Acceptance and Commitment Therapy
The Process and Practice of Mindful Change

Second Edition

Steven C. Hayes, University of Nevada, USA, Kirk D. Strosahl, Central Washington Family Medicine, USA, and Kelly G. Wilson, University of Nevada, USA

“Acceptance and Commitment Therapy, Second Edition, presents new data and clinical insights and expresses the theoretical foundations of ACT in a fresh way. The original book was an extraordinary achievement; the Second Edition is even better. It shows exactly how basic science and therapeutic application can combine in the service of new and effective methods to alleviate suffering. This book is essential reading for all students and practitioners in clinical psychology, counselling, and psychiatry.” - Mark Williams, Oxford University, UK

Since the original publication of this seminal work, Acceptance and Commitment Therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT – from conceptual and empirical foundations to clinical techniques – written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout.

New to this Edition:
• reflects tremendous advances in ACT clinical applications, theory building, and research
• psychological flexibility is now the central organizing focus
• expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation
• restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.


Hb: 978-1-60918-962-4: £30.50
£27.45

Published by Guilford Press
Addictions
Second Edition

Maree Teesson, University of New South Wales, Australia, Wayne Hall, University of Queensland, Australia, Heather Proudfoot, University of New South Wales, Australia, and Louisa Degenhardt, The Burnet Institute, Melbourne, Australia

“Teesson and colleagues have succeeded in producing a very clear, readable, and up-to-date critical overview of the addictions literature. With a focus on current directions, latest empirical findings, and future research needs, the authors provide an insightful, practical, and comprehensive presentation of the world of addictions.” - Claire Hart, University of Southampton, UK

The first edition of Addictions established itself as a valuable resource for students and professionals alike. This authoritative new edition builds on the success of the previous book, incorporating advances in research and practice over the last ten years.

The book includes material on:
• the nature of addiction and who becomes addicted
• health consequences of alcohol and other drug dependence
• theories and causes of addiction.

The authors, experts in the field, also include new material on the controversy surrounding the possible positive effects of alcohol and cannabis use, the increased risk of interpersonal violence, and new research on theories of addiction.

Addictions will be essential reading for students, professionals and researchers seeking state of the art information about this rapidly growing field.


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

This new edition of Alternatives to Domestic Violence is designed as a workbook to be used by male participants in domestic violence group counseling. The topics covered are selected based on best practices within the field of domestic violence intervention, allowing the book to be used with a wide variety of accepted curricula for such programs. Interactive exercises provide group members with the opportunity for enhanced participation and learning, and stories from men who were previously participants themselves illuminate important concepts and techniques for change. Topics covered include the expectations and realities of group work; exploring and defeating intimidation; respect and accountability; maintaining positive relationships; and good communication skills. Two additional topics, parenting and the role of religion in recovery, are unique additions not found in other domestic violence programs. This new edition of this popular program is completely revised based on new advances in the field and the authors’ own work since the last was published, and contains several new stories from group members and a new section on the role of drugs and alcohol in domestic violence.

Contents:
- Introduction for Group Leaders
- Introduction for Group Members
- What You Need to Know Before Starting Group: The Road to Change
- Defining Abuse and Battering
- Achieving Nonviolence
- Exploring and Defeating Intimidation
- Creating a Trusting Relationship
- Giving and Receiving Respect
- Accountability: Taking Responsibility for Yourself
- Maintaining Positive Sexual Relationships
- Negotiating a Partnership
- Cooperating Through Good Communication
- Parenting: How to Relate to Your Children
- Religion and Domestic Violence
- The Role of Drugs and Alcohol in Domestic Violence
- Suggestions for Further Study

Pb: 978-0-415-88901-8: £20.95/$32.95 £18.86/$29.66
Published by Routledge

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Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Animal Assisted Brief Therapy
A Solution-Focused Approach

Second Edition

Teri Pichot, Jefferson County Department of Health and Environment, Missouri, USA

This book provides therapists with concrete examples of how to appropriately implement Animal Assisted Activities/Therapy (AAA/T) to cultivate positive effects in treatment. It explains how this loving and patient therapy for clients need not be the difficult challenge that it at first appears to be. This resource takes you step-by-step through the process, showing what practical strategies can be used to offset most obstacles and unknowns. This one-of-a-kind guide clearly explains how to blend and structure the numerous aspects of AAA/T with Solution Focused Therapy to become a more effective treatment program. Appendices provide AAA/T resources, sample policy and procedures, and training resources across the United States.

Animal-Assisted Brief Therapy provides a comprehensive look at AAA/T and is perfect for therapists struggling to find new and effective ways to work with clients; therapists trying to utilize this approach in their practice; administrators and clinical supervisors wanting to implement AAA/T at their agency; educators; and students.

Anteros
A Forgotten Myth

Craig E. Stephenson, in private practice, Paris, France

“This book combines acute psychological insight and aesthetic sensitivity with consummate scholarship: a love of learning and a subtle interpretative intellect are evident on every page.”
- Paul Bishop, University of Glasgow, UK

Anteros explores how the myth of Anteros disappears and reappears throughout the centuries, from classical Athens to the present day, and looks at how the myth challenges the work of Freud, Lacan, and Jung, among others. It examines the successive cultural experiences that formed and inform the myth and also how the myth sheds light on individual human experience and the psychoanalytic process.

Topics of discussion include:
• Anteros in the Italian Renaissance, the French Enlightenment and English Modernism
• psychologizing Anteros: Freud, Lacan, Girard, and Jung
• three anterotic moments in a consulting room.

This book presents an important argument at the boundaries of the disciplines of analytical psychology, psychoanalysis, art history, and mythology. It will therefore be essential reading for all analytical psychologists and psychoanalysts as well as art historians and those with an interest in the meeting of psychoanalytic thought and mythology.

Becoming a Solution Detective
A Strengths-Based Guide to Brief Therapy
Second Edition

John Sharry, Mater Misericordiae University Hospital, UK, Brendan Madden, Relationships Ireland, and Melissa Darmody, Towards Healing, Ireland

Becoming a Solution Detective is a practical, how-to guide for therapists, counselors, social workers, psychologists, nurses, and other professionals who are interested in making their practice solution-focused quickly and effectively. The authors, co-founders of the Brief Therapy Group in Dublin, Ireland, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant through case examples, practice exercises, and role-plays. The book’s hands-on approach allows practitioners to adopt the authors’ simple, self-teaching style and apply it to their work with clients.

It includes practical information on:
• differences between the solution-based approach and traditional therapy
• establishing a successful therapeutic alliance with clients
• determining detailed, meaningful goals for the client
• mapping the client’s journey to a solution
• possible “dead ends” in applying this type of therapy
• and much more!

Becoming a Solution Detective is equally effective for newcomers to Solution-Focused Therapy and professionals seeking to apply its principles to their own practices. As an academic textbook, the book is ideal for individual study in a variety of courses, including social work, counseling, nursing, psychology, education, and any other helping professions.

“I do not know of any similar texts that offer such a comprehensive and detailed view of what issues face the college counselor in today’s changing landscape.” - Brian Van Brunt, American College Counseling Association

This book provides a detailed description and discussion of the many roles and contributions of college counselors on today’s campuses. The author draws on twenty years of experience as a college counselor to address such questions as “Who are college counselors?”; “How does one become a college counselor?”; and “What skills are needed to be a college counselor today?” Roles and responsibilities, including counseling, crisis intervention, consultation, outreach, and administrative duties, are discussed in detail and supplemented with both research and case studies. Diversity competencies and special challenges faced by college counselors are also considered. The firsthand knowledge and experience of the author will make this an engaging and accessible book for both those who are already working in college mental health settings and those who wish to enter it.

Breaking Free from Depression
Pathways to Wellness

Jesse H. Wright, University of Louisville, Kentucky, USA, and Laura W. McCray, in private practice, Vermont, USA

“A ‘must-have’ for those who want to understand and find a way through the pain of their depression. Wright and McCray draw on their clinical skill and wisdom to provide a comprehensive map of the terrain. Outlining different types of depression, they help readers make their own choice about treatment, find the approach that fits best, and integrate it seamlessly into daily life. Sufferers and their loved ones will find in this book just what they need to move forward with hope, and professionals will want to recommend it to their patients.” - Mark Williams, Oxford University, UK

Leading psychiatrist/researcher Jesse Wright and his daughter Laura McCray, a family physician, have seen thousands of depressed patients in their practices – and have learned that a range of different treatments work. Infused with warmth, optimism, and clinical know-how, this book presents simple yet powerful depression-fighting strategies that sufferers can try on their own. Drs. Wright and McCray offer a flexible menu of treatment ideas plus clear guidance for creating a personalized antidepressation action plan. Aided by helpful worksheets, quizzes, and stories, readers learn ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen relationships, and make informed decisions about medications. Now depression sufferers can chart their own path to recovery, using the best tools science has to offer.


Series: Guilford Self-Help Workbook
Published by Guilford Press
Brief Coaching
A Solution Focused Approach

Chris Iveson, Evan George, and Harvey Ratner, all at BRIEF, UK

“This book offers the expertise of leading solution focused therapists for an audience that is interested in how to take a solution focused approach to their coaching work. When resources are tight, a BRIEF approach offers a well researched way of making the most from coaching interventions.” - Carole Pemberton, author of Coaching to Solutions

Brief Coaching offers a new approach to coaching by considering how the client will know when they have reached their goal, and what they are already doing to get there. The coach aims to work towards the solution rather than working away from the problem, so that the client’s problem is not central to the session, but instead the coach and the client work towards the client’s preferred future.

