

# NORTON



## MENTAL HEALTH

PSYCHOTHERAPY

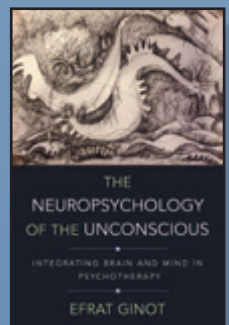
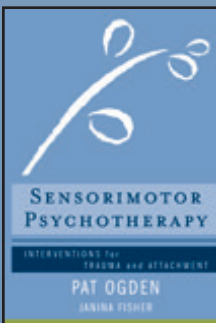
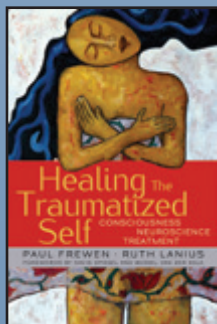
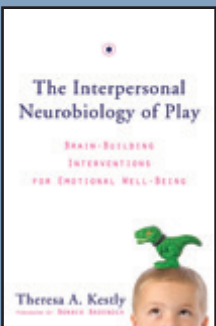
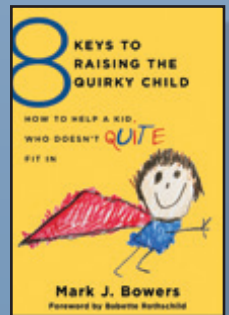
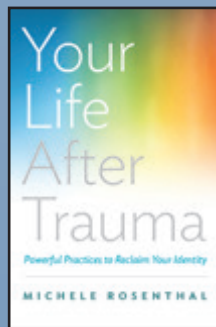
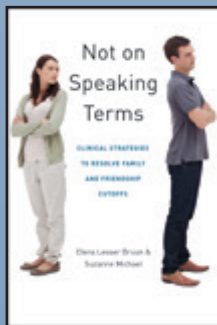
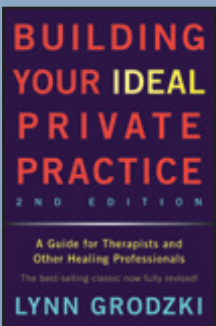
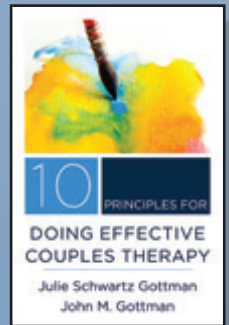
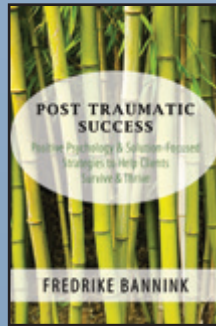
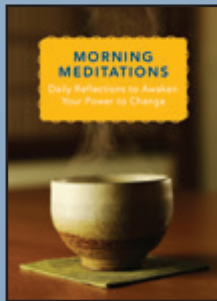
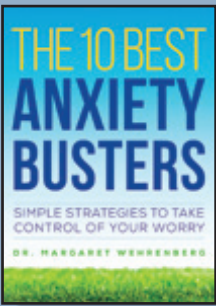
NEUROBIOLOGY

PSYCHIATRY

COUNSELING

SOCIAL WORK

SELF-HELP



2015 COMPLETE CATALOG

Dear Reader,

Welcome to the latest Norton Mental Health complete book catalog. This list features new titles to be published through March 2015, representing a broad spectrum of new books in all areas related to mental health. In addition, you will find descriptions of our stellar backlist of essential titles in many areas of mental health practice. We would be pleased to hear from you and welcome your thoughts and comments on our books.

A. Deborah Malmud, Director, Norton Professional Books  
admalmud@wnnorton.com

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**BY PHONE:** Call our order department at 1-800-233-4830.

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**BY FAX:** Use the order form provided in the middle of the catalog and fax to 1-800-458-6515.

**BY INTERNET:** Visit our Web site at [wnnorton.com/psych](http://wnnorton.com/psych).

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## THE 10 BEST ANXIETY BUSTERS

### *Simple Strategies to Take Control of Your Worry*

MARGARET WEHRENBURG

**Ready-to-use strategies to tame even your most anxiety-inducing moments.**

Suffer from a fear of flying? Break out in a sweat during presentations? Experience a sudden panic attack when in a confined space, like an elevator? Whether you're struggling with mild anxiety or battling more severe phobia or panic, these are common experiences that affect millions of people. So what is the perennially anxious to do?

In 10 simple techniques, this pocket-sized, anxiety-busting guide boils down the most effective remedies to worry and anxiety, whether chronic or in-the-moment. From breathing exercises and relaxation practices to thought-stopping techniques, worry "containment," effective self-talk, and strategies that put an end to catastrophizing once and for all, it's your go-to guide when anxiety levels begin to boil. Throw it in your carry-on, stow it in your briefcase, or keep it in your desk when you need a quick reminder of some easy techniques that can turn your anxiety from overpowering to manageable in no time.

**Contents:** A Worried Mind, and Body Too: What Kind of Anxiety Do You Have? • Anxiety Buster #1: Avoid CATS (Not the Furry Ones) • Anxiety Buster #2: Breathe • Anxiety Buster #3: Use Mindfulness with Shifting Awareness • Anxiety Buster #4: Just Relax! No, Really, Just relax... • Anxiety Buster #5: Don't Make Mountains Out of Molehills • Anxiety Buster #6: Stop and Swap • Anxiety Buster #7: Contain Your Worry • Anxiety Buster #8: Think Something Different, Do Something Different • Anxiety Buster #9: Control TMA (Too Much Activity) • Anxiety Buster #10: Plan and Practice • A Final Word: Quick Tips to Help You Handle Common Stressful Situations

**Margaret Wehrenberg** is also the author of *Anxiety + Depression* (p. 47); *The 10 Best-Ever Anxiety Management Techniques Workbook* (p. 52); *The 10 Best-Ever Anxiety Management Techniques* (p. 52); *The 10 Best-Ever Depression Management Techniques* (p. 52); and co-author of *The Anxious Brain* (p. 36).

## YOUR LIFE AFTER TRAUMA

### *Powerful Practices to Reclaim Your Identity*

MICHELE ROSENTHAL

**"Rosenthal's important book provides us all with a roadmap for going forward** so that we can gracefully accept and evolve into our own best next stage. This study of trauma and identity is really the cutting edge of where the field is going and Rosenthal's work has applications for all of us, no matter what the specifics of our journeys."  
—**Lee Woodruff**, bestselling author of *Those We Love Most*

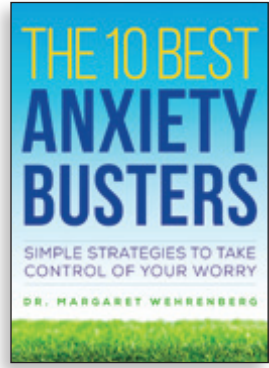
"There is life after trauma. . . Michele Rosenthal's *Your Life After Trauma* shows how PTSD, whatever the cause, can be transformed from weakness to strength, and how one can grow strong from the breaks." —**Larry Dossey, MD**, author of *One Mind*

Now a professional coach who specializes in helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years. In this book, she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular the loss of sense of self that often accompanies it.

Trauma, whether it was caused by a single-incident like a car accident, or from chronic childhood abuse, domestic violence, illness, or war trauma interrupts—even hijacks—your identity. To cope, you may rely on mechanisms to keep your emotions, triggers, and responses in check, but these very habits can often prevent the true restoration of safety, stability, and inner connection. How can you rediscover your sense of self so that you honor who you were before the trauma, understand who you are at this very moment, and determine who you want to be going forward?

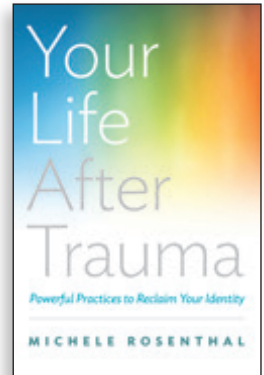
Like a therapist in your back pocket, *Your Life After Trauma* guides you in finding answers to these tough questions. Expertly written by a helping professional who keenly understands the post-trauma identity crisis that is so common among PTSD sufferers, it is a simple, practical, hands-on recovery workbook. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing.

**Contents:** Acknowledgments • Introduction 1. Trauma Has Changed You 2. A Brief Look at the Science of Trauma: Transformation Starts Here 3. Who Were You Before Trauma? Acknowledge Your Lost Self 4. Who Have You Become After Trauma? Validate Yourself Now 5. Who Do You Want to Be? A Blueprint for Your Future Self 6. 10 Common Obstacles to Creating Your Post-Trauma Identity • Afterword • Appendix: Quick Guide to 20 Stress Reduction Practices • Suggested Readings & Resources



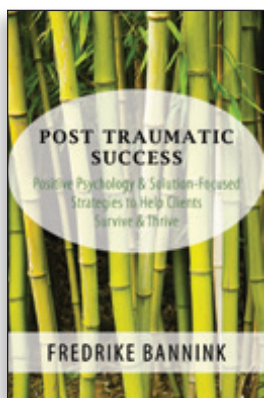
#### ABOUT THE AUTHOR

**MARGARET WEHRENBURG, PsyD**, a licensed clinical psychologist in private practice and a popular public speaker, has written widely on the treatment of anxiety and depression. Visit her website at [MargaretWehrenberg.com](http://MargaretWehrenberg.com)  
ISBN: 978-0-393-71076-2  
January 2015 • 248 pages  
Paperback • \$13.95



#### ABOUT THE AUTHOR

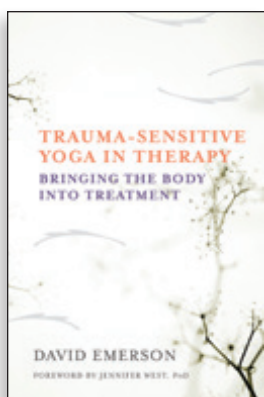
**MICHELE ROSENTHAL**, a certified professional coach and PTSD recovery specialist, hosts a popular weekly radio program, *Changing Direction*. She is a faculty member of the Clinical Development Institute for Timberline Knolls, a popular keynote speaker, frequent blogger and contributor to a variety of health and wellness websites, and author of *Before The World Intruded: Conquering the Past and Creating the Future*. Visit her website at [YourLifeAfterTrauma.com](http://YourLifeAfterTrauma.com).  
ISBN: 978-0-393-70900-1  
March 2015 • 272 pages  
Hardcover • \$24.95



#### ABOUT THE AUTHOR

**FREDRIKE BANNINK, MDR**, is a clinical psychologist trained in solution-focused coaching and solution-focused mediation. She is the author of many publications on solution-focused therapy, solution-focused interviewing, and mediation, including *1001 Solution-Focused Questions* (see page 63). She is a trainer for the mental health team of Doctors Without Borders, and she lives in the Netherlands.

ISBN: 978-0-393-70922-3  
2014 • 416 pages • Paperback  
\$29.95



#### ABOUT THE AUTHOR

**DAVID EMERSON**, an accomplished yoga instructor, lecturer, and trainer, is founder of the Black Lotus Yoga Project, Inc., a nonprofit dedicated to teaching yoga to individuals with PTSD. He is also coordinator of the yoga services program at The Trauma Center of the Justice Resource Institute in Brookline, Massachusetts, and serves as the lead trainer in a number of yoga retreats and workshops at Kripalu, among other venues.

ISBN: 978-0-393-70950-6  
February 2015 • 192 pages  
Hardcover • \$29.95

## POST TRAUMATIC SUCCESS

### *Positive Psychology & Solution-Focused Strategies to Help Clients Survive & Thrive*

FREDRIKE BANNINK

In the face of trauma, what do people do to survive? What makes them strong? What renews their sense of safety and security?

This book offers resiliency-focused approaches to managing trauma in therapy. With a positive, solution-oriented approach and a focus on increasing the overall well-being of traumatized clients, Bannink presents techniques and principles for therapists, based on current research and practice, for cultivating resilience and posttraumatic growth.

Through stories and exercises, the book explores concepts of what it is that makes life worth living, empowering readers to directly apply these insights to change the lives of their clients. Therapists will learn to generate dedicated occasions for self-reflection in their clients, engendering positive affects (like hope, self-efficacy, self-esteem, joy, happiness, gratitude, and love), which are proven by research to foster the intrinsic motivation to change.

Bringing together the best elements of change-based and meaning-based psychotherapy approaches, this is a much-needed guide to improving the therapeutic alliance, creating preferred futures for clients, and mapping the pathways to flourishing after trauma.

**Contents:** **Part I: Theory** 1. Post Traumatic Stress 2. Post Traumatic Success 3. The Positive Focus • **Part II: Applications** 4. Creating a Context for Change • 5. Focus on Goals 6. Focus on What Works 7. Focus on Progress 8. Homework Suggestions 9. Follow-Up Sessions 10. Post Traumatic Success in Children • **Part III: Social Resilience** 11. Positive Relationships 12. The Future of Post Traumatic Success 13. Frequently Asked Questions • Appendix A: Protocols for the First Session • Appendix B: Protocol for Finding Exceptions • Appendix C: Protocol for Follow-Up Sessions • Appendix D: Exceptions Journal • Appendix E: Post Traumatic Growth Inventory • Appendix F: Externalizing the Problem • Appendix G: Changing Perspective (Interactional Matrix) • Appendix H: Questionnaire to the Referrer • Appendix I: Session Rating Scale (SRS) • Appendix J: Certificate of Success • References • Websites

## TRAUMA-SENSITIVE YOGA IN THERAPY

### *Bringing the Body into Treatment*

DAVID EMERSON

Foreword by JENNIFER WEST

When treating a client who has suffered from interpersonal trauma—whether chronic childhood abuse or domestic violence, for example—talk therapy isn't always the most effective course. In cases of complex trauma, mental health professionals largely agree that the body itself contains and manifests much of the suffering—self hatred, shame, and fear. Reorienting clients to their bodies and building their “body sense” can be the very key to unlocking their pain and building a path toward healing.

Based on research studies conducted at the renowned Trauma Center in Brookline, Massachusetts, this book presents the successful intervention known as Trauma-Sensitive Yoga (TSY), an evidence-based program for traumatized clients that helps them to reconnect to their bodies in a safe, deliberate way.

Unlike traditional, mat-based yoga, TSY can be practiced without one, in a therapist's chair or on a couch. Emphasis is always placed on the internal experience of the client him- or herself, not on achieving the proper form or pleasing the therapist. As Emerson carefully explains, the therapist guides the client to become accustomed to feeling something in the body—feet on the ground or a muscle contracting—in the present moment, choosing what to do about it in real time, and taking effective action. In this way, everything about the practice is optional, safe, and gentle, geared to helping clients to befriend their bodies.

With over 30 photographs depicting the suggested yoga forms and a final chapter that presents a portfolio of step-by-step yoga practices to use with your clients, this practical book makes yoga therapy for trauma survivors accessible to all clinicians. As an adjunct to your current treatment approach or a much-needed tool to break through to your traumatized clients, *Trauma-Sensitive Yoga in Therapy* will empower you and your clients on the path to healing.

**Contents:** Acknowledgments • Foreword by *Jennifer West, PhD* • Introduction 1. What Is Trauma-Sensitive Yoga? 2. Interoception: Sensing the Body 3. Bringing Choice into Therapy 4. Taking Effective Action 5. Being Present 6. Muscle Dynamics & Breathwork 7. Rhythm 8. Portfolio of Yoga Practices • References

## MORNING MEDITATIONS

### *Daily Reflections to Awaken Your Power to Change Expert Life Advice from Health and Wellness Professionals*

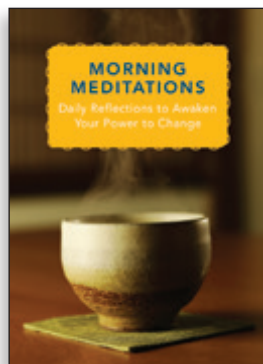
Compiled by NORTON PROFESSIONAL BOOKS

Even with the best intentions, it can be difficult to take time out of our busy days to reflect on our experiences, lean on the wisdom of others, and draw inspiration from the world around us. Filled with bite-size passages that enlighten and stir contemplation, this pocket guide offers reassuring and thought-provoking reflections for everyday reading—the perfect start to your day.

Choose from over 150 reflections on themes ranging from relationships, change, self-awareness, and health, to problem solving, mindfulness, family, forgiveness, and more. The entries in *Morning Meditations* are drawn from books by leading helping professionals and published by Norton Professional Books. The passages offer readers insight and comfort from the best therapists around. Thought-provoking questions for self-discovery follow each entry, providing a source of enlightenment and contemplation throughout the day.

The end of the book offers a series of guided visualizations for readers wanting more direction and engagement with scripted exercises.

Whether you are seeking connection, reassurance, or motivation for self-improvement, the welcoming, inspiring ideas in this book will help you get there. This is also a perfect recommendation for clients seeking wisdom and guidance outside the clinical hour.



ISBN: 978-0-393-70946-9  
2014 • 336 pages • Hardcover  
\$18.95

## MORE TRANSFORMING NEGATIVE SELF-TALK

### *Practical, Effective Exercises*

STEVE ANDREAS

Praise for *Transforming Negative Self-Talk*

**“A winner. I strongly recommend it! ... [A] precise, articulate, systematic application of change principles to a particular problem.”**

—Milton H. Erickson Foundation Newsletter

**“Tell yourself you need to read this book—and be clever enough to follow the recommendation!”** —Michael D. Yapko, PhD, clinical psychologist and author of *Mindfulness and Hypnosis* and *Depression is Contagious*

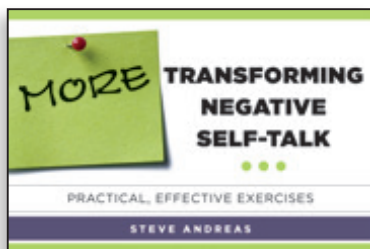
**“Steve Andreas offers a comprehensive map with practical and easy-to-follow instructions that lead the reader into the land of autonomy and out of the mind-numbing cul-de-sacs inadvertently created by one’s inner critic.”** —Jeffrey K. Zeig, PhD, Founder and Director, The Milton Erickson Foundation

Everyone has experienced a nagging, critical inner voice at one point or another. “Why did I just say that?” “I’m not talented enough to get this promotion.” “He’ll never take notice of someone as ordinary as me.”

Whether it’s an infrequent occurrence or a constant running narrative, internal self-talk can run the gamut from mildly irritating to debilitating. Many believe that it is the classic sign of schizophrenia or other serious psychiatric disorders. On the contrary, it’s a common mental health complaint that can lead to depression, anxiety, phobias, obsessive-compulsive thoughts, and more if left unchecked. In this rich collection of practical, take-charge strategies, the author reveals how self-critical voices can be transformed and used to your own advantage.

As a follow-up to his first popular book of the same title, here Andreas digs deeper, showing how to actually engage a voice, rather than simply change it. Rather than talk back or try to silence it, Andreas teaches readers how to join with a voice, clarify what it’s saying, ask for its positive intent, and use its specific abilities to your advantage. Follow the exercises and you’ll be equipped to manage and conquer your worst self-talk.

**Contents:** Acknowledgments • Introduction 1. Joining with a Voice 2. Retrieving and Clarifying Information 3. Asking for the Positive Intent 4. Putting it Together 5. Listening for an Underlying Problem 6. Making use of a Voice’s Special Skills 7. Using the Voice of a Trusted Friend 8. Putting it Together—Again 9. Putting it Together—in a Different Way 10. Protecting Yourself from External Voices 11. Not Talking Back 12. Not Silencing Internal Voices • Closing • Appendix • References



#### ABOUT THE AUTHOR

**STEVE ANDREAS**, a private practitioner, writes and gives trainings on topics of personal change and communication.

ISBN: 978-0-393-70973-5  
2014 • 144 pages  
Paperback • \$17.95

#### Also by Steve Andreas

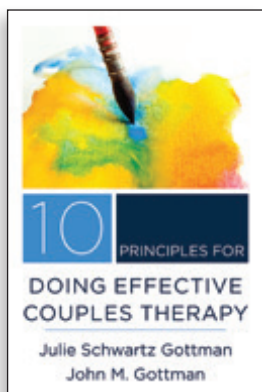
(see page 51):



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2012 • 128 pages • Paperback  
\$17.50

#### *Transforming Negative Self-Talk Two Book Set*

ISBN: 978-0-393-71094-6  
2014 • Paperbacks  
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## 10 PRINCIPLES FOR DOING EFFECTIVE COUPLES THERAPY

JULIE SCHWARTZ GOTTMAN and JOHN M. GOTTMAN

Here, two of the world's leading couple therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging. This book gathers together what they have learned over the years of their practice and touches on issues at the core of couples work.

### Topics addressed include:

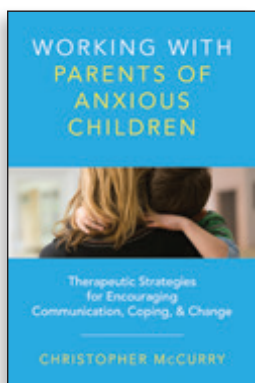
- You know that you need to “treat the relationship,” but how are you supposed to get at something as elusive as “a relationship”?
- Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe?
- Which client is right if they argue in front of you? Which one is the culprit, and which one is innocent? Who should you empathize with?
- How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together?
- What are you supposed to do with all the emotional and personal history that your clients stir up in you?
- How to make your work research-based

No-one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

**JULIE SCHWARTZ GOTTMAN, PhD**, is the co-founder and Clinical Director of The Gottman Institute, and Clinical Supervisor for the Couples Together Against Violence study. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, sexual harassment and rape, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the editor of *The Marriage Clinic Casebook* (see page 65).

**JOHN M. GOTTMAN, PhD**, world renowned for his work on marital stability and divorce prediction, has conducted 40 years of breakthrough research with thousands of couples. Dr. Gottman was one of the Top 10 Most Influential Therapists of the past quarter-century by the *Psychotherapy Networker*. He is the author of 190 published academic articles and author or co-author of 40 books, including *The Science of Trust* and *The Marriage Clinic* (see page 65).

ISBN: 978-0-393-70835-6 • May 2015 • 288 pages • Hardcover • \$32.95



## WORKING WITH PARENTS OF ANXIOUS CHILDREN

### *Therapeutic Strategies for Encouraging Communication, Coping & Change*

CHRISTOPHER MCCURRY

The topic of anxious children is on the front burner these days, both among parents and mental health professionals, and its only gaining attention as more and more clinicians are presented with anxious kids in their practices. Anxiety symptoms—whether panic, OCD, phobias, social or separation anxiety—are one of the primary reasons parents seek help from a mental health professional for their child. And yet, parents may unintentionally reward or encourage the problem through their own behavior (overprotection on the one hand, punishment on the other, or avoidance of all possible anxiety-provoking situations). This book will tackle that very issue, exploring the critical parent-child “dance” at the center of child development and uncovering how, with the proper knowledge and tools at hand, therapists can guide parents in changing their dynamic so anxious outbursts are reduced and a child's confidence and growth are better supported.

A range of techniques that therapists can teach parents will be presented, including how to “change the choreography”—the parent-child dynamic—and how to work with “goodness of fit”, or temperamental differences between a parent and a child. Parent management training and parent-child interaction training strategies will also be provided.

**Contents:** Acknowledgments • Introduction • **Part I: Understanding the Anxiety Dance** 1. Biology, Temperament, and Adaptability 2. The Role of Parents in Child Anxiety • **Part II: Creating a New Dance** 3. Talking to Parents About their Child's Anxiety 4. Changing the Choreography 5. Helping Parents Develop Effective Communication Skills 6. Treating Anxiety in a Family Context 1: Cognitive Behavioral Therapy 7. Treating Anxiety in a Family Context 2: Mindfulness and Acceptance-Based Therapies • **Part III: Sustaining the Dance—and the Dancers** 8. Learning When to Push and When to Yield 9. Fostering Parent Self-Care • Appendix A: Validation Handout • Appendix B: Child Directed Play Handout • Appendix C: Breathing Exercises Handout • Appendix D: Valued Living Questionnaire • Appendix E: Resources for Parents

### ABOUT THE AUTHOR

**CHRISTOPHER MCCURRY, PhD**, is a licensed child psychologist with a private practice in Seattle, and clinical assistant professor of psychology at the University of Washington. He specializes in treating child anxiety disorders, with an emphasis on parent-child interactions.

ISBN: 978-0-393-73401-0  
April 2015 • 272 pages  
Hardcover • \$29.95

## THE FEELING BRAIN

### *The Biology and Psychology of Emotions*

ELIZABETH JOHNSTON and LEAH OLSON

The recent explosion of interest in neuroscience has centered on figuring out what, if any, are the identifiable neurological underpinnings of emotions. Delving into the personal yet scholarly study of the neuroscience of emotions, authors Olson and Johnston consider William James' famous question, still unanswered, "What is an emotion?" They take an analytical approach to this question, using lessons from the evolving field of psychology to re-examine the definition of emotion in the light of findings from cutting edge studies. The result is an engaging exploration of emotion, including a review of the subject's psychological examination throughout history and current neuroscience findings.

The authors move from a consideration of basic emotions and the early brain areas that have been associated with them to the more complex social emotions and their involvement of higher brain areas, using myriad case examples to illustrate the essential concepts.

**Contents:** Introduction: What is an Emotion? 1. The Early Work on Defining Emotion: From William James to Appraisal Theory 2. The Limbic System Version of the Emotional Brain 3. The Functions of Emotions: Basic Emotional Systems 4. The Neural Substrates of Fear and Anxiety 5. The Role of the Body in Emotions and Decision Making 6. Reward: Liking, Wanting, and Learning 7. Body and Mind: The Linkage of Interoception and Emotion 8. Emotion & Memory of Memory 9. Feelings-as-Information: How Affect Influences Thought and Judgment 10. Emotion-Cognition Interactions: Attention, Perception & Neuroeconomics 11. Emotion Regulation • Concluding Comments: What is an Emotion—Now?

## MINDFUL PARENTING

### *A Guide for Mental Health Practitioners*

SUSAN BÖGELS and KATHLEEN RESTIFO

Foreword by JON and MYLA KABAT-ZINN

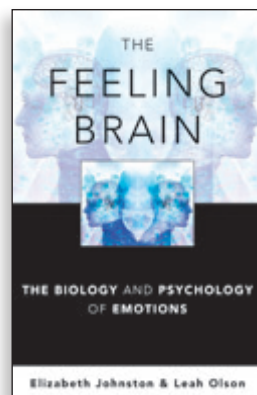
"Parenting is often the greatest challenge in the 'full catastrophe' of daily life. In this elegant training manual, parents learn to strengthen their capacity for mindfulness and compassion regardless of the conditions of their lives, past or present. Essential mindfulness skills are gently woven into group exercises and psychoeducation about parenting and stress. This 'how to' program will surely be an important resource for couples and family therapists, and a refuge for distressed parents, for many years to come." —**Christopher Germer**, Clinical Instructor, Harvard Medical School, author of *The Mindful Path to Self-Compassion*

"This book and the program it offers are a pioneering effort to bring mindfulness into the domain of parenting and the mental health care of stressed families, for the benefit of both the children and their parents. . . . Such a curriculum is long overdue. . . . it builds on other mindfulness-based clinical approaches such as MBSR (mindfulness-based stress reduction) and MBCT (mindfulness-based cognitive therapy) and broadens their reach to the complex realm of family interactions and the particular challenges of parenting children with psychiatric diagnoses."

—**Jon and Myla Kabat-Zinn**

Here, Bögels and Restifo lay out the eight-week program they developed for parents of children and adolescents in outpatient mental health care, reproducing the forms and exercises they developed to help parents develop stronger bonds with their children and take better care of themselves.

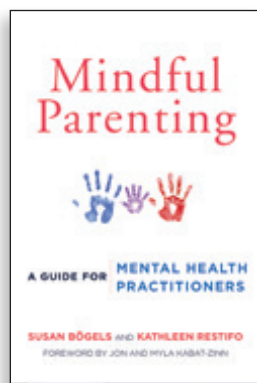
**Contents: Part I: Theoretical and Empirical Background** 1. Introduction to Mindful Parenting 2. An Evolutionary Perspective on Parenting and Parenting Stress 3. Effects of the Mindful Parenting Course • **Part II: Mindful Parenting: A Guide to the 8 Week Program** 4. Overview of the Mindful Parenting Program 5. Session 1: Automatic Parenting 6. Session 2: Beginners Mind Parenting 7. Session 3: Reconnecting with Our Body as a Parent 8. Session 4: Responding Versus Reacting to Parenting Stress 9. Session 5: Parenting Patterns and Schemas 10. Session 6: Conflict and Parenting 11. Session 7: Love and Limits: Cultivating Compassion and Setting Limits 12. Session 8: Are We There Yet? A Mindful Path Through Parenting 13. Follow-Up Session: Each Time, Beginning Anew 14. Voices of the Parents: Life After the Mindful Parenting Course • References



#### ABOUT THE AUTHORS

**ELIZABETH JOHNSTON, DPhil**, is a professor of psychology, and **LEAH OLSON, PhD**, is a professor of biology at Sarah Lawrence College. Both live in Bronxville, New York.

ISBN: 978-0-393-70665-9  
March 2015 • 256 pages  
Hardcover • \$27.50

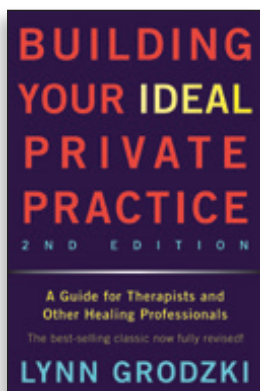


#### ABOUT THE AUTHORS

**SUSAN BÖGELS, PhD**, is a professor of Developmental Psychopathology at the University of Amsterdam, and Director of the Child Development and Education research institute. Her main research area is the intergenerational transmission of anxiety from parents to children. She also studies the prevention and treatment of child anxiety disorders through child- and family-focused interventions.

**KATHLEEN RESTIFO, PhD**, is a clinical psychologist and mindfulness teacher. She is the founder of FamilyWise, a center for family psychotherapy and mindfulness in Maastricht, The Netherlands.

ISBN: 978-0-393-70992-6  
March 2015 • 320 pages  
Paperback • \$27.50



#### ABOUT THE AUTHOR

**LYNN GRODZKI, LCSW, MCC**, is a psychotherapist and master certified coach. A former business executive and long-time successful therapist in private practice, she has become a pioneer in the field of business coaching for showing therapists, coaches, and healing professionals how to combine professional integrity and financial success. She is the author of *The Business and Practice of Coaching*; *The New Private Practice*; *Crisis-Proof Your Practice*; and *Twelve Months to Your Ideal Private Practice* (see pages 45 and 46).

## BUILDING YOUR IDEAL PRIVATE PRACTICE, SECOND EDITION

*A Guide for Therapists and Other Healing Professionals*

LYNN GRODZKI

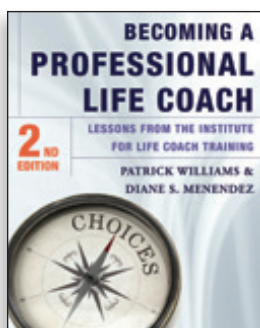
*Building Your Ideal Private Practice*, a best-seller in its genre, is now fully revised after its original publication in 2000. Much has changed for therapists in private practice over the past fifteen years, including the widespread encroachment by insurance and managed care into the marketplace, the density of new therapists as over 600,000 therapists nation-wide try to stay viable, and the role of the Internet in marketing services. The revision of *Building Your Ideal Private Practice* is a comprehensive guide, updated with six new chapters and targeted for therapists at all stages of private practice development. It covers the essential how-to questions for those starting out in practice and explains the common pitfalls to avoid.

The revision comprises a complete, easy to use and fascinating business plan that shows therapists not just what to do, but also who to be in order to succeed. It adds in-depth, up-to-date information and a wealth of strategies to the original book, often referred to as the "bible" for therapists in private practice. Like the original, the revision conveys the author's experience, optimism, and warmth as she presents case examples, checklists, and exercises to make the business advice come alive.

Whether you have insurance-based or a fee-for-service practice, this book will help you thrive.

**Contents:** Acknowledgments • Preface • **Part I: Preparation** 1. The Blueprint 2. Loving the Business of Therapy 3. Top Ten Business Mantras for Success 4. Vision and Values 5. Entrepreneurial Mindset 6. Getting a Strong Start • **Part II: Building Blocks** 7. Protecting Your Practice from Harm 8. The Brand Called You 9. Expanding Your Reach 10. Your Internet Presence 11. Retaining Today's Clients 12. Why Good Therapists Go Broke • **Part III: Finishing Touches** 13. Solo versus Group Practice 14. Personal Growth and Coaching 15. Building a Business to Sell 16. Holding Onto Success • Appendix • Private Practice Success Pre- and Post-Test • Resources

ISBN: 978-0-393-70948-3 • March 2015 • 320 pages • Hardcover \$34.00



## BECOMING A PROFESSIONAL LIFE COACH, SECOND EDITION

*Lessons from the Institute of Life Coach Training*

PATRICK WILLIAMS and DIANE S. MENENDEZ

*Becoming a Professional Life Coach* introduced readers to coaching fundamentals—listening skills, effective language, session preparation—as well as more advanced concepts such as helping clients to identify life purpose, recognizing and combating obstacles, aligning values and actions, maintaining a positive mind-set, and living with integrity.

This new edition, publishing 8 years after the original book, is updated with information on coaching competencies, ethics, somatic coaching, wellness coaching and how positive psychology and neuroscience today are informing the coaching profession and the body of knowledge that makes it such a global and growing profession.

*Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. It is one-stop-shopping for beginner and advanced coaches alike.

**Contents:** Acknowledgments • Introduction: Life Coaching as an Operating System • **Part I: Coaching Fundamentals** 1. Listening as a Coach 2. The Language of Coaching 3. Coaching as a Developmental Change Process • **Part II: Beyond the Basics** 4. Empowering the Client 5. Stretching the Client 6. Creating Momentum with the Client 7. Coaching the Whole Client—Mind, Body, Emotions, Spirit • **Part III: Coaching from the Inside Out** 8. The Power of Purpose 9. Design Your Life 10. What Gets in Your Way? 11. Steering Your Life by True North 12. Walk the Talk 13. Play Full Out 14. How Wealthy Are You? 15. Mind-Set Is Causative 16. Love Is All We Need • Appendix: The Evolution of a Profession • References

**PATRICK WILLIAMS, EdD, MCC**, is founder of The Institute for Life Coach Training, the first-of-its-kind training institute that specializes in training psychotherapists, psychologists, counselors and helping professionals in building a successful coaching practice. He is a licensed psychologist who began executive coaching in 1990 with Hewlett Packard, IBM and Kodak. He joined Coach U and was an International Coach Federation board director. He is a much sought after speaker, appearing at conferences and educational institutions worldwide. He is the author of *Therapist as Life Coach* and *Total Life Coaching* (see pages 44 and 45).

**DIANE MENENDEZ, PhD**, is a master certified coach and has coached leaders, teams, and organizations for more than 25 years. She specializes in executive coaching, leadership development, and culture change in large organizations.

ISBN: 978-0-393-70836-3 • March 2015 • 388 pages • Hardcover • \$42.50



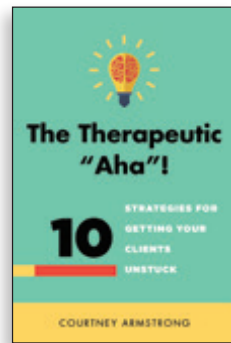
## THE THERAPEUTIC “AHA!”

### 10 Strategies for Getting Your Clients Unstuck

COURTNEY ARMSTRONG

It's a perennial challenge for therapists: to be effective with clients (particularly when therapy gets stuck or stalled) and to avoid burnout and boredom. Drawing on basic neuroscience concepts and showing how they can be put into practice, this book delivers 10 practical, creative strategies that therapists can use with clients to help spark their “emotional brain” and create new neural pathways that engage and advance the healing process. Examples include enlivening the therapeutic alliance, eliciting exciting goals, invoking inspirational imagery, and using humor, music, and movement.

In short, it's a concise guide to shaking things up in therapy, for both therapist and client.



**Contents:** Introduction: Creating Transformative Emotional Experiences • **Part I: Awakening a Session** 1. The Power of Emotion 2. Engaging the Emotional Brain 3. Enlivening The Therapeutic Alliance 4. Eliciting Exciting Goals • **Part II: Healing Emotional Wounds** 5. Locating the Root of an Emotional Pattern 6. Erasing the Negative Impact of Trauma • **Part III: Activating Experiential Change** 7. Invoking Inspirational Imagery 8. Conjuring Up Outrageous Stories 9. Summoning Quick Humor and Association Games 10. Rousing Rhythm, Music, and Movement 11. Mastering the Emotional Dance (Therapy as Lived Experience) • Acknowledgments • References

**COURTNEY ARMSTRONG, Med**, a licensed professional counselor, gives national trainings and workshops on a variety of topics for mental health professionals. She contributes to *Psychotherapy Networker* as well as other books and journals and has made several radio and TV appearances.

ISBN: 978-0-393-70840-0 • March 2015 • 240 pages • Hardcover • \$32.95

## THE THERAPIST'S ULTIMATE SOLUTION BOOK

### Essential Strategies, Tips & Tools to Empower Your Clients

JUDITH BELMONT

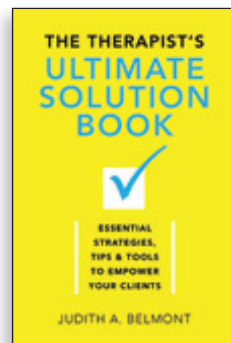
Clients go to therapy wanting to change, but often they have no inherent knowledge of *how* to change. It's up to the therapist to build a well-stocked toolkit of life skills and psychoeducational strategies. This book answers the call, delivering an array of basic “solutions”—in the form of handouts, worksheets, exercises, quizzes, mini-lessons, and visualizations—to use with your clients and tailor to fit their needs.

No matter your preferred course of therapy—whether it's CBT, DBT, EMDR, or EFT—having at your disposal a variety of easy-to-learn and easy-to-teach techniques for a host of common therapy issues goes a long way in keeping your clients on track, both during and in between sessions.

**Topics covered include:** Stress Solutions; Anxiety Solutions; Depression Solutions; Anger Solutions; Conflict Solutions; Regret Solutions; Low Self-Esteem Solutions; Life-Imbalance Solutions; and more. This book is one-stop shopping for a variety of simple, practical, educational techniques to help your clients make longstanding life changes.

**JUDITH BELMONT, MS, LPC**, has been a therapist, wellness speaker, and workplace wellness consultant for over 35 years. An author of four previous books, she is the founder of Belmont Wellness and blogs for the American Counseling Association and LifeHack.org, a popular lifestyle site.

ISBN: 978-0-393-70988-9 • March 2015 • 288 pages • Hardcover • \$32.95



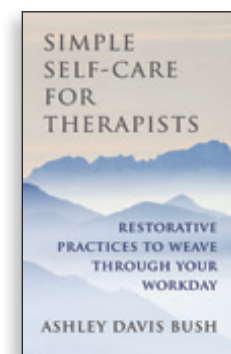
## SIMPLE SELF-CARE FOR THERAPISTS

### Restorative Practices to Weave Through Your Workday

ASHLEY DAVIS BUSH

Burn-out among therapists—indeed, all those in helping professions—is an important topic. This pocket-size book offers a host of practical, “bite-sized” self-care strategies that any therapist can easily use and implement before and after sessions, and anytime in between—short nuggets of self-compassion that speak to the mind, body, and spirit of the clinician.

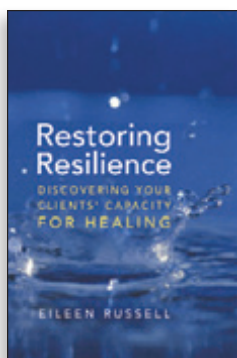
The 70 strategies or “tools” include a range of thoughtful visualizations and exercises—including tools for a typical workday, tools for grounding, tools for energizing, and tools for relaxing.



**Contents:** Acknowledgments • Prologue • **Part 1: The Foundation** 1. Essentials of Self-Care 2. Challenges of Self-Care 3. Occupational Hazards • **Part II: The Template** 4. Tools for a Typical Workday • **Part III: The Resources** 5. Tools for Grounding 6. Tools for Energizing 7. Tools for Relaxing • Epilogue • Suggested Reading

**ASHLEY DAVIS BUSH**, psychotherapist and grief counselor in private practice and author, gives regular trainings and workshops around the country on a variety of professional and self-help topics. She blogs for *The Huffington Post* and has appeared on many national and local TV and radio programs.

ISBN: 978-0-393-70837-0 • March 2015 • 240 pages • Hardcover • \$26.95



## RESTORING RESILIENCE

### *Discovering Your Clients' Capacity for Healing*

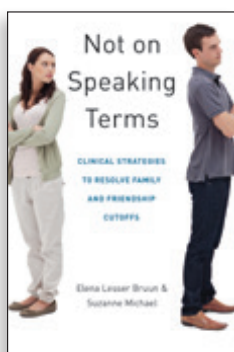
EILEEN RUSSELL

This book lays out the tools and background for any therapist interested in engaging in change-oriented rather than pathology-oriented therapy. The author draws on interpersonal neurobiology and affect regulation research to accomplish this, as well as a number of theoretical orientations including Accelerated Experiential Dynamic Psychotherapy, attachment theory, and EMDR. She includes a wealth of examples from her own clinical work, sharing inspiring stories of patients who have become more resilient through therapy, and offering many practical tips for clinicians. The book concludes with a number of exercises to help clinicians cultivate their own personal resilience, because a resilient clinician is better equipped to foster resilience in his or her clients.

**Contents:** **Part I: The Arc of Resilience** • Introduction 1. The Essence of Resilience: Its Foundations, Manifestations, and Conditions of Revelation • **Part II: Resilience as Potential** 2. Working with Resilience: Essential Elements and Theoretical Foundations 3. (Practice with Potential!) The Self-in-Transition and the Transformational Other • **Part III: Resilience as Promise** 4. Resilience as Promise I: Connection and Coordination in Softening Defenses and Quieting Anxiety 5. Resilience as Promise II: Recognizing, Facilitating & Responding to Occasions of Change • **Part IV: Resilience as Transformance/Flourishing** 6. The Tremulousness of Change and the Solid Satisfaction of Arriving 7. Fully Human, Fully Alive: Resilience as Transformance and Flourishing • Appendix: The Resilient Clinician: How Transformative Therapy Transforms Us

**EILEEN RUSSELL, PhD**, is a senior faculty member at the AEDP Institute and a clinical instructor at NYU Medical/Bellevue Hospital Center. She lives in Montclair, New Jersey.

ISBN: 978-0-393-70571-3 • April 2015 • 256 pages • Hardcover • \$25.95



## NOT ON SPEAKING TERMS

### *Clinical Strategies to Resolve Family and Friendship Cutoffs*

ELENA LESSER BRUUN and SUZANNE MICHAEL

Relationship breaks—children from parents; friends from one another; between siblings—are a common issue in therapy. Given the magnitude of the problem and the pain it causes, it is surprising that so little has been written to help clinicians understand the genesis of cutoffs, the complex dynamics involved in particular cutoffs, and how to undertake the delicate work of helping clients consider and work toward reconciliation. *Not on Speaking Terms* is designed to close this gap.

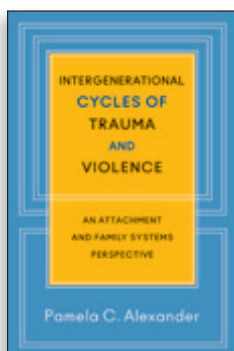
This book demonstrates how relationship rifts affect people in therapy, and how therapists can help. Organized around some of the most common issues that cause these cutoffs, such as jealousy, betrayal, abandonment, and miscommunication, it explores the prevalence and significance of these rifts, provides definitions, and presents case examples from literature and life.

