

Principles and Practice of Group Work in Addictions

 Edited by Robert Hill and Jennifer Harris, both at South London and Maudsley NHS Foundation Trust, UK

“Robert Hill and Jennifer Harris are to be congratulated for organizing and publishing this excellent resource for those who are engaged in group work in the treatment of addiction problems.” - G. Alan Marlatt, From the Foreword

How can the group setting be used to treat those with drug and alcohol problems?

Many professionals working across a variety of addictions settings find themselves working in groups and tackling complex issues; however, there is often very little initial training or on-the-job support to help them in this challenging task. Principles and Practice of Group work in Addictions has been written with the aim of addressing the key areas in working with drug and alcohol misuse while providing practical solutions to the more common problems that emerge in group work.

Drawing on the expertise of clinicians who work in the field of addictions, this book offers readers practical advice for everyday practice. Divided into three sections it covers:
• core group work in addictions
• practical issues and solutions to common problems
• specific issues within the field of addictions.

Principles and Practice of Group work in Addictions is illustrated throughout with practical case examples, providing the reader with an insight into group work in this area. The book will supply guidance for mental health professionals including clinicians, psychologists, nurses and medical staff who encounter group work in addictions for the first time, as well as providing further knowledge and support to those who already work in the field.

Contents: Hill, Harris, Introduction: Why Run Groups at All?
Psychotherapy with Infants and Young Children
Repairing the Effects of Stress and Trauma on Early Attachment

Alicia F. Lieberman and Patricia Van Horn, both at the University of California, San Francisco, USA

"Using the credo of ‘starting with simplicity,’ or developmental guidance, and moving on to behavioral and cognitive interventions and interpreting children's and parents' inner lives, this book is rich with diverse, illuminating clinical examples. Developmental psychologists, therapists, and anyone else working with traumatized infants and preschoolers should read this gem of a book." - Judith A. Cohen, Medical Director, Center for Traumatic Stress in Children and Adolescents, Allegheny General Hospital, Pennsylvania, USA

“This superb book demonstrates the importance of working in the relationship in early development, and illustrates beautifully how to intervene to change maladaptive patterns.” - Joy D. Osofsky, Departments of Pediatrics and Psychiatry, Louisiana State University Health Sciences Center, USA

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child–parent psychotherapy promotes the child’s emotional health and builds the parent’s capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent–child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, “how-to-do-it” examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

This book will be invaluable to practitioners working with infants and young children and their caregivers, including clinical psychologists, psychiatrists, social workers, and counselors. It may also serve as a supplemental text in graduate-level courses.

Restoration Therapy
Understanding and Guiding Healing in Marriage and Family Therapy

Terry D. Hargrave, Fuller Theological Seminary and Amarillo Family Institute, California, USA and Franz Pfitzer, Klinik St. Irmingard, Prien am Chiemsee, Germany

“As an academician and clinician, I am delighted with how scholarly, comprehensive, and broadly useful Restoration Therapy is! Hargrave and Pfitzer have culled, compiled, and distilled the existent empirical and theoretical family therapy literature to provide us a remarkably strengths-based approach to contemporary individuals, couples, and families.”
- Robert E. Lee, Florida State University, USA

“Terry Hargrave and Franz Pfitzer demonstrate how to do therapy with a clarity and confidence that conveys to a client, ‘You Are Safe With Me.’ They encourage therapists to be mindful of who they are, personally, and help them to understand why their clients love and care for others the way they do, which therapists can use to help balance their clients’ lives.”
- Linda Metcalf, Texas Wesleyan University, Fort Worth, Texas, USA

“Building on their extensive background in Contextual Family Therapy, the authors pioneer a compelling approach to treating relationships where violations of love and trust require affective and cognitive strategies to reorganize patterns of distance and distress.”
- James L. Furrow, Fuller Theological Seminary, California, USA

How can a therapist help his or her clients and ensure that they continue to maintain the insights and motivations learned during therapy in everyday life, beyond termination? Restoration Therapy is a professional resource that introduces the reader to the essential elements of its namesake, and from there guides clinicians to a systemic understanding of how certain forces lead to destructive cycles in relationships, which perpetuate more and more dysfunction among members. Clients and therapists both will understand issues more clearly, experience the impacts that emotion can have on insight, and practice the process so more loving and trustworthy relationships can take hold in the intergenerational family.


