Couples and Family Therapy 2011-12

Couples Therapy • Eating Disorders • Family Therapy • Gerontology • Grief and Bereavement • Mood Disorders • Parenting • Professional Issues and Resources •

New Books and Selected Backlist

10% online discount available
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Arenas

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Read and Recommend

When Someone You Love Suffers from Posttraumatic Stress
What to Expect and What You Can Do
Claudia Zayfert and Jason C. DeViva
Page 17

Loving Someone with Borderline Personality Disorder
How to Keep Out-of-Control Emotions from Destroying Your Relationship
Shari Y. Manning
Page 18

The Emotionally Focused Casebook
New Directions in Treating Couples
Edited by James L. Furrow, Susan M. Johnson and Brent A. Bradley
Page 20

A Collaborative Approach to Eating Disorders
Edited by June Alexander and Janet Treasure
Page 22

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Top 10

   www.routledgementalhealth.com/9781583918173

2. Kolberg/Nadeau: ADD-Friendly Ways to Organize Your Life
   www.routledgementalhealth.com/9781583913581

   Pb: 978-0-415-94568-4: 2004: 384pp. £25.95/$34.95
   www.routledgementalhealth.com/9780415945684

4. McCarthy/McCarthy: Rekindling Desire: A Step-by-Step Program to Help Low-Sex and No-Sex Marriages
   www.routledgementalhealth.com/9780415935517

5. Johnson et al: Becoming an Emotionally Focused Couple Therapist: The Workbook
   Pb: 978-0-415-94747-3: 2005: 416pp. £20.95/$34.95
   www.routledgementalhealth.com/9780415947473

   Pb: 978-1-84872-057-2: 2010: 336pp. £25.95/$44.50
   www.psypress.com/nurturing-natures

7. Singer Kaplan: How to Overcome Premature Ejaculation
   www.routledgementalhealth.com/9780876305423

8. Levine et al., Eds.: Handbook of Clinical Sexuality for Mental Health Professionals, Second Edition
   Pb: 978-0-415-80076-1: 2010: 535pp. £40.50/$73.00
   www.routledgementalhealth.com/9780415800761

   Pb: 978-0-415-95212-5: 2006: 272pp. £25.95/$41.50
   www.routledgementalhealth.com/9780415952125

10. Hall: Counseling Military Families: What Mental Health Professionals Need to Know
    Pb: 978-0-415-95688-8: 2008: 328pp. £22.95/$36.50
    www.routledgementalhealth.com/9780415956888

FREE POSTAGE AND PACKING! FREE FOR UK, US AND CANADIAN ONLINE ORDERS OVER £20/$30
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.

Sex Matters for Women
A Complete Guide to Taking Care of Your Sexual Self
Second Edition
Sallie Foley, Sally A. Kope and Dennis P. Sugrue
Hb: 978-1-60918-999-0: £26.95
Pb: 978-1-60918-469-8: £11.95
Published by Guilford Press
www.guilfordpress.co.uk/9781609184698
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Ageing and Older Adult Mental Health
Issues and Implications for Practice
Edited by Patrick Ryan and Barry J. Coughlan
Hb: 978-0-415-58289-6: £60.00/$100.00
Pb: 978-0-415-58290-2: £21.99/$34.95
Published by Routledge
www.routledge.com/9780415582902
Page 23

Women today are more knowledgeable about sex than ever before – but many still struggle with sexual myths, self-doubt, and “embarrassing” questions. This trusted book has already helped many thousands of women understand how their bodies work and take charge of their sexuality. The authors are experienced therapists who present solid, science-based information on the topics women are talking about and those that aren’t discussed enough.
Changing Aging, Changing Family Therapy
Practicing with 21st Century Realities
Paul R. Peluso, Florida Atlantic University, USA, Richard E. Watts, Sam Houston State University, Texas, USA, and Mindy Parsons, Delray Beach Counseling Center, Florida, USA
As the baby boomers move into retirement and later stages of life, gerontology and geriatrics have begun to receive much more attention. As the authors illustrate, family therapists’ expertise in family-systems theory make them uniquely qualified to take a leading role in helping families and individuals cope with the challenges and changed circumstances that aging brings. The authors address the state of some of the most important issues faced during the aging process.
Hb: 978-0-415-87238-6: £27.99/$49.95
Series: Family Therapy and Counseling
www.routledgementalhealth.com/9780415872386

