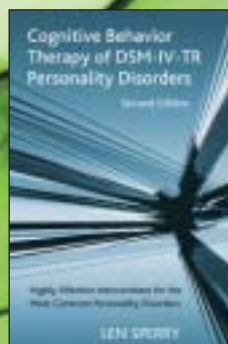
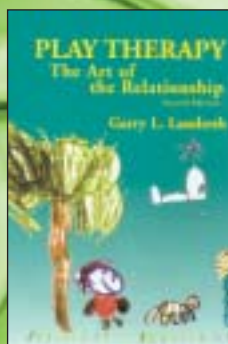


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Psychotherapy and Counseling 2007

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Clinical Problems
College and School Counseling
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Family Therapy
Professional Issues and Development
Psychotherapy and Counseling
Student Resources



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Psychotherapy and Counseling



Forthcoming!

Introduction to Multicultural Counseling for Helping Professionals

Second Edition

Wanda M. L. Lee, John A. Blando, Nathalie Mizelle, and Graciela Orozco, all at San Francisco State University, USA

When the first edition of *An Introduction to Multicultural Counseling* was published in 1999, there were few general textbooks in this area and those in print were limited in scope. In its new edition, this book will continue to be viewed as a comprehensive, accessible, and teachable text for the introduction to multicultural counseling and therapy. The new edition includes two entirely new chapters on counseling Arab Americans and counseling with bi-racial and multi-racial Americans, including case examples and discussion of socio-economic class issues within each of the culture-specific chapters.

CONTENTS: Multicultural Counseling: Past, Present, and Future. Understanding and Appreciating Difference. Cultural Aspects of Psychological Assessment. Cultural Transition. Cultural Identity Development. Native Americans in Counseling. African Americans in Counseling. Latinos and Latinas in Counseling. Asian and Pacific Islander Americans in Counseling. European Americans in Counseling. Arab Americans in Counseling. Counseling Women. Counseling Men. Counseling Gay, Lesbian, Bisexual, or Transgender People. Counseling Older Persons. Counseling Persons with a Disability. Developing Multicultural Counseling Skill. Appendices.

March 2007: 368pp.
Pb: 0-415-95702-8 / 978-0-415-95702-1: £28.00/\$44.95



Counseling Multicultural and Diverse Populations

Strategies for Practitioners

Fourth Edition

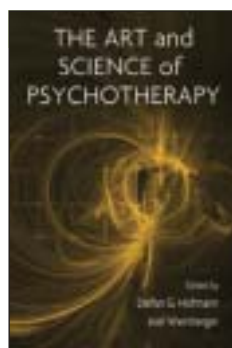
Edited by Nicholas A. Vacc, Susan B. DeVaney, and Johnston M. Brendel

The purpose of this book is to expose students of the helping professions, counselors, teachers, college professors, mental health workers, and social workers to the unique characteristics of representative American subgroups and to effectively assist these same professionals as they work with clients and/or

students from these populations. These are grouped by race, gender, sexuality, age, physical limitations and lifestyle etc. The author of each chapter is both a trained helping professional and a member of the group in question. This unique combination of qualifications lends both an academic and a personal perspective to the understanding of the populations represented.

CONTENTS: Introduction. *Fuller*, Self-awareness and Cultural Understanding. *Garrett*, Counseling Native Americans. *Westbrooks*, African Americans: A Remarkable People. *Chang*, Counseling Asian Americans. *Brendel*, *Sustaeta*, Counseling Hispanic Americans. *Nassar-McMillan*, Counseling Arab Americans. *Williams*, Counseling Multi-Racial Americans. *Foster*, *May*, Counseling Women from Feminist Perspectives. *Daniel*, Counseling Men. *Holicky*, Counseling People with Physical Disabilities. *Connor*, Counseling Sexual-minority Persons. *Rayle*, *Myers*, Counseling Older Persons. *Minatrea*, *Kolbert*, Counseling Incarcerated Clients. *Wittmer*, Counseling the Older Order Amish. *Loesch*, *Burch-Ragan*, Preparation for Helping Professionals Working with Diverse Populations.

2003: 368pp.
Hb: 1-58391-348-3 / 978-1-58391-348-2: £29.95/\$47.95



New!

The Art and Science of Psychotherapy

Edited by **Stefan G. Hofmann**, Boston University, USA, and **Joel Weinberger**, Adelphi University, USA

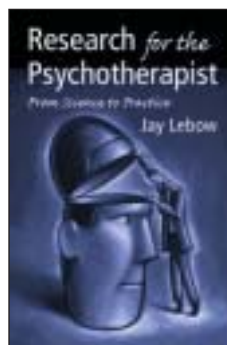
"The extraordinary overview of the present-day status of research in psychotherapy contained in The Art and Science of Psychotherapy is a unique, updated, profoundly informative and sobering analysis of where research in psychotherapy stands at this point." - **Otto F. Kernberg**, Professor of Psychiatry, Weill Medical College of Cornell University, USA

The Art and Science of Psychotherapy offers invaluable insight into the creative side of psychotherapy. The book addresses the fundamental split between researchers and scholars who use scientific methods to develop disorder-specific treatment techniques and those more clinically inclined therapists who emphasize the individual, interpersonal aspects of the therapeutic process. With contributions from leading therapists, the editors have compiled a practical handbook for clinical psychologists, social workers, psychiatrists, and mental health professionals.

CONTENTS: *Hofmann*, *Weinberger*, The Art and Science of Psychotherapy: An Introduction. **Part I: Theoretical Issues.** *Westen*, Discovering What Works in the Community: Toward a Genuine Partnership of Clinicians and Researchers. *Blais*, *Hilsenroth*, Methodcentric Reasoning and the Empirically Supported Treatment Debates. *Pachankis*, *Goldfried*, An Integrative, Principle-based Approach to Psychotherapy. *Nathan*, Efficacy, Effectiveness, and the Clinical Utility of Psychotherapy Research. *Stricker*, The Local Clinical Scientist. **Part II: Nonspecific and Common Factors.** *Weinberger*, *Rasco*, Empirically Supported Common Factors. *Clinton*, *Gierlach*, *Zack*, *Beutler*, *Castonguay*, Toward the Integration of Technical Interventions, Relationship Factors, and Participants Variables. *Ruiz-Cordell*, *Safran*, Alliance Ruptures: Theory, Research and Practice. *Arkowitz*, *Engle*, Understanding and Working with Resistant Ambivalence in Psychotherapy: An Integrative Approach. **Part III: Treatments of Axis I Disorders.** *Ehrenreich*, *Buzzella*, *Barlow*, General Principles for the Treatment of Emotional Disorders Across

the Lifespan. *Litz*, *Salters-Pedneault*, The Art of Evidence-based Treatment of Trauma Survivors. **Part IV: Treatments of Axis II Disorders.** *Shedler*, *Westen*, Personality Diagnosis with the Shedler-Westen Assessment Procedure (SWAP): Bridging the Gulf Between Science and Practice. *Levy*, *Scott*, The 'Art' of Interpreting the 'Science' and the 'Science' of Interpreting the 'Art' of the Treatment of Borderline Personality Disorder. *Weinberger*, *Hofmann*, Conclusions: Let a Hundred Flowers Bloom; Let One Hundred Schools of Thought Contend.

2006: 344pp.
Hb: 0-415-95215-8 / 978-0-415-95215-6: £28.00/\$44.95



Research for the Psychotherapist

From Science to Practice

Jay Lebow, Northwestern University, USA

"The eminent family therapist Jay Lebow has written a wonderfully readable book of short essays highlighting various contemporary issues germane to the science and practice of psychological interventions. While writing about these issues tend to be dogmatic, Lebow's perspectives are broad and balanced. Everyone involved in developing and delivering psychotherapy and psychological treatments would benefit from acquaintance with these perspectives."