**Contents:** Preface • Introduction 1. Assessment 2. Strategies 3. Abandonment 4. Jealousy and Envy 5. Betrayal 6. Principle 7. Mental Health 8. Conclusion • References

**ELENA LESSER BRUUN, EdD, LMFT**, is a licensed marriage and family therapist in private practice and associate professor of psychiatry at New York University. She is the co-author of *Marrying Well* (see page 65).

**SUZANNE MICHAEL, PhD, LCSW**, is a sociologist and clinical social worker.

ISBN: 978-0-393-70704-5 • 2014 • 272 pages • Hardcover • \$34.95



## INTERGENERATIONAL CYCLES OF TRAUMA and VIOLENCE

### *An Attachment and Family Systems Perspective*

PAMELA C. ALEXANDER

The premise of this book is that an increased risk for abusive behavior or revictimization as a function of one's own experiences of abuse or trauma in childhood can best be understood through the complementary lenses of attachment theory (focusing on the relationship between the child and the caregiver) and family systems theory (focusing on the larger context of this relationship). That is, what a child acquires from his/her relationship with the caregiver is not simply a reflection of what the child has "learned" from experiencing or witnessing abuse, but more importantly, from the child's experience of the relationship itself, on an implicit, emotional, physical and neurobiological level.

This book presents a detailed review of the literature as well as clinical examples to aid professionals of all backgrounds.

**Topics covered include:** the parent-child attachment relationship; family context of attachment relationships; neurobiology and genetics; peer victimization and partner violence; child sexual abuse; special populations.

**PAMELA C. ALEXANDER** has conducted family violence research for over 30 years. At the Universities of Memphis, Maryland and Pennsylvania, she was the PI for three federally funded projects including the first randomized clinical trial of group treatment for incest survivors and a psychotherapy outcome study of the use of motivational interviewing with male batterers. She also evaluated the Army's and the Marines' home visitation child abuse prevention program. She currently consults with JBS International and has a private practice.

ISBN: 978-0-393-70718-2 • November 2014 • 320 pages • Hardcover • \$39.95

## HAKOMI MINDFULNESS-CENTERED SOMATIC PSYCHOTHERAPY

### *A Comprehensive Guide to Theory and Practice*

HALKO WEISS, GREGORY JOHANSON, and LORENA MONDA, Editors

Hakomi is a therapeutic practice that combines body psychotherapy, mindfulness, and principles of non-violence from Eastern philosophy. This book, written and edited by members of the Hakomi Institute, the world's leading training program for Hakomi practitioners, is the authoritative text on the history, methods, theory, and practice of Hakomi therapy today.

It is a proven, integrative method in which client and therapist cooperate to engage and understand core beliefs, present-moment somatic experiences, and the clients' myriad self. The processes and practices offered in this book will help therapist and client explore the complex web of relationships that form our personal identities, healing not just the problem but the whole person, and opening doors to powerful and lasting transformation.

**Contents: Part I: The Essential Method** 1. Introduction 2. Characteristics of Hakomi 3. The Essential Method • **Part II: Theory** 4. The Central Role of the Body in Hakomi Psychotherapy 5. Hakomi Principles and a Systems Approach to Psychotherapy 6. Assisted Self-Study: Unfolding the Organization of Experience 7. The Role of Core Organizing Beliefs in Hakomi Therapy 8. Hakomi Character Therapy • **Part III: Methodology/ Therapeutic Strategy** 9. The Therapeutic Relationship in Hakomi Therapy 10. Mindfulness as a Psychotherapeutic Tool 11. The Experiential Attitude in Hakomi Therapy: Curiosity in Action 12. Following and Leading 13. Ethics: The Right Use of Power • **Part IV: Technique and Intervention** 14. The Skills of Tracking and Contact 15. Accessing and Deepening 16. Experiments in Mindfulness 17. Exploring the Barriers: Hakomi Perspectives on Working with Resistance and Defense 18. Child States and Therapeutic Regression 19. Working Through Core Beliefs 20. Transformation 21. Jumping Out of the System 22. Character-Informed Interventions 23. Mindfulness and Trauma States 24. Strengths and Limitations of the Hakomi Method: Indications and Contraindications for Clients with Significant Clinical Disturbances • Appendix I. Hakomi's Theory • Appendix II. Annotated Case Illustrations • Glossary of Hakomi Terms • Bibliography

ISBN: 978-0-393-71072-4 • May 2015 • 384 pages • Paperback • \$39.95

## PSYCHOPHARMACOLOGY PROBLEM SOLVING

### *Principles & Practices to Get It Right*

F. SCOTT KRALY

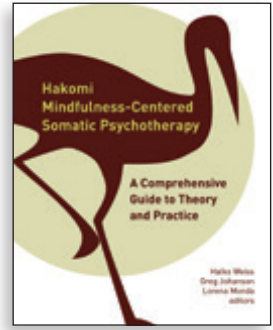
Psychotropic medications prescribed to treat mental disorders have become increasingly commonplace over the past half century, but the decision-making process for doing so continues to lack real clarity. Clinicians and patients alike face new challenges and questions thanks to the increasing availability of these drugs: When is the right time to prescribe something? Can I predict which drug will help this individual? When do I consider changing a medication? How do I assess whether a drug's side effects make it worthwhile or not?

The goal of this book is to encourage prudent, informed, and appropriate use of psychotropic medications—to encourage use that is respectful and aware of the strengths and limitations of these drugs. By presenting some fundamental principles of pharmacology as they apply to the clinical treatment of patients, and by offering practical, big-picture prescribing recommendations, *Psychopharmacology Problem Solving* helps to unravel an increasingly complex decision-making process.

Taking a hard look at the extraordinary and increasing trust clinicians, patients, and families of patients place in drug therapy for mental illness, this book gives readers an evidence-based anchor to help them make the right decisions.

**Contents: Part I: Fundamental Principles and Recommendations** 1. Cardinal Rules of Pharmacology 2. Each Patient Is a Unique Case for Pharmacotherapy 3. Drugs Can Change the Brain 4. Pharmacotherapy Should Be Evidence Based 5. Availability of a Drug Depends Upon Many Factors 6. A Patient Contributes to Effective Pharmacotherapy • **Part II: Principles and Recommendations Applied to Pharmacotherapy** 7. Obesity 8. Schizophrenia 9. Addiction 10. Major Depression and Bipolar Disorder 11. Attention Deficit Hyperactivity Disorder 12. Anxiety • **Conclusion:** Ten Continuing Challenges to Getting It Right • Appendix: Table of Generic and Trade Names • References

ISBN: 978-0-393-70875-2 • 2014 • 352 pages • Hardcover • \$32.00

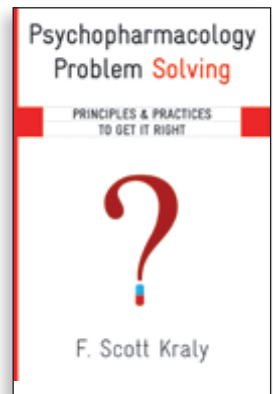


### ABOUT THE EDITORS

**HALKO WEISS, PhD**, is a clinical psychologist, psychotherapist, co-founder of the Hakomi Institute, and the international director of the Hakomi Institute of Europe.

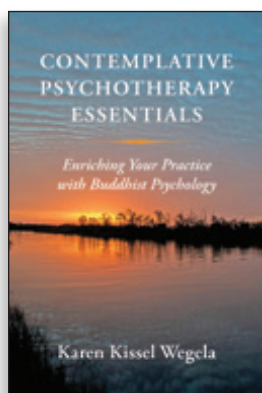
**GREGORY JOHANSON, MDiv, PhD**, is a founding trainer of the Hakomi Institute. He is editor of *Hakomi Forum* and has published extensively in the fields of spirituality and psychotherapy.

**LORENA MONDA, MS, DOM**, is a practicing psychotherapist and author. She teaches Hakomi in the United States and Japan.



### ABOUT THE AUTHOR

**F. SCOTT KRALY, PhD**, is Charles A. Dana Professor of Psychology and Neuroscience at Colgate University. He earned his doctorate at The Johns Hopkins University, was research fellow in Psychiatry at Cornell University Medical College, and now teaches psychopharmacology and behavioral neuroscience, having served as Chairperson of Psychology, Coordinator of Neuroscience, and Director of the Division of Natural Sciences and Mathematics at Colgate. He is the author of *The Unwell Brain* (see page 35).



#### ABOUT THE AUTHOR

**KAREN KISSEL WEGELA, PhD**, a therapist in private practice, has been studying and teaching the integration of Buddhist principles and psychotherapy for over thirty years as professor in the graduate Contemplative Psychotherapy program at Naropa University. She is also the author of *The Courage to Be Present* and *What Really Helps*.

ISBN: 978-0-393-70867-7  
2014 • 302 pages • Hardcover  
\$32.95

## CONTEMPLATIVE PSYCHOTHERAPY ESSENTIALS

### *Enriching Your Practice with Buddhist Psychology*

KAREN KISSEL WEGELA

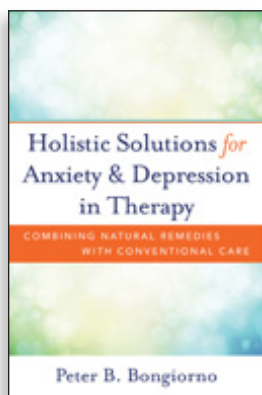
Kissel Wegela, a leading practitioner and educator of contemplative psychology, eloquently walks readers through the foundational concepts of this therapy approach and its specific clinical techniques, providing lucid guidance on what contemplative psychology means in the context of therapy work and how to practice it.

They take time to develop and some days we are able to tap into them more readily than others, but as Kissel Wegela explains, five competencies underlie all that a contemplative therapist does: (1) being present and letting be, (2) seeing clearly and not judging, (3) recognizing and appreciating differences, (4) connecting with others and cultivating relationships, and, finally, (5) acting skillfully and letting go.

After establishing these basic competencies the book goes on to explore the nuances of contemplative therapy practice, from creating a genuine therapeutic relationship, recognizing “brilliant sanity”—not only psychopathology—in our clients, and sowing the seeds of mindfulness (in our clients and ourselves), to correcting *mindlessness* practices, exploring clients’ emotions, cultivating compassion, and working with anger.

Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, *Contemplative Psychotherapy Essentials* makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for the average clinician, putting readers and their clients in better touch with the present moment—their bodies, emotions, and mind—for more enduring change.

**Contents:** Acknowledgments • Introduction 1. Foundations of Contemplative Psychotherapy 2. Beginning with Oneself 3. The Five Competencies of the Contemplative Psychotherapist 4. Creating a Genuine Therapeutic Relationship 5. Recognizing Brilliant Sanity—not Only Psychopathology—in Clients 6. Sowing the Seeds of Mindfulness 7. Working with Clients’ Existing and Potential Mindfulness and Mindlessness Practices 8. Exploring Emotions 9. Cultivating Compassion 10. Contemplative Approaches to Anger 11. Mandala Techniques for Supervision and Consultation • Notes • References



#### ABOUT THE AUTHOR

**PETER B. BONGIORNO, ND, LAC**, a doctor of naturopathic medicine, is co-director of Inner-Source Natural Health and Acupuncture in New York City. Vice-president of the New York Association of Naturopathic Physicians, he is a contributor to numerous blogs and online magazines, including DrOz.com and Sharecare.com, and is regularly interviewed as a natural medicine expert on national television and radio.

ISBN: 978-0-393-70934-6  
January 2015 • 256 pages  
Hardcover • \$32.95

## HOLISTIC SOLUTIONS FOR ANXIETY & DEPRESSION IN THERAPY

### *Combining Natural Remedies with Conventional Care*

PETER B. BONGIORNO

Bongiorno, a naturopath who regularly works with mental health clients, walks readers through the fundamentals, laying out the basic principles of holistic care, the most salient CAM research to date as well as its safety concerns, and steps to take to determine if it’s appropriate to introduce a CAM modality to your client’s treatment. He also explains when holistic approaches may *not* be appropriate.

Readers are then taught how to assess lifestyle and physiological factors that can contribute to a client’s anxiety and depression, such as sleep, diet, caffeine intake, exercise, sunlight exposure, media use, low blood sugar, cholesterol levels, thyroid issues, hormone issues, digestive health, and more.

With an understanding of these underlying factors in place, the book goes on to outline the most effective vitamins, minerals, botanicals, and mind-body therapies for anxiety and depression—from amino acids to zinc, acupuncture to Qi gong, and everything in between—including dosages, best applications, and contraindications. How to work integratively when a client is already on an anxiolytic or antidepressant is also covered. A final chapter explains exactly how to make recommendations and design a successful treatment plan best suited to your client.

With instructive graphics and loads of case vignettes, this resource is your go-to guide for understanding the complementary and alternative options for two of therapy’s most ubiquitous problems.

**Contents:** Acknowledgments • Introduction 1. Are Holistic Approaches Right for Your Client? 2. Assessing Contributing Lifestyle Factors 3. Assessing Contributing Internal Factors 4. Effective Supplements for Anxiety & Depression 5. Mind-Body Therapies 6. Working Integratively with Medications 7. Making Recommendations & Designing Treatment Plans • Appendices: I. Top 7 CAM Recommendations You Can Offer Your Clients II. Blood and Saliva Test Recommendation III. CAM Referrals and Resources

## PSYCHOTHERAPY ESSENTIALS TO GO

*A series of quick-reference, multimedia guides to key protocols all therapists need to know*

PAULA RAVITZ and ROBERT MAUNDER, Editors

"*Psychotherapy Essentials To Go* is a truly impressive series of books. Elevating pragmatics over dogma, it is grounded in the wisdom of front-line psychotherapists who adapt the core principles of empirically supported psychotherapies to flexibly address a myriad of clinical issues. I can think of no other series of psychotherapy handbooks as skillfully concise and yet thorough. It will quickly become a standard reference for teaching and enhancing clinical competence." —Zindel V. Segal, PhD, Distinguished Professor of Psychology in Mood Disorders, University of Toronto-Scarborough; author of *The Mindful Way Through Depression*

Rigorously field-tested by on-the-ground clinicians, these practical guidebooks—sold separately or as a set—provide easy-to-use, evidence-based summaries of five core therapy techniques. Filled with self-test questionnaires, case studies, diagrams, exercises, and role play transcripts, they are ideal teaching and learning resources. Accompanying each guide is a DVD featuring an hour-long video of sample therapy sessions and clinical explications, as well as a handy practice-reminder card that summarizes key information about the therapy technique.

### **Achieving Psychotherapy Effectiveness**

This hands-on guide, complete with accompanying DVD of sample therapy sessions, provides tools to help practitioners expand their clinical repertoire and improve outcomes, particularly in challenging treatment situations. How to maintain a strong therapeutic alliance and communication, reduce the risk of impasse, and utilize countertransference are emphasized.

### **Cognitive Behavioral Therapy for Anxiety**

From fundamental skills to more detailed clinical application across a number of different anxiety disorders—including social anxiety, OCD, and specific phobias—this concise guide provides a user-friendly overview of CBT for anxiety. Techniques for early-, middle-, and end-phases of treatment are covered.

### **Cognitive Behavioral Therapy for Depression**

This guide explains the basic cognitive model, the therapeutic stance, and some of the most important cognitive and behavioral interventions for depression. Core strategies covered include how to nurture the therapeutic rapport, focusing on the "here and now", goal-setting, and behavioral activation techniques such as activity monitoring, the thought record, and behavioral experiments.

### **Interpersonal Psychotherapy for Depression**

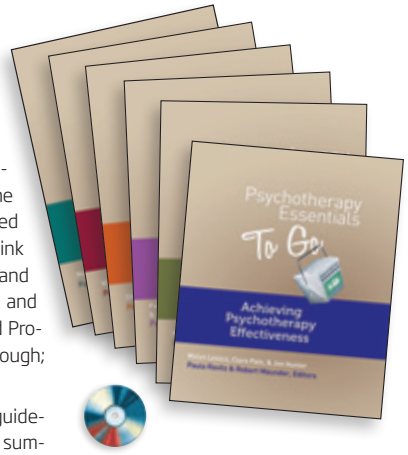
Interpersonal Psychotherapy (IPT) is an evidence-supported, short-term therapy that focuses on universal life problems related to change, loss, and conflict. At its heart is an emphasis on relationships as a healing force during stressful life events. This guide walks readers through the core principles of IPT treatment—how to consider underlying psychological and biological factors that may predispose a client to depression, including insecure attachment; how to effectively communicate with clients to improve their relationship problems; and how to conduct "interpersonal inventories" to help clients connect to supports who may be helpful in their recovery process.

### **Dialectical Behavior Therapy for Emotion Dysregulation**

Developed by Marsha Linehan, PhD, Dialectical Behavior Therapy (DBT) is an evidence-based treatment for Borderline Personality Disorder that integrates principles of change and acceptance in order to help clients who have severe emotion dysregulation and impulsive behavior. This guide describes the primary tenets of DBT and illustrates some of its essential techniques—namely validation, commitment strategies, behavioral chain analysis, and skills coaching—that can be used with a range of clients.

### **Motivational Interviewing for Concurrent Disorders**

Addiction—whether to alcohol and drugs, sex, gambling, or internet use—and mental health problems often go hand-in-hand. This guide summarizes the key principles of Motivational Interviewing (MI), a therapeutic approach to concurrent disorders that guides clients in eliciting and strengthening their desire for change. Laying out a four-stage treatment model—engagement, preparation, active treatment, and continuing care—the book walks readers through key facets of the therapeutic rapport at the heart of MI.



## ABOUT THE EDITORS

**PAULA RAVITZ, MD**, is Associate Professor, Morgan Firestone Psychotherapy Chair, and Associate Director of the Psychotherapy, Health Humanities, and Education Scholarship Division for the Department of Psychiatry at the University of Toronto, where she leads IPT training. She is also the director of the Mount Sinai Psychotherapy Institute. Her clinical practice, teaching, and research focuses on IPT and attachment-informed psychotherapy.

**ROBERT MAUNDER, MD**, is Associate Professor in the Department of Psychiatry at the University of Toronto and head of research for Mount Sinai Hospital's Department of Psychiatry. His primary research interest is the role of interpersonal attachment on health.

### **Psychotherapy Essentials To Go Set:**

ISBN: 978-0-393-71078-6 • 2014  
Paperbacks w/DVDs • \$100.00

*Achieving Psychotherapy Effectiveness:*

ISBN: 978-0-393-70826-4  
January 2015 • 144 pages  
Paperback w/DVD • \$23.95

*Cognitive Behavioral Therapy for Anxiety:*

ISBN: 978-0-393-70827-1 • 2013  
128 pages • Paperback w/DVD  
\$23.95

*Cognitive Behavioral Therapy for Depression:*

ISBN: 978-0-393-70828-8 • 2013  
128 pages • Paperback w/DVD  
\$23.95

*Interpersonal Psychotherapy for Depression:*

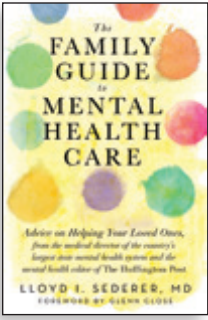
ISBN: 978-0-393-70829-5 • 2013  
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*Dialectical Behavior Therapy for Emotion Dysregulation:*

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*Motivational Interviewing for Concurrent Disorders:*

ISBN: 978-0-393-70824-0 • 2013  
160 pages • Paperback w/DVD  
\$23.95



## THE FAMILY GUIDE TO MENTAL HEALTH CARE

### *Advice on Helping Your Loved Ones*

LLOYD I. SEDERER, MD, Foreword by GLENN CLOSE

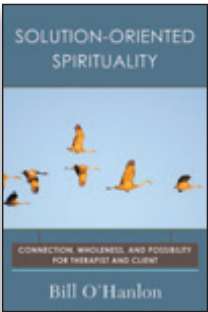
**"If your practice or your advocacy efforts place you anywhere near people encountering the mental health system for the first time, please have a look at this book. Piles of them – the books, not the patients – should be sitting in the waiting area of every mental health center and emergency department."** –*Psychiatric Times*

"This is one of the best and most practical guides for families. It will also be extremely useful in helping clinicians (physicians and other professionals) understand how to work with families . . . as well as to trainees and young clinicians embarking on practices that must include not only individuals in need but also interventions with families." –*Journal of Psychiatric Practice*

Families and friends are often the first to realize when someone they love has a problem, but it is hard to know how to help or where to turn. What medications are helpful, and are some as dangerous as I think? Is there a way to navigate privacy laws so I can discuss my adult daughter's treatment with her doctor? Is my teenager experiencing an illness or typical adolescent distress? Filled with real-life scenarios and helpful checklists to bring to a doctor's appointment, this comprehensive print resource offers hope and a path forward to families struggling with mental illness.

ISBN: 978-0-393-71063-2 • January 2015 • 328 pages • Paperback • \$18.95

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## SOLUTION-ORIENTED SPIRITUALITY

### *Connection, Wholeness, and Possibility for Therapist and Client*

BILL O'HANLON

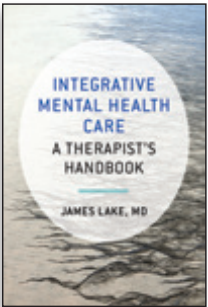
Although a growing number of Americans are turning to spirituality to help explain and supplement their lives, and a vast majority identify as religious, psychotherapy has long been reluctant to work alongside clients' sense of "something bigger."

Bestselling author Bill O'Hanlon offers a pioneering foray into the uses and pitfalls of spiritualities—both secular and religious—in a therapeutic setting. Here, spirituality is defined by its three integral components: a feeling of *connection* to something beyond oneself, a capacity for *compassion* or "feeling with," and a sense of responsibility to make a *contribution* to others and to the world.

ISBN: 978-0-393-71062-5 • January 2015 • 160 pages • Paperback • \$17.95

For more books by Bill O'Hanlon, see pages 41, 45, 47, 63, 64, and 82.

New in  
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## INTEGRATIVE MENTAL HEALTH CARE

### *A Therapist's Handbook*

JAMES LAKE, MD

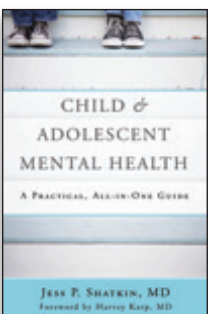
"[A] remarkably thorough, highly informative, and instructive guide for practitioners with varying degrees of familiarity with integrative practice....clearly written, practical, well-referenced. . . ." –*Psychiatric Services*

This concise, evidence-based guide will help in the day-to-day management of common mental health problems using a CAM approach.

**Contents: Part I: Foundations** 1. The Context of Integrative Mental Health Care 2. Evaluating a Client from an Integrative Perspective 3. Recommending Treatment and Making Referrals • **Part II: Clinical Problem Solving** 4. Moderate and Severe Depressed Mood 5. Cyclic Mood Swings and Mania 6. Generalized Anxiety, Panic Attacks, and Obsessions and Compulsions 7. Hyperactivity and Distractibility 8. Psychotic Symptoms and Schizophrenia 9. Mild Cognitive Impairment and Dementia 10. Alcohol and Substance Abuse 11. Insomnia and Daytime Sleepiness • Appendix A: Suggested Reading • Appendix B: Web Resources • References

ISBN: 978-0-393-71061-8 • January 2015 • 384 pages • Paperback • \$26.95

New in  
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## CHILD & ADOLESCENT MENTAL HEALTH

### *A Practical, All-in-One Guide*

JESS P. SHATKIN, MD, Foreword by HARVEY KARP, MD

**"[S]tands to be one of those 'go-to' resources that a wide range of clinicians will regularly pull from the shelf."** –*Psychiatric Times*

"This book is extraordinary . . . Dr. Jess Shatkin has written a book that should be read and mastered by anyone who wishes to provide state-of-the-art mental health care for children, adolescents, and families." –Harold S. Koplewicz, MD, Founding President of the Child Mind Institute

With the number and type of mental health issues in kids on the rise, and as more and more clinicians and counselors are being pushed to the front lines of defense, now more than ever is a need for a comprehensive, practical resource that guides professionals through the complexities of child and adolescent mental health. This practical, comprehensive book answers that call.

ISBN: 978-0-393-71060-1 • April 2015 • 416 pages • Paperback • \$28.95

New in  
Paperback

The 8 Keys series of books, edited by Babette Rothschild, provides consumers with brief, inexpensive, and high-quality self-help books on a variety of topics in mental health. Each volume is written by an expert in the field, someone who is capable of presenting evidence-based information in a concise and clear way. These books stand out by offering consumers cutting-edge, relevant theory in easily digestible portions, written in an accessible style. The tone is respectful of the reader and the messages are immediately applicable. Filled with exercises and practical strategies, these books empower readers to help themselves.

## 8 KEYS TO PRACTICING MINDFULNESS

### *Practical Strategies for Emotional Health and Well-Being*

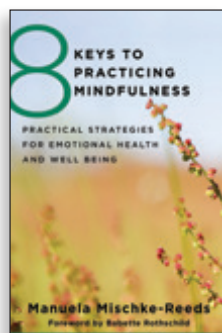
MANUELA MISCHKE REEDS, Foreword by BABBETTE ROTHSCHILD

This book foregrounds the mind's connection to the body (its "embodiment"), providing readers with specific techniques to quiet their usual thought patterns and reconnect with their own embodied resources. It will be particularly helpful for people who suffer from stress, but is an ideal introduction for anyone looking to start meditating, or just to develop their own compassion, calm, and balance.

The 8 keys include: Meet the Present Moment; Start Where You Are; Slow Down; Be-friend Your Body; Trust Your Sensations, Trust Your Emotions; Ride Through Tough Times; Cultivate Inner Calm; and Choose Abundance. Each comes with relevant case vignettes and therapy-tested exercises for attending to the present moment with curiosity rather than judgment.

**MANUELA MISCHKE REEDS** is a licensed somatic psychotherapist with more than 25 years experience as a mindfulness teacher and Hakomi method trainer.

ISBN: 978-0-393-70795-3 • April 2015 • 224 pages • Paperback • \$19.95



## 8 KEYS TO OLD SCHOOL PARENTING FOR MODERN-DAY FAMILIES

MICHAEL MASCOLO

Foreword by BABBETTE ROTHSCHILD

Michael Mascolo offers this easy-to-use guide for any parent concerned by the national trends of increasing narcissism and entitlement, decreasing work ethic, and difficulty with emotional regulation. Mascolo distinguishes parents from friends, playmates, maids, and chauffeurs, and marries contemporary clinical psychological research with old school authority and loving discipline—not punishment. He also fills the book with techniques your own old-school parents may have missed out on, among them conflict resolution, effective communication, and the cultivation of moral character.

The 8 keys include: Value Your Parental Authority; Cultivate Your Child's Character; Apply Discipline Instead of Punishment; Motivate Compliance; Foster Emotional Development; Solve Problems; Manage Conflicts; and Communicate Effectively. Mascolo works from real-life examples, offering parental guidelines along with counterexamples of parenting strategies both too permissive and too authoritarian.

**MICHAEL F. MASCOLO, PhD**, is a Professor of Developmental Psychology at Merrimack College. He has over 25 years of experience in higher education, teaching, and research, and is the founding editor of the journal *Pedagogy and the Human Sciences* and the monthly parenting publication *North Shore Children and Families*.

ISBN: 978-0-393-70936-0 • March 2015 • 302 pages • Paperback • \$19.95



## 8 KEYS TO RAISING THE QUIRKY CHILD

### *How to Help a Kid Who Doesn't (Quite) Fit In*

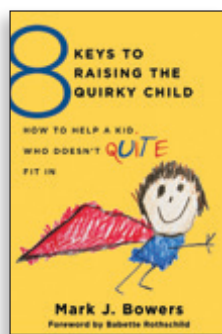
MARK BOWERS, Foreword by BABBETTE ROTHSCHILD

Quirky children may not have a diagnosable illness or disorder, but they are clearly "different," and often have difficulty fitting in or relating to others despite a strong desire to connect. Bowers founds the book on a love for quirky kids and respect for non-normative learning and developmental styles—this book will not confine your kid to "normality," but will help you understand their uniqueness on brain-based, developmental, and social levels.

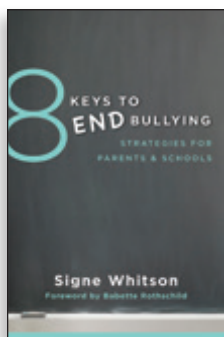
The 8 keys include: The 'STRESSED' Model of the Quirky Child; The ABCs of Behavior; The Quirky Brain; Social Development; The Elementary School Years; Diagnostic Evaluation and Treatment; Life at Home; and An Open Letter to the Parent of a Quirky Child. Each key comes with hands-on clinical experience with common issues quirky kids run into; keeping a schedule, eating habits, screen usage, and homework are all given special attention, and plans and techniques for adapting at school are developed.

**MARK J. BOWERS, PhD**, is a pediatric psychologist in private practice, specializing in neurodevelopmental disorders. He is a school consultant and the co-creator of a mobile app, Sosh, that helps children and teens improve social skills, which is now being used in over 30 countries.

ISBN: 978-0-393-70920-9 • May 2015 • 256 pages • Paperback • \$19.95



See pages 16, 42, 51, and 65 for more books in the 8 Key Series, and page 42 for Babette Rothschild's books.



## 8 KEYS TO END BULLYING

### *Strategies for Parents & Schools*

SIGNE WHITSON, Foreword by BABETTE ROTHSCILD

"Signe Whitson combines current research and best practices in *8 Keys to End Bullying* to not only open the door to comprehensive bullying prevention, but also to help plug the holes in policies so that no child falls through the cracks." —Heather Thomas, MA, LLPC, School Counselor and Child Therapist; [www.thehelpfulcounselor.com](http://www.thehelpfulcounselor.com)

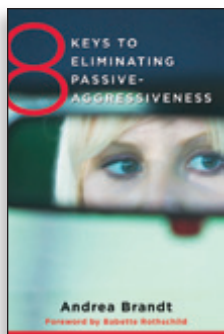
**"This book offers great tips, strategies, and resources for parents, educators, and counseling professionals who want to make a positive difference in children's lives. I highly recommend it!"** —Trudy Ludwig, children's advocate and bestselling author of *Confessions of a Former Bully* and *The Invisible Boy*

Groundbreaking books have peered into the psychology of bullying and the cultural climate that—seemingly now more than ever—gives rise to such cruelty and aggression. But few have been able to synthesize what we know into 8 simple, targeted "keys" that equip educators, professionals, and parents with practical strategies to tackle this issue head-on. This book answers that call.

Social media bullying, and the recent tragedies stemming from it, has given the widespread problem a new dimension. While no magic cure-all exists, adults can learn and implement all sorts of quick and easy techniques that can make a huge difference in the lives of kids. In 8 core strategies, this book lays them out, from establishing meaningful connections with kids, to creating a positive school climate, addressing cyberbullying, building social emotional competence, reaching out to bullies, empowering bystanders, and so much more.

**SIGNE WHITSON**, a licensed social worker, school counselor, and author, is COO of Life Space Crisis Intervention Institute, and presents workshops nationwide for parents and professionals on strategies for ending bullying and helping kids manage anger. She lives in Allentown, PA.

ISBN: 978-0-393-70928-5 • 2014 • 240 pages • Paperback • \$19.95



## 8 KEYS TO ELIMINATING PASSIVE-AGGRESSIVENESS

ANDREA BRANDT, Foreword by BABETTE ROTHSCILD

"The key strength of this book is the anecdotal stories that line the pages... General readers will gain intimate knowledge of their own behavior and suggestions for eliminating passive-aggressiveness. Likewise, **practicing psychotherapists will be exposed to relevant exercises that can be immediately incorporated in the clinical setting.**" —*International Journal of Psychotherapy*

Many people often say "yes" to something when they'd rather say "no." They offer cooperation through words but follow up with how they really feel in actions that contradict their words. That's passive-aggression. At its heart passive-aggression is about being untrue to oneself, which makes it impossible to have a clean relationship with others.

The book offers effective methods for transforming passive-aggression into healthy assertiveness to communicate in constructive ways through 8 keys: Recognize Your Hidden Anger; Reconnect Your Emotions to Your Thoughts; Listen to Your Body; Set Healthy Boundaries; Communicate Assertively; Interact Using Mindfulness; Disable the Enabler; and Problem-Solve for Better Outcomes. Hands-on exercises are featured, enabling readers to better understand their behavior.

**ANDREA BRANDT, PhD**, a sought-after TV and radio show guest, has over 30 years' experience working with individuals, couples, groups, and children. She is the author of *Mindful Anger* (see pg. 48).

ISBN: 978-0-393-70846-2 • 2013 • 224 pages • Paperback • \$19.95



## 8 KEYS TO STRESS MANAGEMENT

ELIZABETH ANNE SCOTT, Foreword by BABETTE ROTHSCILD

"The text's balanced emphasis on both physiological and mental process makes it a holistic and thorough guide for a broad audience... [Scott's] approach is collective and confident, a writing style that is ideal and even perhaps essential for readers experiencing issues with stress management." —*International Journal of Psychotherapy*

"[T]he book gives us an opportunity to take more of a structured and introspective look at the self. **It's a resource that one might actively work through and then revisit later, rather than read once and put on the shelf.**... **Scott helps normalize the experience of stress and provides a wealth of information about how to manage it.**" —*PsychCentral*

Bringing considerable content from her popular stress management Web site on About.com, Elizabeth Scott distills information about stress management into central ideas and strategies for readers. These include learning to reduce the stress response and stressors, practicing long-term resilience habits, and putting positive psychology research into action. These various perspectives provide a multilayered framework for understanding stress and approaching stress management that is inspirational, action-oriented, and backed by foundational and recent knowledge in the field. The easy-to-read "8 keys" format of the book can be utilized on many levels so that busy readers can quickly find relief from stress.

**Contents:** Foreword by *Babette Rothchild* • Key 1: Become Aware Of Your Stressors • Key 2: Learn To Quickly Reverse Your Stress Response • Key 3: Take Care Of Your Body • Key 4: Get Into the Right Frame Of Mind • Key 5: Cut Down On Stressors When Possible • Key 6: Cultivate Healthy Relationships • Key 7: Put Positive Psychology Into Action • Key 8: Practice Long-Term Resilience-Forming Habits • Creating An Action Plan

ISBN: 978-0-393-70809-7 • 2013 • 224 pages • Paperback • \$19.95



Louis J. Cozolino, PhD, *Series Editor* • Daniel J. Siegel, MD, *Founding Editor*Allan N. Schore, PhD, *Series Editor, 2007-2014***SENSORIMOTOR PSYCHOTHERAPY***Interventions for Trauma and Attachment*

PAT OGDEN

The body's innate intelligence is largely an untapped resource in psychotherapy. This book, designed for therapists and clients to explore together, is both psychoeducational and practical. It will help therapists and clients alike use their own somatic intelligence to reclaim the body and engage it in the therapy process.

A companion to the bestselling *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (see below), the book is not intended to teach the practice of Sensorimotor Psychotherapy. Rather, it is meant to act as a guide for helping clients draw on the wisdom of their bodies. Following an initial introductory section, the book consists of relatively short chapters designed to educate therapists and clients about a particular topic. Worksheets are provided for each chapter designed to be used either in therapy or between sessions to help clients integrate the material.

The book will be useful for psychotherapists of a variety of persuasions: psychologists, psychiatrists, social workers, counselors, and marriage and family therapists. Some of the material may also be valuable for psychiatric nurses, occupational therapists, rehabilitation workers, crisis workers, victim advocates, disaster workers, and body therapists, as well as for graduate students and interns entering the field of mental health.

The Sensorimotor Psychotherapy® Institute, founded in 1981, has developed its own unique method of somatic psychology theory and practice informed by interpersonal neurobiology, neuroscience, trauma and attachment research.

**Contents:** Introduction • **Section One: Getting Started** 1. Essential Principles 2. Orientation for Therapists 3. Orientation for Clients • **Section Two: Basic Concepts and Skills** 4. The Wisdom of the Body, Lost and Found 5. The Language of the Body: Procedural Learning 6. Pay Attention: The Orienting Response 7. Mindfulness of the Present Moment 8. Directed Mindfulness and Neuroplasticity 9. The Triune Brain and Information Processing 10. Exploring Body Sensation 11. Neuroception and the Window of Tolerance 12. Three Phases of Therapy • **Section Three: Phase I: Developing Resources** 13. Appreciating Your Strengths: Survival and Creative Resources 14. Taking Inventory: Categories of Resources 15. Somatic Resources 16. Grounding Yourself 17. Core Alignment: Working with Posture 18. Using Your Breath 19. A Somatic Sense of Boundaries 20. Developing Missing Resources • **Section Four: Phase 2: Memory—Integrating the Past** 21. Implicit Memory and Your Resource Repertoire 22. Reconstructing Memory: Finding Resources in a Painful Past 23. Dual Awareness of Past and Present 24. Sliver of Memory 25. Restoring Empowering Action 26. Recalibrating Your Nervous System: Sensorimotor Sequencing 27. Emotions and Animal Defenses **Section Five: Phase 3: Attachment and Beyond: Moving Forward** 28. The Legacy of Attachment 29. Beliefs and the Body 30. Making Sense of Emotions 31. Moving through the World: How We Walk 32. Boundary Styles in Relationships 33. Connecting with Others: Proximity-Seeking Actions 34. Play, Pleasure, and Positive Emotions 35. Challenging Your Window of Tolerance

**Also available:****TRAUMA AND THE BODY***A Sensorimotor Approach to Psychotherapy*

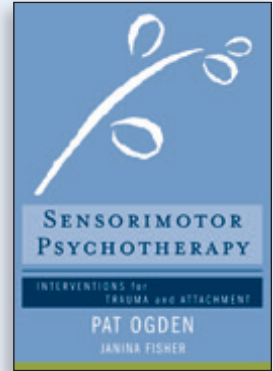
PAT OGDEN, KEKUNI MINTON, and CLARE PAIN

**"[A]n exemplary collaboration within the village of traumatology . . . [G]rounded in the whole body of knowledge available to us about trauma."** —*Clinical Social Work Journal*

This book shows, by integrating body-oriented interventions, how traditionally trained mental health professionals can improve the depth and efficacy of their clinical work with trauma survivors. Incorporating theory and technique from traditional talk therapy methods with body-oriented psychotherapy—or sensorimotor psychotherapy—somatic psychology pioneer Pat Ogden and her colleagues expertly explain how using body sensation and movement can help heal the wounds of trauma.

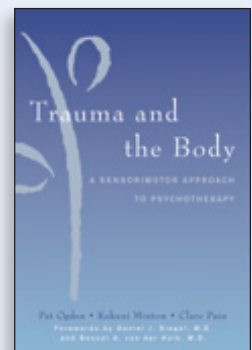
**Topics addressed include:** Cognitive, emotional, and sensorimotor dimensions of information processing • Modulating arousal • Dyadic regulation and the body • The orienting response • Defensive subsystems • Adaptation and action systems • Treatment principles • Skills for working with the body in present time • Developing somatic resources for stabilization • Processing traumatic memory

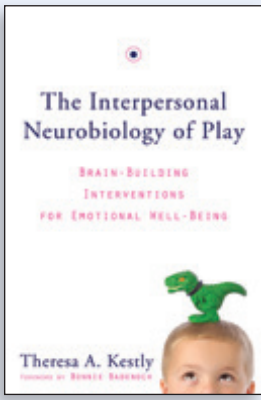
ISBN: 978-0-393-70457-0 • 2006 • 384 pages • Hardcover • \$39.95

**ABOUT THE AUTHOR**

**PAT OGDEN, PhD**, is the Founder and Educational Director of the Sensorimotor Psychotherapy® Institute, an internationally recognized school specializing in somatic-cognitive approaches for the treatment of trauma and attachment. A pioneer in somatic psychology, she is a clinician, consultant, international lecturer and trainer, and first author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (see below). With colleagues, Dr. Ogden is currently developing Sensorimotor Psychotherapy® for children, families, couples, offenders, and dissociative disorders.

ISBN: 978-0-393-70613-0  
December 2014 • 768 pages  
Hardcover • \$47.50





#### ABOUT THE AUTHOR

**THERESA A. KESTLY, PhD**, is a psychologist, educator, consultant and a registered play therapist/supervisor with the Association for Play Therapy. She maintains a private practice in Corrales, New Mexico for children, adults, families and couples, and she specializes in play therapy and sand tray therapy. Theresa is past president of the New Mexico Association for Play Therapy. She is the founder and director of the Sand Tray Training Institute of New Mexico in Corrales, New Mexico. You may contact her at [www.sandtraytraining.com](http://www.sandtraytraining.com).

## THE INTERPERSONAL NEUROBIOLOGY OF PLAY

### *Brain-Building Interventions for Emotional Well-Being*

THERESA A. KESTLY  
Foreword by BONNIE BADENOCH

Just how important is play? Some neuroscientists believe that successful childhood play is the cornerstone of successful mental health throughout an adult's life. Others, that it is key to successful aging.

Here, Theresa Kestly examines a wealth of research on the topic of play and the play circuitry of the brain to pin down just how important it is to a healthy brain, and emotional development.

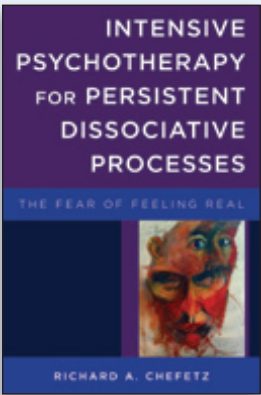
Although the flow of information from the burgeoning field of neuroscience has been rapid over the past 20 years, there is still insufficient attention placed on how play circuitry can be recruited to create *real therapeutic change* and *long-lasting motivation to learn*, as well as develop the very circuitry that allows children to drink in what is being taught.

We are now at a stage in our understanding when we can develop language to explain the neurobiology of play experiences for those who want to collaborate with the brain's inborn circuitry in educational, healing, or family environments.

This book will help, teachers, clinicians and interested parents understand why play helps children (and adults) heal from painful experiences, while developing self-regulation and empathy. After reviewing a wealth of evidence presented here, readers will think twice about what "just playing" really means for the health of their clients.

**Contents:** Foreword by *Bonnie Badenoch* • **Part I: Concepts of Play** 1. Creating Safety and Connection for Play 2. Early Play Experiences 3. "Why Can't Bobby Behave?" 4. Complexity and Neural Integration on the Road to Mental Health 5. Becoming Part of Our Children • **Part II: Playing with the Brain in Mind** 6. Bridging Theories of Play and Practical Applications 7. Play Sanctuaries 8. Playing Together: The Collaborative Relationship 9. Storytelling Play 10. The Interpersonal Neurobiology of Storytelling Play 11. Mindfulness Play • **Part III: Collaborating with Parents, Teachers, and Colleagues** 12. When Did We Stop Playing and How Do We Begin Again? • Appendix: Handouts

ISBN: 978-0-393-70749-6 • 2014 • 240 pages • Hardcover • \$35.00



## INTENSIVE PSYCHOTHERAPY FOR PERSISTENT DISSOCIATIVE PROCESSES

### *The Fear of Feeling Real*

RICHARD A. CHEFETZ

"Richard Chefetz, arguably the most astute and sophisticated mind in the field of trauma and dissociation, accompanies his readers on a personal journey into the mind and consulting room of a master clinician, scientist, and educator. This book demonstrates why dissociation is mostly not about dissociative disorders. It is about how a mind struggles to cope with the intolerable and unbearable. As both a traumatologist and a psychodynamic clinician, Chefetz has built a bridge that explores the joint dissociative processes that take place as part of the patient/therapist relationship. In Chefetz's words, 'attention to moment-to-moment process . . . pays much larger long term dividends than any particular theoretical understanding. In talking about dissociative process, abstract concepts have their place. That place is not the consulting room.'"

