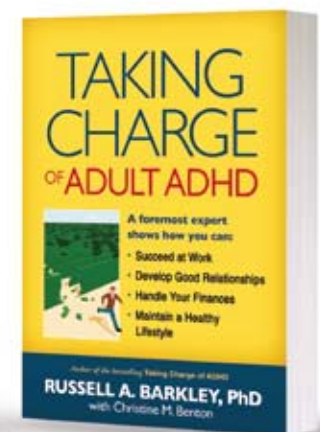
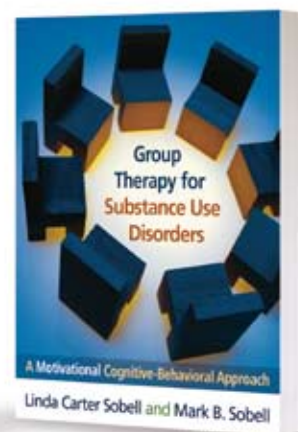
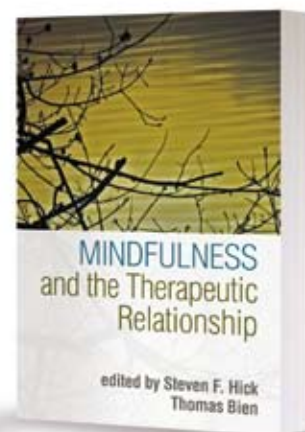
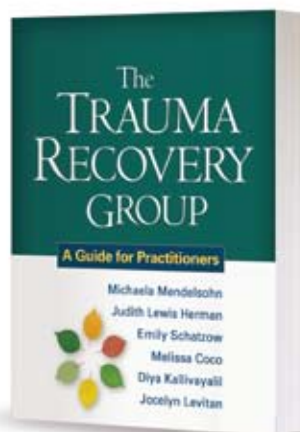
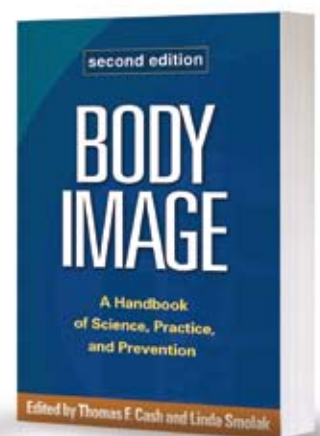
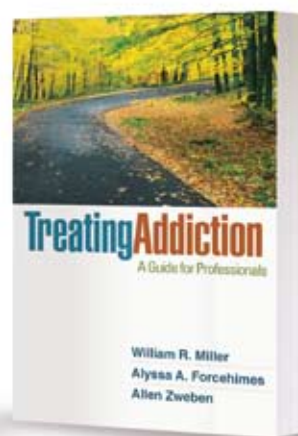
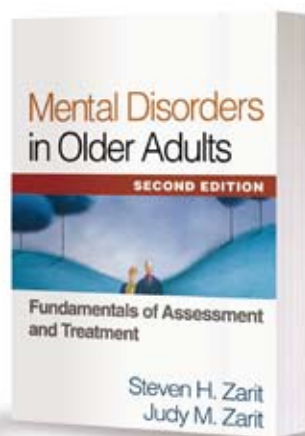
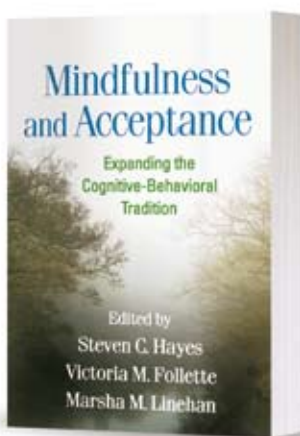


Psychotherapy and Counselling 2011

Child and Adolescent Psychotherapy • Clinical Problems • Clinical Psychology and Psychiatry • Cognitive Behaviour Therapy • Couples and Family Therapy • Creative Arts Therapies •

New Books and Selected Backlist



10% ONLINE DISCOUNT AVAILABLE

Contents

Psychotherapy and Counselling	3
Spirituality	5
Child and Adolescent Psychotherapy	5
Child and Adolescent Cognitive Behaviour Therapy	7
Child and Adolescent Clinical Psychology and Psychiatry	7
Child and Adolescent Clinical Problems	8
ADHD	8
Attachment	8
Eating Disorders	9
Mood Disorders	9
Trauma	10
Child and Adolescent Development	11
School-Based Mental Health and Learning Disabilities	11
Clinical Psychology and Psychiatry	13
Clinical Problems	15
Addictions	15
ADHD	16
Anxiety	17
Attachment	17
Autism/Asperger Syndrome	18
Eating Disorders	18
Gerontology	19
Mood Disorders	19
Personality Disorders	20
Schizophrenia	21
Trauma and Stress	21
Cognitive Behaviour Therapy	22
Mindfulness	26
Couples and Family Therapy	28
Creative Arts Therapies	32

Arenas

Our Psychotherapy and Counselling Arena is a subject-focused selection of our books and journals in Psychotherapy and Counselling, allowing you to quickly and easily browse the subject area you're interested in. All of our books are available at a special **10% discount** if you order them from the Arena, with **free Postage and Packing** on orders to the UK if you spend more than £20.



www.psychotherapyarena.com

To order books

Either return the order form in the centre of this catalogue to the address below, contact our distributors directly, or visit our website.

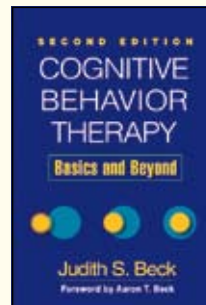
Taylor & Francis Customer Services

Bookpoint,
130 Milton Park, Abingdon, Oxon, OX14 4SB, UK
Tel: +44 (0)1235 400 524
Fax: +44 (0)1235 400 525
email: tandf@bookpoint.co.uk
web: www.routledgejournalhealth.com
www.guilfordpress.co.uk



Read and Recommend

Forthcoming from
Judith S. Beck



New Edition!

Cognitive Behaviour Therapy

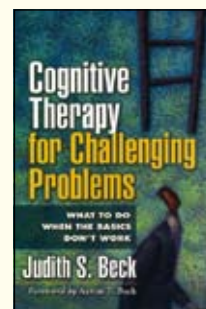
Basics and Beyond
Second Edition

Judith S. Beck

Foreword by Aaron T. Beck

"Like its predecessor, this book is destined to be an international success... This is truly an essential book for anyone who wants to become an expert in CBT." - **Keith S. Dobson**, University of Calgary, Alberta, Canada

www.guilfordpress.co.uk/9781609185046



New in Paperback!

Cognitive Therapy for Challenging Problems

What to Do When the Basics Don't Work

Judith S. Beck

Foreword by Aaron T. Beck

"This excellent book focuses on the art of cognitive therapy. When therapy does not seem to be going well, most clinicians can think of another therapist whom they think would fare better. This book teaches you how to become that therapist."

- **David M. Clark**, Institute of Psychiatry, Kings College, London, UK

www.guilfordpress.co.uk/9781609189907

Page 22

FOLLOW US ON 

 www.twitter.com/guilfordpress

Join today and follow

@guilfordpress to receive:

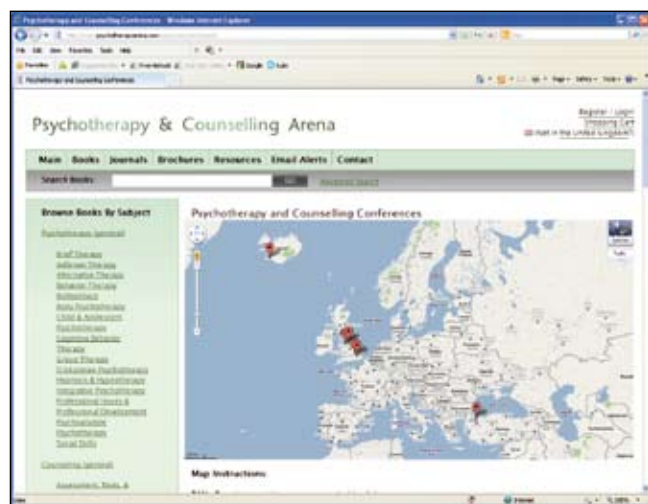
- free sample chapters
- free journal articles
- notification of new books
- conference announcements

and much more...

Conferences

20% CONFERENCE DISCOUNT AVAILABLE

Routledge Mental Health ensures its books are represented at all major conferences. The calendar of events for 2011 is listed below. Routledge will be exhibiting all recent and relevant key books at these meetings. Please visit the Routledge stand where all books will be available for sale at a **20% conference discount**.



- **10th London International Eating Disorders Conference 2011**
29-31 March 2011, London, UK
- **17th Annual BACP Research Conference 2011**
6-7 May 2011, Liverpool, UK
- **1st International Conference of Metacognitive Therapy 2011**
12-13 May 2011, Manchester, UK
- **Christine Padesky Workshop: Simplifying Personality Disorder Treatment**
23-24 May 2011, London, UK
- **7th International Congress of Cognitive Psychotherapy (ICCP) 2011**
2-5 June 2011, Istanbul, Turkey
- **British Association for Behavioural and Cognitive Psychotherapies (BABCP) 39th Annual Conference**
20-23 July 2011, Guildford, UK
- **41st Annual Congress of European Association for Behavioural and Cognitive Therapies (EABCT), 2011**
31 August-3 September 2011, Reykjavik, Iceland
- **BPS: Special Group in Coaching Psychology Annual Conference**
13-14 December 2011, London, UK

Top 10

- 

Williams et al.: The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
Pb: 978-1-59385-128-6: 2007: 273pp. £12.99
www.guilfordpress.co.uk/9781593851286
- 

Greenberger/Padesky: Mind Over Mood: Change How You Feel by Changing the Way You Think
Pb: 978-0-89862-128-0: 1995: 250pp. £16.95
www.guilfordpress.co.uk/9780898621280
- 

Fairburn: Overcoming Binge Eating
Pb: 978-0-89862-179-2: 1995: 247pp. £13.50
www.guilfordpress.co.uk/9780898621792
- 

Germer: The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions
Pb: 978-1-59385-975-6: 2009: 306pp. £10.95
www.guilfordpress.co.uk/9781593859756
- 

Miller/Rollnick: Motivational Interviewing: Preparing People for Change, Second Edition
Hb: 978-1-57230-563-2: 2002: 419pp. £34.50
www.guilfordpress.co.uk/9781572305632
- 

Rollnick et al.: Motivational Interviewing in Health Care: Helping Patients Change Behavior
Pb: 978-1-59385-612-0: 2008: 210pp. £16.99
Series: Applications of Motivational Interviewing
www.guilfordpress.co.uk/9781593856120
- 

Beck: Cognitive Therapy: Basics and Beyond
Hb: 978-0-89862-847-0: 1995: 338pp. £33.00
www.guilfordpress.co.uk/9780898628470
- 

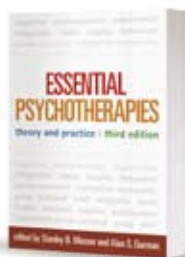
Linehan: Skills Training Manual for Treating Borderline Personality Disorder
Pb: 978-0-89862-034-4: 1993: 180pp. £27.95
www.guilfordpress.co.uk/9780898620344
- 

Young et al.: Schema Therapy: A Practitioner's Guide
Pb: 978-1-59385-372-3: 2006: 436pp. £24.95
www.guilfordpress.co.uk/9781593853723
- 

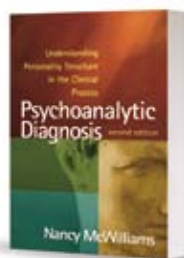
Padesky/Greenberger: Clinician's Guide to Mind Over Mood
Pb: 978-0-89862-821-0: 1995: 276pp. £23.95
www.guilfordpress.co.uk/9780898628210



Read and Recommend



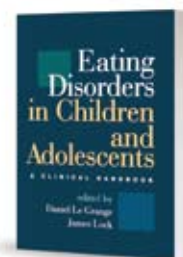
Essential Psychotherapies
Theory and Practice: Third Edition
Stanley B. Messer
and **Alan S. Gurman**, Eds.
Page 3
www.guilfordpress.co.uk/
9781609181970



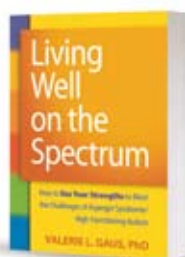
Psychoanalytic Diagnosis
Understanding Personality Structure
in the Clinical Process: Second Edition
Nancy McWilliams
Page 4
www.guilfordpress.co.uk/
9781609184940



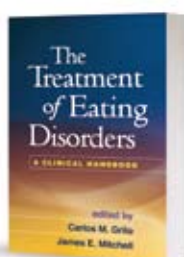
Child and Adolescent Therapy
Cognitive-Behavioral Procedures:
Fourth Edition
Philip C. Kendall, Ed.
Page 7
www.guilfordpress.co.uk/
9781606235614



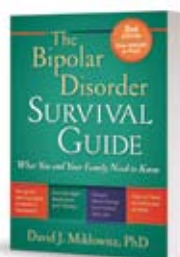
**Eating Disorders in Children
and Adolescents**
A Clinical Handbook
Daniel Le Grange and **James Lock**, Eds.
Page 9
www.guilfordpress.co.uk/
9781609184919



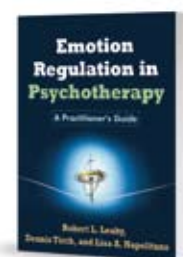
Living Well on the Spectrum
How to Use Your Strengths to Meet
the Challenges of Asperger Syndrome/
High-Functioning Autism
Valerie L. Gaus Page 18
www.guilfordpress.co.uk/
9781606236345



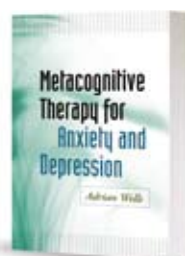
The Treatment of Eating Disorders
A Clinical Handbook
Carlos M. Grilo and
James E. Mitchell, Eds.
Page 18
www.guilfordpress.co.uk/
9781609184957



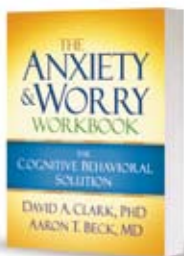
The Bipolar Disorder Survival Guide
What You and Your Family Need to Know:
Second Edition
David J. Miklowitz
Page 20
www.guilfordpress.co.uk/
9781606235423



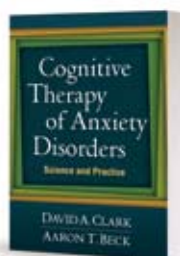
**Emotion Regulation
in Psychotherapy**
A Practitioner's Guide
Robert L. Leahy, **Dennis Tirsch**
and **Lisa A. Napolitano**
Page 23
www.guilfordpress.co.uk/
9781609184834



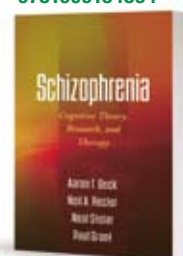
**Metacognitive Therapy for
Anxiety and Depression**
Adrian Wells
Page 24
www.guilfordpress.co.uk/
9781609184964



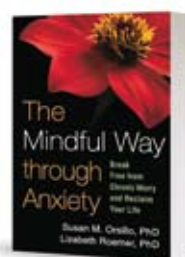
The Anxiety and Worry Workbook
The Cognitive Behavioral Solution
David A. Clark and **Aaron T. Beck**
Page 24
www.guilfordpress.co.uk/
9781606239186



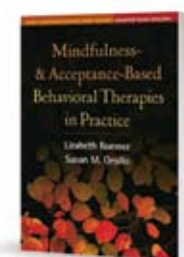
**Cognitive Therapy of
Anxiety Disorders**
Science and Practice
David A. Clark and **Aaron T. Beck**
Page 24
www.guilfordpress.co.uk/
9781609189921



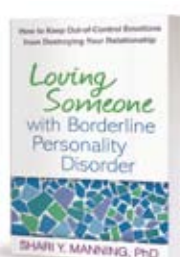
Schizophrenia
Cognitive Theory, Research, and Therapy
Aaron T. Beck, **Neil A. Rector**,
Neal Stolar and **Paul Grant**
Page 25
www.guilfordpress.co.uk/
9781609182380



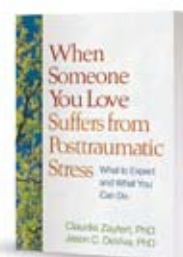
The Mindful Way Through Anxiety
Break Free from Chronic Worry
and Reclaim Your Life
Susan M. Orsillo and **Lizabeth Roemer**
Page 27
www.guilfordpress.co.uk/
9781606234648



**Mindfulness- and Acceptance-Based
Behavioral Therapies in Practice**
Lizabeth Roemer and **Susan M.
Orsillo**
Page 27
www.guilfordpress.co.uk/
9781606239995



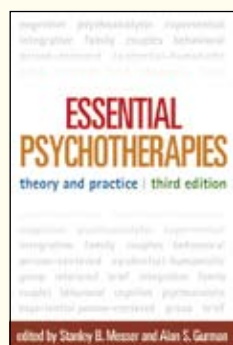
**Loving Someone with Borderline
Personality Disorder**
How to Keep Out-of-Control Emotions
from Destroying Your Relationship
Shari Y. Manning
Page 28
www.guilfordpress.co.uk/
9781593856076



**When Someone You Love Suffers
from Posttraumatic Stress Disorder**
What to Expect and What You Can Do
Claudia Zayfert and **Jason C. DeViva**
Page 28
www.guilfordpress.co.uk/
9781609180652



Psychotherapy and Counselling



Read and Recommend!

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... There is no more comprehensive and informative volume on this topic"

- **Bruce E. Wampold**, University of Wisconsin-Madison, USA

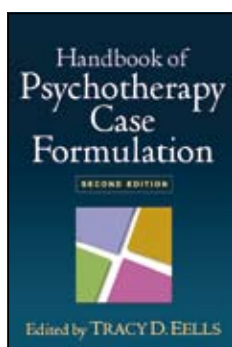
The leading survey text for basic psychotherapy courses, this book offers authoritative, engaging presentations of the 12 most important forms of psychotherapy practiced today. Prominent experts cover traditional treatments as well as influential models that have been developed relatively recently, giving students and practitioners a solid grasp of foundational theories, techniques, and research.

CONTENTS: Part I: Introduction. Messer, Gurman, Contemporary Issues in Psychotherapy Theory, Practice, and Research: A Framework for Comparative Study. **Part II: Psychoanalytic Approaches.** Wolitzky, Contemporary Freudian Psychoanalytic Psychotherapy. Curtis, Hirsch, Relational Psychoanalytic Psychotherapy. **Part III: Behavioral and Cognitive Approaches.** Antony, Roemer, Behavior Therapy: Traditional Approaches. Dienes, Torres-Harding, Reinecke, Freeman, Sauer, Cognitive Therapy. Follette, Callaghan, Behavior Therapy: Functional-contextual Approaches. **Part IV: Experiential and Humanistic Approaches.** Bohart, Watson, Person-centered Psychotherapy and Related Experiential Approaches. Schneider, Existential-humanistic Psychotherapies. **Part V: Systems-oriented Approaches.** Kaslow, Bhaju, Celano, Family Therapies. Gurman, Couple Therapies. **Part VI: Other Influential Models of Therapeutic Practice.** Hoyt, Brief Psychotherapies. Stricker, Gold, Integrative Approaches to Psychotherapy. Brabender, Group Psychotherapies.

June 2011: 516pp.

Hb: 978-1-60918-197-0: £50.95

www.guilfordpress.co.uk/9781609181970



Handbook of Psychotherapy Case Formulation Second Edition

Edited by **Tracy D. Eells**, University of Louisville, Kentucky, USA

This indispensable practitioner guide and text serves as a comprehensive primer on case formulation within all of the major therapeutic approaches.

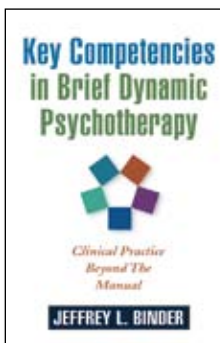
Prominent experts offer step-by-step guidelines for developing strong formulations and putting them to use in day-to-day practice.

2010: 448pp.

Hb: 978-1-59385-351-8: 2006: £35.00

Pb: 978-1-60623-942-1: £20.00

www.guilfordpress.co.uk/9781606239421



Key Competencies in Brief Dynamic Psychotherapy

Clinical Practice Beyond the Manual

Jeffrey L. Binder, Argosy University, Georgia, USA

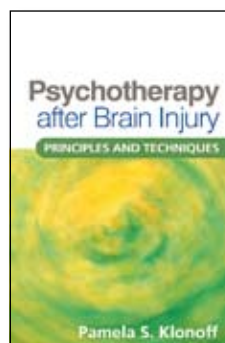
This book identifies the core competencies shared by expert therapists and helps clinicians – especially those providing brief dynamic/interpersonal therapy – to develop and apply them in their own work. Rather than being a cookbook of particular techniques, the book richly describes therapists' mental processes and moment-to-moment actions as they engage in effective therapeutic inquiry.

2010: 292pp.

Hb: 978-1-59385-058-6: 2004: £25.00

Pb: 978-1-60918-168-0: £16.95

www.guilfordpress.co.uk/9781609181680



Psychotherapy after Brain Injury Principles and Techniques

Pamela S. Klonoff, St. Joseph's Hospital and Medical Center, Arizona, USA

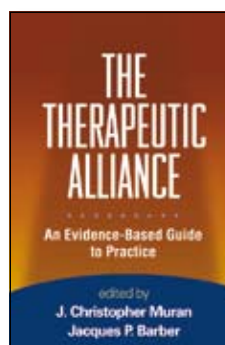
This book presents hands-on tools for addressing the multiple ways that brain injury can affect psychological functioning and well-being. The author is a leader in the field who translates

her extensive clinical experience into clear-cut yet flexible guidelines that therapists can adapt for different challenges and settings.

2010: 288pp.

Hb: 978-1-60623-861-5: £34.00

www.guilfordpress.co.uk/9781606238615



The Therapeutic Alliance

An Evidence-Based Guide to Practice

Edited by **J. Christopher Muran**, Adelphi University, New York, USA, and **Jacques P. Barber**, University of Pennsylvania School of Medicine, USA

"This is a great book, edited by highly esteemed experts and featuring

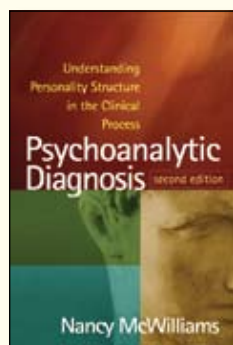
contributions by the best conceivable authors for this topic... I highly recommend this volume for anyone who wishes to learn how to establish and improve a therapeutic alliance." - **Franz Caspar**, University of Bern, Switzerland

This state-of-the-art book presents research-based practice guidelines that clinicians of any orientation can use to optimize the therapeutic alliance. Leading proponents of the major psychotherapeutic approaches explain just what a good alliance is, how to create it, and how to recognize and repair alliance ruptures.

2010: 368pp.

Hb: 978-1-60623-873-8: £27.00

www.guilfordpress.co.uk/9781606238738



Read and Recommend!



Psychoanalytic Diagnosis

Understanding Personality Structure in the Clinical Process

Second Edition

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

"In revising Psychoanalytic Diagnosis, McWilliams has surpassed herself. The original – deservedly regarded as a classic – was an integrative tour de force; the second edition is even better." - **David J. Wallin**, in private practice, California, USA

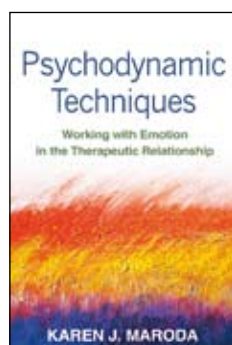
This acclaimed clinical guide and widely adopted text has filled a key need in the field since its original publication. Nancy McWilliams makes psychoanalytic personality theory and its implications for practice accessible to practitioners of all levels of experience. She explains major character types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

CONTENTS: Introduction. **Part I: Conceptual Issues.** Why Diagnose? Psychoanalytic Character Diagnosis. Developmental Levels of Personality Organization. Implications of Developmental Levels of Organization. Primary Defensive Processes. Secondary Defensive Processes. **Part II: Types of Character Organization.** Psychopathic (Antisocial) Personalities. Narcissistic Personalities. Schizoid Personalities. Paranoid Personalities. Depressive and Manic Personalities. Masochistic (Self-Defeating) Personalities. Obsessive and Compulsive Personalities. Hysterical (Histrionic) Personalities. Dissociative Psychologies. Appendix. Suggested Diagnostic Interview Format.

September 2011: 426pp.

Hb: 978-1-60918-494-0: £39.95

www.guilfordpress.co.uk/9781609184940



Psychodynamic Techniques

Working with Emotion in the Therapeutic Relationship

Karen J. Maroda, in private practice, Wisconsin, USA

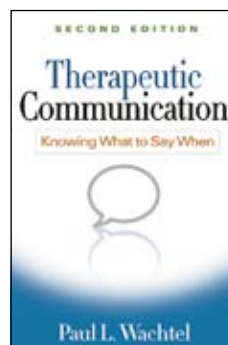
Helping therapists navigate the complexities of emotional interactions with clients, this book

provides practical clinical guidelines. Master clinician Karen J. Maroda adds an important dimension to the psychodynamic literature by exploring the role of both clients' and therapists' emotional experiences in the process of therapy.