- **David H. Barlow**, Professor and Director of the Center for Anxiety and Related Disorders at Boston University, USA

While empirical, scientific research has much to offer to the practice-oriented therapist in training, it is often difficult to effectively engage the trainee, beginning practitioner, or graduate student in a subject area that can often glaze over the eyes of a reader focused on practical work. Most books about psychotherapy focus either on the process of gathering, analyzing, presenting, and discussing research results, or on conducting clinical work. What most of these texts lack is an engaging, accessible guide to how to incorporate research into practice. *Research for the Psychotherapist: From Science to Practice* fills that niche with an approach that bridges the gap between research and practice, presenting concise chapters that distill research findings and clearly apply them to practical issues.

This volume should appeal to psychotherapists and students looking for an accessible, jargon-free guide to utilizing research in practical settings.

CONTENTS: **Part I: Psychotherapy and Psychotherapy Research.** Merging Science and Practice Psychotherapy. A Clinician's Primer for Evaluating Research About Psychotherapy. **Part II: Research Focused on Psychotherapy.** Therapy By the Numbers: Critics Claim Empirically Supported Treatments (ESTS) Undermine Clinical Creativity. The Push for Evidence: Defining the Role for Evidence-based Practice. What Can We Say About the Effectiveness of Psychotherapy? The Science of Clinical Artistry: Research-based Principles for Effective Practice. Transformation Now! (Or Maybe Later): Client Change is Not an All-or-Nothing Proposition. Beyond Intuition: Research on Psychotherapeutic Process. Mindfulness Goes Mainstream: Research is Proving the Value of Awareness Processes. Improving Our Track Record: How Therapists Can Better Meet the Needs of the Disadvantaged. Addictions Treatment: Myth vs. Reality. War of the Worlds: Researchers and Practitioners Collide on Eye Movement Desensitization and Reprocessing (EMDR) and Critical Incident Stress Debriefing (CISD). Reassessing Selective Serotonin Reuptake Inhibitors: Separating Hype From Facts About Antidepressants. Outing the Unproven: A New Journal Exposes Therapies That Don't Work. The

Messenger is the Message: The Effectiveness of Treatment Still Depends On Who Delivers It. **Part III: Research Focused On or Relevant to Couple and Family Therapy.** Family Therapy Scorecard: Research Shows the Family Approach is Often the Treatment of Choice. Marital Preparation and Enrichment Programs Document their Value. What Really Makes Couples Happy? A Controversy Divides the World of Marital Researchers. Not Quite the Brady Bunch: Research on Remarriage Families. Methods of Relational Assessment. **Part IV: Doing Research on Your Practice.** New Science for Psychotherapy: Can We Predict How Therapy Will Progress? Learning to Love Assessment: Today's Research Tools Can Help You Be a Better Therapist. Do-It-Yourself Research: The Practical Advantages of Studying Your Own Practice. Models for Evaluating Psychotherapy Practices and Community Mental Health Programs: Public Health Perspectives. **Part V: Research in Psychology That Informs the Practice of Psychotherapy.** Defending the Family: Beware of the Biogenetic Bandwagon. Aging: Fact and Fiction. Keys to Enhancing Performance. Beyond the Sugar Pill: Clarifying the Placebo Effect.

2006: 296pp.
Pb: 0-415-95226-3 / 978-0-415-95226-2: £15.95/\$24.95



Four Approaches to Counselling and Psychotherapy

Windy Dryden, and Jill Mytton

Four Approaches to Counselling and Psychotherapy provides an essential introduction to and overview of the main therapeutic approaches used in psychotherapy and counselling today. Written clearly and concisely, it will have

international appeal as an ideal introductory text for all those embarking on psychotherapy and counselling courses.

CONTENTS: Counselling and Psychotherapy. The Psychodynamic Approach. Person-centred Counselling. The Rational Emotive Behavioural Approach. The Multimodal Approach. The Four Approaches Compared.

1999: 224pp.
Pb: 0-415-13993-7 / 978-0-415-13993-9: £19.99/\$33.95



Theoretical Models of Counseling and Psychotherapy

Kevin A. Fall, Jan Miner Holden, and Andre Marquis

Theoretical Models of Counseling and Psychotherapy covers all the basic counseling theories, but goes one step

further by exploring new, cutting-edge techniques, and focusing on the integration of various theoretical approaches.

CONTENTS: The Importance of Theory. Classical Psychoanalysis. Self Psychology. Adlerian Counseling / Individual Psychology. Existential Counseling. Person-Centered Counseling. Gestalt Counseling. Reality Therapy and Choice Theory. Behavioral Counseling. Cognitive Counseling. Rational Emotive Behavioral Therapy (REBT). Systems Approaches. Integral Counseling.

2003: 512pp.
Hb: 1-58391-068-9 / 978-1-58391-068-9: £29.95/\$52.95



One Life at a Time

Helping Skills and Interventions

Jeffrey A. Kottler, and Leah Brew

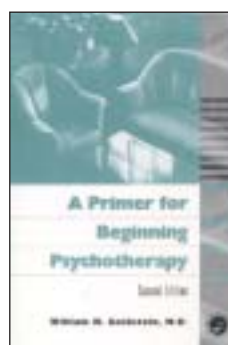
"This book is a gem for training brand new counseling students. Kottler and Brew walk students through every aspect of seeing clients for the very first time,

(both the client's first time, and the therapist's)!... In addition, in a unique format, the students are offered views of the authors' internal workings as they have learned to master counseling skills themselves over the years. Their wisdom and wit prevail in this primer for counseling." - Lorna Hecker, Professor, Marriage and Family Therapy, Purdue University Calumet, USA

One Life at a Time: Helping Skills and Interventions is a student-centered, inexpensive experientially based textbook for beginning courses in counseling and therapy. Written in Kottler's personal, easy-to-read and engaging style, this text covers all the basic skills and core interventions that beginners need to be taught in order to begin seeing clients. Students are encouraged to explore self-reflection and make connections between the material and their prior knowledge and experience; once internalized, these ideas and skills can be applied to one's life as well as one's work. Including an online instructor's manual, case examples and first person accounts – this book will help students to understand how best to meet a client's needs.

CONTENTS: Part I: The Process Revealed. Clients in Need: Individual, Social, and Cultural Factors. Models of Helping. Part II: Skills For Building Collaborative Relationships. Skills of Assessment and Diagnosis. Exploration Skills. Promoting Understanding and Insight. Facilitating Action. Maintaining Progress and Evaluating Results. Part III: Skills of Family Intervention and Consultation. Group Leadership Skills. Where to Go Next. Answers to "A Check on What You Learned".

2003: 336pp.
Pb: 0-415-93360-9 / 978-0-415-93360-5: £27.99/\$42.95



A Primer for Beginning Psychotherapy

Second Edition

William N. Goldstein

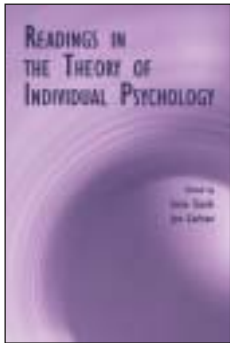
"This concise and clearly written book is, as its title suggests, an excellent primer for students and mental health professionals at the early stages of their careers. This

book would make a fine addition to the library of the neophyte psychotherapist. It gives the larger picture of what psychotherapy is about, yet, at the same time, presents highly practical advice on many concrete and interpersonal issues." - Ilisse R. Perlmutter, M.D., St. Barnabas Hospital, Journal of Clinical Psychiatry

Designed especially for students and mental health professionals in the early stages of their careers, this primer is a practical guide to psychotherapy.