This book employs case examples and transcripts of sessions to offer guidance on:
• looking for resources rather than deficits
• exploring possible and preferred futures
• examining what is already contributing to that future
• treating clients as experts in all aspects of their lives.

This practical guide includes summaries and activities for the coach to do with the client and will therefore be a useful tool for both new and experienced coaches, as well as therapists branching into coaching who want to add to their existing skills.

Career Counseling
Foundations, Perspectives, and Applications
Second Edition

Edited by David Capuzzi and Mark D. Stauffer, both at Walden University, USA

"[This text] does an excellent job of integrating theory, research, and practice to provide career counselors with hands-on information grounded in the scientific literature in the field." - Heather Lyons, Loyola University, Maryland, USA

This text presents a comprehensive overview of the foundations of career counseling, the skills and techniques needed for career counseling, and contextual perspectives on career and lifestyle planning. It is based on the view that career counselors must be prepared in a holistic manner, as career and lifestyle planning with clients is inherently related to their search for identity and meaning. The contributing authors are experts who are nationally and internationally recognized for their expertise, research, and publications related to career and lifestyle planning.


Clinical Applications of Learning Theory

Edited by Mark Haselgrove and Lee Hogarth, both at University of Nottingham, UK

“There is a real need for an accessible book which covers clinical and practical applications of learning theory, and this book strikes a perfect balance between providing a good overview of the topic while also providing enough detail on methodology and results to permit rigorous critical analysis.”
- Matt Field, University of Liverpool, UK

This book examines a variety of psychological disorders from the perspective of the psychology of learning. Grounded in the study of classical and instrumental conditioning, learning theory provides an explanatory framework for the way in which humans acquire information, and when applied, how abnormalities in learning may give rise to clinical conditions.

This edited volume addresses a wide range of clinically relevant issues in chapters written by international experts in each field. Individual chapters present experimental research into the neuropsychological basis of the acquisition of fears, phobias and clinical aversions, the placebo and nocebo effects, the psychology of drug addiction and relapse following clinical treatment, and the role of learning in Tourette’s syndrome, depression and schizophrenia.

This book will be particularly useful for undergraduate or postgraduate students who are studying clinical psychology or behavioural neuroscience, or the applications of learning theory to clinical or psychiatric research.

Cognitive Behavioural Coaching in Practice
An Evidence Based Approach


“This book marks an important milestone in helping coaches and clients alike develop a greater understanding of the cognitive behavioural approach to coaching.” - Anthony M. Grant, From the Foreword

Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including:

- procrastination
- stress
- performance
- self-esteem
- perfectionism
- goal selection
- socratic questioning.

This highly practical book is illustrated throughout with lengthy coach–coachee dialogues that include a commentary of the aims of the coach during the session. It will be essential reading for both trainees and professional coaches whether or not they have a background in psychology. It will also be useful for therapists, counsellors and psychologists who want to use coaching in their everyday practice.

“This is an important contribution for professionals who work in the college or university milieu, as well as instructors who teach courses on substance abuse. The book presents up-to-date information and current best practices. While it is well recognized that college students are at risk for substance use problems, the difficulties around prevention are legion. ‘Lecturing at’ college students is only marginally effective, but this book describes interventions that work! By introducing the concept that colleges and universities would benefit greatly by creating recovering communities, the book beckons the reader to the future of college-level substance use programming and opens up a whole new topic for pedagogy.” - Joy G. Willmott, Case Western Reserve University, Ohio, USA

Substance use among college students can result in serious academic and safety problems and have long-term negative repercussions. This state-of-the-art volume draws on the latest research on students’ alcohol and drug use to provide useful suggestions for how to address this critical issue on college campuses. Leading researchers from multiple disciplines examine the prevalence and nature of substance use by students; biological and neuropsychological considerations; psychological and social aspects; prevention; and policy. Exemplary programs are presented – including brief interventions, comprehensive prevention programs, and recovery support programs – enhancing the utility of the book for campus-based clinicians and administrators.

Conundrums
A Critique of Contemporary Psychoanalysis

Jon Mills, in private practice, Ontario, Canada

"Jon Mills makes admirable use of his double training as philosopher and practicing psychoanalyst in Conundrums. In this book, he discusses both the improvements and the deficiencies of contemporary relational psychoanalysis, both on the basis of theory and his clinical experience. Thus he praises the more personal, authentic, humane, and reciprocal dimension of psychoanalysis as argued for by interpersonal psychoanalysis, as opposed to some previous theoreticians who argued for a rigid interpretation of neutrality, anonymity, and abstinence. But Mills also argues that relational psychoanalysis overlooks the phenomenon of the patient’s own inner life and Freud's discovery of the challenge to each human being to construct his or her own way of dealing with the demands of impulses. A remarkable and compelling book.”
- Wilfried Ver Eecke, Georgetown University, Washington D.C., USA

"Critique of psychoanalysis, coming from the usual suspects, is a bit of a bore. Coming from the inside by a clinician who is also an academic, is something completely different. History testifies to the fact that there is a rather annoying tradition of burning these critics at the stake. To make things even worse, Mills denudes the philosophical premises of contemporary psychoanalysis (relational, intersubjective, and postmodern) with great erudition. The net result is that the reader receives an insightful view into the psychoanalytic conundrum, as well as arguments against (e.g., Grunbaum’s critique, psychoanalytic authoritarianism, and sectism). The book ends with a further elaboration of a systematic psychoanalytic metaphysics, explaining how the unconscious generates mind. Psychoanalysis has a future as long as there are colleagues like Jon Mills.”
- Paul Verhaeghe, University of Ghent, Belgium

This is the first book of its kind to offer a sustained critique of contemporary psychoanalytic thought favoring relational, postmodern, and intersubjective perspectives, which largely define American psychoanalysis today. Conundrums turns an eye toward the philosophical underpinnings of contemporary theory; its theoretical relation to traditional psychoanalytic thought; clinical implications for therapeutic practice; political and ethical ramifications of contemporary praxis; and its intersection with points of consilience that emerge from these traditions. Central arguments and criticisms advanced throughout the book focus on operationally defining the key tenets of contemporary perspectives; the seduction and ambiguity of postmodernism; the question of selfhood and agency; illegitimate attacks on classical psychoanalysis; the role of therapeutic excess; contemporary psychoanalytic politics; and the question of consilience between psychoanalysis as a science versus psychoanalysis as part of the humanities. The historical criticisms against psychoanalysis are further explored in the context of the current philosophical-scientific binary that preoccupies the field.

Core Competencies in the Solution-Focused and Strategic Therapies

Becoming a Highly Competent Solution-Focused and Strategic Therapist

Ellen K. Quick, Kaiser Permanente, California, USA

Dr. Ellen Quick has written a landmark book in Solution-Focused and Strategic Therapy that is the first to address all of the core and clinical competencies involved in Solution-Focused and strategic practice, including developing and maintaining an effective therapeutic alliance with a client, effecting change, and then successfully terminating treatment with that client. It presents the essential knowledge, skills, and attitudinal components of each competency, with an emphasis on demonstrating the application of each competency in actual clinical practice. This book describes how highly competent Solution-Focused and strategic therapists “lead from behind,” amplify client strengths, and shift gears when something is not working well enough. With extended case material and session transcriptions, the competencies of Solution-Focused and strategic therapy come alive, as if readers are directly observing a master therapist.

Counselor Preparation
Programs, Faculty, Trends

Thirteenth Edition

Edited by Wendi K. Schweiger, NBCC International, North Carolina, USA, Donna A. Henderson, Wake Forest University, North Carolina, USA, Kristi McCaskill, Thomas W. Clawson, and Daniel R. Collins, all at NBCC, USA

Co-published with the National Board for Certified Counselors (NBCC), Counselor Preparation is the only all-inclusive, longitudinal national study of counselor preparation programs. It is an outstanding reference for faculty, administrators, students, and practitioners alike. Not only does it offer comparative data for administrative decisions, it also affords students the only comprehensive means available to evaluate an American institution's ability to meet personal requirements, academic needs, and career goals. This thirteenth edition of a book that has become an indispensable tool in the counseling field is thoroughly revised and updated. Informative new chapters critically examine the state of the profession now and predict future trends. The only book of its kind, including information drawn from a unique, online survey completed by department chairs, program heads, and professors, Counselor Preparation continues to be an industry standard.

Crisis Education and Service Program Designs
A Guide for Administrators, Educators, and Clinical Trainers

Revised Edition

Miracle R. Hoff, Minnesota State University–Moorhead, USA, and Lee Ann Hoff, University of Massachusetts, USA

Crisis Education and Service Program Designs, Revised Edition, is a guide for educators, administrators, and clinical trainers who may otherwise feel ill-prepared for the complex tasks of teaching, program development, supervision, and consultation in the crisis-care arena. The book provides a framework for more systematic inclusion of crisis content (such as critical life events, violence, victimization, suicide, and psychiatric emergencies) in health and human-service programs. Further, it offers criteria for developing educational programs and practice protocols that balance attention to the psychosocial and biomedical needs of people in distress and crisis.

By clearly delineating what crisis care is and is not, the revised Crisis Education and Service Program Designs shows that this facet of mental-health care is neither a mere band-aid nor a panacea for what ails the healthcare system. Instead, it is an essential element of the total health-service delivery system that recognizes the whole human being, not only his or her medical or psychiatric diagnosis. Readers will find that this book fills the current gaps in knowledge and training, and fosters a more holistic practice by all human-service professionals. It shows how effective leadership, training, and timely support contribute to crisis workers’ effective practice with people in crisis.


