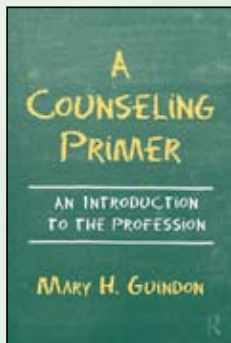


Fall Textbooks

Psychotherapy and Counseling 2010

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Forthcoming!

A Counseling Primer

An Introduction to the Profession

Mary H. Guindon, Johns Hopkins University, Maryland, USA

This introductory, professional orientation text is intended for use by beginning counseling students and can serve as a review for students at internship stage

and those in early practice. It covers Standard One, Professional Identity, one of the eight core areas of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) curriculum. Guindon has structured the text around the series of "W" questions – Who, What, Where, When, Why, and How. In so doing, the text quickly orients readers to who counselors (and clients) are, what counseling actually is, where and when it is practiced, and why counselors choose the profession. The text also presents very basic attending and communicating skills (the 'how' of counseling) that will form the foundation of the rest of the coursework and training for the beginning counselor.

An online instructor's manual with student resources is available and offers material to enhance the pedagogical features of the text, including:

- a sample syllabus
- chapter-by-chapter notes and interactive test questions
- class handouts and activities
- supplemental forms
- in-depth PowerPoint lectures.

CONTENTS: Part I: Questions Beginning Counselors Ask. Introduction. Who? Answers about Counselors and Clients. What? Answers about the Meaning of Counseling, its Past and its Present. What? Answers about the Body of Knowledge: Ethics, Social and Cultural Diversity, Human Growth and Development, and Career Development. What? Answers about the Body of Knowledge: Helping Relationships, Group Work, Assessment, and Research and Program Development. Where? Answers about Settings and Surroundings. When? Answers about Processes, Phases, and Procedures. Why? Answers about Caring and Changing. **Part II: How? Answers about Skills and Practices.** Basic Attending Skills. Basic Responding Skills: Responding to Content and Process. Questioning Skills and Systematic Inquiry. Affect and Empathic Understanding Skills. Responding to Thoughts and Behaviors: The Working Alliance. **Appendices.** Appendix A: Personal Journal. Appendix B: Training Forms. Appendix C: Internet Resources for Professional Counselors.

September 2010: 240pp.

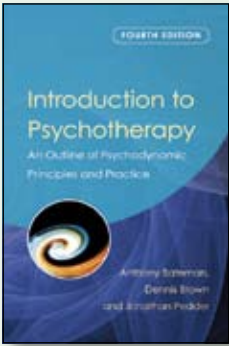
Hb: 978-0-415-87534-9: \$110.00

Pb: 978-0-415-87535-6: \$44.95

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New Edition!

Introduction to Psychotherapy

An Outline of Psychodynamic Principles and Practice

Fourth Edition

Anthony Bateman, St Ann's Hospital, London, UK, **Dennis Brown**, Group Analytic Practice, London, UK, and **Jonathan Pedder**,

Consultant Psychotherapist, Maudsley Hospital, London, UK

"This book has now become a classic text and a 'must read' for trainee psychiatrists and other mental health practitioners wishing to gain a broad understanding of psychotherapy principles. The new edition has updated the text in keeping with new developments in this exciting field. It comes highly recommended." - **Mark Evans**, Gaskell House Psychotherapy Centre, Manchester, UK

"This new edition of a classic text in the area will be welcomed by students and practitioners seeking a clear and well-balanced introduction to psychotherapy, rooted in clinical work and a wide and deep understanding of psychodynamic principles." - **Stephen Frosh**, Birkbeck College, London, UK

This fourth edition of *Introduction to Psychotherapy* builds on the success of the previous three editions and remains an essential purchase for trainee psychotherapists, psychiatrists and other professionals. It has been revised and extended to capture some of the current themes, controversies and issues relevant to psychotherapy as it is practised today.

Bateman has added new chapters on attachment theory and personality disorder and has developed further the research sections on selection and outcome. His new chapter on further therapies covers a variety of therapeutic movements and establishes links between these and classical psychoanalytical therapies.

Introduction to Psychotherapy is a classic text that has been successfully updated to provide a relevant and essential introduction for anyone interested in psychotherapy.