2000: 152pp.
Pb: 1-58391-074-3 / 978-1-58391-074-0: £13.95/\$22.95

Adlerian Counseling and Psychotherapy



Readings in the Theory of Individual Psychology

Edited by Steve Slavik, in private practice, North Vancouver, and Jon Carlson, Governors State University, Illinois, USA

"[This volume] proposes a research agenda that is essential for both the revival and flourishing of Adlerian thought. A challenging call to action and vision of the future. Surely to be an invaluable resource for students, researchers and clinicians." - Len Sperry, Florida Atlantic University, USA

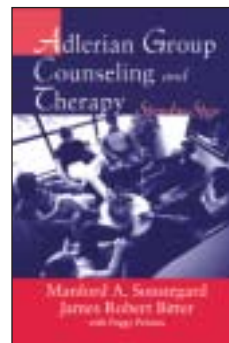
Readings in the Theory of Individual Psychology presents an overview of the central theoretical tenets and specific fundamental concepts of Individual Psychology, framed on terms that make it possible to verify empirically many of these theoretical foundations. Sections of the book are organized into subject areas such as social interest, creative self, lifestyle, and family constellation, each containing seminal articles by Adler, Dreikurs, and other founding thinkers, and introduced with an original essay by a contemporary scholar. *Readings in the Theory of Individual Psychology* informs the reader of the recent and current theory in Individual Psychology, presented in order to generate new empirical research and future directions for development. Slavik and Carlson have pulled together a truly unique source for current thinking and theorizing in the field, providing the next generation of researchers, scholars, and scientists with the tools to move Individual Psychology into its next phase of refinement.

CONTENTS: **Part I: Introduction.** Slavik, Models, Theories and Research in Individual Psychology. **Part II: General.** Milliren, Clemmer, Introduction to Adlerian Psychology: Basic Principles and Methodology. Adler, Fundamentals of Individual Psychology. Dreikurs, An Introduction to Individual Psychology. Kopp, On Clarifying Basic Adlerian Concepts: A Response to Maddi. Griffith, Adler's Organ Jargon. **Part III: The Creative Self.** Stone, The Creative Self. Edgar, The Creative Self in Adlerian Psychology. **Part IV: Social Interest.** Huber, In Search of Social Interest. Bass, Curlette, Kern, McWilliams, Social Interest: A Meta-analysis of a Multidimensional Construct. Bickhard, Ford, Adler's Concept of Social Interest: A Critical Explication. Stasio, Capron, Social Interest as a Distinct Personality Construct: Comparisons with 'The Big Five' and Related Prosocial Constructs. **Part V: Life Style.** Peluso, Style of Life. Lombardi, Melchior, Murphy, Brinkerhoff, The Ubiquity of Life-style. Wheeler, Kern, Curlette, Life-style Can be Measured. **Part VI: Children.** Johansen, The Four Goals of Misbehavior: Clarification of Concepts and Suggestions for Future Research. Adler, How the Child Selects his Symptoms. Ansbacher, The Relationship of Dreikurs's Four Goals of Children's Disturbing Behavior to Adler's Social Interest-Activity Typology. **Part VII: Encouragement.** Carns, Carns, An Overview of the Current Status of Adlerian Encouragement. Carns, Carns, A Review of the Professional Literature Concerning the Consistency of the Definition and Application of Adlerian Encouragement. **Part VIII: The Family Constellation.** Manaster, Family Constellation: Meaning, Research and Future Research. Adler, Position in Family Constellation Influences Life-style. Campbell, White, Stewart, The Relationship of Psychological Birth Order to Actual Birth Order. Watkins Jr, Birth-order

Research and Adler's Theory: A Critical Review. **Part IX: Inferiority.** Milliren, Clemmer, Wingett, Testerman, "The Movement From "Felt Minus" to "Perceived Plus": Understanding Adler's Concept of Inferiority. Dixon, Strano, The Measurement of Inferiority: A Review and Directions for Scale Development. **Part X: Overcompensation.** Hjertaas, Overcompensation in Adlerian Theory. Seidler, The Phenomenon of Overcompensation. Coleman, Croake, Organ Inferiority and Measured Overcompensation. **Part XI: Phenomenological Approach.** Shelley, Phenomenology and the Qualitative in Individual Psychology. Hanna, Community Feeling, Empathy, and Intersubjectivity: A Phenomenological Framework.

2005: 464pp.

Hb: 0-415-95168-2 / 978-0-415-95168-5: £28.99/\$44.95



Adlerian Group Counseling and Therapy

Step-by-Step

Manford A. Sonstegard, James Robert Bitter, with Peggy Pelonis

Adlerian Group Counseling and Therapy: Step-by-Step represents a distillation of

some of the most significant ideas pertaining to the group work of Alfred Adler and Rudolf Dreikurs. Drs. Manford Sonstegard and James Bitter illustrate the development of a group from its formation to its final stage, giving readers a clear picture of what is important to accomplish at each stage of the group. This book also addresses many practical dimensions of the Adlerian group process, including: forming a group relationship; creating a democratic and accepting climate; conducting psychological assessments; increasing the awareness and insight of group members; translating group insight into action; methods of re-education through encouragement; and building on personal strengths discovered within the group experience.

CONTENTS: Corey, Foreword. Manford A. Sonstegard: The Man and His Therapy: An Introduction by James Robert Bitter. **Part I: The Process and Practice of Adlerian Group Counseling and Therapy.** A Rationale for Adlerian Group Work. Adlerian Group Counseling and Therapy: Step-by-Step. **Part II: Theoretical Foundations.** Theory, Process and Structure in Adlerian Group Work. The Practice of Adlerian Group Counseling and Therapy. Counseling Children in Groups. The Education and Training of Group Specialists.

2004: 224pp.

Hb: 0-415-94820-7 / 978-0-415-94820-3: £20.99/\$29.95

Related Title

Consultation

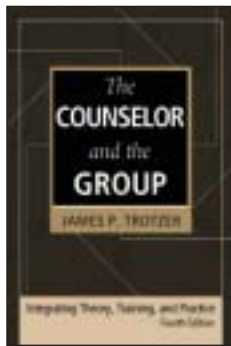
Creating School-Based Interventions

Third Edition

Don Dinkmeyer Jr., and Jon Carlson

Page 12

Group Counseling



New Edition

The Counselor and the Group

Integrating Theory, Training, and Practice

Fourth Edition

James P. Trotzer, consulting psychologist engaged in training, education, consulting, and professional writing

"I have followed Trotzer's work from the first edition of his group book to this current edition. The first edition was outstanding and each subsequent revision has improved, with this edition being no exception. Trotzer is a clear writer who uses excellent examples and relevant material to illustrate the group work model he has evolved over the years... Trotzer's outstanding book just got better, making it a must have for those teaching graduate-level group courses." - Arthur (Andy) Horne, Counseling and Human Development Services, University of Georgia, USA

The updated material in *The Counselor and the Group* makes this book an excellent resource for those who are both learning and practicing by providing a structured problem-solving approach to group work. Trotzer provides process and practice guidelines and techniques that enable group leaders to function effectively across the broad range of groups that counselors conduct including counseling, therapy, psychoeducational, and task groups.

