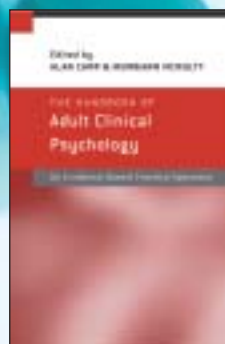
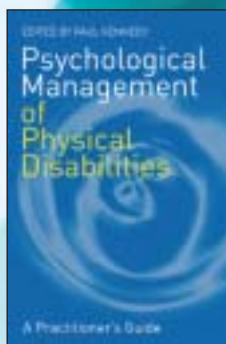
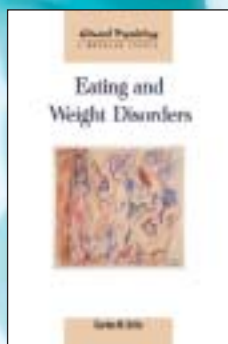


Textbooks Spring Catalogue

Clinical Psychology 2007

Featuring New and Key Backlist Titles on:

**Clinical Problems
Clinical Psychology
Professional Issues and Development
Psychotherapy**



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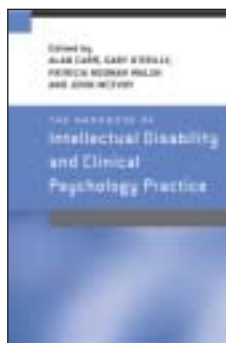
Arenas

As part of Routledge's ongoing initiative to provide the best available online resources in support of our top-selling line of Mental Health titles, we are pleased to announce the launch of our new *Clinical Psychology Arena*.

We've made the arena very easy to navigate around, because we know that you want to find the information you're after quickly, whether it's the 'buy now' link for a particular book, the date and venue of a forthcoming conference, or the online version of a specific academic journal article.

www.clinicalpsychologyarena.com

Clinical Psychology



Forthcoming!

The Handbook of Intellectual Disability and Clinical Psychology Practice

Edited by Alan Carr, Gary O'Reilly, and Patricia Noonan Walsh, all at the University College Dublin, Ireland, and John McEvoy, Dundalk Institute of Technology, Ireland

The Handbook of Intellectual Disability and Clinical Psychology Practice will equip clinical psychologists in training with the skills necessary to complete a clinical placement in the field of intellectual disability.

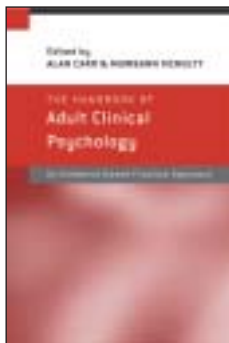
The book is divided into seven sections, which cover *conceptual frameworks*, *assessment frameworks* and *intervention frameworks*, and the specific problems that arise in *infancy and early childhood*, *middle childhood*, *adolescence* and *adulthood*. Chapters combine discussion of the theoretical and empirical issues with practical considerations. The authors incorporate detailed practice descriptions throughout, which will allow clinicians to use the book as a step-by-step guide to clinical work.

This comprehensive, evidence-based practice *Handbook* will prove an invaluable resource for anyone undertaking postgraduate training in clinical psychology, as well as practising clinical psychologists, psychiatrists and psychotherapists.

CONTENTS: Emerson, Preface. Carr, Foreword. **Conceptual Frameworks.** Carr, O'Reilly, Diagnosis, Classification and Epidemiology. Carr, O'Reilly, Lifespan Development and the Family Lifecycle. **Assessment Frameworks.** O'Reilly, Carr, Evaluating Intelligence Across the Life-span: Integrating Theory, Research and Measurement. Keith, Evaluation of Quality of Life. Carr, O'Reilly, Interviewing and Report Writing. **Intervention Frameworks.** Colye, Person Centred Planning. O'Reilly, Sigafoos, Lancioni, Green, Olive, Lacey, Cannella, Applied Behaviour Analysis. Kroese, Dangan, Jahoda, Cognitive Behaviour Therapy. **Infancy and Early Childhood.** Blacher, Feinfield, Kraemer, Supporting Families who have Children with Disabilities. Baker, Feinfield, Early Intervention and Parent Training. Wiggs, Sleep Disorders. Grey, McClean, Toileting Problems. Sturmey, Reyer, Mayville, Matson, Feeding Difficulties and Eating Disorders. Udwin, Kuczynski, Behavioural Phenotypes in Genetic Syndromes Associated with Intellectual Disabilities. Jordan, Autistic Spectrum Disorders. **Middle Childhood.** Wehmeyer, Lee, Educating Children with Intellectual Disabilities. Sigafoos, O'Reilly, Green, Communication Difficulties and the Promotion of Communication Skills. McClean, Grey, Modifying Challenging Behaviour and Planning Positive Supports. **Adolescence.** Parmenter, Harman, Yazbeck, Riches, Life Skills Training for Adolescents with Intellectual Disabilities. Valenti-Hein, Choinski, Relationships and Sexuality in Adolescence. **Adulthood.** Walsh, Linehan, Living and Working in the Community. Zaman, Holt, Bouras, Managing Mental Health Problems in People with Intellectual Disabilities. Murphy, Intellectual Disability and Sexual Abuse. McCannon, McCallion, Supporting Families with Aging Members who have Intellectual Disabilities. McGuire, McEvoy, The Macrosystem and Professional Issues. McEvoy, McGuire, Risk Assessment.

February 2007: 992pp.

Pb: 1-58391-862-0 / 978-1-58391-862-3: £32.99/\$58.95



The Handbook of Adult Clinical Psychology

An Evidence Based Practice Approach

Edited by Alan Carr, and Muireann McNulty, both at the University College Dublin, Ireland

The Handbook of Adult Clinical Psychology provides a reliable source of guidance on the full range of issues associated with conducting evidence based practice in adult mental health.