Contemporary Issues in Couples Counseling
A Choice Theory and Reality Therapy Approach
Edited by Patricia A. Robey, Governors State University, Illinois, USA, Robert E. Wubbolding, Center for Reality Therapy, Ohio, USA, and Jon Carlson, Governors State University, Illinois, USA
Contemporary Issues in Couples Counseling explores the most difficult issues that people in the helping professions face when treating couples and provides concrete solutions for addressing them effectively. Using the revolutionary choice theory and reality therapy approach to couples counseling, the book shows clinicians how to combine a relationship-based approach with the pragmatism of cognitive behavior therapies.
February 2012: 270pp.
Hb: 978-0-415-89125-7: £31.99/$44.95
Series: Family Therapy and Counseling
www.routledgementalhealth.com/9780415891257
e-Inspection copy available

Family Assessment
Contemporary and Cutting-Edge Strategies
Second Edition
Edited by Len Sperry, Florida Atlantic University, USA
In an era that demands ever-increasing levels of accountability and documentation, Family Assessment is a vital tool for clinicians.
It covers more than one hundred assessment methods – both the most widely-used strategies as well as those that are more specialized and issue-specific. Techniques and instruments for assessments are summarized concisely in tables and discussed in-depth in the chapters, often by the experts who developed the approaches they describe.


**December 2011: 537pp.**

**Hb:** 978-0-415-89406-7: £56.99/$89.99  
**Pb:** 978-0-415-89407-4: £24.99/$39.95

**Series:** Family Therapy and Counseling  
[www.routledgementalhealth.com/9780415894074](http://www.routledgementalhealth.com/9780415894074)

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**New!**

**Handbook of Counseling Military Couples**

Edited by Brett A. Moore, former U.S. Army psychologist, Texas, USA  
The military imposes unique and often severe challenges to couples, which clinicians often struggle to address. These problems are only compounded by misunderstandings and misconceptions about what it means to be part of a specific branch of the military and part of the military as a whole. **Handbook of Counseling Military Couples** includes a clear, thorough introduction to military culture and to coupled relationships in the military, but more than that, it provides readers with expert analyses of the special types of issues that come up for military couples.


**December 2011: 415pp.**

**Hb:** 978-0-415-88730-4: £28.99/$44.95  
**Pb:** 978-0-415-88730-4: £28.99/$44.95

**Series:** Family Therapy and Counseling  
[www.routledgementalhealth.com/9780415887304](http://www.routledgementalhealth.com/9780415887304)

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**New!**

**Poisonous Parenting**

**Toxic Relationships Between Parents and Their Adult Children**

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

How does the toxicity associated with particular parenting styles affect attachment? How do the contaminated views of themselves that children of poisonous parents have affect their relationships into adulthood? **Poisonous Parenting** shows clinicians how to recognize the effects of poisonous parenting in adult children and how to heal the scars created by parents’ toxic attitudes and behaviors. Readers will come away from the book understanding ways to counteract the effects of poisonous parenting so that clients can recover and lead a healthy life. They’ll also learn techniques for determining when a relationship can be salvaged, when to proceed with caution, and when to disconnect in order to keep the poison from spreading.

**June 2011: 252pp.**

**Hb:** 978-0-415-87908-8: £20.09/$33.95  
**Pb:** 978-0-415-87908-8: £20.09/$33.95

**Series:** Family Therapy and Counseling  
[www.routledgementalhealth.com/9780415879088](http://www.routledgementalhealth.com/9780415879088)

All Published by Routledge
Working With Immigrant Families: A Practical Guide for Counselors
Edited by Adam Zagelbaum, Sonoma State University, California, USA, and Jon Carlson, Governors State University, Illinois, USA
This book examines the theoretical and practice-based issues that must be considered by counseling professionals when performing family therapy with immigrant clients.
Hb: 978-0-415-80061-7: £19.99/$34.95  
Series: Family Therapy and Counseling  
Published by Routledge  
www.routledgementalhealth.com/9780415800617