CONTENTS: Introduction and Context. Definitions and Distinctions. Rationale for Group Counseling. Group Process – A Developmental Perspective. Process to Practice. Group Leader. Group Member. *Rapin, Conyne*, Best Practices in Group Work. *Merchant*, Multicultural Diversity – Competent Group Work. Differentiating Groups. Organizing Group Work. Evaluating Group Work. Communication Activities in Groups. Family Theory as a Group Resource. Crisis Response – A Group Work Priority. *Stockton, Toth, Morran*, The Case for Group Research.

2006: 616pp.

Hb: 0-415-95197-6 / 978-0-415-95197-5: £37.95/\$59.95



New Edition

Group Counseling

Concepts and Procedures

Fourth Edition

Robert C. Berg, and **Garry L. Landreth**, both at the University of North Texas, USA, and **Kevin A. Fall**, Loyola University, New Orleans, USA

The fourth edition of this well-respected text, first published in 1979, is a timely and thorough revision of the existing material. *Group Counseling* has done well over the years, due in large part to its

comprehensive history of group work as a counseling specialty, the practical nature of the authors' explanations, the diversity of sources the authors draw upon, and the international acclaim of Dr. Landreth's work on play and filial therapy. This text will provide both novice and experienced counselors with a framework from which to expand their group counseling skills and knowledge.

CONTENTS: Rationale and History of Group Counseling. Our Theories of Group Counseling. Holistic Leadership Training. The Group Leader's Internal Experience. Co-leadership: Rationale and Implementation. Initiating a Group. Maintaining a Group: Process and Development. Working Effectively with Resistance in Groups. Typical Issues in Group Counseling. Group Counseling of Children and Adolescents. Filial Therapy, Families, and Relationship Groups. Group Counseling with Specific Populations. Appendices.

2006: 464pp.

Pb: 0-415-95219-0 / 978-0-415-95219-4: £31.00/\$49.95



Psychoeducational Groups

Process and Practice

Second Edition

Nina W. Brown

The second edition of *Psychoeducational Groups* provides an overview of instructional theories

together with guidelines for conducting psychoeducational groups. Two new chapters cover group planning and themed sessions with special populations.

CONTENTS: Psychoeducational Groups: An Overview. The Group Leader's Self-factors, Competencies, and Skills. Group Leadership and Instructional Styles. The Group: Process and Progress. Planning the Psychoeducational Group. Membership Problems, Concerns and Skills. Managing Conflict and Guidelines for Confronting. Leading Psychoeducational Groups for Children. Leading Psychoeducational Groups for Adolescents. Leading Psychoeducational Groups for Adults. Psychoeducational Support Groups. Therapy Related Psychoeducational Groups.

2003: 304pp.

Pb: 0-415-94602-6 / 978-0-415-94602-5: £20.99/\$31.95

Hypnosis



Trancework

An Introduction to the Practice of Clinical Hypnosis

Third Edition

Michael D. Yapko, in private practice, California, USA

"I recommend Trancework wholeheartedly to all who are interested professionally in hypnosis. It is a thought-provoking and very practical text which will stimulate its readers as it engages them. The author never forgets the

practical and the two (the art and science of hypnosis) are integrated almost seamlessly in a volume of quite massive scope. - **Peter W. Sheehan**, Vice-Chancellor, Australian Catholic University; co-author, *Hypnosis and Experience*, and *Hypnosis, Memory, and Behavior in Criminal Investigation*

Trancework, the most comprehensive guide to learning the fundamental skills of clinical hypnosis, is now available in an updated and improved third edition. Yapko clearly and dynamically introduces readers to a broad range of hypnotic methods and techniques that will greatly enhance the effectiveness of preferred modes of therapy. Chapters are filled with new and practical information, including extensive academic references, sample transcripts, thorough summary tables of key points, and interviews with leading figures in the field.

CONTENTS: Part I: Conceptual Framework. What is Hypnosis, and Can it Help? The Myths About Hypnosis, and a Dose of Reality. Conceptualizing Hypnosis. The Brain in Hypnosis. Contexts of Hypnosis. The Social Psychology of Human Suggestibility. Matters of the Mind. Responsiveness to Hypnosis. The Phenomenology of Hypnosis. Conditions for Conducting Hypnosis Sessions. Structured Approaches to Assessing Hypnotic Responsiveness. **Part II: Practical Framework.** Structuring Suggestions. Helpful Hints for Performing Hypnosis. Formal Strategies of Hypnotic Induction. Informal, Conversational Strategies of Hypnotic Induction. Designing and Delivering Hypnotic Interventions. Hypnotic Patterns Commonly Employed in Psychotherapy. Treatment Dynamics and Sample Hypnosis Session Transcripts for Common Problems. The Case of Vicki: Hypnosis for Coping with Terminal Cancer. When People Respond in Non-ideal Ways. Hypnotic Hazards and Ethical Guidelines. Appendices.

2003: 528pp.

Hb: 0-415-93589-X / 978-0-415-93589-0: £28.99/\$42.95

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

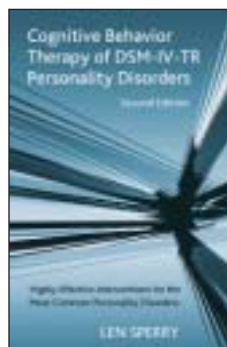
Co-existing mental health and drug and alcohol problems occur frequently in primary care and clinical settings. Despite this, health professionals rarely receive training in how to detect, assess and formulate interventions for co-existing problems and few clinical guidelines exist.

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 *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.

SELECTED CONTENTS: Baker, Velleman, Preface. Hall, Farrell, Foreword. **Part I: Overview:** Detection and Decisions. **Part II: General Processes When Working with People with Co-existing Mental Health and Drug and Alcohol Problems.** **Part III: Adapting Approaches with Specific Populations or Specific Problems.** **Part IV: Training, Supervision and Future Directions.**

January 2007: 424pp.

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



New!

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

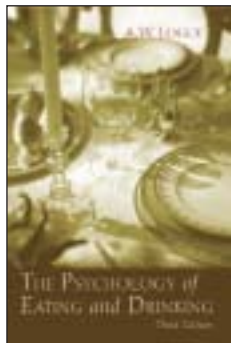
Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders is a timely addition to clinical practice, as personality disorders have received steadily increasing attention in recent years and Cognitive Behavior Therapy is now the most widely practiced theoretical orientation. Thoroughly revised from 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



The Psychology of Eating and Drinking

Third Edition

Alexandra Woods Logue

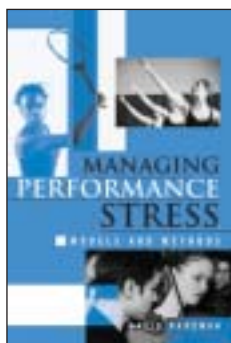
The Psychology of Eating and Drinking is a unique volume; a textbook that can be comprehended by the general educated reader. Just as in her past editions of this

book, Alexandra Logue grounds her investigation into the complex interactions between our physiology, our surroundings, and our eating and drinking habits in laboratory research and up-to-date scientific information. The chapters move from the general – hunger and thirst, taste and smell, and eating behaviors – to the more specialized – overeating and overdrinking, anorexia and bulimia, and alcohol use. In each case, Logue provides a brief synopsis of the most historically influential scientific research and then relates this history to the most up to date advances.

CONTENTS: Instructions: The Essential Nutrients of the Psychology of Eating and Drinking. Down the Hatch: Hunger and Satiety. “You Never Miss the Water Until the Well Runs Dry”: Thirst. The Nose Knows (and So Does the Tongue). Genes Rule – Or Do They? One Person’s Meat is Another Person’s Poison: The Effects of Experience of Food Preferences. This or That: Choosing What We Eat and Drink. You Are What You Eat and Drink. “Hunger Talks a Most Persuasive Language”: Anorexia and Bulimia. The Battle With the Bulge: Overeating and Obesity. Drinking Your Life Away: Alcohol Use and Abuse. How Sweet It Is: Type 2 Diabetes. Strictly About Females. When and Why Smoking Affects Your Weight. We Do Not Live by Bread Alone: Cuisine, Beer, and Wine.