Topics covered include:

- general frameworks for practice: classification and epidemiology; CBT, psychodynamic, systemic and bio-medical models; general assessment procedures
- mood problems: depression, bipolar disorder and managing suicide risk
- anxiety problems: generalized anxiety disorder, panic disorder, obsessive compulsive disorder, PTSD and social phobia
- physical health problems: somatoform disorders, chronic pain, adjustment to cancer, eating disorders and substance abuse
- other psychological difficulties: schizophrenia, borderline personality disorder, psychological problems in older adults, anger management and depersonalization disorder.

Each chapter includes useful skill building exercises, summaries of the issues covered, suggested further reading lists for both psychologists and patients, and case material.

This practical *Handbook* will prove invaluable to clinical psychologists in training, helping them to build the necessary skills to complete a clinical placement in the field of adult mental health.

CONTENTS: *Hemsley*, Foreword. Preface. **Part I: Conceptual Frameworks.** Carr, McNulty, Normal Psychological Development in Adulthood. Carr, McNulty, Diagnosis, Classification, and Epidemiology. Carr, McNulty, Cognitive Behavioural Approaches. McNulty, Carr, Psychodynamic Approaches. Carr, McNulty, Interpersonal and Systemic Approaches. McWilliams, O'Callaghan, Biomedical Approaches and the Use of Drugs to Treat Adult Mental Health Problems. Carr, McNulty, Intake Procedures and Report Writing. **Part II: Mood Disorders and Suicide.** Carr, McNulty, Depression. Lam, Jones, Bipolar Disorder. Carr, McNulty, Suicide Risk. **Part III: Anxiety Disorders.** Wells, Generalized Anxiety Disorder. Taylor, Panic Disorder. Silva, Obsessive Compulsive Disorder. Creamer, Post-traumatic Stress Disorder. Bates, Social Phobia. **Part IV: Physical Health Problems.** Walker, Furer, Health Anxiety: Hypochondriasis and Somatization. Turk, Burwinkle, Coping with Chronic Pain. White, Psychological Assessment and Treatment in Cancer Care. Carr, McNulty, Eating Disorders: Bulimia and Anorexia. McCrady, Alcohol and Substance Use Problems. **Part V: Other Psychological Difficulties.** Kuipers, Schizophrenia. Linehan, Kuo, Borderline Personality Disorder. Woods, Lamers, Psychological Problems of Older People. Novaco, Taylor, Anger. Blanco-Campal, Depersonalization Disorder.

2006: 1096pp.

Pb: 1-58391-854-X / 978-1-58391-854-8: £32.99/\$58.95



The Handbook of Child and Adolescent Clinical Psychology

A Contextual Approach

Second Edition

Alan Carr, University College Dublin, Ireland

"Alan Carr's Handbook does an admirable job in providing immensely practical approaches for the assessment and treatment of mental health problems in young people, whilst also being critically and constructively informative on the findings of research and the claims of theories. The succinct listing of further readings for both professionals and families, together with details of useful web sites, at the end of each chapter is a particular strength." - Michael Rutter, Institute of Psychiatry, London, UK

This second edition of the hugely successful *Handbook of Child and Adolescent Clinical Psychology* incorporates important advances in the field to provide a reliable and accessible source of practical advice.

Beginning with a set of general conceptual frameworks for practice, the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents, drawing on best practice in the fields of clinical psychology and family therapy. In six sections, thorough and comprehensive coverage of the following areas is provided:

- frameworks for practice
- problems of infancy and early childhood
- problems of middle childhood
- problems in adolescence
- child abuse
- adjustment to major life transitions.

Each chapter dealing with specific clinical problems includes detailed discussion of diagnosis, classification, epidemiology and clinical features, as well as illustrative case examples.

This book will be invaluable both as a reference work for experienced practitioners, and an up-to-date, evidence-based practice manual for clinical psychologists in training.

CONTENTS: **Part I: Frameworks for Practice.** Normal Development. Influences on Problem Development. Classification, Epidemiology and Treatment Effectiveness. The Consultation Process and Intake Interviews. Report Writing. **Part II: Problems of Infancy and Early Childhood.** Sleep Problems. Toileting Problems. Learning and Communication Difficulties. Autism and Pervasive Developmental Disorders. **Part III: Problems of Middle Childhood.** Conduct Problems. Attention and Overactivity Problems. Fear and Anxiety Problems. Repetition Problems. Somatic Problems. **Part IV: Problems in Adolescence.** Drug Abuse. Mood Problems. Anorexia and Bulimia Nervosa. Schizophrenia. **Part V: Child Abuse.** Physical Abuse. Emotional Abuse and Neglect. Sexual Abuse. Adjustment to Major Life Transitions. Foster Care. Separation and Divorce. Grief and Bereavement.

2006: 1224pp.

Pb: 1-58391-831-0 / 978-1-58391-831-9: £32.99/\$59.95



New!

Psychological Management of Physical Disabilities

A Practitioner's Guide

Edited by **Paul Kennedy**,
University of Oxford, UK

"This is a significant volume in terms of its consideration of the applications of clinical health psychology principles and interventions in assisting people in managing physical disabilities. It is a well organised and detailed text and will be essential reading to any health professional who wishes to provide biopsychosocially informed and truly integrated services." - **Tony Wells**, Head of Psychology, City Hospitals Sunderland, UK

The successful integration of psychological factors into the management of physical disabilities is critical to successful health-care delivery. This book provides a comprehensive and accessible guide to the best practice and approaches in this field.

Paul Kennedy brings together contributions from a range of experienced researchers and practitioners, who explore the emotional, motivational and psychological factors associated with the rehabilitation and treatment of people with a range of physical disabilities, including spinal cord injury, stroke, and chronic pain. The book is divided into three sections, covering:

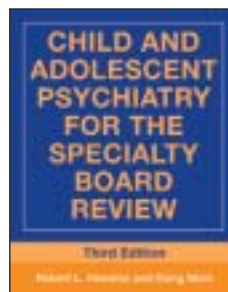
- the scope of psychological processes in physical rehabilitation
- psychological applications and practitioner perspectives
- general organisational challenges and developments.