Recovering Intimacy in Love Relationships: A Clinician’s Guide
Edited by Jon Carlson, Governors State University, Illinois, USA, and Len Sperry, Florida Atlantic University, USA
The loss of intimacy is one of the most difficult factors in the destruction of any relationship. Recovering Intimacy in Love Relationships lays out practical, evidence-based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis.
Hb: 978-0-415-99253-4: £25.95/$41.50  
Series: Family Therapy and Counseling  
Published by Routledge  
www.routledgementalhealth.com/9780415992534

Attachment: Expanding the Cultural Connections
Edited by Phyllis Erdman, Washington State University, USA, and Kok-Mun Ng, University of North Carolina–Charlotte, USA
Attachment is an exciting exploration of the latest trends in the theory and application of attachment within cross-cultural settings. The book’s insightful analysis, remarkable case studies, and groundbreaking research make it essential reading for any clinician or scholar interested in perceptions of love and attachment.
Hb: 978-0-415-99059-2: £22.95/$36.50  
Series: Family Therapy and Counseling  
Published by Routledge  
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e-inspection copy available

For a complete list of books in this series please visit  
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FREE POSTAGE AND PACKING! FREE FOR UK, US AND CANADIAN ONLINE ORDERS OVER £20/$30
Multicultural Family Institute, New Jersey, USA

This informative clinical resource and text presents Froma Walsh’s family resilience framework for intervention and prevention with clients dealing with adversity. Drawing on extensive research and clinical experience, the author describes key processes in resilience for practitioners to target and facilitate.


Hb: 978-1-59385-186-6: 2006: £30.00
Pb: 978-1-60623-022-0: 2009: £32.50
Published by Guilford Press
www.guilfordpress.co.uk/9781462503315

**New in Paperback!**

**Strengthening Family Resilience**
Second Edition
Froma Walsh, University of Chicago, USA

“Froma Walsh has done it again! In this outstanding second edition, she provides an informative, comprehensive, and positive guide for students and professionals.” - Monica McGoldrick,

**New in Paperback!**

**Generation to Generation**
Family Process in Church and Synagogue
Edwin H. Friedman, former Family Therapist and Rabbi, USA

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


Hb: 978-0-89862-059-7: 1985: £29.95
Pb: 978-1-60918-236-6: £16.95
Published by Guilford Press
www.guilfordpress.co.uk/9781609182366

**New!**

**Sacred Matters**
Religion and Spirituality in Families
Wesley R. Burr, Brigham Young University, Utah, USA, Loren D. Marks, Louisiana State University, USA, and Randal D. Day, Brigham Young University, Utah, USA

This book evaluates the multi-disciplinary literature about the relationship between religion and family and proposes a new theory about the aspects of the sacred that are helpful and harmful in families. Related studies and issues from psychology, sociology, anthropology, and religion are examined. The authors hope that their new conceptual framework will stimulate new research and encourage the creation of new intervention programs designed to help families.


Hb: 978-0-415-88745-8: £54.95/$85.00
Pb: 978-0-415-88744-1: £27.50/$44.95
Published by Routledge
www.routledgementalhealth.com/9780415887458

New! e-Inspection copy available

**Spiritual Resources in Family Therapy**
Second Edition
Edited by Froma Walsh, University of Chicago, USA

“A vital contribution to the growing literature on spirituality and psychotherapy. This excellent volume reminds us that spirituality is, at its heart, all about relationships.” - Kenneth I. Pargament, Bowling Green State University, Ohio, 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.

Hb: 978-1-60623-022-0: 2009: £32.50
Pb: 978-1-60623-022-0: 2009: £32.50
Published by Guilford Press
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Beyond Technique in Solution-Focused Therapy
Working with Emotions and the Therapeutic Relationship
Eve Lipchik, ICF Consultants Inc., Milwaukee, USA

"Lipchik dispels all the stereotypes of Solution-Focused Therapy (SFT), so that even SFT skeptics will want to give the model a second look. Her version cherishes the uniqueness of clients, is nonformulaic, emotion-focused, and privileges the client-therapist relationship over technique... the volume has left me with the imprint of a master teacher and clinician and has greatly enriched my practice.”
- Douglas H. Sprenkle, Purdue University, Indiana, USA

Solution-Focused Therapy (SFT) is often misunderstood to be no more than the techniques it is famous for – pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a “one-size-fits-all” manner, these techniques may produce disappointing results and leave clinicians wondering where they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making.