2004: 376pp.

Pb: 0-415-95009-0 / 978-0-415-95009-1: £17.99/\$29.95



Managing Performance Stress

Models and Methods

David Pargman, Florida State University, USA

“Dr. Pargman is a pioneering writer in the field of arousal and performance in

sports. He provides a wonderful overview of this field and helpful interventions which can help performers and their coaches and mentors get the most out of their talents.” - Ian Tofler, Chair of the Sport Psychiatry Special Interest Group of the American Academy of Child and Adolescent Psychiatry

An up-to-date and practical text, *Managing Performance Stress* examines psychological and psychophysiological models and theories that explain causes of anxiety and stress. An easy-to-use

reference work for athletes, musicians, dancers and actors as well as those who devise and conduct their training programs, the book presents exercises, coaching devices, and strategies for conquering stress and anxiety. It is an invaluable resource for those who are performers, will be performers, or who are preparing to mentor, coach or teach performers. The principles enunciated in *Managing Performance Stress* apply equally to the musician holding an oboe and the athlete holding a baseball bat. The issues explored and the theories, principles, models, hypotheses discussed all bear upon and clarify arousal, stress and anxiety related to artistic and sport performance, irrespective of its kind.

CONTENTS: What is Stress? Signs of Stress: Different Perspectives. Sources of Stress. What is Performance? Skilled Behavior. Assessment and Evaluation of Performance. Performance and Self-perceptions. Stress as an Inhibitor or Enhancer of Performance. The Assessment of Stress Reactions. Cognition and Cognitive Style. Cognitive Stress Management Techniques: Planning and Understanding Cognitive Strategies. Relaxation Techniques. Biofeedback Training, Chemical Interventions, and Nutritional Considerations. Exercise.

2006: 256pp.

Pb: 0-415-95253-0 / 978-0-415-95253-8: £21.95/\$34.9

Family Therapy



New!

African American Relationships, Marriages, and Families

An Introduction

Patricia Dixon, Georgia State University, USA

“Patricia Dixon’s masterful, comprehensive work should be read by all who work with African American couples. We intend to use it with our team of marriage educators who serve the African American community in the Archdiocese of Chicago. It will better equip us to take our ministry even deeper.” - Andrew Lyke, Coordinator of Marriage Ministry for the Archdiocese of Chicago, USA

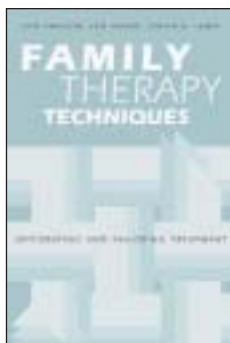
African American Relationships, Marriages, and Families is a historically and culturally centered text designed for relationship, marriage and family educators and therapists who work with African American singles and couples. Complete with numerous exercises, the book helps singles and couples increase their self-awareness, partner awareness and respect, and appreciation for difference. It also helps foster effective communication and conflict resolution skills, showing readers how to develop and maintain healthy relationships, marriages, and families. No ground is left uncovered in Dixon’s thoughtful and considered analysis.

CONTENTS: Introduction. African American Relationships, Marriages, and Families in Cultural Perspective: Understanding African American Relationships, Marriages and Families. African American Relationships, Marriages, and Families in Historical Perspective. Feminized Men and Masculinized Women?: Gender. What’s Love Got to Do with It?: Love, Attachment, and Life Cycle Changes. “Queen Mother” to Mummy, Matriarch, “Hoochie” and “Ho”: Dilemmas of African American Womanhood. “Prince of Gods and Men” to Uncle

Tom, Coon, Pimp, and Player: The Dilemmas of African American Manhood. Soul Mates or Soul Misfits?: Dating and Choosing a Partner. Sexual Healing. TLC: Talking and Listening with Care. Money Matters. Soul Food or Slave Food?: A Healthy Diet for a Healthy Relationship. The Spiritual Journey.

2006: 304pp.

Pb: 0-415-95533-5 / 978-0-415-95533-1: £24.95/\$39.95



Family Therapy Techniques

Integrating and Tailoring Treatment

Jon Carlson, Governors State University, USA, Len Sperry, Florida Atlantic University, USA, and Judith A. Lewis, Governors State University, USA

Family Therapy Techniques briefly reviews the basic theories of marriage and family therapy. It then goes into treatment models designed to facilitate the tailoring of therapy to specific populations and the integration of techniques from what often seems like disparate theories. Based on the assumption that no single approach is the definitive approach for every situation, the book leads students through multiple perspectives. In teaching students to integrate and tailor techniques, this book asks them to take functional methods and approaches from a variety of theoretical approaches, without attempting to reiterate the theoretical issues and research covered in theories courses.

SELECTED CONTENTS: Part I: Challenging Treatment Issues. Family Therapy in the 21st Century: New Strategies for a Changing Environment. The Workplace and its Impact on Today's Family: Realities and Possibilities. Theories of Family Therapy: Goals, Treatment Process, and Techniques. Integrative Treatment with Couples and Families: The Basis for Treatment Efficacy. Part II: Tailoring Treatment with Couples and Families. Tailoring Treatment for Couples and Families: Models and Protocols for Tailoring and Matching. Tailoring Treatment: The Significance of Culture. Tailoring Treatment: Families Under Stress. Tailoring Treatment: Work-Family Concerns. Treatment Adherence and Relapse Prevention: Ensuring Therapeutic Results.

2005: 248pp.

Pb: 1-58391-360-2 / 978-1-58391-360-4: £22.95/\$36.95

Family Social Work



Hospital Social Work

The Interface of Medicine and Caring

Joan Beder, Yeshiva University, USA

"Beder's book is a refreshing and interesting perspective on hospital social work. Interviews with social workers, a cogent description of each practice area,

and examples of the art and science of social work are presented so that the reader can understand what it is like to be a social worker, with all its rewards and frustrations. It is a worthwhile addition to the health care social work literature."

- Gary Rosenberg, Edith J. Baerwald Professor of Community and Preventive Medicine, Mount Sinai School of Medicine, New York, USA

Hospital Social Work introduces the reader to the world of medicine and social work as seen through the eyes of actual social workers. An essential reference for both students and professionals.

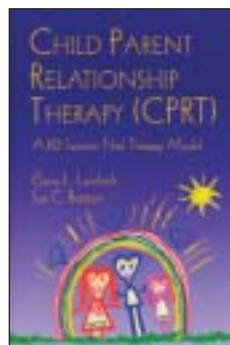
Over 100 social workers in dozens of hospitals were interviewed to provide the reader with first-hand experiences and discussions of practice principles, policy considerations, and theoretical treatments to provide each chapter with a unique blend of theory and practice.

CONTENTS: About Medical Social Work. General Medical Social Work. The Renal Social Worker. The Cardiac Care Social Worker. The Hospice Social Worker. Organ Transplant Social Work. Pediatric Oncology Social Work. Oncology Social Work with Adults. The HIV/AIDS Social Worker. Social Work in the Rehabilitation Unit. The Social Worker in the Burn Unit. Social Work in the Emergency Room. Rural Hospital Social Work. Social Work on the Psychiatric Unit. Social Work in the Pediatric Unit. The Interface of Medicine and Social Work.

2006: 208pp.