The *Psychological Treatment of Physical Disabilities* will be of great interest to all clinical psychologists, health psychologists, occupational therapists, counsellors, physiotherapists, physicians and rehabilitation nurses. Service providers know how important psychological factors are. This book explains why and how psychological models and research can support rehabilitation and improve individual well-being.

CONTENTS: **Part I: The Scope of Psychological Processes in Physical Rehabilitation.** *Kennedy*, Introduction, Context and Overview. *Elliott, Warren*, Why Psychology is Important in Rehabilitation. *Elfström*, Coping and Cognitive Behavioural Models in Physical and Psychological Rehabilitation. **Part II: Psychological Applications and Practitioner Perspectives.** *Barton*, Psychological Aspects of Stroke. *Williams, Clyde*, The Psychological Management of Persistent (Chronic) Pain. *Webster, Kennedy*, Spinal Cord Injuries. *Fischer, Scharloo, Kaptein*, Respiratory Rehabilitation. *Bennett*, Cardiovascular Rehabilitation. *Frank, Lee*, Primary Care and Rehabilitation. *Henshaw*, Sexual Aspects of Physical Disability. **Part III: General Organisational Challenges and Developments.** *Erlen, Caruthers*, Adherence to Medical Regimens. *Duff*, Rehabilitation Planning. *Slavin*, Innovations in Technology and their Application to Rehabilitation.

January 2007: 296pp.

Pb: 1-58391-713-6 / 978-1-58391-713-8: £24.99/\$43.00



Forthcoming!

Child and Adolescent Psychiatry for the Specialty Board Review

Third Edition

Robert L. Hendren, specializes in the neurodevelopment of serious emotional disorders, and **Hong Shen**, University of California, Davis, USA

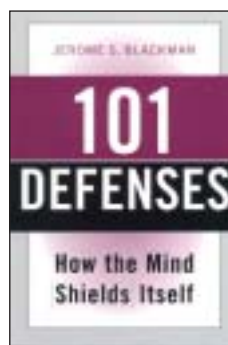
Due to the release of two major textbooks in child and adolescent psychiatry in the last three years, Dr. Hendren felt the findings from these books, particularly in biological psychiatry, should be included in his new edition of this book. For this revised and updated third edition, Dr. Hendren has reviewed every question, answer, and explanation to ensure coverage of the major advances in the classification of child and adolescent disorders represented in the DSM-IV. Some questions not only reflect this move into biological psychiatry but also into managed care in the field.

CONTENTS: Introduction. **Part I: Multiple-choice Questions.** Normal Growth and Development. Developmental Disorders. Schizophrenia Spectrum Disorders and Affective Disorders. Disorders of Conduct and Behavior. Anxiety Disorders. Eating and Nutritional Disorders. Movement Disorders. Disorders of Somatic Function. Substance Use and Abuse. Special Issues. Psychological Testing and Rating Scales. Psychopharmacology. Psychotherapies. Treatment Settings, Health-care System, and Outcome. Special Topics. Research Design, Statistics, and Technologies. **Part II: Mock Examination.** Clinical Assessment, Differential Diagnosis, Formulation, and Treatment Planning. Case Histories. References.

September 2007: 176pp.

Pb: 0-415-95598-X / 978-0-415-95598-0: £21.95/\$34.95

Series: Continuing Education in Psychiatry and Psychology



101 Defenses

How the Mind Shields Itself

Jerome S. Blackman, Eastern Virginia Medical School, USA

Defenses are mental operations that restore or maintain psychic equilibrium when people feel that they cannot manage emotions that stem from conflict; they remove components of unpleasant emotions from conscious

awareness. In this book, Blackman catalogs 101 defenses – the most ever compiled – with descriptions practical for use in everyday assessment and treatment of psychopathology. The many practical tips interspersed throughout this text make it an excellent reference tool for students and experienced clinicians, while the user-friendly features allow all readers to experience how psychological defenses operate in everyday life.

2003: 240pp.

Pb: 0-415-94695-6 / 978-0-415-94695-7: £18.99/\$28.95

Clinical Problems



New!

Clinical Handbook of Co-existing Mental Health and Drug and Alcohol Problems

Edited by **Amanda Baker**, Centre for Mental Health Studies, University of Newcastle, Australia, and **Richard Velleman**, University of Bath, UK

Foreword by **Wayne Hall**, and **Michael Farrell**

"The editors have pulled together a veritable 'who's who' of the fields of substance use and mental health from many parts of the world... If the messages of this book about assessment and treatment are heeded... then the quality of treatment provided for co-existing disorders will be substantially improved." - **Wayne Hall and Michael Farrell**, from the Foreword

Co-existing mental health and drug and alcohol problems occur frequently in primary care and clinical settings. Despite this, health professionals rarely receive training in how to detect, assess and formulate interventions for co-existing problems and few clinical guidelines exist.

This *Handbook* provides an exciting and highly useful addition to this area. Leading clinicians from the UK, the US and Australia provide practical descriptions of assessments and interventions for co-existing problems. These will enable professionals working with co-existing problems to understand best practice and ensure that people with co-existing problems receive optimal treatment.

The contributors also provide detailed descriptions of assessments and treatments for a range of disorders when accompanied by drug and alcohol problems, including anxiety, depression, schizophrenia, bipolar disorder and learning difficulties.

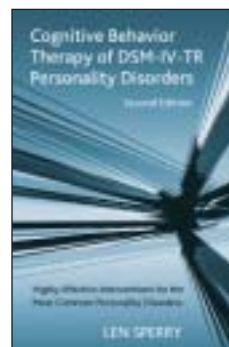
The *Clinical Handbook of Co-existing Mental Health and Drug and Alcohol Problems* will enhance clinicians' confidence in working with people with co-existing problems. It will prove a valuable resource for all psychologists, psychiatrists, counsellors, social workers and all those working in both primary and secondary care health settings.