2010: 274pp.

Hb: 978-1-60623-492-1: £24.00

www.guilfordpress.co.uk/9781606234921



New Edition!

Therapeutic Communication

Knowing What to Say When

Second Edition

Paul L. Wachtel, 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." - **Lewis Aron**, New York University, USA

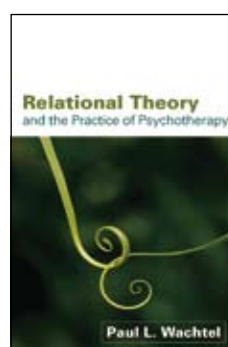
A uniquely practical guide and widely adopted text, this book shows precisely what therapists can say at key moments to enhance the process of healing and change. Paul Wachtel explains why some communications in therapy are particularly effective, while others that address essentially the same content 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.

CONTENTS: Introduction. Rethinking the Talking Cure: The Therapist Speaks Too. **Part I: Theoretical and Empirical Foundations.** The Continuing Evolution of Psychotherapy: New and Converging Developments in Psychoanalytic, Cognitive-Behavioral, Systemic, and Experiential Approaches. Attending to Attachment: Accelerating Interest in the Therapeutic Implications of Attachment Theory and Research. Cyclical Psychodynamics I: Vicious and Virtuous Circles. Cyclical Psychodynamics II: Anxiety, Exposure, and Interpretation. Cyclical Psychodynamics III: Insight, the Therapeutic Relationship, and the World Outside. **Part II: Clinical Applications and Guidelines.** Accusatory and Facilitative Comments: Criticism and Permission in the Therapeutic Dialogue. Exploration, Not Interrogation. Building on the Patient's Strengths. Affirmation and Change. Attribution and Suggestion. Reframing, Relabeling, and Paradox. Therapist Self-Disclosure: Prospects and Pitfalls. Achieving Resolution of the Patient's Difficulties: Resistance, Working Through, and Following Through. **Part III: Postscript.** Wachtel, Therapeutic Communication with Couples.

June 2011: 398pp.

Hb: 978-1-60918-171-0: £30.50

www.guilfordpress.co.uk/9781609181710



Relational Theory and the Practice of Psychotherapy

Paul L. Wachtel, City University of New York, USA

This important and innovative book explores a new direction in psychoanalytic thought that can expand and deepen clinical practice. Relational psychoanalysis diverges in key ways from the assumptions and

practices that have traditionally characterized psychoanalysis. At the same time, it preserves, and even extends, the profound understanding of human experience and psychological conflict that has always been the strength of the psychoanalytic approach. Through probing theoretical analysis and illuminating examples, the book offers new and powerful ways to revitalize clinical practice.

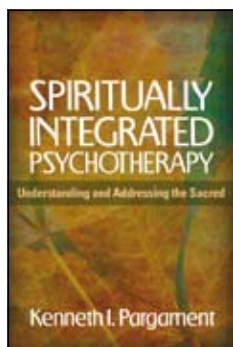
2010: 338pp.

Hb: 978-1-59385-614-4: 2008: £25.95

Pb: 978-1-60918-045-4: £16.95

www.guilfordpress.co.uk/9781609180454

Spirituality



New in Paperback!

Spiritually Integrated Psychotherapy

Understanding and Addressing the Sacred

Kenneth I. Pargament, Bowling Green State University, Ohio, USA

"From one of our foremost thinkers in psychology and religion, this book provides an up-to-the minute, spiritually informed approach to helping people... It is the best available resource of its kind for practicing therapists... Easy reading – brilliant thinking." - **Everett L. Worthington, Jr.**, Virginia Commonwealth University, USA

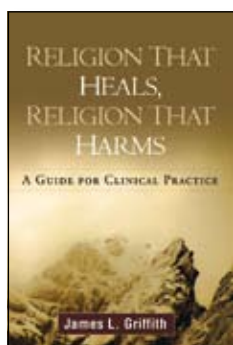
From a leading researcher and practitioner, this volume provides an innovative framework for understanding the role of spirituality in people's lives and its relevance to the work done in psychotherapy. It offers fresh, practical ideas for creating a spiritual dialogue with clients, assessing spirituality as a part of their problems and solutions, and helping them draw on spiritual resources in times of stress.

September 2011: 384pp.

Hb: 978-1-57230-844-2: 2007: £25.95

Pb: 978-1-60918-993-8: £16.95

www.guilfordpress.co.uk/9781609189938



Religion That Heals, Religion That Harms

A Guide for Clinical Practice

James L. Griffith, George Washington University School of Medicine, Washington D. C., USA

"This is a wise book, carefully crafted by a psychiatrist who is well acquainted with the empirical literature on the psychology of religion." - **Ralph W. Hood, Jr.**, University of Tennessee at Chattanooga, USA

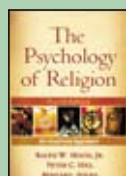
From James L. Griffith, well known for his work on harnessing the healing potential of religion and spirituality, this book helps clinicians to intervene effectively in situations where religion is causing harm. Vivid examples illustrate how religious beliefs and practices may propel suicide, violence, self-neglect, or undue suffering in the face of medical or emotional challenges.

2010: 274pp.

Hb: 978-1-60623-889-9: £27.00

www.guilfordpress.co.uk/9781606238899

Backlist Book

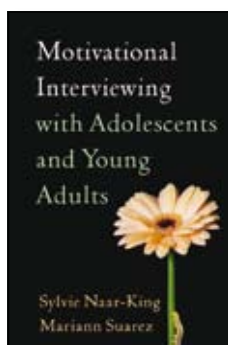


Hood Jr., et al.: The Psychology of Religion: An Empirical Approach, Fourth Edition

Hb: 978-1-60623-303-0: 2009: 636pp. £51.00

www.guilfordpress.co.uk/9781606233030

Child and Adolescent Psychotherapy



New!

Motivational Interviewing with Adolescents and Young Adults

Sylvie Naar-King, Wayne State University School of Medicine, Michigan, USA and **Mariann Suarez**, University of South Florida College of Medicine, USA

"A beautifully written, well-organized, and immensely substantive text on collaborating with young people who are struggling with serious challenges. I highly recommend this book to anyone who works with teenagers and young adults." - **Andrew Malekoff**, North Shore Child and Family Guidance Center, New York, USA

This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and "dos and don'ts," the book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence.

CONTENTS: Part I: The Guide. Introduction: Why Motivational Interviewing with Adolescents and Young Adults? Adolescence and Emerging Adulthood: A Brief Review of Development. The Spirit of Motivational Interviewing. Person-centered Guiding Skills. Responding to Resistance. Change Talk. Commitment. Integrating Motivational Interviewing into Your Practice. **Part II: Side Trips.** Hernandez, Barnett, Sindelar-Manning, Chun, Spirito, Alcohol Problems. Walker, Marijuana Use. Stein, The Juvenile Justice System. Koken, Outlaw, Green-Jones, Sexual Risk Reduction. Horn, Smoking. Merlo, Gobat, Psychiatric Disorders. Treasure, Lopez, Macdonald, Eating Disorders. Spruijt-Metz, Barnett, Davis, Resnicow, Obesity in Minorities. Naar-King, Ellis, Self-care for Chronic Medical Conditions. D'Amico, Ewing, Engle, Hunter, Osilla, Bryan, Group Alcohol and Drug Treatment. Kaplan, Engle, Austin, Wagner, Applications in Schools. Channon, Rubak, Family-based Intervention. **Part III: Choosing Your Own Path.** Ethical Considerations. Developing Proficiency in Motivational Interviewing.

February 2011: 224pp.

Hb: 978-1-60918-062-1: £23.95

Series: *Applications of Motivational Interviewing*

www.guilfordpress.co.uk/9781609180621

Also in the Series

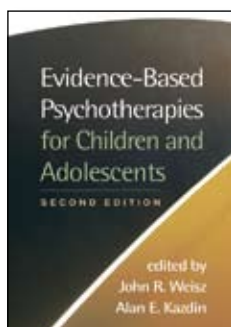


Rosengren: Building Motivational Interviewing Skills: A Practitioner Workbook

Pb: 978-1-60623-299-6: 2009: 335pp. £25.95

Series: *Applications of Motivational Interviewing*

www.guilfordpress.co.uk/9781606232996



Evidence-Based Psychotherapies for Children and Adolescents

Second Edition

Edited by **John R. Weisz**, Harvard University, Massachusetts, USA, and **Alan E. Kazdin**, Yale University, Connecticut, USA

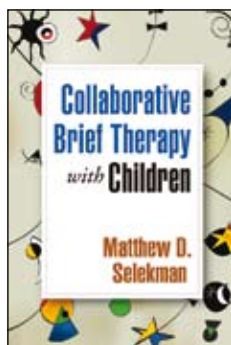
"The second edition of this highly regarded work is essential for anyone who wants to be brought up to date on what is happening in the field." - **Michael Rutter, Institute of Psychiatry, London, UK**

Widely regarded as a premier text and clinical resource, this book presents exemplary treatment approaches for a broad range of social, emotional, and behavioral problems in children and youth. Concise chapters from leading authorities describe the conceptual underpinnings of each therapy, how interventions are delivered on a session-by-session basis, and what the research shows about treatment effectiveness.

2010: 602pp.

Hb: 978-1-59385-974-9: £47.00

www.guilfordpress.co.uk/9781593859749



Collaborative Brief Therapy with Children

Matthew D. Selekman, Codirector, Partners for Collaborative Solutions, Illinois, USA

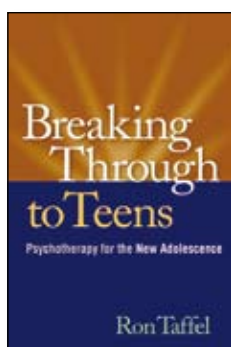
In this engaging guide, Matthew Selekman presents cutting-edge strategies for helping children and their families overcome a wide range of emotional and behavioral challenges.

Vivid case material illustrates how to engage clients rapidly and implement interventions that elicit their strengths.

2010: 332pp.

Hb: 978-1-60623-568-3: £27.00

www.guilfordpress.co.uk/9781606235683



Breaking Through to Teens

Psychotherapy for the New Adolescence

Ron Taffel, Institute for Contemporary Psychotherapy, New York, USA

"This book is a wonderful resource for both beginning and experienced therapists." - **Robert Brooks, Harvard Medical School, Massachusetts, USA**

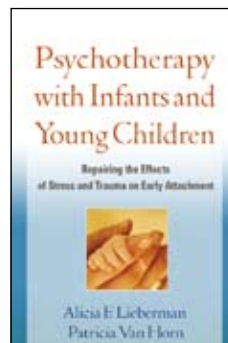
This book presents groundbreaking strategies for psychotherapy with today's teens, for whom high-risk behavior, lack of adult guidance, and intense anxiety and stress increasingly come with the territory. Ron Taffel addresses the key challenge of building a therapeutic relationship that is strong enough to promote real behavioral and emotional change.

2010: 292pp.

Hb: 978-1-59385-135-4: 2005: £27.95

Pb: 978-1-60623-944-5: £16.95

www.guilfordpress.co.uk/9781606239445



New in Paperback!

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

"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, 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. 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.

CONTENTS: When Developmentalters: Putting Relationships First. Coping with Danger: The Stress-Trauma Continuum. Practicing Child-Parent Psychotherapy: Treatment Targets and Strategies. The Assessment Process. "Not Quite Good Enough": Perturbations in Early Relationships. Ghosts and Angels in the Nursery: Treating Disturbances and Disorders. Variations in Child-Parent Psychotherapy. Lapses in Attunement: Failures in the Therapeutic Relationship. Integrating Child-Parent Psychotherapy with Other Service Systems. Closing Thoughts: Taking Perspective.

May 2011: 366pp.

Hb: 978-1-59385-675-5: 2008: £27.95

Pb: 978-1-60918-240-3: £18.95

www.guilfordpress.co.uk/9781609182403



Helping Bereaved Children

A Handbook for Practitioners

Third Edition

Edited by **Nancy Boyd Webb**, Fordham University and Westchester County, New York, USA

This acclaimed work presents a range of counseling and therapy approaches

for children who have experienced loss. Practitioners and students are given practical strategies for helping preschoolers through adolescents cope with different forms of bereavement, including death in the family, school, or community. Grounded in the latest research on child therapy, bereavement, trauma, and child development, the volume clearly explains the principles that guide interventions.

2010: 410pp.

Hb: 978-1-60623-597-3: £34.00

Series: *Social Work Practice with Children and Families*

www.guilfordpress.co.uk/9781606235973

FOLLOW US ON 

 www.twitter.com/guilfordpress

GUILFORD

Child and Adolescent Cognitive Behaviour Therapy



Read and Recommend!

Child and Adolescent Therapy Cognitive-Behavioral Procedures Fourth Edition

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

"The question of how to improve on a classic is expertly answered by Kendall and his stellar team of contributors. The fourth edition... is even more clinician friendly without sacrificing any of the scientific rigor we have come to expect."

- **Robert D. Friedberg**, Penn State University, USA

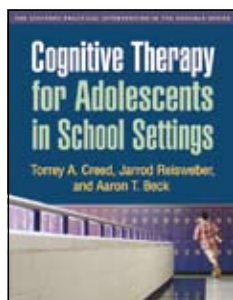
Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do-it descriptions illustrated with clinical examples.

CONTENTS: Part I: Theory. Kendall, Guiding Theory for Therapy with Children and Adolescents. **Part II: Externalizing Disorders.** Lochman, Powell, Whidby, Fitzgerald, Aggression in Children. Miller, Hinshaw, Attention-Deficit/Hyperactivity Disorder. Nelson, Ghee, Anger Management with Children and Adolescents. **Part III: Internalizing Disorders.** Kendall, Treating Anxiety Disorders in Youth. Stark, Streusand, Arora, Patel, Childhood Depression: The ACTION Treatment Program. Spirito, Esposito-Smythers, Weismore, Miller, Adolescent Suicidal Behavior. **Part IV: Special Populations.** Piacentini, Peris, March, Franklin, Obsessive-Compulsive Disorder. Wilfley, Kass, Kolko, Stein, Eating Disorders and Obesity. La Greca, Silverman, Interventions for Youth Following Disasters and Acts of Terrorism. Deblinger, Behl, Glickman, Trauma-focused Cognitive-Behavioral Therapy for Children Who Have Experienced Sexual Abuse. **Part V: Perspectives.** Weisz, Chorpita, "Mod Squad" for Youth Psychotherapy: Restructuring Evidence-based Treatment for Clinical Practice. Miller, Smith, Hashim, Dialectical Behavior Therapy with Multiproblem Adolescents. Semple, Burke, Mindfulness-based Treatment for Children and Adolescents. **Part VI: Special Topics.** Holmbeck, Devine, Wasserman, Schellinger, Tuminello, Guides from Developmental Psychology. Shirk, Jungbluth, Karver, Change Processes and Active Components. Ollendick, King, Evidence-based Treatments for Children and Adolescents: Issues and Commentary.

September 2011: 546pp.

Hb: 978-1-60623-561-4: £43.95

www.guilfordpress.co.uk/9781606235614



New!

Cognitive Therapy for Adolescents in School Settings

Torrey A. Creed, University of Pennsylvania School of Medicine, USA, Jarrod Reisweber, Philadelphia Veterans Affairs Medical Center, USA and Aaron T. Beck, University of

Pennsylvania School of Medicine, USA

"This is a book that all clinicians who work with youth will want on their shelves." - Mark A. Reinecke, Northwestern University, Illinois, USA

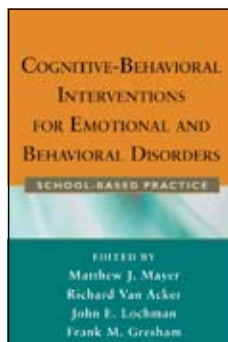
The first concise guide to conducting cognitive therapy (CT) in school settings, this book features in-depth case examples and hands-on clinical tools. The authors provide an accessible introduction to the cognitive model and demonstrate specific therapeutic techniques.

April 2011: 173pp.

Pb: 978-1-60918-133-8: £19.95

Series: *Practical Intervention in the Schools*

www.guilfordpress.co.uk/9781609181338



New in Paperback!

Cognitive-Behavioral Interventions for Emotional and Behavioral Disorders School-Based Practice

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

Evidence based and practical, this book presents state-of-the-science approaches for helping K-12 students who struggle with aggressive behaviors, anxiety, depression, ADHD, and autism. It explains the fundamentals of cognitive-behavioral intervention and reviews exemplary programs that offer powerful new ways to reach at-risk children and adolescents.

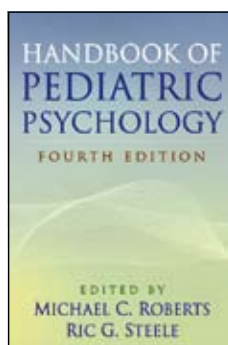
May 2011: 420pp.

Hb: 978-1-59385-976-3: 2008: £30.50

Pb: 978-1-60918-481-0: £18.95

www.guilfordpress.co.uk/9781609184810

Child and Adolescent Clinical Psychology and Psychiatry



Handbook of Pediatric Psychology

Fourth Edition

Edited by **Michael C. Roberts** and **Ric G. Steele**, both at University of Kansas, USA

Sponsored by the Society of Pediatric Psychology, this *Handbook* is recognized as the definitive reference in the field. In concise, peer-reviewed chapters, leading authorities

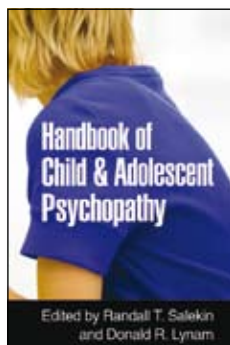
comprehensively examine links between psychological and medical issues from infancy through adolescence. Psychosocial aspects of specific medical problems and developmental, emotional, and behavioral disorders are reviewed. The volume showcases evidence-based approaches to intervention and prevention.

2010: 808pp.

Hb: 978-1-60623-328-3: 2009: £64.00

Pb: 978-1-60918-175-8: £33.95

www.guilfordpress.co.uk/9781609181758



Handbook of Child and Adolescent Psychopathy

Edited by **Randall T. Salekin**, University of Alabama, USA, and **Donald R. Lynam**, Purdue University, Indiana, USA

"Thanks to improvements in assessment and research, a great deal has been learned about psychopathy in children and adolescents. This first-

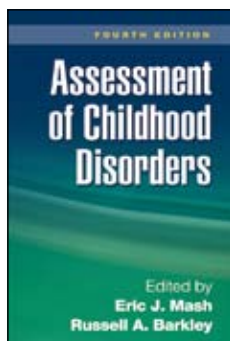
rate Handbook provides the latest answers to such questions as whether the disorder definitively exists in youth, and whether (and how) it is treatable. Well informed and well written, this is a valuable resource for the full range of trainees and professionals working with youth with disruptive behavior disorders." - **Philip C. Kendall**, Temple University, Pennsylvania, USA

This comprehensive *Handbook* synthesizes the explosion of recent research on child and adolescent psychopathy: its nature, causes, development, assessment, and treatment. The editors and contributors are leading authorities who review state-of-the-art empirical findings and weigh in on pressing questions, such as how the disorder should be conceptualized in youth and how to evaluate it in clinical and forensic contexts. Available assessment instruments and intervention approaches are critically examined. Etiological theories are presented that shed light on a range of potential causal mechanisms, including genetics, brain functioning, temperament, family processes, and other factors.

2010: 450pp.

Hb: 978-1-60623-682-6: £41.00

www.guilfordpress.co.uk/9781606236826



Assessment of Childhood Disorders

Fourth Edition

Edited by **Eric J. Mash**, University of Calgary, Alberta, Canada, and **Russell A. Barkley**, University of Massachusetts Medical School, USA

This leading text and clinical guide offers best-practice recommendations

for assessing a comprehensive array of child and adolescent mental health problems and health risks.

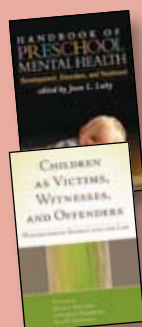
2010: 866pp.

Hb: 978-1-59385-493-5: 2007: £57.50

Pb: 978-1-60623-615-4: £32.50

www.guilfordpress.co.uk/9781606236154

Backlist Books



Luby, Ed.: Handbook of Preschool Mental Health: Development, Disorders, and Treatment

Hb: 978-1-59385-313-6: 2006: 430pp. £37.50

Pb: 978-1-60623-350-4: 2009: 430pp. £19.00

www.guilfordpress.co.uk/9781606233504

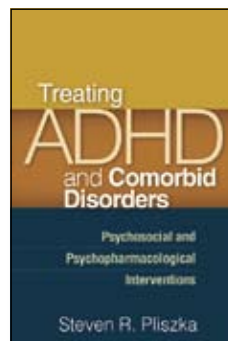
Bottoms et al., Eds.: Children as Victims, Witnesses, and Offenders: Psychological Science and the Law

Hb: 978-1-60623-332-0: 2009: 412pp. £30.50

www.guilfordpress.co.uk/9781606233320

Child and Adolescent Clinical Problems

ADHD



New in Paperback!

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." - **Russell A. Barkley**, Medical University of South Carolina, USA

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 and minimize health risks.

CONTENTS: Overview of Comorbid Disorders in ADHD. Oppositional Defiant and Conduct Disorders. Impulsive Aggression. Bipolar Disorder. Depressive Disorders. Anxiety Disorders. Tic and Obsessive-Compulsive Disorders. Intellectual Disability and Autism Spectrum Disorders. Appendices.

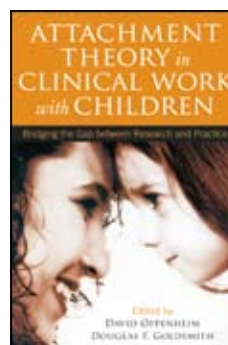
March 2011: 242pp.

Hb: 978-1-60623-266-8: 2009: £24.00

Pb: 978-1-60918-231-1: £16.95

www.guilfordpress.co.uk/9781609182311

Attachment



New in Paperback!

Attachment Theory in Clinical Work with Children

Bridging the Gap between Research and Practice

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

This book reviews what is known about attachment and translates it into practical guidelines for therapeutic work. Leading scientist-practitioners present innovative strategies for assessing and intervening in parent-child relationship problems; helping young children recover from maltreatment or trauma; and promoting healthy development in adoptive and foster families.

CONTENTS: Part I: Clinical Use of Attachment Research

Assessments. Zeanah, Constructing a Relationship Formulation for Mother and Child: Clinical Application of the Working Model of the Child Interview. Koren-Karie, Oppenheim, Goldsmith, Keeping the Inner World of the Child in Mind: Using the Insightfulness Assessment with Mothers in a Therapeutic Preschool. Steele, Hodges, Kaniuk, Steele, D'Agostino, Blom, Hillman, Henderson, Intervening with Maltreated

Children and Their Adoptive Families: Identifying Attachment-facilitative Behavior. *Dozier, Grasso, Lindhiem, Lewis*, The Role of Caregiver Commitment in Foster Care: Insights From the This is My Baby Interview. *Oppenheim, Dolev, Koren-Karie, Sher-Censor, Yirmiya, Salomon*, Parental Resolution of the Child's Diagnosis and the Parent-child Relationship: Insights from the Reaction to Diagnosis Interview. **Part II: Attachment Theory and Psychotherapy.** *Busch, Lieberman*, Attachment and Trauma: An Integrated Approach to Treating Young Children Exposed to Family Violence. *Powell, Cooper, Hoffman, Marvin*, The Circle of Security Project: A Case Study – "It Hurts to Give That Which You Did Not Receive." *Goldsmith*, Challenging Children's Negative Internal Working Models: Utilizing Attachment-based Treatment Strategies in a Therapeutic Preschool. *Slade*, Disorganized Mother, Disorganized Child: The Mentalization of Affective Dysregulation and Therapeutic Change.

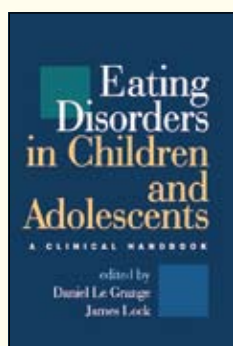
April 2011: 256pp.

Hb: 978-1-59385-448-5: 2007: £24.95

Pb: 978-1-60918-482-7: £16.95

www.guilfordpress.co.uk/9781609184827

Eating Disorders



Read and Recommend!

Eating Disorders in Children and Adolescents

A Clinical Handbook

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

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

Bringing together leading authorities, this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents. The book reveals how anorexia nervosa, bulimia nervosa, and other disorders present differently in children than in adults and explains their potentially far-reaching impact on psychological, physical, and neurobiological development. It provides guidelines for developmentally sound assessment and diagnosis.

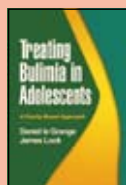
SELECTED CONTENTS: Introduction. Part I: Etiology and Neurobiology. Part II: Epidemiology and Course. Part III: Diagnosis and Classification. Part IV: Medical Issues and Assessment. Part V: Treatment. Intensive Treatment Programs. Part VI: Prevention. Part VII: A Parent's Perspective on Family Treatment.

September 2011: 500pp.