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New in Paperback!
Doing Couple Therapy
Craft and Creativity in Work with Intimate Partners
Robert Taibbi, in private practice, Virginia, USA

Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners.

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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

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The Guilford Family Therapy Series

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Beyond Technique in Solution-Focused Therapy
Working with Emotions and the Therapeutic Relationship
Eve Lipchik, ICF Consultants Inc., Milwaukee, USA

“Lipchik dispels all the stereotypes of Solution-Focused Therapy (SFT), so that even SFT skeptics will want to give the model a second look. Her version cherishes the uniqueness of clients, is nonformulaic, emotion-focused, and privileges the client-therapist relationship over technique... the volume has left me with the imprint of a master teacher and clinician and has greatly enriched my practice.”
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Eve Lipchik, ICF Consultants Inc., Milwaukee, USA

“Lipchik dispels all the stereotypes of Solution-Focused Therapy (SFT), so that even SFT skeptics will want to give the model a second look. Her version cherishes the uniqueness of clients, is nonformulaic, emotion-focused, and privileg...
As an academician and clinician, I am delighted with how scholarly, comprehensive, and broadly useful Restoration Therapy is! – Robert E. Lee, Florida State University, USA

Restoration Therapy is a professional resource that introduces the reader to the essential elements of its namesake, and from these guides clinicians to a systemic understanding of how certain forces lead to destructive cycles in relationships, which perpetuate more and more dysfunction among members. Clients and therapists both will understand issues more clearly, experience the impacts that emotion can have on insight, and practice the process so more loving and trustworthy relationships can take hold in the intergenerational family.

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

In this vividly-written landmark text, Asen and Scholz capture the excitement, creativity, challenges, and effectiveness of Multi-Family Therapy... An inspiring, comprehensive book.” – Peter Fraenkel, The City College of the City University of New York, USA


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E-Inspection copy available

The Needs ABC Therapeutic Model for Couples and Families

A Guide for Practitioners

Tom Caplan, McGill University of Social Work, Montreal, Canada

The Needs ABC Therapeutic Model for Couples and Families shows readers how to successfully tailor a therapeutic approach to meet the needs of couples and families. Beginning clinicians will come away from this book with concrete, practical skills and expanded theoretical base for their practice. They will be able to apply their new knowledge directly and in ways that will help them create long-lasting change in clients who present with difficult behaviors.

Hb: 978-0-415-87306-2: £55.00/$94.00
Pb: 978-0-415-87305-5: £18.99/$32.95

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E-Inspection copy available
Functional Family Therapy in Clinical Practice
An Evidence-Based Treatment Model for Working with Troubled Adolescents
Thomas L. Sexton, Indiana University, USA

“This superb guide to Functional Family Therapy is filled with insights and useful techniques. Sexton not only shows step-by-step how to conduct this therapy, but also succinctly describes the research supporting the approach and to the keys to successful supervision and dissemination.” — Jay Lebow, The Family Institute at Northwestern, Illinois, USA

Functional Family Therapy in Clinical Practice develops a comprehensive presentation that serves as a systematic guide to understanding the Functional Family Therapy (FFT) clinical model, the FFT service delivery system, the theoretical principles that serve as the foundation of FFT, and the mechanism of therapeutic change that gives FFT its potency.