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Order online for a 10% discount and free shipping on US, Canadian and UK orders over $35/£20.
Schizophrenia
Cognitive Theory, Research, and Therapy

Aaron T. Beck, University of Pennsylvania, Philadelphia, USA, Neil A. Rector, University of Toronto, Canada, and Neal Stolar and Paul Grant, both at the University of Pennsylvania, Philadelphia, USA

Aaron T. Beck – Winner of the Lifetime Achievement Award from the National Nursing Centers Consortium!

“It is fitting that the founder of cognitive therapy is now pioneering its use with people with schizophrenia, who were once thought to be virtually untreatable. The authors provide a groundbreaking integration of neurobiological and cognitive-behavioral approaches to understanding the disorder and improving patients’ lives.” - Tony Morrison, Professor of Clinical Psychology and Associate Director of Early Intervention, University of Manchester, UK

“Simply outstanding...I plan to use this book as the primary text in my seminars on clinical treatment.” - Elaine F. Walker, Samuel Candler Dobbs Professor of Psychology and Neuroscience, Emory University, Georgia, USA

From Aaron T. Beck and colleagues, this is the definitive work on the cognitive model of schizophrenia and its treatment. The volume integrates cognitive-behavioral and biological knowledge into a comprehensive conceptual framework. It examines the origins, development, and maintenance of key symptom areas: delusions, hallucinations, negative symptoms, and formal thought disorder. Treatment chapters then offer concrete guidance for addressing each type of symptom, complete with case examples and session outlines. Anyone who treats or studies serious mental illness will find a new level of understanding together with theoretically and empirically grounded clinical techniques.

The book will be invaluable to practitioners in a range of settings, including clinical psychologists, clinical social workers, psychiatrists, psychiatric nurses, and rehabilitation specialists; researchers of severe mental disorders; instructors, graduate students, and residents. It may also serve as a text in graduate-level seminars and clinical practica.

Schizophrenia
The Final Frontier – A Festschrift for Robin M. Murray

Edited by Anthony S. David, Shitij Kapur and Peter McGuffin, all at the Institute of Psychiatry, King's College London, UK

Schizophrenia: The Final Frontier is a unique project reflecting the contribution that Robin M. Murray has made to the field of psychiatry over the past 35 years, with a particular focus on the advances that have been made to the understanding and treatment of schizophrenia.

International contributors have been brought together to pay tribute to Robin Murray's work and explore the latest findings in the area. Sections cover:

- neurodevelopment
- neuroscience and pharmacology
- neuroimaging
- genetics
- cognition
- social psychiatry
- treatment.

This book will be essential reading for psychiatrists, clinical psychologists, social and basic scientists whose work is related to major mental illness, as well as admirers of the work of Robin Murray.


Self Within Marriage
The Foundation for Lasting Relations

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

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

“This volume signals a new stage in our thinking about the role of culture in socioemotional development. As the distinguished contributors demonstrate, the study of culture has moved from description to process, from static to dynamic, and from a single- to a multilevel enterprise. Scholars and students across a range of disciplines will find the volume’s theoretical, applied, and policy insights of great value. Highly recommended.” - Ross D. Parke, Distinguished Professor of Psychology, Emeritus, University of California, Riverside, USA

“At last, we have a book that describes the intersections between culture and socioemotional development! Chen and Rubin bring together an impressive array of scholars who have dedicated their careers to understanding the ways that emotions, self-regulation, attachment, ethnic identity, and peer relationships, among many topics, are shaped by the cultural context in which they develop. The chapters are written in a very accessible manner, making the book appropriate for both introductory and advanced psychology courses. I strongly and enthusiastically recommend this book for any student, scholar, or professional who is interested in children and adolescents.” - Niobe Way, Department of Applied Psychology, New York University, USA and President, Society for Research on Adolescence, USA