Pb: 0-415-95067-8 / 978-0-415-95067-1: £18.95/\$29.95

Child and Adolescent Mental Health



Child Parent Relationship Therapy (CPRT)

A 10-Session Filial Therapy Model

Garry L. Landreth, and Sue C. Bratton, both at the University of North Texas, USA

"This book provides a wealth of detailed and helpful information about the process and practice of filial therapy. It is likely to prove an invaluable guide to all practicing and aspiring filial therapists." - The British Association of Play Therapists

This book offers a survey of the historical and theoretical development of the filial therapy approach and presents an overview of filial therapy training and then filial therapy processes. The book also includes a transcript of an actual session, answers to common questions raised by parents, children, and therapists, as well as additional resources and research summaries.

CONTENTS: Introduction. Preface. History, Development and Unique Features of Filial Therapy. Rationale and Basic Premises for Filial Therapy. Training and Supervision of Filial Therapists. Critical Components in Facilitating the Process of Filial Therapy Training. Filial Skills, Concepts, and Attitudes to be Taught. The Filial Therapy Process. Filial Therapy Training Session 1: Training Objectives and

Reflective. Filial Therapy Training Session 2: Basic Principles for Play Sessions. Filial Therapy Training Session 3: Parent-child Play Session Skills. Filial Therapy Training Session 4: Supervision Format and Limit Setting. Filial Therapy Training Session 5: Play Session Skills Review. Filial Therapy Training Session 6: Supervision and Choice Giving. Filial Therapy Training Session 7: Supervision and Self-Esteem Building. Filial Therapy Training Session 8: Supervision and Encouragement vs. Praise. Filial Therapy Training Session 9: Supervision and Generalizing Skills. Filial Therapy Training Session 10: Evaluation and Summing Up. Case of Debbie and 4 yr. Old Rachel. Questions Parents and Children Ask, and Problems and Solutions in Filial Therapy Training. A Mother's Perspective on Filial Therapy: Learning About My Child and Myself. Variations of the 10-session Filial Therapy Model. Research Support for 10-Session Filial Therapy Model. Resources for Child-Parent-Relationship (C-P-R) Therapy: A 10-session Filial Therapy.

2005: 512pp.

Hb: 0-415-95110-0 / 978-0-415-95110-4: £24.99/\$39.95



Child Parent Relationship Therapy (CPRT) Treatment Manual

A 10-Session Filial Therapy Model for Training Parents

Sue C. Bratton, and Garry L. Landreth, both at the University of North Texas, USA, Theresa Kellam, in private practice, Arlington, USA, and Sandra R. Blackard, independent consultant in communication and training

"The detailed Therapist and Parents Notebooks allow the therapist easy implementation of the treatment protocol. The parent handouts are specific and clear. The CD-Rom provides the therapist quick access to professional quality materials. This manual and the text provide the play therapy field with a thorough and detailed CPRT protocol. The field and those we serve are richer for it." - Linda E. Homeyer, Associate Professor of Professional Counseling at Texas State University-San Marcos, USA

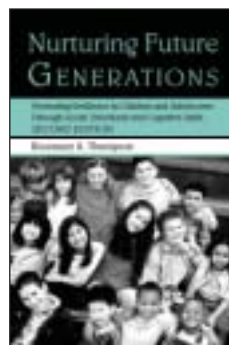
This manual is the highly recommended companion to *CPRT: A 10-Session Filial Therapy Model*. Accompanied by a CD-Rom of training materials, which allows for ease of reproduction and enhanced usability, the workbook will help the facilitator of the filial training and will provide a much needed educational outline to allow filial therapists to pass their knowledge on to parents. The treatment manual provides a comprehensive outline and detailed guidelines for each of the ten sessions, facilitating the training process for both the parents and the therapist.

By using this workbook and CD-Rom to accompany the *CPRT* book, filial therapy leaders will have a complete package for use in training parents to act as therapeutic agents with their own children.

CONTENTS: Introduction: Using the CPRT Treatment Manual. **Part I: Therapist Notebook.** Treatment Outlines and Handouts for Sessions 1-10. **Part II: Study Guide.** **Part III: Parent Notebook.** Handouts, Notes, and Homework for Sessions 1-10. **Part IV: CPRT Training Resources.** **Part V: Appendices.** **Part VI: CD-Rom Contents.**

2006: 272pp.

Pb: 0-415-95212-3 / 978-0-415-95212-5: £23.95/\$37.50



Nurturing Future Generations

Promoting Resilience in Children and Adolescents Through Social, Emotional and Cognitive Skills

Second Edition

Rosemary A. Thompson, Old Dominion University, Virginia, USA

"In her second edition of Nurturing Future Generations, Rosemary A. Thompson brings together two of the most important and exciting bodies of developmental-clinical research: studies of resilience and studies validating intervention programs and practices to promote youth well-being... This book is an excellent and comprehensive resource for educators, service providers, researchers, and students interested in enhancing positive youth development and well-being." - J. Douglas Coatsworth, Department of Human Development and Family Studies, The Pennsylvania State University, USA

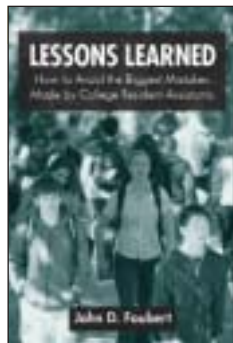
The statistics are pretty grim – young people face an ever increasing tide of poverty, alcohol and drug abuse, violence, suicide, and family dysfunction. Society's response has been slow. Too many young people do not receive consistent, positive, and realistic validation of themselves from those adults on whom they depend. *Nurturing Future Generations* goes beyond the stilted rhetoric on the problems of youth and the dilemma for society by outlining specific treatment intervention and prevention strategies that address the full spectrum of dysfunctional behavior. It introduces structured intervention strategies for school and community collaboration, with an emphasis on remediation and treatment. Educators and helping professionals will find counseling strategies and psychoeducational techniques that focus on primary prevention. These primary prevention strategies are supported by an understanding of critical social, emotional, and cognitive skills. The new edition provides an increased focus on the positive aspects of youth development, with less emphasis placed on the dysfunctional side of youth behavior.

CONTENTS: **Part I: Rationale and Theoretical Framework.** Social, Emotional, and Cognitive Deficits from a Developmental Perspective. The Quest for Resilient Youth. Psychoeducational Groups in Schools, Communities, and Institutional Settings. **Part II: Manifestations of Behaviors and Related Skills.** Alcohol and Other Drug Abuse. Unintended Pregnancy and High-risk Sexual Activity. Loss, Depression, Suicide, and Self-Injury. Violence, Delinquency, Gangs, and Bullying Behavior. Alienation, Underachievement, and Dropping Out. Isolation, Victimization, and Abuse of Children and Adolescents. Sexual Minority Youth (Formerly Gay, Lesbian, Bisexual, and Transgendered Youth [GLBT]). **Part III: Creating Positive Relationships Through Engagement of All Stakeholders.** Empowering Youth, Families, Schools, and Communities.

2006: 544pp.

Pb: 0-415-95097-X / 978-0-415-95097-8: £21.95/\$34.95

College and School Counseling



New!

Lessons Learned

How to Avoid the Biggest Mistakes Made by College Resident Assistants

John D. Foubert, College of William and Mary, USA

Lessons Learned is designed for use in training programs for newly hired resident advisors or assistants (RAs). Its uncomplicated format allows users to select from among several dozen issues of importance to a particular campus. This volume is the ideal tool for residence life professionals who are responsible for training college Resident Assistants. Over three dozen common RA mistakes are discussed, chapter by chapter, in individual letters written by experienced RAs to new staff members. Each chapter includes resources and thought-provoking questions, allowing residence life professionals to choose which material they will cover to stimulate reflection and lively dialogue. This is an easy-to-use manual for an interactive, learning-centered RA training program at any level.