Hb: 978-0-415-88899-8: £24.99/$39.95 £22.49/$35.96
Published by Routledge
Evaluation of Peer and Prevention Programs
A Blueprint for Successful Design and Implementation

David Black, Purdue University, Indiana, USA, Elizabeth Foster, University of North Carolina–Wilmington, USA, and Judith A. Tindall, Psychological Network, Inc., Missouri, USA

This user-friendly training manual will meet the needs of peer program and prevention program professionals by providing step-by-step instructions for setting-up an evaluation program. It addresses the essential components of the evaluation process and guides professionals through the planning, development, implementation, and data collection stages. The authors establish a rationale for program evaluation, explaining how it differs from research, and discuss ways to align the vision, mission, and goals of a program. They then describe several approaches to evaluation and methods for successfully collecting and analyzing data. Methods for reporting the results of evaluations are also considered. An accompanying CD contains evaluation forms, handouts, and other useful materials.

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. Each chapter is also supplemented by recommended strategies for utilizing the assessment tools, as well as by case studies and observational method matrices. Readers will find the second edition of Family Assessment to provide the same comprehensive evaluation and thorough analysis as the first edition but with a fully updated focus that will invigorate the work of researchers, educators, and clinicians.


Hb: 978-0-415-89406-7: £56.99/$89.99 £51.29/$80.99
Series: Family Therapy and Counseling
Published by Routledge
Friendships in Childhood and Adolescence

Catherine L. Bagwell, University of Richmond, Virginia, USA, and Michelle E. Schmidt, Moravian College, Pennsylvania, USA

“This clear and authoritative book is a splendid resource for all those interested in children’s friendships – their drama and excitement, pleasures and problems. It covers a broad range of topics with exemplary thoroughness; where the research findings are inconsistent, the authors keep a sharp eye on the empirical evidence. The focus includes topics of clinical interest, such as attachment relationships, antisocial and aggressive behavior, deviance, and what is known from intervention studies. Most strikingly, the book highlights key questions raised by the research findings and by the gaps in what we know. This questioning approach makes it a stimulating read, of real value for upper-level undergraduates, graduate students, and their teachers.”

- Judy Dunn, Institute of Psychiatry, King’s College London, UK

Highly readable and comprehensive, this volume explores the significance of friendship for social, emotional, and cognitive development from early childhood through adolescence. The authors trace how friendships change as children age and what specific functions these relationships play in promoting adjustment and well-being. Compelling topics include the effects of individual differences on friendship quality, ways in which certain friendships may promote negative outcomes, and cutting-edge research approaches. Examining what clinicians, educators, and parents can do to help children who struggle with making friends, the book reviews available interventions and identifies important directions for future work in the field.

Contents:
Handbook of Art Therapy
Second Edition

Edited by Cathy A. Malchiodi, National Institute for Trauma and Loss in Children, Michigan, USA

“This extraordinary volume is packed with state-of-the-art research and wisdom from renowned practitioners. Like the first edition, it will be a 'must read' for years to come for graduate students and practitioners in art therapy and allied fields, and for any therapist who uses art expression in clinical work. It is clinician friendly and eminently useful.” - David A. Crenshaw, Rhinebeck Child and Family Center, New York, USA

Widely regarded as the standard reference in the field, this Handbook provides a complete overview of art therapy, from theory and research to practical applications. Leading practitioners demonstrate the nuts and bolts of arts-based intervention with children, adults, families, couples, and groups dealing with a wide range of clinical issues. Rich with illustrative case material, the volume features nearly 100 sample drawings and other artwork. The inclusion of diverse theoretical approaches and practice settings makes the Handbook eminently useful for all mental health professionals interested in using art in evaluation and treatment.

New to this edition:
- incorporates the latest clinical applications, methods, and research
- chapter on art materials and media (including uses of new technologies)
- chapters on intervening with domestic violence survivors, bereaved children, and military personnel
- expanded coverage of neuroscience, cultural diversity, and ethics.

Contents:
Part I: The Art and Science of Art Therapy
- Vick, A Brief History of Art Therapy.
- Malchiodi, Art Therapy and the Brain.
- Malchiodi, Art Therapy Materials, Media, and Methods.
- Malchiodi, Art Therapy in Practice: Ethics, Evidence, and Cultural Sensitivity.

Part II: Clinical Approaches to Art Therapy
- Malchiodi, Psychoanalytic, Analytic, and Object Relations Approaches.
- Malchiodi, Humanistic Approaches.
- Riley, Solution-Focused and Narrative Approaches.
- Malchiodi, Developmental Art Therapy.
- Malchiodi, Expressive Arts Therapy and Multimodal Approaches.

Part III: Clinical Applications with Children and Adolescents
- Tanaka, Urhausen, Drawing and Storytelling as Psychotherapy with Children.
- Steele, Kuban, Using Drawing in Short-term Trauma Resolution.
- Gil, Art and Play Therapy with Sexually Abused Children.
- Safran, An Art Therapy Approach to Attention-Deficit/Hyperactivity Disorder.
- Gabriels, Gaffey, Art Therapy with Children on the Autism Spectrum.
- Council, Medical Art Therapy with Children.
- Miller, Art Therapy with Adolescents.

Part IV: Clinical Applications with Adults
- Gladding, Art in Counseling.
- Malchiodi, Creativity and Aging: An Art Therapy Perspective.
- Spaniol, Art Therapy with Adults with Severe Mental Illness.
- Wilson, Art Therapy in Addictions Treatment: Creativity and Shame Reduction.
- Malchiodi, Art Therapy with Combat Veterans and Military Personnel.
- Malchiodi, Miller, Art Therapy and Domestic Violence.

Part V: Clinical Applications with Groups, Families, and Couples
- Waller, Group Art Therapy: An Interactive Approach.
- Liebmann, Developing Themes for Art Therapy Groups.
- Klorer, Group Approaches with Sexually Abused Children.
- Rozum, Art Therapy with Children in Grief and Loss Groups.

Part VI: Art-based Assessments
- Malchiodi, A Brief Overview of Art-based Assessments.
- Kaplan, What Art Can and Cannot Tell Us.
- Appendix A: Credentials, Education, Supervision, Standards of Practice, and Ethical Standards.

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US/Canadian customers please visit www.guilford.com
**Handbook of Counseling Military Couples**

Edited by **Bret A. Moore**, former U.S. Army Psychologist, Texas, USA

The military imposes unique and often severe challenges to couples, which clinicians – particularly the growing numbers of civilian clinicians who see military couples – 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 and shows clinicians how to address them productively. In the chapters, readers will find the answers to questions such as how are military couples’ rights different from those of civilians? What attitudes and beliefs about relationships might military members bring to a session, and how are those different from those of civilians? What is the state of marriage and divorce in each of the branches and within the military in general? For a particular treatment modality, how does research in with military members compare to that of civilians? When should particular treatment strategies be used, and why – and how?

Handbook of Health Psychology
Second Edition

Edited by Andrew Baum, University of Texas at Arlington, USA, Tracey A. Revenson, City University of New York, USA, and Jerome Singer, Uniformed Services University, Maryland, USA

“[The first edition was the tightest, most comprehensive book on the market and it made for good reading. … [This] edition … [will] provide an up to date sense of what it takes to be a health psychologist.” - Regan A. R. Gurung, University of Wisconsin-Green Bay, USA

Considered the most comprehensive Handbook in the field, this new edition reviews the latest approaches to the most critical topics in health psychology today. This edition maintains the bio-psycho-social model framework. It cuts across concepts (e.g., behavior change), populations (e.g., women’s health), risk and protective factors (e.g., obesity) and diseases, making it appropriate for a variety of readers from various fields.

The contributors include the top researchers and rising stars in the field. Each author provides a theoretical foundation, evaluates the empirical evidence, and makes suggestions for future research, clinical practice, and/or policy. Novices to the field appreciate the accessibly written chapters, while seasoned professionals appreciate the book’s deep, cutting edge coverage.

The second edition reflects the enormous progress that has been made in the connections among the bio-psycho-social components of health, behavior, and illness. This model has been expanded across several levels of analysis, including cultural, macro-social, and cellular factors. The second edition also features:

- greater emphasis on translating research into practice and policy
- two new sections on risk and protective factors for disease and another on social and structural influences that affect health such as socioeconomic status, reflect the current scholarship in the field
- more on prevention and/or interventions and treatment in the applications section.

The book opens with the field’s central theories including a “newer” stress theory that emphasizes the interaction of biological and social systems. Part II reviews the mechanisms that help explain the link between health and behavior across diseases and populations. The all new Part III focuses on variables that lead to the onset and progression of major diseases or that are instrumental in promoting health. These factors can be behavioral (e.g., smoking, exercise), psychological (e.g., personality, depression) or a combination of the two (e.g., obesity). Part IV, also new to the second edition, highlights the social and structural influences on health. The book concludes with applications of research to specific disorders.