Hb: 978-0-415-99691-4: £55.00/$99.00
Pb: 978-0-415-99692-1: £28.95/$52.00
Published by Routledge
www.routledgementalhealth.com/9780415996921

Also from Thomas L. Sexton

Handbook of Family Therapy
Edited by Thomas L. Sexton, Gerald R. Weeks and Michael S. Robbins
Hb: 978-1-58391-325-3: 2003: 520pp. £83.00/$130.00
Published by Routledge
www.routledgementalhealth.com/981583913253

Families with Futures
Family Studies into the 21st Century
Second Edition
Meg Wilkes Karraker, University of St. Thomas, Minnesota, USA, and Janet R. Grochowski, College of Saint Benedict and Saint John's University, Minnesota, USA

This book on family studies provides an interdisciplinary, engaging, and contemporary look at the discipline's theories, methods, topics, and career opportunities. Concepts are brought to life through examples from everyday family life. Families are viewed in a positive prism – as challenged but resilient.

February 2012: 408pp.
Hb: 978-0-415-88556-0: £74.95/$120.00
Pb: 978-0-415-88590-4: £44.95/$70.00
Published by Routledge
www.routledgementalhealth.com/9780415885904

Inspection copy available

New! Close Relationships
Pamela Regan, California State University, USA

This multidisciplinary text introduces the concepts, methodologies, theories, and empirical findings of the field of interpersonal relationships. Information is drawn from psychology, communication, family studies, marriage and family therapy, social work, sociology, anthropology, the health sciences, and other disciplines. Numerous examples capture readers’ attention by demonstrating how the material is relevant to their lives.

Hb: 978-0-415-87743-5: £64.95/$100.00
Pb: 978-0-415-87799-2: £39.95/$59.95
Published by Routledge
www.routledgementalhealth.com/9780415877992

Forthcoming!

Social Class and the Helping Professions
A Clinician’s Guide to Navigating the Landscape of Class in America
Edited by Debbie C. Sturm, James Madison University, Virginia, USA, and Donna Gibson, University of South Carolina, USA

This book provides a comprehensive examination of the intersection of social class and the helping professions, including examinations of the role of social class in American culture, classism, social class and mental health, and the American Dream. It will be a valuable tool for practitioners in a variety of mental health professions, providing a clearer understanding of social class as it relates to themselves and their clients.

Hb: 978-0-415-89365-7: £24.95/$34.95
Published by Routledge
www.routledgementalhealth.com/9780415893657

Forthcoming!

Advances in Social Work Practice with the Military
Edited by Joan Beder, Yeshiva University, New York, USA

This edited book is designed to better prepare civilian social workers with the practice and clinical skills necessary in working with members of the military returning from combat and their families. It will educate social workers on the issues faced by these men and women, enabling them to have a firm understanding from which to frame intervention strategies. Topics covered are the world of the military, special populations and the issues they can face, the physiology of war zone exposure, shame, and PTSD; and the effects of military deployment and return on children and families.

Hb: 978-0-415-89133-2: £56.00/$90.00
Pb: 978-0-415-89134-9: £23.95/$37.95
Published by Routledge
www.routledgementalhealth.com/9780415891349
Families Under Fire
Systemic Therapy with Military Families
Edited by R. Blaine Everson, Samaritan Counseling Center, Georgia, USA, and Charles R. Figley, Tulane University, Louisiana, USA

“This comprehensive guide makes a strong case for adopting a systems approach to the clinical care of service members, veterans, and their families. It also provides many useful and practical tools for understanding and working within the cultures of different military branches.” - William Nash, Captain, Medical Corps, United States Navy (Retired), USA

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

Hb: 978-0-415-99847-5: £24.99/$44.95
Series: Psychosocial Stress
Published by Routledge
www.routledgementalhealth.com/9780415998475

Power, Resistance and Liberation in Therapy with Survivors of Trauma
To Have Our Hearts Broken
Taiwo Afuape, Tavistock and Portman NHS Foundation Trust, London, UK

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

This book offers reflections on how liberation might be experienced by clients as a result of the therapeutic relationship. It explores how power and resistance might be most effectively and ethically understood and utilised in clinical practice with survivors of trauma. Power, Resistance and Liberation in Therapy with Survivors of Trauma draws together narrative therapy, Coordinated Management of Meaning (CMM) and liberation psychology approaches. It critically reviews each approach and demonstrates what each contributes to the other as well as how to draw them together in a coherent way.