Filling a significant gap in the literature, this book examines the impact of culture on the social behaviors, emotions, and relationships of children around the world. It also explores cultural differences in what is seen as adaptive or maladaptive development. Eminent scholars discuss major theoretical perspectives on culture and development and present cutting-edge research findings. The volume addresses key aspects of socioemotional functioning, including emotional expressivity, parent-child and peer relationships, autonomy, self-regulation, intergroup attitudes, and aggression. Implications for culturally informed intervention and prevention are highlighted. This book will be invaluable to developmental, social, educational, and child clinical psychologists; and other researchers and practitioners who work with children. It may also serve as a supplemental text in graduate-level courses.

Carol always prided herself in being physically and mentally fit. Last week, however, when a sales clerk asked for her address she suddenly blocked and couldn’t remember. The other day she was telling friends a story about her granddaughter and forgot the ending. Then last night she found herself holding the refrigerator door open and couldn’t remember why. Clara wonders if this is merely normal aging or whether these memory problems might be the first signs of Alzheimer’s disease. She considers asking her doctor about these problems at her next checkup. But he never asks about how she’s doing mentally, so maybe she doesn’t need to bring it up.

At 83 Bernie’s tennis game is still good enough to play weekly doubles with younger friends. In the past year, however, Bernie started to have difficulties remembering whether he was playing in the forehand or backhand court when they changed sides. In the past six months, during a break between games, the others noticed that Bernie was often uncertain who his partner was when they resumed playing. After the match the other players talked about Bernie’s increasing memory problems and whether they should let his wife know about their concerns.

These examples, drawn from the pages of The Aging Intellect, illustrate the problems and questions that older adults, and those caring for them, confront. This book is for professionals working with geriatric patients and clients, health advocates, and the children of elderly parents with an interest in learning about those qualities that distinguish women and men who continue to use their mental skills optimally compared to those aging normally or who are at risk of cognitive impairment.

The Aging Intellect adds to our understanding about why a minority of adults worldwide remain optimally fit as they grow older. Richly illustrated with clinical examples and case studies, it includes topics rarely discussed in book form and:

- specifies lifestyle habits and attitudes linked to levels of cognitive aging that are optimal, normal, and at risk for cognitive impairment
- describes evidence-based strategies that minimize mental decline
- warns that normal cognitive changes can increase the chances of elders making poor financial decisions
- identifies intellectual qualities that strengthen with age.

The Christopher Bollas Reader

Christopher Bollas, Member of the British Psychoanalytical Society, UK
Introduction by Arne Jemstedt
Foreword by Adam Phillips

Praise for Bollas’ previous publications:
“A unique and remarkable book… one of the most interesting and important new books on psychoanalysis… in the last decade.” - International Journal of Psychoanalysis
“There is much in this book that is wise, clinically perceptive, and thought-provoking.” - Psychoanalytic Quarterly
“A very creative illustration of his work with patients as well as ideas.” - American Journal of Psychiatry
“This work is the product of an astuteclinician who is as well a creative thinker and evocative writer. The reader will have the privilege of watching such a mind ‘at play’, and will be drawn to join the author in free exploration of new ideas.” - Journal of the American Psychoanalytic Association
“I appreciate Bollas’ ability and courage – and I would say lust – to cross the borders into different fields in a creative and playful way and to see art, creativity, and spirituality as a prerequisite for compassionate living.” - International Forum of Psychoanalysis

This reader brings together a selection of seminal papers by Christopher Bollas.
Essays such as “The Fascist State of Mind”, “The Structure of Evil,” and “The Functions of History” have established his position as one of the most significant cultural critics of our time. Also included are examples of his psychoanalytical writings, such as “The Transformational Object” and “Psychic Genera”, that deepen and renew interest in unconscious creative processes. Two recent essays, “Character and Interformality” and “The Wisdom of the Dream” extend his work on aesthetics and the role of form in everyday life. This is a collection of papers that will appeal to anyone interested in human experience and subjectivity.