Hb: 978-1-60918-491-9: £46.95

www.guilfordpress.co.uk/9781609184919

Also by Daniel Le Grange and James Lock

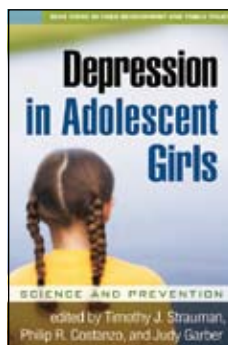


guilfordpress.co.uk/9781606233511



guilfordpress.co.uk/9781572309081

Mood Disorders



New!

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

"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**, University of California, Los Angeles, USA

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.

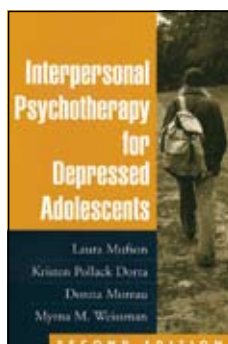
CONTENTS: **Part I: Introduction.** *Strauman, Costanzo, Garber*, Depression in Adolescent Girls: Challenges for Basic Science and Prevention. **Part II: Basic Science Perspectives.** *Costello, Angold*, Contributions from Epidemiology. *Zavos, Gregory, Lau, Eley*, New Behavior-genetic Approaches to Depression in Childhood and Adolescence: Gene-environment Interplay and the Role of Cognitions. *Mezulis, Hyde, Simonson, Charbonneau*, Integrating Affective, Biological, and Cognitive Vulnerability Models to Explain the Gender Difference in Depression: The ABC Model and its Implications for Intervention. *Foster, Heier-Leitzell*, The Public Costs of Depression in Adolescent Girls. *McLaughlin, Nolen-Hoeksema*, The Role of Rumination in Promoting and Preventing Depression in Adolescent Girls. *Little, Sandler, Schoenfelder, Wolchik*, A Contextual Model of Gender Differences in the Development of Depression after the Death of a Parent. *Papadakis, Strauman*, Stress, Coping, Socialization, and Goals: A Self-regulation Perspective on Gender and Depression in Adolescence. **Part III: Prevention Science Perspectives.** *Garber, Downs*, Prevention of Depression in Youth: Sex Differences in Effects. *Clarke, DeBar, Yarborough*, Primary Prevention of Secondary Depression: Indirect Prevention of Depression in Girls by Treating or Preventing Primary Obesity or Insomnia. *Gillham, Chaplin*, Preventing Girls' Depression During the Transition to Adolescence. *Compas, Keller, Forehand*, Preventive Intervention in Families of Depressed Parents: A Family Cognitive-Behavioral Intervention.

May 2011: 353pp.

Hb: 978-1-59385-563-5: £36.95

Series: *Duke Series in Child Development and Public Policy*

www.guilfordpress.co.uk/9781593855635



New in Paperback!

Interpersonal Psychotherapy for Depressed Adolescents

Second Edition

Laura Mufson, New York State Psychiatric Institute, USA, **Kristen Pollack Dorta** and

Donna Moreau, both in private practice, New York, USA, and **Myrna M. Weissman**, Columbia University College of Physicians and Surgeons, USA

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.

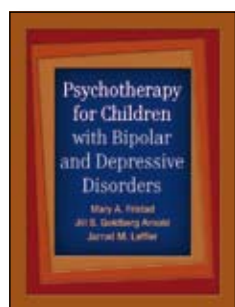
CONTENTS: Part I: Overview. The Nature of Depression in Adolescents. Current Psychosocial Treatments for Adolescent Depression. The Origins and Development of Interpersonal Psychotherapy for Depression. **Part II: Application of Interpersonal Psychotherapy for Depressed Adolescents.** Diagnosis of Depression and Suitability of Interpersonal Psychotherapy for the Adolescent. Conducting Session 1 in IPT-A. Initiating the Interpersonal Interview. Selecting the Problem Area and Making the Treatment Contract. The Middle Phase of IPT-A. Therapeutic Techniques. Grief. Interpersonal Role Disputes. Interpersonal Role Transitions. Interpersonal Deficits. Termination Phase. **Part III: Special Issues in Treating Adolescents.** Clinical Issues in the Therapist-patient Relationship. Special Clinical Situations. Crisis Management. The Use of Medication in Conjunction with IPT-A. Current and Future Research in IPT-A. A Comprehensive Description of an IPT-A Case. Appendices.

February 2011: 315pp.

Hb: 978-1-59385-042-5: 2004: £27.50

Pb: 978-1-60918-226-7: £16.95

www.guilfordpress.co.uk/9781609182267



Forthcoming!

Psychotherapy for Children with Bipolar and Depressive Disorders

Mary A. Fristad, The Ohio State University, USA, **Jill S. Goldberg Arnold**, in private practice,

Massachusetts, USA, and **Jarrod M. Leffler**, The Ohio State University, USA

"Finally, a book that brings together the wide variety of strategies available for working with families of children with mood disorders... Readers will especially appreciate the wealth of clinical information and the practical, 'how-to' approach, supplemented by reproducible handouts." - **David J. Miklowitz**, University of California, Los Angeles, USA

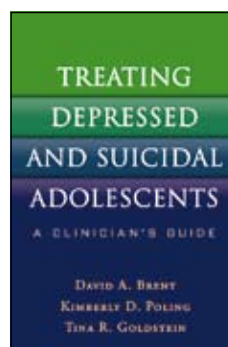
Packed with ready-to-use clinical tools, this book presents the first evidence-based psychosocial treatment for school-age children with bipolar disorder or depression. Leading clinician/researcher Mary Fristad and her colleagues show how to integrate psychoeducational strategies with cognitive-behavioral and family therapy techniques. They provide nuts-and-bolts information for implementing the approach with individual families or groups.

CONTENTS: Part I: Mood Disorders in Children and How Psychoeducational Psychotherapy Helps. The Challenge of Treating Children with Mood Disorders. Current Scientific Knowledge about Childhood Mood Disorders. Implementing Psychoeducational Psychotherapy. The Complexities of Establishing a Mood Disorder Diagnosis. **Part II: Psychoeducational Psychotherapy Session by Session.** Discussing Mood Symptoms with Children. Reviewing Symptoms and Disorders with Parents. Teaching Children How to Separate Symptoms from Self and How Treatment Helps Symptoms. Discussing Medication with Parents. Discussing Healthy Habits with Children. Teaching Parents about Systems: Mental Health and School Teams. The Child's Tool Kit for Coping with Difficult Feelings. Discussing Negative Family Cycles and Thinking, Feeling, Doing with Parents. Thinking, Feeling, Doing with Children. Problem-solving and Basic Coping Skills for Parents. Problem-solving Skills for Children. Addressing School Issues with the School Team. The Communication Cycle and Nonverbal Communication Skills for Children. Communication Skills for Parents. Verbal Communication Skills for Children. Planning for Symptom and Crisis Management with Parents. Working with Siblings. Wrapping Up with Parents and Children. Appendix. Resources.

July 2011: 434pp.

Pb: 978-1-60918-201-4: £26.95

www.guilfordpress.co.uk/9781609182014



New!

Treating Depressed and Suicidal Adolescents A Clinician's Guide

David A. Brent, Kimberly D. Poling, and **Tina R. Goldstein**, all at University of Pittsburgh Medical Center, USA

"Brent and his colleagues have produced a superbly written book... This exceptional book is a 'must read.'" - **Matthew K. Nock**, Harvard University, Massachusetts, USA

Grounded in decades of research and the clinical care of thousands of depressed and suicidal teens, this highly accessible book will enhance the skills of any therapist who works with this challenging population. The authors describe the nuts and bolts of assessing clients and crafting individualized treatment plans that combine cognitive and behavioral techniques, emotion regulation interventions, family involvement, and antidepressant medication.

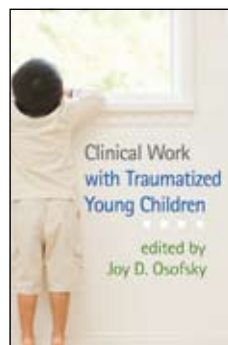
CONTENTS: Introduction. Adolescent Depression: An Overview of Assessment and Treatment. Assessment and Treatment of Suicidal Ideation and Behavior. Important Components of Effective Treatment. Getting Started. Chain Analysis and Treatment Planning. Behavioral Activation and Emotion Regulation. Cognitive Restructuring, Problem Solving, and Enhancing Interpersonal Skills. Treatment-resistant Depression. Getting Well and Staying Well: Consolidation and Maintenance Treatment. Forward!

April 2011: 276pp.

Hb: 978-1-60623-957-5: £23.95

www.guilfordpress.co.uk/9781606239575

Trauma



New!

Clinical Work with Traumatized Young Children

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

Presenting crucial knowledge and state-of-the-art treatment approaches for working with young children

affected by trauma, this book is an essential resource for mental health professionals and child welfare advocates.

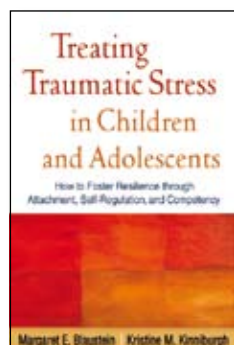
CONTENTS: Osofsky, Introduction: Trauma through the Eyes of a Young Child. **Part I: Perspectives Related to Trauma and its Impact on Young Children.** Van Horn, The Impact of Trauma on the Developing Social Brain: Development and Regulation in Relationship. Ippen, Lewis, "They Just Don't Get It": A Diversity-informed Approach to Understanding Engagement. **Part II: Evaluation and Treatment Models for Infants and Young Children Exposed to Trauma.** Van Horn, Gray, Pettinelli, Estassi, Child-parent Psychotherapy with Traumatized Young Children in Kinship Care: Adaptation of an Evidence-based Intervention. Dozier, Bick, Bernard, Attachment-based Treatment for Young, Vulnerable Children. Toth, Manly, Hathaway, Relational Interventions for Young Children Who Have Been Maltreated. Dickson, Kronenberg, The Importance of Relationship-based Evaluations for Traumatized Young Children and Their Caregivers. **Part III: Young Children from Military Families Exposed to Trauma, Including the Stress of Deployment.** Cozza, Feerick, The Impact of Parental Combat Injury on Young Military Children. Vogel, Newman, Kaplan, Working with Young Children of the National Guard and Reserve During a Family Member's Deployment. Williams, Fraga, Coming Together Around Military Families. Bromberg, Frankel, Working in Juvenile Court

with Abused and Neglected Young Children of Substance-abusing Parents: Treating Drug-addicted Mothers and Their Infants: A Guide for Understanding and Clinical Practice. *Smith, O'Grady, Hitchens, Van Horn, Lieberman*, Partnerships for Young Children in Court: How Judges Shape Collaborations Serving Traumatized Children. *Cohen, Dakof, Duarte*, Dependency Drug Court: An Intensive Intervention for Traumatized Mothers and Young Children. *Johnson*, Zero to Three Family Drug Treatment Court. **Part V: Special Issues.** *Osofsky*, Young Children and Disasters: Lessons Learned from Hurricane Katrina about the Impact of Disasters and Postdisaster Recovery. *Groves, Augustyn*, The Role of Pediatric Practitioners in Identifying and Responding to Traumatized Children. Vicarious Traumatization and the Need for Self-care in Working with Traumatized Young Children.

June 2011: 359pp.

Hb: 978-1-60918-206-9: £30.50

www.guilfordpress.co.uk/9781609182069



Treating Traumatic Stress in Children and Adolescents

How to Foster Resilience through Attachment, Self-Regulation, and Competency

Margaret E. Blaustein and Kristine M. Kinniburgh, both at the Justice Resource Institute, Massachusetts, USA

Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings.

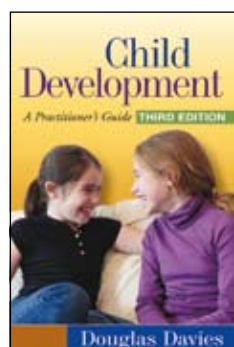
2010: 372pp.

Pb: 978-1-60623-625-3: £27.00

www.guilfordpress.co.uk/9781606236253

for further books on Child and Adolescent Trauma see page 32

Child and Adolescent Development



Child Development A Practitioner's Guide

Third Edition

Douglas Davies, University of Michigan, USA

"This book provides an in-depth understanding of child development... I would unhesitatingly choose this book for graduate courses in child development and child psychotherapy."

- **Lisa Aronson Fontes**, Union Institute and University, USA

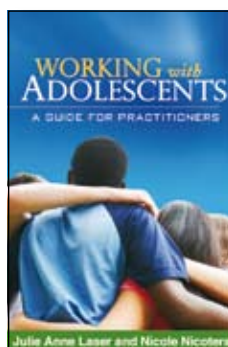
This widely used professional development resource and course text provides an engaging overview of developmental theory and research, with a focus on what practitioners need to know. The author explains how children's trajectories are shaped by transactions among early relationships, brain development, and the social environment.

2010: 510pp.

Hb: 978-1-60623-909-4: £44.00

Series: *Social Work Practice with Children and Families*

www.guilfordpress.co.uk/9781606239094



Working with Adolescents

A Guide for Practitioners

Julie Anne Laser and Nicole Nicotera, both at University of Denver, USA

This state-of-the-art practitioner resource and course text provides a comprehensive view of adolescent development and spells out effective ways to help teens who are having difficulties.

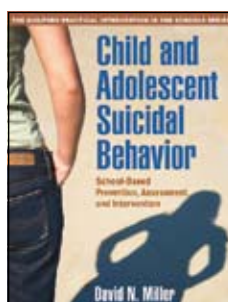
2010: 310pp.

Hb: 978-1-60918-035-5: £26.95

Series: *Social Work Practice with Children and Families*

www.guilfordpress.co.uk/9781609180355

School-Based Mental Health and Learning Disabilities



New!

Child and Adolescent Suicidal Behavior

School-Based Prevention, Assessment, and Intervention

David N. Miller, University at Albany, State University of New York, USA

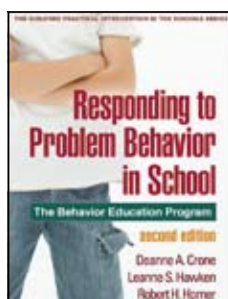
Meeting a crucial need, this book distills the best current knowledge on child and adolescent suicide prevention into comprehensive guidelines for school-based practitioners. The author draws on extensive research and clinical experience to provide best-practice recommendations for developing schoolwide prevention programs, conducting risk assessments, and intervening at different levels of intensity with students at risk.

February 2011: 170pp.

Pb: 978-1-60623-996-4: £19.95

Series: *Practical Intervention in the Schools*

www.guilfordpress.co.uk/9781606239964



Responding to Problem Behavior in School

**The Behavior Education Program
Second Edition**

Deanne A. Crone, University of Oregon, USA, **Leanne S. Hawken**, University of Utah, USA, and **Robert H. Horner**, University of Oregon, USA

This bestselling book has been used in schools across the country to establish efficient and cost-effective systems of Tier 2 positive behavior support. Clear, step-by-step guidelines are

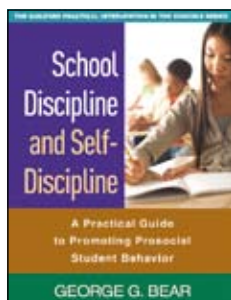
provided for implementing the approach, which incorporates daily behavioral feedback, positive adult attention, and increased home-school collaboration.

2010: 242pp.

Pb: 978-1-60623-600-0: £24.00

Series: *Practical Intervention in the Schools*

www.guilfordpress.co.uk/9781606236000



School Discipline and Self-Discipline

A Practical Guide to Promoting Prosocial Student Behavior

George G. Bear, University of Delaware, USA

How can schools create safe, well-supervised classroom environments

while also teaching students skills for managing their behavior on their own? This invaluable guide presents a framework for achieving both of these crucial goals.

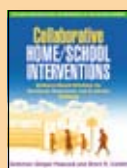
2010: 256pp.

Pb: 978-1-60623-681-9: £24.00

Series: *Practical Intervention in the Schools*

www.guilfordpress.co.uk/9781606236819

Backlist Book

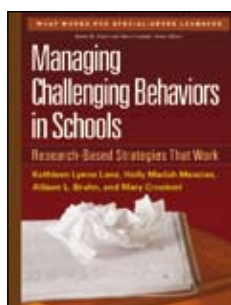


Peacock/Collett: Collaborative Home/School Interventions: Evidence-Based Solutions for Emotional, Behavioral, and Academic Problems

Pb: 978-1-60623-345-0: 2009: 207pp. £21.95

Series: *Practical Intervention in the Schools*

www.guilfordpress.co.uk/9781606233450



Managing Challenging Behaviors in Schools

Research-Based Strategies That Work

Kathleen Lynne Lane, Vanderbilt University, Tennessee, USA,

Holly Mariah Menzies, California State University, USA, **Allison L. Bruhn**, and **Mary Crnobori**, both at Vanderbilt University, Tennessee, USA

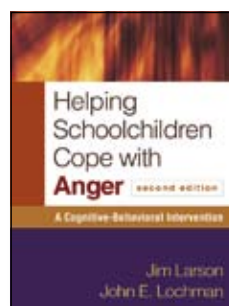
This book provides tested, easy-to-implement strategies for preventing problem behavior in the classroom and responding effectively when it does occur. Chapters describe specific steps that teachers and other school-based professionals can take to develop effective classroom rules and routines; plan suitably challenging instruction; and promote student engagement and motivation.

2010: 253pp.

Pb: 978-1-60623-951-3: £24.00

Series: *What Works for Special-Needs Learners*

www.guilfordpress.co.uk/9781606239513



New Edition!

Helping Schoolchildren Cope with Anger

A Cognitive-Behavioral Intervention

Second Edition

Jim Larson, University of Wisconsin-

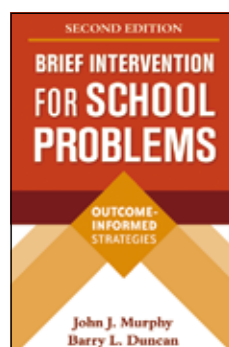
Whitewater, USA, and **John E. Lochman**, University of Alabama, USA

This invaluable guide presents all of the information and clinical tools needed to implement the Anger Coping Program, an empirically supported intervention for students in grades 3-6. Practitioners are taken step-by-step through setting up treatment groups, teaching vital skills for reducing aggression and disruptive behavior, and building strong partnerships with teachers and parents.

March 2011: 208pp.

Pb: 978-1-60623-973-5: £20.00

www.guilfordpress.co.uk/9781606239735



Brief Intervention for School Problems

Outcome-Informed Strategies

Second Edition

John J. Murphy, University of Central Arkansas, USA and **Barry L. Duncan**, Heart and Soul of Change Project, USA

This highly practical guide helps school practitioners find effective

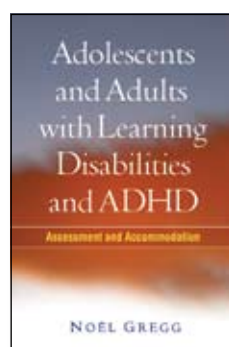
solutions to academic and behavioral problems through brief counseling.

2010: 210pp.

Hb: 978-1-59385-492-8: 2007: £24.95

Pb: 978-1-60623-930-8: £16.00

www.guilfordpress.co.uk/9781606239308



New in Paperback!

Adolescents and Adults with Learning Disabilities and ADHD

Assessment and Accommodation

Noël Gregg, University of Georgia, USA

Comprehensive and authoritative, this book helps educators and clinicians navigate the maze of laws, policies, and scientific research relating to diagnostic and intervention decision making for adolescents and adults. Leading expert Noël Gregg provides clear guidance on how to conduct and document evidence-based assessments and select appropriate instructional and testing accommodations.

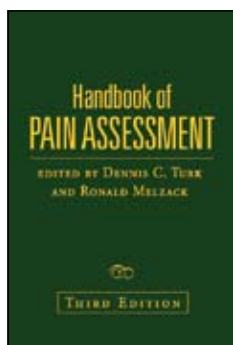
February 2011: 316pp.

Hb: 978-1-60623-034-3: 2009: £27.00

Pb: 978-1-60623-593-5: £16.95

www.guilfordpress.co.uk/9781606235935

Clinical Psychology and Psychiatry



New Edition!

Handbook of Pain Assessment

Third Edition

Edited by **Dennis C. Turk**, University of Washington, USA, and **Ronald Melzack**, McGill University, Quebec, Canada

"This is the authoritative reference on pain assessment, and has been since

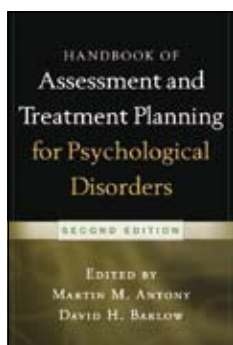
the first edition... A 'must have' for health care professionals and students." - **Beverly E. Thorn**, University of Alabama, USA

This definitive clinical reference comprehensively reviews the most advanced methods for assessing the person in pain. The field's leading authorities present essential information and tools for evaluating psychosocial, behavioral, situational, and medical factors in patients' subjective experience, functional impairment, and response to treatment.

January 2011: 542pp.

Hb: 978-1-60623-976-6: £56.95

www.guilfordpress.co.uk/9781606239766



Handbook of Assessment and Treatment Planning for Psychological Disorders

Second Edition

Edited by **Martin M. Antony**, Ryerson University, Ontario, Canada, and **David H. Barlow**, Boston University, Massachusetts, USA

"This second edition is an essential, state-of-the-art resource for practitioners and clinical researchers alike. It is well written and well edited, and provides thorough, detailed coverage of assessment and treatment planning for all major psychological disorders." - **Michelle G. Newman**, The Pennsylvania State University, USA

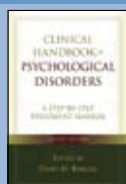
Widely regarded as a premier clinical reference, this book provides state-of-the-science tools for conducting effective assessments and using the results to plan and monitor evidence-based interventions. Leading authorities present proven approaches to screening and assessment for specific psychological problems.

2010: 706pp.

Hb: 978-1-60623-868-4: £57.00

www.guilfordpress.co.uk/9781606238684

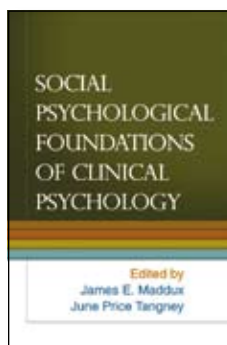
Also by David H. Barlow



guilfordpress.co.uk/9781593855727



guilfordpress.co.uk/9781593850289



Social Psychological Foundations of Clinical Psychology

Edited by **James E. Maddux** and **June Price Tangney**, both at George Mason University, Virginia, USA

"Maddux and Tangney have assembled a blue-ribbon team in this welcome resource for the clinical practitioner... This book has strong applicability for many applied disciplines beyond clinical

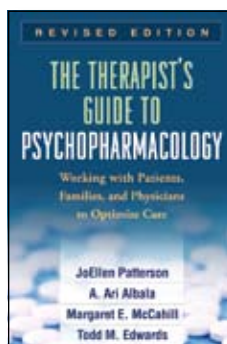
psychology, including social work, counseling, marriage and family therapy, and pastoral care." - **Paula S. Nurius**, University of Washington, USA

Uniquely integrative and authoritative, this volume explores how advances in social psychology can deepen understanding and improve treatment of clinical problems. The role of basic psychological processes in mental health and disorder is examined by leading experts in social, clinical, and counseling psychology.

2010: 556pp.

Hb: 978-1-60623-679-6: £47.00

www.guilfordpress.co.uk/9781606236796



The Therapist's Guide to Psychopharmacology

Working with Patients, Families, and Physicians to Optimize Care

Revised Edition

JoEllen Patterson, University of San Diego, USA, **A. Ari Albala**, and **Margaret E. McCahill**, both at the University of California, San Diego, USA, and **Todd M. Edwards**, University of San Diego, USA

"Patterson et al. have written a book every therapist and student needs... Should be a standard text in graduate programs and required reading for all students in psychotherapy." - **Jay Lebow**, The Family Institute at Northwestern University, Illinois, USA

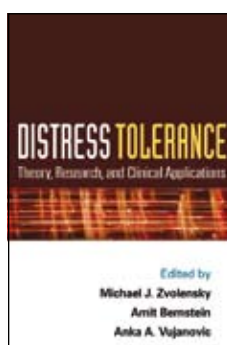
This indispensable book provides therapists and counselors with crucial knowledge about psychotropic medications: when and how to make medication referrals, how to answer patients' questions and help them handle problems that arise, and how to combine medication and psychotherapy effectively.

2010: 310pp.

Hb: 978-1-60623-713-7: £30.50

Pb: 978-1-60623-700-7: £16.95

www.guilfordpress.co.uk/9781606237007



Distress Tolerance

Theory, Research, and Clinical Applications

Edited by **Michael J. Zvolensky**, University of Vermont, USA, **Amit Bernstein**, University of Haifa, Israel and **Anka A. Vujanovic**, Boston University School of Medicine, Massachusetts, USA

"The first volume of its kind. The contributors are experts in their respective areas who provide valuable information on the nature

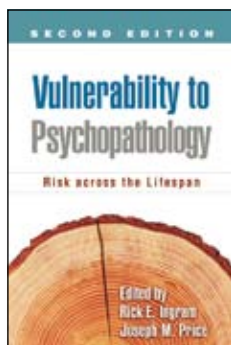
and clinical relevance of distress tolerance." - **Shireen L. Rizvi, Rutgers, The State University of New Jersey, USA**

This state-of-the-art volume synthesizes the growing body of knowledge on the role of distress tolerance in psychopathology. Prominent contributors describe how the construct has been conceptualized and measured and examine its links to a range of specific psychological disorders.