CONTENTS: Foreword to the First Edition. Foreword to the Second Edition. Foreword to the Third Edition. Foreword to the Fourth Edition. Prologue.

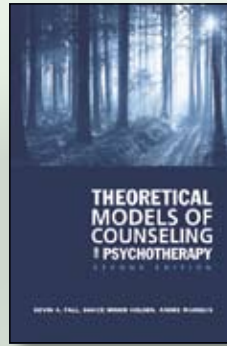
Part I: Psychodynamic Principles. Introduction to Psychodynamic Principles. Historical Background to Dynamic Psychotherapy. The Concept of Conflict. Unconscious Processes. Anxiety and Psychic Pain. Defence Mechanisms. Motivational Drives. Developmental Phases. Attachment Theory. Models of the Mind. Therapeutic Relationships. **Part II: Psychodynamic Practice.** Introduction to Psychodynamic Practice. Elements of Psychotherapy. Levels of Psychotherapy. Psychoanalysis and Analytic Psychotherapy. Group Psychotherapy. Family and Couple Therapy. Social Therapy. Encounter and Beyond. Further Therapies. Personality Disorder. Selection. Outcome and Research. Appendix.

August 2010: 360pp.

Hb: 978-0-415-47611-9: \$95.00

Pb: 978-0-415-47612-6: \$33.95

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New Edition!

Theoretical Models of Counseling and Psychotherapy

Second Edition

Kevin A. Fall, Loyola University, New Orleans, USA, **Janice Miner Holden**, University of North Texas, USA, and **Andre Marquis**, University of Rochester, New York, USA

"This is a thorough and accessible volume addressing the major theoretical models of counseling and psychotherapy. The chapter on Integral Counseling, an approach often ignored in other similar texts, is a remarkably clear and thoughtful introduction. I recommend this book highly." - **Richard E. Watts**, Sam Houston State University, Texas, USA

"Fall, Holden, and Marquis understand the theories they cover so well that they are able to translate that understanding through straightforward and accessible descriptions. They offer a balance of depth and approachability while incorporating examples, illustrations, and analogies that keep students engaged." - **Heather L. Servaty-Seib**, Purdue University, Indiana, USA

This text provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models. Appropriate for advanced undergraduates and graduate students, it offers a detailed description of the philosophical basis for each theory, along with historical context and a biography of the founder. Each chapter follows a similar format and explores the main features of the theory, including its approach to and ideas on personality development, human nature, the role of environment, the change process in therapy, and contributions and limitations to the mental health field. Theory-specific information on diagnosis, psychopharmacology, multicultural issues, spirituality, and gender issues is also discussed. These features will provide students with a deeper and more complete understanding of counseling theory than is available in any single resource and allow them to easily bridge classroom study to their future practice.

This second edition of the text has been completely updated and includes more case examples, as well as a new chapter on Constructivist approaches. An online instructor's manual with student resources is available and offers material to enhance the pedagogical features of the text.

CONTENTS: Introduction. Classical Psychoanalysis. Self Psychology. Adlerian Counseling/Individual Psychology. Existential Counseling. Person-centered Counseling. Gestalt Counseling. Behavioral Counseling. Cognitive Counseling. Rational Emotive Behavioral Therapy. Reality Therapy and Choice Theory. Constructivist Approaches. Systems Approaches. Integral Counseling.

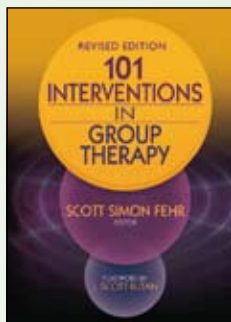
March 2010: 530pp.

Hb: 978-0-415-99476-7: \$59.95

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New Edition!

101 Interventions in Group Therapy

Revised Edition

Edited by **Scott Simon Fehr**, in private practice, Florida, USA

Foreword by **J. Scott Rutan**

"A fascinating treasure trove of clinical experiences. Once again Dr. Fehr is to be

commended for creating an engaging volume that conveys the clinical 'nuts and bolts' of group psychotherapy." - **Michael Brook**, Founding Faculty and Training Analyst at the Center for Group Studies, New York, USA

Every clinician looks for the most effective interventions to apply in group therapy. *101 Interventions in Group Therapy* gives practitioners exactly what they are looking for – effective interventions in a clear, simple, reader-friendly format. This comprehensive yet concise guide provides 101 short chapters written by 78 leading well-recognized practitioners, explaining step-by-step exactly what to do to provide an effective intervention when something arises in group therapy. Each easy-to-learn intervention is profound in nature and has been shown effective in practice by the author of the chapter.