Contents:

Order online for a 10% discount and free shipping on US, Canadian and UK orders over $35/£20.
The Emotionally Focused Casebook
New Directions in Treating Couples

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

"Another masterpiece! Sue Johnson and her colleagues provide us a most-welcome and very compelling EFT casebook that convincingly demonstrates how widely relevant EFT is to working with distressed couples." - Alan S. Gurman, University of Wisconsin School of Medicine and Public Health, USA

"This brilliantly interweaves theory and clinical examples as well as research and practice. It is filled with fascinating clinical examples that can help the therapist or student get inside the head of expert EFT therapists to conduct treatment and intervene effectively." - Jay Lebow, The Family Institute at Northwestern University, Illinois, USA

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

Contents:
The Emotionally Focused Therapist Training Set

Susan Johnson, Ottawa Couple and Family Institute, Canada, Brent A. Bradley, University of Houston-Clear Lake, Texas, USA, James L. Furrow, Fuller Theological Seminary, California, USA, Alison Lee and Gail Palmer, both at Ottawa Couple and Family Institute, Canada, Doug Tilley, in private practice, Maryland, USA and Scott W. Woolley, Alliant International University, California, USA

The Emotionally Focused Therapist Training Set offers two valuable products, Becoming an Emotionally Focused Couple Therapist: The Workbook and The Emotionally Focused Casebook at a discount of 10%. Written primarily by Sue Johnson, the originator of Emotionally Focused Couple Therapy (EFT), her Workbook is an accessible resource for training and supervision and contains contributions from seven expert therapists who lead the reader through the nine essential steps of EFT. This interactive Workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets, and practice materials.

The Emotionally Focused Casebook, edited by James Furrow, Sue Johnson, and Brent Bradley, picks up where the Workbook leaves off and discusses specialized treatment approaches to a variety of presenting conditions. Appropriate for clinicians, supervisors, students, and scholars, the contributors use a hands-on case study approach that allows them to provide concrete guidance and illustrate the application of EFT to couples dealing with issues such as depression, cancer, addiction, and infidelity. Each chapter is unified by a discussion of how attachment processes provide both a resource and a point of intervention in promoting a greater resiliency in the face of physical and psychological challenges. Together, these two books represent the most current and complete resource for any reader interested in Emotionally Focused Couple Therapy.

The Jung-Kirsch Letters
The Correspondence of C.G. Jung and James Kirsch

Edited by Ann Conrad Lammers, in private practice, USA
Translated by Ursula Egli and Ann Conrad Lammers

“In this fascinating, beautifully presented and paced correspondence, James Kirsch, a devoted student of Jung’s ideas, becomes – as analysand, colleague, consultee, and honest friend – a stand-in for all of us who would have liked to have been close enough to Jung to engage him on the topics that are most problematic in his writings. How Jung’s psychology, in both its possibilities and limitations, can actually focus a life has rarely been so interestingly documented.” - John Beebe, C. G. Jung Institute of San Francisco, USA

“In this ably translated and well edited volume, we are provided with indispensable information to help us fill out a vital missing chapter in the evolution and establishment of Analytical Psychology. For the practicing psychotherapist, one of the most riveting aspects of the book, is the chance to witness Jung’s illuminating commentary on Kirsch's clinical cases. This book is a must-read for anyone interested in depth psychology and its development.” - Donald E. Kalsched, Jungian analyst and author

This book charts Jung’s 32-year correspondence with James Kirsch, a German-Jewish psychiatrist who founded Jungian communities in Berlin, Tel Aviv, London, and Los Angeles, and adds depth and complexity to the previously published record of the early Jungian movement. Their letters tell of heroic survival, brilliant creativity, and the building of generative institutions; but these themes are also darkened by personal and collective shadows.