2010: 288pp.

Hb: 978-1-60918-038-6: £26.95

www.guilfordpress.co.uk/9781609180386



Vulnerability to Psychopathology Risk Across the Lifespan Second Edition

Edited by **Rick E. Ingram**, University of Kansas, USA, and **Joseph M. Price**, San Diego State University, USA

This state-of-the-art work has been highly praised for bridging the divide between adult and developmental

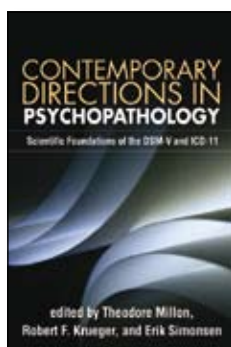
psychopathology. The volume illuminates the interplay of biological, cognitive, affective, and social-environmental factors that place individuals at risk for psychological disturbance throughout development.

2010: 524pp.

Hb: 978-1-60623-347-4: 2009: £44.00

Pb: 978-1-60918-148-2: £23.95

www.guilfordpress.co.uk/9781609181482



Contemporary Directions in Psychopathology Scientific Foundations of the DSM-V and ICD-11

Edited by **Theodore Millon**, Institute for Advanced Studies in Personology and Psychopathology, USA, **Robert F. Krueger**, Washington University, St. Louis, USA, and **Erik Simonsen**, University of Copenhagen, Denmark

"The time is ripe for a major reconsideration of the principles to be employed in any diagnostic classification, and this admirable volume does just that... This volume is essential reading for anyone with the slightest interest in classification and diagnosis... A substantial volume, full of wisdom and interest."

- **Michael Rutter, Institute of Psychiatry, London, UK**

This forward-thinking volume grapples with critical questions surrounding the mechanisms underlying mental disorders and the systems used for classifying them. Edited and written by leading international authorities, the book integrates biological and psychosocial perspectives.

2010: 622pp.

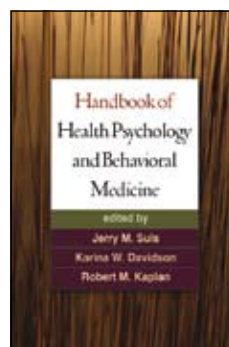
Hb: 978-1-60623-532-4: £57.00

www.guilfordpress.co.uk/9781606235324

FOLLOW US ON 

 www.twitter.com/guilfordpress

GUILFORD



Handbook of Health Psychology and Behavioral Medicine

Edited by **Jerry M. Suls**, University of Iowa, USA, **Karina W. Davidson**, Columbia University, USA, and **Robert M. Kaplan**, University of California, Los Angeles, USA

"Suls, Davidson, and Kaplan are leaders in the fields of health psychology and behavioral medicine. Their new

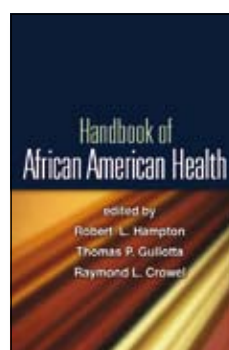
Handbook features 36 chapters by outstanding contributors who cover every facet of these interrelated disciplines. Each chapter is up to date and highly readable." - **Kenneth A. Wallston, Vanderbilt University, USA**

Providing a state-of-the-science overview of theory, research, and practice at the interface of psychology and health, this comprehensive volume brings together leading experts from multiple disciplines. The book explores how health and health behaviors are shaped by a wide range of psychological processes and social-environmental factors.

2010: 592pp.

Hb: 978-1-60623-895-0: £57.00

www.guilfordpress.co.uk/9781606238950



Winner of the American Journal of Nursing Book of the Year Award – Community Public Health!

Handbook of African American Health

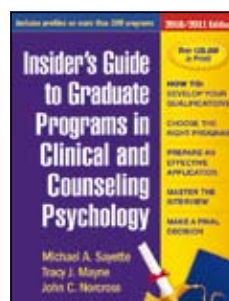
Edited by **Robert L. Hampton**, Tennessee State University, USA, **Thomas P. Gullotta**, Child and Family Agency of Southeastern Connecticut, USA, and **Raymond L. Crowel**, ICF International, USA

With a focus on how to improve the effectiveness and cultural competence of clinical services and research, this authoritative volume synthesizes current knowledge on both the physical and psychological health of African Americans today.

2010: 612pp.

Hb: 978-1-60623-716-8: £57.00

www.guilfordpress.co.uk/9781606237168



Insider's Guide to Graduate Programs in Clinical and Counseling Psychology

2010/2011 Edition

Michael A. Sayette, University of Pittsburgh, USA, **Tracy J. Mayne**,

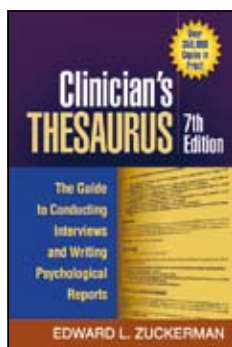
Director and Global Renal Anemia Area Lead in Global Health Economics, Amgen Inc., California, USA, and **John C. Norcross**, University of Scranton, Pennsylvania, USA

With more than 110,000 copies in print, the *Insider's Guide* is the resource students rely on to find graduate clinical and counseling psychology programs that meet their needs – and gain admittance to them.

2010: 413pp.

Pb: 978-1-60623-463-1: £19.00

www.guilfordpress.co.uk/9781606234631



Clinician's Thesaurus

The Guide to Conducting Interviews and Writing Psychological Reports

Seventh Edition

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

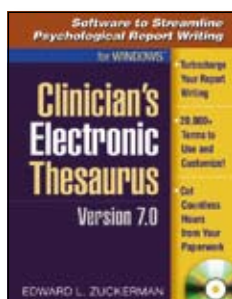
With over 350,000 in print, the *Clinician's Thesaurus* is an

indispensable practitioner resource and course text. It presents tens of thousands of standard words, phrases, clinical tips, and interview questions to help practitioners conduct thorough assessments, accurately describe nearly any clinical situation, and shape clinical observations into effective reports.

2010: 395pp.

Pb: 978-1-60623-874-5: £37.00

www.guilfordpress.co.uk/9781606238745



New Version!

Clinician's Electronic Thesaurus

Software to Streamline Psychological Report Writing

Version 7.0

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



May 2011: 62pp.

CD-ROM: 978-1-60623-972-8: £36.95

www.guilfordpress.co.uk/9781606239728

Backlist Book



Kring/Sloan, Eds.: Emotion Regulation and Psychopathology: A Transdiagnostic Approach to Etiology and Treatment

Hb: 978-1-60623-450-1: 2009: 461pp. £37.00

www.guilfordpress.co.uk/9781606234501

Clinical Problems

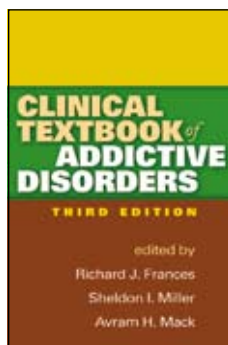
Addictions

New in Paperback!

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



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 are addressed, and widely used psychosocial and pharmacological treatment approaches are reviewed.

February 2011: 684pp.

Hb: 978-1-59385-174-3: 2005: £55.00

Pb: 978-1-60918-205-2: £30.50

www.guilfordpress.co.uk/9781609182052

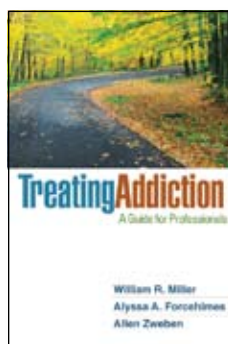
Forthcoming!

Treating Addiction

A Guide for Professionals

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

"This book is destined to become a classic. I highly recommend



it!" - **Timothy J. O'Farrell**, Harvard Medical School, Massachusetts, USA

An indispensable practitioner reference and text, this engaging book focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment. They describe and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches.

CONTENTS: Part I: An Invitation to Addiction Treatment. Why Treat Addiction? What is Addiction? How Do Drugs Work? **Part II: A Context for Addiction Treatment.** Client-centered Foundation. Screening, Evaluation, and Diagnosis. Detoxification and Health Care Needs. Matching: Individualizing Treatment Plans. Case Management. **Part III: A Menu of Evidence-based Options for Addiction Treatment.** Brief Interventions. Enhancing Motivation for Change. A Community Reinforcement Approach. Strengthening Coping Skills. Involving and Working with Family. Mutual Help Groups. Pharmacological Adjuncts. **Part IV: Issues That Arise in Addiction Treatment.** Responding to Resistance. Enhancing Adherence. Treating Co-occurring Disorders. Promoting Maintenance. Working with Groups. Addressing the Spiritual Side. Professional Ethics. Promoting Prevention. *McLellan*, Postscript: Looking Forward.

September 2011: 446pp.

Hb: 978-1-60918-638-8: £36.95

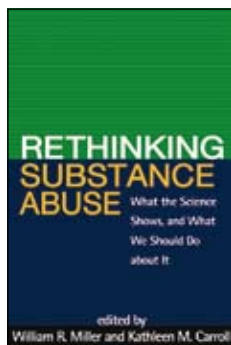
www.guilfordpress.co.uk/9781609186388

FIND US ON

Facebook®



www.facebook.com/RoutledgeMentalHealth



Rethinking Substance Abuse

What the Science Shows, And What We Should Do About It

Edited by **William R. Miller**, University of New Mexico, USA, and **Kathleen M. Carroll**, Yale University School of Medicine, Connecticut, USA

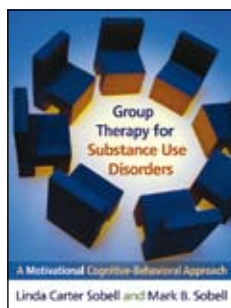
This state-of-the-art book brings together leading experts to describe what treatment and prevention would look like if it were based on the best science available. The volume incorporates developmental, neurobiological, genetic, behavioral, and social-environmental perspectives.

2010: 320pp.

Hb: 978-1-57230-231-0: 2006: £27.95

Pb: 978-1-60623-698-7: £16.95

www.guilfordpress.co.uk/9781606236987



New!

Group Therapy for Substance Use Disorders

A Motivational Cognitive-Behavioral Approach

Linda Carter Sobell and Mark B. Sobell, both at Nova Southeastern University, Florida, USA

This authoritative book presents a groundbreaking evidence-based approach to conducting therapy groups for persons with substance use disorders. The approach integrates cognitive-behavioral, motivational interviewing, and relapse prevention techniques, while capitalizing on the power of group processes. Clinicians are provided with a detailed intervention framework and clear-cut strategies for helping clients to set and meet their own treatment goals.

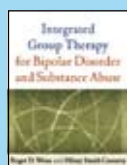
CONTENTS: Part I: Rationale, Research, and Assessment. Guided Self-change Treatment and its Successful Extension to Group Therapy. Overview of Motivational Interviewing Strategies and Techniques. Assessment: A Running Start for Treatment. **Part II: Guided Self-change: A Cognitive-Behavioral Motivational Intervention for Individual and Group Therapy.** Guided Self-change Treatment in an Individual Format. Integrating Motivational Interviewing and Cognitive-Behavioral Techniques into Group Therapy. **Part III: Conducting and Managing Groups: Pregroup Planning, Group Cohesion, and Difficult Situations and Clients.** Building Group Cohesion: Music Comes from the Group. Managing Groups: Structural Issues. Managing Difficult Clients in Groups. The Way Ahead. Appendices. A: Alcohol Use Disorders Identification Test (AUDIT) and Scoring Key. B: Drug Abuse Screening Test (DAST-10) and Scoring Key. C: Drug Use History Questionnaire (DUHQ). D: Brief Situational Confidence Questionnaire (BSCQ).

March 2011: 270pp.

Pb: 978-1-60918-051-5: £23.95

www.guilfordpress.co.uk/9781609180515

Related Book



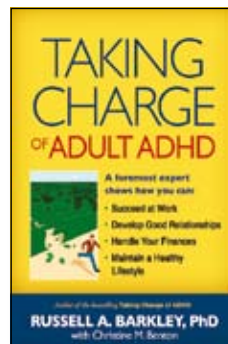
New!

Integrated Group Therapy for Bipolar Disorder and Substance Abuse

Roger D. Weiss and Hilary Smith Connery
Page 19

ADHD

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



Taking Charge of Adult ADHD

Russell A. Barkley with Christine M. Benton

"This wonderful book presents information and sharp clinical insights accrued over decades of work by a preeminent leader in the field... A 'must read' for anyone interested in learning more about adult ADHD." - **Lenard Adler**, New York University School of Medicine, USA

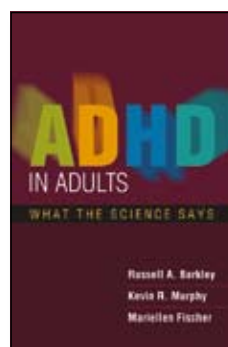
For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care – and what sufferers can do for themselves – than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments.

2010: 294pp.

Hb: 978-1-60623-710-6: £27.00

Pb: 978-1-60623-338-2: £10.99

www.guilfordpress.co.uk/9781606233382



ADHD in Adults What the Science Says

Russell A. Barkley, Kevin R. Murphy, Adult ADHD Clinic of Central Massachusetts, USA, and **Mariellen Fischer**, in private practice, Milwaukee, USA

"This energetic and informative book tackles head-on the knotty issue of what ADHD in adults really means... This is the most definitive work to date on the difficult task of generalizing from children with ADHD to adults with ADHD." - **Joel Nigg**, Michigan State University, USA

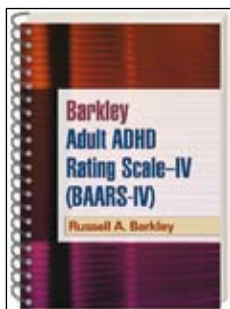
Providing a new perspective on ADHD in adults, this compelling book analyzes findings from two major studies directed by leading authority Russell A. Barkley. Groundbreaking information is presented on the significant impairments produced by the disorder across major functional domains and life activities, including educational outcomes, work, relationships, health behaviors, and mental health.

2010: 489pp.

Hb: 978-1-59385-586-4: 2007: £37.50

Pb: 978-1-60918-075-1: £18.95

www.guilfordpress.co.uk/9781609180751



New!

Barkley Adult ADHD Rating Scale-IV (BAARS-IV)

Russell A. Barkley

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.

February 2011: 150pp.

Pb: 978-1-60918-203-8: £99.95

www.guilfordpress.co.uk/9781609182038


New!

Barkley Deficits in Executive Functioning Scale (BDEFS)

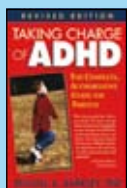
Pb: 978-1-60623-934-6: February 2011: 174pp. £99.95

www.guilfordpress.co.uk/9781606239346


Forthcoming!

Barkley Functional Impairment Scale (BFIS)

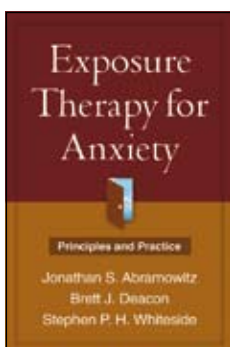
Pb: 978-1-60918-219-9: June 2011: 118pp. £99.95

www.guilfordpress.co.uk/9781609182199


guilfordpress.co.uk/9781593852108 /
 guilfordpress.co.uk/9781593852276 /
 guilfordpress.co.uk/9781593852313 /
 guilfordpress.co.uk/9781572305601

for further books by Russell A. Barkley visit www.adhdarena.com

Anxiety



New!

Exposure Therapy for Anxiety

Principles and Practice

Jonathan S. Abramowitz, University of North Carolina at Chapel Hill, USA, Brett J. Deacon, University of Wyoming, USA and Stephen P. H. Whiteside, Mayo Clinic, Minnesota, USA

"Just another clinical guide to anxiety disorders? Not at all. This broad and clinically nuanced guide is designed for clinicians who want to understand and treat anxiety and fear in all its forms." - Gail Steketee, Boston University School of Social Work, Massachusetts, USA

Going beyond one-size-fits-all approaches, this indispensable book describes how to design and implement exposure-based interventions for clients suffering from any type of pathological

worry or fear. The expert authors translate cutting-edge theory and research into flexible guidelines for real-world clinical practice.

CONTENTS: Part I: The Fundamentals of Exposure Therapy.

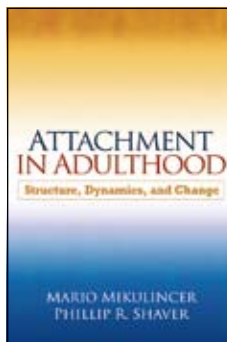
Overview and History of Exposure Therapy for Anxiety. How Well Does Exposure Therapy Work? The Nature and Treatment of Clinical Anxiety. Treatment Planning I: Functional Assessment. Treatment Planning II: Hierarchy Development and Treatment Engagement. Implementing Exposure Therapy: An Overview. **Part II: Implementing Exposure Therapy for Specific Types of Fears.** Animal-related Fears. Natural Environments. Social Concerns. Unwanted Intrusive Thoughts. Bodily Cues and Health Concerns. Contamination. The Aftermath of Trauma. Blood-, Injection-, and Injury-related Stimuli. Incompleteness, Asymmetry, and Not-Just-Right Feelings. **Part III: Special Considerations in the Use of Exposure Techniques.** Exposure Therapy with Complex Cases. Exposure Therapy with Children. Involving Significant Others in Treatment. Combining Exposure Therapy with Medication. Maintaining Improvement After Treatment. A Risk-benefit Analysis of Exposure Therapy.

January 2011: 404pp.

Hb: 978-1-60918-016-4: £30.50

www.guilfordpress.co.uk/9781609180164

Attachment



Attachment in Adulthood

Structure, Dynamics, and Change

Mario Mikulincer, New School of Psychology, Interdisciplinary Center (IDC), Herzliya, Israel, and Phillip R. Shaver, University of California, USA

This authoritative work provides a systematic, comprehensive overview of theory and research on adult attachment. The authors – who have been at the forefront of this rapidly growing field since the concepts of "adult attachment" and "attachment style" were first developed – trace how Bowlby's original constructs have evolved through the study of adolescents and adults.

2010: 578pp.

Hb: 978-1-59385-457-7: 2007: £45.00

Pb: 978-1-60623-610-9: £27.00

www.guilfordpress.co.uk/9781606236109


Attachment Theory and Research in Clinical Work with Adults

Edited by Joseph H. Obegi, in private practice, California, USA, and Ety Berant, Bar-Ilan University, Ramat Gan, Israel

Written with the practicing psychotherapist in mind, this

invaluable book presents cutting-edge knowledge on adult attachment and explores the implications for day-to-day clinical practice. Leading experts illustrate how theory and research in this dynamic area can inform assessment, case formulation, and clinical decision making.

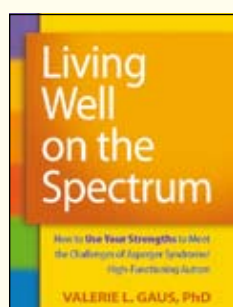
2010: 529pp.

Hb: 978-1-59385-998-5: 2009: £37.50

Pb: 978-1-60623-928-5: £24.00

www.guilfordpress.co.uk/9781606239285

Autism/Asperger Syndrome



Read and Recommend!

Living Well on the Spectrum

How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism

Valerie L. Gaus, in private practice, New York, USA

"Dr. Gaus presents her ideas clearly and effectively and makes terrific use of practical examples. She offers great ideas to help those on the spectrum decrease stress and maximize their progress toward life goals by understanding, fully utilizing, and celebrating their special qualities." - Gary B. Mesibov, University of North Carolina School of Medicine, USA

Being "different" is old news for adults with Asperger syndrome and high-functioning autism (AS/HFA). Meeting a huge demand and providing indispensable practical guidance, prominent therapist Valerie Gaus shows how difference can be a strength.

CONTENTS: *Shore*, Foreword. Introduction. How to Get the Most Out of This Book. **Part I: Life on the Spectrum.** A Typical Day in Your Life: Problems and Solutions. A Unique Brain: How Thinking Differences Can Affect Your Daily Life. How Social Differences Can Be Vulnerabilities and Strengths. The Role of Your Emotional Differences. How Sensory and Movement Differences Can Affect Your Interactions with Your Environment. **Part II: Positive Solutions for a Quality Life.** Positive Solutions: Your Bag of Tricks. At Home. At Work. At School. In the Community. Building Friendships. Dating, Sex, and Marriage. Health. Putting Yourself in Charge of Your Life and Finding Help When You Need It. Appendix: Problem-solving Worksheet. Resources.

May 2011: 383pp.

Pb: 978-1-60623-634-5: £14.50

www.guilfordpress.co.uk/9781606236345



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.

SELECTED CONTENTS: Part I: Conceptual Foundations. Part II: Developmental Perspectives and Influences. Part III: Body Image Assessment. Part IV: Individual and Cultural Differences. Part V: Body Image Dysfunctions and Disorders. Part VI: Body Image Issues in Medical Contexts. Part VII: Changing the Body: Medical, Surgical, and Other Approaches. Part VIII: Changing Body Images: Psychosocial Interventions for Treatment and Prevention. Part IX: Conclusions and Directions.

August 2011: 490pp.

Hb: 978-1-60918-182-6: £43.95

www.guilfordpress.co.uk/9781609181826

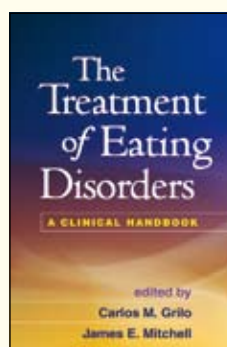


Read and Recommend!

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, University of Leicester, UK

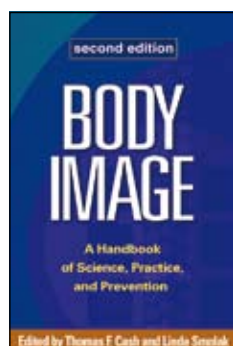
Eminently practical and authoritative, this comprehensive clinical *Handbook* brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them. Coverage encompasses psychosocial, family-based, medical, and nutritional therapies for 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.

SELECTED CONTENTS: Part I: Overview of Eating Disorders. Part II: Treatment of Anorexia Nervosa. Part III: Treatment of Bulimia Nervosa and Binge-Eating Disorder. Part IV: Special Topics in Treatment. Part V: Research Issues.

May 2011: 606pp.
Hb: 978-1-60623-446-4: 2009: £51.00
Pb: 978-1-60918-495-7: £26.95

www.guilfordpress.co.uk/9781609184957

Eating Disorders



New Edition!

Body Image

A Handbook of Science, Practice, and Prevention

Second Edition

Edited by Thomas F. Cash, Old Dominion University, Virginia, USA and Linda Smolak, Kenyon College, Ohio, USA

"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." - Sabine Wilhelm, Harvard Medical School, Massachusetts, USA

The standard reference for practitioners, researchers, and students, this acclaimed work brings together internationally recognized experts from diverse mental health, medical, and

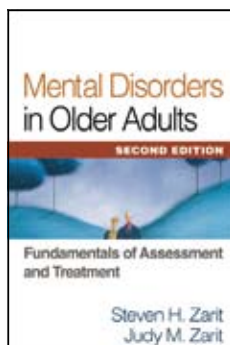
FOLLOW US ON  www.twitter.com/guilfordpress



FIND US ON  www.facebook.com/RoutledgeMentalHealth



Gerontology



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

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

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.

CONTENTS: Introduction: Clinical Practice with Older Adults. Normal Processes of Aging. Disorders of Aging: Dementia, Delirium, and Other Cognitive Problems. Mood and Anxiety Disorders. Other Common Mental Health Problems in Later Life. The Clinical Interview. Psychological Testing for Differential Diagnosis and Capacity Evaluations. Foundations of Treatment. Treatment of Depression. Treatment of Anxiety Symptoms. Treatment of Paranoid Symptoms. Treatment of Dementia. Family Caregiving. Consultation in Institutional Settings. Ethical Issues in Geriatric Psychology.

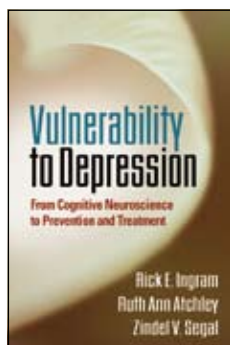
May 2011: 468pp.

Hb: 978-1-57230-946-3: 2006: £35.00

Pb: 978-1-60918-232-8: £19.95

www.guilfordpress.co.uk/9781609182328

Mood Disorders



Forthcoming!

Vulnerability to Depression **From Cognitive Neuroscience to Prevention and Treatment**

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

"This is an essential text for researchers, clinicians, and graduate students wanting a clear, up-to-date, multifaceted understanding of research into depression... This is a 'must read'." - **Ronald D. Siegel**, Harvard Medical School, Massachusetts, USA

Providing a cutting-edge examination of the mechanisms underlying depression, this volume integrates important areas of research that have largely remained separate. The authors explore both the cognitive and neurological processes that make some people more vulnerable than others to developing depression and experiencing recurrent episodes.