Click here for more information or to order online
Harnessing the Power of Equine Assisted Counseling
Adding Animal Assisted Therapy to Your Practice

Edited by Kay Sudekum Trotter, Counseling Services PLLC, Texas, USA

This book will help licensed professional counselors incorporate Equine Assisted Counseling (EAC) into their practices, even those who have no prior experience working with horses. It provides a strong research foundation for understanding the efficacy of equine assisted interventions and the potentially powerful impact that a horse can have in creating a new counseling dynamic. Chapters address using horses to help clients dealing with various traumas and abuse, anxiety, depression, atypical behaviors, and social skills and communication issues. One chapter is written by the internationally renowned “horse whisperer” Pat Parilli and offers a look at EAC from the horse's point of view and describes the process of developing a relationship with the horse in a positive, safe, and respectful manner, an important topic to ensure the well-being of the horse throughout a session. Counselors will find this a valuable resource for understanding and utilizing EAC as a new resource in their own practices, as will students seeking to learn about this innovative approach.

Integrative Assessment of Adult Personality

Third Edition

T. Mark Harwood, in private practice, Illinois, USA, Larry E. Beutler, Pacific Graduate School of Psychology, California, USA, and Gary Groth-Marnat, in private practice, California, USA

“Every once in a great while, a book comes along that is truly indispensable. Integrative Assessment of Adult Personality is such a book. Comprehensive, authoritative, and scholarly, the third edition will be a valuable addition to any practitioner’s library, and is well suited as a text for graduate courses in psychological assessment.” - Robert F. Krueger, University of Minnesota, USA

“As both a classroom text and a practitioner reference, this volume provides considerable insight into the importance of an integrated approach to assessment across clinical, research, forensic, and educational settings. It is an essential work that incorporates principles, procedures, and tests into a single volume. I enthusiastically recommend this book to all mental health professionals and their trainees. The third edition attests to these outstanding authors’ continuing contributions to the field.” - Terence M. Keane, VA National Center for Posttraumatic Stress Disorder and Boston University School of Medicine, USA

A complete, thorough, and pragmatic guide to clinical assessment, this authoritative book meets a key need for both students and practitioners. The authors describe how to construct a “moving picture” of each patient by integrating data from a variety of sources. Included are detailed, systematic reviews of widely used instruments together with strategies for selecting the best methods for particular referral questions. Readers learn to conduct integrated assessments that take the complexities of the individual personality into account, serve as the basis for developing an effective treatment plan, and facilitate meaningful reporting and client feedback.

New to this Edition:

- incorporates the latest research findings and assessment/treatment planning tools
- chapters on the Personality Assessment Inventory and the NEO-PI-R and NEO-PI-3
- a new extended case example runs throughout the chapters
- critically evaluates the recently published MMPI-2-RF.

Contents:

Beutler, Rosner, Groth-Marnat, Harwood, Tong

Hb: 978-1-60918-650-0: £46.95 £42.26
Published by Guilford Press

Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
Mistakes are often an inevitable part of training; Learning from Mistakes in Rational Emotive Behaviour Therapy encourages the trainee to pinpoint potential errors at the earliest possible stage in training, helping them to make fast progress towards becoming competent REBT practitioners.

Windy Dryden and Michael Neenan have compiled 111 of the most common errors, explaining what has gone wrong and how to put it right, and have divided them into eight accessible parts:

- general mistakes
- assessment mistakes
- goal-setting mistakes
- disputing mistakes
- homework mistakes
- mistakes in dealing with client doubts and misconceptions
- working through mistakes
- self-maintenance.

Learning from Mistakes in Rational Emotive Behaviour Therapy is an indispensable guide for anyone embarking on a career in the REBT field.

Loneliness and Longing
Conscious and Unconscious Aspects

Edited by Brent Willock, Toronto Institute for Contemporary Psychoanalysis, Canada, Lori C. Bohm, The William Alanson White Institute, New York, USA, and Rebecca Coleman Curtis, Adelphi University, New York, USA

“A fascinating, original contribution to a neglected area in the psychoanalytic literature, with wide and deep ramifications. As a psychoanalytic treatment of an everyday human experience, it represents a genre of which I would like to see more. Psychoanalysis can only benefit by leaving the ivory tower of metapsychology and descending into the hurly burly of quotidian life in a way which enriches our understanding of familiar human dilemmas.” - Karl Loszak, in private practice, Toronto, Canada

We all experience loneliness at some time in our lives and it often motivates people, consciously or otherwise, to enter treatment. Yet it is rarely explicitly addressed in psychoanalytic literature. Loneliness and Longing rectifies this oversight by thoroughly exploring this painful psychological state.

In this book contributors address the inner sense of loneliness – that is feeling alone even in the company of others – by drawing on different aspects of loneliness and longing. Topics covered include:

• loneliness in the consulting room
• the relationship between loneliness and love
• the effects of social networking and the internet
• how loneliness changes throughout the life-cycle
• healing the analyst’s loneliness.

Loneliness and Longing draws on both theory and practice to discuss ways to help people to understand and cope with this important emotional state, encouraging them to make loneliness and longing less pervasive in their lives. This will be ideal reading for analysts, psychotherapists, and related practitioners facing the challenges of loneliness in their consulting rooms.

Making Inclusion Work for Students with Autism Spectrum Disorders

An Evidence-Based Guide

Tristram Smith, University of Rochester Medical Center, New York, USA

“This is a very useful book! It is full of examples of specific activities and strategies for educating children and adolescents of all ages who have symptoms of varying severity. It is written with clarity and ease of access. The book is quite a treasure for launching new teachers into their classroom careers, and will also be useful for experienced teachers who need to update their skills to be effective with learners with autism spectrum disorders (ASD).” - Sandra L. Harris, The State University of New Jersey, USA

“This book should be on the desk of every teacher and special educator working with children with ASD. The book gives concrete information on how to use evidence-based procedures in general education. It is comprehensive, highly readable, and filled with useful examples and worksheets.” - Svein Eikeseth, NOVA Institute for Children with Developmental Disorders, Norway

An indispensable resource for educators and autism specialists, this highly practical book shows how to include students with autism spectrum disorders (ASD) in general education settings. Presented is a research-based, step-by-step process for assessing students at a range of skill levels, planning and implementing successful inclusion programs, and working as a team with other professionals and with parents. The book is packed with specific strategies for helping students with ASD follow the daily routine, learn from the general education curriculum, interact with peers, and overcome problem behavior.

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

"Cummings and Davies have done it again! This is a superb book, combining years of programmatic research with keen insights and a constant eye toward practical applications for practitioners and the parents they work with. Marital Conflict and Children is 'must' reading for researchers and practitioners in psychology, family therapy, and associated disciplines, as well as a great text for upper-division undergraduate and graduate classes." - Robert E. Emery, University of Virginia, USA

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. The volume presents a new conceptual framework that draws on current knowledge about family processes; parenting; attachment; and children's emotional, physiological, cognitive, and behavioral development. Innovative research methods are explained and promising directions for clinical practice with children and families are discussed.


Order online for a 10% discount, free shipping available on UK orders over £20. US/Canadian customers please visit www.guilford.com
In this book Steven F. Walker considers the midlife transition from a Jungian and Eriksonian perspective by providing vivid and powerful literary and cinematic examples that illustrate the psychological theories in a clear and entertaining way.

For C.G. Jung, midlife is a time for personal transformation, when the values of youth are replaced by a different set of values, and when the need to succeed in the world gives place to the desire to participate more in the culture of one's age and to further its development in all kinds of different ways. Erik Erikson saw “generativity,” an expanded concern for others beyond one's immediate circle of family and friends, as the hallmark of this stage of life. Both psychologists saw it as a time for growth and renewal. Literary texts such Virginia Woolf's *Mrs. Dalloway*, Shakespeare's *Antony and Cleopatra*, or Sophocles’ *Oedipus the King*, and films such as Fellini's *8 ½* and Campion's *The Piano*, have the capacity to represent, sometimes more vividly and with greater dramatic concentration than actual life histories or case studies, the archetypal nature of the drama and in-depth transformation associated with the midlife transition.

Midlife Transformations in Literature and Film focuses on the specific male and female archetypal paradigms and presents them within the general context of midlife transformation. For men, the theme of death of the young hero presides over the crisis and the transformative ordeal, whereas for women the theme of tragic abandonment acts as the prelude to further growth and independence.

This book is essential reading for anyone studying Jung, Erikson, or the midlife transition. It will interest those who have already been through a midlife transition, those who are in the midst of one, as well as those who are yet to experience this challenging period.
Motivational Interviewing in Social Work Practice

Melinda Hohman, San Diego State University, USA

“Providing an accessible, practical description of why and how to integrate motivational interviewing (MI) into social work practice, this text offers an invaluable discussion of one of the most empirically supported intervention approaches in the field today. With the charge to move towards evidence-based practice in social work, beginning and advanced practitioners alike will appreciate the fact that MI has been tested in nearly 300 clinical outcome studies. Hohman and colleagues offer detailed transcripts and clinical vignettes that break down the MI process into discrete, readily learned chunks. Students in foundation and advanced courses on social work practice, addictions treatment, and health and mental health social work will benefit from learning how MI principles and techniques can be applied to address the real-world challenges of common clinical scenarios.” - Eric L. Garland, Florida State University, USA

Motivational interviewing (MI) offers powerful tools for helping social work clients draw on their strengths to make desired changes in their lives. This reader-friendly book introduces practitioners and students to MI and demonstrates how to integrate this evidence-based method into direct practice. Melinda Hohman and her associates describe innovative applications for diverse clients and practice areas, including substance abuse treatment, mental health, child welfare, community organizing, and others. Extensive sample dialogues illustrate MI skills in action with individuals and groups. The book also presents best practices for MI training, teaching, and agency-wide integration.