The Nazi era looms over the first half of the book and shapes the story in ways that are fateful not only for Kirsch and his career but also for Jung and his. In 1934, fearing that the undertow of anti-Semitism had taken hold of his beloved teacher, Kirsch challenged Jung to explain some of his publications for the German-dominated (now Nazi-dominated) Medical Society for Psychotherapy. Jung’s answer convinced Kirsch of his sincerity, and from then on Kirsch defended him fiercely against any allegation of anti-Semitism.

The letters are translated here for the first time and the illuminating editorial commentary provides unique and incisive insights into the writers’ world. Supported by appendices, including a series of revealing letters between Hilde Kirsch and Jung, The Jung-Kirsch Letters is an invaluable resource for those in the fields of analytical psychology and Jungian studies, as well as all those with an interest in learning more about the historical and cultural origins of the Jungian movement.

Contents:
The Suffering Stranger
Hermeneutics for Everyday Clinical Practice

Donna M. Orange, Institute for the Psychoanalytic Study of Subjectivity, New York, USA

“In the deft hands of Donna Orange, philosophy and clinical psychoanalysis are bridged through the hermeneutics of trust, which she contrasts with a view of human nature saturated with suspicion. To join her accessible explication and close reading of a wealth of scholarly writing makes not only for an exciting intellectual adventure but also will touch our humanity at its core. She helps us to become better clinicians by subtly formulating an ethic for human relations that can operate beyond clinical practice. The Suffering Stranger recognizes the commonality of suffering and estrangement that plagues therapist and patient alike and offers a perspective that can move us beyond suffering to connect with ourselves and others.” - Frank M. Lachmann, author, Transforming Narcissism (Routledge, 2008)

“There are few psychoanalysts who can match Donna Orange’s compassion for ethical and vocational aspects of psychoanalysis, and few can write better about the way these aspects of our field are informed by Gadamerian hermeneutics and Lévinasian ethics. Her choice of the five “subversives” who dared to challenge the analytic status quo of their times demonstrates her central thesis convincingly. The value of this book is greatly enhanced by her remarkable ability to write with clarity, fluency, and a sense of immediacy that makes her message come vividly alive.” - Anna Ornstein, supervising analyst, Boston Psychoanalytic Institute, USA

Utilizing the hermeneutics of Hans-Georg Gadamer and the ethics of Emmanuel Lévinas, The Suffering Stranger invigorates the conversation between psychoanalysis and philosophy, demonstrating how each is informed by the other and how both are strengthened in unison. Orange turns her critical (and clinical) eye toward five major psychoanalytic thinkers – Sándor Ferenczi, Frieda Fromm-Reichmann, D. W. Winnicott, Heinz Kohut, and Bernard Brandchaft – investigating the hermeneutic approach of each and engaging these innovative thinkers precisely as interpreters, as those who have seen the face and heard the voice of the other in an ethical manner. In doing so, she provides the practicing clinician with insight into the methodology of interpretation that underpins the day-to-day activity of analysis, and broadens the scope of possibility for philosophical extensions of psychoanalytic theory.


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Order online for a 10% discount and free shipping on US, Canadian and UK orders over $35/£20.
The Treatment of Eating Disorders
A Clinical Handbook

Edited by Carlos M. Grilo, Yale University School of Medicine, Connecticut, USA and James E. Mitchell, University of North Dakota, USA

“In the world of systematic reviews and electronic literature searching, there is still an important role for a high-quality reference that offers not only data, but also perspective. This volume fills that role.” - Bob Palmer, Professor of Psychiatry, University of Leicester, UK

“From a ‘who’s who’ of cutting-edge researchers and clinicians, this book is an outstanding resource. It is a top-rate presentation of all the needed information.” - Kelly D. Brownell, Department of Psychology and Director, Rudd Center for Food Policy and Obesity, Yale University, Connecticut, USA

Eminently practical and authoritative, this comprehensive clinical Handbook brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them. Coverage encompasses psychosocial, family-based, medical, and nutritional therapies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and other eating disorders and disturbances. Especially noteworthy are "mini-manuals" that present the nuts and bolts of 11 of the treatment approaches, complete with reproducible handouts and forms. The volume also provides an overview of assessment, treatment planning, and medical management issues. Special topics include psychiatric comorbidities, involuntary treatment, support for caregivers, childhood eating disorders, and new directions in treatment research and evaluation.