CONTENTS: *Baker, Velleman*, Preface. *Hall, Farrell*, Foreword. **Part I: Overview: Detection and Decisions.** *Baker, Kay-Lambkin, Lewin*, Co-existing Mental Health and Drug and Alcohol Problems: Steps Towards Better Treatment. *Velleman*, Co-existing Problems: From Conceptualization to Case Formulation. **Part II: General Processes When Working with People with Co-existing Mental Health and Drug and Alcohol Problems.** *Kavanagh, Connolly*, Motivational Interviewing. *Baker, Bucci, Kay-Lambkin, Hides*, Cognitive Behaviour Therapy for People with Co-existing Mental Health and Drug and Alcohol Problems. *Smith, Velleman*, Family Intervention for Co-existing Mental Health and Drug and Alcohol Problems. *Mueser, Pierce*, Group Interventions for Co-existing Mental Health and Drug and Alcohol Problems. *Graham, Tobin, Godfrey*, A Consultation-liaison Service Model Offering a Brief Integrated Motivational Enhancement Intervention. **Part III: Adapting Approaches with Specific Populations or Specific Problems.** *Hides, Lubman, Kay-Lambkin,*

Baker, Young People with Co-existing Mental Health and Drug and Alcohol Problems. *Kelly, Kay-Lambkin, Kavanagh*, Rurally Isolated Populations and Co-existing Mental Health and Drug and Alcohol Problems. *Velleman*, Homelessness Alongside Co-existing Mental Health and Drug and Alcohol Problems. *Baillie, Sannibale*, Anxiety and Drug and Alcohol Problems. *Kay-Lambkin, Baker, Carr*, Depression and Drug and Alcohol Problems. *Barrowclough, Haddock, Lowens, Allott, Earnshaw, Fitzsimmons, Nothard*, Psychosis and Drug and Alcohol Problems. *Whicher, Abou-Saleh*, Bipolar Affective Disorder and Drug and Alcohol Problems. *Coelho, Thornton, Touyz, Lacey, Corfe*, Eating Disorders and Drug and Alcohol Problems. *Crouse, Drake, McGovern*, Personality Disorders and Drug and Alcohol Problems. *Barter*, Learning Disability and Co-existing Drug and Alcohol Problems. **Part IV: Training, Supervision and Future Directions.** *Crome, Bloor*, Training in Co-existing Mental Health and Drug and Alcohol Problems: High Priority in Policy Requires Resources. *Copello, Tobin*, Clinical Team Supervision for Practitioners Treating Co-existing Mental Health and Drug and Alcohol Problems. *Baker, Velleman*, Where to From Here?

January 2007: 424pp.

Pb: 1-58391-776-4 / 978-1-58391-776-3: £27.99/\$49.95



Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders

Highly Effective Interventions for the Most Common Personality Disorders

Second Edition

Len Sperry, Florida Atlantic University, USA

"... some of the best descriptions and clearest CBT treatment conceptualizations available anywhere." - **Arthur Freeman**, From the Foreword

Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders is a timely addition to clinical practice, as personality disorders have received steadily increasing attention in recent years and Cognitive Behavior Therapy is now the most widely practiced theoretical orientation. Thoroughly revised from the first edition, the book offers an overview of the field, with significant updates to reflect the most recent advances in CBT in the treatment of personality disorders. Invaluable as both a text and a professional reference, it emphasizes developmental psychopathology and integrative CBT treatment conceptualizations. It provides busy clinicians with the most effective practical clinical strategies – illustrated with compelling case material – that they need to work effectively with personality-disordered individuals.

CONTENTS: *Freeman*, Foreword. **Part I: Cognitive Behavior Therapy of the Personality Disorders.** Cognitive Behavior Therapy of the Personality Disorders: Basic Considerations. Cognitive Behavior Therapy Interventions with Personality Disorders: I. Cognitive Behavior Therapy Interventions with Personality Disorders: II. **Part II: CBT Strategies with Specific Personality Disorders.** Avoidant Personality Disorder. Borderline Personality Disorder. Dependent Personality Disorder. Narcissistic Personality Disorder. Histrionic Personality Disorder. Obsessive-Compulsive Personality Disorder.

2006: 248pp.

Hb: 0-415-95075-9 / 978-0-415-95075-6: £24.95/\$39.95

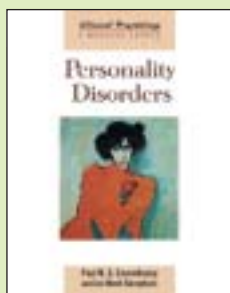
Clinical Psychology: A Modular Course Series

Series Editor: Chris R. Brewin

Clinical Psychology: A Modular Course was designed to overcome problems faced by the traditional textbook in conveying what psychological disorders are really like. All the books in the series, written by leading scholars and practitioners in the field, can be read as stand-alone texts, but they will also integrate with other modules to form a comprehensive resource in clinical psychology.

The series will appeal to those who want to go deeper into the subject than the traditional textbook will allow, and base their examination answers, research projects, assignments, or practical decisions on a clearer and more rounded appreciation of the clinical and research evidence.

www.psypress.co.uk/clinicalmodular



Forthcoming!

Personality Disorders

Paul M.G. Emmelkamp, and Jan Henk Kamphuis, both at the University of Amsterdam, the Netherlands

This comprehensive evidence-based book provides a broad and in-depth

coverage of personality disorders across a variety of patient groups and treatment settings. Emmelkamp and Kamphuis bring together research examining psychological and biological variables which may play a role in the development of personality disorders. This book explores:

- descriptions of personality disorders
- diagnosis and assessment
- epidemiology and course
- aetiology
- treatment strategies.

Illustrated throughout with clinical vignettes as well as scholarly reviews, *Personality Disorders* offers excellent coverage on all aspects of personality disorder, and will be extremely informative for students and practitioners alike.