—Phillip M. Bromberg, PhD, author, *The Shadow of the Tsunami: and the Growth of the Relational Mind*

"Richard Chefetz, a master teacher on dissociative phenomena, integrates scientific sophistication with in-the-trenches clinical mastery. His eloquent writing—synthesizing theory and practice, mind and body, left- and right-brain processes, research and application, science and art—exemplifies the healing integration sought by every therapist familiar with dissociative disorders. Verbatim case material illuminates clinically familiar but devastating topics. I recommend it to anyone seriously interested in the treatment of fractured minds and defeated hearts, including researchers, therapists, students, and patients dealing with the agonies of traumatized lives." —Nancy McWilliams, PhD, Professor, Rutgers University Graduate School of Applied & Professional Psychology

**Contents:** 1. A Mind Hiding From Itself 2. Life as Performance Art: The Search for Felt Coherence 3. Recognizing Dissociative Experience and Self States 4. Opening a Treatment for Persistent Dissociative Processes 5. Affect, Neurobiology, and Dissociative Processes 6. Fear and Depersonalization 7. Incest, Sexual Addiction, and Dissociative Processes 8. Waking the Dead Therapist 9. The Unconscious Fear of Feeling Real: Negativity and the Negative Therapeutic Reaction 10. Object Coercive Doubling 11. In the Throes of an Enactment 12. Emerging from an Enactment

**RICHARD A. CHEFETZ, MD**, is a psychiatrist in private practice in Washington, D.C. He was President of the International Society for the Study of Trauma and Dissociation (2002-3), and is a Distinguished Visiting Lecturer at the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology. He is a faculty member at the Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington Center for Psychoanalysis. He was a co-founder and then Director of the Dissociative Disorder Psychotherapy Training Program of the International Society for the Study of Trauma and Dissociation.

ISBN: 978-0-393-70752-6 • March 2015 • 320 pages • Hardcover • \$37.50

## ART THERAPY and THE NEUROSCIENCE OF RELATIONSHIPS, CREATIVITY, and RESILIENCY

NOAH HASS-COHEN and JOANNA CLYDE FINDLAY  
Forewords by LOUIS J. COZOLINO and FRANCES KAPLAN

This book links expressive art therapy practices with clinical neuroscience research and interpersonal neurobiology. It focuses on a neuroscientifically-aware approach to art therapy. Six art therapy relational neuroscience principles are at work: creative embodiment, relational resonating, expressive communicating, adaptive resiliency, transformative integrating, and empathizing.

Each chapter provides an overview of relational neuroscience fundamentals, followed by sample experientials and directives which are accompanied by the participants' reflections. The chapters conclude with a section designed to integrate the information with expanded applied clinical skills.

Topics include: art and meaning-making; motion; neuroplasticity; creativity; process art; attachment theory; affect co-regulation; reciprocal and dynamic qualities of non-verbal communication; senses, emotions, and cognitions; executive functions; autobiographical memory; reflective by default; interpersonal touch and space; fear; short- and long-term stress and trauma; resiliency and coping; internal working models and mentalizing; mindfulness foundations and insight; empathy and compassion.

Throughout the book the relational context is demonstrated as the most important component of arts-based work, whether between the creative milieu participants and facilitator or the therapist and client.

**Contents:** Foreword by *Louis J. Cozolino* • Foreword by *Frances Kaplan* 1. The Framework: The Art Therapy Relational Neuroscience Model 2. Review of Neurobiology and Meaning-Making 3. Creative Embodiment: In Motion 4. Relational Resonating: Attachment and Neuroplasticity 5. Relational Resonating: Co-Regulation and Co-Creation 6. Relational Resonating: Autobiographical Memory 7. Expressive Communicating: Accessing Emotions and the Creative Unconscious 8. Expressive Communicating: Interpersonal Touch & Space 9. Adaptation: Stress, Fear & Coping 10. Adaptive Resiliency: Secure Remembrance 11. Transformative Integrating: Mentalizing, Reflecting and Creating 12. Transformative Integration: Mindful Awareness 13. Empathizing and Compassion: The Creative Arts 14. Epilogue: Reflections on the Love of Art Therapy • Resources

## NEUROBIOLOGY and THE DEVELOPMENT OF HUMAN MORALITY

### *Evolution, Culture, and Wisdom*

DARCIA NARVAEZ  
Foreword by ALLAN N. SCHORE

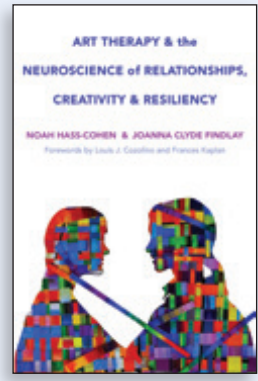
Moral development has traditionally been considered a matter of reasoning. In this integrative book, Darcia Narvaez demonstrates how morality goes "all the way down," involving neurobiology and emotional development, and how these are significantly shaped in early life.

Evolution provided an extra-genetic niche for child development, characterized by intensive parenting and social support. Modern cultures have shifted away from the intensive practices that easily foster a neurobiology supportive of wellbeing and builds "primal" wisdom from the ground up. Rather, Western wisdom traditions help adults foster wisdom "top-down."

Integrating the latest scholarship in clinical sciences and positive psychology, Narvaez proposes a developmental ecological ethical Practice as a way to self-author and shift cultures and consciousness towards a timely alternative vision of moral development and flourishing.

**Contents:** Foreword by *Allan N. Schore* 1. The Neurobiology and Development of Human Morality in Light of Evolution 2. More Than Genes: Human Inheritances and the Moral Sense 3. The Dynamic Self: Emotions and Development 4. Moral Heritage 1: Engagement of the Heart 5. Moral Heritage 2: Communal Imagination 6. Undercare and The Stress Response: Early Life Gone Wrong 7. The Morality that Stress Promotes: Self Protective Ethics 8. Shifting Moral Mindsets 9. Culture and Imagination: Cooperation or Competition? 10. Paths to Moral Wisdom 11. Common-Self Wisdom: Fostering a Good Life for Self and Others 12. The Road to Restoring Human Essence

ISBN: 978-0-393-70655-0 • 2014 • 280 pages • Hardcover • \$39.95

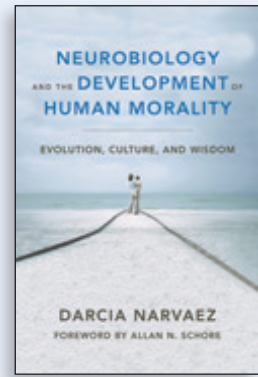


### ABOUT THE AUTHORS

**NOAH HASS-COHEN, PsyD**, has developed a relational neuroscience model for art psychotherapy and the arts. Her publications, and presentations, focus on the clinical advantages of her CREATE model. She is faculty at California School of Professional Psychology at Alliant University in Los Angeles.

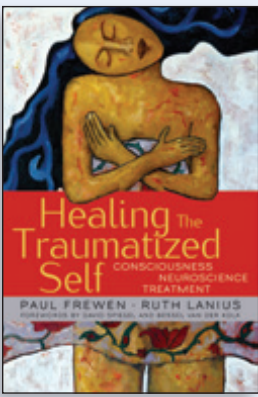
**JOANNA CLYDE FINDLAY, MA**, psychotherapist and artist, specializes in health issues, childbirth and parenting support.

ISBN: 978-0-393-71074-8  
March 2015 • 420 pages  
Hardcover • \$45.00



### ABOUT THE AUTHOR

**DARCIA NARVAEZ, PhD**, is professor of psychology at the University of Notre Dame, USA, and fellow of the American Psychological Association. She specializes in ethical development and moral education. Her current work examines the effects of early experience on moral development. To her scholarship she brings a bicultural background, extensive living outside the USA and an interdisciplinary perspective based on careers in the social sciences, humanities and the arts. She writes a blog for *Psychology Today* called "Moral Landscapes."



## HEALING THE TRAUMATIZED SELF

### *Consciousness, Neuroscience, Treatment*

PAUL FREWEN and RUTH LANIUS  
Forewords by DAVID SPIEGEL and BESSEL van der KOLK

This masterful book addresses the imprisoned states of mind of the severely psychologically traumatized person. The authors describe how overwhelming experiences of trauma, including violence, torture, abuse, and neglect, can alter four key dimensions of consciousness in the survivor. These are the consciousness of time, thought, body, and emotion. These trauma-related altered states of consciousness (TRACS) may make the survival of traumatic experiences more tolerable—to afford mental escape when physical escape is not possible.

Yet TRACS may linger in the aftermath of trauma and the persistence of it has been regarded as a marker of psychopathology. This book recommends a methodology—neurophenomenology—for studying, assessing, and treating TRACS in trauma

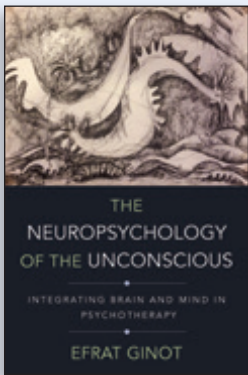
survivors. This methodology integrates the study first-person experience with objective neurophysiological measures. Filled with case examples, research, and details of clinical practice, this is a book no-one who works with trauma survivors will want to be without.

**Contents:** Foreword by *David Spiegel* • Foreword by *Bessel van der Kolk* • Preface: The Prison-House of the Traumatized Self 1. The Varieties of Posttraumatic Experience: A Four-Dimensional Model 2. What Is It Like?: Neurophenomenology as a Methodology for Psychotraumatology 3. Consciousness of Time: When the “Now” Slows Down, and When Then Becomes Now 4. Consciousness of Thought: Negative Content, Fragmented Plots, and Altered Perspective 5. Consciousness of the Body: Depersonalization and Derealization—When the Body Is Estranged and the World Is Strange 6. Consciousness of Emotion: Feeling Too Much and Feeling Too Little 7. Liberating the Traumatized Self: Resilience and Recovery • Appendix. Case Studies in Trauma-Related Altered States of Consciousness: A Phenomenological Inquiry into the Traumatized Self

**PAUL FREWEN, PhD**, is a practicing clinical psychologist and associate professor in the departments of psychiatry and psychology at Western University in London, Ontario, Canada. He has authored over 50 peer-reviewed articles studying trauma, affect regulation, mindfulness, dissociation, and the self. He received early career awards from the Canadian Psychological Association and the American Psychological Association Trauma Psychology Sections. His research methods include psychometrics, neuroimaging, experimental, neurophenomenological, and treatment approaches.

**RUTH LANIUS, MD, PhD**, Professor of Psychiatry and Harris-Woodman Chair is the director of the PTSD research unit at Western University in Canada. Her research interests focus on studying the neurobiology of PTSD and its relationship to clinical practice. She has authored more than 100 published papers in the field of traumatic stress and is currently funded by several federal funding agencies. She regularly lectures on the topic of PTSD nationally and internationally.

ISBN: 978-0-393-70551-5 • 2014 • 416 pages • Hardcover • \$42.50



## THE NEUROPSYCHOLOGY OF THE UNCONSCIOUS

### *Integrating Brain and Mind in Psychotherapy*

EFRAT GINOT

More than one hundred years after Freud began publishing some of his seminal theories, the concept of the unconscious still occupies a central position in many theoretical frameworks and clinical approaches. When trying to understand clients' internal and interpersonal struggles it is almost inconceivable not to look for unconscious motivation, conflicts, and relational patterns. Clinicians also consider it a breakthrough to recognize how our own unconscious patterns have interacted with those of our clients.

Although clinicians use concepts such as the unconscious and dissociation, in actuality many do not take into account the newly emerging neuropsychological attributes of nonconscious processes. As a result, assumptions and lack of clarity overtake information that can become central in our clinical work.

This revolutionary book presents a new model of the unconscious, one that is continuing to emerge from the integration of neuropsychological research with clinical experience.

Drawing from clinical observations of specific therapeutic cases, affect theory, research into cognitive neuroscience and neuropsychological findings, the book presents an expanded picture of nonconscious processes. The model moves from a focus on dissociated affects, behaviors, memories, and the fantasies that are unconsciously created, to viewing unconscious as giving expression to whole patterns of feeling, thinking and behaving, patterns that are so integrated and entrenched as to make them our personality traits.

**Topics covered include:** the centrality of subcortical regions, automaticity, repetition, and biased memory systems; role of the amygdala and its sensitivity to fears in shaping and coloring unconscious self-systems; self-narratives; therapeutic enactments; therapeutic resistance; defensive systems and narcissism; therapeutic approaches designed to utilize some of the new understandings regarding unconscious processes and their interaction with higher level conscious ones embedded in the prefrontal cortex.

#### ABOUT THE AUTHOR

**EFRAT GINOT, PhD**, is a psychoanalytic psychotherapist in private practice. She is also a teacher and supervisor at the Fifth Avenue Center for Counseling.

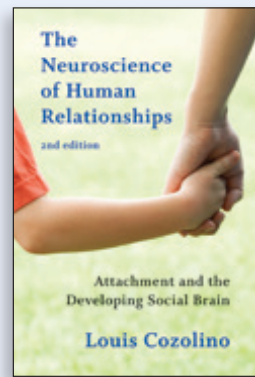
ISBN: 978-0-393-70901-8  
April 2015 • 336 pages  
Hardcover • \$37.50

## THE NEUROSCIENCE OF HUMAN RELATIONSHIPS, SECOND EDITION

### *Attachment and the Developing Social Brain*

LOUIS COZOLINO

"This book provides an excellent and easily understood story about the connections of social child development and neuroscience. How we develop a 'we' from an 'I' is a critical part of human development. Cozolino describes this process and the unfolding of brain mechanisms that underlie social development in a clear and easy-to-read fashion. Stories are peppered throughout that provide clear examples of the processes discussed and lend to the enjoyment in the reading. **This is a 'must' for anyone interested in human behavior.**" –Lonnie Zeltzer, MD, Director, Pediatric Pain Program, and Professor of Pediatrics, Anesthesiology, Psychiatry, and Biobehavioral Sciences, David Geffen School of Medicine at UCLA



**Contents:** Introduction–I, Me, Mine • **Part I: The Emergence of Social Neuroscience: An Overview** 1. The Social Brain 2. The Evolving Brain **Part II: The Social Brain Structures and Functions** 3. The Developing Brain 4. The Social Brain: A Thumbnail Sketch 5. Social and Emotional Laterality **Part III: Building the Social Synapse** 6. Experience-Dependent Plasticity: The Science of Epigenetics 7. Reflexes and Instincts: Jumpstarting Attachment 8. Addicted to Love 9. Implicit Social Memory 10. Ways of Attaching **Part IV: I See You** 11. I've Just Seen a Face 12. Getting to Know You 13. Monkey See, Monkey Do: Imitation and Mirror Neurons 14. Resonance, Attunement, and Empathy **Part V: The Power of Relationships** 15. Sociostasis: How Relationships Regulate Our Brains 16. The Impact of Early Stress 17. Interpersonal Trauma **Part VI: Disorders of the Social Brain** 18. Social Phobia: When Others Trigger Fear 19. Borderline Personality Disorder: When Attachment Fails 20. Psychopathy: The Antisocial Brain 21. Autism: The Asocial Brain **Part VII: Social Neural Plasticity** 22. Self and Others 23. From Neurons to Narratives 24. Healing Relationships 25. From Social Brain to Group Mind

ISBN: 978-0-393-70782-3 • 2014 • 496 pages • Hardcover • \$44.50

## THE NEUROSCIENCE OF PSYCHOTHERAPY SECOND EDITION

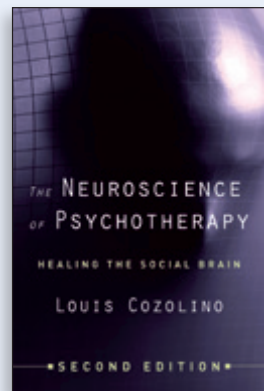
### *Healing the Social Brain*

LOUIS COZOLINO

"If **Kandel brought the viewpoint of a Nobel Prize neuroscientist, Cozolino delivers the informed perspective and integrative thinking of a master clinician in this updated edition. . . . This beautifully written book is indispensable for anyone involved in the fields of mental health or public policy.**" –*Psychiatric Times*

Beginning with an overview of the intersecting fields of neuroscience and psychotherapy, this book delves into the brain's inner workings, from basic neuronal building blocks to complex systems of memory, language, and the organization of experience. It continues by explaining the development and organization of the healthy brain and the unhealthy brain. Common problems such as anxiety, trauma, and codependency are discussed from a scientific and clinical perspective. Throughout the book, the science behind the brain's working is applied to day-to-day experience and clinical practice.

Thoroughly updated with the many neuroscientific developments that have happened in the eight years since the publication of the first edition, this revision to the bestselling book belongs on the shelf of all practitioners.



**Contents: Part I: Neuroscience and Psychotherapy: An Overview** 1. The Entangled Histories of Neurology and Psychology 2. Building and Rebuilding the Human Brain 3. Neural Integration in Different Modes of Therapy **Part II: How The Brain Works: The Legacy of Evolution** 4. The Human Nervous System 5. Multiple Memory Systems 6. Laterality: One Brain or Two? **Part III: The Organization of Experience and The Healthy Brain** 7. The Executive Brain 8. Consciousness and Reality 9. Neural Network Integration **Part IV: The Social Brain** 10. The Social Brain 11. Building the Social Brain: Shaping Attachment Schema 12. The Neurobiology of Attachment **Part V: The Disorganization Of Experience** 13. The Anxious and Fearful Brain 14. Trauma and Neural Network Integration 15. The Self in Exile: Narcissism and Pathological Caretaking **Part VI: The Reorganization of Experience** 16. The Evolutionary Necessity of Psychotherapy 17. Teaching Old Dogs New Tricks 18. The Psychotherapist as Neuroscientist

ISBN: 978-0-393-70642-0 • 2010 • 416 pages • Hardcover • \$44.95

## THE HEALTHY AGING BRAIN

### *Sustaining Attachment, Attaining Wisdom*

LOUIS COZOLINO

"Everyone always wants to know: 'What supplements, what diet, how much exercise, and how much social activity and learning do I need to prevent my brain function from declining as I age?' There are no good and certain answers, but this book gets as close as possible to a prescription for maintaining a healthy brain. 'Use it or lose it' is the mantra of neuroscience, and so too this book directs us to search for physical and mental challenges while fostering our social connectedness, all of which maximize our brain's activity." –John Ratey, MD, Clinical Associate Professor of Psychiatry, Harvard Medical School

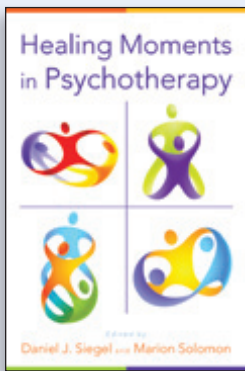
ISBN: 978-0-393-70513-3 • 2008 • 400 pages • Hardcover • \$29.95

Also by Louis Cozolino:

### **THE SOCIAL NEUROSCIENCE OF EDUCATION: Optimizing Attachment and Learning in the Classroom**

ISBN: 978-0-393-70609-3 • 2013 • 440 pages • Hardcover • \$37.50

See page 59 for *The Making of a Therapist* by Louis Cozolino.



## HEALING MOMENTS IN PSYCHOTHERAPY

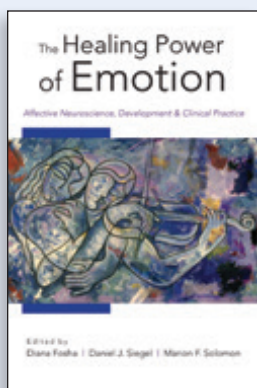
DANIEL J. SIEGEL and MARION F. SOLOMON, Editors

A wide range of distinguished scientists and clinicians discuss the nature of change in the therapeutic process. Jaak Panksepp, Ian McGilchrist, Ruth Lanius, Francine Shapiro, and other luminaries offer readers a powerful journey through mindful awareness, neural integration, affective neuroscience, and therapeutic presence to reveal the transformational nature of therapy.

*Healing Moments in Psychotherapy* dives deep into the art and science of healing from the perspective of a variety of clinical approaches and scientific viewpoints, including interpersonal neurobiology. Through the voices of a dozen clinicians and scientists presenting their combined experiences and wisdom, it serves as a window into the process of healing. Practical examples and empowering research data support the ways in which therapeutic relationships can help catalyze health and restore wellness within psychotherapy.

**Contents:** 1. Introduction: Interpersonal Neurobiology and Psychotherapy by *Daniel J. Siegel and Marion Solomon* 2. Intersubjective Mindfulness by *Dan Hughes* 3. Technique and Beyond by *Pat Ogden* 4. A Window into the Brain of Complex PTSD by *Ruth A. Lanius, Robyn Bluhm, and Paul A. Frewen* 5. Hemisphere Differences and Their Relevance to Psychotherapy by *Iain McGilchrist* 6. Redefining Trauma and its Hidden Connections by *Francine Shapiro* 7. Healing Trauma and Creating Secure Attachments Through EMDR by *Debra Wesselmann* 8. "Turbocharging" the Affects of Innate Healing and Redressing the Evolutionary Tilt by *Diana Fosha* 9. Affective Neuroscience by *Jaak Panksepp* 10. Helping Intimate Partners to Heal Each Other by *Marion Solomon* 11. The Mindful Group by *Bonnie Mark-Goldstein and Daniel J. Siegel* 12. Therapeutic Presence by *Daniel J. Siegel*

ISBN: 978-0-393-70762-5 • 2013 • 352 pages • Hardcover • \$40.00



## THE HEALING POWER OF EMOTION

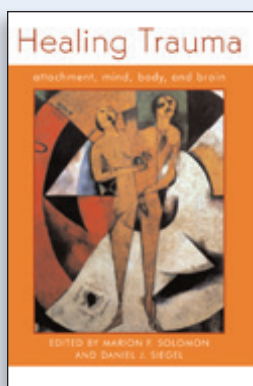
### *Affective Neuroscience, Development & Clinical Practice*

DIANA FOSHA, DANIEL J. SIEGEL, and MARION F. SOLOMON, Editors

In this book, leading neuroscientists, developmental psychologists, therapy researchers, and clinicians illuminate how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. *The Healing Power of Emotion* offers fresh, exciting, original, and groundbreaking work from the leading figures studying and working with emotion today.

**Contents:** 1. Brain Emotional Systems and Qualities of Mental Life by *Jaak Panksepp* 2. Reciprocal Influences Between Body and Brain in the Perception and Expression of Affect: A Polyvagal Perspective by *Stephen W. Porges* 3. The Functions of Emotion in Infancy by *Colwyn Trevarthen* 4. Multilevel Meaning Making and Dyadic Expansion of Consciousness Theory by *Ed Tronick* 5. Right Brain Affect Regulation by *Allan N. Schore* 6. Emotion as Integration by *Daniel J. Siegel* 7. Emotion and Recognition at Work by *Diana Fosha* 8. Emotion, Mindfulness, and Movement by *Pat Ogden* 9. Emotion In Romantic Partners by *Marion F. Solomon* 10. Extravagant Emotion by *Susan Johnson* 11. The Communication of Emotions and the Growth of Autonomy and Intimacy Within Family Therapy by *Dan Hughes*

ISBN: 978-0-393-70548-5 • 2009 • 352 pages • Hardcover • \$39.00



## HEALING TRAUMA

### *Attachment, Mind, Body, and Brain*

MARION F. SOLOMON and DANIEL J. SIEGEL, Editors

"The ultimate textbook on trauma. Invaluable for clinicians who wish to familiarize themselves with trauma treatments." —*Journal of Analytical Psychology*

"It is a book which constantly made me want to hunt out the source references, raised many questions, updated my knowledge in the area of attachment and trauma theory and renewed my enthusiasm for short term dynamically oriented psychotherapy . . . [A] worthy addition to my personal library and yours." —*Canadian Child and Adolescent Psychiatry Review*

"An excellent work, bringing current findings from neurobiology and attachment theory together with clinical theory and practice in the field of early trauma and the development of the human brain and mind." —*Australia and New Zealand Journal of Psychiatry*

Emerging from the integration of developmental, neurobiological, and social perspectives, *Healing Trauma* is a collection that will be accessible and valuable to a wide variety of practitioners in the medical and psychological healing professions.

**Contributors include:** Diana Fosha • Mary Main • Allan N. Schore • Francine Shapiro • Daniel J. Siegel • Marion F. Solomon • Bessel van der Kolk

ISBN: 978-0-393-70396-2 • 2003 • 362 pages • Hardcover • \$44.00

For more books by Daniel J. Siegel see page 23.

For more books by Marion F. Solomon see pages 29, 64, and 66.

## POCKET GUIDE TO INTERPERSONAL NEUROBIOLOGY

### *An Integrative Handbook of the Mind*

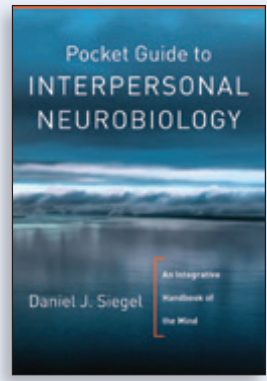
DANIEL J. SIEGEL

**"Dr. Daniel Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today."**

—Jon Kabat-Zinn, PhD, author of *Wherever You Go, There You Are*

"Siegel's book does an amazing job reflecting his vast knowledge of how our brains and our relationships interact to shape our lives." —*PsychCentral*

This book is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It is also designed to assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books.



**Contents:** 1. Mind 2. Relationships 3. Brain and Body 4. Triangle of Well-Being 5. Awareness 6. Mindful Awareness 7. Attention 8. Neuroplasticity 9. SNAG: "Neurons that fire together, wire together" 10. The Brain in the Palm of Your Hand 11. Spinal Cord and Lamina 12. Brainstem 13. Limbic Area 14. Cortex 15. The Brain as a System 16. Integration 17. Health, Creativity, and The River of Integration 18. Integrative Communication 19. The Neurobiology of We 20. Attachment 21. Categories of Attachment 22. Mindsight 23. Attunement 24. Following Rupture with Repair 25. Time In and Mindful Awareness Practices 26. The Wheel of Awareness 27. Middle Prefrontal Functions 28. Energy and Information Flow 29. Plane of Possibility 30. Memory 31. Narrative 32. Emotion 32. Response Flexibility 33. Windows of Tolerance 34. Interpersonal Attunement Shapes Self-Regulation 35. States of Mind 36. Mental Activities and Representations 37. Mental Well-Being and the Healthy Mind Platter 38. Un-Health and Dis-Ease 39. Domains of Integration 40. Consciousness and Awareness: Plane of Possibility 41. Bilateral Integration 42. Vertical Integration 43. Memory Integration 44. Narrative Integration 45. State Integration 46. Interpersonal Integration 47. Temporal Integration 48. Transpirational Integration 49. Internal Education 50. From Me to We: An Expanded Self 51. Mind and Planet 52. Mind and Culture • Reflections • Nodal Index

**DANIEL J. SIEGEL, MD**, is the founding editor of The Norton Series on Interpersonal Neurobiology.

ISBN: 978-0-393-70713-5 • 2012 • 560 pages • Paperback • \$29.95

## THE MINDFUL THERAPIST

### *A Clinician's Guide to Mindsight and Neural Integration*

DANIEL J. SIEGEL

"In my 40 years of practice, I can count on one hand the number of books I would call seminal. After reading *The Mindful Therapist*, that number just increased by one.

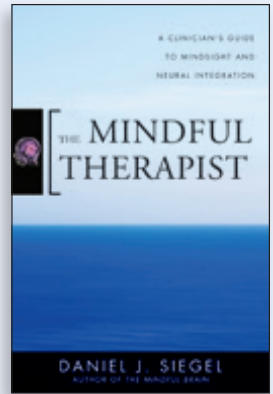
**Scientifically grounded, evidence-based, compassionate, and exquisitely human, this approach will fundamentally change the way we do psychotherapy.**

I hope everyone who practices our craft reads this book, and I hope they read it often." —Daniel Gottlieb, PhD, Host, "Voices in the Family," WHYY FM Radio, Contributor to *The Philadelphia Inquirer*

*The Mindful Therapist* is a deep exploration of what it means to be mindful and how to cultivate mindfulness in the therapeutic relationship. Exercises offered throughout the book promote the development of "mindsight"—our ability to sense and shape the flow of energy and information within and between each of us. Mindsight promotes integration, a mindful presence, and the nurturing of empathic relationships—all of which are key to effective therapy.

ISBN: 978-0-393-70645-1 • 2010 • 320 pages • Hardcover • \$28.95

Visit the book page for audio exercises and other content at: [www.norton.com/books/the-mindful-therapist](http://www.norton.com/books/the-mindful-therapist)



## THE MINDFUL BRAIN

### *Reflection and Attunement in the Cultivation of Well-being*

DANIEL J. SIEGEL

"[A]n exciting glimpse into an uncharted territory of neuroscience."

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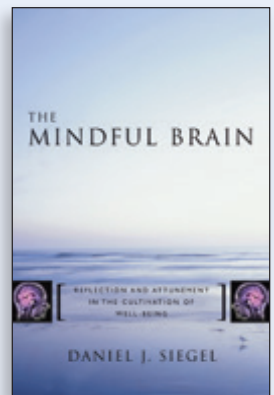
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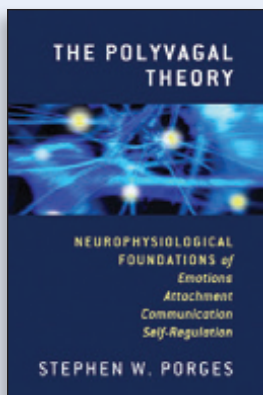
"[A]n astounding achievement . . . This is a book that belongs on the shelf of anyone who works with people who suffer from depression, anxiety, PTSD or other imbalanced mind states . . . [A] pleasure to read." —*LifeForce Yoga News and Research*

"*The Mindful Brain* marks a major landmark in the emerging field of contemplative neuroscience. This is a must-read for anyone interested in the science of mind and mindfulness." —Daniel Goleman, author of *Social Intelligence: The New Science of Human Relationships*

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## THE POLYVAGAL THEORY

### *Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*

STEPHEN W. PORGES

“[O]ne of the most important books written on the nervous system in the last fifty years . . . Porges’s studies and his theory of the social vagus represent a major advancement in human knowledge, and are already improving the practices of psychotherapy and mind-body medicine.” —Norman Doidge, MD

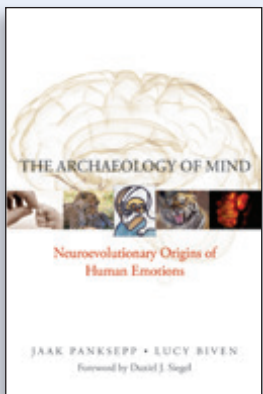
This book compiles, for the first time, Stephen W. Porges’s decades of research. Adopted by clinicians around the world, the Polyvagal Theory has provided exciting new insights into the way our autonomic nervous system unconsciously mediates social engagement, trust, and intimacy.

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**STEPHEN W. PORGES, PhD**, is a professor of psychiatry and the director of the Brain-Body Center at the University of Illinois at Chicago. His research has been cited in several thousand peer-reviewed articles and has been continuously funded by the National Institutes of Health since 1975.

Visit his Web site at [stephenporges.com](http://stephenporges.com).

ISBN: 978-0-393-70700-7 • 2011 • 416 pages • Hardcover • \$45.00



## THE ARCHAEOLOGY OF MIND

### *Neuroevolutionary Origins of Human Emotions*

JAAK PANKSEPP and LUCY BIVEN, Foreword by DANIEL J. SIEGEL

“Jaak Panksepp is the most important theorist of mental life that I have read since Freud. The impact of his scientific contributions will be felt for decades to come. His findings—so lucidly introduced in this accessible book with Lucy Biven—herald a new golden age. They are almost bound to place 21st-century psychiatry on a whole new foundation. In these pages, the supposed chasm between mind and brain disappears before your eyes, the veil is lifted, and new vistas appear before you. These vistas are the future of the science of the mind.” —Mark Solms, Editor, *Freud’s Complete Works*

“Without any sense of exaggeration, this is a revolutionary book. The implications of its understanding of human nature are profound and they open the possibility of a new way of looking at ourselves—and other animals—that is solidly based on scientific method. . . . *The Archaeology of Mind* is required reading for anyone who wants an in-depth understanding of the affective core that we all share, and that is central to who we are.” —*The Association For Prenatal And Perinatal Psychology And Health (APPAH) Newsletter*

Here, Jaak Panksepp, a leading psychobiologist and neuroscientist, presents an updated and more reader-friendly version of the ideas originally put forward in his groundbreaking 1998 textbook on affective neuroscience. This work is a neuro-evolutionary explanation of the seven emotional systems that inform how we live and behave. When these systems are disrupted, we find the origins of emotional disorders in people.

**Topics discussed include:** The Seeking System: How the Brain Generates A Euphoric and Expectant Response • The Fear System: How the Brain Responds To the Threat Of Physical Danger and Death • The Rage System: Sources Of Irritation and Fury In the Brain • The Lust System: How Sexual Desire and Attachments Are Elaborated In the Brain • The Care System: Sources Of Maternal Nurturance • The Grief System: Sources Of Non-Sexual Attachments • The Play System: How the Brain Generates Joyful, Rough-And-Tumble Interactions • The Self: A Hypothesis Explaining How Affects Might Be Elaborated In the Brain

**JAAK PANKSEPP, PhD**, is Distinguished Research Professor Emeritus of Psychology and Adjunct Professor of Psychiatry at the Medical College of Ohio at Toledo. He is the author of over 200 scientific articles on the basic physiological mechanisms of motivated behavior, and an international lecturer on these topics.

**LUCY BIVEN** is Adjunct Lecturer in psychoanalysis for the Institute of Mental Health, Monterrey Mexico and Retired Head of Department of Child and Adolescent Psychotherapy Leicestershire Partnership NHS Trust.

ISBN: 978-0-393-70531-5 • 2012 • 592 pages • Hardcover • \$55.00



## THE SCIENCE OF THE ART OF PSYCHOTHERAPY

ALLAN N. SCHORE

"One would be hard pressed to find another book so extensively filled with an up-to-date and extensive review of contemporary studies on the affective and neuroscience literature related to psychotherapy and psychoanalysis as this. This work will likely be a major reference source for those interested in understanding the brain-mind-body relationships, particularly in the two person model, focused on the dissociative process, and the autonomic nervous system concomitants." —*Journal of Analytical Psychology*

"I would recommend *The Science of the Art of Psychotherapy* to child psychiatry/psychology fellows, psychoanalysts, family therapists, . . . neuroscience majors, psychology students at all levels of training, and any student of attachment therapy." —*Journal of Psychiatric Practice*

"Any clinician who believes in the centrality of developmental processes regarding the understanding of adult patients will be riveted by the descriptions of the interdisciplinary data that support our theories of attachment and emotion regulation. . . . I recommend that all psychiatrists become conversant with Dr. Shore's work." —*Journal of Clinical Psychiatry*

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## AFFECT DYSREGULATION AND DISORDERS OF THE SELF AFFECT REGULATION AND THE REPAIR OF THE SELF

ALLAN N. SCHORE

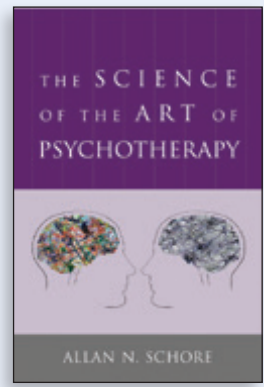
"Allan Schore has become a heroic figure among many psychotherapists for his massive reviews of neuroscience that center on the patient-therapist relationship." —*Daniel Goleman*, author of *Social Intelligence*

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These books bring together Schore's past and recent integrative work on affect regulation and dysregulation. Considered together, they show both the breadth of his theoretical models and the practical import of his findings. The complex biopsychosocial model that emerges from Schore's research highlights the integrative character of the biological and the psychological realms in early development and over the course of the human lifespan.

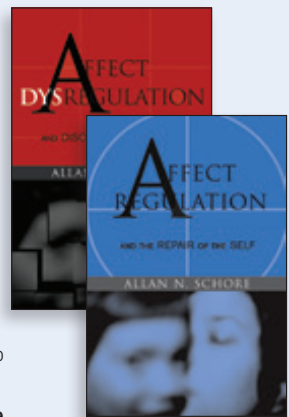


### ABOUT THE AUTHOR

**ALLAN N. SCHORE, PhD**, is on the clinical faculty of the University of California at Los Angeles David Geffen School of Medicine. He was the series editor of The Norton Series on Interpersonal Neurobiology from 2007 to 2014. He is the 2013 recipient of the American Psychological Association Division 56 Award for Outstanding Contributions to Practice in Trauma Psychology.

ISBN: 978-0-393-70664-2  
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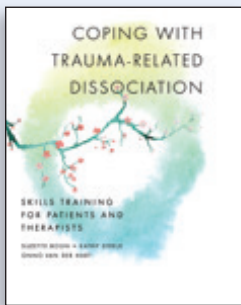
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## COPING WITH TRAUMA-RELATED DISSOCIATION

### *Skills Training for Patients and Therapists*

SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART

**“[C]ontains the lucid explanations, practical skills, and collective wisdom of three therapists with decades of experience treating dissociative patients. This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation.”** –Frank W. Putnam, MD, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine

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## THE HAUNTED SELF

### *Structural Dissociation and the Treatment of Chronic Traumatization*

ONNO VAN DER HART, ELLERT R. S. NIJENHUIS, and KATHY STEELE

Winner, Media Award, International Society for the Study of Trauma and Dissociation (ISSTD), 2006

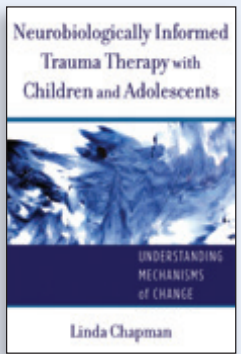
**“No trauma therapist will fail to benefit from the authors’ collective insights and wisdom.”** –Chris R. Brewin, PhD, University College London

**“[A] brilliant and highly accessible account of this most fundamental concept of modern-day psychiatry and psychotherapy.”** –David Servan-Schreiber, MD, PhD, Clinical Professor of Psychiatry, University of Pittsburgh, and author of *The Instinct to Heal*

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ISBN: 978-0-393-70401-3 • 2006 • 418 pages • Hardcover • \$49.95

See page 44 for Ellert R. S. Nijenhuis’ *Somatiform Dissociation*.



## NEUROBIOLOGICALLY INFORMED TRAUMA THERAPY WITH CHILDREN AND ADOLESCENTS

### *Understanding Mechanisms of Change*

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RUSSELL MEARES

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This book addresses one of the fundamental, understudied issues of borderline personality disorder (BPD): dissociation and a lack of sense of self. Exploring dissociation from developmental, neurobiological, and behavioral perspectives, Russell Meares presents an original theory of BPD, offering new insights into this debilitating disorder and hope for recovery.

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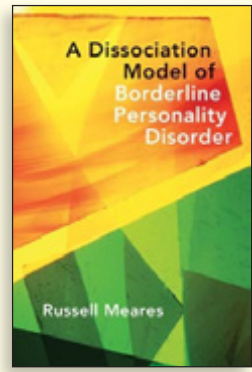
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RUSSELL MEARES

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### ABOUT THE AUTHOR

**RUSSELL MEARES** is a professor emeritus of psychiatry at Sydney University. He has been the leading figure in the formation of the Australian and New Zealand Association of Psychotherapy. He received the Distinguished Psychiatrist of the Year Award in 2007 from UCLA.



## BODY SENSE

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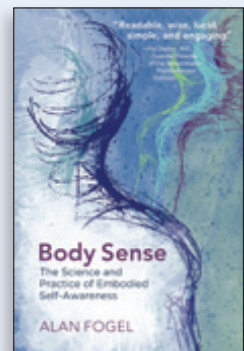
When we are first born, before we can speak or use language to express ourselves, we use our physical sense of ourselves, our "body sense," to guide us toward what makes us feel safe and fulfilled and away from what makes us feel bad. As we develop into adults it becomes easy to lose touch with these crucial mind-body communication channels, but they are essential to our ability to navigate social interactions and manage stress, injury, and trauma. Drawing on clinical examples and research from developmental neuropsychology, biology, and physiology, Alan Fogel offers an array of action plans to fortify the pathways between our brains and the sensory centers of our bodies—to reconnect to our embodied selves.

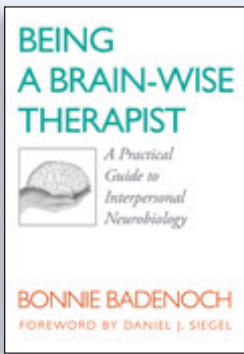
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Visit Alan Fogel's Web site at [www.alanfogelrosenmethod.abmp.com](http://www.alanfogelrosenmethod.abmp.com).

ISBN: 978-0-393-70866-0 • 2013 • 416 pages • Paperback • \$23.95

Previously published in hardcover as *The Psychophysiology of Self-Awareness: Rediscovering the Lost Art of Body Sense*.





## BEING A BRAIN-WISE THERAPIST

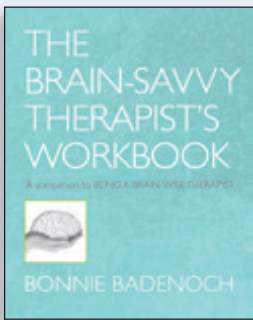
### *A Practical Guide to Interpersonal Neurobiology*

BONNIE BADENOCH, Foreword by DANIEL J. SIEGEL

In easy-to-understand prose, *Being a Brain-Wise Therapist* reviews the basic principles of brain structure, function, and development, and it explains the neurobiological correlates of some familiar diagnostic categories. You will learn how to make theory come to life in the midst of clinical work, so that the principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders. Liberal use of exercises and case histories enliven the material and make this an essential guide for seamlessly integrating the latest neuroscientific research into your therapeutic practice.

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ISBN: 978-0-393-70554-6 • 2008 • 412 pages • Paperback • \$29.95



## THE BRAIN-SAVVY THERAPIST'S WORKBOOK

### *A Companion to Being a Brain-Wise Therapist*

BONNIE BADENOCH

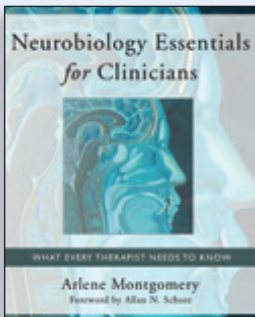
"In *The Brain-Savvy Therapist's Workbook*, Bonnie Badenoch seamlessly integrates principles of neurobiology into the therapy session. By working through clinical examples and exercises, the reader experiences how psychotherapeutic strategies are intertwined with brain structures and the neural processes involved in learning, memory, and visceral feelings. **This clearly-written volume will change how therapy is conducted.**" –Stephen W. Porges, PhD, Director, Brain-Body Center, Department of Psychiatry, University of Illinois at Chicago, and author of *The Polyvagal Theory*

This book is intended to address two issues: (1) the role of attachment in adult behavior, and (2) a method for deriving information about adult attachment from spoken discourse about family relationships. Each of these topics is important and not covered adequately by existing publications. This is the perfect companion to Badenoch's first book, or a great starting point for incorporating an interpersonal neurobiology approach to your clinical work.

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Visit Bonnie Badenoch's Web site at [www.brainwisetherapist.com](http://www.brainwisetherapist.com).