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Series: Applications of Motivational Interviewing  
Published by Guilford Press

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US/Canadian customers please visit www.guilford.com
Practicing Harm Reduction Psychotherapy
An Alternative Approach to Addictions
Second Edition

Patt Denning and Jeannie Little, both at the Harm Reduction Therapy Center, San Francisco, USA

“The second edition develops the treatment model in great detail and provides a wide range of valuable harm reduction resources – for example, guidelines for combining psychotherapy with medication for patients with serious comorbidity. An excellent practical reference for general mental health practitioners and addiction specialists.”
- Linda Carter Sobell and Mark B. Sobell, Nova Southeastern University, Florida, USA

“The second edition of Practicing Harm Reduction Psychotherapy is a book whose time has come. Harm reduction is finally recognized as a basic concept that needs to inform the treatment of all clients with substance use problems, particularly those who have co-occurring disorders. Denning and Little clearly position harm reduction as a current, integrated, nondogmatic, client-centered treatment approach.”
- Shulamith Lala Ashenberg Straussner, New York University, USA

This acclaimed clinical guide has helped thousands of clinicians put the proven principles of harm reduction into practice with therapy clients who have substance use problems. Written by pioneers in the field, the book shows how to do effective therapeutic work with people still using alcohol or other drugs. It provides clear guidelines for conducting comprehensive assessments, making collaborative treatment decisions, and implementing interventions that combine motivational, cognitive-behavioral, and psychodynamic strategies. The focus is reducing drug-related harm while also addressing co-occurring psychological and emotional difficulties. Detailed clinical illustrations are featured throughout.

New to this edition:
- reflects over a decade of research advances and the tremendous growth of harm reduction clinical practice and training
- section on applications, with chapters on community-based settings, harm reduction groups, and working with families and friends
- chapters on biological and psychodynamic aspects of treatment
- expanded discussions of trauma, cultural sensitivity, and ethics
- supplemental resources and training materials at the authors’ website: www.harmreductiontherapy.org.


Published by Guilford Press
Professional Counseling Excellence through Leadership and Advocacy

Edited by Catherine Y. Chang, Georgia State University, USA, Casey A. Barrio Minton, University of North Texas, USA, Andrea L. Dixon, University of Florida, USA, Jane E. Myers, University of North Carolina – Greensboro, USA, and Thomas J. Sweeney, Ohio University, USA

This book is intended as a resource for counseling students and educators to help incorporate leadership and advocacy training into the counseling curriculum, based on the new standards set forth by CACREP. It identifies the historical context of leadership and advocacy, provides a framework from which to understand these concepts, and provides concrete examples of leadership and advocacy happening in the field today. The chapter authors first consider the foundations of leadership in counseling, including the history of leadership in counseling and Chi Sigma Iota’s role over the past 25 years; the theoretical, philosophical, and research foundations of leadership; principles and competencies of counseling leadership necessary to leading well; and developing a personal style of leadership. The next section on the foundations of advocacy covers both professional and client advocacy, stressing the importance of both their purposes, practice, competencies, training, and obstacles. Leadership and advocacy roles in counseling are then discussed, with authors describing the design of an effective counselor education curriculum, supervision of counselors, and leadership and advocacy practice in various counseling settings. Finally, the future directions for counseling leadership and advocacy are considered.

Psychosis as a Personal Crisis
An Experience-Based Approach

Edited by Marius Romme and Sandra Escher, both at Intervoice, Maastricht, the Netherlands

“In the entire book, there is a laudable effort to free voice hearers from social silence and stigma, and to promote their participation in self-help groups and forums with other persons who live with or lived through similar experiences. For this reason, this book is also of fundamental value for the persons who hear voices, for their family and friends. It is also necessary reading for any person interested in this innovative therapeutic avant-garde approach because the Hearing Voices Movement is one of social liberation.” - Manuel González de Chávez, From the Foreword

Psychosis as a Personal Crisis seeks to challenge the way people who hear voices are both viewed and treated. This book emphasises the individual variation between people who suffer from psychosis and puts forward the idea that hearing voices is not in itself a sign of mental illness.

In this book the editors bring together an international range of expert contributors, who in their daily work, their research or their personal acquaintance, focus on the personal experience of psychosis.

Further topics of discussion include:

• accepting and making sense of hearing voices
• the relation between trauma and paranoia
• the limitations of contemporary psychiatry
• the process of recovery.

This book will be essential reading for all mental health professionals, in particular those wanting to learn more about the development of the hearing voices movement and applying these ideas to better understanding those in the voice hearing community.

Psychosocial Assessment and Treatment of Bariatric Surgery Patients

Edited by James E. Mitchell, University of North Dakota, USA, and Martina de Zwaan, University Hospital of Erlangen, Germany

“This is a timely and unusually comprehensive volume. Previously under-described domains are meticulously reviewed and chapters provide state-of-the-art information for researchers and clinicians. This book is the reference for bariatric psychology and psychiatry.” - Leslie J. Heinberg, Cleveland Clinic Lerner College of Medicine, Ohio, USA

“Mitchell and de Zwaan have compiled a practical and clear reference book. It has comprehensive pre- and post-surgical information for long-term success with bariatric surgery. Every professional working with bariatric surgery patients should read this book.” - Kelli E. Friedman, Duke Center for Metabolic and Weight Loss Surgery, North Carolina, USA

Bariatric surgery plays an important role in the treatment of obesity; in this comprehensive resource the worldwide leaders of the field provide the most up-to-date information on the psychosocial issues that affect their patients. Included is an overview and history of surgical procedures, complete with illustrations, practical advice on topics such as physical activity and nutritional care after surgery, and essential information that allows clinicians to assist their clients as much as possible; for example, how pre-weight loss surgery psychosocial evaluations can serve as clinical interventions in their own right, and how structured interviews and questionnaires can be used in multiple contexts such as screening, treatment planning, and prognostic assessment. A distinctive chapter includes an overview of the special issues present in treating adolescents, who increasingly are the target of bariatric surgery procedures. This book is an essential reference for clinicians from the evaluation through the follow-up and aftercare of bariatric surgery patients.

Relational Child, Relational Brain
Development and Therapy in Childhood and Adolescence

Edited by Robert G. Lee, Gestalt Institute of Cleveland, Ohio, USA, and Neil Harris, Family Futures Consortium, London, UK

Volume II in the Evolution of Gestalt series, Relational Child, Relational Brain continues the development of the paradigm shift that places human development in a field that is deeply complex and fundamentally one of interconnection, taking us away from the limiting view of us as separate individuals.

It builds on the foundation of contemporary views of relational neurodevelopment and the profound influence of relationship on brain growth. It shows how, particularly in the first two years of life, but continuing across the whole of childhood and adolescence into early adulthood, the relational field is the context of child development. The focus then broadens out to examine the intersubjective influence of community, culture, and social and physical support. Backed by neurobiological and related research, it offers many examples of relational Gestalt practice with children, adolescents, and their families, with stories of loss, trauma, isolation, and other adversities.

Not just an invaluable resource for child and adolescent therapists, Relational Child, Relational Brain goes beyond the Esalen Study Conference from which it emerged and is a further invitation and challenge to apply relational Gestalt practice as a coherent and effective way forward in the troubled world of today.

Renegotiating Family Relationships
Divorce, Child Custody, and Mediation
Second Edition
Robert E. Emery, University of Virginia, USA

“Emery has done it again. This book presents the art and science of understanding the psychological pain associated with marital separation and helping families make the transition through and beyond divorce. The second edition documents significant advances in knowledge about the intervention pathways that influence emotional recovery for all family members. With a focus on mediation, the book draws on insights from Emery’s own ‘gold-standard’ longitudinal study and his extensive clinical experience, together with the latest international research on family dispute resolution. Emery’s trademark humor and warmth and the assured hand of a master scientist-practitioner are evident throughout.”
- Jennifer E. McIntosh, Family Transitions, Melbourne, Australia

“This outstanding book contains many clinical insights into the emotions and dynamics of couples going through divorce, in the context of the best and most recent research. Emery provides an excellent overview of child custody issues and dispute resolution procedures. The clear writing style makes the book readily accessible to a wide range of readers. All practitioners who work with divorcing couples – as well as researchers who study divorce – will want to own a copy. Educators will find it a definitive text for graduate seminars and upper-level undergraduate courses on divorce and family law. Emery is one of our best and brightest, and the second edition of this important work represents a major step forward in our understanding of divorce.”
- Paul R. Amato, The Pennsylvania State University, USA

Long recognized as the authoritative guide for clinicians working with divorcing families, this book presents crucial concepts, strategies, and intervention techniques. Robert E. Emery describes how to help parents navigate the emotional and legal hurdles of this painful family transition while protecting their children’s wellbeing. The book is grounded in cutting-edge research on family relationships, parenting, and children’s adjustment, including Emery’s ground breaking longitudinal study of the impact of divorce mediation versus litigation. It provides a detailed treatment manual for mediating custody and other disputes, developing collaborative parenting plans, and fostering positive postdivorce family relationships.

New to this edition:
• reflects the latest psychological research and divorce and custody law
• chapters on understanding and addressing divorcing partners’ anger and grief treatment manual chapters have been extensively revised
• incorporates the author’s 12-year follow-up study.