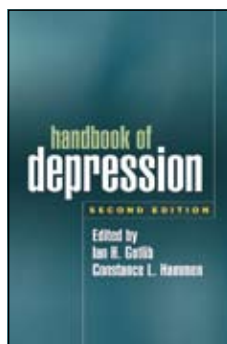
CONTENTS: Depression: An Overview of a Public Health Problem. Why Vulnerability? Cognitive-Clinical Science and Cognitive Neuroscience Approaches to Understanding Behavior. Methodological Strategies and

Issues in the Study of Vulnerability to Depression. Theory and Data on Cognitive Vulnerability. Cognitive Neuroscience Data on Vulnerability. Cognitive and Cognitive Neuroscience Vulnerability to Depression. Depression Vulnerability and Clinical Therapeutics. Prevention Efforts Designed to Address Factors Underlying Depression Risk. The Vulnerable Person Revisited.

August 2011: 260pp.

Hb: 978-1-60918-255-7: £30.50

www.guilfordpress.co.uk/9781609182557



Handbook of Depression **Second Edition**

Edited by **Ian H. Gotlib**, Stanford University, California, USA, and **Constance L. Hammen**, University of California, USA

Bringing together the field's leading authorities, this acclaimed work is widely regarded as the standard reference on depression.

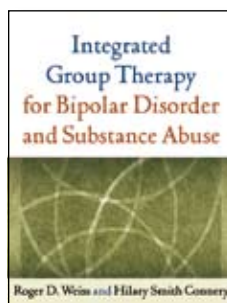
The *Handbook* provides comprehensive coverage of the epidemiology, course, and outcome of depressive disorders; issues in assessment and diagnosis and psychological and biological risk factors.

2010: 708pp.

Hb: 978-1-59385-450-8: 2008: £50.00

Pb: 978-1-60918-150-5: £30.95

www.guilfordpress.co.uk/9781609181505



New!

Integrated Group Therapy for Bipolar Disorder and Substance Abuse

Roger D. Weiss and **Hilary Smith Connery**, both at Harvard Medical School, Massachusetts, USA

"A valuable clinical resource. Weiss and Connery provide an excellent guide to the nature of bipolar disorder and substance abuse... This book is destined to become a classic." - **Kim T. Mueser**, Dartmouth Medical School, New Hampshire, USA

Packed with practical clinical tools, this book presents an empirically supported treatment expressly designed for clients with both bipolar disorder and substance use disorders. Integrated group therapy teaches essential recovery behaviors and relapse prevention skills that apply to both illnesses. The volume provides a complete session-by-session overview of the approach.

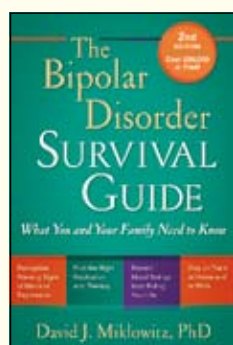
CONTENTS: Part I: Overview of Integrated Group Therapy. An Introduction to Integrated Group Therapy. General Principles of Integrated Group Therapy for Co-Occurring Bipolar Disorder and Substance Abuse. Therapist Guide for the Integrated Group Therapy Pregroup Interview. Conducting an Integrated Group Therapy Session. **Part II: Integrated Group Therapy Sessions.** Session 1: It's Two Against One, But You Can Win! Session 2: Identifying and Fighting Triggers. Session 3: Dealing with Depression Without Abusing Substances. Session 4: Dealing with Family Members and Friends. Session 5: Denial, Ambivalence, and Acceptance. Session 6: Reading Your Signals: Recognizing Early Warning Signs of Trouble. Session 7: Refusing Alcohol and Drugs: Thinking it Through and Knowing What to Say. Session 8: Using Self-Help Groups. Session 9: Taking Medication. Session 10: Recovery versus Relapse Thinking: It Matters What You Do. Session 11: Taking Care of Yourself. Session 12: Taking the Group with You. Appendices.

May 2011: 224pp.

Pb: 978-1-60918-060-7: £23.95

www.guilfordpress.co.uk/9781609180607

From **David J. Miklowitz**,
University of California, USA
and Oxford University, UK



Read and Recommend!

The Bipolar Disorder Survival Guide

What You and Your Family Need to Know

Second Edition

David J. Miklowitz

"A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families. I could not recommend this book more highly." - **Kay R. Jamison, author of *An Unquiet Mind***

A bipolar diagnosis can be overwhelming to sufferers and their family members. They need trustworthy information and support for finding the right treatment and coping with the illness's devastating ups and downs. Over 200,000 readers have already found exactly that in this indispensable guide from a leading expert. Explaining the disorder's causes, diagnosis, and best current treatments, David J. Miklowitz shows how to plan for and reduce recurrences of mood symptoms, make needed lifestyle changes to stay well, and strengthen relationships strained by the illness.

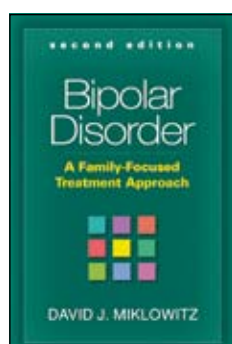
CONTENTS: Part I: The Experience and Diagnosis of Bipolar Disorder. How This Book Can Help You Survive – and Thrive. Understanding the Experience of Bipolar Disorder. Into the Doctor's Court: Getting an Accurate Diagnosis. "Is It an Illness or Is It Me?": Coping with the Diagnosis. **Part II: Laying the Foundation for Effective Treatment.** Where Bipolar Disorder Comes From: Genetics, Biology, and Stress. What Medication and Psychotherapy Can Do for You. Coming to Terms with Your Medications. **Part III: Practical Strategies for Staying Well.** Tips to Help You Manage Moods and Improve Your Daily Life. Heading Off the Escalation of Mania. Halting the Spiral of Depression. Overcoming Suicidal Thoughts and Feelings. For Women Only: What You Need to Know about Bipolar Disorder and Your Health. Succeeding at Home and at Work: Communication, Problem-solving Skills, and Dealing Effectively with Stigma. Resources for People with Bipolar Disorder.

February 2011: 354pp.

Hb: 978-1-60623-983-4: £30.95

Pb: 978-1-60623-542-3: £12.95

www.guilfordpress.co.uk/9781606235423



Bipolar Disorder

A Family-Focused Treatment Approach

Second Edition

David J. Miklowitz

Family-focused psychoeducational treatment (FFT) is among a very small number of psychosocial treatments that have been found to be effective in multiple studies to improve the

course of bipolar disorder. This indispensable guide describes how to implement FFT with adult and adolescent patients and their family members. Provided are practical procedures for

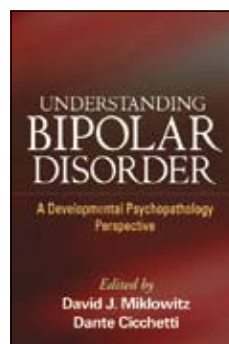
helping families understand the nature of bipolar disorder, strengthen their communication skills, solve day-to-day problems, and reduce the risk and severity of relapse.

2010: 348pp.

Hb: 978-1-59835-655-7: 2008: £25.95

Pb: 978-1-60623-645-1: £18.00

www.guilfordpress.co.uk/9781606236451



Understanding Bipolar Disorder

A Developmental Psychopathology Perspective

Edited by **David J. Miklowitz**
and **Dante Cicchetti**, University
of Minnesota, USA

"A tour de force... Will surely be required reading for researchers, clinicians, and

students." - **Mark Williams, University of Oxford, UK**

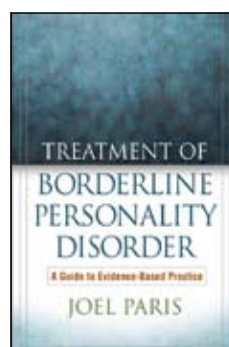
This is the first book to systematically examine the development and course of bipolar disorder across the lifespan, identifying important directions for evidence-based treatment and prevention. The editors and contributors are foremost authorities who synthesize cutting-edge research at multiple levels of analysis, including genetic, neurobiological, cognitive, emotional, and family perspectives.

2010: 572pp.

Hb: 978-1-60623-622-2: £51.00

www.guilfordpress.co.uk/9781606236222

Personality Disorders



Treatment of Borderline Personality Disorder

A Guide to Evidence-Based Practice

Joel Paris, McGill University,
Montreal, Canada

Organizing a vast body of scientific literature, this indispensable book presents the state of the art in

understanding borderline personality disorder (BPD) and distills key treatment principles that therapists need to know. Rather than advocating a particular approach, Joel Paris examines a range of therapies and identifies the core ingredients of effective intervention.

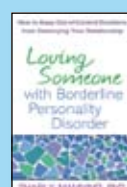
2010: 260pp.

Hb: 978-1-59385-834-6: 2008: £27.95

Pb: 978-1-60623-864-6: £16.95

www.guilfordpress.co.uk/9781606238646

Related Book



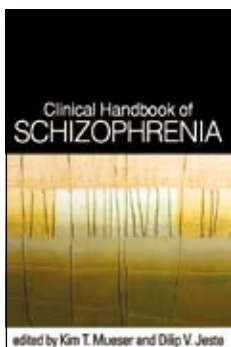
Loving Someone with Borderline Personality Disorder

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

Shari Y. Manning

Page 28

Schizophrenia



New in Paperback!

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

Reviewing the breadth of current knowledge on schizophrenia, this *Handbook* provides clear, practical guidelines for effective assessment

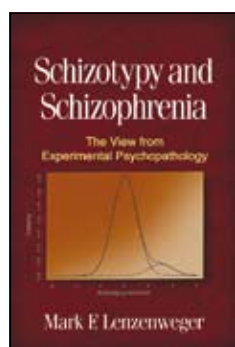
and treatment in diverse contexts. Leading authorities have contributed 61 concise chapters on all aspects of the disorder and its clinical management.

February 2011: 650pp.

Hb: 978-1-59385-652-6: 2008: £50.00

Pb: 978-1-60918-237-3: £30.50

www.guilfordpress.co.uk/9781609182373



Schizotypy and Schizophrenia

The View from Experimental Psychopathology

Mark F. Lenzenweger,
The State University of New York, USA

This compelling book argues that all people with schizophrenia share a personality organization known as

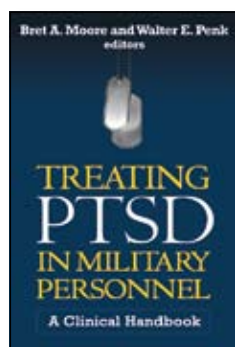
schizotypy. Presented is a novel framework for understanding schizophrenia through the study of individuals who may never develop the disorder, but who nonetheless harbor a liability for it.

2010: 444pp.

Hb: 978-1-60623-865-3: £41.00

www.guilfordpress.co.uk/9781606238653

Trauma and Stress



Forthcoming!

Treating PTSD in Military Personnel

A Clinical Handbook

Edited by **Bret A. Moore**, Military Psychology Consulting, USA, and **Walter E. Penk**, Texas A&M University, USA

"This outstanding book addresses key issues in assessing and treating

PTSD in military personnel. It provides an excellent context for understanding the unique considerations associated with trauma exposure in this population." - **Jean C. Beckham**,

Duke University Medical Center, North Carolina, USA

This practical volume covers the full range of effective treatments for PTSD and discusses their implementation with service members and veterans. From conducting a thorough assessment to choosing an appropriate psychosocial or

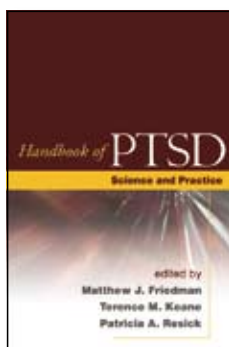
pharmacological treatment, the expert editors and contributors clearly relate their years of experience in military contexts. The norms and values of military culture are discussed.

CONTENTS: Moore, Penk, Introduction: PTSD in the Military. **Part I: Treatment Approaches for PTSD in Military Personnel.** Moore, Understanding and Working within the Military Culture. Castro, Hayes, Keane, Issues in Assessment of PTSD in Military Personnel. Peterson, Foa, Riggs, Prolonged Exposure Therapy. Williams, Galovski, Kattar, Resick, Cognitive Processing Therapy. Russell, Lipke, Figley, Eye Movement Desensitization and Reprocessing. Reger, Holloway, Virtual Reality Exposure Therapy. Kudler, Psychodynamic Psychotherapy. Foy, Drescher, Watson, Ritchie, Group Therapy. Maack, Lyons, Connolly, Ritter, Couple and Family Therapy. Sauve, Stahl, Psychopharmacological Treatment. Penk, Little, Ainspan, Psychosocial Rehabilitation. **Part II: Specific Clinical Issues Associated with PTSD.** Meyer, Kimbrel, Tull, Morissette, Co-occurring Affective and Anxiety Disorders. Kruse, Steffen, Kimbrel, Gulliver, Co-occurring Substance Use Disorders. Vasterling, Verfaellie, McGlynn, Traumatic Brain Injury. Sure, Smith, Sexual Assault in the Military. Brim, Riggs, Sleep Disorders. Skopp, Luxton, Bush, Dudd, Managing the Service Member with Suicidal Ideation. Elbogen, Johnson, Beckham, Anger, Aggression, and Violence. Meichenbaum, Resiliency Building as a Means to Prevent PTSD and Related Adjustment Problems in Military Personnel. Appendices.

November 2011: 382pp.

Hb: 978-1-60918-635-7: £30.50

www.guilfordpress.co.uk/9781609186357



Handbook of PTSD

Science and Practice

Edited by **Matthew J. Friedman**, Dartmouth Medical School, New Hampshire, USA, **Terence M. Keane** and **Patricia A. Resick**, both at Boston University School of Medicine, USA

Unparalleled in its breadth and depth, this state-of-the-art *Handbook* reviews current scientific advances in understanding trauma and PTSD,

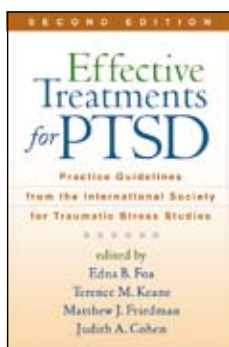
discusses the implications for clinical practice, and evaluates the status of evidence-based assessment and treatment.

2010: 592pp.

Hb: 978-1-59385-473-7: 2007: £50.00

Pb: 978-1-60918-174-1: £30.95

www.guilfordpress.co.uk/9781609181741



Effective Treatments for PTSD

Practice Guidelines from the International Society for Traumatic Stress Studies

Second Edition

Edited by **Edna B. Foa**, University of Pennsylvania, USA, **Terence M. Keane**, Boston University,

Massachusetts, USA, **Matthew J. Friedman**, Dartmouth Medical School, New Hampshire, USA, and **Judith A. Cohen**, Allegheny General Hospital, Pennsylvania, USA

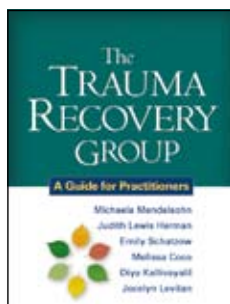
Developed under the auspices of the PTSD Treatment Guidelines Task Force of the International Society for Traumatic Stress Studies, this tightly edited work is the definitive best-practice reference for practitioners caring for any trauma population.

2010: 658pp.

Hb: 978-1-60623-001-5: 2008: £50.00

Pb: 978-1-60918-149-9: £26.95

www.guilfordpress.co.uk/9781609181499



New!

The Trauma Recovery Group

A Guide for Practitioners

Michaela Mendelsohn, Judith Lewis Herman, Emily Schatzow, Melissa Coco, and Diya Kallivayalil, all at Harvard Medical School, Massachusetts, USA, and **Jocelyn Levitan**, University of California, USA

"Presenting a well-known group treatment for trauma survivors, this book makes a substantial contribution... This principled, practical guide is steeped in clinical wisdom accumulated over years of experience. There is no false step in this book." - **Marylene Cloitre, New York University Medical Center, USA**

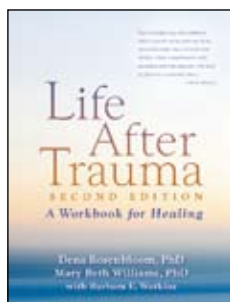
Rich with expert, practical guidance for therapists, this book presents an evidence-based group treatment approach for survivors of interpersonal trauma. This time-limited treatment is designed for clients who have achieved basic safety and stability in present-day life and who are ready to work on the more enduring ways that trauma has harmed their self-perception and relationships.

CONTENTS: Interpersonal Violence and Trauma Recovery. Overview of the Trauma Recovery Group. Initial Preparations and Member Screening. The Introductory Phase. Goal-work Sessions. The Concluding Phase. Supervision. Adaptations and Applications. Outcome Research on the Trauma Recovery Group. Appendices.

April 2011: 193pp.

Pb: 978-1-60918-057-7: £23.95

www.guilfordpress.co.uk/9781609180577



Life After Trauma

A Workbook for Healing

Second Edition

Dena Rosenbloom, in private practice, Connecticut, USA, and **Mary Beth Williams**, in private practice, Virginia, USA, with **Barbara E. Watkins**

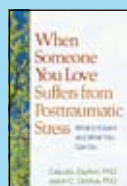
Even when the worst has happened, it is possible to feel good again. This compassionate *Workbook* has already helped tens of thousands of trauma survivors start rebuilding their lives, with a focus on the posttrauma present. Full of practical strategies for coping and self-care, the book guides readers step by step toward reclaiming a basic sense of safety, self-worth, trust, and control, as well as the capacity to be close to others.

2010: 295pp.

Pb: 978-1-60623-608-6: £13.00

www.guilfordpress.co.uk/9781606236086

Related Book



When Someone You Love Suffers from Posttraumatic Stress

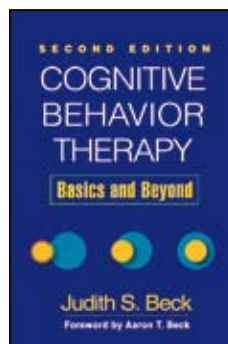
What to Expect and What You Can Do

Claudia Zayfert and Jason C. DeViva

Page 28

Cognitive Behaviour Therapy

From **Judith S. Beck**,
University of Pennsylvania, USA



Read and Recommend!

Cognitive Behavior Therapy

Basics and Beyond

Second Edition

Judith S. Beck

Foreword by **Aaron T. Beck**

"Like its predecessor, this book is destined to be an international

success... This is truly an essential book for anyone who wants to become an expert in CBT." - **Keith S. Dobson**, University of Calgary, Alberta, Canada

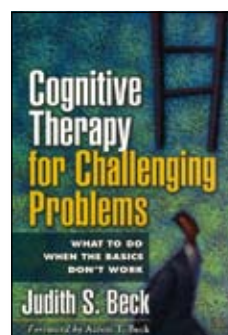
The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop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

CONTENTS: Introduction to Cognitive Therapy. Overview of Treatment. Cognitive Conceptualization. The Evaluation Session. Structure of the First Therapy Session. Behavioral Activation. Session 2 and Beyond: Structure and Format. Problems with Structuring the Therapy Session. Identifying Automatic Thoughts. Identifying Emotions. Evaluating Automatic Thoughts. Responding to Automatic Thoughts. Identifying and Modifying Intermediate Beliefs. Identifying and Modifying Core Beliefs. Additional Cognitive and Behavioral Techniques. Imagery. Homework. Termination and Relapse Prevention. Treatment Planning. Problems in Therapy. Progressing as a Cognitive Therapist. Appendices.

September 2011: 398pp.

Hb: 978-1-60918-504-6: £33.95

www.guilfordpress.co.uk/9781609185046



Read and Recommend!

Cognitive Therapy for Challenging Problems

What to Do When the Basics Don't Work

Judith S. Beck

"This excellent book focuses on the art of cognitive therapy. When therapy does not seem to be going well, most clinicians can think of another therapist whom they think would fare better. This book teaches you how to become that therapist..."

Highly recommended." - **David M. Clark, Institute of Psychiatry, Kings College, London, UK**

This groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks.

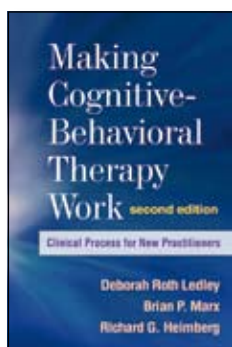
CONTENTS: Beck, Foreword. Identifying Problems in Treatment. Conceptualizing Patients Who Present Challenges. When a Personality Disorder Challenges Treatment. Developing and Using the Therapeutic Alliance. Therapeutic Relationship Problems: Case Examples. When Therapists Have Dysfunctional Reactions to Patients. Challenges in Setting Goals. Challenges in Structuring the Session. Challenges in Solving Problems and in Homework. Challenges in Identifying Cognitions. Challenges in Modifying Thoughts and Images. Challenges in Modifying Assumptions. Challenges in Modifying Core Beliefs. Appendices.

September 2011: 324pp.

Hb: 978-1-59385-195-8: 2005: £26.95

Pb: 978-1-60918-990-7: £16.95

www.guilfordpress.co.uk/9781609189907



Making Cognitive-Behavioral Therapy Work

Clinical Process for New Practitioners
Second Edition

Deborah Roth Ledley, in private practice, Philadelphia, USA, **Brian P. Marx**, Boston University School of Medicine, Massachusetts, USA and

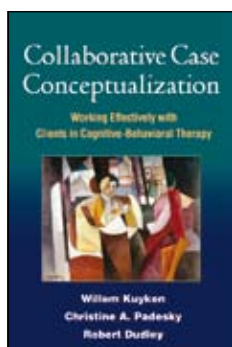
Richard G. Heimberg, Temple University, Pennsylvania, USA

In this book the authors provide a vivid picture of what it is actually like to do CBT and offer practical guidance for becoming a more skilled and confident clinician. Vignettes and examples illustrate the entire process of therapy, from intake and assessment to case conceptualization, treatment planning, intervention, and termination. Expert advice is given on building collaborative therapeutic relationships and getting the most out of supervision.

2010: 289pp.

Hb: 978-1-60623-912-4: £27.00

www.guilfordpress.co.uk/9781606239124



Collaborative Case Conceptualization

Working Effectively with Clients in Cognitive-Behavioral Therapy

Willem Kuyken, University of Exeter, UK, **Christine A. Padesky**, Center for Cognitive Therapy, California, USA, and **Robert Dudley**, Newcastle University, UK

"An important and timely book that will be of great interest to clinicians and researchers... A major achievement." - **David M. Clark, Institute of Psychiatry, Kings College London, UK**

2009: 366pp.

Hb: 978-1-60623-072-5: £27.00

www.guilfordpress.co.uk/9781606230725

Also from Christine A. Padesky



guilfordpress.co.uk/9780898621280



guilfordpress.co.uk/9780898628210

Read and Recommend!



Emotion Regulation in Psychotherapy

A Practitioner's Guide

Robert L. Leahy, and **Dennis Tirsch**, both at Weill Cornell Medical College, New York, USA,

and **Lisa A. Napolitano**, New York University School of Medicine, USA

"Thank you, Leahy, Napolitano, and Tirsch, for providing clinicians everywhere with a systematic means for helping clients develop emotion regulation skills... This invaluable book fills the gap, and is sure to be a resource that clinicians will reach for frequently." - **Dean McKay, Fordham University, New York, USA**

Highly practical and accessible, this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences. The book presents a menu of effective intervention options – including schema modification, stress management, acceptance, mindfulness, self-compassion, cognitive restructuring, and other techniques – and describes how to select the best ones for particular patients or situations.

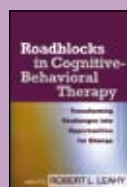
CONTENTS: Why is Emotion Regulation Important? Emotional Schema Therapy. Validation. Identification and Refutation of Emotion Myths. Mindfulness. Acceptance and Willingness. Compassionate Mind Training. Enhancing Emotional Processing. Cognitive Restructuring. Stress Reduction. Conclusions. Appendix. Reproducible Forms.

August 2011: 304pp.

Pb: 978-1-60918-483-4: £26.95

www.guilfordpress.co.uk/9781609184834

Also by Robert L. Leahy



guilfordpress.co.uk/9781593853730



guilfordpress.co.uk/9781593853433



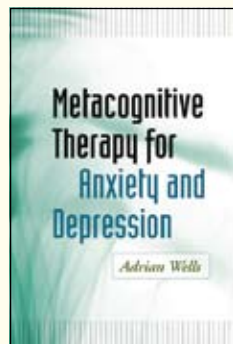
guilfordpress.co.uk/9781572309364



guilfordpress.co.uk/9781572305144



guilfordpress.co.uk/9781572309050



Read and Recommend!



Metacognitive Therapy for Anxiety and Depression

Adrian Wells, The University of Manchester, UK

"Wells has written a very important book, rich in clinical understanding and practical guidance." - **Chris R. Brewin**, University College London, UK

Brewin, University College London, UK

This groundbreaking book explains the "whats" and "how-tos" of metacognitive therapy (MCT), a cutting-edge form of cognitive-behavioral therapy with a growing empirical evidence base. MCT developer Adrian Wells shows that much psychological distress results from how a person responds to negative thoughts and beliefs rather than the content of those thoughts.