CONTENTS: Part I: Building Community: The Basics. Being Away a Lot From the Floor During the First Week of School. Waiting Until the Second Month of the Year to Do Programming. Planning an Event With Your Hall Council and Doing All the Work Yourself. Avoiding Conflict: Seeing it as Harmful to Community. Jumping into Service Without Learning. Helping Students Choose Their Friends Carefully: Avoiding Cults. **Part II: Building an Inclusive Community.** Assuming Students in a Racial Minority Don't Want to be Included in Hall Activities. Trying to Help a Student of a Different Race and Making Things Worse. Ignoring Racist Comments. A Case of Religious Discrimination. The Facebook Nightmare. **Part III: Resident Support.** Assuming That a First-Year Student Who Outwardly Seems to Have it All Together Doesn't Need Any Help or Support. Not Confronting a Student Who Serves Others So Much That She Hurts Herself. Not Reaching Out to a Lonely Resident. Telling a Resident's Parent That it is OK to Call You. Communicating With a Resident Over Instant Messenger Instead of Having a Conversation in Person. Keeping Your Relationships with Residents in Balance. **Part IV: Policy Enforcement.** "If I Can't See It, It Isn't There:" A Dangerous Way to Avoid Policy Enforcement. Enjoying Policy Enforcement Too Much. Enforcing Policy Selectively: How to Really Annoy Your Residents. Ignoring Escalating Domestic Violence. Assuming a Student Who Comes Home Drunk With Great Frequency Can Handle His Alcohol. Assuming That All Students Who Appear Intoxicated Were Drinking Alcohol and Not Using Other Drugs. **Part V: Helping Students With Psychological Difficulties.** Promising a Resident You Won't Tell Anyone What You Are About to be Told. Thinking That the Skinny Resident Who Keeps Losing Weight Will Be Ok. Doing Nothing About the Resident Who Makes a Suicidal Comment. Assuming that the Student Who Makes Small Cuts on Different Parts of Her Body Wants to Kill Herself. Helping a Resident, and Your Floor, Survive a Panic Attack. **Part VI: Things That Can Seriously Compromise Your Role.** Being Careless About Spending University Money. Deciding What to Do Based on What Everyone Else Does.

Dating a Resident. Drinking Alcohol with Underage Residents. Staff Conflict: Dealing with a Slacking Staff Member. Dealing With Parents. **Part VII: Safety and Security.** Not Getting Everyone Out During a Fire Alarm. Trying to Help a Rape Survivor But Making Her Feel Worse. Dealing with Someone Who is Not a Student. Excusing Violent Behavior as "Just Blowing Off Steam." Conclusion: Reflecting on the Importance of the Work We Do. What is Your Story? Ask Dr. John.

2006: 248pp.

Pb: 0-415-95468-1 / 978-0-415-95468-6: £24.95/\$39.95



Learning Through Supervised Practice in Student Affairs

Diane L. Cooper, University of Georgia, USA, Sue A. Saunders, Lycoming College, USA, Roger B. Winston, Jr., University of Georgia, USA, and Joan B. Hirt,

Don G. Creamer, and Steven M. Janosik, all at Virginia Polytechnic and State University, USA

"The authors have made a worthy effort to leave no stone unturned. Learning Through Supervised Practice in Student Affairs is well-written, easy to read, and draws appropriately on both theory and practice. It is a comprehensive treatment of supervised practice in college student affairs." - Dea Forney, College Student Personnel, Western Illinois University, USA

Developed for use by graduate students preparing for careers in higher education administration who are enrolled in practicum and internship courses in higher education administration or student affairs programs.

CONTENTS: *Creamer, Winston, Jr., Foundations of the Supervised Practice Experience: Definitions, Context and Philosophy. Hirt, Janosik, Structure and Design of the Supervised Practice Experience. Winston, Jr., Creamer, Supervision: Relationships that Support Learning. Saunders, Cooper, Application of Theory in the Supervised Practice Experience. Janosik, Hirt, Legal and Ethical Issues. Cooper, Saunders, Evaluating the Internship Experience. Appendices.*

2002: 232pp.

Pb: 1-56032-879-7 / 978-1-56032-879-7: £17.99/\$26.95



Supervising New Professionals in Student Affairs

A Guide for Practitioners

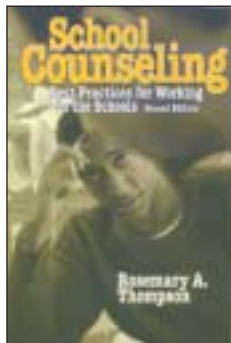
Steven M. Janosik, Don G. Creamer, Joan B. Hirt, Roger B. Winston, Sue A. Saunders, and Diane L. Cooper

This handbook explains the rationale behind supervised practice, and addresses design, supervision, and ethical components that are relevant to both faculty teaching supervised practice courses and supervisors overseeing students on-site.

CONTENTS: Introduction: A Comprehensive Model. Orientation: Building the Foundations for Success. Activating Synergistic Supervision Approaches: Practical Suggestions. Professional Development: Its Integration with Supervision Processes. Performance Appraisal: Accountability that Leads to Professional Development. Employee Separation: The Role of Supervisors. Supervising Student Affairs Internships: A Special Case. Appendices.

2003: 256pp.

Pb: 1-56032-880-0 / 978-1-56032-880-3: £23.99/\$37.95



School Counseling

Best Practices for Working in the Schools

Second Edition

Rosemary A. Thompson, Old Dominion University, Virginia, USA

This new edition examines the ways in which recent economic, political, social, and educational trends have impacted the

professional school counselor. Throughout the text, Thompson integrates her discussion of recent national reform issues and the new professional standards set forth by the American School Counselors Association. Focusing throughout on the inherent benefits of and need for professional counseling in our schools, this second edition is a groundbreaking resource and will be of great value to school counseling students and professionals alike.

CONTENTS: School Counseling: A Comprehensive Developmental Consumer/Community Program Model. A Profile of Child and Adolescent Well-being: A Call for Action. Developmental Counseling From a Social, Emotional and Cognitive Framework. Advocating for the Mental Health Needs of Children and Adolescents. Crisis Intervention and Crisis Management Strategies for School-based Response Teams. Consulting with Teachers, Parents, and Support Personnel. Academic and Career Planning. Real Counseling in the Schools: Solution-focused Brief Counseling and Psychoeducational Groups. Program Development, Program Evaluation and Program Advocacy. Professional Development and Personal Renewal.

2002: 456pp.

Pb: 1-56032-889-4 / 978-1-56032-889-6: £27.99/\$41.95



Consultation

Creating School-Based Interventions

Third Edition

Don Dinkmeyer, Jr., Graduate College of Western Kentucky University, USA, and Jon Carlson, Governors State University, USA

"Don Dinkmeyer, Jr., and Jon Carlson have completed another excellent text. The material is well written, clear and, most importantly, highly relevant to students and practitioners who serve as consultants to individuals, schools and families. Their use of case examples, tables defining the consultation process, and current literature review provides the reader with excellent direction and understanding. This is certain to be a resource for years to come." - Arthur Horne, Distinguished Research Professor at the University of Georgia, USA

Grounded in Adlerian Psychology, the methods presented by Don Dinkmeyer, Jr., and Jon Carlson in *Consultation* are based upon the assumption that problems in the home and the classroom result not only from the direct actions of disruptive students, but also from the expectations of teachers and parents. This text shows how counselors can encourage change in these supposed 'problem' children by helping authority figures recognize and alter the part they may be playing in exacerbating the negative actions of the student. Also included is a supplementary DVD depicting actual individual and group interviews with teachers and parents.