Hb: 978-0-415-61188-6: £55.00/$90.00
Pb: 978-0-415-61189-3: £19.99/$31.95
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Alternatives to Domestic Violence
A Homework Manual for Battering Intervention Groups
Third Edition
Kevin A. Fall, Texas State University, USA, and Shareen Howard, Denton County Friends of the Family, Texas, USA

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Lawrence E. Hedges, Listening Perspectives Study Center, California, USA

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In the 21st century, we tend to expect more than ever from our relationships without knowing how to sustain them. Often a married couple juggling the many demands of life, work and children take their bond for granted. They fail to cultivate and nurture the positive interactions they share, neglecting the fun, playful and sexy side of the relationship. Over time, this neglect creates an increasing spiral of dysfunction. *We’re No Fun Anymore* reminds therapists and the couples that marriage does not have to mean forfeiting the passion, playfulness and joy in a relationship. With 50 combined years of clinical experience backing it, the program outlined in this book will help to build up a relationship without first tearing it down, examining its weaknesses, or trying to fix its problems.

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

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

- Michaela Swales, 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. Loads of true stories demonstrate ways to defuse crises, set limits, and help the person with BPD build crucial problem-solving and emotion-management skills.

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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.


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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. Dr. Nay shows how to change your own response to your partner’s anger and feel better about yourself.” - William J. Doherty, author of Take Back Your Marriage

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Sandra L. Murray, University at Buffalo, The State University of New York, USA, and John G. Holmes, University of Waterloo, Canada

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Why do some marriages grow stronger in the face of conflict or stress while others dissolve? In this book, two pioneering researchers present a groundbreaking theory of how mutually responsive behaviors emerge or fail to emerge in relationships. Illustrating their findings through the vivid stories of four diverse couples, the authors explore how conscious considerations interact with unconscious impulses to foster trust and commitment.


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- David E. Scharff, International Psychotherapy Institute, Maryland, USA

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Clinical Casebook of Couple Therapy
Edited by Alan S. Gurman, University of Wisconsin School of Medicine and Public Health, 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.

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Clinical Handbook of Couple Therapy
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New!

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

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

CONTENTS: Shepard, Harway, Introduction: Setting the Stage.


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Judith Coché, University of Pennsylvania Medical School, USA

“This down-to-earth book, based on broad scholarship and clinical experience, will add immeasurably to the field of couples group interventions.” - Sue Johnson, University of Ottawa, Canada

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New Edition!

Handbook of Clinical Issues in Couple Therapy
Second Edition
Edited by Joseph L. Wetchler, Purdue University, Indiana, USA

Now updated in its second edition, Handbook of Clinical Issues in Couple Therapy provides a comprehensive overview of emerging issues that impact couple therapy. Unlike other guides that concentrate more on theoretical approaches, this invaluable resource contains the latest research and perspectives that every clinician needs when dealing with the challenging issues often found in practice.

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Eating Disorders

**Read and Recommend!**

**A Collaborative Approach to Eating Disorders**

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

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

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

Hb: 978-0-415-58145-5: £70.00/$110.00
Published by Routledge
www.routledgementalhealth.com/9780415581462

**New in Paperback!**

**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.

Hb: 978-1-60623-446-4: 2009: £51.00
Pb: 978-1-60918-495-7: £26.95
Published by Guilford Press
www.guilfordpress.co.uk/9781609184957

**Also Available**

**Stewart:** New Ideas about Eating Disorders: Human Emotions and the Hunger Drive
Hb: 978-0-415-55469-5: £60.00/$99.00
Pb: 978-0-415-55470-1: £21.99/$34.95
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Published by Routledge

**Thompson/Sherman:** Eating Disorders in Sport
Hb: 978-0-415-99836-9: £28.00/$49.95
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Published by Routledge
Growing older can be a time of great joy and satisfaction for men as they look back on their accomplishments and gain more free time, but it can also be a challenging and distressing experience, especially for those men raised with the very traditional notions of what it means to be a “real man.” This book will help practitioners working with older and aging men understand the eras in which these men were raised.