Contents:
Rethinking Learning Disabilities
Understanding Children Who Struggle in School

Deborah P. Waber, Children’s Hospital Boston, USA

“Waber’s developmental approach – addressing the abilities and disabilities of both children and their environments – is clear sighted, refreshing, brilliant, and hopeful.” - David Rose, Graduate School of Education, Massachusetts, USA

“Must’ reading for anyone interested in how advances in cognitive neuroscience are changing the way we think about the many children who struggle in school, and how this new science can lead to more humane, individualized education.” - Bruce F. Pennington, University of Denver, USA

Experts have yet to reach consensus about what a learning disability is, how to determine if a child has one, and what to do about it. Leading researcher and clinician Deborah Waber offers an alternative to the prevailing view of learning disability as a problem contained within the child. Instead, she shows how learning difficulties are best understood as a function of the developmental interaction between the child and the world. Integrating findings from education, developmental psychology, and cognitive neuroscience, she offers a novel approach with direct practical implications. Detailed real-world case studies illustrate how this approach can promote positive outcomes for children who struggle in school.


Published by Guilford Press
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 is one of the most impressive works on family theory in decades. Its scope is quite impressive, ranging from philosophical issues to applied issues. The writing is... clear and the use of quotes from family members is refreshing.... There is a clear need for a book [that] addresses both the positive and negative aspects of religion and the family. I think the authors have hit gold in their core proposition that the experience of the sacred is an important domain of family life, irrespective of religious belief or even participation.” - William Doherty, University of Minnesota, USA

This book reviews and 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.

The book features:
- a new conceptual framework that provides insight into how, when, and why sacred matters help and hurt families
- an examination of the impact of “religious” ideas on family life including forgiveness, sacrifice, prayer, and sanctification
- a review of both qualitative and quantitative research collected in a variety of ways from people with different religious perspectives in different geographical areas.

The first chapter introduces the ways sacred processes help and hinder families and the authors’ new theory. The book then explores the research about forgiveness in families, the role of various forms of asking and seeking help such as prayer and meditation, and how sacrificing in families is helpful and harmful. Next the ways loving behavior helps families flourish and the dysfunctionality that exists in some modern families is explored. Ways of coping with conflict in loving ways such as patience and cooperation, and ways of dealing with negative emotions, are explored in chapters 7 and 8. Next the role of sanctification in families is reviewed followed by a chapter that shows how a generative approach to posterity can be both helpful and harmful. The morality chapter discusses how consistency in values and behavior can be helpful and harmful to families. The psychosocial aspects of religion are explored in chapter 12. A review of the relationship between the authors’ theory and other family studies theories is provided in chapter 13. Chapters 14 and 15 examine the tools used in proposing a new theory including the questions to ask and the methods used.

Researchers, practitioners, and advanced students in family studies and religion will find this book’s new theory intriguing. As such it will serve as a supplementary text for graduate and advanced undergraduate courses in religion and families, marriage and family counseling, the psychology of religion taught in departments of human development and family studies, psychology, religion, marriage and family counseling, pastoral counseling, sociology, and social work.

School Psychology for the 21st Century
Foundations and Practices

Second Edition

Kenneth W. Merrell, University of Oregon, USA, Ruth A. Ervin, University of British Columbia, Canada, and Gretchen Gimpel Peacock, Utah State University, USA

“This is a great text for introducing students to the roles and functions of the school psychologist. The authors have done an outstanding job of providing a solid and complete foundation for school-based service delivery. I have used this text in graduate training and look forward to incorporating the updated second edition into my courses. I particularly appreciate the expanded discussion of multi-tiered service delivery frameworks, such as response to intervention.”

- Sandra M. Chafouleas, University of Connecticut, USA

“The second edition of School Psychology for the 21st Century builds on what was already an excellent, comprehensive text. Updated and expanded coverage of the impact of IDEIA reauthorization, professional ethics, and a number of other key areas keeps the material timely and useful. Thankfully, the book retains all of the elements that make it the selection of choice for most Introduction to School Psychology courses.”

- T. Chris Riley-Tillman, East Carolina University, USA

A leading introductory text, this authoritative volume comprehensively describes the school psychologist’s role in promoting positive academic, behavioral, and emotional outcomes for all students. The book emphasizes a problem-solving-based, data-driven approach to practice in today’s diverse schools. It grounds the reader in the concepts and tools needed to become a competent, ethical practitioner; implement and evaluate multi-tiered interventions; and facilitate systems-level change. Useful pedagogical features include illustrative vignettes and end-of-chapter discussion questions and activities.

New to this Edition

- incorporates up-to-date research findings and professional standards
- expanded coverage of response to intervention, cultural and linguistic diversity issues, and evidence-based practice in mental health
- chapter on legal issues includes expanded coverage of IDEIA and other recent federal mandates.

Contents:

- Introduction to the Field of School Psychology
- The Historical Context of School Psychology
- The Changing Face of School Psychology: Responding Effectively to Cultural and Linguistic Diversity
- Becoming a School Psychologist: Training and Credentialing Issues
- Working as a School Psychologist: Employment Trends, Opportunities, and Challenges
- Legal and Ethical Issues in School Psychology
- Facilitating Change through Data-driven Problem Solving: A Model for School Psychology Practice
- The School Psychologist’s Role in Assessment: Models, Methods, and Trends in Gathering, Organizing, and Analyzing Data
- The School Psychologist’s Role in Collaborating, Consulting, and Facilitating Systems Change
- The School Psychologist’s Role in Research and Evaluation
- Moving the Field Forward: Mapping the Future of School Psychology

Appendices

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US/Canadian customers please visit www.guilford.com
School Rampage Shootings and Other Youth Disturbances

Early Preventative Interventions

Edited by Kathleen Nader, Two Suns Childhood Trauma Program, Texas, USA

School Rampage Shootings and Other Youth Disturbances and its accompanying CD provide early preventative interventions for elementary-school age children. Building both on research and on decades of experience working with the conditions, traits, and skill failures that have been identified in rampage shooters, the book links these personal child and childhood environmental conditions to a number of symptoms, disturbances, and/or disorders in youth or adulthood, including the expression of rampage violence.

Part I of School Rampage Shootings and Other Youth Disturbances creates a framework for understanding the youths who engage in rampage violence and the factors that contribute to their violence. Part II describes interventions intended to prevent the likelihood of rampage violence, related forms of school-based aggression, and other internalizing and externalizing problems and disorders. The materials on the CD lay out exercises and targeted tactics that mental-health professionals, teachers, and parents, can use to teach coping skills, self-regulation, tolerance, peer support, and empathy.

Strengthening Family Resilience
Second Edition

Froma Walsh, University of Chicago, Illinois, USA

"While most therapists search for a cure for an illness, Walsh explores the potential in families for wellness. This book highlights the multiple causes that may contribute to family distress, and then, with a powerful lens of hope, explores the varied avenues that family members can take to increase family and individual resilience. Strengthening Family Resilience is an antidote to the simplistic labeling of diagnostic manuals. Therapists will change their ways of thinking about healing after reading this remarkable book." - Salvador Minuchin

"Walsh writes in a crystal-clear, practical way. She outlines those factors in human development and community life that foster resilience, and illustrates ways to help families delve inward into untapped spiritual and emotional resources, and reach outward to connect with others. Her framework has the elasticity to encompass the wide variety of families of the 21st century. Walsh’s work transforms the usual pathologizing approach to adversity, offering an uplifting orientation that is deeply needed in our field." - Monica McGoldrick, 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. Useful guidelines and case illustrations address a wide range of challenges: sudden crisis, trauma, and loss; disruptive transitions, such as job loss, divorce, and migration; persistent multistress conditions of serious illness or poverty; and barriers to success for at-risk youth.

The Abyss of Madness

George E. Atwood, Rutgers, The State University of New Jersey, USA

“From the very beginning of his career, George Atwood has immersed himself in the world of madness, doing psychotherapy and psychoanalysis with the most difficult patients – those suffering from psychoses, deep depressions, suicidality, and multiple self-states. He has a unique gift for both understanding and working effectively with such individuals, and this book – primarily a series of case stories – brings them alive as individual personalities, as well as showing his special talents as a therapist. Written in jargon-free, poetic, and highly accessible style, one feels as though one is in a comfortable room, talking with George as psychological difficulties are unraveled, meaning revealed, and terrible and painful histories lived through. There is profound knowledge in this book.” - Louis Breger, author, Freud: Darkness in the Midst of Vision

“At the heart of what is healing in psychotherapy lays a kind of humaneness, understanding, and compassion – one that dissolves the centuries-long barrier between madness and sanity and neutralizes the pathologizing effects of traditional diagnosis. In this volume, George Atwood masterfully recasts the workings of the so-called psychoses and the associated emotional suffering into an insightful and humane understanding of how we experience ourselves and the world in the face of trauma, deprivation, and personal annihilation. Grounded in phenomenological contextualism, his lifelong theorizing and moving clinical narratives clearly reflect his humanity, accessibility, and contemporary clinical sensibility. Understanding madness not as an aberration and diagnosable disease, separate and estranged from what is presumed to be “normal,” his work underscores how emotional suffering and seemingly intractable delusions result from relational contexts centered on traumatic loss and the absence of understanding, responsiveness, and human connection. This volume is as clinically profound and insightful as it is personally accessible and emotionally engaging. It is a must-read for all contemporary clinicians concerned with deepening their understanding of therapeutic action, regardless of their patient population.” - William J. Coburn, International Journal of Psychoanalytic Self Psychology

Despite the many ways in which the so-called psychoses can become manifest, they are ultimately human events arising out of human contexts. As such, they can be understood in an intersubjective manner, removing the stigmatizing boundary between madness and sanity. Utilizing the post-Cartesian psychoanalytic approach of phenomenological contextualism, as well as almost 50 years of clinical experience, George Atwood presents detailed case studies depicting individuals in crisis and the successes and failures that occurred in their treatment. Topics range from depression to schizophrenia, bipolar disorder to dreams, dissociative states to suicidality. Throughout an emphasis on the underlying essence of humanity demonstrated in even the most extreme cases of psychological and emotional disturbance, and both the surprising highs and tragic lows of the search for the inner truth of a life – that of the analyst as well as the patient.