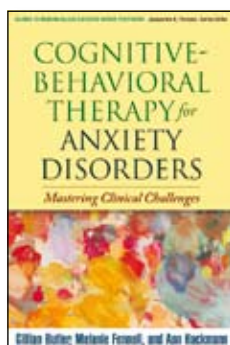
CONTENTS: The Theory and Nature of Metacognitive Therapy. Assessment. Foundation Metacognitive Therapy Skills. Attention Training Techniques. Detached Mindfulness Techniques. Generalized Anxiety Disorder. Posttraumatic Stress Disorder. Obsessive-Compulsive Disorder. Major Depressive Disorder. The Evidence for Metacognitive Theory and Therapy. Concluding Thoughts. Appendices. Metacognitions Questionnaire 30 (MCQ-30). Meta-worry Questionnaire (MWQ). Thought-fusion Instrument (TFI). Attention Training Technique Summary Sheet. Self-attention Rating Scale. CAS-1. Generalized Anxiety Disorder Scale - Revised (GADS-R). Posttraumatic Stress Disorder Scale (PTSD-S). Obsessive-Compulsive Disorder Scale (OCD-S). Major Depressive Disorder Scale (MDD-S). GAD Case Formulation Interview. PTSD Case Formulation Interview. OCD Case Formulation Interview. Depression Case Formulation Interview. GAD Treatment Plan. PTSD Treatment Plan. OCD Treatment Plan. Depression Treatment Plan. New Plan Summary Sheet.

May 2011: 316pp.

Hb: 978-1-59385-994-7: 2008: £28.50

Pb: 978-1-60918-496-4: £16.95

www.guilfordpress.co.uk/9781609184964



Cognitive-Behavioral Therapy for Anxiety Disorders

Mastering Clinical Challenges

Gillian Butler, Melanie Fennell and Ann Hackmann, all at Oxford Cognitive Therapy Centre, Warneford Hospital, UK

Helping therapists bring about

enduring change when treating clients with any anxiety disorder, this invaluable book combines expert guidance, in-depth exploration, and innovative clinical strategies. The authors draw on extensive experience and research to provide a framework for constructing lucid formulations of complex cases.

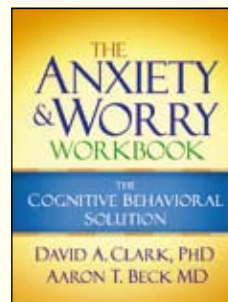
2010: 224pp.

Hb: 978-1-59385-830-8: 2008: £27.95

Pb: 978-1-60623-869-1: £16.95

Series: Guides to Individualized Evidence-Based Treatment

www.guilfordpress.co.uk/9781606238691



Read and Recommend!



The Anxiety and Worry Workbook

The Cognitive Behavioral Solution

David A. Clark, University of New Brunswick, Canada and

Aaron T. Beck, University of Pennsylvania, USA

"A great gift to anyone suffering from anxiety. This book is accessible, is written with warmth and wisdom, and includes the most up-to-date cognitive-behavioral strategies. Enormously valuable, it is sure to inspire courage and hope."

- **Paul Gilbert**, University of Derby, UK

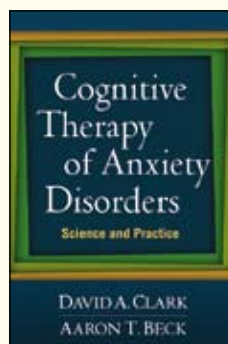
Out-of-control anxiety can be disabling – limiting where sufferers can go and what they can do, impeding life goals, and causing frightening physical symptoms. Yet effective treatments are available, and cognitive behavioral therapy – developed and tested over more than 25 years by pioneering clinician/researcher Aaron T. Beck – is one of the best. Now Dr. Beck and fellow anxiety expert David A. Clark provide a complete, accessible, empowering workbook for anxiety sufferers who want to take back their lives.

CONTENTS: Making a New Start. Understanding Anxiety. The Anxious Mind. Getting Started. Developing Your Anxiety Profile. Transforming the Anxious Mind. Courageously Facing Fear. Let's Talk Strategy. Defeating Panic and Avoidance. Conquering Social Fear. Overcoming Worry. Resources.

October 2011: 326pp.

Pb: 978-1-60623-918-6: £14.95

www.guilfordpress.co.uk/9781606239186



Read and Recommend!



Winner of the American Journal of Nursing Book of the Year Award – Mental Health Nursing!

Cognitive Therapy of Anxiety Disorders

Science and Practice

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

"Cognitive Therapy of Anxiety Disorders will serve as a master text on the overall direction in which this work should be heading. It should also serve as a solid starting point for other writers, such as myself, who are working towards describing more fully what CBT looks like in practice." - **Frank Wills**, *Healthcare Counselling and Psychotherapy Journal*

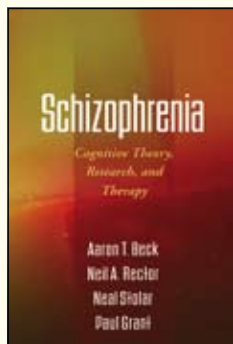
Updating and elaborating on Aaron T. Beck's pioneering cognitive model of anxiety disorders, this groundbreaking work is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention.

September 2011: 628pp.

Hb: 978-1-60623-434-1: 2009: £45.00

Pb: 978-1-60918-992-1: £23.95

www.guilfordpress.co.uk/9781609189921



Read and Recommend!

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

Schizophrenia Cognitive Theory, Research, and Therapy

Aaron T. Beck, University of Pennsylvania, USA, **Neil A.**

Rector, University of Toronto, Canada, **Neal Stolar** and **Paul Grant**, both at the University of Pennsylvania, USA

"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**, University of Manchester, UK

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.

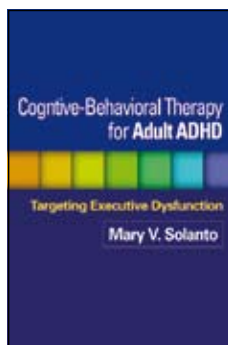
CONTENTS: Overview of Schizophrenia. Biological Contributions. A Cognitive Conceptualization of Delusions. A Cognitive Conceptualization of Auditory Hallucinations. A Cognitive Conceptualization of Negative Symptoms. A Cognitive Conceptualization of Formal Thought Disorder. Assessment. Engagement and Fostering the Therapeutic Relationship. Cognitive Assessment and Therapy of Delusions. Cognitive Assessment and Therapy of Auditory Hallucinations. Cognitive Assessment and Therapy of Negative Symptoms. Cognitive Assessment and Therapy of Formal Thought Disorder. Cognitive Therapy and Pharmacotherapy. An Integrative Cognitive Model of Schizophrenia. Appendices.

May 2011: 418pp.

Hb: 978-1-60623-018-3: 2008: £32.50

Pb: 978-1-60918-238-0: £19.95

www.guilfordpress.co.uk/9781609182380



New!

Cognitive- Behavioral Therapy for Adult ADHD Targeting Executive Dysfunction

Mary V. Solanto, Mount Sinai School of Medicine, New York, USA

"Few have done more than Solanto and her colleagues to advance our knowledge of cognitive-behavioral therapy for adults with ADHD. Now Solanto has produced a detailed, highly useful 'how-to-do-it' guide to implementing this effective approach... This is a 'must-have' manual for therapists, clinical trainees and graduate students." – **Russell A. Barkley**, Medical University of South Carolina, USA

Presenting an evidence-based treatment approach developed over 10 years of therapeutic work with adults with ADHD, this book is highly practical and accessible. It describes effective cognitive-behavioral strategies for helping clients improve key time-management, organizational, and planning abilities that are typically impaired in ADHD. Each of the 12 group sessions – which can also be adapted for individual therapy – is reviewed in step-by-step detail.

CONTENTS: Solanto, Introduction. **Therapist Guide.** Solanto, The Adult with ADHD and the Development of the Treatment Program. Solanto, Marks, Wasserstein, Diagnostic Evaluation of ADHD in Adults. Solanto, Marks, Wasserstein, How to Be a Successful Therapist: A Guide to Substance and Style. Solanto, Marks, Wasserstein, Mitchell, Profiles of Patient Response to the Treatment: Tailoring Therapy to Individual Cases. Wasserstein, Solanto, Marks, Modifying the Treatment for Use in Individual Therapy. Marks, Evidence Base for Cognitive-Behavioral Therapy. **Treatment Manual.** Resources.

May 2011: 214pp.

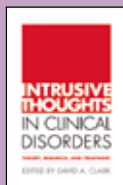
Hb: 978-1-60918-131-4: £23.95

www.guilfordpress.co.uk/9781609181314

Also from David A. Clark

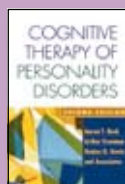


guilfordpress.co.uk/9781593853754

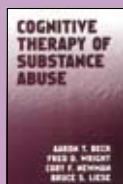


guilfordpress.co.uk/9781593850838

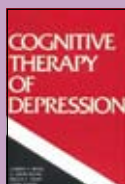
Also from Aaron T. Beck



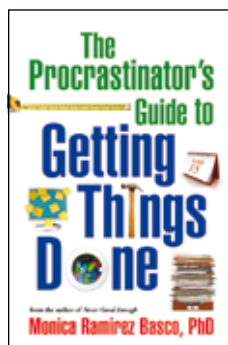
guilfordpress.co.uk/9781593854768



guilfordpress.co.uk/9781572306592



guilfordpress.co.uk/9780898629194



The Procrastinator's Guide to Getting Things Done

Monica Ramirez Basco, The University of Texas at Arlington, USA

"As a lifelong procrastinator, I found this book an amusing, encouraging and informative read... Thanks to this excellent self help book, I do now believe the last line of the Procrastinators Pledge: 'I can learn to do things

differently. I even know how.'" – **Anji Taylor**, CBT Today

Everyone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Expressly designed for people who want to make changes but would be easily daunted by an elaborate self-help program, this concise, motivating guide is packed with highly practical tips and suggestions.

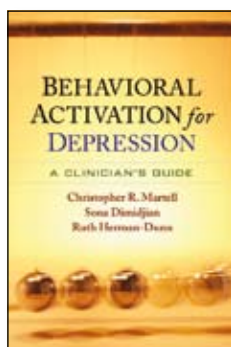
CONTENTS: Why Do I Procrastinate? Shortcuts to Help You Get Started. What Are You Afraid Of? Are You Disorganized? Moving from Self-doubt to Self-confidence. Procrastination in Relationships. All-or-Nothing Workers. Pleasure Seekers. This is Just How I Roll!

2010: 178pp.

Hb: 978-1-60623-462-4: £24.00

Pb: 978-1-60623-293-4: £9.99

www.guilfordpress.co.uk/9781606232934



Behavioral Activation for Depression

A Clinician's Guide

Christopher R. Martell, University of Washington, USA, **Sona Dimidjian**, University of Colorado at Boulder, USA, and **Ruth Herman-Dunn**, University of Washington, USA

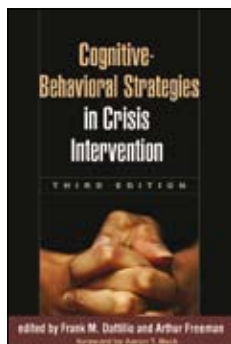
"Concise and well written, this is the most accessible and clinically useful book on behavioral activation (BA) for depression available to date." - **Stephen Pilling**, University College London, UK

From leading experts with a decade of experience in research and clinical practice in behavioral activation (BA), this book provides empirically tested tools for helping clients overcome depression by becoming active and engaged in their lives.

2010: 219pp.

Hb: 978-1-60623-515-7: £24.00

www.guilfordpress.co.uk/9781606235157



Cognitive-Behavioral Strategies in Crisis Intervention

Third Edition

Edited by **Frank M. Dattilio**, Harvard Medical School, Massachusetts, USA, and **Arthur Freeman**, Philadelphia College of Osteopathic Medicine, USA

This invaluable practitioner guide and text shows how cognitive-

behavioral interventions can help people weather situations of extreme stress and build needed skills for the future. Leading authorities describe effective, time-efficient approaches to managing different types of crises: those related to particular psychological problems, medical crises, child and family crises and environmental and situational crises.

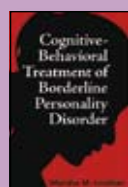
2010: 556pp.

Hb: 978-1-59385-487-4: 2007: £41.00

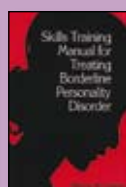
Pb: 978-1-60623-648-2: £24.00

www.guilfordpress.co.uk/9781606236482

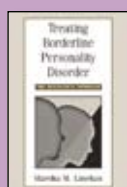
From Marsha M. Linehan



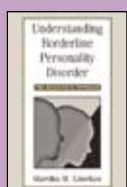
guilfordpress.co.uk/9780898621839



guilfordpress.co.uk/9780898620344

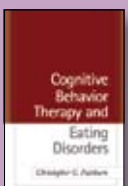


guilfordpress.co.uk/9781593853679

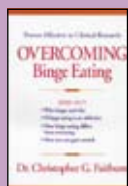


guilfordpress.co.uk/9781593853686

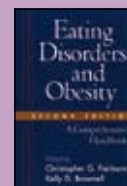
From Christopher G. Fairburn



guilfordpress.co.uk/9781593857097



guilfordpress.co.uk/9780898621792



guilfordpress.co.uk/9781593852368



guilfordpress.co.uk/9781593850920

Backlist Books



Dattilio: Cognitive-Behavioral Therapy with Couples and Families: A Comprehensive Guide for Clinicians

Hb: 978-1-60623-453-2: 2009: 282pp. £24.00

www.guilfordpress.co.uk/9781606234532



Dobson/Dobson: Evidence-Based Practice of Cognitive-Behavioral Therapy

Hb: 978-1-60623-020-6: 2009: 322pp. £25.95

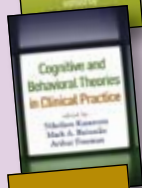
www.guilfordpress.co.uk/9781606230206



Dobson, Ed.: Handbook of Cognitive-Behavioral Therapies, Third Edition

Hb: 978-1-60623-437-2: 2009: 482pp. £41.00

www.guilfordpress.co.uk/9781606234372



Kazantzis et al., Eds.: Cognitive and Behavioral Theories in Clinical Practice

Hb: 978-1-60623-342-9: 2009: 380pp. £30.50

www.guilfordpress.co.uk/9781606233429

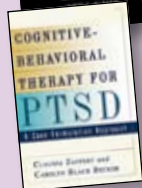


Young et al: Schema Therapy: A Practitioner's Guide

Hb: 978-1-57230-838-1: 2003: 436pp. £39.95

Pb: 978-1-59385-372-3: 2006: 436pp. £24.95

www.guilfordpress.co.uk/9781593853723



Zayfert/Becker: Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach

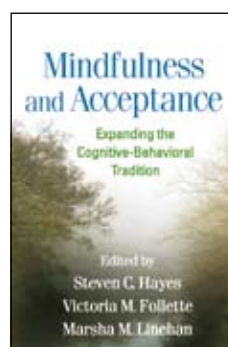
Hb: 978-1-59385-369-3: 2007: 252pp. £27.50

Pb: 978-1-60623-031-2: 2008: 252pp. £17.50

Series: *Guides to Individualized Evidence-Based Treatment*

www.guilfordpress.co.uk/9781606230312

Mindfulness



New in Paperback!

Mindfulness and Acceptance

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

This volume examines the role of mindfulness principles and practices in a range of well-established

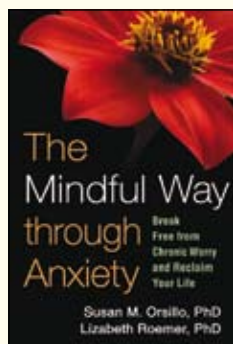
cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in a relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy.

September 2011: 319pp.

Hb: 978-1-59385-066-1: 2004: £30.00

Pb: 978-1-60918-989-1: £16.95

www.guilfordpress.co.uk/9781609189891



Read and Recommend!

The Mindful Way Through Anxiety

Break Free from Chronic Worry and Reclaim Your Life

Susan M. Orsillo, Suffolk University, Boston, USA, and

Lizbeth Roemer, University of Massachusetts–Boston, USA

"By far the most sophisticated and engaging guide I have seen on mindfulness and anxiety. This book is a gem." - Christopher K. Germer, author of *The Mindful Path to Self-Compassion*

Anxiety constrains the lives of millions, leaving sufferers exhausted, stressed, and overwhelmed. And the things most people do to try to feel better – avoiding feared situations, pushing worry out of mind – only make the problem worse. Leading psychologists Susan M. Orsillo and Lizbeth Roemer provide a powerful new alternative: they help readers fundamentally change their relationship to anxiety.

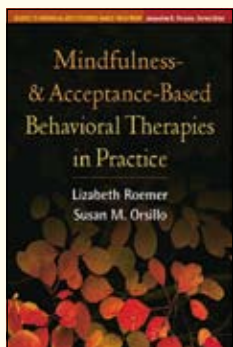
CONTENTS: Introduction: How This Book Will Help You. Understanding Fear and Anxiety: Turning Toward Your Emotions. How is Anxiety Getting in Your Way? Changing Your Relationship with Anxiety: Embarking on a New Path. An Introduction to Mindfulness: Noticing a Skill You Already Possess. Developing the Skills of Mindfulness: How to Bring Kind Attention into Your Daily Life. Befriending Your Emotions. Using Mindfulness to Clarify Muddy Emotions. The Allure and Cost of Trying to Control Your Internal Experience. Acceptance and Willingness: Increasing Flexibility and Opening Up to New Possibilities. Clarifying What Matters to You and Setting a Course for Change. Bringing It All Together: Making a Commitment to Yourself. Overcoming Challenges to Cultivating Self-Compassion. Staying Open When the Going Gets Tough.

March 2011: 308pp.

Hb: 978-1-60623-982-7: £26.95

Pb: 978-1-60623-464-8: £10.95

www.guilfordpress.co.uk/9781606234648



Read and Recommend!

Mindfulness- and Acceptance-Based Behavioral Therapies in Practice

Lizbeth Roemer, University of Massachusetts – Boston, USA, and Susan M. Orsillo, Suffolk University, Boston, USA

"This is the shape of things to come – a book that should be read by every clinician and clinical trainee who wants to stay abreast of advances in psychological treatments." - David H. Barlow, Center for Anxiety and Related Disorders, USA

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioral practice. The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behavior therapy.

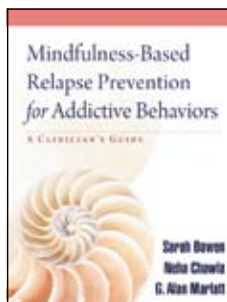
January 2011: 244pp.

Hb: 978-1-59385-997-8: 2008: £24.00

Pb: 978-1-60623-999-5: £16.95

Series: *Guides to Individualized Evidence-Based Treatment*

www.guilfordpress.co.uk/9781606239995



Mindfulness-Based Relapse Prevention for Addictive Behaviors

A Clinician's Guide

Sarah Bowen, Neha Chawla and G. Alan Marlatt, all at University of Washington, Seattle, USA

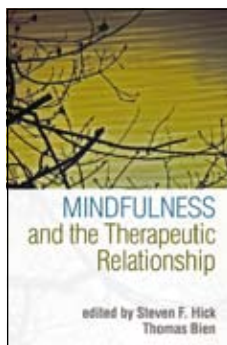
"Here is a book that contains both an evidence-based program and an invitation to explore a wholly new way of dealing with addictive feelings and behaviors... This book will be an inspiration to all who read it." - Mark Williams, University of Oxford, UK

This authoritative book presents an innovative relapse prevention program that integrates mindfulness practices with evidence-based cognitive and behavioral strategies. Clinicians get essential information and materials for implementing the approach with their clients. In eight carefully structured group sessions, participants gain awareness of their own inner experiences, step out of habitual patterns of thought and behavior that can trigger relapse, and acquire concrete skills to meet the day-to-day challenges of recovery.

2010: 180pp.

Pb: 978-1-60623-987-2: £23.95

www.guilfordpress.co.uk/9781606239872



Mindfulness and the Therapeutic Relationship

Edited by Steven F. Hick, Carleton University, Ontario, Canada, and Thomas Bien, in private practice, Albuquerque, USA

A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume

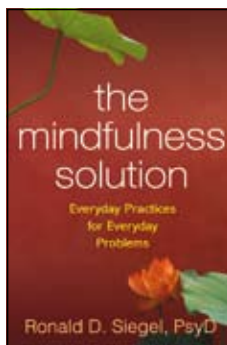
to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present.

2010: 240pp.

Hb: 978-1-59385-820-9: 2008: £27.95

Pb: 978-1-60918-019-5: £16.95

www.guilfordpress.co.uk/9781609180195



The Mindfulness Solution

Everyday Practices for Everyday Problems

Ronald D. Siegel, Harvard Medical School, Massachusetts, USA

From a trusted therapist and mindfulness expert, this book blends psychological savvy with powerful tools for attaining a more balanced life.

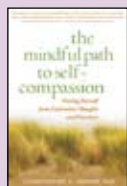
2010: 356pp.

Hb: 978-1-60623-456-3: £24.00

Pb: 978-1-60623-294-1: £9.99

www.guilfordpress.co.uk/9781606232941

Backlist Books

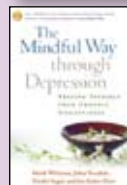


Germer: The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

Hb: 978-1-60623-284-2: 2009: 306pp. £25.95

Pb: 978-1-59385-975-6: 2009: 306pp. £10.95

www.guilfordpress.co.uk/9781593859756



Bestseller!

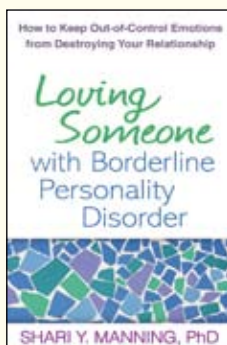
Williams et al.: The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

Hb: 978-1-59385-449-2: 2007: 273pp. £30.50

Pb: 978-1-59385-128-6: 2007: 273pp. £12.99

www.guilfordpress.co.uk/9781593851286

Couples and Family Therapy



Read and Recommend!

Loving Someone with Borderline Personality Disorder

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

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

"Dr. Manning's compassion, understanding, and nonjudgmental approach resonate on every page of this readable, helpful book... Highly recommended." - **Michaela Swales**, Bangor University, UK

People with BPD can be compassionate, caring, smart, and funny, but they are also prone to explosive emotional outbursts and highly self-destructive acts. BPD expert Dr. Shari Manning helps overwhelmed loved ones understand why their spouse, adult child, or other family member acts so "impossible" – and learn to respond differently. She presents simple yet powerful strategies that can radically transform a troubled relationship.

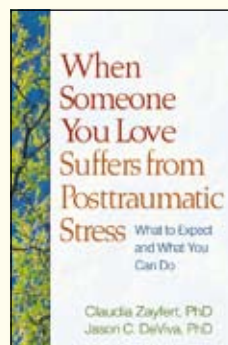
CONTENTS: Linehan, Foreword. Introduction. **Part I: Understanding Your Loved One and Your Relationship.** "Why Do I Feel So Lost in This Relationship?" What Makes Someone So Emotional? The Hidden Power of Validation. Five Steps to Balanced Responses and Better Outcomes. **Part II: The Many Faces of Borderline Personality Disorder.** "I Can't Stand Feeling Like This!" "It Was All My Fault." "You Have to Fix This for Me!" "Things Are Awful... but Don't Worry; I'm Handling It." "Why Do Terrible Things Keep Happening to Me?" "Nothing's Wrong – I'm Fine." **Part III: Dealing with Crisis and Getting Help.** Handling Your Own Difficult Emotions. Understanding Self-Harm/Suicide and Making Decisions About Hospitalization. Getting Treatment and Support. Resources.

August 2011: 253pp.

Hb: 978-1-60918-195-6: £26.95

Pb: 978-1-59385-607-6: £11.50

www.guilfordpress.co.uk/9781593856076



Read and Recommend!

When Someone You Love Suffers from Posttraumatic Stress

What to Expect and What You Can Do

Claudia Zayfert, Dartmouth

Medical School, New Hampshire, USA and **Jason C.**

DeViva, Yale University Medical School, Connecticut, USA

"This easy-to-understand, useful book will help you make sense of what your loved one is going through and how you can play an important role in the recovery process... Anyone who cares about someone who has been traumatized will be grateful for this book." - **Candice M. Monson**, Ryerson University, Toronto, Canada

Trauma survivors frequently struggle with unwanted memories, intense emotions, and problems with everyday functioning. Effective help is out there, but the needs of family members are often overlooked. Will the person with posttraumatic stress ever get better? How can spouses and other loved ones promote healing? From experienced trauma specialists Drs. Claudia Zayfert and Jason C. DeViva, this highly practical guide is packed with information, support, vivid stories, and specific advice.

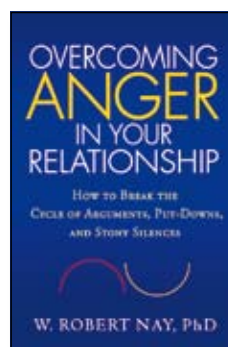
CONTENTS: Introduction. **Part I: Understanding Posttraumatic Stress.** What it Feels Like to Live with a Trauma Survivor. How Trauma Affects Survivors. Why is Your Loved One Stuck in the Past? Treatments That Can Help with PTSD and Other Problems. Finding a Therapist. **Part II: Helping Yourself, Helping the Survivor.** Taking Care of Yourself. Setting Limits. Communicating Your Needs. **Part III: Coping with Specific Traumas.** When Someone You Love Has Been Sexually Assaulted. When Someone You Love Has Been to War. **Part IV: Putting Your Lives Back Together.** Reconnecting with Your Partner and Helping Your Children. Recovery and Beyond. Resources.

August 2011: 292pp.