ISBN: 978-0-393-70639-0 • 2011 • 338 pages • Paperback • \$29.95



## NEUROBIOLOGY ESSENTIALS FOR CLINICIANS

### *What Every Therapist Needs to Know*

ARLENE MONTGOMERY, Foreword by ALLAN N. SCHORE

"In the plethora of books being published on neuroscience, Montgomery's book stands out as a practical handbook that easily translates into clinical practice . . . This book has a compelling foreword by Allan Schore where he weaves his own original groundbreaking work with Montgomery's work." –*Journal of Analytical Psychology* (UK)

What is so unique about this book is that the bulk of the chapters are clinical dialogue, accompanied by neurobiological commentary. Thus, readers can see for themselves, through case examples, just how a "neurobiological outlook" can inform therapeutic understandings of what clients are doing and saying. The result is a very user-friendly learning experience for readers, as they are taken along a journey of understanding various brain systems and how they relate to psychotherapeutic principles.

**Contents:** **Part I: Neurobiological Underpinnings of Selected Clinical Experiences** 1. Affect Regulation and the Autonomic Nervous System 2. Defense Mechanisms and the Limbic System 3. Threat Management and the Amygdala 4. Therapeutic Engagement Issues and the Vagal System 5. Personality Disorders As Affect Management Strategies **Part II: Special Populations** 6. Neurobiological Considerations In Working With Adolescents 7. Working With Groups: How Selected Principles Of Regulation Theory Can Be Applied To Group Work 8. Integrating Selected Neurobiological Concepts Into the Supervisory Process

ISBN: 978-0-393-70602-4 • 2012 • 304 pages • Paperback • \$29.95

**LOVING WITH THE BRAIN IN MIND****Neurobiology and Couple Therapy**

MONA DeKOVEN FISHBANE

Foreword by DANIEL J. SIEGEL

"Mona DeKoven Fishbane has written an innovative and very readable book for both new and experience clinicians....[She] provides couple therapists, as well as the couples that they treat, with a scientific, evidence-based foundation for hope and optimism for the future."—*PsycCRITIQUES*

**"This book should be part of every clinician's library."** —John M. Gottman, PhD, author of *What Makes Love Last?*

Neuroscientific discoveries of the last ten years have provided an optimistic and revolutionary view of adult brain function: People can change. We may be wired for habit but we are wired for change as well.

Neurobiology deepens our understanding of many of the heartbreaking dynamics in unhappy couples and explains the healthy dynamics of couples who are flourishing. But couple therapists who don't understand this neuroscience can't make use of it. This book puts that knowledge in readers' hands in a lively and easy-to-apply manner.

Readers will learn how partners become reactive and emotionally dysregulated with each other, and what is going on in their brains when this happens. You will come to understand the neurobiology of empathy; and how empathy and self-regulation can be learned.

A gifted clinician and a particularly talented neuroscience writer, Mona DeKoven Fishbane presents complex material in an understandable and engaging manner, and anchoring her work in clinical cases she never loses sight of the people behind the science.

**Contents:** Foreword by *Daniel J. Siegel* • **Part I: The Wisdom of Neurobiology** 1. Couples in Distress 2. Brain 101 3. The Emotional Brain 4. Wired to Connect 5. Love and Its Discontents 6. Gender Matters **Part II: Neurobiology and Clinical Practice** 7. Working with Couple Reactivity 8. Facilitating Relational Empowerment 9. Nurturing the Relationship 10. Healing Intergenerational Wounds • **Conclusion: Challenges of Change** • References • Index

**LOVE AND WAR IN INTIMATE RELATIONSHIPS****Connection, Disconnection, and Mutual Regulation in Couple Therapy**

MARION SOLOMON and STAN TATKIN

Foreword by DANIEL J. SIEGEL

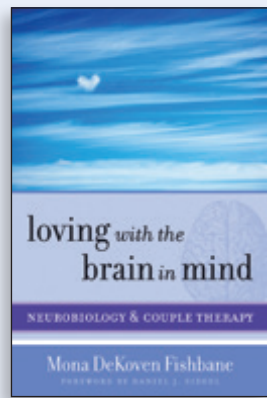
**"I found this book full of new ideas for me, providing me with new thoughts, feelings and skills, even though I have been practicing therapy with couples for more than three decades. Simply put, this is the most transformative book on psychotherapy I have read in a long time."** —*The Announcer: The Cleveland Psychological Association Newsletter*

"For clinicians who are in search of practical examples to complement theory, the case illustrations offered by Solomon and Tatkin are a tremendous resource.... [A]n easy and insightful read."—*PsycCritiques*

"This book will be stimulating, immediately practical and eye-opening no matter what theoretical orientation you use."—Ellyn Bader, PhD, Director, The Couples Institute

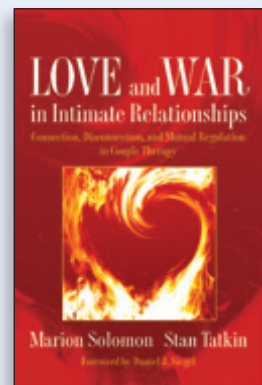
For clinicians who are in search of practical examples to complement theory, this book develops new ways of doing couple therapy that work in light of current neurobiological and attachment research. Solomon and Tatkin have investigated the puzzle pieces that integrate various forms and disciplines of psychotherapy—including developmental neuroscience, arousal regulation, and therapeutic enactment—to show how they apply to the treatment of couples. Throughout, case examples illustrate the various ways in which childhood attachment patterns can play out in romantic relationships, and emphasize how cultivating mutual regulation of these patterns is the key to healing.

**Contents:** Foreword by *Daniel J. Siegel* • **Part I: The Partnership Vision** 1. Connection and Disconnection 2. How Love Turns to War **Part II: The Psychobiological Approach** 3. Treating the Collective 4. The Partner Attachment Inventory 5. The Importance of Movement **Part III: The Theoretical Universe** 6. Attachment 7. Arousal Regulation 8. Dysregulation 9. Mark and Melody: Secrets and Shame 10. David and Margaret: A Sexless Marriage 11. Barry and Malcolm: Getting on Each Other's Nerves 12. Paul and Jane: Crossed Signals

**ABOUT THE AUTHOR**

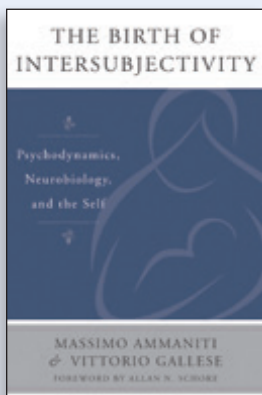
**MONA DeKOVEN FISHBANE, PhD**, is the director of the couple therapy training program at the Chicago Center for Family Health. She offers workshops on couple therapy, intergenerational family relationships, neurobiology, and therapy.

ISBN: 978-0-393-70653-6  
2013 • 320 pages • Hardcover  
\$34.00

**ABOUT THE AUTHORS**

**MARION SOLOMON, PhD**, is the director of Training at the Lifespan Learning Institute, a non-profit organization specializing in providing continuing education to professionals in the mental health field. For other books by Marion Solomon, see pages 22, 64, and 66.

**STAN TATKIN, PsyD, MFT**, practices psychotherapy in Calabasas, California.  
ISBN: 978-0-393-70575-1  
2011 • 288 pages • Hardcover  
\$25.95



## THE BIRTH OF INTERSUBJECTIVITY

### *Psychodynamics, Neurobiology, and the Self*

MASSIMO AMMANITI and VITTORIO GALLESE

Foreword by ALLAN N. SCHORE

"In [this book], Massimo Ammaniti and Vittorio Gallese, both high-profile researchers, offer a tour de force overview of the current understanding of intersubjectivity: how an individual relates to and understands others." —*PsychCentral*

Recent discoveries in neurobiological research extend the psychoanalytical and psychological observations about motherhood and mother-infant interactions with interesting questions about how the mind and brain function. This integrated picture of the most recent advances in the area of parenthood and of mother-infant interactions are illustrative of the interchange between mind and brain, the real bedrock of the intersubjective perspective. This book presents a synthesis of this research and demonstrates how it can be helpful for clinicians who are interested in understanding this most important relationship. Topics such as mirror neurons and the neurobiological underpinnings of the caregiving system are also discussed.

#### ABOUT THE AUTHORS

**MASSIMO AMMANITI, MD**, is a child psychiatrist and professor at Sapienza University.

**VITTORIO GALLESE, MD**, is a cognitive neuroscientist and professor at the University of Parma, Italy.

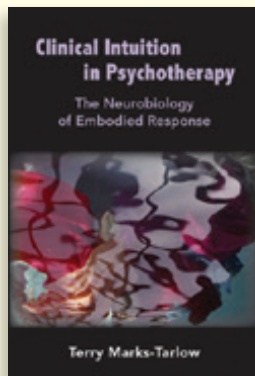
ISBN: 978-0-393-70763-2

2014 • 304 pages

18 Illustrations • Hardcover

\$40.00

**Contents:** Foreword by *Allan N. Schore* • Introduction 1. A New Take on Intersubjectivity 2. On Becoming Mother 3. Maternal Caring, Concern, and Preoccupations 4. Coparenting During Pregnancy and the Postnatal Period 5. Neurobiological Basis of Motherhood 6. The Primary Matrix of Intersubjectivity 7. Parental Stress and Outcomes During Infancy and Childhood 8. Conclusion • References • Index



## CLINICAL INTUITION IN PSYCHOTHERAPY

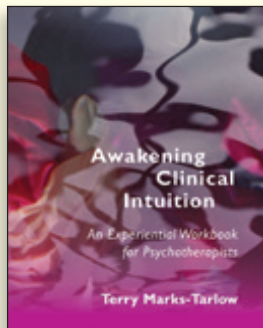
### *The Neurobiology of Embodied Response*

TERRY MARKS-TARLOW

"I would recommend this book to any seasoned or emerging clinicians and also to students who are just beginning or are continuing their studies the field. . . . [R]eading this book provided me with the biological background and clinical examples needed for me to feel more secure to go beyond (but not abandon) the theories and to trust my natural capabilities." —CTAMFT.org

This book bridges art and science to share clinical insights that can help transform traumatized brains into healthy minds. Marks-Tarlow defines clinical intuition as a right-brain, fully embodied mode of perceiving, relating, and responding to the ongoing flows and changing dynamics of psychotherapy. She examines how the body "has a mind of its own" in the form of implicit processes and gut feelings, locates the roots of clinical intuition within human empathy, and emphasizes the importance of play to clinical intuition.

ISBN: 978-0-393-70703-8 • 2012 • 300 pages • \$35.00



## AWAKENING CLINICAL INTUITION

### *An Experiential Workbook for Psychotherapists*

TERRY MARKS-TARLOW

In *Clinical Intuition in Psychotherapy*, Terry Marks-Tarlow bridged art and science to explain the essential role of clinical intuition in transforming traumatized brains into healthy minds. Here, Marks-Tarlow walks through a series of exercises to help therapists at all levels of experience hone their sensitivity to their non-conscious resources and apply intuition effectively in therapy. With exercises in breathing, mindfulness, meditation, play, perspective-building, and much more, *Awakening Clinical Intuition* is a practical workbook for eliminating mental clutter, getting in touch with right-brain, embodied responses to psychotherapy, and cultivating a unique, intuitive style. features include client-ready applications and two hours of accompanying audio.

**Contents:** Preface • Introduction 1. Cultivating Inner Space 2. Making Time 3. Breathwork 4. Finding Your Center 5. Clinical Sense-Abilities 6. Embodiment 7. Gaining Perspective 8. Intuition At Play 9. Imaginal Landscapes 10. Inspired To Change • Epilogue • Afterword • References • Index

ISBN: 978-0-393-70868-4 • 2014 • 288 pages • Paperback w/MP3 CD  
\$32.95

**BRAIN-BASED PARENTING*****The Neuroscience of Caregiving for Healthy Attachment***

DANIEL A. HUGHES and JONATHAN BAYLIN

Foreword by DANIEL J. SIEGEL

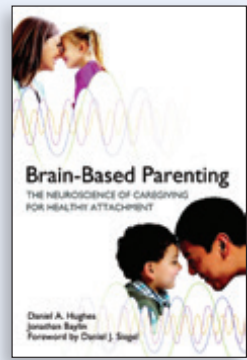
"The authors . . . offer salient real-world vignettes that will resonate with parents and clinicians alike. . . . [H]ighly recommended reading for anyone hoping to get a taste of the exciting new field of interpersonal biology and enrich their knowledge of parenting." —*Journal of Psychiatric Practice*

In this groundbreaking book, renowned attachment specialist Daniel Hughes and clinical psychologist Jonathan Baylin reveal what happens neurochemically when caregiving skills are strong—leading to healthy attachment—and when they're impaired, or "blocked," potentially leading to a host of behavioral and emotional problems in kids. In doing so, they provide parents—and the family therapists and clinicians who may work with them—with a roadmap for a more in-depth, meaningful, and stronger parent-child connection. Readers will learn how to harness their brain chemistry to master emotional regulation, strengthen reflective capacities, expand attunement, and remain mindful.

**DANIEL A. HUGHES, PhD**, is the founder of the Dyadic Developmental Psychotherapy Institute. He is also the author of *8 Keys to Building Your Best Relationships* (page 65), *Attachment-Focused Family Therapy* (page 68), *Attachment-Focused Family Therapy Workbook* (page 68), and *Attachment-Focused Parenting* (page 68).

**JONATHAN BAYLIN, PhD**, is a clinical psychologist in private practice.

ISBN: 978-0-393-70728-1 • 2012 • 272 pages • Hardcover • \$27.95

**NEUROBIOLOGY FOR CLINICAL SOCIAL WORK*****Theory and Practice***

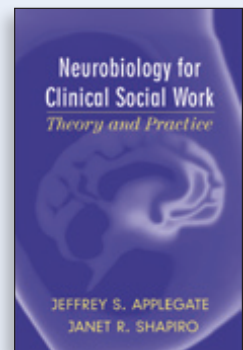
JEFFREY S. APPLGATE and JANET R. SHAPIRO

"This truly seminal volume . . . strongly validates the applicability of infant research findings to both adult relationships in general and clinical social work practice in particular. . . . [T]his is the first major publication that specifically addresses the subject from a social work perspective. . . . [A] major contribution . . . one which can be enlightening and stimulating to both clinical social workers and our colleagues in related fields."

—*Psychoanalytic Social Work*

**Contents:** The Brain: An Introductory Tutorial • The Neurobiology of Memory • Affect: Toward a Neuropsychological Integration • Early Affect Regulation: Prelude to Attachment • Attachment: The Relational Base of Affect Regulation • Vulnerable Dyads: The Quality of Early Caregiving Relationships • Infant Mental Health: From Understanding to Prevention • Neurobiology Applied: Affect Dysregulation and Its Treatment • Three Case Studies • New Directions for Social Work Education

ISBN: 978-0-393-70420-4 • 2005 • 248 pages • Hardcover • \$29.95

**THE PRESENT MOMENT IN PSYCHOTHERAPY AND EVERYDAY LIFE**

DANIEL N. STERN

Winner, National Association for the Advancement of Psychoanalysis (NAAP) 2005 Gradiva Award, Best Book in Critical Analysis and Psychoanalysis

"Immensely important, indisputably major . . . authoritatively straddling the spectrum encompassing psychoanalysis and psychotherapy, adult and child, neuroscience and phenomenological philosophy, and much else . . . in a most lucid, concise, and comprehensive way." —*International Journal of Psychotherapy*

"This work is a **must-read** for psychoanalysts and psychotherapists interested in psychotherapeutic process and a new and systematic way to think about the 'here and now.'" —*American Journal of Psychiatry*

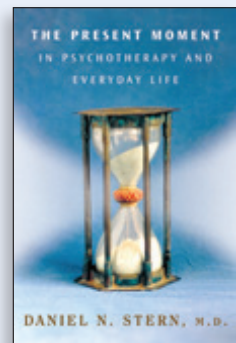
"[P]rovides the best tools yet developed for managing and describing human experience . . . Stern presents a powerful paradigm for understanding how change happens in psychotherapy that does for psychotherapy what the invention of the MRI . . . did for radiology." —*The Journal of Nervous and Mental Disease*

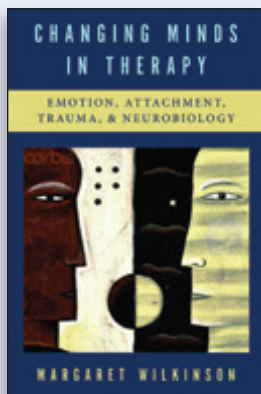
"[T]ruly a **pioneering work** that should serve as an inspiration for all psychologists and psychotherapists interested in not only understanding the enormous richness of the phenomenon of the present moment, but also its implications for therapeutic practice and everyday living . . . Stern has succeeded brilliantly in meeting the aim of his book: to offer us a different vision of the therapeutic process when viewed at the local, momentary level." —*Journal of Phenomenological Psychology*

**Contents:** **Part I. Exploring The Present Moment** 1. The Problem of "Now" 2. The Nature of the Present Moment 3. The Temporal Architecture of the Present Moment 4. The Present Moment as a Lived Story: Its Organization **Part II. Contextualizing the Present Moment** 5. The Intersubjective Matrix 6. Intersubjectivity as a Basic, Primary Motivational System 7. Implicit Knowing 8. The Role of Consciousness and the Notion of Intersubjective Consciousness **Part III. Views From a Clinical Perspective** 9. The Present Moment and Psychotherapy 10. The Process of Moving Along 11. Interweaving the Implicit and Explicit in the Clinical Situation 12. The Past and the Present Moment 13. Change: A Summary and Some General Clinical Implications • Appendix: The Microanalytic Interview

**DANIEL N. STERN, MD**, was Honorary Professor of Psychology at the University of Geneva, Switzerland, and adjunct professor of psychiatry at the Cornell Medical School. He died in 2012.

ISBN: 978-0-393-70429-7 • 2004 • 294 pages • Hardcover • \$34.00





#### ABOUT THE AUTHOR

**MARGARET WILKINSON** is a psychoanalytic psychotherapist, a Jungian analyst, and a member of the editorial board of the *Journal of Analytical Psychology*.

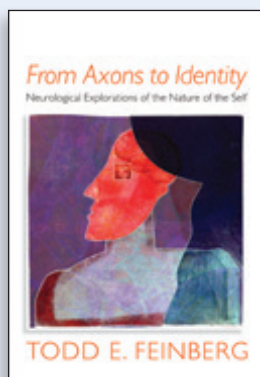
ISBN: 978-0-393-70561-4  
2010 • 416 pages • Hardcover  
\$34.00



#### ABOUT THE AUTHOR

**JEAN KNOX, PhD**, is a training therapist and supervisor, and has taught and lectured extensively. She is widely known as an expert on attachment theory and analytic psychology.

ISBN: 978-0-393-70559-1  
2011 • 256 pages • Hardcover  
\$35.00



ISBN: 978-0-393-70557-4  
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## CHANGING MINDS IN THERAPY

### *Emotion, Attachment, Trauma, & Neurobiology*

MARGARET WILKINSON

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**"I would encourage every psychotherapist to read it . . . [T]his is a masterly volume, which is better supported from the scientific literature than many of its competitor volumes. That is only to be expected from an author who has already made significant contributions to evaluating and disseminating perspectives on the therapeutic relevance of neuroscience. It is a fascinating and masterly interweaving of the two disciplines. So, if you read only one book on the interface of therapy with neurobiology during your career, then let it be this one."**  
—*European Journal of Psychotherapy and Counseling*

**Contents: Section 1: Containment: The Neurobiology of Attachment, Affect Regulation, and Patterning in the Therapeutic Process** 1. Creating Connections 2. Attachment and Affect Regulation 3. Attunement: Mirroring, Resonance, and Empathy 4. Patterns that Persist: Transference and Countertransference • **Section 2: Tools for Change: Relational, Experience-Dependent Plasticity in the Service of the Developing Self** 5. The Double Helix: Affective Encounter and Interpretation 6. Metaphor and Metamorphosis 7. The Neuroscience of Narrative: Experience and Meaning-Making 8. Dissociation and Regression Revisited 9. Mirroring, Resonance, and Empathy in the Supervisory Process 10. Conclusion: The Way Forward

## SELF-AGENCY IN PSYCHOTHERAPY

### *Attachment, Autonomy, Intimacy*

JEAN KNOX

"[B]oth far ranging and far reaching. . . . Knox's contribution is a sound and thought-provoking one, debunking both that theory "knows" what the patient must come to experience and that patients do not know their own minds. Her review and integration of a broad array of research are thorough yet focused." —*PsycCritiques*

**"This book will surely become a classic! It is a remarkable, groundbreaking, sweeping synthesis of the best research available on the formation of the mind applied to the art of psychotherapy.** In masterly fashion, Knox not only takes the reader through the developmental evolution of self-agency, but also manages to challenge and empower each of us to claim the various levels of agency by which we live and work." —Joe Cambray, PhD, President, International Association for Analytic Psychology

**Contents:** Introduction: What Does Self-Agency Mean? **Part I: The Relational, Developmental and Neurobiological Foundations of Self-Agency** 1. The Challenges to Psychoanalytic Theories from Developmental Research 2. Developmental Research on the Embodied and Relational Roots of Self-Agency 3. The Neurobiology of the Self and of Self-Agency 4. From Action and Imitation to Empathy, Affect Regulation and Mentalization **Part II: Clinical Aspects of Self-Agency** 5. When Words Do Not Mean What They Say: Self-Agency and the Coercive Use of Language 6. The Fear of Love: The Loss of Agency in Relationship 7. The Abuse of an Object and Relating Through Incorporation 8. The Analytic Relationship: Integrating Psychodynamic, Attachment Theory and Developmental Perspectives on Clinical Practice 9. Attribution and Intentionality: The Effect of the Therapist's Clinical Approach on the Patient's Sense of Self-Agency

## FROM AXONS TO IDENTITY

### *Neurological Explorations of the Nature of the Self*

TODD E. FEINBERG

"The big questions facing neuroscience are about how brain circuits contribute to self and personality, to identity. Todd Feinberg is one of the few clinician-scientists tackling these complex and important issues. I enjoyed *From Axons to Identity* and learned a lot, especially from the telling case studies." —**Joseph LeDoux**, University Professor, NYU; author of *Synaptic Self: How Our Brains Become Who We Are* and *The Emotional Brain: The Mysterious Underpinnings of Emotional Life*

By examining what goes wrong with the sense of self in individuals with brain dysfunction, leading neuroscientist Dr. Todd E. Feinberg offers an intriguing scientific exploration of the neurobiological origins of the self, presenting an engaging new theory with far-reaching implications for the link between brain and identity.

**TODD E. FEINBERG, MD**, is professor of clinical psychiatry and neurology at Albert Einstein College of Medicine.



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## THE IMPACT OF ATTACHMENT

SUSAN HART

Susan Hart places recent discoveries in neuroscience in dialogue with theories of developmental psychology. Using clear language to elucidate complex concepts, she integrates existing therapeutic approaches within a neuroaffective frame. *The Impact of Attachment* engages recent neuroscience to examine how developmental psychology and aspects of attachment affect psychological health later in life.

**Contents: Part I: The Interaction Between Brain Maturation and the Close Bond Between Caregiver and Infant** 1. The Dynamic Interaction Between Caregiver and Infant 2. The Impact of the Dynamic Interaction on Brain Development 3. Psychodynamic Levels of Mental Organization **Part II: A Neuroaffective Perspective on Attachment and Relational Disorders** 4. Dysregulation and Misattunement in the Dyadic Interaction 5. Disorders in Neuroaffective Development 6. Neuroaffective Developmental Symptom Descriptions **Part III: Intervention and Neuroaffective Developmental Psychology** 7. Limbic Exchange: Treatment Effect Across Therapeutic Approaches 8. Intervention and Neuroaffective Developmental Psychology 9. Intervention Within a Dynamic System: Family and Environmental Therapy

ISBN: 978-0-393-70662-8 • 2010 • 448 pages • Hardcover • \$42.50



### ABOUT THE AUTHOR

**SUSAN HART** has published widely on attachment and neurobiology.

## INFANT/CHILD MENTAL HEALTH, EARLY INTERVENTION, AND RELATIONSHIP-BASED THERAPIES

### *A Neurorelational Framework for Interdisciplinary Practice*

CONNIE LILLAS and JANIECE TURNBULL, Foreword by DANIEL J. SIEGEL

**"This clearly written and well organized book provides a road map for the field. . . . Highly recommended."** —Antonio Damasio, Dornsife Professor of Neuroscience and Director, Brain and Creativity Institute, University of Southern California

**Contents:** Preface • Foreword by *Daniel J. Siegel* 1. In Search of New Approaches to Complex Problems 2. An Overview of the Neurorelational Framework 3. Brains in Relationship: Using the Neurorelational Framework With Dyads 4. Functions and Behaviors of the Regulation System 5. Assessment and Intervention Principles, Priorities, and Strategies for the Regulation System 6. Functions and Behaviors of the Sensory System 7. Assessment and Intervention Principles, Priorities, and Strategies for the Sensory System 8. The Functions and Behaviors of the Relevance System 9. Assessment and Intervention Principles, Priorities, and Strategies for the Relevance System 10. The Functions and Behaviors of the Executive System 11. Assessment and Intervention Principles, Priorities, and Strategies for the Executive System 12. From Parts to Whole

## THE NEUROBEHAVIORAL AND SOCIAL-EMOTIONAL DEVELOPMENT OF INFANTS AND CHILDREN

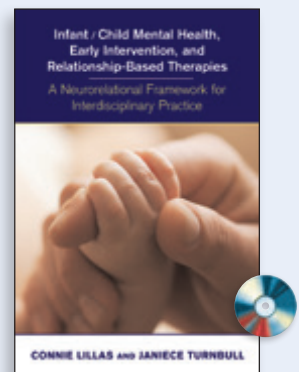
ED TRONICK

**"[A] tour de force . . . Tronick's ability to integrate the realms of developmental, neurobiological and psychoanalytic psychology is nothing short of astonishing . . . [A]n essential textbook for students and scholars of infant development and a valuable resource for clinical practitioners at all levels."** —*New England Psychologist*

Organized into five parts—Neurobehavior, Culture, Infant Social-Emotional Interaction, Perturbations: Natural and Experimental, and Dyadic Expansion of Consciousness and Meaning Making—this book represents all of Tronick's landmark ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation. It also includes a CD-ROM with video clips of Tronick's Still-Face Paradigm.

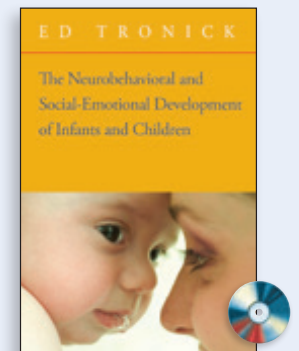
**ED TRONICK, PhD**, is associate professor of pediatrics at Harvard Medical School, chief of the Child Development Unit at Children's Hospital in Boston, and a University Distinguished Professor of Psychology at the University of Massachusetts, Boston.

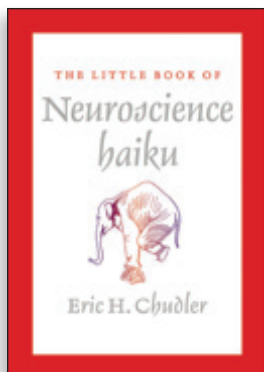
ISBN: 978-0-393-70517-1 • 2007 • 585 pages • Hardcover w/CD-ROM • \$55.00



ISBN: 978-0-393-70425-9  
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Includes CD-Rom with supplemental worksheets, figures, and tables.





## THE LITTLE BOOK OF NEUROSCIENCE HAIKU

ERIC H. CHUDLER

"[A]n innovative way to learn some facts about neuroscience..." –*The Lancet Neurology*

"[A] suitable format for quick flips while waiting at the doctor's office, waiting for a train, waiting in line, etc. If you are suffering from information overload, this book is a nice change of pace for learning about the nervous system in short bursts of reading." –*Whose Brain Is It blog*

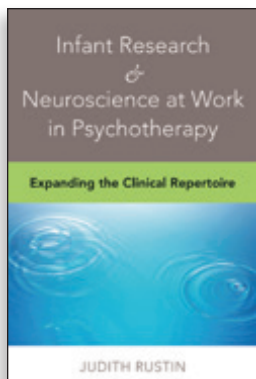
Eric Chudler is well recognized in the scientific community as a skilled teacher of neuroscience. His award-winning website, *Neuroscience for Kids*, is an outstanding resource for anyone interested in learning about the brain, and attracts everyone from neuroscience educators to parents to, of course, kids.

Here, Chudler turns his copious talents toward poetry—specifically, the familiar five-seven-five syllable structure of a haiku. This little book presents haiku grouped into three themes: *Places* (such as the frontal lobe and the cerebellum); *Things* (like brain scanners and animals); and *People* (including Eric Kandel and other neuroscientists).

Each poem is accompanied by an explanatory footnote, making the book useful and informative for those who wish to learn more about neuroscientific concepts in a fun, unique, and memorable way.

**ERIC H. CHUDLER, PhD**, was the first recipient of the coveted Science Educator Award from the Society for Neuroscience and serves as a role model for other scientists engaging in public education. He is the executive director of the Center for Sensorimotor Neural Engineering and a neuroscientist at the University of Washington.

ISBN: 978-0-393-70832-5 • 2013 • 240 pages • Paperback • \$16.95



## INFANT RESEARCH & NEUROSCIENCE AT WORK IN PSYCHOTHERAPY

*Expanding the Clinical Repertoire*

JUDITH RUSTIN

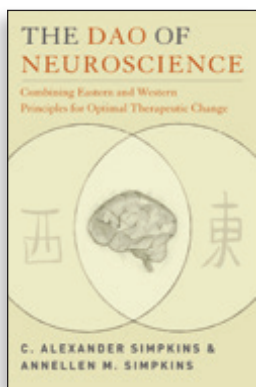
"[F]or anyone interested in the burgeoning link between neuroscience and psychoanalytic concepts this book makes a very good and informative starting point." –*The Psychologist* (UK)

"Rustin develops a compelling argument that neuroscience can teach us much about the development of self and, more specific to psychotherapeutic relationships, the development of self with other. This concept is applicable to all who work in relationship with their clients. . . . **We recommend this book to those seeking a better understanding of the brain basis for matters significant to therapeutic endeavors (e.g., affect regulation, trauma).**" –*PsycCritiques*

Judith Rustin, an experienced psychotherapist and psychoanalyst, explains how recent neuroscience findings and infant research expand our understanding of the therapist-client relationship and open up new and creative pathways for therapeutic intervention.

**Contents:** 1. Contributions From Infant Research: Self- and Mutual Regulation 2. Forms Of Memory: Reworking Early Experiences 3. The Mind-Body Connection: Working With Bodily Experiences 4. The Fear System: Working With Anxiety, Panic, and Ptsd 5. Mirror Neurons and Shared Circuitry: A Basis For Knowing the Other 6. Weaving Together New Research With Traditional Theory

ISBN: 978-0-393-70719-9 • 2012 • 304 pages • Hardcover • \$29.95



## THE DAO OF NEUROSCIENCE

*Combining Eastern and Western Principles for Optimal Therapeutic Change*

C. ALEXANDER SIMPKINS AND ANNELLEN M. SIMPKINS

Dao is an ancient Eastern method, a Way or Path for exploring and learning. From the Eastern perspective, everything has its Dao, its Way, even the brain. By weaving together Eastern traditions (including Yoga, Buddhism, Zen, and Daoism) and Western science, new understandings previously not considered emerge. This book is an insightful introduction to these traditions which sheds new light on the relationship between the mind and the brain.

As We Learn the Dao Of Neuroscience, We Come To Understand the Brain's Most Optimal Ways Of Functioning and How To Facilitate Its Natural Processes Toward Health, Happiness, and Fulfillment.

**Contents:** Introduction • **Part I: Mind and Brain: the Flowing Interplay** 1. the Brain-Mind Relationship: Dao 2. Modeling the Brain-Mind System 3. From Neurons and Neurotransmitters To Pathways 4. From Structures To Functions 5. Brain-Mind Change: Neuroplasticity and Neurogenesis **Part II: Redirecting the Flow for Change** 6. the Dao Of Treatment 7. Developing Attention and Perception 8. Facilitating Memory and Learning 9. Fostering the Unconscious 10. Working With the Emotional Brain and Mind 11. Restoring Balance In Biological Rhythms 12. Connecting Through Mirror Neurons: Other Minds, Social Cognition, and Empathy 13. Implementing Optimal Brain-Mind Change • Conclusion • References • Index

ISBN: 978-0-393-70597-3 • 2010 • 296 pages • Paperback • \$24.95

See pages 74 and 81 for more books by C. Alexander Simpkins, PhD, and Annellen M. Simpkins, PhD.

## THE BEHAVIORAL NEUROSCIENCE OF ADOLESCENCE

LINDA SPEAR

**"[R]efreshing and comprehensive . . . an excellent resource for any professional who works with adolescents."** –ASAP Newsletter

Linda Spear provides a detailed and illuminating overview of the genetic, hormonal, and neurological developments that take place during adolescence, and shows how these changes, along with influential sociocultural factors, interact to produce distinctly adolescent behaviors and thought processes. The tension between taking risks, impulsivity, and self-control—a struggle evinced by many adolescents, especially those in therapeutic treatment—is also examined for its sources within the brain. The result is a fascinating overview of the adolescent brain, with profound implications for the clinical treatment of adolescents.



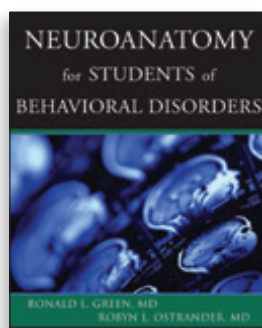
**Contents:** 1. Adolescence As A Unique Developmental Stage 2. the Genetics and Evolution Of Adolescence 3. Sex Differences, Puberty, and the Hormonal Reawakening Of Adolescence 4. the Brain, Its Development, and the Neuroscience Of Adolescence 5. Development Of Cognitive Skills 6. Risk-Taking, Impulsiveness, and the Emergence Of Self-Control 7. Social Behavior and the Emotions Of Adolescence 8. Alcohol and Drug Use and Abuse 9. Adolescence and the Emergence Of Psychological Disorders 10. Adolescent Vulnerabilities and Opportunities

ISBN: 978-0-393-70542-3 • 2009 • 411 pages • Hardcover • \$40.00

## NEUROANATOMY FOR STUDENTS OF BEHAVIORAL DISORDERS

RONALD L. GREEN and ROBYN L. OSTRANDER

**"The exploding field of the neurobiology of behavioral disorders has caught many students and practitioners in the mental health professions off guard. It has become a field in its own right and as such it needs the appropriate text. Green and Ostrander have provided just such a text, and an excellent summary of the links between brain and behavior. All students interested in behavioral medicine should master this material as they learn about the disorders of behavior and how to treat them."** –Michael Gazzaniga, PhD, Director, Sage Center For the Study Of the Mind, University Of California, Santa Barbara



**"The book is a must for students learning about psychopathology, and it will be a handy reference for clinicians who seek a greater understanding of the brain correlates of major mental illnesses. I heartily recommend it."** –Glen O. Gabbard, MD, Professor of Psychiatry, Baylor College of Medicine

This book, a 4-color visual tour of brain anatomy for psychiatric residents and practitioners, focuses on a range of psychiatric conditions and explores the corresponding parts of the brain that are affected. Green and Ostrander take readers on a systematic tour of all brain regions with important behavioral affiliations or with known or theoretical involvement in psychiatric disorders, including over 190 4-color images to help readers conceptualize the relationship between brain regions and specific disorders.

**Contents:** 1. Introduction 2. Information Flow: Neural Circuits Related To Behavioral Disorders 3. Behavioral State-Control Neurotransmitters: Dopamine, Serotonin, Norepinephrine, Acetylcholine, and Histamine 4. the Thalamus 5. Anxiety-Disorder Prototypes: Ptsd and Generalized Anxiety Disorder 6. Obsessive-Compulsive Disorder 7. Schizophrenia 8. Attention-Deficit/Hyperactivity Disorder 9. Addiction Disorders 10. Mood Disorders • Appendix: A Quick Guide Through Neuroanatomy Relevant To Behavioral Pathology • Classic Reference Resources

ISBN: 978-0-393-70398-6 • 2009 • 300 pages • Paperback • Over 190 color illustrations • \$65.00

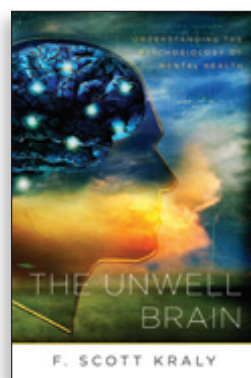
## THE UNWELL BRAIN

*Understanding the Psychobiology of Mental Health*

F. SCOTT KRALY

**"Kraly succeeds in demystifying the field of neuroscience . . . making it equally accessible to both professionals and general-interest audiences eager to learn fundamental principles of brain organization."** –USABP Journal

"What is going on in the brain of a person suffering a debilitating psychological disorder?" So begins Scott Kraly's explanation of how brain chemistry affects behavior. While we continue to learn about the complexities of neurobiology, and our "quick fix" drug therapy mentality continues to gain popularity, the brain remains a largely uncharted frontier, where questions outnumber answers. But Kraly effectively demystifies the field of neuroscience, offering a brisk, digestible narrative of how malfunctioning neurons and neurochemicals can result in psychological disorders, and, in turn, how pharmacotherapy and psychotherapy can help repair various mental health disorders.



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ISBN: 978-0-393-70596-6 • 2009 • 224 pages • Paperback • \$19.95

Originally published in hardcover as *Brain Science and Psychological Disorders*.

See page 11 for F. Scott Kraly's *Psychopharmacology Problem Solving*.



#### ABOUT THE AUTHORS

**MARGARET WEHRENBURG, PsyD**, is a licensed psychologist in private practice and a popular public speaker. She is also the author of *The 10 Best Anxiety Busters* (page 3), *Anxiety + Depression* (page 47), *The 10 Best-Ever Anxiety Management Techniques*, *The 10 Best-Ever Anxiety Management Techniques Workbook*, and *The 10 Best-Ever Depression Management Techniques* (all page 52).

**STEVEN M. PRINZ, MD**, is a psychiatrist and medical director at Linden Oaks Hospital, Naperville, Illinois.

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ISBN: 978-0-393-70414-3 • 2005 • 97 color/37 b/w images  
498 pages • Paperback • \$42.50

See page 43 for J. Douglas Bremner's *Does Stress Damage the Brain?*

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MARGARET WEHRENBURG and STEVEN M. PRINZ

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Current statistics show that up to one-third of Americans suffer a panic attack during their lifetime and up to eight percent are currently suffering from one of the anxiety disorders. Medication, once considered the first line of treatment, is losing public favor as clients realize their symptoms re-emerge when they stop using the drugs. However, our increasing understanding of the brain offers clinicians and clients a new and expanding set of resources that include but go well beyond pharmacological treatments.

Rich in neurophysiological diagrams and practical exercises that target the activity of specific neurological mechanisms, this book shows us how to take control of our brains to alleviate various anxiety disorders.

**Contents:** 1. The Physical Brain and the Mind of Anxiety 2. Neurotransmitters: Messengers of the Brain 3. Panic Disorder: Mindless Fear 4. Treating Panic Disorder 5. Medicating for Panic Disorder 6. Generalized Anxiety Disorder: Worry Without Reason 7. Treating Generalized Anxiety Disorder 8. Medicating for Generalized Anxiety Disorder 9. Social Anxiety Disorder: Fear of Exposure 10. Treating Social Anxiety Disorder 11. Medicating for Social Anxiety Disorder • Conclusion

ISBN: 978-0-393-70512-6 • 2007 • 274 pages • Hardcover • \$35.00

*American Journal of Nursing* 2007 Book of the Year Award Winner

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**Contributors:** Alarik T. Arenander, Bernard D. Beitman, Richard J. Burch, Zac E. Imel, Laura A. Flashman, Ameer Epler, Glen O. Gabbard, Jyotsna Nair, Robert G. Robinson, Kenneth J. Sher, James R. Slaughter, Frederick T. Travis, Claudia T. Viamontes, George I. Viamontes, Jorge A. Viamontes

ISBN: 978-0-393-70435-8 • 2004 • 318 pages  
Paperback • \$29.95

See pages 38 and 60 for more titles by Beitman.

#### THE PSYCHOBIOLOGY OF GENE EXPRESSION

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ERNEST L. ROSSI

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This book demonstrates how we can use our consciousness and our perception of free will to co-create ourselves in cooperation with nature. Rossi proposes practical approaches to optimize the natural cycles of gene expression in normal consciousness, sleep, dreaming, meditation, and the arts of daily living that are experienced by everyone. A case study spanning two chapters, containing dialogue and explanatory commentary, brings the author's work to life and gives readers a deeper appreciation of its clinical application.

ISBN: 978-0-393-70343-6 • 2002 • 558 pages • Hardcover  
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## SUCCESSFUL PSYCHOPHARMACOLOGY

*Evidence-Based Treatment Solutions for Achieving Remission  
A guide for physicians, mental health professionals, and their patients*

STEPHEN V. SOBEL

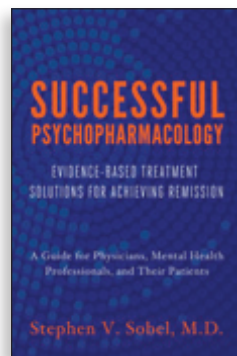
"[E]minently readable . . . [C]lear and concise . . . [T]houghtfully describes common patient issues with medication therapy . . . Excellent explanations of drug mechanisms of action . . . Obviously, clinicians in psychiatry and psychology would enjoy this book, but perhaps less obvious is its enormous value to scientists, pharmacists, and other health care professionals, as well as health sciences students. Highly recommended."  
—CHOICE

This book teaches mental health professionals how to choose and use psychotropic medications to address the biological etiology of psychiatric disease and mental health. It helps readers understand the key aspects of psychotherapy to deal with the psychosocial factors that prescribers need to know to use these medications within the context of the patient's life.

This book is for many readers: for psychiatrists who recognize the daily challenges in treating patients; for primary care physicians who identify psychiatric disorders in their patients; for non-medically-trained mental health professionals who want a more sophisticated understanding of psychopharmacology; and even for patients who want and need a better understanding of the medications their doctors have prescribed them.

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## INSTANT PSYCHOPHARMACOLOGY, THIRD EDITION

*Up-to-Date Information about the Most Commonly Prescribed Psychiatric Medications*

RONALD J. DIAMOND

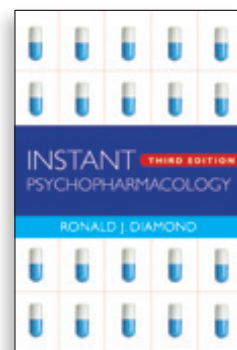
"Each chapter is detailed, essentially covering everything you would need to know about specific medications in each class, their intended use, contraindications and metabolic actions. These medication-specific chapters are up-to-date and as inclusive as any I have read in similar books . . . a valuable resource you should have in your reference library." —*New England Psychologist*

The third edition of our perennial bestseller, this book discusses a wide variety of newly available medications, how they work, how they differ from the older medications, and their advantages and disadvantages. It also helpfully includes up-to-date lists of medications by both generic and brand names, as well as by class and by cost. This thoroughly revised and updated edition is a must-have for all nonmedical therapists and their clients.

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ISBN: 978-0-393-70566-9 • 2009 • 294 pages • Paperback • \$21.95

See page 39 for Ronald J. Diamond's *The Medication Question* and page 46 for *Treatment Collaboration*.