2010: 212pp.
Hb: 978-0-415-99862-8: £52.00/$94.00
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Douglas H. Powell, Harvard Medical School, Massachusetts, USA

The Aging Intellect describes more than a dozen specific characteristics that distinguish older people who remain cognitively vigorous from the majority who are aging normally or are at risk for cognitive impairment.

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Counseling Older Adults
John Blando, San Francisco State University, California, USA

This text provides an introduction to gerontological counseling, integrating the basic skills of working with older adults with theories of counseling and aging. Specific counseling issues discussed include mental health counseling and family counseling.

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Published by Routledge
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Psychotherapy with Older Men
Tammi Vacha-Haase, Colorado State University, USA, Stephen R. Wester and Heidi Fowell Christianson, both at University of Wisconsin-Milwaukee, USA

“This is an invaluable and stunningly good book for readers who want to provide competent services to older men.”
- Melba J. T. Vasquez, in private practice, Texas, USA

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New!

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Multiple Lenses on Loss and Mourning
Simon Shimshon Rubin, University of Haifa, Israel, Ruth Malkinson, Tel Aviv University, Israel, and Eliezer Witztum, Ben-Gurion University of the Negev, Israel

Working With the Bereaved summarizes the major themes in bereavement research and clinical work and uses the authors’ own cutting-edge research to show mental-health practitioners how to integrate these themes into their practice.

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Grief and Bereavement in Contemporary Society
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Grief and Bereavement in Contemporary Society is an authoritative guide to the study of and work with major themes in bereavement.

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Grief After Suicide
Understanding the Consequences and Caring for the Survivors
Edited by John R. Jordan, The Family Loss Project, Massachusetts, USA, and John L. McIntosh, Indiana University–South Bend, USA

This edited volume addresses the need for an up-to-date, professionally-oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors.

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A Practitioner’s Guide
Jennifer L. Buckle, Memorial University of Newfoundland, Canada, and Stephen J. Fleming, York University, Ontario, Canada

“This book should be in the library of anyone who works with bereaved parents.”
- Stephen R. Connor, National Hospice and Palliative Care Organization, USA

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Grieving Beyond Gender is a revision of Men Don’t Cry, Women Do. In this work, Doka and Martin elaborate on their conceptual model of “styles or patterns of grieving” and explore the different ways that individuals grieve, noting that gender is only one factor that affects an individual’s style or pattern of grief.

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Counting Our Losses
Reflecting on Change, Loss, and Transition in Everyday Life
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This text is a valuable resource for clinicians who work with clients dealing with non-death, nonfinite, and ambiguous losses in their lives.

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From David J. Miklowitz

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A Family-Focused Treatment Approach

Second Edition

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

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Miklowitz/Cicchetti, Eds.: Understanding Bipolar Disorder: A Developmental Psychopathology Perspective

Hb: 978-1-60623-622-2: 2010: 572pp. £51.00
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Read and Recommend!

The Bipolar Disorder Survival Guide

What You and Your Family Need to Know

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

“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. Readers love the user-friendly tone, true-to-life stories, checklists, worksheets, and practical problem-solving advice. Updated throughout, the second edition has a new chapter, “For Women Only”; the latest facts on medications and therapy; and an expanded discussion of parenting issues for bipolar adults.


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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. It is a state-of-the-science follow-up to the authors’ seminal earlier work, *Children and Marital Conflict: The Impact of Family Dispute and Resolution.*

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Second Edition

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**Breaking the Cycle of Unwanted Thoughts in Motherhood**

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

“This book removes the shame and stigma surrounding a scary topic that is rarely addressed because it is so highly misunderstood... Kleiman and Wenzel offer specific strategies and reassurance for new mothers who have scary thoughts, while furthering the understanding of those professionals who treat them.” - Diana Lynn Barnes, Past President of Postpartum Support International, USA

What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub? Thoughts like these can be frightening to new mothers, but are a common symptom pregnant and postpartum women can experience. *Dropping the Baby and Other Scary Thoughts* addresses the nature of these intrusive, negative and unwanted thoughts.