CONTENTS: Introduction and Overview. The Consultant's Role. A Consultation Theory. Individual Consultation. Working with Teachers. Developmental Classroom Consultation. Parent and Family Consultation. Consultation Case Examples. Appendix I: DVD Case Transcript. Appendix II: The 'C' Group.



2005: 208pp.

Pb: 0-415-95198-4 / 978-0-415-95198-2: £34.95/\$59.95

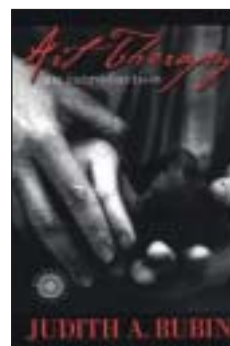
Includes Supplemental DVD

Expressive Therapies

Art Therapy

An Introduction

Judith A. Rubin, University of Pittsburgh, USA



"I have had the opportunity to use Art Therapy: An Introduction (1998) in the Introduction to Art Therapy Class at Nazareth College. I have found the book to be very thorough and extremely well written. I will be using it as one of the texts

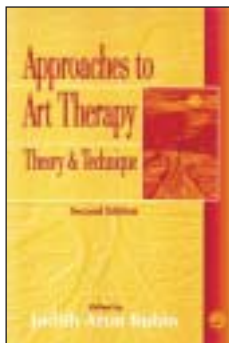
in the Fall. It offers a wonderful historical overview and introduction to the field of art therapy. I consider the book a very valuable resource and treasure my signed copy." - Stella Stepney, ATR-BC, LCAT

Art therapy has grown so fast in the last few decades that it has barely been able to keep up with itself. Most books in the field have represented the author's interpretations of practicing art therapy. As art therapy continues to grow – not only in psychology but in other relevant fields – an overview of the field is needed. This introduction to art therapy, *Art Therapy: An Introduction* broadly outlines the history and current state of the field, the mechanics and techniques used and the ethics and responsibilities of this therapeutic strategy.

This survey of the field of art therapy is the first of its kind. Students, teachers, counselors, social workers, practitioners and others will benefit from the information presented in this book. In addition, the author provides pictures showing examples of artwork from children and adults as well as pictures of art therapists in action.

1998: 325pp.

Hb: 0-87630-897-3 / 978-0-87630-897-4: £26.95/\$52.95



Approaches to Art Therapy

Theory and Technique

Second Edition

Edited by Judith Aron Rubin

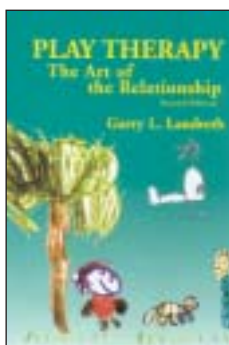
The new edition of the highly successful 1987 book brings together the varied theoretical approaches to art therapy,

and provides a variety of solutions to the challenge of translating theory to technique. In each chapter, the esteemed contributors, experts in the approach of the particular chapter, provide a definition of and orientation to the specific theory or area of emphasis, showing its relevance to art therapy.

CONTENTS: Psychodynamic Approaches. *Rubin*, Discovery and Insight in Art Therapy. *Kramer*, Sublimation and Art Therapy. *Wilson*, Symbolism and Art Therapy. *Robbins*, Object Relations and Art Therapy. *Lachman-Chapin*, Self-psychology and Art Therapy. *Irwin*, Addendum: Object Relations. *Edwards*, Jungian Analytic Art Therapy. *Wallace*, Healing Through the Visual Arts. *Schaverien*, Commentary. Humanistic Approaches. *Betensky*, Phenomenological Art Therapy. *Rhyne*, Gestalt Art Therapy. *Garai*, Humanistic Art Therapy. *Rogers*, Person-Centered Expressive Arts Therapy. *Allen*, Art Making as Spiritual Path. *Moon*, Commentary. Psycho-educational Approaches. *Roth*, Behavioral Art Therapy. *Rosal*, Cognitive-Behavioral Art Therapy. *Aach-Feldman*, *Kunkle-Miller*, Developmental Art Therapy. *Silver*, Assessing and Developing Cognitive Skills Through Art. *Anderson*, Commentary. Systemic Approaches. *Sobol*, *Williams*, Family and Group Art Therapy. *Riley*, Commentary. Integrative Approaches. *Ulman*, Variations on a Freudian Theme. *Wadeson*, An Eclectic Approach to Art Therapy. *McNiff*, Pandora's Gifts: The Use of Imagination and all of the Arts. *Henley*, Lessons in the Images: Art Therapy in Creative Education. *Ault*, Commentary. Conclusion. Appendix.

2001: 384pp.

Hb: 1-58391-070-0 / 978-1-58391-070-2: £25.95/\$44.95



Play Therapy

The Art of the Relationship

Second Edition

Garry L. Landreth, University of North Texas, USA

"Dr. Garry Landreth has made yet another significant contribution to the field of play therapy... This is the essential text for an introductory play therapy course and a

must read for all child therapists." - Sue C. Bratton, University of North Texas, President, Association for Play Therapy 2001-2002

Play Therapy, Second Edition, is a thorough update to the 1991 first edition best-selling book, the most widely used text for play therapy courses. It refreshes the history and development in play therapy including results of research done in the past 10 years. A new chapter is included on current issues and special populations relevant to the development of play therapy. The author presents very readable descriptions of play and the history of play therapy; child and therapist characteristics; play room set-up and materials; working with parents; and a number of helpful and interesting case descriptions.

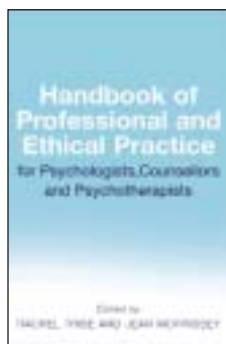
CONTENTS: About Me. The Meaning of Play. History and the Development of Play Therapy. A View of Children. Child-centered Play Therapy. The Play Therapist. The Playroom and Materials. The Parent's Part in the Process. Beginning the Relationship: The Child's Hour. Objectives of the Relationship. Making Contact with the Child. Characteristics of the Therapist to Play a Guessing Game. Therapeutic Limit Setting. Typical Problems in Play Therapy and What to Do If... Issues in Play Therapy. Intensive and Short-term Play Therapy. Children in Play Therapy. Determining Therapeutic Process and Termination. Filial Therapy: Child-Parent-Relationship.

2002: 432pp.

Hb: 1-58391-327-0 / 978-1-58391-327-7: £26.50/\$41.95

For additional titles by Garry L. Landreth please see pages 6, 9 & 10

Professional Issues and Development



Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists

Edited by Rachel Tribe, University of East London, UK, and Jean Morrissey, Trinity College, Dublin, Ireland

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SELECTED CONTENTS: Part I: Professional Practice and Ethical Considerations. Part II: Working with Diversity: Professional Practice and Ethical Considerations. Part III: Legal Considerations and Responsibilities. Part IV: Clinical Considerations and Responsibilities. Part V: Research, Supervision and Training.

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17 Principles that Every Mental Health Professional Should Understand

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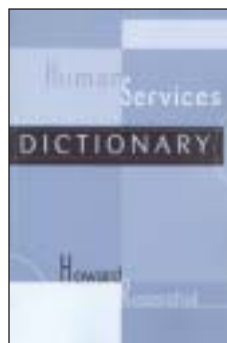
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