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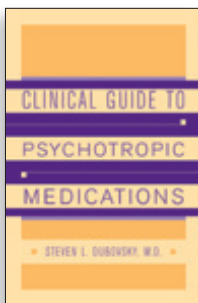
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This book will help all mental health clinicians to dissolve their conceptual mind/brain barriers by recognizing the reciprocal influences of psychological and pharmacological interventions. This task is approached by challenging the reader to respond to thought-provoking questions and problematic case vignettes in the following subject areas: combined treatment research, pharmacotherapy during psychotherapy, psychotherapy during pharmacotherapy, the pharmacotherapy-psychotherapy triangle and integrated treatment algorithms.

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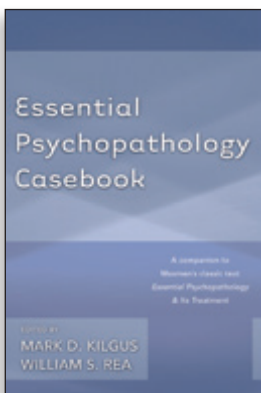
MARK D. KILGUS and WILLIAM S. REA, Editors

The clinical cases in this book are about real people suffering from psychopathology. Reviewing these cases will allow beginning clinicians to learn by observing the decision-making process of experienced clinicians. Reading this book is as close to a real-life experience as a reader can have without a patient in front of them.

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### ABOUT THE EDITORS

**MARK D. KILGUS, MD, PhD**, is chairman and medical director of the Department of Psychiatry and Behavioral Medicine at The Carilion Clinic, and co-author of *Essential Psychopathology and Its Treatment: Third Edition* (see p. 39).

**WILLIAM S. REA, MD**, is associate professor of psychiatry and director of Addiction Psychiatry Fellowship at The Carilion Clinic.

ISBN: 978-0-393-70822-6  
2014 • 480 pages  
Paperback • \$39.95

## ESSENTIAL PSYCHOPATHOLOGY AND ITS TREATMENT

### Third Edition

JERROLD S. MAXMEN, NICHOLAS G. WARD and MARK D. KILGUS

*Praise for the Second Edition:*

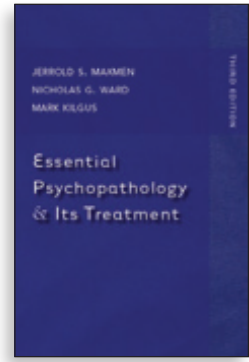
"All the main chapters are full of effective summaries of available empirical data, laced with wit, sensible comments, and plausible hypotheses where data are lacking. **The student will learn much and learn it enjoyably . . . . For medical students' learning, non-psychiatric physicians' reviewing, or just a plain good read, this is a winner.**"

—*American Journal of Psychiatry*

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ISBN: 978-0-393-70560-7 • 2009 • 540 pages • Hardcover • \$75.00

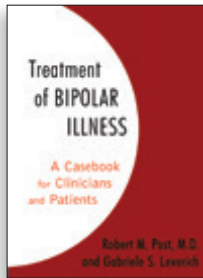
See page 38 for Mark D. Kilgus' *Essential Psychopathology Casebook*.

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*A Casebook for Clinicians and Patients*

ROBERT M. POST and  
GABRIELE S. LEVERICH

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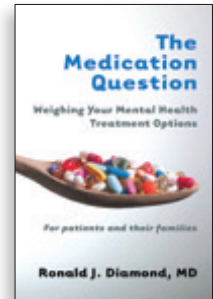
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For more books by Ronald J. Diamond see pages 37 and 46.

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## COMPREHENSIVE TEXTBOOK OF GERIATRIC PSYCHIATRY, THIRD EDITION

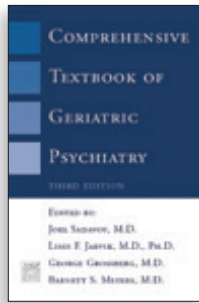
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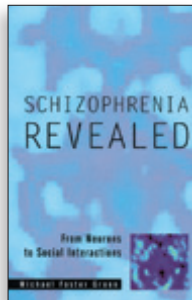
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Therapists have long recognized the role of brain *chemistry* in mental illness, but new thinking reveals that brain *circuitry*—its very rhythmic oscillations—plays an equally critical role in determining whether we function from a core position of regulation and emotional stability, or one of dysregulation and volatility. Indeed, how we are wired, and the very frequencies at which our brain operates, largely dictates how we behave in the world.

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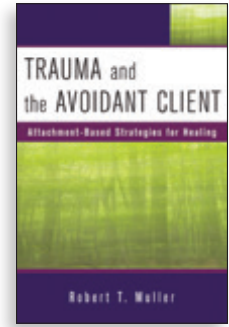
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**TRAUMA AND THE AVOIDANT CLIENT**  
*Attachment-Based Strategies for Healing*

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“This text is **invaluable to a range of healthcare practitioners** seeking to understand more deeply how people respond when faced with the challenging prospect of focusing on their vulnerabilities and I would consider this **high-recommended reading for those training to become counselors and psychotherapists.**” —*HCPJ, Healthcare Counseling and Psychotherapy Journal*

A large segment of the therapy population consists of difficult-to-treat patients suffering from trauma—those who are in denial or retreat from their traumatic experiences. Here, drawing on attachment-based research, Muller provides clinical techniques, specific intervention strategies, and practical advice for successfully addressing the often-intractable issues of trauma and fully engaging the client.



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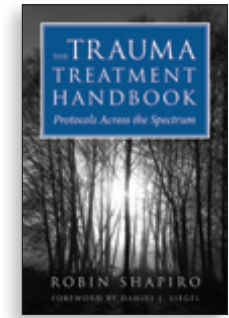
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**ROBIN SHAPIRO, MSW, LICSW**, is the editor of *EMDR Solutions I and II* (see page 83). Visit her blog at [traumatherapy.typepad.com](http://traumatherapy.typepad.com).

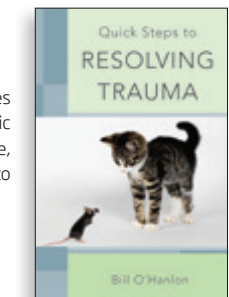
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**QUICK STEPS TO RESOLVING TRAUMA**  
 BILL O'HANLON

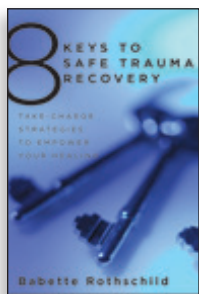
Noted psychotherapist, author, and speaker, Bill O'Hanlon offers four brief, alternate approaches to resolving trauma, plus therapeutic protocols for recognizing and encouraging post-traumatic growth. In his characteristically inviting writing style, O'Hanlon presents examples and dialogue, whimsical illustrations, and his classic reader-oriented approach to make this book engaging to therapists and consumers alike.

ISBN: 978-0-393-70651-2 • 2011 • 144 pages • Paperback • \$15.00

See pages 14, 45, 47, 63, 64, and 82 for more books by Bill O'Hanlon.



**Bestselling author BABETTE ROTHSCHILD, MSW, LCSW**, has been a practicing psychotherapist since 1976. She is a member of the International Society for Traumatic Stress Studies, and she gives lectures and professional trainings around the world. She is also the editor of the 8 Keys to Mental Health series (see page 15). Visit her Web site at [www.trauma.cc](http://www.trauma.cc).



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*Take-Charge Strategies to Empower Your Healing*

BABETTE ROTHSCHILD

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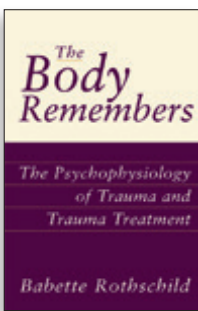
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BABETTE ROTHSCHILD

“This book breaks new ground in the understanding of trauma-related work, particularly with respect to the development of resources in relation to what happened after the traumatic incident. Every therapist who reads this book is likely to find their work benefits from it.” – *Scientific and Medical Network Journal*

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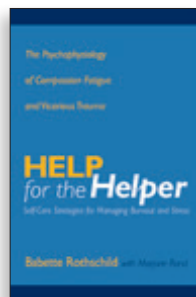
BABETTE ROTHSCHILD, with MARJORIE RAND

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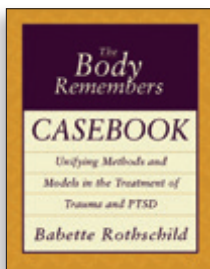
*Unifying Methods and Models in the Treatment of Trauma and PTSD*

BABETTE ROTHSCHILD

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## TRAUMA ESSENTIALS

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BABETTE ROTHSCHILD

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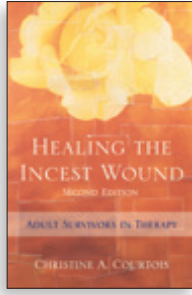
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Foreword by PETER LEVINE

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See page 51 for Robert Scaer's *8 Keys to Brain-Body Balance*.

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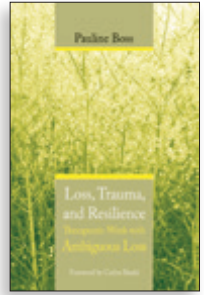
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Foreword by CARLOS SLUZKI

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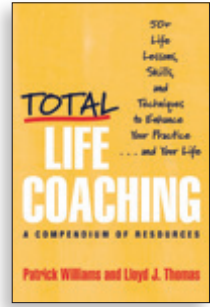
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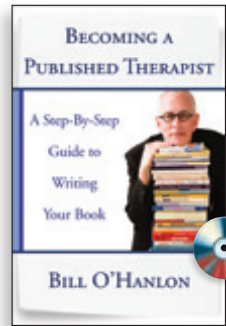
"[Bill O'Hanlon] clearly has the skill and the know-how to write this book, and his presentation style feels familiar, connective as if he's sitting beside you sharing his stories so you can share yours... [T]his is the first book targeting therapists written by a therapist, that addresses both writing, from conception to completion, and then on to publication, including creating your platform and reaching out to agents and traditional publishers." —United States Association for Body Psychotherapy Website

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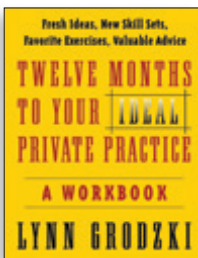
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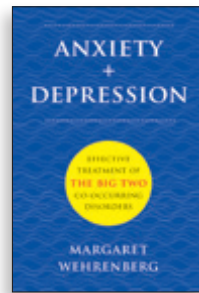
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BILL O'HANLON

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**BILL O'HANLON** is a psychotherapist and speaker who has published over 30 books. See pages 14, 41, 45, 63, 64, and 82 for more of his books.

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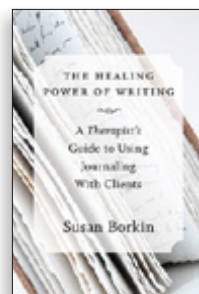
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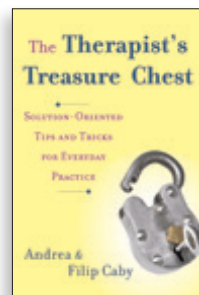
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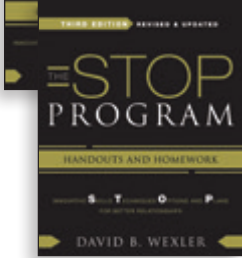




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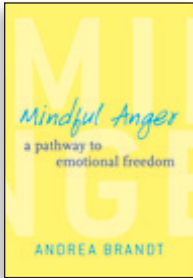
**DAVID B. WEXLER, PhD**, is the executive director of the Relationship Training Institute. His previous books include *Men in Therapy* (page 57); *The PRISM Workbook*; *The Advanced PRISM Workbook*; and *The Adolescent Self* (all page 79).

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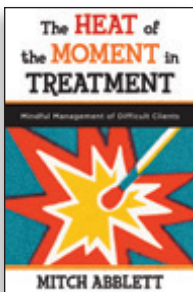
ANDREA BRANDT

This book urges readers to practice mindfulness-deliberately allowing physical sensations and emotions to surface so they can be examined and released. This sort of processing of anger-fully felt in the body as it happens, moved out through appropriate expression, and let go-will allow readers to process anger before it becomes unhealthy.

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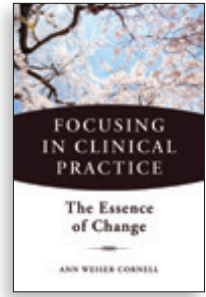
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**ANN WEISER CORNELL, PhD**, is the bestselling author of the *Power of Focusing* and the *Radical Acceptance of Everything*. She is internationally recognized as one of the leading innovators and theoreticians of Focusing, for her development with Barbara McGavin of Inner Relationship Focusing, and for her attention to facilitative language.

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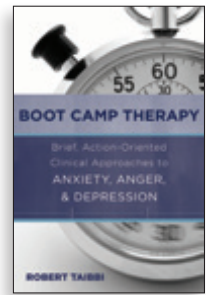
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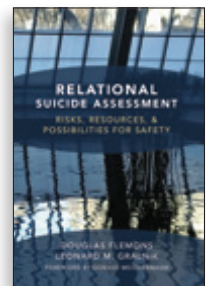
In this book, Drs. Douglas Flemons and Leonard M. Gralnik, a family therapist and a psychiatrist, team up to provide a comprehensive *relational* approach to suicide assessment.

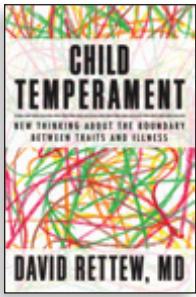
Knowing what questions to ask a suicidal client is essential, but it is just as important to know *how* to ask those questions and how to connect through empathic statements. Beyond this, clinicians need to know how to make safety decisions, how to construct safety plans, and what to include in case note documentation. In the final chapter, an annotated transcript serves to tie together the ideas and methods offered throughout the book.

**Contents:** Acknowledgments • Foreword by *Donald Meichenbaum* • Preface 1. Foundations 2. Therapeutic Principles 3. Risks and Resources 4. Safety 5. RSA in Action • Appendix: the Backpocket RSA • References • Index

ISBN: 978-0-393-70652-9 • 2013 • 272 pages • Hardcover • \$35.00

See pages 65 and 82 for more books by Douglas Flemons.





## CHILD TEMPERAMENT

*New Thinking About the Boundary Between Traits and Illness*

DAVID RETTEW

"[F]ull of useful practical advice for parents, schools, psychologists, and psychiatrists. This Harvard-trained physician discusses the issues with wisdom, compassion, and clinical insight."—*PsycCRITIQUES*

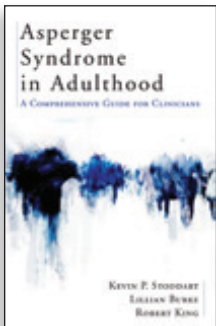
What is the difference between a child who is temperamentally sad and one who has depression? Can a kid be angry by temperament without being mentally ill? How can two thrill-seeking parents end up with a shy, risk-averse child?

From depression to ADHD to autism, temperament can play a definite role, but how, and to what degree? This book provides a synthesized update on what has been learned and how temperament affects the development of mental illness.

**Contents:** Acknowledgments • **Part I: Temperament and Its Links With Psychiatric Illness** 1. A Brief History 2. the Basics of Child Temperament 3. Features of Temperament 4. Neurobiology: the Brains Behind Temperament 5. Temperament and Psychopathology 6. Spectrums, Risk Factors, and Scars • **Part II: Applications** 7. Clinical Settings 8. Temperament and Parenting, Part I 9. Temperament and Parenting, Part II 10. Temperament in Educational Settings 11. Medications • Credits • References • Index

**DAVID RETTEW, MD**, an adolescent psychologist, teaches psychiatry and pediatrics at the University of Vermont College of Medicine and is director of the Pediatric Psychopharmacology Clinic at Fletcher Allen Health Care.

ISBN: 978-0-393-70730-4 • 2013 • 288 pages • Hardcover • \$34.00



## ASPERGER SYNDROME IN ADULTHOOD

*A Comprehensive Guide for Clinicians*

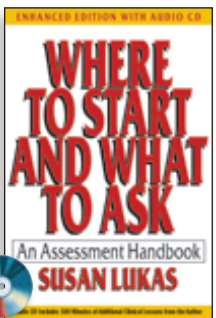
KEVIN STODDART, LILLIAN BURKE, ROBERT KING

"The authors of [DSM-V] have used the umbrella term "autism spectrum disorder" (ASD), which combines the currently separate diagnoses of autism, Asperger's syndrome, and pervasive developmental disorder. This change in no way diminishes the value of this book for clinicians who work with and teach about adults with psychiatric disorders. . . . **I strongly recommend this book to any and all who deal with psychiatric patients and those who rightfully advocate for their treatment. . . . The section on psychotherapy . . . can help the therapist to understand what the patient needs and how to go about achieving it.** The section on psychosocial aspects can provide information for patient advocates and others involved in the field about how limited the resources are and what is needed."—*Journal of Nervous and Mental Disease*

Despite the dramatic proliferation of research, clinical perspectives, and first-person accounts of Asperger Syndrome (AS) in the last 15 years, much of this information has focused on the application of the diagnosis to children, even though as displays persistence over time in individuals. This book is one of the only guides to Asperger Syndrome as it manifests itself in adults. It integrates research and clinical experience to provide mental health professionals with a comprehensive discussion of AS in adulthood, covering issues of diagnosis as well as comorbid psychiatric conditions, psychosocial issues, and various types of interventions—from psychotherapy to psychopharmacology. It also discusses basic diagnostic criteria, controversies about the disorder, and possible interventions and treatments for dealing with the disorder.

**Contents:** 1. Introduction to Asperger Syndrome and Autism Spectrum Disorders in Adults 2. Assessment of Asperger Syndrome in Adults 3. Mental Health Symptoms in Adult Asperger Syndrome 4. Neurodevelopmental, Genetic, and Medical Issues in Adult Asperger Syndrome 5. Psychosocial Issues in Adult Asperger Syndrome 6. Psychotherapy and Psychopharmacology in Adult Asperger Syndrome 7. Complementary Interventions and Evidence in Adult Asperger Syndrome

ISBN: 978-0-393-70550-8 • 2012 • 352 pages • Hardcover • \$32.00



## WHERE TO START AND WHAT TO ASK

*An Assessment Handbook*

Enhanced Edition with audio CD

SUSAN LUKAS

"Lukas writes clearly and concisely, offering quick yet interesting insights. She helps readers understand why assessment is important, then provides skills to improve one's interviewing skills. . . . [A] useful reference for any mental health practitioner."—*PsychCentral*

This indispensable book helps therapeutic neophytes organize their approach to the initial phase of treatment and navigate even rough clinical waters with competence and assurance. The enhanced edition is packaged together with two companion CDs filled with lessons and exercises on the clinical interview. Sit back, relax, and think along with Susan Lukas about the many questions that you need to ask about yourself and your client before, during, and after the interview. Doing so will not only improve your clinical skills but also increase your confidence and self-awareness as a practitioner.

**Contents:** 1. How To Conduct the First Interview With An Adult 2. Looking, Listening, and Feeling: the Mental Status Examination 3. How To Think About Your Client's Health: the Medical History 4. How To Conduct the First Interview With A Family 5. How To Conduct the First Interview With A Child 6. How To Take A Developmental History 7. How To Conduct the First Interview With A Couple 8. How To Determine Whether A Client Might Hurt Somebody—including You 9. How To Determine Whether A Client Might Hurt Herself 10. How To Determine Whether A Client Is A Substance Abuser 11. How To Assess Children For Neglect, Abuse, and Sexual Abuse 12. What Psychological Testing Is and When You Might Ask For It 13. How To Write An Assessment 14. Where You Go From Here

ISBN: 978-0-393-70784-7 • 2012 • 200 Pages • Paperback w/Two Audio CDs • \$29.95

## 8 KEYS TO RECOVERY FROM AN EATING DISORDER

### *Effective Strategies from Therapeutic Practice and Personal Experience*

CAROLYN COSTIN and GWEN SCHUBERT GRABB

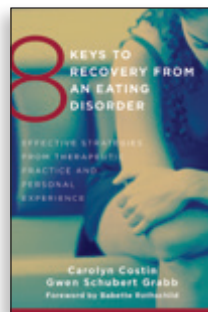
Foreword by BABETTE ROTHSCCHILD

"Carolyn Costin was my eating disorder therapist, and I credit her with my recovery. *8 Keys* gives the reader the same insight, inspiration, and tools that Carolyn gave to me. It's straightforward, well-written, and allows the reader to actively participate in her own recovery. I highly recommend it to anyone who is struggling with an eating disorder." —**Portia de Rossi**

"Costin and Grabb support their clients so they can learn to accept and understand instead of always having to fight their illness. Their keys are clear and flexible." —*PsychCentral*

This is no ordinary book on how to overcome an eating disorder. The authors—one a former patient of the other, now a therapist herself—both have their own histories battling an eating disorder.

Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid. The authors bring self-disclosure to a level not yet seen in an eating disorder book and offer hope to readers that full recovery is possible.



**Contents:** Foreword by *Babette Rothschild* • Key 1: Motivation, Patience and Hope • Key 2: Strengthen Your Healthy Self to Heal Your Eating Disorder Self • Key 3: It's Not About the Food • Key 4: Feel Your Feelings And Challenge Your Thoughts • Key 5: It Is About the Food • Key 6: Changing Your Behaviors • Key 7: Reach Out to People Rather Than Your Eating Disorder • Key 8: Finding Meaning and Purpose

ISBN: 978-0-393-70695-6 • 2011 • 294 pages • Paperback • \$19.95

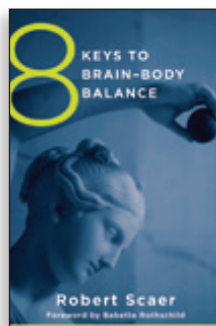
See pages 15, 16, 42, and 65 for other books in the 8 Keys to Mental Health Series.

## 8 KEYS TO BRAIN-BODY BALANCE

ROBERT SCAER, Foreword by BABETTE ROTHSCCHILD

Understanding how our brains and bodies actually work is a powerful tool in mitigating the anxiety generated by unpleasant physical and emotional symptoms. Here, Robert Scaer unravels the complexities of the brain-body connection, equipping all those who are in distress with a plausible physiological explanation for how they feel.

Making the science accessible, he outlines the core neurobiological concepts underlying the brain-body interface and explains that physical and emotional symptoms of stress and trauma occur. He explains why "feelings" represent physical sensations that inform us about the nature of our brain-body conflicts. He also offers practical, easy-to-implement strategies for strengthening motor skills, learning to listen to our gut to gauge our feelings, attuning to the present, and restoring personal boundaries to relieve symptoms and navigate a path to recovery.



**Contents:** Foreword by *Babette Rothchild* • Preface: Your Amazing Brain, Your Resourceful Body • **Part I: Brain-Body Basics: How We Feel, and How We Move** • Key 1: Brain and Body Message Systems • Key 2: Organizing Sensations and Movement • **Part II: How Our "Unconscious" Brain Runs the Show** • Key 3: The Autonomic Nervous System • Key 4: The Emotional Brain • **Part III: How Experience Changes Our Brain, for Better or for Worse** • Key 5: The Plastic, Changing Brain • Key 6: The Brain in Stress and Trauma • Key 7: The Body in Stress and Trauma • **Part IV: How We Can Repair Our Brain** • Key 8: Healing Your Wounded Brain and Body

Visit Robert Scaer's Web site at: [traumasoma.com](http://traumasoma.com).

ISBN: 978-0-393-70747-2 • 2012 • 176 pages • Paperback • \$19.95

Also by Robert Scaer: *The Trauma Spectrum* (page 43).

## TRANSFORMING NEGATIVE SELF-TALK

### *Practical, Effective Exercises*

STEVE ANDREAS

"[A] winner. I strongly recommend it! . . . [A] precise, articulate, systematic application of change principles to a particular problem . . . I have used some of these exercises both on myself and with clients and they worked well and quickly. Negative self-talk triggers a vast array of problems, so this book has wide appeal." — *Milton H. Erickson Foundation Newsletter*

Hearing critical or disapproving internal chatter is a common frustration. It can follow us around daily, calling into question our self-confidence, making us anxious or obsessive, and generally wreaking havoc on our sense of balance and well-being. In this user-friendly guide, an experienced clinician presents an array of original, take-charge strategies to help you and your clients gain control of the downbeat voices and use them to your advantage.



**Contents:** 1. Changing Location 2. Changing Tempo & Tonality 3. Adding Music or a Song 4. Talking to Yourself Positively 5. Adding a Voice 6. Auditory Perspective 7. Starting Your Day 8. Generalizations, Evaluations, Presuppositions, & Deletions 9. Negative Messages & Positive Outcomes 10. Asking Questions 11. Transforming a Message

ISBN: 978-0-393-70789-2 • 2012 • 128 pages • Paperback • \$17.50

See page 5 for Steve Andreas' *More Transforming Negative Self-Talk*.



## THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES WORKBOOK

MARGARET WEHRENBURG

**“You will find a great deal of useful information, along with worksheets and tools to help you try new strategies and evaluate your progress. . . . [A] sufferer from anxiety will probably find it and the accompanying CD useful.”** –*PsychCentral*

Brimming with exercises, worksheets, tips, and tools, this much-anticipated companion to Wehrenberg's bestselling *The 10 Best-Ever Anxiety Management Techniques* demonstrates exactly how to put the techniques to work to understand, manage, and conquer your stress. From panic disorders, generalized anxiety, and social anxiety, to everyday worry and stress, manifestations of anxiety are among the most common and pervasive mental health complaints. Thanks to a flood of supporting brain research, effective, practical strategies have emerged that allow us to manage day-to-day anxiety on our own.

In this how-to workbook, Wehrenberg walks us through a valuable collection of them, showing just how physical, emotional, and behavioral symptoms can be alleviated with targeted training. Step-by-step exercises on developing and implementing counter-cognitions, mindfulness meditation, thought-stopping and thought-replacement, “breathing minutes,” demand delays, cued relaxation, affirmations, and much more are presented—all guaranteed to soothe your anxious thoughts. Includes audio CD with breathing and relaxation exercises.

**Contents:** Introduction • **Part I: Assess Yourself** What Kind of Anxiety Do I Have? • Assess Your Stress: Understanding How Your Stress Level Affects Anxiety • **Part II: Managing the Anxious Body** • Technique #1: Change Your Intake • Technique #2: Breathe • Technique #3: Practice Mindfulness With Shifting Awareness • Technique #4: Relax • **Part III: Managing the Anxious Mind** • Technique #5: Stop Catastrophizing • Technique #6: Stop Anxious Thoughts • Technique #7: Contain Your Worry • Technique #8: Talk Yourself Into Changing Behavior • **Part IV: Managing Anxious Behavior** • Technique #9: Control TMA (Too Much Activity) • Technique #10: Implement a Plan and Practice • Appendix • Recommended Reading & Resources

ISBN: 978-0-393-70743-4 • 2012 • 240 pages • Paperback w/audio CD • \$19.95



## THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES

*Understanding How Your Brain Makes You Anxious & What You Can Do to Change It*

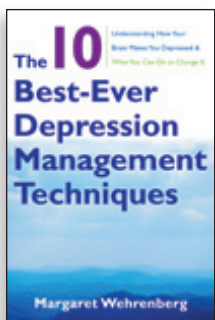
MARGARET WEHRENBURG

**“This book offers the key to unlocking the complex biochemistry of your brain, and reversing your anxiety-inducing habits. Dr. Wehrenberg has done the work to create the right learning environment and organize the needed tools. Follow her lead and your body and mind will thank you with the peace and quiet you deserve.”** –Reid Wilson, PhD, author of *Don't Panic: Taking Control of Anxiety Attacks*

Symptoms of anxiety run the gamut from mildly embarrassing but tolerable to persistent and debilitating. While feelings of worry, dread, panic, social unease, and general anxiety are common, their impact is insidious, leaving sufferers feeling worn out and often hopeless. Drawing on fresh insights into the anatomy of the anxious brain, Wehrenberg gets to the biologically-based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day-to-day basis. From diaphragmatic breathing and self-talk to mindfulness, muscle relaxation, and “plan to panic” strategies, you can learn to train your brain, conquer your stress and anxiety, and regain control of your life.

**Contents:** Introduction: What You Can Do About Your Anxious Brain • **Part I: Understanding Your Brain** 1. How Your Brain Makes You Anxious 2. Managing Your Brain with Medication • **Part II: Managing the Anxious Body** 3. Technique #1: Change Your Intake 4. Technique #2: Breathe 5. Technique #3: Practice Mindfulness with Shifting Awareness 6. Technique #4: Relax • **Part III: Managing the Anxious Mind** 7. Technique #5: Stop Catastrophizing 8. Technique #6: Stop Anxious Thoughts 9. Technique #7: Contain Your Worry 10. Technique #8: Talk Yourself Into Changing Behavior • **Part IV: Managing Anxious Behavior** 11. Technique #9: Control TMA (Too Much Activity) 12. Technique #10: Implement a Plan and Practice • Recommended Reading & Resources

ISBN: 978-0-393-70556-0 • 2008 • 256 pages • Paperback • \$19.95



## THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

*Understanding How Your Brain Makes You Depressed & What You Can Do to Change It*

MARGARET WEHRENBURG

**“[A] thoughtful book that provides immediate help for people suffering from depression. I highly recommend it.”** –Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life*

**“A well-researched book with clearly written brain science for the non-scientist. Its life-changing, self-motivating techniques, many of which can be practiced outside the treatment room, will benefit anyone who suffers from depression and everyone who treats them. The appendix of practices alone is worth the price!”** –Amy Weintraub, author of *Yoga for Depression*

Drawing on cutting-edge neuroscience research presented in a reader-friendly way, Wehrenberg skillfully describes what happens in the brain of a depression sufferer, and what specific techniques can be used to alter brain activity and control its range of disabling symptoms. Filled with practical, take-charge tips from a seasoned clinician, this book presents the 10 most effective strategies for moving from lethargy into action, taking charge of your brain, and breaking free from depression to find hope and happiness.

**Contents:** Introduction: What You Can Do About Your Depressed Brain 1. How Your Brain Makes You Depressed 2. Managing the Depressed Brain With Medication 3. Technique #1: Identify Triggers, Plan New Responses 4. Technique #2: Start Where You Already Are 5. Technique #3: Cool Down Burnout 6. Technique #4: Mobilize Your Energy 7. Technique #5: End Isolation 8. Technique #6: Balance Your Life 9. Technique #7: Prevent Destructive Behavior 10. Technique #8: Broaden Your Perspective 11. Technique #9: Increase Flexibility 12. Technique #10: Learn to Live Fully • Appendix A: Worksheets & Information for Readers • Appendix B: Worksheets & Scales for Therapists Readings & Resources

ISBN: 978-0-393-70629-1 • 2011 • 312 pages • Paperback • \$19.95

Margaret Wehrenberg is also the author of *The 10 Best Anxiety Busters* (page 3); *Anxiety + Depression* (page 47); and co-author of *The Anxious Brain* (page 36).

## TREATMENT RESISTANCE AND PATIENT AUTHORITY

### *The Austen Riggs Reader*

ERIC M. PLAKUN, Editor, Foreword by OTTO F. KERNBERG

"[W]onderful . . . well written . . . comprehensive and engaging . . . Special kudos to Eric Plakun for the superb job of editing this invaluable volume – **a must-read for all clinicians treating a growing population of patients who find themselves drifting from one treatment to another and slowly spiraling down into personal and professional chaos.**" – *The Journal of Nervous and Mental Disease*

"**An invaluable book for academic, public sector, hospital-based, and private practice psychiatrists.**" – *The American Journal of Psychiatry*

Over the past 20 years, the number of citations to work on "treatment-resistant" patients has risen over 800%. The Austen Riggs Center is nationally recognized as the leading psychiatric hospital for these patients, who willingly seek help but do not seem to respond to treatment. Here, leaders in treating such difficult patients offer a comprehensive psychodynamic approach to tackling these challenging cases and hope for recovery. The practical principles presented in this book will help clinicians apply strategies from Riggs to other outpatient, residential, day treatment, and inpatient settings.

**Contents:** Foreword • Introduction 1. Treatment Resistance 2. From Acting Out to Enactment in Treatment-Resistant Disorders 3. What is Psychodynamic Psychopharmacology?: An Approach to Pharmacological Treatment Resistance 4. Working with the Negative Transference 5. Transmission of Trauma and Treatment Resistance 6. Why the Pair Needs the Third 7. System Pressures, Ethics, and Autonomy 8. An Alliance-Based Intervention for Suicide 9. The Boundaries Are Shifting: Renegotiating the Therapeutic Frame 10. Integrative Psychodynamic Treatment of Psychotic Disorders 11. Silencing the Messenger: The Social Dynamics of Treatment Resistance 12. Working with Family Resistance to Treatment 13. A Team Approach to Treatment Resistance 14. Studying the Process: A Psychodynamic Treatment System for Patients with Treatment-Resistant Disorders

ISBN: 978-0-393-70661-1 • 2011 • 320 pages • Hardcover • \$35.00



## ANGER ANTIDOTES

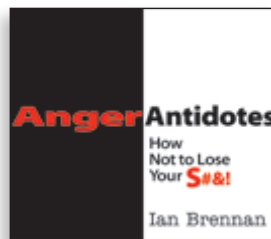
### *How Not to Lose Your S#!*

IAN BRENNAN

"**This book will change your life . . . I strongly recommend it. The key anger- and frustration-management skills conveyed here have allowed me to accomplish extremely powerful work with my clients.**" – Bruce Turner, Program Director, The Hills Treatment Center, Los Angeles, CA

Ian Brennan—who has spent nearly twenty years working on the frontlines of emergency psychiatry, the job rated "most dangerous" by the state of California—deftly identifies the causes of anger and presents empowering, practical solutions. He engages readers in a no-nonsense, insightful exploration of what anger really means and how we can learn to maintain calm in the face of crisis.

ISBN: 978-0-393-70705-2 • 2011 • 192 pages • Paperback • \$15.95



## BODY PSYCHOTHERAPY

### *History, Concepts, and Methods*

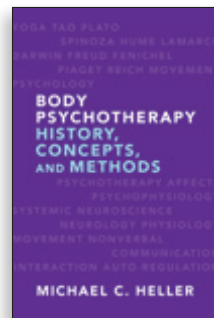
MICHAEL C. HELLER, Translated by MARCEL DUCLOS

"[F]ull of fine detail . . . [A] book rich with information for the body psychotherapy practitioner or student, one which will reward frequent returning to." – *Metapsychology*

Body psychotherapy, which examines the relationship of bodily and physical experiences to emotional and psychological experiences, seems at first glance to be a relatively new area and on the cutting edge of psychotherapeutic theory and practice. It is, but the major concepts of body/mind treatment are actually drawn from a wide range of historical material, material that spans centuries and continents. Here, in a massively comprehensive book, Michael Heller summarizes all the major concepts, thinkers, and movements whose work has led to the creation of the field we now know as body/mind psychotherapy.

**Topics include:** The Organism in the Far East; Asana and Pranayama of Hatha-Yoga; Chinese and Taoist Refinements; Plato; Descartes; Spinoza; The Theory of Evolution; The Concept of Auto-Regulation in the Organism; Hypnosis, Relaxation, and Gymnastics at the Birth of Body Psychotherapy; Physiognomy, phrenology, emotional expressions and character analysis; Spirituality, hypnosis, and energy; "Organismic gymnastics" from Elsa Gindler to Moshé Feldenkrais; The Origins of Psychoanalysis; The Organismic Approach of Wilhelm Reich and the Systemic Psychosomatics of Otto Fenichel; Vegetotherapy; Nonverbal Communication Research and Body Psychotherapy

ISBN: 978-0-393-70669-7 • 2012 • 842 pages • Hardcover • \$68.95



## POKER FACE IN MENTAL HEALTH PRACTICE

### *A Primer on Deception Analysis and Detection*

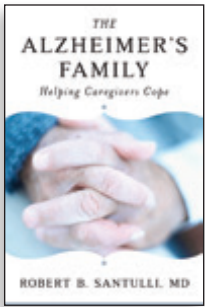
ANSAR HAROUN and DAVID NAIMARK

"For the valuable insights it provides, **this book should be read by every mental health professional.**" – Grant Morris, Professor Emeritus, University of San Diego School of Law

This short and uniquely illustrated guide will help mental health professionals determine when, why, and how their clients may lie to them. With some of the analysis based on insights from the world of poker players, readers will learn about methods of deception, reasons why clients deceive them, and the best methods to uncover the truth.

ISBN: 978-0-393-70699-4 • 2011 • 128 pages • Paperback • \$15.95





## THE ALZHEIMER'S FAMILY

### *Helping Caregivers Cope*

ROBERT B. SANTULLI

"[C]learly written, timely, useful . . . Highly recommended." —CHOICE

"Every family facing Alzheimer's seeks a doctor who 'gets it'—who has the capacity and willingness to become an expert on them. Dr. Santulli's patient- and family-centered clinical expertise offers practical strategies to a broad range of health care professionals eager to offer genuinely helpful family-specific Alzheimer's care." —Lisa P. Gwyther, MSW, LCSW, Director, Duke Aging Center Family Support Program

In this handbook, clinicians are taught how to navigate the many interpersonal issues at the heart of Alzheimer's disease—that is, how to work with the families and friends of the patient. Santulli addresses everything from how to respond compassionately to their likely questions and concerns,

how to clearly explain symptoms and risk factors, when to suggest consultation with a geriatric specialist, and how to sensitively discuss issues of long-term treatment and care.

**Contents:** Introduction 1. The Alzheimer's Family 2. Memory, Loss, and Dementia: Understanding the Basics 3. Facing the Problem 4. The Long Journey 5. Maintaining a Connection 6. Safety Issues 7. Dealing with Mood and Behavioral Issues 8. Caregiver Stress 9. Long-Term Care 10. New Beginnings • Appendix A. Pharmacological Treatments • Bibliography • Suggested Reading & Resources  
ISBN: 978-0-393-70577-5 • 2011 • 250 pages • Hardcover • \$29.95

## ASSESSING ADULT ATTACHMENT

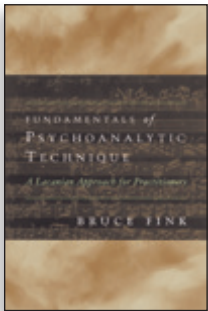
### *A Dynamic-Maturational Approach to Discourse Analysis*

PATRICIA MCKINSEY CRITTENDEN and ANDREA LANDINI

"This is a groundbreaking piece of work, containing a life-span view of adaptation that is both intuitively succinct and simple in structure, yet also completely nuanced in execution. Researchers and clinicians alike will undoubtedly benefit from the wealth of information shared here, and it is a **must-have for anyone with an interest in attachment theory, representing a major evolutionary step forward in the field.**" —PsychCentral

This book describes a method for identifying the psychological and interpersonal self-protective attachment strategies of adults by applying discourse analysis to semi-structured interviews. Analyzing methods such as the Adult Attachment Interview and the Parents Interview, Crittenden and Landini present the Dynamic-Maturational Model of Attachment and Adaptation, which is centered around the importance of exposure to danger in shaping mental and behavioral functioning, the organized self-protective function of behavior that others have found inexplicable and unclassifiable, representation of these functions in the preconscious construction of language, and the dynamic and interactive quality of representation. Whether used as a guide to treatment formulation or a basis for gathering empirical data, *Assessing Adult Attachment* is a must for clinicians and researchers alike.

ISBN: 978-0-393-70667-3 • 2011 • 440 pages • Hardcover • \$42.50



## FUNDAMENTALS OF PSYCHOANALYTIC TECHNIQUE

### *A Lacanian Approach for Practitioners*

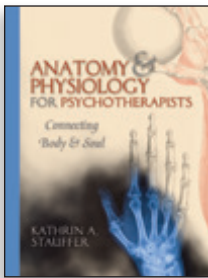
BRUCE FINK

"Bruce Fink restores psychoanalysis's relevance and explains it in ways I dare say few of us ever understood or appreciated. . . . Every chapter contains insights worth pondering, not just about the analytic process, but about human nature itself. . . . [It] deserves to be read by a wide audience." —PsychCentral

Unlike any other writer on Lacan to date, Fink illustrates his Lacanian approach to listening, questioning, punctuating, and interpreting with dozens of actual clinical examples. He clearly outlines the fundamentals of working with dreams, daydreams, and fantasies, discussing the numerous anxiety dreams, nightmares, and fantasies told to him by his own patients. By examining transference and countertransference in detail through the use of clinical vignettes, Fink lays out the

major differences between mainstream psychoanalytic practice and Lacanian practice. Designed for a wide range of practitioners and requiring no previous knowledge of Lacan's work, this primer is accessible to therapists of many different persuasions.

ISBN 978-0-393-70725-0 • 2011 • 320 pages • Paperback • \$22.95



## ANATOMY AND PHYSIOLOGY FOR PSYCHOTHERAPISTS

### *Connecting Body & Soul*

KATHRIN A. STAUFFER

To date, many psychotherapists have focused solely on the mind, ignoring the "hardware" of what they are working with: the human body. This book takes a look at organ systems of the human body to illuminate the connections between body and mind, exploring the body as both the ground of our physical experience and a metaphor for our emotional life. Beginning with a discussion of the basic building blocks of the body, cells and molecules, Stauffer works through the body system by system, showing through clinical case examples that an understanding of each system can greatly enhance the art of psychotherapy. This book invites psychotherapists, complementary therapists, and anyone else interested in the mind/body connection to engage

with the physical body, and, in doing so, bring more depth into their therapeutic work.

**Contents:** Introduction: Toward an Integrated Humanity 1. Cells, Molecules, and Energy: The Dance of Life 2. The Central Nervous System: Creating Meaning 3. The Peripheral Nervous System: The Rhythm of Self-Regulation 4. Bones and Joints: Authenticity Versus Compliance 5. The Skeletal Musculature: Resources and Shadow 6. Skin: Touching and Being Touched 7. The Digestive System: The Difference Between Good and Bad 8. Fluids and Connective Tissue: The Stuff of Basic Vitality 9. The Cardiovascular System: Matters of the Heart 10. The Endocrine and Immune Systems: Health, Stress, and Disease 11. The Reproductive System: Beyond the Self 12. The Respiratory System: Fullness of Being • Glossary

ISBN: 978-0-393-70604-8 • 2010 • 288 pages • Paperback • \$32.50

**TWO NORTON CLASSICS NOW IN PAPERBACK!****CHANGE*****Principles of Problem Formation and Problem Resolution***

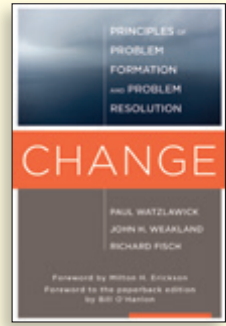
PAUL WATZLAWICK, JOHN WEAKLAND, and RICHARD FISCH

Foreword by MILTON H. ERICKSON, Preface to the paperback edition by BILL O'HANLON

This classic book, now published in paperback for the very first time, deals with the age-old questions of persistence and change. It asks the questions of how problems arise and are perpetuated in some instances, but in other instances are resolved. It examines how, paradoxically, common sense and logical approaches often fail, while seemingly "illogical" and "unreasonable" actions succeed in producing the desired change.

The book incorporates ideas about human communication, marital and family therapy, and the therapeutic effects of paradoxes and of action-oriented techniques of problem resolution. It is an outgrowth of the authors' work at the Brief Therapy Center of the Mental Research Institute. Though the book draws some of its examples from the field of psychotherapy, the general ideas it puts forth regarding problem formulation and resolution are applicable to many areas of human interaction. A new preface by Bill O'Hanlon puts Watzlawick's work and importance into context for readers, and speaks to the significance of this book.