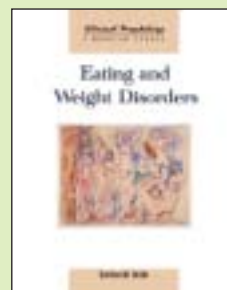
CONTENTS: Description of Personality Disorder. Diagnosis and Assessment. Epidemiology and Course. Biological and Psychological Theories. The Anxious/Inhibited Personality Disorders. Borderline Personality Disorder. Dramatic/Erratic Personality Disorders. Antisocial Personality Disorder and Psychopathy. Schizotypal, Schizoid and Paranoid Personality Disorders.

July 2007: 304pp.

Pb: 0-415-38519-9 / 978-0-415-38519-0: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Eating and Weight Disorders

Carlos M. Grilo, Yale University School of Medicine, USA

"The book is ideal for students and professionals in training... this balanced and authoritative book will be the best single volume coverage of eating and weight

disorders there is." - **G. Terrence Wilson**, Professor of Psychology, Rutgers University, USA

Eating disorders refer to a range of problems characterized by abnormal eating behaviours and beliefs about eating, weight, and shape. Eating disorders, which are classified as psychiatric problems, and obesity, which is classified as a general medical condition, reflect a diverse and perplexing array of biological, social, and psychological phenomena.

Including the most up-to-date research, Carlos Grilo provides a balanced and authoritative overview of current thinking in the fields of eating disorders and obesity with broad yet in-depth coverage of the areas. This highly readable book is an indispensable resource to students and professionals in clinical psychology, health psychology, and psychiatry.

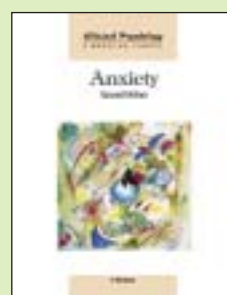
CONTENTS: Overview of Eating and Weight Disorders: Bodies to Die For. The Epidemiology and Nature of Eating and Weight Disorders. Understanding, Assessing and Treating Anorexia Nervosa. Understanding, Assessing and Treating Bulimia Nervosa. Atypical Eating Disorders and Binge Eating Disorders: Assessment and Treatment. Obesity: Assessment and Treatment. Further Reading and Resources.

2006: 256pp.

Pb: 1-84169-548-3 / 978-1-84169-548-8: £15.95/\$27.00

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Anxiety

Second Edition

Stanley J. Rachman, University of British Columbia, Canada

"[This book] synthesises a wealth of clinical and basic research data and highlights the key findings in the field. It is informative, clearly written and very easy

to read. I highly recommend this book as a starting point for psychology students or practitioners requiring a concise yet authoritative overview of this flourishing area of research and clinical practice." - **Melanie Marks**, Behaviour Research and Therapy

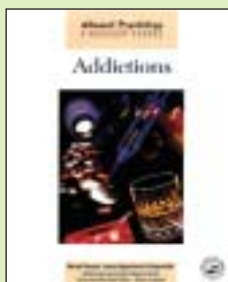
This textbook discusses anxiety – a pervasive and significant negative effect that is a central feature of many psychological problems, including those that were frequently called “neuroses”. Anxiety is an intriguing and complex phenomenon that lends itself to cognitive analyses. It involves the interplay of vigilance, attention, perception, reasoning and memory, the very meat of cognitive processing.

2004: 224pp.

Pb: 1-84169-516-5 / 978-1-84169-516-7: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Addictions

Maree Teesson, Louisa Degenhardt, and Wayne Hall, all at the National Drug and Alcohol Research Centre, University of New South Wales, Sydney, Australia

"Busy clinicians will find themselves referring to this book frequently for recommended interventions. I recommend this book highly for students of psychology and other health disciplines as well as practitioners wanting a quick resource tool for assessing and treating alcohol and other drug problems." - Amanda Baker, University of Newcastle, Drug and Alcohol Review

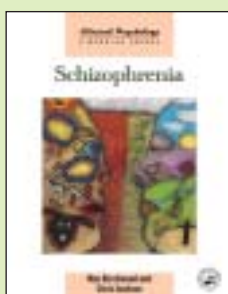
Addictions is designed for students and professionals who wish to gain an authoritative, research-based knowledge of a variety of addictions. It covers issues such as diagnosis, epidemiology, psychological and biological models and treatments and draws on the research of The National Drug and Alcohol Research Centre, Sydney, and on a variety of international surveys.

2002: 152pp.

Pb: 1-84169-314-6 / 978-1-84169-314-9: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Schizophrenia

Max Birchwood, Early Intervention Service, Birmingham, UK, and Chris Jackson, University of Birmingham, UK

"This is a very worthwhile volume... The book will be ideally suited to final year undergraduates undertaking an 'Abnormal Psychology' Option, and also

as an introductory text for trainee clinical psychologists and psychiatrists... I strongly recommend it." - Professor David Hemsley, Institute of psychiatry

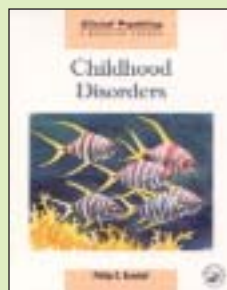
Schizophrenia continues to be the most debilitating of the psychotic disorders with less than one third returning to a 'normal' level of functioning. Our understanding of this disorder has advanced considerably over the last 10 years with major contributions from neurobiology but particularly from an understanding of the way in which psychosocial and psychological factors interact with underlying vulnerabilities to influence both the content and timing of psychotic symptoms and the personal and social difficulty they create. This book brings together this disparate and complex literature in a highly accessible and up-to-date way. It is written by two leading academic-clinical psychologists in the area who uniquely bring together an understanding of key scientific concepts with clinical reality.

2001: 192pp.