Hb: 978-1-60918-196-3: £26.95

Pb: 978-1-60918-065-2: £11.50

www.guilfordpress.co.uk/9781609180652



Overcoming Anger in Your Relationship

How to Break the Cycle of Arguments, Putdowns, and Stony Silences

W. Robert Nay, Georgetown University School of Medicine, Washington, D.C., USA

"There are lots of books for angry people, but too few for people who have to deal with someone else's anger! This is a wise and practical guide to one of the thorniest problems in couple relationships." - **William J. Doherty**, author of *Take Back Your Marriage*

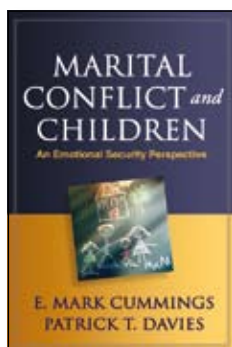
From anger expert Dr. Robert Nay this straight-talking book provides clear-cut, practical techniques for dealing with a partner's unacceptable expressions of anger.

2010: 259pp.

Hb: 978-1-60623-642-0: £27.00

Pb: 978-1-60623-283-5: £10.99

www.guilfordpress.co.uk/9781606232835



Marital Conflict and Children

An Emotional Security Perspective

E. Mark Cummings, University of Notre Dame, Indiana, USA, and **Patrick T. Davies**, University of Rochester, New York, USA

"This informative, well-written, and engaging work explicates the

theoretical foundations of emotional security, reviews research on the topic, and presents new findings. The authors' analysis should be taken seriously by all concerned with the well-being of children and families." - **Jay Belsky**, Birkbeck University of London, UK

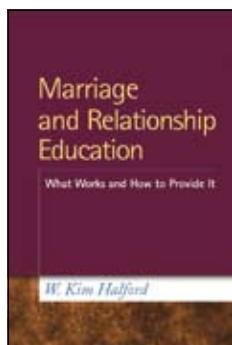
From leading researchers, this book presents important advances in understanding how growing up in a discordant family affects child adjustment, the factors that make certain children more vulnerable than others, and what can be done to help.

2010: 316pp.

Hb: 978-1-60623-519-5: £27.00

Series: Guilford Series on Social and Emotional Development

www.guilfordpress.co.uk/9781606235195



New!

Marriage and Relationship Education

What Works and How to Provide It

W. Kim Halford, University of Queensland, Australia

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.

CONTENTS: What is Couple Relationship Education? Why is it Needed? Approaches to Couple Relationship Education and Their Effectiveness. Assessment in an Evidence-based Approach to Couple Relationship Education. Couple CARE Program Overview and Tips for Implementation. Unit 1: Self-change. Unit 2: Communication. Unit 3: Intimacy and Caring. Unit 4: Managing Differences. Unit 5: Sexuality. Unit 6: Looking Ahead.

April 2011: 299pp.

Hb: 978-1-60918-155-0: £26.95

www.guilfordpress.co.uk/9781609181550



New in Paperback!

Helping Couples Get Past the Affair

A Clinician's Guide

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

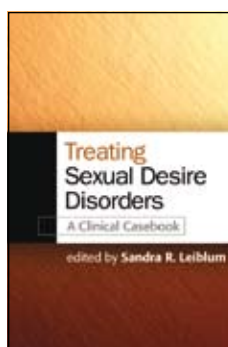
CONTENTS: **Part I: Preparing for Treatment.** Conceptualizing an Integrative Treatment for Affair Couples. Initial Assessment and Formulation. Creating a Therapeutic Environment. **Part II: Stage 1 of Treatment.** Damage Control. Restoring Equilibrium. Addressing Emotional Upheaval. **Part III: Stage 2 of Treatment.** Preparing the Couple to Examine Contributing Factors. Examining Relationship Factors. Examining Outside Factors. Examining Individual Partner Factors. Complex Affairs. Tying it All Together: Creating a Formulation of How the Affair Occurred. **Part IV: Stage 3 of Treatment.** Addressing Issues of Forgiveness and Barriers to Moving Forward. Moving Forward. Concluding Comments.

April 2011: 351pp.

Hb: 978-1-60623-067-1: 2009: £25.95

Pb: 978-1-60918-239-7: £16.95

www.guilfordpress.co.uk/9781609182397



Treating Sexual Desire Disorders

A Clinical Casebook

Edited by **Sandra R. Leiblum**, University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, USA

"A remarkably useful and important contribution." - **John Wincze**, Brown University, Rhode Island, USA

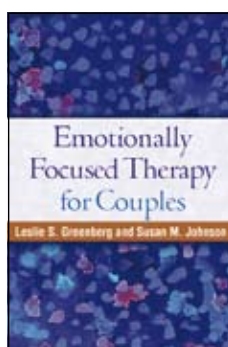
Organized around in-depth case

presentations, this book showcases effective treatment approaches for individuals and couples. The contributors are highly skilled therapists who explore the complexity of sexual desire problems and offer detailed descriptions of clinical techniques. The book illuminates the complex interplay of biological, psychological, interpersonal, contextual, and cultural factors that need to be considered in assessment and intervention.

2010: 256pp.

Hb: 978-1-60623-636-9: £24.00

www.guilfordpress.co.uk/9781606236369



Emotionally Focused Therapy for Couples

Leslie S. Greenberg, York University, Ontario, Canada, and **Susan M. Johnson**, University of Ottawa, Ontario, Canada

"Greenberg and Johnson's description of the implementation of emotionally focused therapy is lively and abounds with clinical insights... The course of emotionally focused therapy is brought

to life in a detailed case example that provides an almost palpable sense of the therapy." - **Contemporary Psychology**

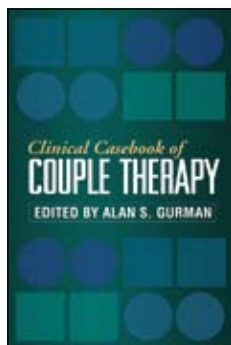
This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings.

2010: 242pp.

Hb: 978-0-89862-730-5: 1993: £28.95

Pb: 978-1-60623-927-8: £16.00

www.guilfordpress.co.uk/9781606239278



Clinical Casebook of Couple Therapy

Edited by **Alan S. Gurman**, University of Wisconsin School of Medicine and Public Health, USA

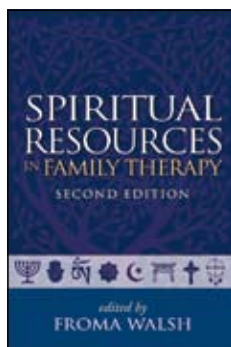
"Read this book – you will learn, be inspired, and gain an even greater appreciation of how the field of couple therapy has evolved." - **Donald H. Baucom**, University of North Carolina–Chapel Hill, USA

Vividly depicting the process of therapy, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window into how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners.

2010: 452pp.

Hb: 978-1-60623-676-5: £37.00

www.guilfordpress.co.uk/9781606236765



Spiritual Resources in Family Therapy

Second Edition

Edited by **Froma Walsh**, University of Chicago, and Chicago Center for Family Health, USA

"Featuring brand-new and updated material, this superb revision of Walsh's groundbreaking text gives voice to the powerful and often ignored spiritual dimension of human experience..."

Highly accessible and beautifully written... A 'must read.' - **Marsha Praver Mirkin**, Brandeis University, Massachusetts, USA

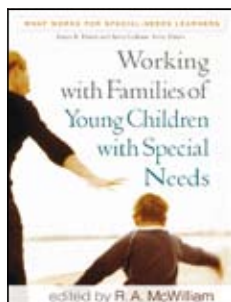
Exploring the role of spirituality in couple and family relationships, this successful text and practitioner guide illustrates ways to tap spiritual resources for coping, healing, and resilience. Leading experts in family therapy and pastoral care discuss how faith beliefs and practices can foster personal and relational well-being, how religious conflicts or a spiritual void can contribute to distress, and what therapists can gain from reflecting on their own spiritual journeys.

2010: 412pp.

Hb: 978-1-60623-022-0: 2009: £32.50

Pb: 978-1-60623-908-7: £20.00

www.guilfordpress.co.uk/9781606239087



Working with Families of Young Children with Special Needs

Edited by **R. A. McWilliam**, University of Tennessee, USA

This user-friendly book presents research-based best practices for serving families of children

with special needs from birth to age 6. Expert contributors demonstrate how early intervention and early childhood

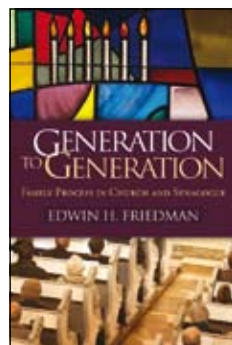
special education can effectively address a wide range of family concerns, which in turn optimizes children's development and learning. Tightly edited, the volume offers indispensable tools for assessing families; identifying and capitalizing on their strengths; providing information, support, and coaching; collaborating with parents and teachers to address children's functional needs in the context of everyday routines; and coordinating care.

2010: 265pp.

Pb: 978-1-60623-539-3: £24.00

Series: *What Works for Special-Needs Learners*

www.guilfordpress.co.uk/9781606235393



New in Paperback!

Generation to Generation

Family Process in Church and Synagogue

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

"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**

This 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.

CONTENTS: Introduction. **Part I: Family Theory.** The Idea of a Family. Understanding Family Process. **Part II: The Families within the Congregation.** The Marital Bond. Child-focused Families. Body and Soul in Family Process. When the Parent Becomes the Child. A Family Approach to Life-cycle Ceremonies. **Part III: The Congregation as a Family System.** Family Process and Organizational Life. Leadership and Self in a Congregational Family. Leaving and Entering a Congregational Family. **Part IV: The Personal Families of the Clergy.** The Immediate Family: Conflict and Traps. The Extended Family: Its Potential for Salvation.

April 2011: 319pp.

Hb: 978-0-89862-059-7: 1985: £29.95

Pb: 978-1-60918-236-6: £16.95

www.guilfordpress.co.uk/9781609182366



SIGN UP NOW!

To receive information on our latest books via email please visit

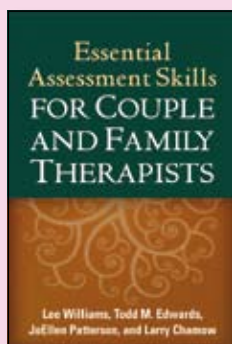
www.routledgejournalhealth.com/emails

We respect the privacy of our customers: we will always include a link to leave the list in any communication and will never pass on your email address to a third party.

Our email alerting service allows you to receive email notification of new books, special offers, and forthcoming events in specific areas of mental health. Updates are sent periodically and members can unsubscribe at any time.



The Guilford Family Therapy Series



New!

Essential Assessment Skills for Couple and Family Therapists

Lee Williams, Todd M. Edwards, JoEllen Patterson and Larry Chamow, all at the University of San Diego, California, USA

"This well-organized text will serve as a fine resource for students and early career professionals working in the field of couple and family therapy." - **Frank M. Dattilio, Harvard Medical School, Massachusetts, USA**

Showing how to weave assessment into all phases of therapy, this indispensable text and practitioner guide is reader friendly, straightforward, and practical. Specific strategies are provided for evaluating a wide range of clinical issues and concerns in adults, children and adolescents, families, and couples. The authors demonstrate ways to use interviewing and other techniques to understand both individual and relationship functioning, develop sound treatment plans, and monitor progress.

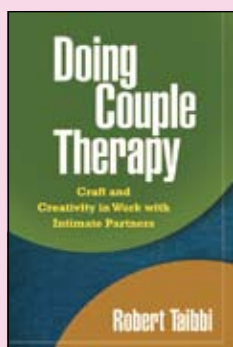
CONTENTS: Introduction to Assessment. Tools for Assessment. The Initial Interview. Assessing Issues of Safety. Assessing Health and Well-being in Adults. Assessing for Psychopathology in Adults. Assessing Children and Adolescents. Assessing for Psychopathology in Children and Adolescents. Assessing Family Interaction. Assessing the Multigenerational Family through Time. Assessing Couples. Special Topics in Couple Assessment. From Assessment to Treatment (and Beyond). Index. Appendix. Summary of Assessment Tools, Instruments, and Mnemonics.

April 2011: 270pp.

Hb: 978-1-60918-079-9: £23.95

Series: *The Guilford Family Therapy*

www.guilfordpress.co.uk/9781609180799



New in Paperback!

Doing Couple Therapy

Craft and Creativity in Work with Intimate Partners

Robert Taibbi, in private practice, Virginia, USA

"This thoughtful and practical guide carefully leads the therapist through each stage of the therapeutic encounter with a couple. Of particular value for therapists in training is a study guide at the end of each chapter that encourages readers to explore their own process and use-of-self as an instrument for change." - **David E. Greenan, Minuchin Center for the Family, New York, 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, addressing 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.

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.

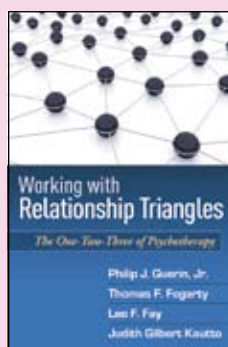
February 2011: 276pp.

Hb: 978-1-60623-244-6: 2009: £24.00

Pb: 978-1-60918-204-5: £16.95

Series: *The Guilford Family Therapy*

www.guilfordpress.co.uk/9781609182045



Working with Relationship Triangles

The One-Two-Three of Psychotherapy

Philip J. Guerin, Jr., Thomas F. Fogarty, Leo F. Fay and Judith Gilbert Kautto, all at The Center for Family Learning, New York, USA

"This text takes triangles, a concept central to structural and multigenerational family therapy, to the next level of theoretical refinement and clinical usefulness. Easy to read, rich with clinical examples, I recommend it highly to therapists of all persuasions." - **Salvador Minuchin, Minuchin Center for Family Therapy, New York, USA**

This groundbreaking book provides clinicians with a hands-on guide to working with many different kinds of relationship triangles in therapy with families, couples, and individuals. The authors show why triangles come into being, how to predict their evolving nature, and how they can be dealt with and resolved in treatment.

2010: 251pp.

Hb: 978-1-57230-143-6: 1996: £27.95

Pb: 978-1-60623-917-9: £16.00

Series: *The Guilford Family Therapy*

www.guilfordpress.co.uk/9781606239179

Also in the Series



Patterson et al.: Essential Skills in Family Therapy: From the First Interview to Termination, Second Edition

Hb: 978-1-60623-305-4: 2009: 286pp. £25.95

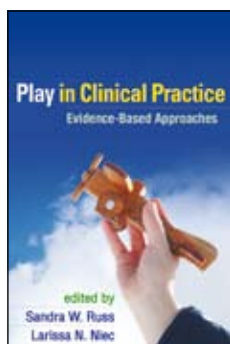
www.guilfordpress.co.uk/9781606233054

Micucci: The Adolescent in Family Therapy: Harnessing the Power of Relationships, Second Edition

Hb: 978-1-60623-330-6: 2009: 368pp. £25.95

www.guilfordpress.co.uk/9781606233306

Creative Arts Therapies



New!

Play in Clinical Practice

Evidence-Based Approaches

Edited by **Sandra W. Russ**, Case Western Reserve University, Ohio, USA and **Larissa N. Niec**, Central Michigan University, USA

"Bravo! This book offers a balanced discussion of the value of play... It is a timely 'go-to' resource for researchers and clinicians alike." - **Kathy Hirsh-Pasek**, Temple University, Pennsylvania, USA

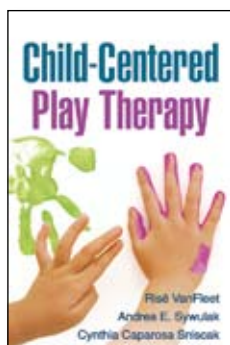
This innovative book goes beyond traditional play therapy to present a range of evidence-based assessment and intervention approaches that incorporate play as a key element. It is grounded in the latest knowledge about the importance of play in child development. Leading experts describe effective strategies for addressing a wide variety of clinical concerns, including behavioral difficulties, anxiety, parent-child relationship issues, trauma, and autism.

CONTENTS: Part I: Play in Child Development. Russ, Fiorelli, Spannagel, Cognitive and Affective Processes in Play. Jent, Niec, Baker, Play and Interpersonal Processes. **Part II: Play in Evidence-based Assessment.** Kaugars, Assessment and Pretend Play. Knight, Salamone, Measuring Parent-Child Interactions through Play. Tharinger, Christopher, Matson, Play, Playfulness, and Creativity in Therapeutic Assessment with Children. **Part III: Play in Evidence-based Intervention.** Niec, Gering, Abbenante, Parent-Child Interaction Therapy: The Role of Play in the Behavioral Treatment of Childhood Conduct Problems. Briggs, Runyon, Deblinger, The Use of Play in Trauma-focused Cognitive-Behavioral Therapy. Kasari, Huynh, Gulrud, Play Interventions for Children with Autism. Pincus, Chase, Chow, Weiner, Pian, Integrating Play into Cognitive-Behavioral Therapy for Child Anxiety Disorders. Knell, Dasari, Cognitive-Behavioral Play Therapy. Short, Noeder, Gorovoy, Manos, Lewis, The Importance of Play in Both the Assessment and Treatment of Young Children. **Part IV: Play in Evidence-based Prevention Programs in School Settings.** Bishop-Josef, Zigler, Play and Head Start. Russ, Pearson, Play Intervention and Prevention Programs in School Settings. Russ, Niec, Conclusions and Implications for the Use of Play in Intervention and Prevention Programs.

February 2011: 352pp.

Hb: 978-1-60918-046-1: £30.95

www.guilfordpress.co.uk/9781609180461



Child-Centered Play Therapy

Risë VanFleet, Family Enhancement and Play Therapy Center, Pennsylvania, USA, **Andrea E. Sywulak**, and **Cynthia Caparosa Sniscak**, both in private practice, Pennsylvania, USA

"This is one of those rare books that combine rich theoretical and contextual frameworks with clear and relevant

practice examples... The book will be invaluable as a refresher for experienced play therapists or as a starting point for students."

- **Geraldine Thomas**, **Child and Adolescent Mental Health Services**, London, UK

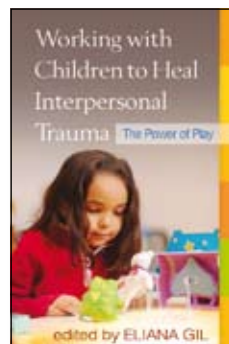
Highly practical, instructive, and authoritative, this book vividly describes how to conduct child-centered play therapy. The authors are master clinicians who explain core therapeutic principles and techniques, using rich case material to illustrate

treatment of a wide range of difficulties. The focus is on nondirective interventions that allow children to freely express their feelings and take the lead in solving their own problems.

2010: 238pp.

Hb: 978-1-60623-902-5: £24.00

www.guilfordpress.co.uk/9781606239025



Working with Children to Heal Interpersonal Trauma

The Power of Play

Edited by **Eliana Gil**, Gil Center for Healing and Play, Virginia, USA

"This is a valuable resource for beginning and experienced therapists who work with child victims of

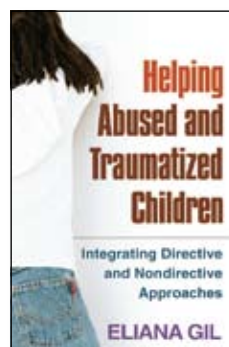
interpersonal trauma, such as abuse and neglect." - **Charles E. Schaefer**, Fairleigh Dickinson University, New Jersey, USA

Featuring in-depth case presentations from master clinicians, this volume highlights the remarkable capacity of traumatized children to guide their own healing process. The book describes what posttraumatic play looks like and how it can foster resilience and coping.

2010: 336pp.

Hb: 978-1-60623-892-9: £27.00

www.guilfordpress.co.uk/9781606238929



New in Paperback!

Helping Abused and Traumatized Children

Integrating Directive and Nondirective Approaches

Eliana Gil, Gil Center for Healing and Play, Virginia, USA

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.

CONTENTS: Part I: The Context for Clinical Work. Basic Principles in Working with Abused and Traumatized Children. Guidelines for Integrated Assessments. Guidelines for Integrated Treatment. Expressive Therapies. Cognitive-Behavioral Therapy. Family Therapy and Family Play Therapy. Special Issues: Posttraumatic Play and Problems of Dissociation. **Part II: Four Case Illustrations.** Scotty, the Castle, and the Princess Guard. Carla's Search for Her Lost Mother. Danger in the Backyard. The Witch, the Baby, and the Bug, Sarah Stoudt Briggs.

May 2011: 254pp.

Hb: 978-1-59385-334-1: 2006: £21.95

Pb: 978-1-60918-474-2: £15.95

www.guilfordpress.co.uk/9781609184742

Backlist Book



Kaduson/Schaefer, Eds.: Short-Term Play Therapy for Children, Second Edition

Hb: 978-1-59385-330-3: 2006: 388pp. £32.50

Pb: 978-1-60623-353-5: 2009: 388pp. £18.00

www.guilfordpress.co.uk/9781606233535

Author Index

A

Abramowitz, J. S. 17
 Albala, A. A. 13
 Antony, M. M., Ed. 13
 Arnold, J. S. G. 10
 Atchley, R. A. 19

B

Barber, J. P., Ed. 3
 Barkley, R. A. 8, 16, 17
 Barlow, D. H. 13
 Basco, M. R. 25
 Baucom, D. H. 29
 Bear, G. G. 12
 Beck, A. T. 7, 24, 25
 Beck, J. S. 22
 Becker, C. B. 26
 Benton, C. M. 16
 Berant, E., Ed. 17
 Bernstein, A. A., Ed. 13
 Bien, T., Ed. 27
 Binder, J. L. 3
 Blaustein, M. E. 11
 Bottoms, B. L., Ed. 8
 Bowen, S. 27
 Brent, D. A. 10
 Brownell, K. G., Ed. 26
 Bruhn, A. L. 12
 Butler, G. 24

C

Carroll, K. M., Ed. 16
 Cash, T. F., Ed. 18
 Chamow, L. 31
 Chawla, N. 27
 Cicchetti, D., Ed. 20
 Clark, D. A. 24
 Coco, M. 22
 Cohen, J. A., Ed. 21
 Collett, B. R. 12
 Connery, H. S. 19
 Cooper, Z. 26
 Costanzo, P. R., Ed. 9
 Creed, T. A. 7
 Crnabori, M. 12
 Crone, D. A. 11
 Crowel, R. L., Ed. 14
 Cummings, E. M. 29

D

Dattilio, F. M. 26
 Davidson, K. W., Ed. 14
 Davies, D. 11
 Davies, P. T. 29
 Davis, D. D. 25
 Deacon, B. J. 17
 DeViva, J. C. 22, 28
 Dimidjian, S. 26
 Dobson, D. 26
 Dobson, K. S. 26
 Dorta, K. P. 9
 Dudley, R. 23
 Duncan, B. L. 12

E

Edwards, T. M. 13, 31
 Eells, T. D., Ed. 3
 Emery, G. 25

F

Fairburn, C. G. 26
 Fay, L. F. 31
 Fennell, M. 24
 Fischer, M. 16
 Foa, E. B., Ed. 21

Fogarty, T. F. 31
 Follette, V. M., Ed. 26
 Forchimes, A. 15
 Frances, R. J., Ed. 15
 Freeman, A. 25, 26
 Friedman, E. H. 30
 Friedman, M. J., Ed. 21
 Fristad, M. A. 10

G

Garber, J., Ed. 9
 Gaus, V. L. 18
 Germer, C. K. 28
 Gil, E. 32
 Goldsmith, D. F., Ed. 8
 Goldstein, T. R. 10
 Goodman, G. S., Ed. 8
 Gordon, K. C. 29
 Gotlib, I. H., Ed. 19
 Grant, P. 25
 Grauf-Grounds, C. 31
 Greenberg, L. S. 29
 Gregg, N. 12
 Gresham, F. M., Ed. 7
 Griffith, J. L. 5
 Grilo, C. M., Ed. 18
 Guerin, Jr., P. J. 31
 Gullotta, T. P., Ed. 14
 Gurman, A. S., Ed. 3, 30

H

Hackmann, A. 24
 Halford, W. K. 29
 Hammen, C. L., Ed. 19
 Hampton, R. L., Ed. 14
 Hayes, S. C., Ed. 26
 Hawken, L. S. 11
 Hawker, D. M. 26
 Heimberg, R. G. 23
 Herman, J. L. 22
 Herman-Dunn, R. 26
 Hick, S. F., Ed. 27
 Hill, P. C. 5
 Holland, S. J. 23
 Hood, Jr., R. W. 5
 Horner, R. H. 11

I

Ingram, R. E., Ed. 14, 19

J

Jeste, D. V., Ed. 21
 Johnson, S. M. 29

K

Kabit-Zinn, J. 28
 Kaduson, H. G., Ed. 32
 Kallivayalil, D. 22
 Kaplan, R. M., Ed. 14
 Kautto, J. G. 31
 Kazantzis, N., Ed. 26
 Kazdin, A. E., Ed. 6
 Keane, T. M., Ed. 21
 Kendall, P. C., Ed. 7
 Kinniburgh, K. M. 11
 Klonoff, P. S. 3
 Klosko, J. S. 26
 Kring, A. M., Ed. 15
 Krueger, R. F., Ed. 14
 Kuyken, W. 23

L

Lane, K. L. 12
 Larson, J. 12
 Laser, J. A. 11
 Leahy, R. L. 23
 Ledley, D. R. 23
 Leffler, J. M. 10
 Le Grange, D., Ed. 9
 Leiblum, S. R., Ed. 29