ISBN: 978-0-393-70706-3 • 2011 • 176 pages • Paperback • \$19.95

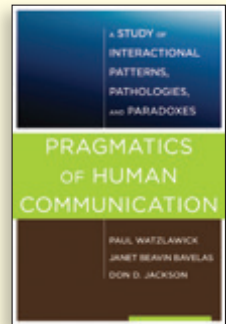
**PRAGMATICS OF HUMAN COMMUNICATION*****A Study of Interactional Patterns, Pathologies, and Paradoxes***

PAUL WATZLAWICK, JANET BEAVIN BAVELAS, and DON D. JACKSON

A perennial bestseller in hardcover, translated into many languages, and one of the "best books ever about human communication," this is the first-ever paperback edition of this classic work. It has formed the foundation of much research into interpersonal communication. The authors identify simple properties or axioms of human communication and demonstrate how all communications are a function of their contexts. Topics covered in this wide-ranging book include: the origins of communication; the idea that all behavior is communication; metacommunication; the properties of an open system; the family as a system of communication; the nature of paradox in psychotherapy; existentialism and human communication.

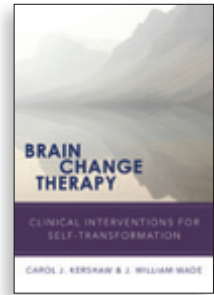
ISBN: 978-0-393-71059-5 • 2011 • 304 pages • Paperback • \$21.95

For other books by Paul Watzlawick, see page 71.

**BRAIN CHANGE THERAPY*****Clinical Interventions for Self-Transformation***

CAROL J. KERSHAW and J. WILLIAM WADE

When conditions like anxiety and depression are experienced chronically, they condition neural pathways and shape a person's perception of and response to life events. As these pathways are reinforced, the unhealthy neural networks turn on with increasing ease in the presence of conscious and unconscious triggers. Drawing on principles from neuroscience, hypnosis, biofeedback, object relations therapy, and cognitive therapy, Kershaw and Wade teach therapists how to use "state change" to stimulate positive emotional patterns and behavioral alterations in their clients, helping them reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive.



**Contents:** Preface 1. Fundamentals of Brain Change Therapy 2. Brain-Mind and Brain-Body Basics 3. Neuroassessment of New Clients 4. Brain Change Therapy Model: Stress and State Change Interventions and Strategies 5. Brain Change Techniques Using Ericksonian Hypnosis 6. Utilizing Brain Technology Equipment 7. Deep State Work Using Hypnosis and Alpha-Theta Training 8. Resolving Fear with Brain Change Therapy 9. A Thinner State of Brain-Mind-Body 10. Interventions in Life-Threatening and Chronic Illnesses 11. Enhancing Performance in Professional Arenas 12. Thriving and Beyond • Epilogue

**CAROL J. KERSHAW, EDD**, is a licensed psychologist in private practice and is the codirector of the Milton H. Erickson Institute of Houston. **J. WILLIAM WADE, PhD**, is the codirector of the Milton H. Erickson Institute of Houston.

ISBN: 978-0-393-70586-7 • 2011 • 368 pages • Hardcover • \$37.50

**TALKING TO FAMILIES ABOUT MENTAL ILLNESS*****What Clinicians Need to Know***

IGOR GALYNKER

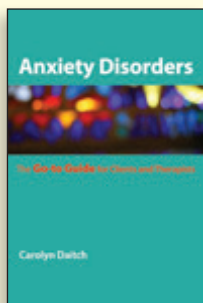
**"A marvelous book that meets a need that has been remarkably overlooked . . . Authoritative 'straight talk' about these conditions has been hard to find, but that is no longer the case, thanks to this book. An essential guide for all families."**—John M. Oldham, MD, Senior Vice President and Chief of Staff, the Menninger Clinic

Igor Galynker, a veteran psychiatrist who has worked with families in acute inpatient psychiatric units for over 20 years, answers all of the nitty-gritty questions a family member or caregiver might ask a mental health clinician. Issues such as how to talk to different family members about the illness, how to explain labels and stigma, how to address the issue of denial, what to say in the case of a suicide threat or attempt, how to explain the various treatment options available, and much more.

**Contents:** Introduction **Part I. General Rules and Approaches** 1. Key Skills 2. Every Family Is Different 3. Communication Strategies **Part II. Diagnosis and Treatment** 4. Diagnosis and Prognosis 5. Psychiatric Symptoms 6. Treatment 7. How to Talk About Suicide and Deal With Emergencies **Part III. Common Disorders** 8. Schizophrenia 9. Bipolar Mood Disorder 10. Major Depressive Disorder 11. Generalized Anxiety Disorder and Panic Disorder 12. Obsessive-Compulsive Disorder 13. Personality Disorders **Part IV: Real Life Issues** 14. Stress Management 15. School and Work 16. Real-Life Relationships and Planning Families

ISBN: 978-0-393-70600-0 • 2010 • 290 pages • Hardcover • \$32.95

The **Go-To Guides** are comprehensive handbooks aimed at both clinicians and their clients. Each volume in the series provides a jargon-free, up-to-date overview of a key presenting issue or disorder, and a thorough review of the most effective treatment protocols. Turn to the **Go-To Guides** for definitive overviews, the most useful clinical applications, and practical solutions that work.



## ANXIETY DISORDERS

### *The Go-To Guide for Clients and Therapists*

CAROLYN DAITCH

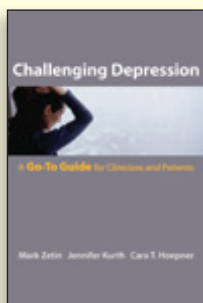
Anxiety disorders are the #1 psychiatric problem in the United States, yet many clients who suffer from them do not get effective counseling, and they often end therapy without successful amelioration of their symptoms. Written for people who suffer from anxiety disorders and the therapists who treat them, this comprehensive and accessible text presents an overview of anxiety, including its causes and effects, and offers an in-depth look at each of the anxiety disorders with detailed descriptions of current treatment approaches.

**Topics include:** The Role of Genes, Perinatal and Early Childhood Experience, and Attachment on Anxiety; an Overview of the Different Interventions Commonly used to Treat

Anxiety Disorders, Ranging from Cognitive Therapy to Hypnosis and Mindfulness-Based Modalities; Relaxation Techniques that can be used by Anyone, with or without a Therapist, to Reduce Stress and Promote Well-Being and to Combat Generalized Anxiety Disorder, Panic Disorder, Specific Phobias, Social Anxiety Disorder, and Obsessive Compulsive Disorder; Vivid Clinical Case Examples; and Recovery Stories of the Clients Described in the Book. Daitch also presents adjunctive approaches that can enhance the recovery process, including information about medications and herbal or nutraceutical approaches; a description of the benefits of incorporating a healthy diet and exercise; and a discussion of the critical importance of consistent at-home practice, outside the therapy room, to maintain the benefits of therapy.

**CAROLYN DAITCH, PhD**, is a psychologist and director of the Center for the Treatment of Anxiety Disorders. She is the author of *Affect Regulation Toolbox* (see page B2).

ISBN: 978-0-393-70628-4 • 2011 • 256 pages • Paperback • \$25.95



## CHALLENGING DEPRESSION

### *The Go-To Guide for Clinicians and Patients*

MARK ZETIN, JENNIFER KURTH, and CARA T. HOEPNER

**"The work is comprehensive, easily accessible and a testimony to the rich clinical experience of the authors . . . The patient is helped to understand depression and be empowered in the treatment process."** –*Journal of Analytical Psychology*

**Topics include:** The Faces of Depression; Why Careful Differential Diagnosis is Important; Theories of What Causes Depression; Personality Versus Mood Disorder; Dealing with Suicidal Thoughts and Impulses; Dealing With the Healthcare System and Insurance; Collaborating with Therapist and Doctor; Psychotherapy: Specific Approaches to Dealing with Depression; Choosing an Antidepressant for Major Depressive Disorder; Evaluating Antidepressive Response; Sophisticated Approaches to Augmenting, Combining, and Switching

Medicines; Bipolar Depression; Child and Adolescent Depression; Brain Stimulation, Electroconvulsive Therapy, Vagus Nerve Stimulation, and Repetitive Transcranial Magnetic Stimulation; Complementary and Alternative Medicine: Herbs and Supplements; Living a Healthy Life While Living with a Psychiatric Illness; Learning More: Books and Web Sites

ISBN: 978-0-393-70610-9 • 2010 • 670 pages • Paperback • \$35.00



## COMPLETE MENTAL HEALTH

### *The Go-To Guide for Clinicians and Patients*

JOHN INGRAM WALKER

**"Highly readable, in-depth guide . . . an astounding, detailed view of drugs, psychotherapies and mental disorders . . . Case histories from Dr. Walker's own practice bring his diagnoses alive . . . Superb advice."** –*Hypnosis Depot*

**Topics include:** Psychiatric Diagnosis and Treatment; Diagnosis and Treatment of Depression; The Bipolar Spectrum; Schizophrenia and Delusional Disorders; Anxiety and Related Disorders; Psychosomatic Illness; Somatoform and Factitious Disorders; Personality Patterns, Conflicts, and Disorders; Addictions and Abuse; Emotional Problems of Children and Adolescents; Alzheimer's and Other Memory Problems; Sexual Dysfunction and Romantic Resolution; Sleep Disorders; Psychopharmacology; Psychotherapy; Overcoming Emotional Illness

ISBN: 978-0-393-70623-9 • 2010 • 384 pages • Paperback • \$29.95

#### Other books in the Go-To Guide series include:

*Trauma Essentials* by Babette Rothschild (page 42)

ISBN: 978-0-393-70620-8 • 2011 • 160 pages • Paperback • \$19.95

*Addiction Essentials* by Carlton K. Erickson (page 80)

ISBN: 978-0-393-70615-4 • 2011 • 208 pages • Paperback • \$21.95



## MEN IN THERAPY

### *New Approaches for Effective Treatment*

DAVID B. WEXLER

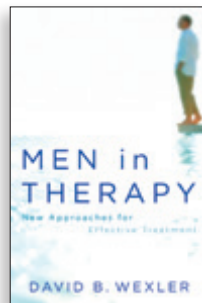
**"This book is a wonderful contribution to both the study of men's issues and the larger mental health field. Wexler wrote with the practitioner in mind and he has succeeded in creating an accessible text for both novice and seasoned professionals."** –*The Family Journal*

"This book should be read by ... anyone, male or female, who wants a better understanding of why men are the way they are ... I am so impressed with this book that I have prescribed it to several female clients who want to better understand the men in their lives." –*Hypnosis Depot*

In *Men in Therapy*, therapists are offered a number of methods for countering men's general reluctance to open up emotionally or fully engage in therapy. Of course, men cannot be reduced to a single, monolithic group; rather, they start therapy due to a wide range of needs and come from a wide variety of backgrounds. Therefore, individual chapters are devoted to the treatment of men in relationships, men suffering from depression, fathers, men who abuse women, and men of color. In each case, Wexler provides an informative overview of the issues unique to each group, sound advice, and commonsense methods for treating each of these groups effectively, nonjudgmentally, and professionally.

ISBN: 978-0-393-70572-0 • 2010 • 312 pages • Hardcover • \$32.00

See pages 48 and 79 for more books by David B. Wexler.



## CHANGE IN PSYCHOTHERAPY

### *A Unifying Paradigm*

THE BOSTON CHANGE PROCESS STUDY GROUP

**"This book is a must-read for psychodynamic clinicians, both beginning and advanced."** –Glen O. Gabbard, MD

"Building sound and scientific theory must start somewhere, and this book's efforts to provide clear working definitions about significant interpersonal processes seem like an excellent place to begin." –*Therapy Today*

**Contents:** 1. Non-Interpretive Mechanisms in Psychoanalytic Therapy: The "Something More" Than Interpretation 2. Implicit Relational Knowing: A Central Concept in Psychotherapeutic Change 3. "I Sense That You Sense That I Sense . . .": Sander's Recognition Process and Relational Moves in the Psychotherapeutic Setting 4. Explicating the Implicit: The Local Level and the Microprocess of Change in the Analytic Situation 5. The "Something More" Than Interpretation Revisited: Sloppiness and Co-Creativity in the Psychoanalytic Encounter 6. The Foundational Level of Psychodynamic Meaning: Implicit Process in Relation to Conflict, Defense, and the Dynamic Unconscious 7. Forms of Relational Meaning: Issues in the Relations Between the Implicit and Reflective-Verbal Domains 8. An Implicit Relational Process Approach to Therapeutic Action

ISBN: 978-0-393-70599-7 • 2010 • 240 pages • Hardcover • \$35.00

## THERAPY WITH OLDER CLIENTS

### *Key Strategies for Success*

MARC AGRONIN

**"This book must become required reading for any professional working with an older population.** Its direct and clear style and vivid clarifying case vignettes make it equally suitable for therapists, regardless of their population, as well as non-professional caretakers, perhaps a family member." –Sophie Freud, Professor Emerita of Social Work, Simmons College

Simple yet key approaches to therapeutic work with the aged are often overlooked in favor of addressing pathology and determining treatment plans. This book fills the gap by providing the strategies and tips—including how to avoid ageism and other common pitfalls, while promoting age-related strengths—essential to effective therapy with elderly clients.

ISBN: 978-0-393-70583-6 • 2010 • 322 pages • Hardcover • \$27.50



## CLINICAL PEARLS OF WISDOM

### *21 Leading Therapists Offer Their Key Insights*

MICHAEL KERMAN, Editor

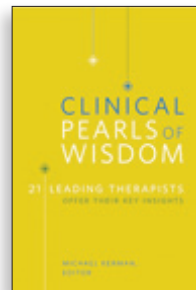
"I recommend this book, especially for general therapists or those wishing to compare and contrast techniques for common problems. . . . The uniform structure of the chapters lends a helpful tool in grasping key points and learning to apply them." –*The Milton H. Erickson Foundation Newsletter*

"[A]n entertaining read for therapists interested in keeping up to date on what their colleagues in the field are doing, or perhaps looking for inspiration for a fresh approach in their own practice." –*USABP Newsletter*

Represented in this collection are the "take-away" messages from some of the most popular conference presenters active in the field today. It covers a rich range of perspectives on the most common presenting problems: depression, trauma, anxiety, grief, couples issues, and child and adolescent difficulties.

**Contributors include:** Pat Ogden, Bill O'Hanlon, and Michael Stone on Depression • Dusty Miller, Diana Fosha, and Babette Rothschild on Trauma • Reid Wilson and Margaret Wehrenberg on Anxiety • Kenneth Doka, Robert Neimeyer, and Sameet Kumar on Grief • Sue Johnson, Carolyn Daitch, and Evan Imber-Black on Working with Couples • Dan Hughes, Lenore Terr, and Aureen Wagner on Working with Children • Janet Edgette, Martha Straus, and David Wexler on Working with Adolescents • David Wallin on the Therapist's Attachment Patterns

ISBN: 978-0-393-70587-4 • 2010 • 304 pages • Paperback • \$25.95



## ZEN AND PSYCHOTHERAPY

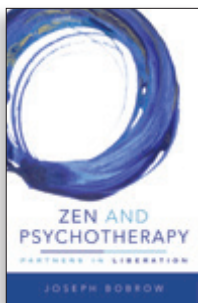
### *Partners in Liberation*

JOSEPH BOBROW

"Please read this book with a feeling of gratitude. Joseph Bobrow is a true teacher of meditation. He has walked his talk and he truly enjoys his practice." –Thich Nhat Hanh

As this book deftly explores, integrating the two streams of Zen and psychotherapy can help us to better grasp our conscious and unconscious experiences and more fully develop the fundamental capacities of the self. Bobrow shows how the major themes of trauma, attachment, emotional communication, and emotional regulation play out in the context of Zen and psychotherapeutic practice, and how, in concert, both provide a comprehensive, interactive model of fully functioning human life.

ISBN: 978-0-393-70579-9 • 2010 • 256 pages • Hardcover \$27.50



## WHAT EVERY THERAPIST NEEDS TO KNOW ABOUT TREATING EATING AND WEIGHT ISSUES

KAREN R. KOENIG

**"[M]asterfully accomplishes what Koenig intended: to provide the generalist practitioner with specific techniques, insights and strategies . . . and to help those clients achieve a healthier relationship with food and Self . . . an approachable, succinct compilation of clinically pertinent information."**

–*Eating Disorders: Journal of Treatment & Prevention*

"[A]n invaluable resource for the practitioner who is not a specialist in nutrition, anorexia, or behavioral neuroscience, but needs a better understanding of the food and weight issues so often linked to the life problems and clinical diagnoses they are asked to treat. Written in a lively, accessible style, this terrific book belongs on every clinician's desk!" –Emily Fox-Kales, PhD, Department of Psychiatry, Harvard Medical School

ISBN: 978-0-393-70558-4 • 2008 • 256 pages • Paperback \$25.00

## INTEGRATED TREATMENT OF EATING DISORDERS

### *Beyond the Body Betrayed*

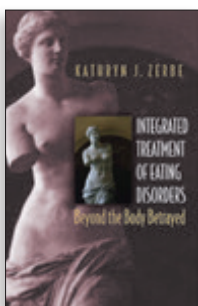
KATHRYN J. ZERBE

**"Highly recommended for clinicians from all backgrounds and can also serve as a valuable source of information for patients and family members. If a clinician or trainee wanted to find a single source for eating disorder education at multiple levels, this would be the text to recommend."** – *Journal of Clinical Psychiatry*

"Reading Kathryn Zerbe's most recent work is like consulting with a wise and trusted supervisor. Extremely well written, comprehensive, engaging, and in many ways, validating, this is **one of the most complete books on eating disorders that I have come across.**" –*Journal of the American Academy of Child & Adolescent Psychiatry*

"Grounded in a tremendous depth and breadth of scholarship and extensive clinical experience, **this book is perhaps the field's most eloquent synthesis of contemporary clinical perspectives on eating disorders to date.** Written with heartfelt caring and poetic perceptiveness, this is a book I will return to often, and one that I will eagerly recommend to students, trainees, colleagues, patients, and their families." –Joel Yager, MD, past president, the Academy for Eating Disorders

ISBN: 978-0-393-70442-6 • 2008 • 288 pages • Hardcover \$35.00



## A USER'S GUIDE TO THERAPY

### *What to Expect & How You Can Benefit*

TAMARA L. KAISER

This book is for clients—and for clinicians to recommend to their clients—who want to enhance the process of psychotherapy and get the most out of a therapeutic relationship. Kaiser writes in a friendly, accessible tone and explains what exactly therapy is and how it works, including the beginning, middle, and ending stages of the therapy process. She elaborates on the dynamics of the relationship between therapist and client, including such issues as power, boundaries, trust, and termination, and describes the four common factors of change: the client, the therapeutic relationship, hope, and technique. Furthermore, she explains the basic aspects of brain development and how psychotherapy physically changes the brain.

ISBN: 978-0-393-70534-8 • 2009 • 240 pages • Paperback \$18.95

## A THERAPIST'S GUIDE TO UNDERSTANDING COMMON MEDICAL PROBLEMS

### *Assessing a Client's Mental and Physical Health*

ANDREW KOLBASOVSKY

As a therapist, should you ignore the medical conditions that your clients may have and simply stick to what you're trained in, healing the mind and not focusing on medical or bodily issues? Or should you inquire about any medical issues during intake and give them full attention? As a non-medically trained practitioner, how much should you really be expected to know about these issues?

**Contents:** 1. Diabetes 2. Myocardial Infarction 3. Congestive Heart Failure 4. Stroke 5. Asthma 6. Breast Cancer 7. Prostate Cancer 8. Thyroid Disease 9. Gastro-Esophageal Reflux Disease 10. Hepatitis 11. HIV/AIDS 12. Future Directions

ISBN: 978-0-393-70535-5 • 2008 • 368 pages • Hardcover \$35.00

## GAY AFFIRMATIVE THERAPY FOR THE STRAIGHT CLINICIAN

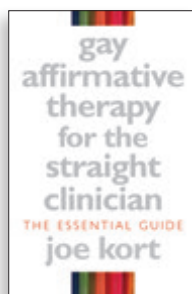
### *The Essential Guide*

JOE KORT

"[E]nlightening, instructive, and jam-packed with essential information for any straight clinician working with gay, lesbian, and transgendered clients. I am pleased to recommend it very highly." –*Journal of Sex & Marital Therapy*

"This book, written in a highly accessible style, is suitable for both novice and experienced counselors whose earlier training may have omitted lesbian and gay issues. **It is essential reading for the straight therapist** who has not explored his or her own prejudices and has little knowledge of the lesbian and gay world." –*Therapy Today*

ISBN: 978-0-393-70497-6 • 2008 • 304 pages • Hardcover \$32.00



## POSITIVE AGING

### *A Guide for Mental Health Professionals and Consumers*

ROBERT D. HILL

"[P]acked with advice for counselors and other mental health practitioners on how to encourage a positive approach in their clients." –*The Journal of Mental Health*

ISBN: 978-0-393-70453-2 • 2006 • 256 pages • \$27.95

## SEVEN STRATEGIES FOR POSITIVE AGING

ROBERT D. HILL

ISBN: 978-0-393-70523-2 • 2008 • 288 pages • Paperback \$19.95

**COGNITIVE GRIEF THERAPY*****Constructing a Rational Meaning to Life Following Loss***

RUTH MALKINSON

**"[A]n impressive contribution to the theoretical understanding of, and clinical interventions with, patients facing the task of coming to terms with traumatic loss**

... We, as therapists, can now, in this book, enjoy the fruits of Malkinson's long and rich experience with patients who lost their loved ones; [it] is a tribute to the author's inner strength, humanity, deep understanding, and above all, real care for other human beings, who in their pain and suffering form a mirror in which we can, will, and must see ourselves as well."

—*Cognitive Behavioral Therapy Book Reviews*

ISBN: 978-0-393-70439-6 • 2007 • 256 pages • \$35.00

**IMPULSE CONTROL DISORDERS*****A Clinician's Guide to Understanding and Treating Behavioral Addictions***

JON E. GRANT

"Dr. Grant achieves the aims that are suggested in the book's subtitle. He offers a clinician's guide that helps to explain these puzzling behaviors and provides up-to-date information on their treatment. . . . If readers approach patients with this broader perspective and care for patients with greater diligence, many are likely to benefit." —*Journal of Clinical Psychiatry*

**Contents:** 1. Clinical Characteristics of Impulse Control Disorders 2. Models for Understanding Impulse Control Disorders 3. The Compulsive-Impulsive Spectrum: The Compulsive Aspects of Impulse Control Disorders 4. Comorbidity with Drug and Alcohol Disorders: Understanding the Addictive Aspects of Impulse Control Disorders 5. Intermittent Explosive Disorders: Relationship to Impulse Control Disorders? 6. Etiology of Impulse Control Disorders 7. Assessment of Impulse Control Disorders 8. How to Treat Impulse Control Disorders 9. The Role of the Family 10. Legal Issues in Impulse Control Disorders • Appendices: Resources for Clinicians • Referral Sources for Patients

ISBN: 978-0-393-70521-8 • 2008 • 288 pages • \$26.95

**ADULT CHILDREN OF PARENTAL ALIENATION SYNDROME*****Breaking the Ties that Bind***

AMY J. L. BAKER

"Dr. Baker . . . has put PAS on the map as a significant form of emotional abuse afflicting adults long after they leave their childhood years behind. This is a book worth reading,

assigning to students, and keeping as a reference."

—S. Richard Sauber, PhD, coauthor of *International Handbook of Parental Alienation Syndrome*

**"[W]ill become a classic . . . it is a milestone in the field."**

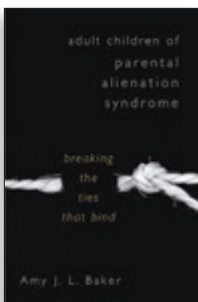
—Jayne A. Major, PhD, Stop Parental Alienation of Children (SPAC)

"It should be mandatory reading for any custody evaluator or attorney involved in high conflict divorces where parental alienation is present." —Margarethe S. Smith, MA

"In interviews we hear from 40 adults who by their own accounts were victims of PAS, and have broken free of it. . . . As a parent who has been there, and at least sometimes did give up, your reviewer has gained from this book the resolve to try again, no matter how painful it is." —Fathermag.com

Parental alienation syndrome (PAS) occurs when one parent, often in response to divorce or separation, successfully manipulates a child into turning against the other parent. In this groundbreaking book, Baker describes the long-term impact of PAS, and offers therapists and consumers practical advice for treating it.

ISBN: 978-0-393-70519-5 • 2007 • 304 pages • Hardcover \$34.00

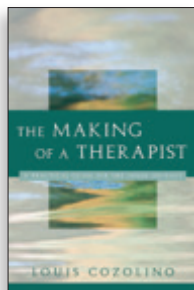
**THE MAKING OF A THERAPIST*****A Practical Guide for the Inner Journey***

LOUIS COZOLINO

"Refreshingly direct and clear, with bullet points regularly summing up main points to be used as practical aids or spurs to reflection, Cozolino's words will be reassuring and helpful to therapists at the beginning of their journey, and an enjoyable, sometimes thought-provoking companion to those already practicing." —*Counseling Resource*

ISBN: 978-0-393-70424-2 • 2004 • 288 pages • \$28.00

See page 21 for more books by Louis Cozolino.

**PSYCHOPHARMACOLOGY HANDBOOK FOR THE NON-MEDICALLY TRAINED**

SOPHIA F. DZIEGIELEWSKI

The first-ever handbook of its kind, this fills a noticeable gap in most student training programs. Emphasizing the importance of making medications available to consumers in conjunction with the most effective and efficient counseling interventions, Dziegielewski establishes the context for the therapeutic use of psychotropic drugs in the culture of today's mental health treatments, examines the danger of the "quick fix" mentality into which consumers and clinicians are tempted to fall, and then focuses on the medications themselves.

ISBN: 978-0-393-70459-4 • 2006 • 272 pages • \$27.50

**WHERE TO START AND WHAT TO ASK*****An Assessment Handbook***

SUSAN LUKAS

ISBN: 978-0-393-70152-4 • 1993 • 192 pages • Paperback \$19.95

**WHERE TO START AND WHAT TO ASK: Enhanced Version**

SUSAN LUKAS

This special package includes the paperback book along with the 100 minute, two audio CD "Thinking Like a Therapist", four 25-minute lessons with author Susan Lukas to improve your clinical skills.

ISBN: 978-0-393-70784-7 • 2012 • 192 pages  
Paperback w/two audio CDs • \$29.95

See page 50 for full listing.

**ADHD GROWN UP*****A Guide to Adolescent and Adult ADHD***

JOELL L. YOUNG

**Contents:** Introduction **Part I: Diagnosing ADHD in Adolescents and Adults** 1. The Diagnostic Screening Process 2. Coping with Comorbidities in Diagnosis and Treatment 3. Patients Most Likely to be Diagnosed 4. Patients Least Likely to be Diagnosed 5. Reasons for Misdiagnosis **Part II: ADHD Client Populations** 6. Adolescents and Young Adults 7. Gender Issues 8. Challenging Patients, Difficult Treatment **Part III: Medical and Psychological Aspects of ADHD Treatment** 9. Medications 10. Psychotherapy, Coaching, and Other Techniques 11. ADHD, Fibromyalgia, Chronic Pain and Associated Syndromes • Appendix A. Self-Evaluation Questions • Appendix B. Adult Self-Report Scale • Appendix C. Symptom Checklist

ISBN: 978-0-393-70468-6 • 2007 • 336 pages • Hardcover \$25.95

**THE RED BOOK**

C. G. JUNG, SONU SHAMDASANI, MARK KYBURZ, et al.

The most influential unpublished work in the history of psychology and the genesis of much of Jung's later work.

ISBN: 978-0-393-06567-1 • 2009 • 404 pages • Hardcover \$250.00

**EVIDENCE-BASED MENTAL HEALTH PRACTICE****A Textbook**

ROBERT E. DRAKE, MATTHEW R. MERRENS, and DAVID W. LYNDE, Editors

"[P]rovides an excellent blueprint for practitioners, clinical leaders, administrators, and students about the implementation of evidence-based practices (EBP). It is organized in a logical, accessible manner and is an excellent compilation of contributions from leaders in the field of mental health."

—*Smith College Studies in Social Work*

ISBN: 978-0-393-70443-3 • 2005 • 496 pages  
Paperback • \$50.00

**THERAPEUTIC CONVERSATIONS**

STEPHEN GILLIGAN and REESE E. PRICE, Editors

ISBN: 978-0-393-70590-4 • 1993 • 384 pages  
Paperback • \$24.95

See page 62 for another title by Gilligan.

**THE NEW HANDBOOK OF COGNITIVE THERAPY TECHNIQUES**

RIAN E. MCMULLIN

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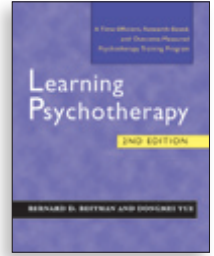
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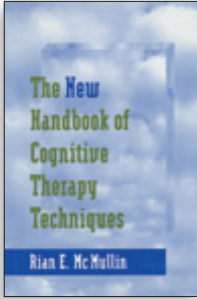
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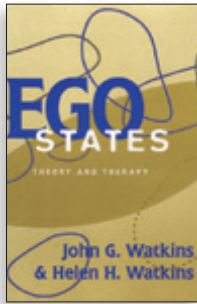
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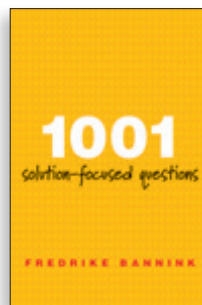
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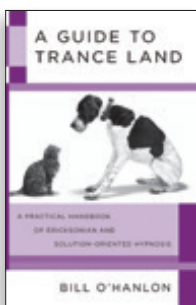


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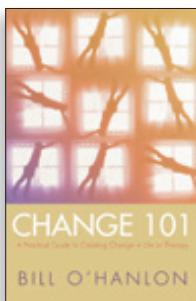
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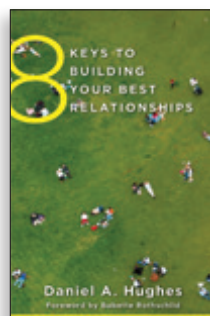


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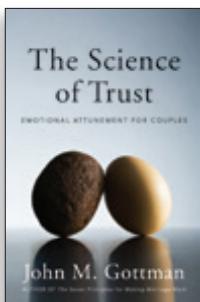
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**Contents:** 1. The Concept of Emotional Attunement: Our Theory 2. Emotional Attunement and the Down-Regulating of Flooding 3. Emotional Attunement and the Story We Tell Ourselves About Our Relationship 4. Emotional Attunement and Conflict 5. Emotional Attunement and Avoiding the Mean Places 6. Emotional Attunement and Personality 7. Emotional Attunement and Changing Relationships: The Complain and Praise Study 8. Emotional Attunement and Gender 9. How to Help Couples Create Emotional Attunement

ISBN: 978-0-393-70595-9 • 2011 • 498 pages • \$39.95

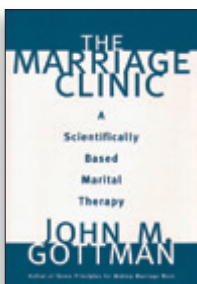
## THE MARRIAGE CLINIC

### *A Scientifically Based Marital Therapy*

JOHN M. GOTTMAN

"John Gottman's *The Marriage Clinic* should be at the top of your reading list . . . .

This book should be a well-used addition to any therapist's library. If it isn't a classic already, it will be very soon. As someone who has been working with couples for nearly 30 years, I have found Gottman's work to be refreshing, invigorating, and renewing." —*Bulletin of the Menninger Clinic*



Based on John Gottman's much-heralded research on marital success and failure, *The Marriage Clinic* presents a complete marital therapy program. Readers will encounter a wide range of succinct and useful assessment procedures, as well as a highly specific, research-based, and modularized treatment program.

ISBN: 978-0-393-70282-8 • 1999 • 480 pages • \$49.00

## THE MARRIAGE CLINIC CASEBOOK

JULIE SCHWARTZ GOTTMAN, Editor

This book bridges the gap between the powerful theory behind Gottman Method Couples Therapy and the unique application of therapeutic principles to real-life cases.

ISBN: 978-0-393-70413-6 • 2004 • 240 pages • \$32.00

See page 6 for John M. Gottman and Julie Schwartz Gottman's *10 Principles for Doing Effective Couples Therapy*.

## QUICKIES

### *The Handbook of Brief Sex Therapy, Revised and Expanded*

SHELLEY GREEN and DOUGLAS FLEMONS, Editors

**Contents:** Foreword, by Karl Tomm • Introduction 1. Come Again? From Possibility Therapy to Sex Therapy, Bill O'Hanlon 2. Multicontextual Sex Therapy with Lesbian Couples, Suzanne Lasenza 3. Getting "In the Mood" (For a Change): Stage-Appropriate Clinical Work for Sexual Problems, Scott D. Miller, Karen M. Donahey, and Mark A. Hubble 4. Shining Light on Intimacy and Sexual Pleasure, Carol Hicks-Lankton 5. Premature Ejaculation of "Sexual Addiction" Diagnoses, Tracy Todd 6. Out of My Office and Into the Bedroom, Thorana S. Nelson 7. Unique Problems, Unique Resolutions: Brief Treatment of Sexual Complaints, Monte Boble 8. Just Between Us: A Relational Approach to Sex Therapy, Douglas Flemons and Shelley Green 9. Who Really Wants to Sleep With the Medical Model? An Eclectic/Narrative Approach to Sex Therapy, Robert E. Doan 10. How Do Therapists of Same-Sex Couples "Do It"?, Janie K. Long and Ursula K. Pietsch 11. A Catalytic Approach to Brief Sex Therapy, J. Scott Fraser and Andy Solovey 12. "Don't Get Too Bloody Optimistic": John Weakland at Work, Wendel A. Ray and Barbara Anger-Diaz 13. Transforming Stories: A Contextual Approach to Treating Sexual Offenders, William C. Rambo 14. Re-Membering the Self: A Relational Approach to Sexual Abuse Treatment, Martha Laughlin and Kate Warner

ISBN: 978-0-393-70527-0 • 2007 • 320 pages • Paperback \$24.95

See page 49 for Douglas Flemons' *Relational Suicide Assessment* and page 82 for *Of One Mind*.

## MARRYING WELL

### *The Clinician's Guide to Premarital Counseling*

ELENA LESSER BRUUN and ANNE F. ZIFF

This book addresses the unique challenges and issues faced by premarital couples in the twenty-first century. Separate chapters discuss how to recognize key factors in individuals and couples that predict long and happy marriages (such as empathy, flexibility, shared goals, and the ability to make each other laugh), and the most common issues presented by couples in premarital counseling and how best to address them, such as: differing racial, cultural, and ethnic backgrounds; differences in religious beliefs and attitudes; sexual issues; money; and disagreements about whether to have or how to raise children.

ISBN: 978-0-393-70594-2 • 2010 • 280 pages • Hardcover \$27.50

See page 10 for Elena Lesser Bruun's *Not On Speaking Terms*.

## EMOTIONAL INTELLIGENCE IN COUPLES THERAPY

### *Advances from Neurobiology and the Science of Intimate Relationships*

BRENT J. ATKINSON

"If you are an advanced marital and family therapy, clinical social work, psychiatric nursing, psychology, or psychiatry graduate student . . . a supervisor or faculty in a training program for any of the above . . . or a private practitioner of couples and family therapy, **this book should be on your must read list! Don't put it off! It is that good, and that important to your work . . . Don't miss this opportunity!**" —*PsycCritiques*

ISBN: 978-0-393-70386-3 • 2005 • 384 pages • Hardcover \$37.95

## IF ONLY I HAD KNOWN . . .

### *Avoiding Common Mistakes in Couples Therapy*

GERALD R. WEEKS, MARK ODELL, and SUSANNE METHVEN

"[T]his book is one that every young therapist should read in order to avoid problems that inevitably come up in practice. The authors have crisply and evenly addressed common problems that all therapists will see, or have seen . . . offers an easier path for those disposed to learn from someone else's mistakes." —*The Milton H. Erickson Foundation Newsletter*

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Paperback • \$19.95

## TREATING INFIDELITY

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ISBN: 978-0-393-70388-7 • 2003 • 240 pages • Hardcover \$32.00

## HYPOACTIVE SEXUAL DESIRE

### *Integrating Sex and Couple Therapy*

GERALD R. WEEKS and NANCY GAMBESCIA

"[A] must read; a definitive text on HSD."

—*Journal of Sex and Marital Therapy*

ISBN: 978-0-393-70344-3 • 2002 • 288 pages • Hardcover \$30.00

## ERECTILE DYSFUNCTION

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GERALD R. WEEKS and NANCY GAMBESCIA

ISBN: 978-0-393-70330-6 • 2000 • 208 pages • Hardcover \$30.00

## CONSTRUCTING THE SEXUAL CRUCIBLE

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DAVID M. SCHNARCH

Schnarch advances the notion of the sexual crucible, an elicitation model in which unresolved individual and relationship problems surface within common sexual styles. The quantum model proposed here provides a systemic framework of sexual functioning integrating biological and emotional functioning, elucidating why bodies function sexually and why sometimes they don't. Therapists who take Schnarch's message to heart are likely to experience a radical change in perspective—from a narrow focus on sexual dysfunction to a broad view of sexual potential.

ISBN: 978-0-393-70102-9 • 1991 • 656 pages • Hardcover \$49.00

## ACCEPTANCE AND CHANGE IN COUPLE THERAPY

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NEIL S. JACOBSON and ANDREW CHRISTENSEN

Readers will find rich clinical detail on how to develop a formulation encompassing the couple's disparate conflict areas, enhance intimacy through acceptance, build tolerance for difference, and improve communication and problem solving. This is truly essential reading for every marital therapy student and practitioner.

ISBN: 978-0-393-70290-3 • 1998 • 304 pages  
Paperback • \$29.95

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ISBN: 978-0-393-30707-8 • 1991 • 320 pages  
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"This is exactly the book that any learning therapist craves. It is clear, well-ordered, realistic, and full of useful information and illustrative examples . . . Students will find this to be the friendly, supportive, and helpful supervision they always hoped they would find." —David Unger, PhD, Former Coordinator, Continuing Education Program, Antioch University Southern California

ISBN: 978-0-393-70392-4 • 2002 • 224 pages • Paperback \$19.95

## THE COUPLE IS TELLING YOU WHAT YOU NEED TO KNOW

### *Couple-Directed Therapy in a Multicultural Context*

TOBY BOBES and NORMAN S. BOBES

ISBN: 978-0-393-70427-3 • 2004 • 176 pages  
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## NARCISSISM AND INTIMACY

### *Love and Marriage in an Age of Confusion*

MARION F. SOLOMON

In our culture we demand a great deal from our intimate relationships—and we are often disappointed. This book not only reveals the social and psychodynamic factors that lead to marital unhappiness, but also offers guidelines for change.

ISBN: 978-0-393-30916-4 • 1992 • 224 pages • Paperback \$18.95

Originally published in hardcover as *The Crowded Bed*.

Unavailable outside the US.

## COUNTERTRANSFERENCE IN COUPLES THERAPY

MARION F. SOLOMON and JUDITH P. SIEGEL, Editors

ISBN: 978-0-393-70244-6 • 1997 • 304 pages • Hardcover \$40.00

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BETH COOPER-HILBERT

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MARK A. KARPEL

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## WORKING WITH COUPLES IN CONFLICT

SUSAN M. HEITLER

ISBN: 978-0-393-70151-7 • 1992  
2 audio cassettes • 108 minutes • \$35.00

## MINDFULNESS-BASED PLAY-FAMILY THERAPY

### Theory and Practice

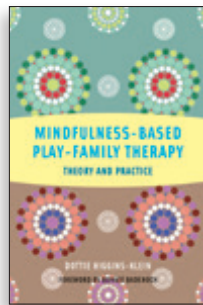
DOTTIE HIGGINS-KLEIN, Foreword by BONNIE BADENOCH

"[A] gem of a book! Dottie Higgins-Klein takes us on a journey from how to understand and implement this unique treatment technique to witnessing the Zen of the child's play therapy experience. Using a step-by-step approach, she walks readers through the world of play and family therapy, utilizing a strength-based early attachment and developmental lens. Rich with detailed session examples, resources, and an in-depth case study that helps to weave it all into a practical guide, *MBPFT* is a **must-have book for both beginners and seasoned clinicians.**" –Athena A. Drewes, PsyD, RPT-S, Director of Clinical Training at Astor Services for Children & Families in New York; Founder and Past President of the New York Association for Play Therapy

When children are offered a space to relax their "busy minds," they experience a state of calm and serenity with extraordinary therapeutic benefits. Therapists can help children remain in this calm state—in the state of the present moment—if they have the right tools and techniques to do so. During this stillness, a child can reach a level of consciousness that is parallel to the deepened awareness that occurs during mindfulness meditation. Conducting play sessions in this stage allows for healing and progress. Not only can the symptoms of children's pain be reduced in intensity and duration, but their self-esteem can be enhanced.

**Contents:** 1. Early Childhood Development 2. Background and Overview of Mindfulness-Based Play-Family Therapy 3. Intake, Four Segment Evaluation, and Special Considerations 4. the Six Stages of Mindfulness-Based Play-Family Therapy 5. the Language and Metaphors of Play Therapy 6. Family Therapy in Mindfulness-Based Play-Family Therapy 7. Parent Education and Mindful Parenting 8. Weaving It All Together: Child Development, Mindfulness-Based Play-Family Therapy, and Parenting 9. A Mindfulness-Based Play-Family Therapy Case Study

ISBN: 978-0-393-70863-9 • 2013 • 384 pages • Hardcover • \$37.50



## GENOGRAMS

### Assessment and Intervention, Third Edition

MONICA MCGOLDRICK, RANDY GERSON, and SUELI PETRY

"[A] seminal work . . . This new edition has been expanded to incorporate slightly modified symbols to enhance the usefulness of the genogram in the clinical and research settings. . . . [A] necessity for clinicians and researchers working with families." – *The Family Psychologist*

"Monica McGoldrick, godmother of genograms, has triumphed again with this third edition of her classic text. There are few scholarly books that entertain, delight, and educate in equal measures. This is one of them." – *The British Journal of Psychiatry*

"[A]n almost overwhelming array of riches . . . I recommend it highly."

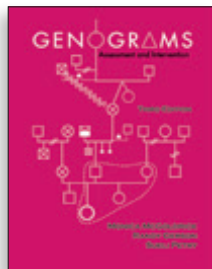
–*Bulletin of the Menninger Clinic*

Widely used by both family therapists and health care professionals, the genogram is a graphic way of organizing the mass of information gathered during a family assessment and finding patterns in the family system for more targeted treatment. Now updated and expanded in its third edition and featuring revised genograms for easier reading, reflecting the growing and widespread use of genograms for clinical intervention, this best-selling text provides a standard method for constructing a genogram, doing a genogram interview, and interpreting the results. Genograms of famous families—Sigmund Freud, Woody Allen and Mia Farrow, the Kennedys, Jane Fonda and Ted Turner, Bill Clinton, Princess Diana, the Roosevelts, and Thomas Jefferson, to name a few—bring the text to life.

**Contents:** 1. Genograms: Mapping Family Systems 2. Creating Genograms 3. The Genogram Interview 4. Tracking Family Patterns Through Time and Space 5. Interpreting Family Structure 6. Assessing Family Patterns and Functioning 7. Relational Patterns and Triangles 8. Tracking Individuals and Families Through the Life Cycle 9. Clinical Uses of the Genogram 10. Family Play Genograms 11. Using Genograms for Family Research • Appendix • References

ISBN: 978-0-393-70509-6 • 2008 • 400 pages • Paperback • \$27.00

See page 69 for more books by McGoldrick.