The Anxiety and Worry Workbook
The Cognitive Behavioral Solution

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

“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. A wealth of stories, self-assessment tools, worksheets, and exercises help readers identify their own anxiety triggers and challenge the thoughts and beliefs that lead to distress. By learning to think differently, readers can truly loosen anxiety’s grip – one manageable step at a time.


Pb: 978-1-60623-918-6: £14.95 £13.45
Published by Guilford Press

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US/Canadian customers please visit www.guilford.com

“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, Mental Health Research Unit, University of Derby, UK

“Buy this gem of a book when you are ready to face your anxiety and take the necessary steps to overcome it. Drs. Clark and Beck are leaders in cognitive therapy, which has the highest anxiety treatment success rates in the world. Everyone who has ever felt anxious will recognize themselves in these pages and gain new understanding of what drives their anxiety. Even better, each chapter is packed with worksheets that can help lower anxiety within days and weeks. This is your chance to follow expert guidance with confidence as you take steps toward a calmer, happier future.” - Christine A. Padesky, coauthor of Mind Over Mood

“From world-renowned cognitive therapists, this hands-on, practical, step-by-step workbook can help sufferers free themselves from debilitating anxiety and worry. It is complete with self-help forms that guide the reader in identifying and changing pessimistic and catastrophic thinking. Drs. Clark and Beck offer a clear and empowering roadmap for building a better life.” - Robert L. Leahy, Weill Cornell Medical College, New York, USA
The Archaic
The Past in the Present

Edited by Paul Bishop, University of Glasgow, UK

The Archaic takes as its major reference points C.G. Jung's classic essay, 'Archaic Man' (1930), and Ernesto Grassi's paper on 'Archaic Theories of History' (1990). Moving beyond the confines of a Jungian framework to include other methodological approaches, this book explores the concept of the archaic.

The archaic is defined as meaning 'old-fashioned', 'primitive', 'antiquated'; in fact, much more than something very, very old: it is timeless, inasmuch as it is before time itself. Archē, Urgrund, Ungrund, 'primordial darkness', 'eternal nothing' are names for something essentially nameless, yet whose presence we nevertheless intuit.

This book focuses on the reception of myth in the tradition of German Idealism or Romanticism (Creuzer, Schelling, Nietzsche), which not only looked back to earlier thinkers (such as Jacob Boehme), but also laid down roots for developments in twentieth-century thought (Ludwig Klages, Martin Heidegger). The Archaic also includes:

- studies of the Germanic dimension of the archaic (Charles Bambach, Alan Cardew)
- a discussion of the mytho-phenomenological approach to the archaic (Robert Josef Kozljanič)
- a series of articles on Jung's understanding of the archaic (Paul Bishop, Susan Rowland, Robert Segal).

This book will be of interest to psychoanalysts, anthropologists and phenomenologists, as well as students of psychology, cultural studies, religious studies, and philosophy, as it seeks to rehabilitate a concept of demonstrable and urgent relevance for our time.

This edited resource manual contains information pertaining to developing and instructing course work in Counselor Education in both the Clinical Mental Health Counseling (CMHC) and the School Counseling (SC) Programs at the Master’s level. It’s main objectives are to establish a rationale and format for incorporating active learning across the Counselor Education curriculum; provide material that closely meets the CACREP guidelines for that content area to emerging, new, and established educators developing courses in CMHC or SC programs; and provide active learning strategies that can be incorporated into classroom lessons to emerging, new, and established educators instructing courses in CMHC or SC programs.

Chapters are written by a variety of Counselor Educators in the field, cover courses in various different subjects, and include:

- a rationale for the course
- objectives for the course with inclusion of CACREP standards
- a list of the top texts used by faculty nationwide to teach the course, along with their strengths and weaknesses
- a rubric with criteria to evaluate textbooks
- a list of articles that could supplement the course
- a list of audio-visual material that could facilitate the learning of the course material
- a list of activities and assignments that could facilitate active and engaged learning
- a tentative schedule for a 16 week course.

The Ecocritical Psyche
Literature, Evolutionary Complexity and Jung

Susan Rowland, Pacifica Graduate Institute, California, USA

The Ecocritical Psyche unites literary studies, ecocriticism, Jungian ideas, mythology and complexity evolution theory for the first time, developing the aesthetic aspect of psychology and science as deeply as it explores evolution in Shakespeare and Jane Austen.

In this book, Susan Rowland scrutinizes literature to understand how we came to treat ‘nature’ as separate from ourselves and encourages us to re-think what we call ‘human.’ By digging into symbolic, mythological and evolutionary fertility in texts such as The Secret Garden, The Tempest, Wuthering Heights and The Lion, the Witch and the Wardrobe, the book argues that literature is where the imagination, estranged from nature in modernity, is rooted in the non-human other.

The Ecocritical Psyche is unique in its interdisciplinary expansion of literature, psyche, science and myth. It develops Jungian aesthetics to show how Jung's symbols correlate with natural signifying, providing analytical psychology with a natural home in ecocritical literary theory. The book is therefore essential reading for seasoned analysts and those in training as well as academics involved in literary studies and Jungian psychology.

The Emptiness of Oedipus
Identification and Non-Identification in Lacanian Psychoanalysis

Raul Moncayo, Lacanian School of Psychoanalysis, California, USA

“This book is a landmark. Far beyond another elucidation of Lacanian theory and practice this book is the first innovation that extends Lacanian and Freudian approaches to contemporary ethos and environments. Beyond poststructuralism and postmodernism it contains numerous innovations of Lacanian concepts regarding femininity and masculinity, brief analysis, trace and trait. The notions of the void, lack, and emptiness are put to work in relation to a fourth moment of Oedipus and to the decline of the paternal function. Only someone with a long track record of commitment and study of the Freudian-Lacanian corpus, as well as contemporary psychoanalysis, could have brought such remarkable innovations.” - Andre Patsalides, University of Louvain, Belgium

Lacan’s seminar on identification marks a turning point from the early to the later years of his work. In this book, Raul Moncayo builds on many of the concepts that Lacan developed in his seminar, focusing on the relationship between the unary trait and narcissism that occurs via ruling ideas, master signifiers, and the objet a as a part object and a partial form of identification. Moncayo advances Lacanian psychoanalysis not only for its scholarly value, but also for its bearing on the clinical practice of psychoanalysis today.

The question of Oedipus as a myth of Freud is the touchstone from which Lacan proposed to go beyond Freud and beyond the rock of castration. The Emptiness of Oedipus examines how the interpretation of Oedipus as a myth or dream, rather than a complex, provides a new way of understanding the end of analysis as the end of the identification with the analyst. The concept is proposed as Lacan’s postmodern or poststructuralist turn and as a fourth moment of Oedipus that is organized around the lack or emptiness of the Other.

The Emptiness of Oedipus offers a fresh approach to Lacanian psychoanalysis and will appeal to analysts and psychotherapists as well as academics and postgraduates with an interest in Lacan.

The Importance of Suffering
The Value and Meaning of Emotional Discontent

James Davies, University of Roehampton, London, UK

In this book James Davies considers emotional suffering as part and parcel of what it means to live and develop as a human being, rather than as a mental health problem requiring only psychiatric, antidepressant or cognitive treatment. This book therefore offers a new perspective on emotional discontent and discusses how we can engage with it clinically, personally and socially to uncover its productive value.

The Importance of Suffering explores a relational theory of understanding emotional suffering suggesting that suffering, does not spring from one dimension of our lives, but is often the outcome of how we relate to the world internally – in terms of our personal biology, habits and values, and externally – in terms of our society, culture and the world around us. Davies suggests that suffering is a healthy call-to-change and shouldn’t be chemically anesthetised or avoided. The book challenges conventional thinking by arguing that if we understand and manage suffering more holistically, it can facilitate individual and social transformation in powerful and surprising ways.

The Importance of Suffering offers new ways to think about, and therefore understand suffering. It will appeal to anyone who works with suffering in a professional context including professionals, trainees and academics in the fields of counselling, psychotherapy, psychoanalysis, psychiatry and clinical psychology.

The Neurobiology of the Gods
How Brain Physiology Shapes the Recurrent Imagery of Myth and Dreams

Erik D. Goodwyn, Minot Air Force Base Mental Health Clinic, North Dakota, USA

“Erik Goodwyn has written a book that friends of Jung have long needed, for he shows us how closely related the archetypes are to our physiology, and what our body is doing when their images and emotions appear. He brings psyche down out of the clouds and shows it to be an integral part of our organism.” - John Ryan Haule, author of Jung in the Twenty-First Century

“Psychiatrist Erik Goodwyn has snatched symbol and metaphor out of the air and connected them to deep layers of the brain through an expanded description of Jung’s archetypes and collective unconscious. Just as we easily learn language, attachment, and mate selection tactics, we easily construct metaphors which are used to link things we clearly understand to ambiguous concepts. Expand your mind into brain and cosmos!” - Bernard D. Beitman, University of Virginia, USA

Where does science end and religion begin? Can “spiritual” images and feelings be understood on a neurobiological level without dismissing their power and mystery?