Lenzenweger, M. F. 21
 Levitan, J. 22
 Lieberman, A. F. 6
 Liese, B. S. 25
 Linehan, M. M. 26
 Lochman, J. E. 7, 12
 Lock, J., Ed. 9
 Luby, J. L., Ed. 8
 Lynam, D. R., Ed. 8

M

Mack, A. H., Ed. 15
 Maddux, J. E., Ed. 13
 Manning, S. Y. 20, 28
 Marlatt, G. A. 27
 Maroda, K. J. 4
 Martell, C. R. 26
 Marx, B. P. 23
 Mash, E. J., Ed. 8
 Mayer, M. J., Ed. 7
 Mayne, T. J. 14
 McCahill, M. E. 13
 McWilliam, R. A., Ed. 30
 McWilliams, N. 4
 Melzack, R., Ed. 13
 Mendelsohn, M. 22
 Menzies, H. M. 12
 Messer, S. B., Ed. 3
 Micucci, J. A. 31
 Miklowitz, D. J. 20
 Mikulincer, M. 17
 Mille, S. I., Ed. 15
 Miller, D. N. 11
 Miller, W. R. 15, 16
 Millon, T., Ed. 14
 Mitchell, J. E., Ed. 18
 Moore, B. A., Ed. 21
 Moreau, D. 9
 Mueser, K. T., Ed. 21
 Mufson, L. 9
 Muran, J. C., Ed. 3
 Murphy, J. J. 12
 Murphy, K. R. 16, 17

N

Naar-King, S. 5
 Najdowski, C. J., Ed. 8
 Napolitano, L. A. 23
 Nay, W. R. 28
 Newman, C. F. 25
 Nicotera, N. 11
 Niec, L. N., Ed. 32
 Norcross, J. C. 14

O

Obegi, J. H., Ed. 17
 Oppenheim, D., Ed. 8
 Orsillo, S. M. 27
 Osofsky, J. D., Ed. 10

P

Padesky, C. A. 23
 Pargament, K. I. 5
 Paris, J. 20
 Patterson, J. 13, 31
 Peacock, G. G. 12
 Penk, W. E., Ed. 21
 Pliszka, S. R. 8
 Poling, K. D. 10
 Price, J. M., Ed. 14

R

Rector, N. A. 25
 Reinecke, M. A., Ed. 26
 Reisweber, J. 7
 Resick, P. A., Ed. 21
 Roberts, M. C., Ed. 7
 Roemer, L. 27
 Rosenbloom, D. 22

Rosengren, D. B. 5
 Rush, J. 25
 Russ, S. W., Ed. 32

S

Salekin, R. T., Ed. 8
 Sayette, M. A. 14
 Schaefer, C. E., Ed. 32
 Schatzow, E. 22
 Segal, Z. V. 19, 28
 Selekman, M. D. 6
 Shaver, P. R. 17
 Shaw, B. F. 25
 Siegel, R. D. 27
 Simonsen, E., Ed. 14
 Sloan, D. M., Ed. 15
 Smolak, L., Ed. 18
 Sniscak, C. C. 32
 Snyder, D. K. 29
 Sobell, L. C. 16
 Sobell, M. B. 16
 Solanto, M. V. 25
 Spilka, B. 5
 Steele, R. G., Ed. 7
 Stolar, N. 25
 Strauman, T. J., Ed. 9
 Suarez, M. 5
 Suls, J. M., Ed. 14
 Sywulak, A. E. 32

T

Taffel, R. 6
 Taibbi, R. 31
 Tangney, J. P., Ed. 13
 Teasdale, J. 28
 Tirsch, D. 23
 Turk, D. C., Ed. 13

V

Van Acker, R., Ed. 7
 Van Fleet, R. 32
 Van Horn, P. 6
 Vujanovic, A. A. 13

W

Wachtel, P. L. 4
 Walsh, F., Ed. 30
 Watkins, B. E. 22
 Webb, N. B., Ed. 6
 Weishaar, M. E. 26
 Weiss, R. D. 19
 Weissman, M. M. 9
 Weisz, J. R., Ed. 6
 Wells, A. 24
 Whiteside, S. P. H. 17
 Williams, L. 31
 Williams, M. 28
 Williams, M. B. 22
 Wright, F. D. 25

Y

Young, J. E. 26

Z

Zarit, J. M. 19
 Zarit, S. H. 19
 Zayfert, C. 26, 28
 Zuckerman, E. L. 15
 Zvolensky, M. J., Ed. 13
 Zweben, A. 15

Book Order Form

RESPONSE CODE: GUIPC11

TO ORDER IN THE UK AND EUROPE

**10%
DISCOUNT****10% DISCOUNT FOR
ALL ONLINE ORDERS**Visit www.guilfordpress.co.ukPlease send this order form with payment details to:
Taylor & Francis Customer Services, Bookpoint,
130 Milton Park, Abingdon, Oxon, OX14 4SB, UK

Tel: +44 (0) 1235 400 524



Fax: +44 (0) 1235 400 525

email: tandf@bookpoint.co.ukor visit www.guilfordpress.co.uk**FREE
POSTAGE
AND PACKING****FOR UK ONLINE
ORDERS OVER £20****PLEASE SEND ME THE BOOKS INDICATED BELOW (IF YOU REQUIRE MORE BOOKS, PLEASE CONTINUE OVERLEAF)**

Author/Editor	Title	ISBN	Price	Quantity	Amount Payable
Postage and Packing: All orders must be prepaid. For orders placed by mail, phone, fax: UK: £1.50 for the first item and £0.50 for each additional item. Europe: £2.25 for the first item, and £0.50 for each additional item. ROW: £4.99 for the first item, and £2.99 for each additional item. For UK orders over £20.00 placed online at www.guilfordpress.co.uk we offer free Postage and Packing. Please note: All prices and extents are correct at the time of going to press, but are subject to change without notice. Some of the books featured may not be published yet. All orders will be recorded and books sent automatically on publication. Cheques will be banked immediately but credit cards will be debited on publication (please specify expiry date).				Postage and Packing	
				Total Amount Payable	

YOUR DETAILS (BLOCK CAPITALS PLEASE)

Name

Full Address

Postcode

Telephone

Country

Email

PAYMENT DETAILS (PLEASE TICK BOX)☐ Please invoice me☐ I enclose a cheque for(Cheques should be made out to Taylor and Francis Informa Ltd.
Eurocheques cannot be accepted)☐ I authorise you to debit my card with the amount of

Card type



Card number

Expiry Date

Start Date

Issue No.

3-Digit Security Code

Signature

Date

Credit Card Address (if different from above)

☐ Please tick here if you do NOT wish to receive special offers and updates by email**IMPORTANT:** If your organisation uses whitelists, please whitelist webmaster@routledgementalhealth.com

an informa business

Routledge is part of the Taylor & Francis group, a trading division of Informa UK Ltd. Registered in England under no. 3099067. Registered Office: Mortimer House, 37-41 Mortimer Street, London W1T 3JH



GUILFORD

[illegible]**Total Amount Payable**

Arenas

An overview of the new features:

RSS Feeds of latest titles so that you can subscribe to receive news of our latest books

Browse Books by Subject to make it easier for you to find books in the specific subjects that you are interested in.

Interactive Conference Map integrating the cutting-edge technology behind GoogleEarth, our GoogleMaps application allows you to see, at a glance, all of the events that are coming up near you.

Journals vastly increased coverage of our relevant academic journals – you're only a few clicks away from the latest professional and academic journal articles.

Blog Posts the latest Blog Posts from around the world which have been tagged as subject-related.

Brand new visual design emphasising web accessibility and ease of navigation.

*Brought to you by Routledge Mental Health
www.routledgementalhealth.com*

Addiction Arena
www.addictionarena.com

ADHD Arena
www.adhdarena.com

Arts Therapy Arena
www.artstherapyarena.com

Child and Adolescent Mental Health Arena
www.camharena.com

Clinical Psychology and Psychiatry Arena
www.clinicalpsychologyarena.com

Cognitive Behavior Therapy Arena
www.cbtarena.com

Counseling Arena
www.counselingarena.com

Couples and Family Therapy Arena
www.familytherapyarena.com

Eating Disorders Arena
www.eatingdisordersarena.com

Forensic Psychology and Psychiatry Arena
www.forensic-psychology-arena.com

Gender and Sexuality Arena
www.gender-and-sexuality-arena.com

Gerontology Arena
www.gerontologyarena.com

Grief and Bereavement Arena
www.bereavementarena.com

Health Psychology Arena
www.healthpsychologyarena.com


Jung and Analytical Psychology Arena
www.jungarena.com

Psychoanalysis Arena
www.psychanalysisarena.com

Psychotherapy Arena
www.psychotherapyarena.com

School Psychology Arena
www.schoolpsychologyarena.com

Trauma and Stress Arena
www.traumaandstressarena.com




Email Alerts

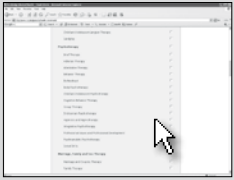
SIGN UP NOW!

To receive information on our latest books via email please visit
www.routledgementalhealth.com/emails

We respect the privacy of our customers: we will always include a link to leave the list in any communication and will never pass on your email address to a third party.



Our email alerting service allows you to receive email notification of new books, special offers, and forthcoming events in specific areas of mental health. Updates are sent periodically and members can unsubscribe at any time.



FOLLOW US ON



www.twitter.com/guilfordpress



FIND US ON



www.facebook.com/RoutledgeMentalHealth



Distribution, International Representatives and Agents

Milton Park Sales Office

Taylor & Francis Group (Books Ltd)

2 Park Square
Milton Park
Abingdon, Oxon, OX14 4RN

Group Sales Director

Christoph Chesher
Tel: +44 (0) 20 7017 6194
Fax: +44 (0) 20 7017 6748
Email: christoph.chesher@tandf.co.uk

Director of International Sales

Graham Crossley
Tel: +44 (0) 20 7017 6048
Tel: +44 (0) 20 7017 6748
Email: graham.crossley@tandf.co.uk

Head of UK Sales

Nick Perry
Tel: +44 (0) 20 7017 6132
Fax: +44 (0) 20 7017 6732
Email: nick.perry@tandf.co.uk

Corporate and Institutional Sales

Alfred Lea
Tel: +44 (0) 20 7017 6273
Fax: +44 (0) 20 7017 6732
Email: cis@tandf.co.uk

UK Sales Administrator

Judith Cavell
Tel: +44 (0) 20 7017 6191
Fax: +44 (0) 20 7017 6732
Email: judith.cavell@informa.com

Middle East and North Africa

Jasmina Basic

Area Sales Manager – Middle East and Africa
Milton Park Sales Office

Tel: +44 (0) 20 7017 6187
Fax: +44 (0) 20 7017 6748
E-mail: jasmina.basic@tandf.co.uk

and Zoe Kaviani

IPS (Middle East) Ltd, P. O. Box 27533, Dubai, UAE
Tel: +971-4-282 8801
Fax: +971-4-282 8804
Email: itpme@emirates.net.ae
Website: http://www.ipsme.com

Africa

Jasmina Basic, Area Sales Manager

Middle East and Africa
Milton Park Sales Office
Tel: +44 (0) 20 7017 6187
Fax: +44 (0) 20 7017 6748
Email: jasmina.basic@tandf.co.uk

Nigeria

Chinke Ojiji

Publishers Support Services Ltd
Plot 2 Adewunmi Estate, Oregun Road
(Near First Bank Oregun)
PO Box 9270, Ikeja, Lagos State
Tel: +234 1 7741073
Fax: +234 1 493 0419

Botswana

Arthur Oageng, Sales Manager

Book Promotions/Horizon Books, Botswana
Gaborone International Finance Park
Plot 113-114, Unit 33, Kgale Mews 2, Suite 3
Gaborone, Botswana
Tel: +267 393 1194
Fax: +267 392 4908
Email: arthur.oageng@online.co.bw

South Africa, Namibia,

Lesotho and Swaziland

Michelle Symington
Book Promotions Ltd
BMD Office Park, 108 De Waal Road
Diep River, 7800 Cape Town
South Africa
Tel: +27 21 707 5700
General Fax: +27 21 707 5795
Orders Fax: +27 21 707 5794
Email: enquiries@bookpro.co.za

Israel and the Palestinian Territories

Ryan Cooper, Area Sales Manager

Milton Park Sales Office
Tel: +44 (0) 20 7017 6113
Fax: +44 (0) 20 7017 6748
Email: ryan.cooper@tandf.co.uk
and **Rodney Franklin**,
Franklin's International
PO BOX 3772 7
Tel Aviv 61376, Israel
Tel: +972 3 5600724
Fax: +972 3 5600479
Email: rodnef@netvision.net.il

Europe

Peter Havinga, European Sales Manager

Tel: +31 (0) 23 750 5730
Fax: +31 (0) 23 750 5701
Mobile: +31 (0) 6 515 69660
Email: peter.havinga@tandf.co.uk

Belgium, The Netherlands,

France and Luxembourg

Liza Walraven

Sales Representative
A. Hofmanweg 5a, 2031 BH Haarlem,
The Netherlands
Tel: 0031 (0) 23 7505731
Fax: 0031 (0) 23 7505701
Mobile: 0031 (0) 623849668
Email: liza.walraven@informa.com

Greece

Ryan Cooper, Area Sales Manager
Milton Park Sales Office
Tel: +44 (0) 20 7017 6113
Fax: +44 (0) 20 7017 6748
Email: ryan.cooper@tandf.co.uk

Nordic Countries

Lisa Hetherington, Sales Representative
Mobile: +46 76 2522 0300
Email: lisa.hetherington@tandf.co.uk

Germany, Austria and Switzerland

Gabriela Mauch, Area Sales Manager
Mobile: +49 (0) 17 3905 9469
Email: gabriela.mauch@tandf.co.uk

Spain, Portugal and Italy

Philip Veysey, Area Sales Manager
Tel: +34 91 700 0688
Fax: +34 91 141 2304
Mobile: +34 68 777 3678
Email: philip.veysey@informa.com

Eastern Europe

(Humanities and Social Sciences)
Marek Lewinson
Bohaterewicza 3/45, 03-982 Warsaw, Poland
Tel/Fax: +48 (0) 22 6714819
Mobile: +48 (0) 602 707 037
Email: mlewinso@it.com.pl
and (Science and Technology)
Radek Janousek

Pod Nouzovem 972/21

19700 Prague, Czech Republic
Tel: +42 (0) 286 584 9888
Mobile: +42 (0) 602 294 014
Email: radek@mareklewinson.com

European and Japanese Enquiries

Lucy Astone

International Sales Support Coordinator
Milton Park Sales Office
Tel: +44 (0) 20 7017 6149
Fax: +44 (0) 20 7017 6748
Email: lucy.astone@informa.com

South Asia

Ryan Cooper

Area Sales Manager
Milton Park Sales Office
Tel: +44 (0) 20 7017 6113
Fax: +44 (0) 20 7017 6748
Email: ryan.cooper@tandf.co.uk

India

Pankaj Bhardwaj

Taylor & Francis Books India Pvt Ltd
912 Tolstoy House, 15-17 Tolstoy Marg
New Delhi – 110001
Tel: +91 (0) 11 23712131 / 23351453
Fax: +91 (0) 11 23712132
Email: tandfindia@airtelbroadband.in

Pakistan

M. Anwer Iqbal

Book Bird, Mian Chambers, 3 Temple Road
PO Box 518, Lahore, Pakistan
Tel: +92 42 636 7275
Fax: +92 42 636 1370
E-mail: bookbird@brain.net.pk

Sri Lanka

Nirosha Saravanapavan
Mobile: 0094 714 750911
Email: niroshas@sitnet.lk

Korea

Se-Yung Jun

ICK (Information & Culture Korea)
473-19 Seokyo-Dong, Mapo-Ku, Seoul,
Korea 121-842
Tel: +82 2 3141 4791
Fax: +82 2 3141 7733
Email: cs.ick@ick.co.kr

Japan

Hans Van Ess, Book Sales and Marketing Executive

Taylor and Francis Group
7F Koshin Bldg. 2-23-4 Kanda-Jimbocho, Chiyoda,
Tokyo 101-0051, Japan
Tel: +81 (0) 35848 7061
Mobile: +81 (0) 80 5426 3552
Email: hans.vaness@informa.com
United Publishers Services Limited
Tel: +81 (0) 3 5479 7251
Fax: +81 (0) 3 5479 7307
Email: info@ups.co.jp

Editorial Office:

Takahiko Kaneko
Tel: +81 (0) 3 5296 9186
Fax: +81 (0) 3 3252 1822
Email: edsynapse@nifty.ne.jp

East and South East Asia

For all Taylor & Francis Group imprints please order from Taylor & Francis Asia Pacific, Singapore Sales Office

Singapore Sales Office

Taylor & Francis Asia Pacific
240 Macpherson Road
#08-01 Pines Industrial Building
Singapore 348574
Tel: +65 6741 5166
Fax: +65 6742 9356
Email: sales@tandf.com.sg

Vietnam

Jeffrey Lim, Book Sales Director
Email: jeffrey.lim@tandf.com.sg

Hong Kong

Jeffrey Lim, Book Sales Director
Email: jeffrey.lim@tandf.com.sg

Jolly Chan, Account Manager

Email: jolly.chan@tandf.com.sg

Singapore, Philippines and Indonesia

Francis Chua, Sales Manager
Singapore Sales Office
Email: francis.chua@tandf.com.sg

Thailand

Taylor & Francis Asia Pacific
Tel: +66 (2) 642 7954-6 ext. 406
Fax: +66 (2) 642 7677

Jeffrey Lim, Book Sales Director

Email: jeffrey.lim@tandf.com.sg
and **Nonglak Sawaitthong**, Sales Executive
Email: s.nonglak@tandf.com.sg

Malaysia and Brunei

David Yeong, General Manager
Taylor & Francis Publishing Services
Taylor & Francis Asia Pacific
Tel: +60 (3) 5630 1361
Fax: +60 (3) 5630 1732
Mobile: +60 (0)16 331 9912
Email: david.yeong@tandf.com.sg

China

Taylor & Francis
Room 1108B, Culture Square
No. 59 Jia, Zhongguancun St.
Haidian District, Beijing 100872
P.R. China
Tel: +86 (10) 82502670
Fax: +86 (10) 82502566
Jeffrey Lim, Book Sales Director
Email: jeffrey.lim@tandf.com.sg
Cynthia Ji, Sales Manager
Email: cynthia.ji@tandf.com.sg

Taiwan

Taylor & Francis Asia Pacific
Tel: +886 (2) 2578 6106 ext.125
Fax: +886 (2) 2578 6507
Mobile: +886 (9) 7216 9672
Jeffrey Lim, Book Sales Director
Email: jeffrey.lim@tandf.com.sg
and **Sara Cheng**, Sales Executive
Email: Sara.Cheng@tandf.com.sg

Shanghai Region

Chris Ye, Senior Sales Executive
Tel: +86 135 64618686
Email: chris.ye@tandf.com.sg

Australasia

Joanne Blackford

Milton Park Sales Office
Tel: +44 (0)207 017 6053
Fax: +44 (0)207 017 6748
Email: joanne.blackford@tandf.co.uk

Australia

Palgrave Macmillan
Tel: +61 (0) 39825 1111
Fax: +61 (0) 39825 1010
Email: palgrave@macmillan.com.au

New Zealand

Macmillan Publishers NZ Ltd
Victoria Johnson
Tel: +64 9414 0350
Fax: +64 9414 0357
Email: vicki@macmillan.co.nz

Australia and New Zealand

CRC Press and Marcel Dekker only
Libraries may wish to order from their
local bookseller, Palgrave Macmillan or
DA Information Services Pty Ltd
Tel: +61 3 9210 7804
Fax: +61 3 9210 7788
www.dadirect.com.au

Australia

Europa Publications (non-exclusive)
James Bennett
Tel: +02 9986 7064
Fax: +02 9986 7030
www.bennett.com.au

Caribbean and The West Indies

Jasmina Basic, Area Sales Manager
Milton Park Sales Office
Tel: +44 (0) 20 7017 6187
Fax: +44 (0) 20 7017 6748
Email: jasmina.basic@tandf.co.uk

North America

Sales Office

Dennis Weiss, Vice President Sales
Taylor and Francis
6000 Broken Sound Parkway
NW, Suite 300, Boca Raton, FL 33487, USA

Within the Continental USA:

Tel: 800-272-7737
Fax: 800-374-3401
E-mail: orders@taylorandfrancis.com

Outside USA:

Tel: +1 561-994-0555
Fax: +1 561-361-6018
Email: International.orders@taylorandfrancis.com

Central and South America and Mexico

Michael Dulisse, Sales Office, Boca Raton, FL

Taylor & Francis
Tel: +1 561 998 2582
Fax: +1 561 361 6049
E-mail: Michael.Dulisse@taylorandfrancis.com
and **Ethan E. Atkin**
Cranbury International LLC, 7 Clarendon Ave, Suite 2,
Montpelier, VT 05602, USA
Tel: +1 802 223 6565
Fax: +1 802 223 6824
Email: eatkin@cranburyinternational.com

International Enquiries

Joanne Blackford
International Sales Support Manager (Books)
Tel: +44 (0) 20 7017 6053
Fax: +44 (0) 20 7017 6748
Email: joanne.blackford@tandf.co.uk

South Asian, Middle Eastern and African Enquiries

Reanna Young
International Sales Support Coordinator
Tel: +44 (0) 20 7017 6114
Fax: +44 (0) 20 7017 6748
Email: reanna.young@tandf.co.uk

Foreign Rights

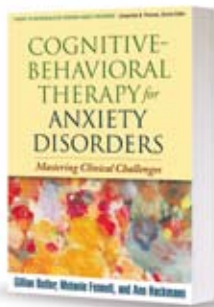
Adele Parker
Email: adele.parker@tandf.co.uk

China Liaison Office

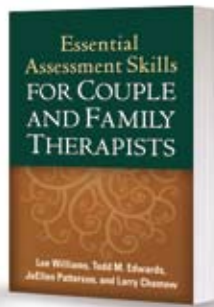
Yan Pei, Manager
Taylor & Francis
Tel/Fax: +86 (10) 58876523
Email: yanpei@tandf.com.sg

International Customer Services, Orders and Distribution

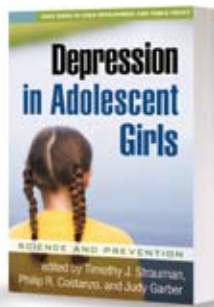
Taylor and Francis Customer Services
Bookpoint, 130 Milton Park, Abingdon
Oxon, OX14 4SB, UK
Tel: +44 (0) 1235 400 524
Fax: +44 (0) 1235 400 525
email (UK): uktrade@tandf.co.uk
email (International): international@tandf.co.uk



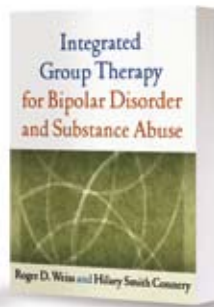
PAGE 24



PAGE 31



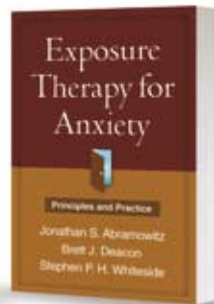
PAGE 9



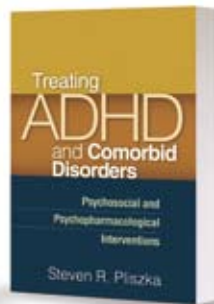
PAGE 19



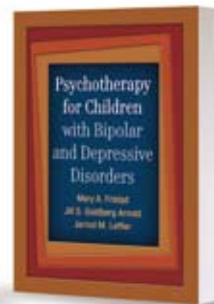
PAGE 32



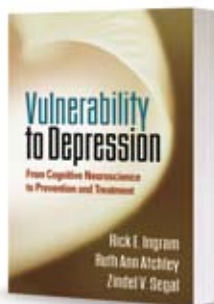
PAGE 17



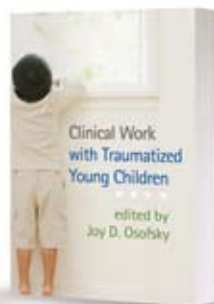
PAGE 8



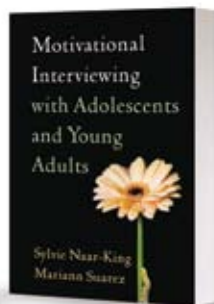
PAGE 10



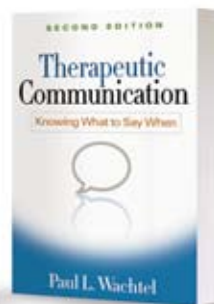
PAGE 19



PAGE 10



PAGE 5



PAGE 4



GUILFORD

Routledge
(European Distributor of Guilford Press)
27 Church Road
Hove
East Sussex
BN3 2FA, UK
www.guilfordpress.co.uk

TO ORDER A BOOK:

Taylor & Francis Customer Services
Bookpoint
130 Milton Park
Abingdon, Oxon
OX14 4SB, UK
Tel: +44 (0)1235 400 524
Fax: +44 (0)1235 400 525
email: tandf@bookpoint.co.uk

ISBN: 978-0-418-25859-0

an informa business

Routledge is part of the Taylor & Francis group, a trading division of Informa UK Ltd. Registered in England under no. 3099067 Registered Office: Mortimer House, 37-41 Mortimer Street, London W1T 3JH



PEFC/16-33-228



When you have finished with this catalogue please recycle it