Therapeutic Communication
Knowing What to Say When
Second Edition

Paul L. Wachtel, City College and the Graduate Center, City University of New York, USA

“Paul Wachtel is among the very few teachers and theorists of psychotherapy whose writing has an immediate, direct, and powerful impact on my clinical practice. I have long used and recommended this excellent text and am delighted to see the revised second edition, which incorporates recent developments across the range of therapeutic approaches... This book is essential reading for practicing therapists of all persuasions. I can’t wait to start reading it with my students.”
- Lewis Aron, Director, Postdoctoral Program in Psychotherapy and Psychoanalysis, New York University, USA

A uniquely practical guide and widely adopted text, this book shows precisely what therapists can say at key moments to enhance the process of healing and change. Paul Wachtel explains why some communications in therapy are particularly effective, while others that address essentially the same content may actually be countertherapeutic. He offers clear and specific guidelines for how to ask questions and make comments in ways that facilitate collaborative exploration and promote change. Illustrated with vivid case examples, the book is grounded in an integrative theory that draws from features of psychodynamic, cognitive-behavioral, systemic, and experiential approaches. New to this edition:

- reflects nearly 20 years of advances in the field and refinements of the author’s approach
- broader audience: in addition to psychodynamic therapists, cognitive-behavioral therapists and others will find specific, user-friendly recommendations
- chapter on key developments and convergences across different psychotherapeutic approaches
- chapter on the therapeutic implications of attachment theory and research.

This book will be invaluable to clinical psychologists, psychiatrists, social workers, psychiatric nurses, counselors, psychotherapy students and trainees. It will also serve as a text in graduate-level psychotherapy courses.

“Levak, Siegel, Nichols and Stolberg offer a valuable blueprint for providing sensitive, person-centered, solution-generating MMPI-2 feedback; in essence, they supply the words for engaging in a meaningful dialogue with the client and mobilizing his or her positive potential. Included in their descriptions are rarely discussed strengths associated with MMPI-2 scores and codetypes and resilience-enhancing recommendations. This is an excellent resource for personality assessment practitioners, instructors, and graduate students.” - Radhika Krishnamurthy, Florida Institute of Technology, USA

Therapeutic Feedback with the MMPI-2: A Positive Psychology Approach provides the clinician with empirically-based, practical information about how to convey the abundance of information in the MMPI-2 profile in a way that is collaborative, empathic, hopeful, and facilitates a therapeutic alliance. Readers will find this book to be as useful and applicable as the MMPI-2 itself, which is used in psychiatric hospitals; correctional settings; in evaluations for job selection, general medicine, forensic and child custody cases; and even in screenings for television, game, and reality shows. The authors expand upon this already robust test by demonstrating how therapeutic assessment and feedback can be improved upon by considering three contributions from positive psychology:

- that behavior can be viewed as potentially adaptive; traditional pathological and maladaptive behaviors can be reframed as understandable responses to stressors
- that therapeutic feedback is empathic, nonjudgmental, and mostly jargon free; humans respond to overwhelming stress in understandable ways that the therapist can give coherence and meaning to
- lastly, that therapeutic feedback stresses self-esteem and resilience building through self-awareness as a goal.

Discussion centers around ten scales and 27 common code types. Each section addresses the complaints, thoughts, emotions, traits and behaviors associated with the profile; therapists’ notes; lifestyle and family background; modifying scales; therapy and therapeutic pitfalls; feedback statements; and treatment and self-help suggestions. The larger page size reflects the size of the MMPI-2 interpretive reports and makes it easy for clinicians to copy pages of the book to share with their clients. Therapeutic Feedback with the MMPI-2 is the most detailed volume available on MMPI-2 feedback and is a valuable addition to the bookshelf of any clinician who uses this test.