January 2010: 630pp.

Hb: 978-0-415-88216-3: \$99.95

Pb: 978-0-415-88217-0: \$69.95

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Forthcoming!

Counseling Older Adults

John Blando, San Francisco State University, San Francisco, USA

Counseling older adults is not equivalent to counseling the general population, and specialized skills and knowledge, as well as sensitivity to the contexts in which older adults live, are essential in working successfully with this population. This book

provides an introduction to gerontological counseling, covering theories of aging (including a theory of gerontological counseling) and their practical application in counseling work with older adults; basic counseling skills and the counseling process in the context of work with older adults; contextual factors (race-ethnicity, social class, etc.); and a discussion of social justice issues. Also considered are biopsychosocial-spiritual contexts of older adults, as well as the counseling skills and process interventions that maximize counseling success within these contexts. Pedagogical features in each chapter include:

- chapter overview and summary
- case study with discussion questions
- chapter review questions
- glossary of key terms
- extended references and resources.

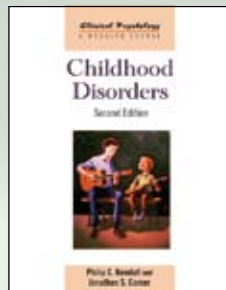
CONTENTS: Theories of Aging and Later Life Development. Attending and Listening Skills in Work with Older Adults. Stages of Counseling Older Adults. Psychodynamic and Existential Foundations in Counseling Older Adults. Transference and Other Counseling Processes with Older Adults. Approaches to Counseling Older Adults. The Culture and Context of Old Age. Spirituality

and Counseling Older Adults. Multicultural Gerontological Counseling. School, College, and Career Counseling and Older Adults: Grandparenting, Reentry Students, and Retirement. Health and Rehabilitation Counseling with Older Adults. Alzheimer's Disease and Other Dementias. Family Issues in Counseling Older Adults. Psychological Issues in Community and Mental Health Counseling. Future Trends in Aging and Counseling.

November 2010: 440pp.

Pb: 978-0-415-99051-6: \$39.95

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New Edition!

Childhood Disorders

Second Edition

Philip C. Kendall, Temple University, Philadelphia, USA, and **Jonathan S. Comer**, Columbia University, New York, USA

"In this well written and highly informative textbook, Kendall and Comer lay out the rationale for and characteristics of a cognitive-

behavioral approach to treating childhood mental disorders. The book is accessible, evidence-based, up-to-date, and full of clinical pearls."

- **John S. March**, Duke University Medical Center, North Carolina, USA

"This second edition is just the kind of book that students of child psychopathology will crave – the text is compelling, succinct, accessible, and prescriptive; the authors are authoritative leaders in the field. Highly recommended." - **Stephen Hinshaw**, UC Berkeley, USA, and Editor, *Psychological Bulletin*

In this revised edition of *Childhood Disorders*, Philip C. Kendall and Jonathan S. Comer present current information about the full range of psychological disorders that occur in childhood, and discuss the major models that guide the thinking about each disorder. Specific criteria for diagnosis are presented alongside the latest research findings to provide an overview of methods used for treating childhood disorders.

Each chapter in this second edition is fully updated and includes information on the changes in the prevalence of childhood disorders and causes for this, as well as brand new sections on substance use and abuse, and post traumatic stress disorders in childhood with a focus towards reactions to terrorism and natural disaster.

Childhood Disorders, Second Edition will prove essential reading for undergraduates, as well as a useful introduction for professionals in related fields including mental health nursing, social work, and educational psychology.

CONTENTS: Getting to Know the Children. Models of Childhood Disorders. Issues Facing the Disorders of Childhood. Conduct Disorders. Attention-Deficit Hyperactivity Disorder. Anxiety Disorders. Depression. Eating Disorders. Mental Retardation and Learning Disorders. Pervasive Developmental Disorders. Tics and Elimination Disorders. Questions for Your Consideration.

July 2010: 294pp.