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Nurturing Natures
Attachment and Children's Emotional, Sociocultural and Brain Development

Graham Music, Tavistock Clinic, London, UK

“Everyone working in mental health and children’s services should read and imbibe this book.” - Dame Jane Roberts, Chair of Parenting UK

This book provides an indispensable account of current understandings of children’s emotional development. Integrating the latest research findings from areas such as attachment theory, neuroscience and developmental psychology, it weaves these into a readable and easy to digest text.

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Published by Psychology Press
www.psyypress.com/nurturing-natures

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Electra vs Oedipus
The Drama of the Mother–Daughter Relationship

Hendrika C. Freud, in private practice, The Netherlands
Translated by Marjolijn de Jager
Electra vs Oedipus explores the deeply complex and often turbulent relationship between mothers and daughters. In contrast to Sigmund Freud’s conviction that the father is the central figure, the book puts forward the notion that women are in fact far more (pre)occupied with their mother.

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

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Child Anxiety Disorders
A Guide to Research and Treatment
Second Edition
Deborah C. Beidel, University of Central Florida, USA, and Candice A. Alfano, The George Washington University School of Medicine, Washington D.C., USA

Childhood anxiety disorders represent one of the most common psychological disorders found among the general population. They can be serious, distressful, and functionally impairing, so much so that there has been an explosion of interest in their treatment, primarily from pharmacological and cognitive-behavioral perspectives. Addressing these perspectives is the second edition of Child Anxiety Disorders, by Drs. Beidel and Alfano.


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A Clinical Handbook
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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.
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Also by Daniel le Grange and James Lock

New!

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). Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms.
Hb: 978-1-59385-042-5: 2004: £27.50
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New!

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.”
- David J. Miklowitz, University of California, 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.
Pb: 978-1-60918-201-4: £26.95
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Navigating Teenage Depression
A Guide for Parents and Professionals
Gordon Parker and Kerrie Eyers, both at Black Dog Institute, Sydney, Australia
“A ‘must’ read for parents and for professionals.”
- Professor Sir Michael Rutter, Institute of Psychiatry, London, UK

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Drawing on personal accounts from teenagers and young adults, and based on extensive clinical research this book explains how to systematically identify teenage depression and contributing factors and outlines treatment and management options.

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**Working with Families of Young Children with Special Needs**  
Edited by R. A. McWilliam, University of Tennessee at Chattanooga, 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.

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A Manual for Parents  
Brooke Ingersoll, Michigan State University, USA, and Anna Dvortcsak, in private practice, Oregon, USA  
This manual helps parents master proven techniques for teaching social-communication skills to young children with autism. The authors clearly describe the skills-building techniques and show how to integrate them into everyday family routines and activities.

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This two-book package and DVD presents a parent training approach that is accessible, evidence-based, and highly practical. Grounded in developmental and behavioral research, the Practitioner’s Guide provides step-by-step guidelines for conducting parent training individually or in groups. The companion Manual for Parents helps parents master the techniques and use them at home.

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**Growing Up with Autism**  
Working with School-Age Children and Adolescents  
Edited by Robin L. Gabriels, University of Colorado–Denver, USA, and Dina E. Hill, University of New Mexico School of Medicine, USA  
Individuals with autism and their caregivers face unique challenges in later childhood and adolescence. This volume translates research on the needs of this population into practical recommendations for clinicians and educators. The book features vivid case examples and an in-depth, reproducible assessment form.

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**Psychotherapy with Infants and Young Children**  
Repairing the Effects of Stress and Trauma on Early Attachment  
Alicia F. Lieberman and Patricia Van Horn, both at the University of California, San Francisco, USA  
“Using the credo of ‘starting with simplicity,’ or developmental guidance, and moving on to behavioral and cognitive interventions and interpreting children’s and parents’ inner lives, this book is rich with diverse, illuminating clinical examples. Developmental psychologists, therapists, and anyone else working with traumatized infants and preschoolers should read this gem of a book.” - Judith A. Cohen, Allegheny General Hospital, Pennsylvania, USA  
This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children’s healthy development. Child–parent psychotherapy promotes the child’s emotional health and builds the parent’s capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent–child relationship.

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Pb: 978-1-60918-240-3: £18.95  
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Treating Traumatic Stress in Children and Adolescents
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