Treating ADHD and Comorbid Disorders
Psychosocial and Psychopharmacological Interventions

Steven R. Pliszka, University of Texas, San Antonio, USA

"An exceptionally welcome addition to the literature. Pliszka is an internationally recognized expert on the clinical management of ADHD. Staying close to the science of the disorder, on which thousands of research studies have been published, he guides the reader through the thicket of potential comorbid disorders, their differential diagnosis, their impact on adaptive functioning, and their implications for tailoring a package of treatments for each individual case." - Russell A. Barkley, Department of Psychiatry, Medical University of South Carolina, USA

"This book is a true gem... The cases resonate with the challenges and dilemmas that clinicians face and show how a master clinician carefully brings to bear an evidence-based approach to state-of-the-art patient care. The book also addresses a number of controversies related to ADHD and helps us find perspective." - James T. McCracken, Professor and Director, Division of Child and Adolescent Psychiatry, UCLA Semel Institute, USA

Children and adolescents with attention-deficit/hyperactivity disorder (ADHD) frequently experience co-occurring problems with aggression, mood swings, tics, anxiety, or depression. Organized around detailed case presentations, this highly informative book helps the clinician make sound decisions when assessing and treating the full range of ADHD comorbidities. Experienced child psychiatrist Steven Pliszka offers straightforward guidance on how to avoid common diagnostic errors, develop an individualized medication regimen, minimize health risks and side effects, collaborate successfully with parents, and tailor psychosocial treatments to each family's needs. A reproducible structured interview facilitates sorting out symptoms and distinguishing between different comorbid disorders.

This book will be crucial for clinicians who treat children with ADHD, including clinical psychologists, child psychiatrists, social workers, pediatricians, and school psychologists. It may also serve as a text in clinically oriented graduate courses and residency programs.

Understanding and Treating Dissociative Identity Disorder

A Relational Approach

Elizabeth F. Howell, International Society for the Study of Dissociation, USA

“Elizabeth Howell has officiated at the wedding of traumatology and relational psychoanalysis by serving us with a thoughtful and nuanced melding of theoretical knowledge and clinical wisdom borne out of many years of hard work. Especially valuable are detailed case descriptions and discussion, which bracket the book and punctuate the text even in the section on relevant neurobiology. This is an accessible ‘must read’ volume for clinicians interested in better understanding their patients who are struggling with the aftermath of chronic complex trauma and dissociation.”

- Richard A. Chefetz, M.D., Past President, International Society for the Study of Trauma and Dissociation

Building on the comprehensive theoretical model of dissociation elegantly developed in The Dissociative Mind, Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with Understanding and Treating Dissociative Identity Disorder. Howell, working within the realm of relational psychoanalysis, explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition, which involves the partitioning of the personality into part-selves that remain unaware of one another, usually the result of severely traumatic experiences.

Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious, trauma theory, attachment, and neuroscience. She then discusses the identification and diagnosis of Dissociative Identity Disorder (DID) before moving on to outline a phase-oriented treatment plan, which includes facilitating a multileveled co-constructed therapeutic relationship, emphasizing the multiplicity of transferences, countertransferences, and kinds of potential enactments. She then expands the treatment possibilities to include dreamwork, before moving on to discuss the risks involved in the treatment of DID and how to mitigate them. All concepts and technical approaches are permeated with rich clinical examples.


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Understanding the Behavioral Healthcare Crisis

The Promise of Integrated Care and Diagnostic Reform

Edited by Nicholas A. Cummings and William T. O'Donohue, both at University of Nevada, Reno, USA

Understanding the Behavioral Healthcare Crisis is a necessary book, edited and contributed to by a great variety of authors from academia, government, and industry. The book takes a bold look at what reforms are needed in healthcare and provides specific recommendations. Some of the serious concerns about the healthcare system that Cummings, O'Donohue, and their contributors address include access problems, safety problems, costs problems, the uninsured, and problems with efficacy. When students, practitioners, researchers, and policy makers finish reading this book they will have not just a greater idea of what problems still exist in healthcare, but, more importantly, a clearer idea of how to tackle them and provide much-needed reform.