Hb: 978-0-415-48641-5: \$85.00

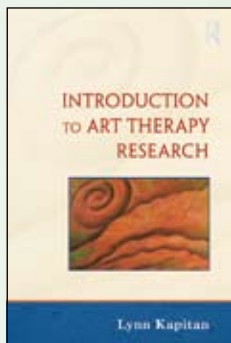
Pb: 978-0-415-48642-2: \$29.95

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New!

Introduction to Art Therapy Research

Lynn Kapitan, Mount Mary College, Wisconsin, USA

"Dr. Kapitan draws from nearly two decades of experience as professor and editor to create a research manual that is sure to be a seminal art therapy text. This book is everything art therapy students and instructors of research need, in one volume." - **Holly Feen-Calligan**, Wayne State University, Michigan, USA

"Dr. Kapitan has performed a valuable service to the art therapy community by writing a book that has long been needed – a thorough and even-handed introduction to the topic. It will inform both students and practitioners and should stimulate more and better research in art therapy." - **Judith A. Rubin**, University of Pittsburgh, Pennsylvania, USA; author of *The Art of Art Therapy* and *Introduction to Art Therapy: Sources & Resources*

Introduction to Art Therapy Research is a pragmatic text that introduces readers to the basics of research design in quantitative and qualitative methodology written in the language of art therapy, with particular attention to the field's unique aspects, current thinking, and exemplars from published art therapy research studies. This combination of a broad, standard approach to research design plus art therapy's particular perspective and major contributions to the subject make the text suitable for courses in introductory research, survey of art therapy history and literature, art therapy assessment, and ethics. The book includes strategies for evaluating research reports and writing for peer-reviewed publication, features that make the text of special value to students, practitioners, doctoral candidates, and academics writing for publication. An online instructor's manual with student resources is available and offers material to enhance the pedagogical features of the text.

CONTENTS: Part I: Overview of Art Therapy. Art Therapy Research Ideas, Tools, and Steps in the Process. How Art Informs Art Therapy Research.

Part II: Art Therapy Research Methods. Quantitative Models of Art Therapy Research. Outcomes Research to Generate Evidence-based Practice. Investigating the Field: Participant-observation. Researching the Phenomena of Conscious Experience. Art-based Inquiry: An Emerging Paradigm in Art Therapy. **Part III: Doing Art Therapy Research.** Before You Begin: The Research Proposal and Other Ethical Safeguards. Models of Good Research: Conducting the Study and Reporting Results. Writing for Publication in *Art Therapy* and Other Scholarly Journals. Glossary of Research Terminology.

June 2010: 328pp.

Hb: 978-0-415-87147-1: \$39.95

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New Edition!

The Art of Art Therapy

What Every Art Therapist Needs to Know
Second Edition

Judith A. Rubin, University of Pittsburgh, USA

The Art of Art Therapy, first published in 1984, was written primarily to help art therapists first define and then refine a way of thinking about their work. This new edition contains thoroughly revised chapters that reflect the significant expansion of the field of art therapy in the period since the book was first written. Specifically, this second edition invites the reader to first consider closely the main elements of the discipline embodied in its name: *The Art Part* and *The Therapy Part*. Chapters dealing with each of these topics comprise the first two sections of the book. The third section, *The Interface*, contains chapters dealing with putting the two together in an integrated way, i.e. Doing Art Therapy (step-by-step) and doing it Artistically. Included with this edition is a DVD containing chapter related video content.

CONTENTS: Foreword to the Revised Edition. Introduction. **Part I: The Art Part.** Knowing Materials. Knowing Processes. Knowing Products. **Part II: The Therapy Part.** Knowing Development. Knowing Dynamics and Deviations. Knowing Therapy. Knowing Art Therapy. **Part III: The Interface.** Setting the Stage. Evoking Expression. Enabling Creation. Facilitating Reflection. Working Artfully. **Part IV: Applications.** Different Populations. Different Settings. Different Modes. **Part V: Related Service.** Knowing Teaching. Knowing Supervision. Knowing Consultation. Knowing Research. Knowing Theory. Addendum: Knowing What You Don't Know. Appendix A: Books on Art Therapy and Related Subjects. Appendix B: DVD Contents.



February 2011: 288pp.

Hb: 978-0-415-96094-6: \$49.95

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Also by Judith A. Rubin



Introduction to Art Therapy

Sources & Resources

Second Edition

Hb: 978-0-415-96093-9: 2009: 356pp. \$52.95

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