Pb: 0-86377-553-5 / 978-0-86377-553-6: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Childhood Disorders

Philip C. Kendall, Temple University, Philadelphia, USA

"To give such a broad view of the models, disorders and issues is impressive for such a slim volume and this would be an interesting book for undergraduates, or any reader wishing to gain a quick and comprehensive overview of childhood disorders." - Victoria Bream, Behavioural and Cognitive Psychotherapy

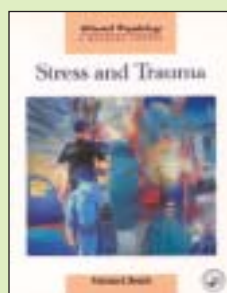
In *Childhood Disorders*, Philip C. Kendall provides an up-to-date summary of the current information about the psychological disorders of childhood – their causes, nature and course – together with discussion and evaluation of the major models that guide psychological thinking about the disorders.

2000: 229pp.

Pb: 0-86377-609-4 / 978-0-86377-609-0: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Stress and Trauma

Patricia A. Resick, University of Missouri, USA

"Stress and Trauma by Patricia A. Resick is an interesting and engaging book. It will be an essential resource for students of psychology, medicine, nursing, as well as mental health professionals who require a comprehensive, yet accessible

introduction to the complicated field of stress and trauma."

- Allison Harvey, Oxford University, UK

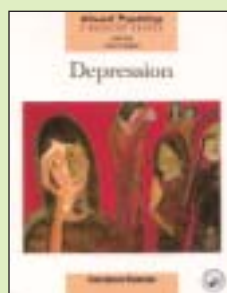
Stress and Trauma provides a well-written, accessible overview of traumatic stress studies. It reviews the full range of clinical disorders that may result from extreme stress, with particular emphasis on the most common disorder – post-traumatic stress disorder (PTSD).

2000: 216pp.

Pb: 1-84169-190-9 / 978-1-84169-190-9: £15.95/\$26.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press



Depression

Constance Hammen, University of California, Los Angeles, USA

This book is intended for students and professionals who are seeking an up-to-date summary of research-based information on depression.

1997: 224pp.

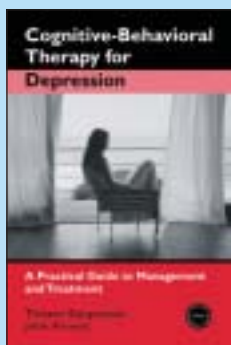
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Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press

Practical Clinical Guidebooks Series

The *Practical Clinical Guidebooks Series* provides clinicians, students, and trainees with clear descriptions of practical, empirically supported treatments for specific disorders and their sequelae. Focusing largely on Cognitive Behavioral approaches to the assessment, diagnosis, and treatment of a disorder, each volume presents a clear and focused structure to facilitate the transition from book to practice.



Forthcoming!

Cognitive-Behavioral Therapy for Depression

A Practical Guide to Management and Treatment

Thröstur Björgvinsson, Baylor College of Medicine, USA, and Johan Rosqvist, Pacific University, USA

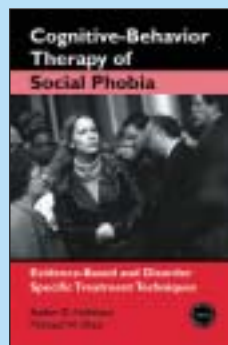
Cognitive-Behavioral Therapy for Depression provides an overview of the established core techniques and strategies for using CBT with depression while drawing together the latest research and soundest thinking in the field today. Unique to this volume is the coverage of a variety of manualized approaches to therapy, allowing for CBT to be applied in a flexibly modular fashion. With an emphasis on practical guidelines to established therapeutic techniques and treatment strategies, illustrated through a number of case examples, this book provides clinical insight into how to apply it in a meaningful way to the broadly varying forms of depression.

CONTENTS: Part I: Introduction. The Nature of Depression. Models of Depression. Part II: Cognitive-Behavioral Therapy: Management and Treatment. Assessment. Setting the Stage. Starting Work. Working Through. Towards Termination. Part III: Aftercare, Challenges, and Case Illustrations. Different Populations and Case Illustrations. Challenges and Future Directions.

September 2007: 240pp.

Pb: 0-415-95340-5 / 978-0-415-95340-5: £15.95/\$24.95

Series: *Practical Clinical Guidebooks*



Forthcoming!

Cognitive-Behavior Therapy of Social Phobia

Evidence-Based and Disorder Specific Treatment Techniques

Stefan G. Hofmann, and Michael W. Otto, both at Boston University, USA

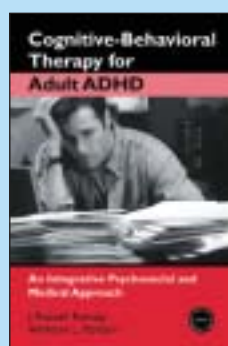
Social phobia, or social anxiety disorder, is among the most common (and debilitating) of the anxiety disorders, and at any given time it effects somewhere between 3 and 5% of the US population, with similar statistics found in countries around the world. Cognitive-Behavior Therapy (CBT) has been demonstrated to be the most effective form of treatment for social phobia, but research has shown that conventional CBT principles and general interventions fall short of the mark. With this in mind, Drs. Hofmann and Otto have composed an organized treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies. This volume builds upon empirical research to address the psychopathology and heterogeneity of social phobia, creating a series of specific interventions with numerous case examples.

CONTENTS: Description of Disorder. Overall Description of Treatment Strategy. Session by Session Interventions. Research Basis. Clinical Cases. Complicating Factors. Maintenance and Follow-up Strategies.

August 2007: 272pp.

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Series: *Practical Clinical Guidebooks*



Forthcoming!