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Why Things Matter
The Place of Values in Science, Psychoanalysis and Religion

David M. Black, in private practice, London, UK

In this book, David M. Black asks questions such as ‘why do we care?’ and ‘what gives our values power?’ using ideas from psychoanalysis and its adjacent sciences such as neuroscience and evolutionary biology in order to do so. Why Things Matter explores how the comparatively new scientific discipline of consciousness studies requires us to recognize that subjectivity is as irreducible a feature of the world as matter and energy. Necessarily inter-disciplinary, this book draws on science, philosophy and the history of religion to argue that there can be influential values which are not based exclusively on biological need or capricious lifestyle choices. It suggests that many recent scientific critics of religion, including Freud, have failed to see clearly the issues at stake.

This book will be key reading for psychoanalysts and psychotherapists as well as counsellors with an interest in the basis of religious feeling and in moral and aesthetic values. The book will also be of interest to scholars of psychoanalysis, philosophy and religion.

With Culture in Mind
Psychoanalytic Stories

Edited by Muriel Dimen, New York University, USA

“This volume breaks new ground. It introduces six brilliant young psychoanalytic writers, who have grown up with both psychoanalysis and critical social theory ‘in their bones.’ From this perspective, they are able to take up the longstanding problem of integrating a social perspective into psychoanalytic clinical work at the most fundamental level: they organize their treatments around the core concepts of the critical social theories of Foucault, Althusser, Butler, and others who map the ways that culture expropriates individuals, integrating them with contemporary intersubjectivist analysis. Further, they reveal themselves in the same complex psychosocial fields, with a full view of how they too, as analysts, are implicated in the very same processes. Thus, the social dimensions of their analyses are not tacked on, but essential, and the vivid possibilities of this radical reorientation are not only suggested, but often realized. This is a rare achievement.”
- Stephen Seligman, Clinical Professor of Psychiatry, Infant-Parent Program, UCSF, USA

This is a new kind of anthology. More conversation than collection, it locates the psychic and the social in clinical moments illuminating the analyst’s struggle to grasp a patient’s internal life as voiced through individual political, social, and material contexts. Each chapter is a single detailed case vignette in which aspects of race, gender, sexual orientation, heritage, ethnicity – elements of the sociopolitical matrix of culture – are brought to the fore in the transference-countertransference dimension, demonstrating how they affect the analytic encounter. Additionally, discussions by three senior analysts further deconstruct patients’ and analysts’ cultural embeddedness as illustrated in each chapter.

For the practicing clinician as well as the seasoned academic, this highly readable and intellectually compelling book clearly demonstrates that culture saturates subjective experience – something that all mental health professionals should keep in mind.

World, Affectivity, Trauma
Heidegger and Post-Cartesian Psychoanalysis

Robert D. Stolorow, Institute of Contemporary Psychoanalysis, Los Angeles, California, USA

“For 35 years, Robert Stolorow has set about the task of restoring psychoanalysis to its rightful existential base. In this book, not only has Stolorow carried this task one step forward, he has brilliantly articulated a radically transformative philosophy of life. This book has implications not only for the reformulation of psychoanalysis but for the reformulation of our day-to-day relationships, beliefs, and experiences of the world.”—Kirk J. Schneider, author, Existential-Integrative Psychotherapy (Routledge, 2007)

Stolorow and his collaborators’ post-Cartesian psychoanalytic perspective – intersubjective-systems theory – is a phenomenological contextualism that illuminates worlds of emotional experience as they take form within relational contexts. After outlining the evolution and basic ideas of this framework, Stolorow shows both how post-Cartesian psychoanalysis finds enrichment and philosophical support in Heidegger’s analysis of human existence, and how Heidegger’s existential philosophy, in turn, can be enriched and expanded by an encounter with post-Cartesian psychoanalysis. In doing so, he creates an important psychological bridge between post-Cartesian psychoanalysis and existential philosophy in the phenomenology of emotional trauma.

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