## THE GENOGRAM JOURNEY

### Reconnecting with Your Family

MONICA MCGOLDRICK

"Monica McGoldrick is our most important and trusted voice on the subject of families . . .

**Every man and woman in therapy can hope that their therapist has discovered this book."**

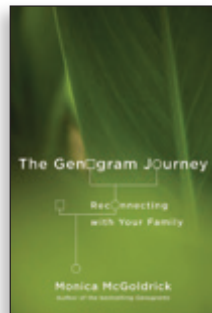
–Harriet Lerner, PhD, author, *The Dance of Connection*

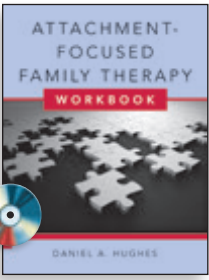
Fully updated since its first publication 15 years ago, this notable work poignantly explains how a method of family history-gathering—the genogram, a type of family tree—can help us to better understand and mend family relationships and dynamics. McGoldrick, the bestselling author of *Genograms*, elaborates on the ways in which genograms can illustrate a family's history of estrangement, alliance, divorce, or suicide, revealing intergenerational patterns and traditions that prove more than coincidental. Weaving together illustrations and genograms of famous families—including the Obamas—McGoldrick sheds light on a range of complex issues such as birth order and sibling rivalry, family myths and secrets, cultural differences, couple relationships, and the pivotal role of loss. Clinicians learn to mine previously untapped information about their clients' family patterns, leading them to a reconnection to home and a deeper sense of well-being.

**Contents:** 1. Reconnecting with Your Family: Why Go Home Again? 2. Family Trees: The Past As Prologue 3. Family Stories, Myths, and Secrets 4. Family Ties and Binds 5. Death and Other Losses 6. Where Do We Come From? Parents and Children 7. Brothers and Sisters 8. Couple Relationships 9. Culture: Ethnicity, Race, Class, Religion, and Historical Period, with Tracey Laszloffy 10. Reconnecting 11. Coaching Clients on Work with Their Families

ISBN: 978-0-393-70627-7 • 2011 • 384 pages • Paperback • \$23.95

Previous edition: *You Can Go Home Again*





## ATTACHMENT-FOCUSED FAMILY THERAPY WORKBOOK

DANIEL A. HUGHES

**"I would highly recommend this book for all clinicians and trainees working with children and youth. . . . [U]sing its principles has greatly enriched my psychotherapeutic armamentarium, and it has enabled me to have breakthroughs with families in situations where I have previously been stuck and struggling."** —*Journal of the Canadian Academy of Child & Adolescent Psychiatry*

A practical workbook companion to *Attachment-Focused Family Therapy*—the bestselling text that brought attachment into the realm of family therapy—this book arms therapists with the training exercises, core skills, and interventions to apply the AFFT treatment model effectively.

Hughes carefully outlines the ways in which therapists can facilitate the intersubjective communication between parent and child—how to incorporate affective-reflective dialogue, the core process of AFFT; how to achieve PACE (playfulness, acceptance, curiosity, and empathy) in working with parents and their children; how to teach parents to develop an attachment perspective; how to consider the sequential elements of AFFT and put together a treatment program; how to repair relationship breaks; and much, much more. Sample dialogues, worksheets, and question-and-answer scenarios demonstrate all the clinical strategies. An accompanying DVD demonstrates Hughes putting these strategies to work in a therapy session, revealing the undeniable power of attachment-focused family therapy to create a safe psychological space for families to repair attachment breaks and build the foundation for a healthier future.

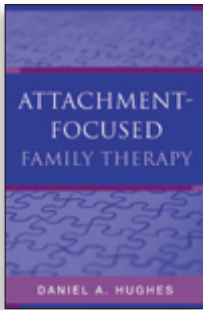
ISBN: 978-0-393-70649-9 • 2011 • 256 pages • Paperback w/DVD • \$29.95

See page 31 for Daniel A. Hughes' *Brain-Based Parenting* and page 65 for *8 Keys to Building Your Best Relationships*.

## ATTACHMENT-FOCUSED FAMILY THERAPY

DANIEL A. HUGHES

**"[A] book that will change how family therapy is practiced . . . .** Whether you work with families, or individuals young or not-so-young, your work will not be quite the same after reading this book. I know mine won't." —Diana Fosha, PhD, Director of the AEDP Institute in New York City



Hughes, a leading practitioner in the field, equips clinicians with the knowledge and tools to apply ideas of attachment, intersubjectivity, and affect regulation in the context of family therapy.

**Contents:** Introduction: Individuals, Families, and the Therapeutic Relationship—The Interplay of Attachments **Part I: Theory** 1. Attachment and Intersubjectivity **Part II: Application** 2. Family Treatment: An Overview 3. Developing Playfulness, Acceptance, Curiosity, and Empathy (PACE): The Central Therapeutic Stance 4. Fostering Affective/Reflective Dialogue 5. Treatment Onset: Meetings with Parents 6. Being with Children 7. Managing Shame 8. Breaks and Repair 9. Exploring and Resolving Childhood Trauma • Epilogue • Appendix 1: Case Study 1, Shameful Traumas • Appendix 2: Case Study 2, Robert's Anger • Appendix 3: Case Study 3, Safe Enough to Be a Mother

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## FAMILY WELLNESS SKILLS

**Quick Assessment and Practical Interventions for the Mental Health Professional**

JOSEPH L. HERNANDEZ

In this book, Joseph Hernandez, a longtime Family Wellness trainer and practitioner, shares the foundational concepts of the Family Wellness model—chief among them, balancing individuality with connection; fostering skills for interpersonal health (speaking, listening, and cooperating); and developing and maintaining patterns that work for families (mutual respect, parents in charge, interdependence, and expecting change)—to make it accessible to an even broader audience. In it, he provides mental health professionals with a map to guide their clients from recognizing a need for change, to deciding to make a change, to achieving change itself.

ISBN: 978-0-393-70632-1 • 2013 • 240 pages • Hardcover \$30.00

## ATTACHMENT-FOCUSED PARENTING

**Effective Strategies to Care for Children**

DANIEL A. HUGHES

"With fascinating theory, moving examples, and a wealth of practical interventions, Dan Hughes provides parents with the wherewithal to develop their child's emotional intelligence and well-being on a long-term basis." —Dr. Margot Sunderland, Director of Education and Training, The Centre for Child Mental Health, London



A guide for all parents and a resource for all mental health clinicians and parent-educators, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.

ISBN: 978-0-393-70555-3 • 2009 • 272 pages • Hardcover \$29.95

## THE ATTACHMENT THERAPY COMPANION

**Key Practices for Treating Children & Families**

ARTHUR BECKER-WEIDMAN, LOIS EHRMANN, DENISE H. LEBOW

Here, in a single, accessible guide, is a comprehensive, go-to resource on the foundational principles and treatment guidelines for doing attachment therapy. Based on the work of the Association for Treatment and Training in the Attachment of Children (ATTACH), a leading organization on attachment in child development, it supplies all the nuts and bolts a clinician needs to be familiar with to provide effective, informed, attachment-based care to children and families.

**Topics include:** attachment theory and styles; attachment-focused therapy; trauma and trauma-focused therapy; intake and assessment techniques; differential diagnosis; best practice standards and interventions; strategies for treating PTSD and other comorbidities; treatment planning and behavior management; and protocols for treating vicarious trauma.

ISBN: 978-0-393-70748-9 • 2012 • 240 pages • Paperback \$27.95

## HOW TO TALK TO FAMILIES ABOUT CHILD AND ADOLESCENT MENTAL ILLNESS

DIANE T. MARSH and MELISSA J. MARKS

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RUTH BOLLETINO

**"The best book on this subject I have ever read, and I have been active in this field for a score of years. If you work with caregivers whose loved ones have cancer, this is the book to own, study, and heed."**

—The Milton H. Erickson Foundation Newsletter

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ROY Q. SANDERS

ISBN: 978-0-393-70529-4 • 2008 • 292 pages • Paperback \$21.95

## HOW TO TALK WITH FAMILIES ABOUT GENETICS AND PSYCHIATRIC ILLNESS

HOLLY PEAY and JEHANNINE AUSTIN

ISBN: 978-0-393-70549-2 • 2011 • 304 pages • Paperback \$24.95

## FAMILY EVALUATION

### *An Approach Based on the Bowen Theory*

MICHAEL E. KERR and MURRAY BOWEN

Michael Kerr, who worked with Murray Bowen for many years, and Bowen propose that the enormously complex task of evaluating a clinical family can be an orderly task when it is grounded in family systems theory. Using family diagrams as graphic illustrations, as well as numerous short case examples, Kerr methodically explains Bowen's concepts: individuality and togetherness, differentiation of self, chronic anxiety, triangles, the nuclear family emotional system, and symptom development. A special bonus for the reader is Bowen's epilogue on his personal and professional odyssey of more than four decades, from early work at the Menninger Foundation in the 1940s to the Georgetown University Family Center in Washington.

ISBN: 978-0-393-70056-5 • 1988 • 384 pages • \$44.00

## WORKING WITH AGING FAMILIES

### *Therapeutic Solutions for Caregivers, Spouses, & Adult Children*

KATHLEEN PIERCY

**"If you work with older adults and their families, this text is essential reference material."** —Shirley S. Travis, PhD, Dean and Professor, George Mason University

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### *Launching Your Child from High School to College*

PATRICIA PASICK

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### *Facilitating Resilience in Clinical Practice*

DOROTHY S. BECVAR

**"I recommend this book as a text for a family therapy course or for a seasoned family therapist who wants to review theory and gain new ideas for clinical work with families. This is an engrossing book that will leave even the experienced family therapist with creative new ideas for practice."**

—*PsycCRITIQUES*

ISBN: 978-0-393-70488-4 • 2007 • 256 pages • \$34.00

## LIVING BEYOND LOSS, SECOND EDITION

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FROMA WALSH and MONICA MCGOLDRICK, Editors

**"This is an important book. Major parts of it are a 'must read' for anyone interested in families dealing with dying and death."** —*Omega/Journal of Death and Dying*

Walsh and McGoldrick have fully revised and expanded their landmark work on the impact of death on the family system. Chapters address such topics as spirituality, gender issues, suicide and other traumatic deaths, unacknowledged and stigmatized losses, and resilience-based approaches to family and community recovery from major disaster.

ISBN: 978-0-393-70438-9 • 2004 • 448 pages  
Paperback • \$29.95

## WOMEN IN FAMILIES

### *A Framework for Family Therapy*

MONICA MCGOLDRICK, CAROL ANDERSON, and FROMA WALSH, Editors

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Paperback • \$20.95

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**"Should be required reading for all therapists and pastoral counselors . . . . A highly recommended, easy read!"**

—*Pastoral Sciences*

This book builds on the rich case material of the first edition and develops the editors' powerful therapeutic approach that identifies normative family rituals as the basis for effective therapeutic rituals, with new chapters on such topics as rituals and bicultural couples, illness and ritual, and rituals in the wake of September 11, 2001.

ISBN: 978-0-393-70415-0 • 2003 • 420 pages  
Paperback • \$27.50

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### *A Solution-Oriented, Collaborative Approach to Couples Therapy*

PHILLIP ZIEGLER and TOBEY HILLER

ISBN: 978-0-393-70349-8 • 2001 • 256 pages • \$32.00

## CREATING COMPETENCE FROM CHAOS

### *A Comprehensive Guide to Home-Based Services*

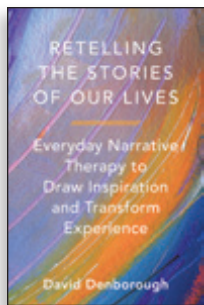
MARION LINDBLAD-GOLDBERG, MARTHA MORRISON DORE, and LENORA STERN

ISBN: 978-0-393-70264-4 • 1998 • 384 pages • \$39.00

## FAMILIES IN PERPETUAL CRISIS

RICHARD KAGAN and SHIRLEY SCHLOSBERG

ISBN: 978-0-393-70066-4 • 1989 • 224 pages • \$22.95



## RETELLING THE STORIES OF OUR LIVES

### *Everyday Narrative Therapy to Draw Inspiration and Transform Experience*

DAVID DENBOROUGH

"In this beautifully written new book . . . a thorough and accessible teaching of narrative ideas is accomplished. . . . **I have yet to read a text on narrative therapy that so effectively makes itself accessible to both facilitators and service users.** Consumers, new and seasoned therapists, and reading and learning groups should all find rich learnings." —Narrative Therapy Centre of Toronto e-newsletter

"[A]n excellent work that provides guidance in how to both tell and change your life story in thoughtful, well organized, and meaningful ways. . . . **I hope that the tools and the ways of thinking and being that Denborough writes about become more widespread.** If they did, I think we would treat ourselves and others with more respect and compassion." —*PsychCentral*

Presenting the tenets of narrative therapy for a general readership, David Denborough uses his expert understanding of this fact to offer a storytelling-based approach to recovering from trauma and pain. Written in collaboration with the Dulwich Centre, the birthplace of narrative therapy, *Retelling the Stories of Our Lives* gives therapy clients and self-help readers the means to transform their lives through storytelling and writing.

Part 1 introduces the key ideas of narrative practice like the Charter of Storytelling Rights and the concept of "re-membering" one's life, presenting a wealth of clinical examples and exercises to demonstrate how these ideas have helped people overcome intense hardship. Part 2 describes, in depth, the conceptual underpinnings of narrative therapy, outlining practical strategies for reclaiming and celebrating one's experience in the face of trauma, personal failure, grief, and aging.

**Contents:** Preface **Part 1:** 1. A Life of Stories 2. We Are Not Our Problems 3. Finding the Right Audiences for Our Stories 4. Creating Our Team of Life 5. Life as a Journey **Part 2:** 6. Reclaiming Our Lives from Trauma and Honoring What Is Precious to Us 7. Questioning 'Normality' and Escaping from Failure 8. Saying Hello Again When We Have Lost Someone We Love 9. Legacy and Memory: When We Are Facing Our Final Chapter 10. Where Does Our Story Fit in the Bigger Picture? • **Epilogue: Looking Back, Looking Forward** • References • Index

**DAVID DENBOROUGH** is co-founder of the Dulwich Centre Foundation. He is a community practitioner for this foundation and works as a teacher, writer, and editor for Dulwich Centre Publications.

ISBN: 978-0-393-70815-8 • 2014 • 256 pages • Paperback • \$21.95



## NARRATIVE PRACTICE

### *Continuing The Conversations*

MICHAEL WHITE

"[R]emarkable, provocative, and deeply empathic writings of Michael White." —*PsycCritiques*

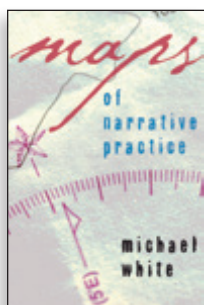
"Hearing Michael 'speak again' through these pages was a real thrill! David Denborough, Cheryl White, David Epston, and Jill Freedman have fulfilled a major 'labor of love' in drawing out some marvelous gems from Michael's unpublished works. Through their efforts, Michael extends his contributions to narrative theory and practice . . . An enlivening read!" —Karl Tomm, MD, Professor of Psychiatry, Faculty of Medicine at the University of Calgary

One of the founders of narrative therapy, Michael White (1948-2008) made significant contributions to psychotherapy and family therapy. This book expands upon the work he so brilliantly began decades ago by gathering never-before-published papers, interviews, and paragraphs of "thoughts."

**Contents:** Editor's note by David Denborough • Preface by Jill Freedman • Introduction by David Epston • **Part I: General Therapeutic Considerations** 1. Bringing The World into Therapy and Subverting the Operations of Modern Power 2. Turning Points and the Significance of Personal and Community Ethics 3. Power, Psychotherapy, and New Possibilities for Dissent 4. "Counter-transference" and Rich Story Development 5. The Resistances and Therapist Responsibility **Part II: Special Topics in Therapy** 6. On Anorexia. An Interview with Michael White 7. The Responsibilities: Working with Men Who Have Perpetrated Violence 8. Externalizing and Responsibility 9. Reevaluation and Resonance: Narrative Responses to Traumatic Experience 10. Engagements with Suicide 11. Couples Therapy: Entering Couples into an Adventure • **Epilogue: Continuing Conversations** by Cheryl White

**MICHAEL WHITE** (1948-2008), one of the founders of narrative therapy and co-director of the Dulwich Centre, an institute for narrative practice and community work in Adelaide, Australia, made significant contributions to psychotherapy and family therapy.

ISBN: 978-0-393-70692-5 • 2011 • 202 pages • Hardcover • \$24.95



## MAPS OF NARRATIVE PRACTICE

MICHAEL WHITE

"Michael White has created a definitive text of theory and practice . . . His prolific body of work stands as a foundation of narrative therapy, summarized and systematically presented for the first time in this brilliant new book. . . . Although it is an excellent, accessible introduction to the field, experienced narrative therapists will draw upon its thoroughness, precision, and subtlety to invigorate and hone their craft." —*Psychiatric Services*

"*Maps of Narrative Practice*, likely to be regarded as [White's] magnum opus, makes it clear why his brand of narrative therapy has broad appeal and great impact on the therapeutic community . . . I highly recommend this book to practitioners and researchers, especially those interested in positive psychology and positive psychotherapy." —*PsycCRITIQUES*

*Maps of Narrative Practice* provides brand new practical and accessible accounts of the major areas of narrative practice that White has developed and taught over the years, so that readers may feel confident when utilizing this approach in their practices. The book covers each of the five main areas of narrative practice—reauthoring conversations, remembering conversations, scaffolding conversations, definitional ceremony, externalizing conversations, and rite of passage maps—to provide readers with an explanation of the practical implications of these conversations for therapeutic growth. The book is filled with transcripts and commentary, skills training exercises for the reader, and charts that outline the conversations in diagrammatic form.

ISBN: 978-0-393-70516-4 • 2007 • 304 pages • Hardcover • \$27.95

**NARRATIVE MEANS TO THERAPEUTIC ENDS**

MICHAEL WHITE and DAVID EPSTON

"The best workshops are those where clinicians can show you new and creative ways of working with clients and also tell you how they have come up with those ideas . . . . Reading this book is like having such a workshop in your living room."

—*Journal of Marital and Family Therapy*



White and Epston base their therapy on the assumption that people experience problems when the stories of their lives, as they or others have invented them, do not sufficiently represent their lived experience. In this way, narrative comes to play a central role in therapy.

ISBN: 978-0-393-70098-5 • 1990 • 240 pages • \$28.00

**INNOVATIONS IN NARRATIVE THERAPY**

**Connecting Practice, Training, and Research**

JIM DUVALL and LAURA BÉRES

This is the first book to present a compelling evidence base for narrative therapy. For readers with little previous knowledge on narrative therapy, the authors offer a thorough explanation of its concepts and practices. For advanced practitioners, they build on foundational theories and present new therapeutic protocols which translate into clear, usable practices.

**Contents: Part 1. Critically Reflecting: From Practice to Theory** 1. The Significance of Story: A Historical, Cultural Backdrop 2. Storied Therapy as a Three-Act Play 3. Circulation of Language 4. Pivotal Moments **Part 2. Extending Learning: From Theory To Practice** 5. When All The Time You Have Is Now: Re-visiting Practices and Narrative Therapy in a Walk-In Clinic 6. Journey from the Underworld: Working with the Effects of Trauma and Abuse 7. Working with the Languages of Addictions: A Story with Pivotal Moments 8. Group Practices with Men Who Have Used Abusive Behaviors

ISBN: 978-0-393-70616-1 • 2011 • 256 pages • Hardcover \$35.00

**BITING THE HAND THAT STARVES YOU**

**Inspiring Resistance to Anorexia/Bulimia**

RICHARD MAISEL, DAVID EPSTON, and ALISA BORDEN

"Patients and their families will find this book invaluable . . . . If you are interested in compassionate, respectful, and effective treatment of anorexia and bulimia, get this landmark book." —*Psychiatric Services*

"[A]n impressive and useful book . . . . Like all truly useful innovation, the ideas in this book quickly become part of one's therapeutic arsenal. This is an excellent book for medical students, residents, senior faculty, and, in part or whole, our patients and their families." —*Journal of the American Academy of Child & Adolescent Psychiatry*

ISBN: 978-0-393-70337-5 • 2004 • 320 pages • \$37.50

**DOING CONTEXTUAL THERAPY**

**An Integrated Model for Working with Individuals, Couples, and Families**

PETER GOLDENTHAL

ISBN: 978-0-393-70208-8 • 1996 • 272 pages • \$29.00

**REHEARSALS FOR GROWTH**

**Theater Improvisation for Psychotherapists**

DANIEL J. WIENER

ISBN: 978-0-393-70187-6 • 1994 • 288 pages • \$32.00

**UNCOVERING SHAME**

JAMES M. HARPER and MARGARET H. HOOPEES

ISBN: 978-0-393-70100-5 • 1990 • 416 pages • \$34.95

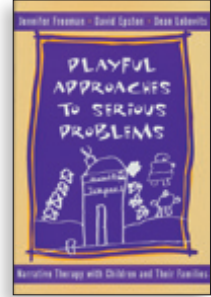
**PLAYFUL APPROACHES TO SERIOUS PROBLEMS**

**Narrative Therapy with Children and Their Families**

JENNIFER FREEMAN, DAVID EPSTON, and DEAN LOBOVITZ

"The stories of the children tackling their various problems offer a refreshing view into the mind of the children involved as well as the thoughts of the family. The solutions to these problems were also a breath of fresh air with a lack of psychobabble and terms that made the book an easy enough read for parents to tackle . . ."

—*Canadian Child and Adolescent Psychiatry Review*



This book describes a basic theory of collaborative narrative play that respects children's unique language, problem-solving resources, and views of the world. Compelling case examples draw the reader into the book from the first pages. Therapists, parents, teachers, or anyone helping children and families will find this book illuminating.

ISBN: 978-0-393-70229-3 • 1997 • 352 pages • \$35.00

**NARRATIVE THERAPY**

**The Social Construction of Preferred Realities**

JILL FREEDMAN and GENE COMBS

"Freedman and Combs have incorporated the feedback of the people they worked with into their practice and theory. This is not only a theory-informing practice but more critically also a practice-informing-theory book . . . . Overall, the text is stimulating, thought-provoking, and a joy to read." —*Journal of Marital and Family Therapy*

ISBN: 978-0-393-70207-1 • 1996 • 320 pages • \$39.00

**SYMBOL, STORY, CEREMONY**

**Using Metaphor in Individual and Family Therapy**

GENE COMBS and JILL FREEDMAN

ISBN: 978-0-393-33499-9 • 1990 • 272 pages Paperback • \$21.95

**BREAD & SPIRIT**

**Therapy with the New Poor: Diversity of Race, Culture, and Values**

HARRY J. APONTE

ISBN: 978-0-393-70176-0 • 1994 • 256 pages • \$27.00

**THE SITUATION IS HOPELESS BUT NOT SERIOUS**

PAUL WATZLAWICK

ISBN: 978-0-393-31021-4 • 1993 • 128 pages • Paperback \$15.95

**THE LANGUAGE OF CHANGE**

**Elements of Therapeutic Communication**

PAUL WATZLAWICK

ISBN: 978-0-393-31020-7 • 1993 • 192 pages Paperback • \$18.95

**ULTRA-SOLUTIONS**

**How to Fail Most Successfully**

PAUL WATZLAWICK

ISBN: 978-0-393-33376-3 • 1988 • 112 pages • Prbk • \$15.95 Unavailable outside the US.

**THE REFLECTING TEAM**

**Dialogues and Dialogues About the Dialogues**

TOM ANDERSEN, with contributions by ARLENE KATZ, WILLIAM D. LAX, JUDITH DAVIDSON, and DARIO LUSSARDI

ISBN: 978-0-393-70120-3 • 1991 • 208 pages • \$29.95



## YOGA THERAPY FOR CHILDREN WITH AUTISM and SPECIAL NEEDS

LOUISE GOLDBERG

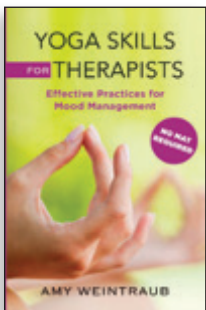
**"This book will absolutely be among the seminal texts for relatively experienced and competent yoga therapists beginning to practice in this field. . . . Goldberg writes not only from considerable experience with children with an array of developmental challenges, but also incorporates her own extensive investigations, drawing from conversations with experts in the field, current research, best practices, and professional literature. . . . [T]imely, empirically sound, and very much needed."** –*Yoga Therapy Today*

**"This book will now be added to my short list of "must have" resources. The concepts in this book are solid beyond the scope of a therapeutic yoga class. . . . [A]nyone who works with children with special needs should read this book!"** –OMazing Kids blog

Featuring 60 illustrated poses and 65 yoga "lessons," including songs and games, child-friendly instructions are provided for posture, breathing, and mindfulness exercises. All poses and routines include suggested adaptations and precautions for use, and are organized to address specific sensory skills. Current research on the benefits of yoga for health and learning are summarized, and readers learn, through yoga practice, how the brain's response to stress can be effectively mitigated.

**Contents:** Acknowledgments • Introduction **Overview: Before You Begin Yoga Therapy** 1. Yoga and Yoga Therapy 2. Assessment Process 3. Special Needs 4. Benefits of Yoga Therapy for Children With Special Needs 5. Ten Golden Rules **Part I Rationale: the Brain, Learning, and Relaxation** 6. Stress and the Brain 7. Benefits of Exercise 8. Yoga for Stress Relief 9. the Process of Relaxation **Part II Process: Principles of Creative Relaxation** 10. Create a Sacred Space 11. Engage the Child 12. Provide Tools for Success 13. Develop Opportunities for Independence **Part III Application: Postures, Lessons, and Activities** 14. Guidelines for Instruction 15. Catalog of Postures 16. Yoga Therapy for Classrooms and Schools 17. Curriculum for Yoga Therapy: Challenges and Capabilities 18. Postures and Lessons for Specific Benefits 19. Breathing Lessons 20. Chants, Songs, and Games

**LOUISE GOLDBERG** has been a yoga teacher and educator for over 30 years. Visit her website at [www.yogaforspecialneeds.com](http://www.yogaforspecialneeds.com). ISBN: 978-0-393-70785-4 • 2013 • 240 pages • Hardcover • \$24.95



## YOGA SKILLS FOR THERAPISTS

*Effective Practices for Mood Management*

AMY WEINTRAUB

**"Amy Weintraub is a master teacher, and her skills and heart are woven throughout this new classic for therapists, clients, and anyone interested in inner strength and peace."** –Rick Hanson, PhD, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

**"The value of this book is in its range: from Patanjali's Yoga Sutra to current scientific research, relevant psychology writings, and actual case studies, everything a therapist needs is right here."** –*Yoga International*

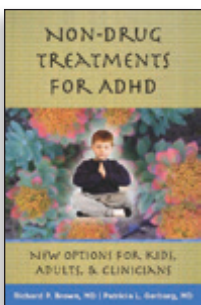
Drawing on her study of multiple traditions and lineages—from ancient yoga practices to current neuroscientific research on yoga benefits and contraindications—Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required. Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary.

With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, *Yoga Skills for Therapists* is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.

**Contents:** 1. Why Yoga Now? 2. Basic Yoga Principles & Preparations 3. Clearing the Space: The Yoga of Breath (Pranayama) 4. Cooling the Breath, Calming the Mind: Breathing Practices for Anxiety 5. Mood-Elevating Breath Practices 6. The Yoga of Sound (Mantra) 7. Mudras for Managing Mood 8. The Yoga of Imagery (Bhavana) & Affirmation (Sankalpa) 9. Relax: Yoga Nidra & Rest 10. Welcoming It All: Yogic Self-Inquiry (Svadyaya) 11. On the Mat & More: Referrals, Resources, & Training

**AMY WEINTRAUB, MFA, E-RYT 500**, has been a pioneer in the field of yoga and mental health for over 20 years and is the author of the bestselling *Yoga for Depression*. Visit her Web site at [yogafordepression.com](http://yogafordepression.com).

ISBN: 978-0-393-70717-5 • 2012 • 240 pages • Hardcover • \$24.95



## NON-DRUG TREATMENTS FOR ADHD

*New Options for Kids, Adults, and Clinicians*

RICHARD P. BROWN and PATRICIA L. GERBARG

The prolific use of stimulants to treat ADD/ADHD is a controversial topic in therapy. This handbook—for practitioners and parents alike—guides readers through an array of safe and effective alternatives: herbs, vitamins, nutrients, nootropics, neurotherapy, meditation, and more. Experts in complementary and integrative approaches to mental health and well-being, Gerbarg and Brown walk readers through all the options, explaining how they work, what the side effects are, and how to devise a comprehensive treatment program that draws on several of them in combination. Treating ADD in combination with other diagnoses, like learning and mood disorders, is also addressed. Filled with case vignettes and interviews with leaders in alternative therapy fields (such as Ayurvedic therapies and yoga), this accessible, practical guide is one parents and clinicians won't want to be without.

2013 Nautilus Gold Award winner in Health / Healing / Wellness / Prevention / Vitality

**Contents:** 1. A Many-Splendored Thing: What Is Attention Deficit Hyperactivity Disorder and Where Does It Come From? 2. Why Sweat the Science? Getting to Know the Three Faces of ADHD 3. From the Master Chemist: Herbs, Melatonin, and Nootropics (Brain Boosters) 4. Food Glorious Food: Diet, Vitamins, and Nutrients 5. When the Body Talks the Brain Listens: Mind-Body Practices for ADHD 6. Neurofeedback Therapy and Brain Stimulation 7. Just Desserts

ISBN: 978-0-393-70622-2 • 2012 • 276 pages • Hardcover • \$28.95

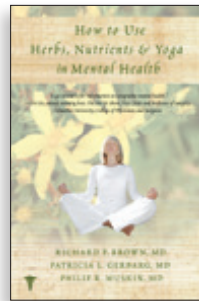


## HOW TO USE HERBS, NUTRIENTS & YOGA IN MENTAL HEALTH

RICHARD P. BROWN, PATRICIA L. GERBARG and PHILIP R. MUSKIN

"A go-to source for information on integrative mental health." –**Dr. Oz**, award-winning host, *The Dr. Oz Show*, Professor and Vice Chair, Department of Surgery, Columbia University, College of Physicians and Surgeons

Clients and consumers alike want control over their health care choices, making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine (CAM). Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the CAM methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.



**Contents:** 1. Basic Principles of Integrative Mental Health Care 2. Mood Disorders 3. Anxiety Disorders 4. Disorders of Cognition and Memory 5. Attention-Deficit Disorder and Learning Disabilities 6. Sexual Enhancement and Other Life Stage Issues 7. Schizophrenia and Other Psychotic Disorders 8. Medical Illnesses 9. Substance Abuse 10. CAM to Counteract Medication Side Effects • Appendix A: Guide to Quality Products • Appendix B: Useful Resources for Integrative Mental Health Care • Appendix C: Glossary of Medications

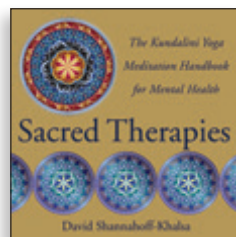
ISBN: 978-0-393-70744-1 • 2012 • 464 pages • Paperback • \$24.95

## SACRED THERAPIES

### *The Kundalini Yoga Meditation Handbook for Mental Health*

DAVID SHANNAHOFF-KHALSA

This comprehensive handbook presents Kundalini yoga protocols that cover all of the major and common psychiatric disorders. In addition, critical definitions, diagnostic criteria, diagnostic features, and associated features and disorders are included to give a clearer and more in-depth perspective on each disorder. These protocols will not only help clinicians prescribe at-home strategies for self-healing and relief, but will give those suffering from each disorder insight into their own symptoms and tools for managing them independently.



**Contents:** Preface 1. A Brief Introduction to Kundalini Yoga Meditation 2. Treating Anxiety and Generalized Anxiety Disorder 3. Treating Obsessive-Compulsive Disorder and Obsessive-Compulsive Spectrum Disorders 4. Treating Phobias 5. Treating Panic Attacks and Panic Disorders 6. Treating Acute Stress Disorder 7. Treating Posttraumatic Stress Disorder 8. Treating the Abused and Battered Psyche 9. Treating the Major Depressive Disorders 10. Treating Grief 11. Treating the Bipolar Disorders 12. Treating the Addictive, Impulse Control, and Eating Disorders 13. Treating Insomnia and Other Sleep Disorders 14. Treating Chronic Fatigue Syndrome 15. Treating Attention-Deficit/Hyperactivity and Comorbid Disorders 16. Treating Dyslexia and Other Learning Disorders 17. Treating Schizophrenia and the Psychoses 18. Treating the Personality Disorders 19. Treating Autism and Asperger's Disorder

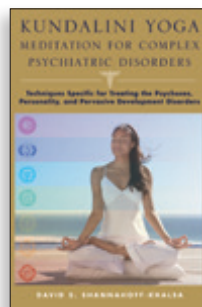
ISBN: 978-0-393-70702-1 • 2012 • 354 pages • Paperback • \$29.95

## KUNDALINI YOGA MEDITATION FOR COMPLEX PSYCHIATRIC DISORDERS

### *Techniques Specific for Treating the Psychoses, Personality, and Pervasive Development Disorders*

DAVID S. SHANNAHOFF-KHALSA

Kundalini yoga is the ancient parent science of all other forms of yoga and meditation, and a clinically proven therapeutic modality that can have significant healing effects for a wide range of mental health complaints and disorders, from the moderate to the more severe. This comprehensive resource explains the yogic approach to treating psychiatric disorders that are not covered in Shannahoff-Khalsa's first book, including the variants of schizophrenia; the ten variants of personality disorders that include borderline, paranoid, and obsessive-compulsive personality disorder; and also autism, Asperger's, and multimorbidities.



**Contents:** Introduction: A Discussion of the Current Needs for Advancing Treatment and the Potential for the Therapeutic Application of Yogic Medicine for Complex and Multimorbid Psychiatric Disorders 1. Treating Schizophrenia and Other Psychotic Disorders 2. Treating the Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, and Obsessive-Compulsive Personality Disorders) 3. Treating the Pervasive Developmental Disorders (Autistic Disorder, Asperger's Disorder, and PDD-NOS) 4. Treating Multimorbidity in Psychiatric Disorders 5. Epilogue: On the Future for the Treatment and Prevention of Psychiatric Disorders

ISBN: 978-0-393-70568-3 • 2010 • 416 pages • Hardcover • \$44.95

## KUNDALINI YOGA MEDITATION

### *Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth*

DAVID SHANNAHOFF-KHALSA

"[O]ffers a well-described and carefully researched alternative technique for the open-minded professional and client who have personal involvement in yoga. We recommend this book as a welcome addition to the literature." –*Milton H. Erickson Foundation Newsletter*

"[A]s an introduction to the use of Kundalini yoga techniques, and in particular to their potential in the treatment of psychiatric disorders by a teacher and therapist of longstanding experience, it presents an intriguing study to anyone interested in the field of mental health care." –*Biodynamic Massage*

ISBN: 978-0-393-70475-4 • 2007 • 384 pages • Hardcover • \$44.95

## GETTING STARTED WITH NEUROFEEDBACK

JOHN N. DEMOS

"I highly recommend *Getting Started with Neurofeedback* as a basic and comprehensive text for students entering the field of neurofeedback, and as a basic reference for those already in practice."

—*Journal of Neurotherapy*

"[P]rovides lucid explanations of the mechanisms underlying neurofeedback as well as the research history that led to its implementation. His description of neurofeedback equipment is more understandable than the descriptions supplied by software and hardware manufacturers. Perhaps most impressive are the images of brain function that depict EEG characteristics of common psychological disorders . . . By making the basics of neurofeedback accessible in one well-written volume, he has provided an invaluable service to psychologists and clients alike." —*PsycCRITIQUES*

ISBN: 978-0-393-70450-1 • 2004 • 288 pages • Hardcover \$37.50

## BODY-MIND PSYCHOTHERAPY

*Principles, Techniques, and Practical Applications*

SUSAN APOSHYAN

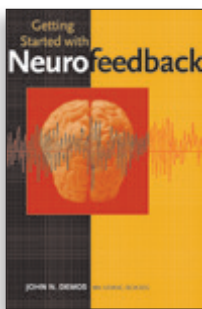
Body-Mind Psychotherapy (BMP) takes the basic tools of mind-body integration and joins them with an awareness of emotional development. Working with techniques such as body awareness, touch, breath, and movement, BMP reintroduces the body and its innate wisdom to the theory and practice of psychotherapy.

ISBN: 978-0-393-70441-9 • 2004 • 304 pages • Hardcover \$32.00

## MEDITATION FOR THERAPISTS AND THEIR CLIENTS

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

ISBN: 978-0-393-70565-2 • 2009 • 304 pages • \$24.95



## THE PSYCHOBIOLOGY OF MIND-BODY HEALING

*New Concepts of Therapeutic Hypnosis, Revised Edition*

ERNEST LAWRENCE ROSSI

ISBN: 978-0-393-70168-5 • 1993 • 384 pages • \$39.00

## MIND-BODY THERAPY

*Methods of Ideodynamic Healing*

ERNEST L. ROSSI and DAVID B. CHEEK

ISBN: 978-0-393-31247-8 • 1994 • 544 pages • \$24.95

## EVOLVING THOUGHT FIELD THERAPY

*The Clinician's Handbook of Diagnoses, Treatment, and Theory*

JOHN H. DIEPOLD, JR., VICTORIA BRITT, and SHEILA S. BENDER

ISBN: 978-0-393-70405-1 • 2004 • 400 pages • \$37.50

## ENERGY PSYCHOLOGY AND EMDR

*Combining Forces for Increased Treatment Efficacy*

JOHN G. HARTUNG and MICHAEL D. GALVIN

ISBN: 978-0-393-70378-8 • 2002 • 336 pages • \$40.00

## ENERGY PSYCHOLOGY IN PSYCHOTHERAPY

*A Comprehensive Source Book*

FRED P. GALLO, Editor

ISBN: 978-0-393-70346-7 • 2002 • 544 pages • \$65.00

Unavailable outside the US and UK.

## CREATIVE ENERGIES

*Integrative Energy Psychotherapy for Self-Expression and Healing*

DOROTHEA HOVER-KRAMER,

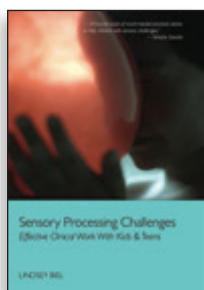
Forewords by FRED GALLO and DAVID GRODERMEYER

ISBN: 978-0-393-70384-9 • 2002 • 288 pages • \$32.00

## ENERGY DIAGNOSTIC AND TREATMENT METHODS

FRED P. GALLO

ISBN: 978-0-393-70312-2 • 2000 • 240 pages • \$35.00



## SENSORY PROCESSING CHALLENGES

*Effective Clinical Work with Kids & Teens*

LINDSEY BIEL

"Explaining everything from tactile defensiveness to auditory hypersensitivity, the author provides practical step-by-step strategies for clinicians to provide optimal 'sensory smart' treatments for their clients." —*Autism File*

Many children and teens suffer from sensory challenges, meaning that they have unusual reactions to certain sensory experiences that most of us find commonplace. These challenges can range from moderate to severe—from an aversion to bright lights or the feel of anything remotely abrasive, to stopping short in panic every time a loud noise or siren is heard, or having an oral tactile sensitivity that prevents normal feeling in the mouth and hinders feeding. Accompanying these

sensory issues—the full-blown version of which is called "sensory processing disorder" (SPD)—can be a range of behavioral problems like OCD and anxiety, and more severely, Asperger's and autism.

This book equips clinicians with all the information they need to know to accurately identify sensory sensitivities in their child clients: how to pay attention to sensory issues and recognize when a client is struggling; how these issues factor into the behavioral problems at hand; and how best to partner with the right professionals to help kids at home and in school.

Readers will: Learn about sensory issues ranging from auditory hypersensitivity and tactile defensiveness to impaired multi-sensory processing; understand how sensory issues drive behavioral problems and their role in psychiatric and developmental diagnoses; recognize triggers and patterns to proactively manage meltdowns; implement therapeutic sensory programs and environmental modifications to help children feel and function better; and increase client, family, and school understanding of sensory issues and their ability to communicate sensory challenges and strategies.

**Contents: Part I: Recognizing Sensory Processing Issues** 1. Your Client's Sensory World 2. the Sensitivity Continuum 3. What Is Sensory Processing Disorder? **Part II: Helping Your Client with Sensory Issues** 4. Promoting Insight and Developing a Therapeutic Program 5. Collaborating with Occupational Therapists and Other Professionals 6. Empowering Strategies for Parents 7. Working with Schools 8. A Sensory Smart Future

LINDSEY BIEL, MA, OTR/L, co-author of *Raising a Sensory Smart Child*, is a pediatric occupational therapist in private practice. Check out an interview with Lindsey Biel about *Sensory Processing Challenges* on her Norton webpage: [www.norton.com/sensoryprocessing](http://www.norton.com/sensoryprocessing). Visit her Web site at [www.sensorysmarts.com](http://www.sensorysmarts.com).

ISBN: 978-0-393-70834-9 • 2014 • 272 pages • Hardcover • \$32.95

## CHARTING THE COURSE FOR TREATING CHILDREN WITH AUTISM

### *A Beginner's Guide for Therapists*

LINDA KELLY and JANICE PLUNKETT D'AVIGNON

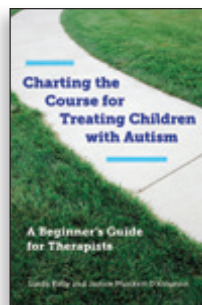
"A marvelous book both for beginning therapists and experienced ones, this volume provides a readable, highly useful introduction to intervention in autism. With chapters speaking to students, parents, and siblings, the book provides a thoughtful approach to developing a treatment plan as well as preparing for the future. **It will be an invaluable guide for years to come.**"

—Fred R. Volkmar, MD, Chief of Child Psychiatry at Yale New Haven Hospital; Editor-in-Chief, *Journal of Autism and Developmental Disorders*

This book is a guide and support for professionals working with children and parents dealing with high functioning autism—particularly those professionals lacking experience with ASD. It emphasizes an all-encompassing approach to working not only with the children and their parents, but also with their siblings and other family members, as well as others in the community who are involved in the lives of these children. Checklists, descriptives, and forms designed as pull-out section can be used as homework assignments to be completed and discussed within individual therapy sessions with parents, children, and families alike.

**Contents:** 1. Introduction to ASD 2. Typical vs. ASD Development: How Do You Know? 3. Interviewing the Parents/Guardians 4. Interviewing the Child 5. Developing the Treatment Plan 6. How & Why to Sensitively Set Boundaries with Parents/Guardians 7. How & Why to Sensitively Set Boundaries with the ASD Child 8. Working with Siblings 9. Dealing with Now while Preparing for the Future

ISBN: 978-0-393-70871-4 • 2014 • 224 pages • Hardcover • \$25.95



## EXECUTIVE FUNCTION & CHILD DEVELOPMENT

MARCIE YEAGER and DANIEL YEAGER

"[F]or any child-focused professionals interested in centering their psychological formulations, assessments and interventions around executive function, this book fits the bill."

—*Child and Adolescent Mental Health*

"[A] significant contribution to the field! **[The authors] have done an exceptional job explaining complex concepts and summarizing existing research in a comprehensive yet light and magnificently written book.** This book is undoubtedly a valuable and practical guide not only for clinicians but also for parents, teachers, and anyone who works with children. Perhaps, more importantly, it offers hope for children and families who struggle with the challenging difficulties associated with delayed self-regulation." — *The Journal of Nervous and Mental Disease*

This invaluable resource is a brain-based approach to helping kids stay focused and achieve. It details effective treatment practices for children with executive function difficulties. Executive functions (EF) involve mental processes such as working memory, response inhibition, shifting focus, cognitive flexibility, self-monitoring, and goal orientation. Poor EF can result in behavioral and attentional problems in school. Marcie and Daniel Yeager's dynamic interventions provide external support in a planned and systematic manner, allowing children to compensate for difficulties and grow in their ability to intentionally regulate their thoughts, emotions, and behavior.