Cognitive-Behavioral Therapy for Adult ADHD

An Integrative Psychosocial and Medical Approach

J. Russell Ramsay, and Anthony L. Rostain, both at the University of Pennsylvania School of Medicine, USA

Attention Deficit/Hyperactivity Disorder (ADHD) is a disorder that afflicts anywhere from 2 to 5 percent of the adult population (roughly 8-10 million Americans). Among several therapeutic treatment approaches available as a supplement or alternative to medication, Cognitive Behavioral Therapy (CBT) has emerged as the most successful and has the strongest current evidence base of support, while integrative treatment programs that combine CBT and prescription drugs have shown even more promise. In this volume, Ramsay and Rostain provide an overview of symptoms, assessment and diagnosis issues for adult ADHD. Utilizing research, case examples, and a combined

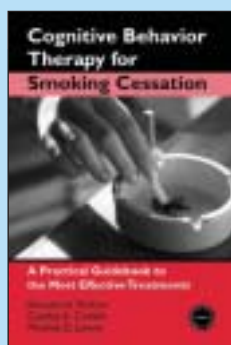
biological and psychosocial treatment approach, the authors discuss the many complicated factors that go into treatment, relapse prevention, and long-term management of adult ADHD, including particular focus on comorbidity and medication issues.

CONTENTS: Adult ADHD: Diagnosis, Symptoms, Etiology, and Assessment. Models of Treatment: CBT and Pharmacotherapy for Adult ADHD. Research Evidence for CBT and Medications for Adult ADHD. Clinical Case Examples. Complicating Factors. Maintenance and Follow-up.

July 2007: 240pp.

Pb: 0-415-95501-7 / 978-0-415-95501-0: £18.95/\$29.95

Series: *Practical Clinical Guidebooks*



Forthcoming!

Cognitive Behavior Therapy for Smoking Cessation

A Practical Guidebook to the Most Effective Treatments

Kenneth A. Perkins, Cynthia A. Conklin, and Michele D. Levine, all at the University of Pittsburgh, USA

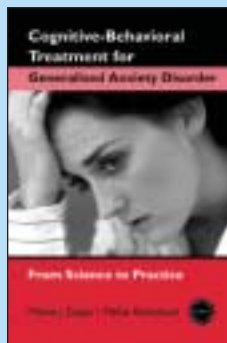
The central goal of the therapist engaged in helping someone to quit smoking is to teach the smoker ways to prepare to quit, successfully abstain through regular self-monitoring and behavioral modifications, and then to continue to maintain this abstinence over a greater period of time. Cognitive Behavior Therapy (CBT) has been shown to be an effective approach for smoking cessation, and is becoming an attractive alternative for people who want or need the additional support beyond nicotine gum or pharmacological options. The basic counseling strategies and interventions employed are fundamental tools that have been established, researched, and refined over the past decades. Unique to this volume, however, is the inclusion of a specific CBT model designed to address weight gain concerns in the smoker. Ken Perkins and his colleagues are leading researchers in this area of intersection between smoking cessation and concerns about the potential gain in weight that can accompany a successful quitting. They build upon the general CBT approach to smoking cessation counseling by allowing the practitioner to incorporate specifically tailored interventions, behavior modifications, and therapeutic strategies when working with clients who are worried about gaining weight. In this single volume, the authors have provided a valuable guidebook to an empirically based CBT approach to smoking cessation.

CONTENTS: The Consequences of Smoking and the Nature of Tobacco Dependence. Preparing Smokers to Quit. Time to Quit. Medications to Aid Quitting. Handling Withdrawal and Dealing with Lapses. Addressing Weight Gain Concerns. Cessation Treatment for Subpopulations and Smokers with Comorbid Conditions. Follow-up and Long-term Maintenance.

July 2007: 224pp.

Pb: 0-415-95463-0 / 978-0-415-95463-1: £17.95/\$27.95

Series: *Practical Clinical Guidebooks*



Cognitive-Behavioral Treatment for Generalized Anxiety Disorder

From Science to Practice

Michel J. Dugas, Concordia University, Canada, and **Melisa Robichaud**, Psychologist, Anxiety Disorders Clinic of UBC Hospital, Vancouver, Canada

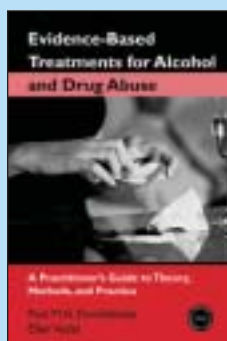
Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice provides a review of the empirical support for the different models of GAD. It includes a detailed description of the assessment and step-by-step treatment of GAD (including many examples of therapist-client dialogue), data on treatment efficacy in individual and group therapy, and concludes with a description of maintenance and follow-up strategies.

CONTENTS: Description of Generalized Anxiety Disorder. A Cognitive Model of GAD. Diagnosis and Assessment. Treatment Overview. Step-by-Step Treatment. Treatment Efficacy. Addressing Complicating Factors.

2006: 224pp.

Pb: 0-415-95211-5 / 978-0-415-95211-8: £17.95/\$27.95

Series: *Practical Clinical Guidebooks*



Evidence-Based Treatments for Alcohol and Drug Abuse

A Practitioner's Guide to Theory, Methods, and Practice

Paul M.G. Emmelkamp and **Ellen Vedel**, both at the University of Amsterdam, the Netherlands

"The Authors have carefully assessed the research evidence in the field selecting what really matters to the clinician. They have provided clear and practical descriptions of the treatment approaches which may affect the course of alcohol and drug abuse. The book is a must for anyone working in the field and a superb synthesis of clinical wisdom and research understanding." - **Giovanni A. Fava**, Editor-in-Chief of *Psychotherapy and Psychosomatics*

The third volume in the *Practical Clinical Guidebooks Series (PCG)*, *Evidence-Based Treatments for Alcohol and Drug Abuse*, defines the characteristics, classification, and prevalence of substance use disorders, and provides the clinician with practical guidelines applicable across a variety of treatment settings and patient groups. Drawing on the recent research in the field, the authors provide the practising clinician and student with an up-to-date understanding of the epidemiology, etiology, course and prognosis of substance abuse disorders that would be relevant to clinical practice. In addition to describing

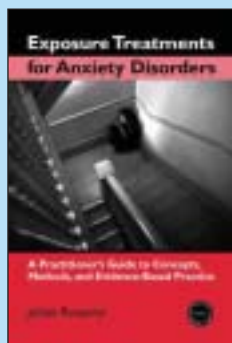
phenomenology and etiology, the book provides a comprehensive guide to the assessment and treatment of DSM-IV-TR substance abuse disorders (SUDs), including abuse and dependence of alcohol, stimulants, opiates, hallucinogens, cannabis/marijuana, sedative, and party drugs.