In this book, psychiatrist Erik Goodwyn addresses these questions by reviewing decades of research, putting together a compelling argument that the emotional imagery of myth and dreams can be traced to our deep brain physiology, and importantly, how a sensitive look at this data reveals why mythic or religious symbols are indeed more “godlike” than we might have imagined.

The Neurobiology of the Gods weaves together Jungian depth psychology with research in evolutionary psychology, neuroanatomy, cognitive science, neuroscience, anthropology, mental imagery, dream research, and metaphor theory into a comprehensive model of how our brains contribute to the recurrent images of dreams, myth, religion and even hallucinations. Divided into three sections, this book provides:

• definitions and foundations
• an examination of individual symbols
• conclusive thoughts on how brain physiology shapes the recurring images that we experience.

Goodwyn shows how common dream, myth and religious experiences can be meaningful and purposeful without discarding scientific rigor. The Neurobiology of the Gods will therefore be essential reading for Jungian analysts and psychologists as well as those with an interest in philosophy, anthropology and the interface between science and religion.


Published by Routledge
The purpose of this edited book is to provide mental health practitioners with a functional understanding of the empirical literature on the psychology of religion and spirituality, while at the same time outlining clinical implications, assessments, and strategies for counseling and psychotherapy. This text is different from others on this topic because it will help to bridge the gap between the psychology of religion and spirituality research and clinical practice. Each chapter covers clinically relevant topics, such as religious and spiritual development, religious and spiritual coping, and mystical and spiritual experiences as well as discuss clinical implications, clinical assessment, and treatment strategies. Diverse religious and spiritual (e.g., Jewish, Islamic, Christian, and Buddhist, etc.) clinical examples are also integrated throughout the chapters to further connect the psychology of religion and spirituality research with related clinical implications.

Contents:


Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Transcending Trauma
Survival, Resilience, and Clinical Implications in Survivor Families

Bea Hollander-Goldfein and Nancy Isserman, both at University of Pennsylvania, USA, and Jennifer Goldenberg, in private practice, Maine, USA

Based on twenty years of intense qualitative research, *Transcending Trauma* presents an integrated model of coping and adaptation after trauma that incorporates the best of recent work in the field with the expanded insights offered by Holocaust survivors. In the book’s vignettes and interview transcripts, survivors of a broad range of traumas will recognize their own challenges, and mental-health professionals will gain invaluable insight into the dominant themes both of Holocaust survivors’ and of trauma survivors’ more generally. Together, the authors and contributors Sheryl Perlmutter Bowen, Hannah Kliger, Lucy Raizman, Juliet Spitzer and Emilie Scherz Passow have transformed qualitative narrative analysis and framed us a new and profound understanding of survivorship. Their study has illuminated universal aspects of the recovery from trauma, and *Transcending Trauma* makes a vital contribution to our understanding of how survivors find meaning after traumatic events.

Accompanying *Transcending Trauma* is a CD of full-text life histories that documents the survivor experience. In seven comprehensive interviews, survivors paint a picture of life before and after war and trauma: their own feelings, beliefs, and personalities as well as those of their family; their struggles to deal with loss and suffering; and the ways in which their family relationships were able, in some cases, to mediate the transmission of trauma across generations and help the survivors transcend the trauma of their experiences.

Trauma-Informed Practices With Children and Adolescents

William Steele, The National Institute for Trauma and Loss in Children, Michigan, USA, and Cathy A. Malchiodi, in private practice, Kentucky, USA

Trauma-Informed Practices With Children and Adolescents is a sourcebook of practical approaches to working with children and adolescents that synthesizes research from leading trauma specialists and translates it into easy-to-implement techniques. The approaches laid out address the sensory and somatic experiences of trauma within structured formats that meet the “best practices” criteria for trauma informed care: safety, self-regulation, trauma integration, healthy relationships, and healthy environments. Each chapter contains short excerpts, case examples, and commentary relevant to the chapter topic from recognized leaders in the field of trauma intervention with children and adolescents. In addition to this, readers will find chapters filled with easily applied activities, methods, and approaches to assessment, self-regulation, trauma integration, and resilience-building. The book’s structured yet comprehensive approach provides professionals with the resources they need to help trauma victims not just survive but thrive and move from victim thinking to survivor thinking using the current best practices in the field.


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Order online for a 10% discount and free shipping on US, Canadian, and UK orders over $30/£20.
Treating PTSD in Military Personnel
A Clinical Handbook

Edited by Bret A. Moore, Military Psychology Consulting, Texas, USA, and Walter E. Penk, Texas A&M College of Medicine, 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. A wide range of useful interventions are presented in detail by the top experts in the field. This book is an ideal resource for practitioners who work with military and veteran populations, as well as offering important lessons for treating any type of trauma survivor.” - Jean C. Beckham, Duke University Medical Center, North Carolina, USA

“The book is very clearly written and offers straightforward explanations of important scientific concepts. It features vital information to guide evaluation, diagnostic assessment, and decision making about clinical care for service members and veterans with PTSD. The book comes at a very appropriate time. I believe it will quickly become an essential item in the clinical arsenal of mental health professionals who interact with service members and veterans.” - Alexander Neumeister, Mount Sinai School of Medicine, New York, 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. Chapters thoroughly describe available therapies, review their strengths and limitations, and use illustrative case examples to demonstrate the treatments in action. Also addressed are clinical issues and co-occurring problems that can arise in this population, such as traumatic brain injury and substance abuse, and strategies for dealing with them.

Treatment Plans and Interventions for Depression and Anxiety Disorders

Second Edition

Robert L. Leahy, Weill Medical College, Cornell University, New York, USA, Stephen J. F. Holland, Capital Institute for Cognitive Therapy, Washington, USA, and Lata K. McGinn, Albert Einstein College of Medicine, New York, USA

“This updated second edition incorporates the latest theory and research. The authors present a wide array of tried and tested techniques and show when and how to use them. The book includes detailed guidance on assessment and report writing and abundant material for direct use with clients. It should be part of every clinician's CBT toolkit.” - Adrian Wells, University of Manchester, UK

“I highly recommend this book. For the novice, the authors provide a concise overview of the major risk factors and empirical approaches for each of the anxiety and mood disorders. For clinicians at every level of experience, the book is chock-full of techniques, charts, and tools for implementing cognitive and behavioral strategies, with plenty of case examples to illustrate the techniques. The authors provide fantastic guidance on how to address common barriers in implementing cognitive behavioral therapy.” - Sheri L. Johnson, University of California, Berkeley, USA

This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 125 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The included CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications.

New to this edition:
• the latest research on each disorder and its treatment
• innovative techniques that draw on cognitive, behavioral, mindfulness, and acceptance-based approaches
• two chapters offering expanded descriptions of basic behavioral and cognitive techniques
• and more than 45 of the 125 reproducibles are entirely new.

Contents:
Vulnerability to Psychosis
From Neurosciences to Psychopathology

Edited by Paolo Fusar-Poli, Institute of Psychiatry, King’s College, London, UK, Stefan J. Borgwardt, University of Basel, Switzerland, and Philip McGuire, Institute of Psychiatry, King’s College, London, UK

Early clinical intervention in psychosis is now a major objective of mental health services and the development of specialist intervention services has greatly facilitated research on the early phases of this disorder.

In this book, contributors provide a review of the neurobiological research in people at high risk of psychosis, focusing on the transition from being at a high risk state to their first episode. Contributors consider unaffected family members and twin studies as well as the individual’s data before and after the onset of the illness. The environmental factors that contribute to a psychotic episode are also examined.

Vulnerability to Psychosis presents neurobiological findings in the context of what is now known about the psychopathology and cognitive impairments that are evident in people at high risk of psychosis. It will be essential reading for clinicians working with this client group, and will interest academics looking for state of the art information in this field.

Contents:
Working with Resistance in Rational Emotive Behaviour Therapy

A Practitioner’s Guide

Windy Dryden, Goldsmiths, University of London, UK, and Michael Neenan, Centre for Stress Management, London, UK

Productive therapeutic change is facilitated when the therapist and client have a good therapeutic relationship, share views on salient therapeutic matters, agree on goals to enhance client well-being, and understand what they each have to do to achieve the goals of therapy. In this book Windy Dryden and Michael Neenan address the difficulties that both client and therapist bring to rational emotive behaviour therapy (REBT) when either party is resistant to change.

Divided into two parts, ‘Client Resistance’ and ‘Therapist Resistance’, Working with Resistance in Rational Emotive Behaviour Therapy tackles the challenges experienced by both client and clinician when using REBT. Addressing issues of resistance enables both the client and practitioner to move beyond problems in the consulting room and build a more productive relationship, resulting in more effective sessions and assisting in the resolution of underlying problems for which the client has sought help.

Working with Resistance in Rational Emotive Behaviour Therapy is essential reading for any practitioner hoping to use REBT more effectively in their day-to-day practice.

Working With the Bereaved
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. It provides clinicians with a framework for exploring their own emotional and intellectual assumptions about loss and bereavement, and it goes on to summarize state-of-the-art thinking in the field. The heart of the book focuses on the theoretical and clinical implications of the empirically validated Two-Track Model of Bereavement, as well as a variety of therapeutic techniques designed to help the bereaved both reapproach life and manage their continuing bonds with the deceased. The later chapters examine methods for integrating systems and family perspectives in therapy, for attending to the implications of culture and religion, and for meeting crises and emergencies in bereavement care. The concluding chapter addresses self-care, well-being, and resilience, offering practical guidelines for both the bereaved and those who treat them.

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