**Contents: Part I: Understanding Executive Function** 1. Self-Regulation. Why It Matters 2. A Framework for Understanding Executive Function 3. A Look at Executive Function in the Everyday Lives of Children **Part II: Executive Function: A Developmental Perspective** 4. A Natural Developmental Progression: How Self-Regulation Is Internalized 5. Nature and Nurture: Understanding the Zone of Proximal Development 6. Maintaining a Developmental Perspective: Understanding the Needs of Children with EF Difficulties **Part III: Interventions That Support Executive Function** 7. The Mental Health Clinician as Facilitator 8. Case Example: Amanda 9. Case Example: Marcus 10. Case Example: Simon 11. Case Example: Jon

**MARCIE** and **DANIEL YEAGER** run the Yeager Center for Children and Families and are both founding members of the Louisiana Association for Play Therapy.

ISBN: 978-0-393-70764-9 • 2013 • 204 pages • Hardcover • \$24.95



## PRACTICAL SOCIAL SKILLS FOR AUTISM SPECTRUM DISORDERS

### *Designing Child-Specific Interventions*

KATHLEEN KOENIG, Foreword by FRED R. VOLKMAR

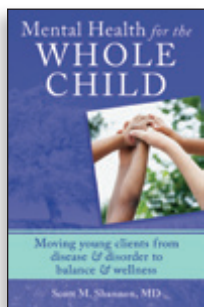
"Readers of this book now have a new tool to add to their arsenal. . . . [T]his resource guide is easy to read, practical, and contains a wealth of information for practitioners, educators and the general public. **Anyone who is interested in developing social skills programming for individuals with ASD should invest in this book.**" — *Canadian Association for Child & Play Therapy*

Drawing from her work at the Yale Child Study Center, Koenig presents a unique, multi-faceted autism treatment manual that emphasizes tailoring interventions to each child's personality and strengths. Taking a holistic approach, she explains how critical it is for kids to not just learn new social skills that fit their individual needs, but be able to meaningfully integrate them into a range of day-to-day situations, from the classroom to the lunchroom to the dinner table at home. Building their "social repertoire" in this way, she argues, is key to effective autism treatment. For clinicians, school counselors, educators, speech pathologists, school administrators, parents, and all those who work with kids on the autism spectrum.

**Contents:** Foreword by *Fred R. Volkmar*, MD 1. Social Development and Social Disability in Autism Spectrum Disorders 2. Evidence-based and Best Practices 3. Integration: The Key to Effective Intervention 4. Designing Child-Specific Intervention 5. Strategies for Promoting Social Development 6. Parents and Professionals as Partners 7. Generalization: Adapting and Maintaining New Learning and Behavior 8. Meaningful Measurement of Progress • Resources & Readings • References

ISBN: 978-0-393-70698-7 • 2012 • 256 pages • Hardcover • \$32.95





## MENTAL HEALTH FOR THE WHOLE CHILD

### *Moving Young Clients from Disease & Disorder to Balance & Wellness*

SCOTT M. SHANNON, MD

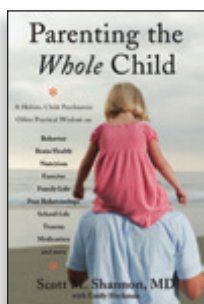
"[A] welcome resource in an era where we are seeing so many behavioral issues in our children. . . I strongly recommend it to anyone whose family or patients have been touched by mental health issues in children and who seeks a truly compassionate, rational, and holistic approach to their care and healing." –*Explore: The Journal of Science and Healing*

"*Mental Health for the Whole Child* is refreshingly pragmatic and compelling—a **necessary addition to any clinician's toolbox.**" –Andrew Weil, MD, founder of the Arizona Center for Integrative Medicine; author of *Spontaneous Happiness: A New Path to Emotional Well-Being*

In this book, child psychiatrist Scott Shannon offers a refreshing new path for practitioners who are eager for a more optimistic view of child mental health, one that emphasizes a child's inherent resilience and resources over pathology and prescriptions. Grounded in an integrative approach, Shannon shows clinicians how to achieve a broad, full-spectrum understanding of a child's life, from their diet and social skills to their sleep habits, stress level, family dynamics, and more. From here, he offers step-by-step assessment strategies and treatment plans for a host of common childhood mental health issues, emphasizing a range of cognitive, behavioral, nutritional, and parenting interventions.

**Contents:** Acknowledgments • Introduction: Two Tales **Part I: Philosophy & Practice** 1. the Nature of Health and Healing 2. the Seven Building Blocks of Wholeness 3. Barriers to Wholeness 4. the Potential of the Child 5. the Role of the Therapist 6. Assessment Is Key 7. Common Presenting Issues 8. Facets of a Treatment Plan **Part II: Disease & Disorder Protocols** 9. ADHD 10. Depression 11. Behavioral Issues 12. Anxiety and OCD 13. Bipolar Disorder 14. Substance Abuse 15. Autism Spectrum Disorders 16. Trauma and PTSD • **Epilogue** • Appendix A: Sample Intake and Assessment Form • Appendix B: Assessment Sheet—Collaborative Treatment • Glossary • References

ISBN: 978-0-393-70797-7 • 2013 • 416 pages • Hardcover • \$37.50



## PARENTING THE WHOLE CHILD

### *A Holistic Child Psychiatrist Offers Practical Wisdom on Behavior, Brain Health, Nutrition, Exercise, Family Life, Peer Relationships, School Life, Trauma, Medication, and more*

SCOTT M. SHANNON, MD

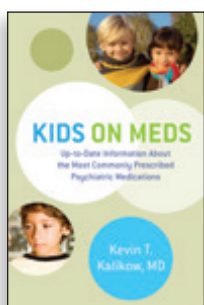
"**A tremendously important book...wonderfully clear and well written and easy to read and learn from.**" –Edward M. Hallowell, MD, author of the *Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy*

Complementing his book for professionals, here Shannon equips parents and caregivers with a better way to understand the mental health challenges their children face, including how cutting-edge scientific concepts like epigenetics and neuroplasticity mean new hope for overcoming them. Readers learn how the most common stressors in kids—inadequate nutrition, unaddressed trauma, learning problems, family relationships, and more—are often at the root of behavioral and emotional issues, and what steps can be taken to restore health and wholeness, without immediately turning to medication.

**Contents:** Acknowledgment • Introduction to the Paperback Edition • Introduction 1. Finding the Good News 2. How Your Child's Brain Grows 3. Relationships and the Young Brain 4. Feeding Your Child's Brain for Emotional and Mental Health 5. Environmental Causes of Disharmony in Our Kids 6. the Family System and "Fit" 7. School, Learning, and the Young Brain 8. Understanding Trauma 9. Parenting for "Wholeness" Appendix 1: the Most Common Psychiatric Labels Given to Children • Appendix 2: Glossary of Mental Health Therapies • Appendix 3: Glossary of Supplements • Appendix 4: Family Stress Index • Appendix 5: Wholeness Stress Index • Appendix 6: Trauma Questionnaire • Appendix 7: Resources and Recommended Reading • Appendix 8: Choosing a Practitioner

ISBN: 978-0-393-70833-2 • 2014 • 304 pages • Paperback • \$22.95

Previously published as: *Please Don't Label My Child: Break the Doctor-Diagnosis-Drug Cycle and Discover Safe, Effective Choices for Your Child's Emotional Health* (ISBN: 978-1579546823)



## KIDS ON MEDS

### *Up-to-Date Information About the Most Commonly Prescribed Psychiatric Medications*

KEVIN T. KALIKOW

"[A]n easy-to-read reference to make some sense between the facts and the art of psychiatric medicine as it affects children and adolescents." –*PsychCentral*

"*Kids on Meds* is an important resource for professionals with a non-medical background who want to understand treatment decisions made for children. Using a biopsychosocial perspective, it explains where medication fits in the context of overall treatment, demystifies the science of psychopharmacology, and provides a clear, practical, and up-to-date discussion of the disorders of childhood, treatment options, and the medications of choice along with case examples connecting to practice. **This book belongs on the shelf of all school mental health professionals.**"

—Marian C. Fish, PhD, Professor & Coordinator, School Psychology Program, Queens College, CUNY

This book is an overview of the four groups of medicines most commonly used in child and adolescent psychiatry—for ADHD, depression and anxiety, psychosis, and mood disorders. It discusses not only the drugs but also how they work in the body, as well as the culture of today's medical practice, and how to decide if medicine isn't the right course of action.

**Contents:** 1. Getting Started 2. What's in a Name? 3. The Brain 4. The Life Cycle of a Medicine 5. Deciding to Use a Medicine 6. The Stimulants and Other Medicines for ADHD 7. Antidepressant and Antianxiety Medicines 8. Antipsychotic Medicines 9. Mood Stabilizers 10. Sleep Disorders and Medicines 11. Pharmacotherapy of Miscellaneous Disorders and Conditions 12. Alternative Medicines and Treatments 13. Nonpsychiatric Medicines with Psychiatric Effects 14. Talking with . . . 15. Evaluating Risks and Benefits: Problems and Pitfalls 16. Are Psychiatric Medicines Over- or Underprescribed?

ISBN: 978-0-393-70637-6 • 2011 • 441 pages • Hardcover • \$27.95

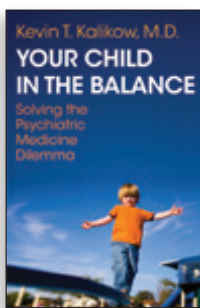
**YOUR CHILD IN THE BALANCE***Solving the Psychiatric Medicine Dilemma*

KEVIN T. KALIKOW

**"The best resource I've run across on the use of psychiatric medications in children and adolescents . . . sophisticated enough for clinicians but was written for parents; encourage parents to read it . . ."** —*Clinical Psychiatry News*

This book teaches readers how to analyze the risks and benefits that characterize all medicines and underlie the decision to medicate. The principles discussed in *Your Child in the Balance* will resonate with parents and professionals whether they are considering Ritalin and Adderall or Prozac and Zoloft. The use of antipsychotics, like Abilify and Risperdal, and even holistic sleep medicines, like melatonin, are put into an even-handed perspective, as is the question of whether psychiatric medicines are over- or under-prescribed to children.

ISBN: 978-0-393-70660-4 • 2012 • 346 pages • Paperback \$21.95

**THE ADOLESCENT & YOUNG ADULT SELF-HARMING TREATMENT MANUAL***A Collaborative Strengths-Based Brief Therapy Approach*

MATTHEW D. SELEKMAN

**"[A]n excellent source for up-to-date clinically and empirically validated treatment strategies . . . dispels myths, provides a thorough overview of the causes and mental disorders associated with self-harm, and offers highly applicable therapeutic approaches to understanding, and treating self-harming behaviors . . . although written for mental health professionals and students, there is something for everyone."**

—*Psychiatric Rehabilitation Journal*

ISBN: 978-0-393-70567-6 • 2009 • 335 pages • Prbk • \$33.95

**WORKING WITH SELF-HARMING ADOLESCENTS***A Collaborative, Strengths-Based Therapy Approach*

MATTHEW D. SELEKMAN, Foreword by BILL O'HANLON

ISBN: 978-0-393-70499-0 • 2006 • 256 pages • Prbk • \$22.95

**GUIDE TO EARLY PSYCHOLOGICAL EVALUATION: CHILDREN & ADOLESCENTS**

RAY CHRISTNER, ARTHUR FREEMAN, COREY J. NIGRO, and TAYMOOR SARDAR

ISBN: 978-0-393-70539-6 • 2010 • 208 pages • Prbk • \$18.95

**THE CHILD'S VOICE IN FAMILY THERAPY***A Systemic Perspective*

CAROLE GAMMER

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ISBN: 978-0-393-70541-6 • 2008 • 304 pages • \$35.00

**CYBER RULES***What You Really Need to Know About the Internet*

JOANIE FARLEY GILLISPIE and JAYNE GACKENBACH

ISBN: 978-0-393-70484-6 • 2007 • 256 pages • Prbk • \$24.95

**ADOLESCENT THERAPY THAT REALLY WORKS***Helping Kids Who Never Asked for Help in the First Place*

JANET SASSON EDGETTE

"[Edgette] is one of those rare adults who understands adolescents' obsession with all things 'phony.' She writes with chatty authority about what the experience of therapy feels like for teens, mapping the many shoals on which adolescent therapy can founder." —*Psychotherapy Networker*

Therapists who struggle to be liked, be cool, or say all the right things do a disservice not only to themselves, but also to the teenagers they treat. Focusing on building positive, unaffected relationships with teenagers, this book shows therapists how to facilitate conversation that is candid, constructive, and respectful.

ISBN: 978-0-393-70500-3 • 2006 • 224 pages • Prbk • \$21.95

Originally published in hardcover as *Candor, Connection, and Enterprise in Adolescent Therapy*.

**MAGICAL MOMENTS OF CHANGE***How Psychotherapy Turns Kids Around*

LENORE TERR

**"Once in a while a book comes along that has the capacity to change lives.** Dr. Terr brings us stories of a number of children with disorders as diverse as posttraumatic stress disorder, adjustment disorder, and selective mutism whose lives changed with psychotherapy. She and her contributors invite readers to reflect on failures, to celebrate successes but most of all, to find their own magical moments of change." —*Child & Adolescent Psychiatry*

ISBN: 978-0-393-70530-0 • 2008 • 304 pages • \$30.00

**TEENS IN THERAPY***Making It Their Own*

RICHARD BROMFIELD

ISBN: 978-0-393-70464-8 • 2005 • 208 pages • Prbk • \$24.00

**CHANGE-ORIENTED THERAPY WITH ADOLESCENTS AND YOUNG ADULTS***A New Generation of Respectful and Effective Processes and Practices*

BOB BERTOLINO

ISBN: 978-0-393-70409-9 • 2003 • 220 pages • \$32.00

**ADOLESCENT GIRLS IN CRISIS***Intervention and Hope*

MARTHA B. STRAUS

**"If you want to know how to understand and handle adolescent girls today, this is the one book you should read."** —Ron Taffel, PhD

**Contents: Part I: The Culture of Rage and Despair**

• Introduction 1. The Secret Lives of Teenage Girls 2. The Adolescent Passage 3. Systems in an Up-roar 4. The War on Girls **Part II: Interventions: Treating the Whole Girl** 5. Ten Tips from the Trenches: Doing Good Work with Girls 6. Getting Connected 7. Troubled Behaviors I: Affective Disorders and Anxiety Disorders 8. Troubled Behaviors II: Eating Disorders and Self-Mutilation 9. Troubled Behaviors III: Attachment and Trauma Problems 10. Troubled Behaviors IV: Social Aggression, ADHD, and Oppositional Defiant Disorder 11. Troubled Behaviors V: Sex, Conduct Disorders, and Substance Abuse 12. Psychotropic Medication in the Treatment of Adolescent Girls, by Robert J. Racusin, MD 13. Hospitalizations and Out-of-Home Interventions 14. Ten Reasons for Hope

ISBN: 978-0-393-70447-1 • 2007 • 400 pages • \$35.00



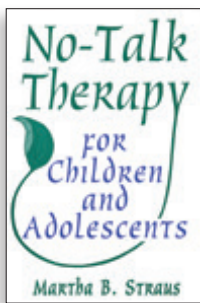
**NO-TALK THERAPY FOR CHILDREN AND ADOLESCENTS**

MARTHA B. STRAUS

"Much has been said and written about child therapy, but **Martha Straus offers a fresh, new perspective. Over and over again I found myself fascinated by how the book stimulated me to rethink and re-interpret encounters with children and youth.** There is a lot to be said for 'no-talk' therapy." —James Barbarino, PhD, Director, Family Life Development Center, Cornell University

Weaving practical, hands-on ideas with theory and research about child development, child treatment, and the therapeutic relationship, this book describes an innovative approach to treatment of children and adolescents who won't or can't respond to traditional, conversation-based therapy. Going beyond other methods, no-talk therapy emphasizes individual connection, competence, and creativity.

ISBN: 978-0-393-70286-6 • 1999 • 288 pages • \$29.95

**VIOLENCE IN THE LIVES OF ADOLESCENTS**

MARTHA B. STRAUS

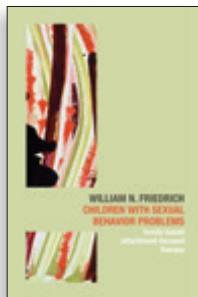
ISBN: 978-0-393-70186-9 • 1994 • 240 pages • \$27.00

**CHILDREN WITH SEXUAL BEHAVIOR PROBLEMS****Family-Based, Attachment-Focused Therapy**

WILLIAM N. FRIEDRICH

"[E]xcellent . . . easy to read, well organized, and thoughtfully laid out. I recommend it to any psychiatrist, psychologist, or social worker involved in assessment and treatment of youth under 12 years old with sexually behaviour problems." —*Journal of Canadian Academy of Child and Adolescent Psychiatry*

ISBN: 978-0-393-70498-3 • 2007 • 320 pages • \$32.00

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WILLIAM N. FRIEDRICH

ISBN: 978-0-393-70079-4 • 1990 • 356 pages • \$34.95

**CHILD ANXIETY DISORDERS****A Family-Based Treatment Manual for Practitioners**

JEFFREY K. WOOD and BRYCE D. MCLEOD

**Contents: Part I: Child Anxiety Disorders: Clinical Background** 1. Clinical Features of Anxiety Disorders in Children 2. Causes of Childhood Anxiety: Family and Genetic Influences 3. Evidence-Based Practices and Clinical Considerations **Part II: Treatment Manual** 4. Building Confidence: A Family-Based Cognitive-Behavioral Intervention • Session 1: Intake: Anxiety Assessment • Session 2: Functional Analysis and Rapport Building • Session 3: KICK Plan, K Step—Know When You're Nervous • Session 4: KICK Plan, I Step—Encourage Independence • Session 5: KICK Plan, C Step—Stay Calm • Session 6: Develop the Exposure Hierarchy • Session 7: KICK Plan, Second K Step—Keep Practicing/Rewards • Sessions 8–15: Exposure Therapy • Optional Family Therapy Module A: Family Problem Solving • Optional Family Therapy Module B: Finding New Roles • Optional Family Therapy Module C: Talk Time • Optional Session: Playdate/Friendship • Final Session: Termination • Appendix: Examples of Exposures Conducted with 6- to 13-Year-Old Clients

ISBN: 978-0-393-70540-9 • 2008 • 272 pages • \$32.00

**CHILDREN IN THERAPY****Using the Family as a Resource**

C. EVERETT BAILEY, Editor

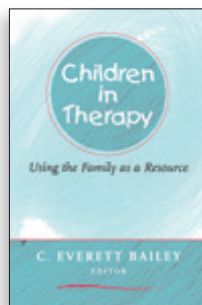
This book presents theoretical perspectives of five different competency-based approaches: solution-oriented brief therapy, narrative therapy, collaborative language systems therapy, internal family systems therapy, and emotionally focused family therapy.

**Topics include:** Anxiety • Depression • Oppositional Behavior • Attention Deficit/Hyperactivity Disorder • Sexual Abuse • Physical Abuse

**Contributors include:** Harlene Anderson • Mary Jo Barrett • Linda Stone Fish • Jill Freedman • Eliana Gil • Susan M. Johnson • Nadine J. Kaslow • Bonnie Klimes-Dougan • Richard L. Meth • Sarah Pierce • Richard C. Schwartz • Matthew Selekman

ISBN: 978-0-393-70485-3 • 2005 • 544 pages

Paperback • \$27.50

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MARCIA B. STERN

Foreword by HAROLD S. KOPLEWICZ, MD

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ISBN: 978-0-393-70564-5 • 2008 • 384 pages

Paperback • \$29.00

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SHARON LAMB

Winner, The Society for Sex Therapy and Research (SSTAR) 2008 Consumer Book Award

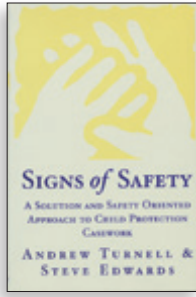
**Contents:** Preface • Introduction: Knowing What's Normative 1. General Principles and Guidelines 2. Sexual Issues in Play with Nonabused Children 3. Working With Children Who Have Been Abused 4. Acting-Out and Sexually Abusive Children 5. Teenage Girls in Therapy 6. Teenage Boys in Therapy 7. Working with Parents of Teens 8. Coming Out During the Teen Years 9. Working With Developmentally Disabled Teens 10. Sexual and Moral Feelings in the Therapy Hour

ISBN: 978-0-393-70479-2 • 2006 • 320 pages • \$35.00

**SIGNS OF SAFETY*****A Solution and Safety Oriented Approach to Child Protection Casework***ANDREW TURNELL and  
STEVE EDWARDS

Here, child protection workers will find a new child protection assessment and planning protocol that allows for comprehensive risk assessment, incorporating both danger and safety and the perspectives of both professionals and service recipients (parents). The authors provide practical, hands-on strategies for building a partnership with parents, which may, in the long run, prevent abuse and family dissolution.

ISBN: 978-0-393-70300-9 • 1999 • 240 pages • \$34.95

**POSTTRAUMATIC STRESS DISORDERS IN CHILDREN AND ADOLESCENTS*****Handbook***

RAUL R. SILVA, Editor

**Contents:** Introduction, *Raul R. Silva* • Epidemiological • Aspects of PTSD in Children and Adolescents, *Vilma Gabbay, Melvin D. Oatis, Raul R. Silva, Glenn S. Hirsch* • Resiliency and Vulnerability Factors in Childhood PTSD, *Raul R. Silva, Lena Kessler* • Risk factors for PTSD in Children and Adolescents, *Veronica M. Rojas, Mia Pappagallo* • The Legal Aspects Related to PTSD in Children and Adolescents, *Vilma Gabbay, Carmen M. Alonso* • Neurobiology of PTSD in Children and Adolescents, *Sharon Christina Kowalik* • Etiology and Pathogenesis of PTSD in Children and Adolescents, *Barbara Farkas* • Clinical Findings Regarding PTSD in Children and Adolescents, *Kenneth Spitalny* • Gender Differences in Childhood PTSD, *Patricia Karen Abanilla* • Intergenerational Links Between Mother and Children with PTSD Spectrum Illness, *L. Oriana Linares, Marylene Cloitre* • Assessment of PTSD in Children and Adolescents, *Phillip A. Saigh* • Differential Diagnosis of PTSD in Children, *Mia Pappagallo, Raul R. Silva, Veronica M. Rojas* • Childhood vs. Adult PTSD, *Veronica M. Rojas, Tal N. Lee* • Treatment of Children Exposed to Trauma, *Elissa J. Brown, Ava Albrecht, Jennifer McQuaid, Dinohra M. Munoz-Silva, Raul R. Silva* • Clinical Cases of Child and Adolescent PTSD, *Richard A. Oberfeld, Anastasia E. Yasik* • PTSD in Children and Adolescents Following War, *John Fayyad, Elie Karam, Aïmée Nasser Karam, Caroline Cordahi*

ISBN: 978-0-393-70412-9 • 2003 • 376 pages • Prbk • \$24.95

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JOSEPH PALOMBO

"[A] major contribution to the understanding of not only children with nonverbal learning disabilities, but also those with ADHD or Asperger's disorder and other children who lack social skills." —*Journal of Clinical Psychiatry*

ISBN: 978-0-393-70478-5 • 2006 • 320 pages • \$37.50

**LEARNING DISORDERS AND DISORDERS OF THE SELF IN CHILDREN AND ADOLESCENTS**

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**EMPOWERING ADOLESCENT GIRLS*****Examining the Present and Building Skills for the Future with the "Go Grrrls" Program***

CRAIG WINSTON LECROY and JANICE DALEY

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The Program for Innovative Self-Management is designed to help adolescents develop new skills in self-management. For adolescents who indulge in certain behaviors that they later regret (such as using drugs or alcohol, getting into fights, hurting themselves, running away, stealing things, breaking things, etc.), this program leads to increased control over their actions.

ISBN: 978-0-393-70119-7 • 1991 • 78 pages • Prbk • \$13.95

**THE ADVANCED PRISM WORKBOOK**

DAVID B. WEXLER

ISBN: 978-0-393-70153-1 • 1992 • 72 pages • Prbk • \$9.95

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"Well-written and calculated to maintain the interests of professionals and informed lay persons alike, this book clearly reveals the author's deep understanding of troubled adolescents." —*Child & Family Behavior Therapy*

"[T]hought-provoking and inspiring . . . The case study section is fascinating." —*Counseling Newsletter*

ISBN: 978-0-393-70114-2 • 1991 • 208 pages • \$22.95

**ON PLAYING A POOR HAND WELL*****Insights from the Lives of Those Who Have Overcome Childhood Risks and Adversities***

MARK KATZ

This book sets out to answer the question, "Why do some individuals who endured redoubtable adversities grow up to lead happy and productive lives, while others continue to struggle with serious difficulties?" Katz explores the latest research into life's trajectories to determine how therapists can change the odds for disadvantaged individuals.

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MICHAEL DURRANT

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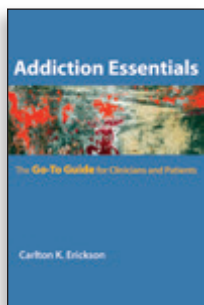
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## ADDICTION ESSENTIALS

### *The Go-To Guide for Clinicians and Patients*

CARLTON K. ERICKSON

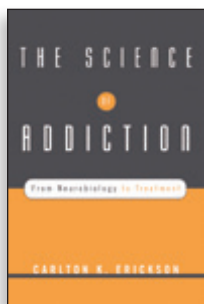
"Only now is science catching up with clinicians and sober/abstinent addicts to explain how addiction, abuse, and recovery work. Erickson's seminal guide allies the science to practice: clinicians and scientists alike should read it in order to start a new dialogue of wisdom with each other and increase recovery exponentially." —Deirdre Boyd, editor of *Addiction Today* and CEO of Addiction Recovery Foundation

Written by one of the country's leading addiction specialists, this accessible, comprehensive book is a go-to reference for your questions about addiction, and a practical introduction to the diagnosis and treatment options.

**Contents:** 1. Causes of Addiction 2. Diagnosis of Drug Overuse and Mental Disorders 3. Alcohol, the Drink of All Ages 4. Alcohol and Drug Interactions 5. Drugs That Speed Us Up 6. Drugs That Slow Us Down 7. Drug Use and Abuse in Adolescents 8. Visual and Behavioral Signs of Drug Abuse 9. Gender and Cultural Differences in Drug Use 10. Major Mental Illnesses Accompanying Drug Use Disorders 11. Personality Disorders and Drug Use 12. Medications for Enhanced Treatment of Chemical Dependence 13. Principles of Individual Therapy 14. Individual Therapies for Drug Use Disorders 15. Principles of Group Therapy 16. Group Therapies for Drug Use Disorders 17. Involvement of the Family 18. Relapse and Relapse Prevention • Appendix

**CARLTON K. ERICKSON, PhD**, is a distinguished professor of pharmacology, associate dean for Research and Graduate Studies, director of the Addiction Science Research and Education Center in the College of Pharmacy at the University of Texas at Austin, and an associate editor of the scientific journal *Alcoholism: Clinical and Experimental Research*. He recently won the Nelson J. Bradley Award for Lifetime Achievement, given by the National Association of Addiction Treatment Providers (NAATP).

ISBN: 978-0-393-70615-4 • 2011 • 200 pages • Paperback • \$21.95



## THE SCIENCE OF ADDICTION

### *From Neurobiology to Treatment*

CARLTON K. ERICKSON

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"... **Taking on some very complicated science as well as some sacred cows, Erickson cuts to the chase and covers an enormous amount of material in relatively few pages.** There is information for clinicians, insight for executives and administrators, and challenges for researchers, all communicated by an individual who has lived these issues for the past 30 years. **This volume is an absolute must.**" —Dr. Ronald J. Hunsicker, President/CEO, National Association of Addiction Treatment Providers

Neuroscience is clarifying the causes of compulsive alcohol and drug use—while also shedding light on what addiction is, what it is not, and how it can best be treated—in exciting and innovative ways. Current neurobiological research complements and enhances the approaches to addiction traditionally taken in social work and psychology. Here, Erickson presents a comprehensive overview of the roles that brain function and genetics play in addiction.

ISBN: 978-0-393-70463-1 • 2007 • 304 pages • \$34.00

## A CLINICIAN'S GUIDE TO 12-STEP RECOVERY

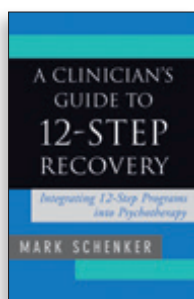
### *Integrating 12-Step Programs into Psychotherapy*

MARK SCHENKER

"Schenker is not a zealot but a pragmatist and he has discovered the popularity and success of the 12-step approach to addiction as his own career developed . . . primarily designed to educate the frontline mental health practitioner on a topic that most likely will have been overlooked in their training . . . a useful addition to a mental health library." —*British Journal of Psychiatry*

The primary purpose of this book is not to analyze the 12-step program, but to make it more accessible to mental health professionals. It's a guide to what might be encountered in attending a meeting and what your clients might deal with in working through the program themselves.

ISBN: 978-0-393-70546-1 • 2009 • 224 pages • \$29.00



## COCAINE AND METHAMPHETAMINE ADDICTION

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## PATIENTS WITH SUBSTANCE ABUSE PROBLEMS

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EDGAR P. NACE and JOYCE A. TINSLEY

ISBN: 978-0-393-70511-9 • 2007 • 224 pages • \$22.95

## ADDICTIONS AND TRAUMA RECOVERY

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DUSTY MILLER and LAURIE GUIDRY

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Paperback • \$25.00



**SOLUTIONS STEP BY STEP*****A Substance Abuse Treatment Manual***

INSOO KIM BERG and NORMAN H. REUSS

Bursting with case examples, quick tips, and questions “from the field,” this is a practical guide introducing the solution-focused approach to clinicians working with substance abusers. Stressing solutions rather than pathology, clients’ strengths and their strategies for past successes rather than their weaknesses or problems, this team utilizes a solution-building approach by discovering and exploring the ways substance abusers heal themselves.

ISBN: 978-0-393-70251-4 • 1997 • 192 pages • Prbk • \$25.00

**SOLUTIONS STEP BY STEP DVD*****Substance Abuse Treatment Demonstrations***

INSOO KIM BERG

Insoo Kim Berg and Norman Reuss work with several different clients to demonstrate many of the techniques discussed in the manual, commenting on each interview in a conversational, yet informative, instructional style.

ISBN: 978-0-393-70260-6 • 1997 • 103 minutes • \$100.00

**BEFORE IT'S TOO LATE*****Working with Substance Abuse in the Family***

DAVID C. TREADWAY

This book shows therapists how to tackle the dilemma of the presenting problem not being the ‘real’ problem and presents a variety of step-by-step models for working with the substance-abusing family.

ISBN: 978-0-393-70068-8 • 1989 • 224 pages • \$23.95

Unavailable outside the US.

**WITHIN THE WALL OF DENIAL*****Conquering Addictive Behaviors***

ROBERT J. KEARNEY

ISBN: 978-0-393-70210-1 • 1995 • 208 pages • \$25.00

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ROSALIE CRUISE JESSE

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INSOO KIM BERG and SCOTT D. MILLER

A detailed program for psychotherapists, this book provides a solution-focused, brief-therapy, problem-solving method of working with problem-drinker clients—and within clients’ belief systems—to encourage change. The model introduces a paradigmatic change in the approach to substance abuse treatment. Rather than treating a problem drinker, Berg and Miller work with clients to treat problem drinking. The authors’ refreshing blend of respect for their clients and optimism about their ability to stop abusive drinking offers hope to clients who can’t fit into traditional long-term programs or who have given up on themselves.

ISBN: 978-0-393-70134-0 • 1992 • 240 pages • \$27.00

**THE MIRACLE METHOD: A RADICALLY NEW APPROACH TO PROBLEM DRINKING**

SCOTT D. MILLER and INSOO KIM BERG

Highly practical, this book details an effective approach to problem drinking that focuses not on the past or the present but on the future. The authors help readers to imagine a future where drinking is not a problem and to specify small, concrete, obtainable goals that will make that future a reality.

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**OVERCOMING ADDICTIONS*****Skills Training for People with Schizophrenia***

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JOSEPH NOWINSKI

ISBN: 978-0-393-70097-8 • 1990 • 272 pages • \$29.95

Unavailable outside the US and UK.

**THE HEALING BOND*****Treating Addictions in Groups***

RONALD L. ROGERS and C. SCOTT MCMILLIN

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MICHAEL D. YAPKO

“With courage and creativity, Dr. Yapko explores the intersection of mindfulness and hypnosis and finds many fresh insights and techniques that will benefit psychotherapists and anyone interested in the inner world.” —Rick Hanson, PhD, author of *Buddha’s Brain: The Practical Neuroscience of Happiness, Love & Wisdom*

Drawing from real-life case examples, Yapko investigates the role of focused attention in empowering clients to transform their sensory awareness and physiological and emotional states, as well as their reactions to their life experiences. He lays out guidelines for bringing hypnotic suggestions into therapy, and explains how guided mindfulness meditation and hypnosis provide a structured means for extending key insights and skills across different contexts, ranging from relationships to breathing to emotional self-regulation.

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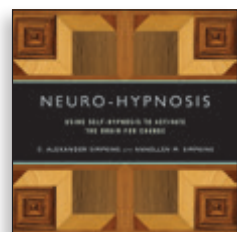
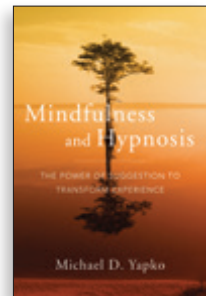
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**AFFECT REGULATION TOOLBOX**  
*Practical and Effective Hypnotic Interventions for the Over-reactive Client*

CAROLYN DAITCH

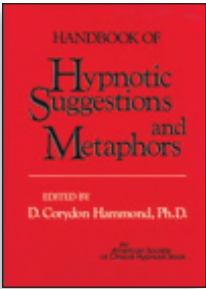
**"[O]ne of the decade's most significant contributions to the fields of psychology, hypnotherapy, and psychotherapy."** –*IHRI eNewsletter*

"This is a practical book that seasoned and newly trained clinicians will love. Written by a highly experienced therapist, it fills a void that has existed in therapy literature on methods for helping patients with affect regulation issues. . . . This book is delightful, well written and practical. I highly recommend it." –*The National Psychologist*

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ISBN: 978-0-393-70495-2 • 2007 • 304 pages • Hardcover • \$32.00



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*An Official Publication of the American Society of Clinical Hypnosis*

D. CORYDON HAMMOND, Editor

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"[A] great book for the practitioner . . . This is not a book to be read once and put aside."  
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As the largest collection of therapeutic suggestions and metaphors ever assembled, this book is an essential desktop reference book for students and clinicians who use hypnosis in their practice.

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BILL O'HANLON

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## INTEGRATIVE TEAM TREATMENT FOR ATTACHMENT TRAUMA IN CHILDREN

### Family Therapy and EMDR

DEBRA WESSELMANN, CATHY SCHWEITZER, STEFANIE ARMSTRONG

By working as a collaborative team, EMDR and family therapists can strengthen the parent-child attachment bond and help to mend the early experiences that drive the child's behavior. This book, and its accompanying Parent Manual, are intended to serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. You need not be a center specializing in attachment trauma to implement this team model, nor must members of the team practice at the same location. With at least one fully trained EMDR practitioner as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma.

**Topics include:** The Impact of Neurobiology on the Field of Attachment Therapy • Overview of the Integrative Team Treatment Model • Case Conceptualization and Treatment Planning Using the AIP Model • Foundational Work in Family Therapy Component • Attachment Resource Development and Other EMDR Preparation Activities for Children with a History of Attachment Trauma • Adaptations for EMDR Reprocessing of Attachment Trauma with Children • When Parents had a Difficult Childhood • Case Examples

**DEBRA WESSELMANN, CATHY SCHWEITZER, and STEFANIE ARMSTRONG**, co-founders of the Attachment and Trauma Center of Nebraska, specialize in treating attachment trauma in children.

ISBN: 978-0-393-70818-9 • 2014 • 304 pages • Hardcover • \$33.95



## INTEGRATIVE PARENTING

### Strategies for Raising Children Affected by Attachment Trauma

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Designed as a manual to complement the clinician's guide, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma.

**Contents:** Foreword • Introduction 1. Scared Children, Not Scary Children 2. Creating Connections 3. Solutions to Challenging Behaviors 4. Becoming a Happier Parent 5. Boundaries and Consequences with Love and Attunement • Conclusion • References

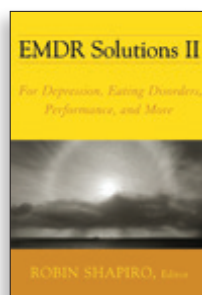
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Each chapter teems with practical therapeutic strategies and clinical insights, presented in step-by-step instructions that show just how to implement a particular EMDR solution with clients. Features 18 expert EMDR practitioners.

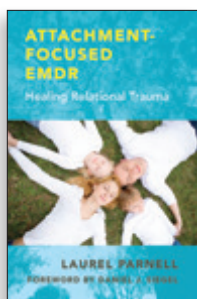
**Contents include:** 5 chapters on EMDR and depression, including assessment, trauma-based, endogenous, shame-based, and attachment-based depression • 8 chapters on EMDR and eating disorders, including neurobiology, ego states, bulimia nervosa, desensitizing desire, body dysmorphia, and relapse prevention • EMDR and coaching • EMDR and positive psychology • EMDR with performance issues • EMDR with complex trauma, including the early trauma protocol • somatic and ego state interventions • EMDR with obsessive-compulsive personality disorder • EMDR with medical trauma, including birth-related trauma • treating chemical sensitivities • EMDR with sex offenders • EMDR with the religious and spiritually attuned

ISBN: 978-0-393-70588-1 • 2009 • 528 pages • \$44.95

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LAUREL PARNELL, Foreword by DANIEL J. SIEGEL

"Master clinician Laurel Parnell has written a book that does justice to the depth and effectiveness of her clinical work. *Attachment-Focused EMDR* reveals how healing deepens when the power of the EMDR method is brought to bear both upon clients' relational traumas, and upon the healing residing in the genuine connection between client and therapist. Readers will benefit from Parnell's wisdom, clinical experience, and direct and down-to-earth writing style, as well as the case examples she provides with transcripts from actual sessions. **I highly recommend this book—with its relational focus, it will enrich and deepen the practice of any clinician interested in working more effectively.**" —Diana Fosha, PhD, Developer of AEDP, author of *The Transforming Power of Affect*



**Topics include:** The Five Basic Principles of Attachment-Focused EMDR • Therapist Characteristics and Skills for Attachment Repair • Creating New Parents and Repairing Developmental Deficits • Case Histories • Love Resources • Creating the Safe Therapeutic Container • Creating Targets and Modifying the Protocol • Reevaluation and the Pacing of Treatment • Bringing an Attachment Focus to Desensitization • Using Interweaves to Unblock Processing • Five EMDR Sessions Demonstrating the Use of Interweaves to Repair Attachment Trauma • Case Examples

ISBN: 978-0-393-70745-8 • 2013 • 256 pages • \$39.95

See page 84 for Laurel Parnell's *A Therapist's Guide to EMDR; EMDR in the Treatment of Adults Abused as Children; and Transforming Trauma: EMDR.*

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ROBIN SHAPIRO, Editor

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ISBN: 978-0-393-70467-9 • 2005 • 368 pages • \$39.00

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See page 41 for Robin Shapiro's *Trauma Treatment Handbook.*

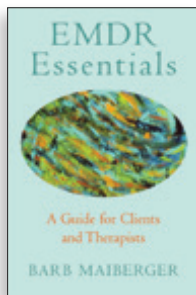
**EMDR ESSENTIALS*****A Guide for Clients and Therapists***

BARB MAIBERGER

**Contents: Part I: An Inside Look at EMDR Therapy**

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ISBN: 978-0-393-70569-0 • 2009 • 256 pages • \$24.95

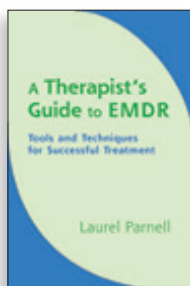
**A THERAPIST'S GUIDE TO EMDR*****Tools and Techniques for Successful Treatment***

LAUREL PARNELL

"In this book, Dr. Parnell shares the wealth of experience she has accumulated over 15 years as an EMDR facilitator, trainer, and clinician. **An excellent text for newly trained clinicians and experienced EMDR practitioners alike, the book addresses a myriad of clinical issues and challenges, going far beyond what is covered in the 40-hour basic EMDR training,** and introducing alternatives to the standard protocols based on the author's extensive experience. She is to be applauded for her thorough and practical presentation." —Philip Manfield, EMDR consultant and trainer, and editor of *EMDR Casebook*

Areas essential to successful utilization of EMDR are emphasized. These include: case conceptualization; preparation for EMDR trauma processing, including resource development and installation; target development; methods for unblocking blocked processing, including the creative use of interweaves; and session closure.

ISBN: 978-0-393-70481-5 • 2007 • 384 pages • \$35.00

See page B3 for Laurel Parnell's latest book, *Attachment-Focused EMDR*.**EMDR IN THE TREATMENT OF ADULTS ABUSED AS CHILDREN**

LAUREL PARNELL

"Dr. Parnell has effectively drawn together a wide range of suggestions and case examples to assist clinicians in using EMDR with difficult and complex cases of adult survivors of childhood abuse. An excellent complement to the standard EMDR textbook and training for those working with this important population." —**Francine Shapiro**, PhD, Senior Research Fellow, Mental Research Institute, Executive Director, EMDR Institute

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LAUREL PARNELL

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ISBN: 978-0-393-31757-2 • 1996 • 288 pages • \$21.95

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ROBERT H. TINKER and SANDRA A. WILSON

The adult protocol is modified so that it can be used to treat children as young as 2. Through numerous case studies, Tinker and Wilson show that EMDR can be applied to children to advance their mental health, growth, and development.

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STEVEN M. SILVER and SUSAN ROGERS, Forewords by FRANCINE SHAPIRO and HOWARD LIPKE

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ISBN: 978-0-393-70366-5 • 2001 • 240 pages • \$32.00

**EMDR CASEBOOK*****A Casebook of Innovative Applications***

PHILIP MANFIELD, Editor

ISBN: 978-0-393-70416-7 • 2003 • 364 pages • \$24.95

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MAGGIE PHILLIPS

ISBN: 978-0-393-70326-9 • 2000 • 272 pages • \$35.00

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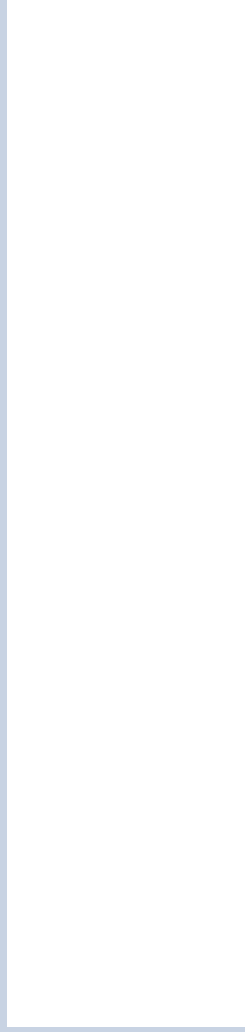
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