CONTENTS: Description of Substance Abuse and Dependence. Clinical Interventions. Research Basis of Treatments. Clinical Cases. Complicating Factors. Maintenance and Follow-up Strategies.

2006: 304pp.

Pb: 0-415-95286-7 / 978-0-415-95286-6: £15.95/\$24.95

Series: *Practical Clinical Guidebooks*



Exposure Treatments for Anxiety Disorders

A Practitioner's Guide to Concepts, Methods, and Evidence-Based Practice

Johan Rosqvist, Pacific University, USA

Exposure Treatments for Anxiety Disorders is a unique volume, as it draws together the latest research on the rapidly-expanding field of anxiety disorders and illuminates how to correctly apply the proven methodology of behavioral therapy techniques to the variety of situations that face today's mental health professional. That said, cognitive therapy has in the last 10 years gotten increased attention as an alternative to behavior therapy in the treatment of anxiety disorders. But while it is gaining acceptance among practitioners, cognitive therapy has yet to illustrate substantial benefits above those that behavior therapy can already provide. In light of the aforementioned, coupled with the pressure many practitioners feel from managed care paradigms and shrinking healthcare coverage, this book will be a welcome resource allowing for increased clarity of action, accountability, and ultimately, positive client outcome. Each chapter is designed to address pivotal aspects in the assessment, formulation and diagnosis, and treatment of anxiety disorders, to a sufficient depth that the generalist practitioner will be comfortable using this book as a guide when working with the anxiety disordered client.

SELECTED CONTENTS: Anxiety Phenomenon – Nature and Disorder. Description of the Behavioral Treatment Strategy – Exposure. Research Basis of the Phenomenon and its Treatment. Clinical Cases – Illustration of Assessment, Formulation and Treatment. Complicating Factors in Anxiety Treatment – Obstacles and Solutions. Maintenance and Follow-up Strategies – Future and Continued Progress. Appendices.

2005: 280pp.

Pb: 0-415-94847-9 / 978-0-415-94847-0: £15.99/\$24.95

Series: *Practical Clinical Guidebooks*



Treating Sexual Offenders

An Integrated Approach

William L. Marshall, and Liam E. Marshall, both at Queen's University, Ontario, Canada, Geris A. Serran, Clinical Director, Rock Wood Psychological Services, and Yolanda M. Fernandez,

Correctional Services of Canada's Ontario Regional Director of Sexual Offender Program

Through extensive consideration of current research, theory and practice, *Treating Sexual Offenders* provides a guide to the assessment, treatment, and evaluation of a number of different disorders.

Provides therapists with the means to have a continued positive impact on the sex offender, from assessment to post-treatment evaluation and follow-up. Includes fetishisms, transvestic fetishisms, exhibitionism, frottage, pedophilia, sexual sadism, sexual masochism, telephone scatologia, voyeurism, rape, child molestation, and incest.

CONTENTS: Description of Disorder. Overall Description of Treatment Strategy. Research Bases. Clinical Case Illustrations. Complicating Factors. Maintenance and Follow-up Strategies. Appendix: Therapist Rating Scale.

2006: 264pp.

Pb: 0-415-94936-X / 978-0-415-94936-1: £18.95/\$29.95

Series: *Practical Clinical Guidebooks*

Professional Issues and Development



The Biopsychosocial Formulation Manual

A Guide for Mental Health Professionals

William H. Campbell, Case Western Reserve University School of Medicine, USA, and Robert M. Rohrbaugh, Yale University School of Medicine, USA

"Drs. Campbell and Rohrbaugh have written a highly readable, practical, balanced, thoughtful and helpful guide to biopsychosocial formulation. It is sure to become one of the

classics in the field of clinical psychiatry education."

- Dr. Anthony Rostain, Director of Education, Department of Psychiatry, University of Pennsylvania, USA

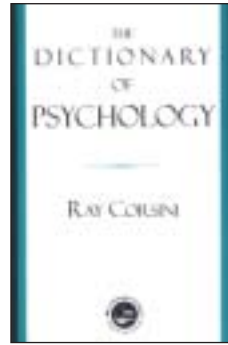
Based on George Engel's model, *The Biopsychosocial Formulation Manual* presents ways to help psychiatry residents and students effectively gather and organize patient data to arrive at a complete mental health history in a limited timeframe. While most current models only take one factor into account, Campbell and Rohrbaugh emphasize and analyze three essential components (biological, social, and psychological).

The process of identifying pertinent data for each component of the biopsychosocial formulation is explicated in detail. A separate section outlines how to use the biopsychosocial formulation to generate treatment recommendations. This volume includes a complete package for practicing the biopsychosocial method; this easy-to-use guide includes a data record sheet and a companion CD to facilitate organization and assessment, appealing to both the psychiatric professional and the trainee.

CONTENTS: Introduction. An Overview of the Biopsychosocial Formulation Model. The Biological Formulation. The Psychological Formulation. The Social Formulation. Differential Diagnosis. Risk Assessment. The Biopsychosocial Treatment Plan. Prognosis. Putting it all Together. Appendices.

2006: 176pp.

Pb: 0-415-95142-9 / 978-0-415-95142-5: £18.95/\$29.95



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Ray Corsini

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CONTENTS: How To Use This Dictionary. Appendices: Prefixes, Suffixes, and Affixes; DSM-IV Terms; The Greek Alphabet; Medical Prescription Terms; Systems of Treatment; Measuring Instruments; Symbols; Learning Theory Symbols; Rorschach Descriptions; Biographies.

2001: 1176pp.

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