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## Arenas

Our Psychotherapy and Counselling Arena is a subject-focused selection of our books and journals in Psychotherapy and Counselling, allowing you to quickly and easily browse the subject area you're interested in. All of our books are available at a special **10% discount** if you order them from the Arena, with **free shipping** on orders to the UK if you spend more than £20.



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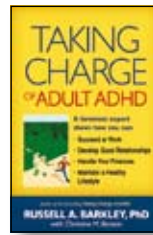
[www.psychotherapyarena.com](http://www.psychotherapyarena.com)

### To order books

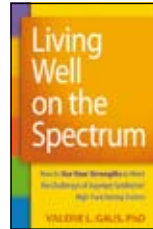
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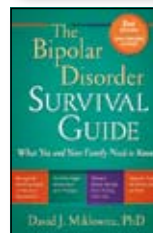
# Read and Recommend



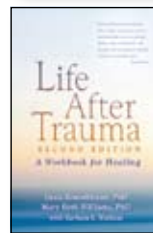
**Taking Charge of Adult ADHD**  
**Russell A. Barkley**  
 with **Christine M. Benton**  
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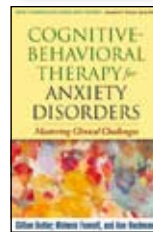
**Living Well on the Spectrum**  
**How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism**  
**Valerie L. Gaus**  
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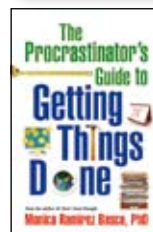
**The Bipolar Disorder Survival Guide**  
**What You and Your Family Need to Know**  
**Second Edition**  
**David J. Miklowitz**  
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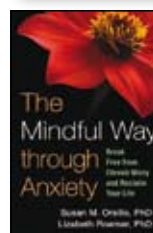
**Life After Trauma**  
**A Workbook for Healing**  
**Second Edition**  
**Dena Rosenbloom, and Mary Beth Williams, with Barbara E. Watkins**  
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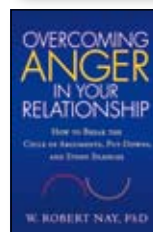
**Cognitive-Behavioral Therapy for Anxiety Disorders**  
**Mastering Clinical Challenges**  
**Gillian Butler, Melanie Fennell, and Ann Hackmann**  
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**The Procrastinator's Guide to Getting Things Done**  
**Monica Ramirez Basco**  
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**The Mindful Way through Anxiety**  
**Break Free from Chronic Worry and Reclaim Your Life**  
**Susan M. Orsillo, and Lizabeth Roemer**  
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**Overcoming Anger in Your Relationship**  
**How to Break the Cycle of Arguments, Put-Downs, and Stony Silences**  
**W. Robert Nay**  
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# Conferences

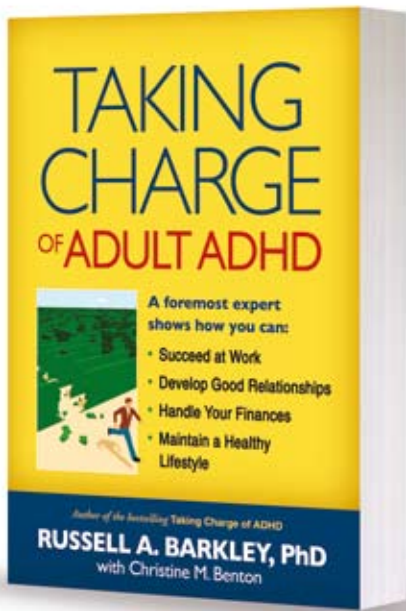
Routledge Mental Health ensures its books are represented at all major conferences. The calendar of events for 2010 is listed below. Routledge will be exhibiting all recent and relevant key books at these meetings. Please visit the Routledge stand where all books will be available for sale at a **20% conference discount**.



- **Association for Coaching 4th International Conference 2010**  
11-12 March 2010, London, UK  
*Going Global 2010* will expand our thinking and build upon the principles and cornerstone of coaching as the profession, organisations, leaders and their people emerge from a significantly challenging time.
- **Eating Disorders International Conference (EDIC) 2010**  
11-13 March 2010, London, UK  
The scientific programme will include a wide variety of topics of relevance to psychiatrists, general practitioners, psychologists, clinicians and allied health professionals.
- **Padesky Workshops**  
26-27 April 2010, London, UK  
*CBT Boot Camp: Building Core Clinical Competencies*  
*CBT Boot Camp* is especially designed for therapists who want to build and strengthen core CBT clinical competencies.  
14-15 May 2010, London, UK  
*Anxiety Traps! CBT Antidotes*  
*Anxiety Traps!* is aimed at novice to intermediate therapists familiar with anxiety treatments and yet often uncertain their therapy is on the best track.
- **16th Annual BACP Research Conference 2010**  
14-15 May 2010, London, UK  
The theme of the 2010 conference is *'Research Impacts'*, reflecting our understanding of the significant effect research has on policy, practice and training.
- **British Association for Behavioural and Cognitive Psychotherapies (BABCP) 38th Annual Conference**  
20-23 July 2010, Manchester, UK  
Key themes for the conference programme this year include: advances in understanding and treating psychosis, self regulation and control, and innovations in parent training.
- **40th Annual Congress of European Association for Behavioural and Cognitive Therapies (EABCT)**  
7-10 October 2010, Milan, Italy  
In its general perspective LINKS wants to create an interconnection between associations, themes, disciplines, countries, cultures, traditions and innovations.
- **BPS: 1st International Congress of Coaching Psychology 2010**  
14-15 December 2010, London, UK  
The SGCP co-sponsored stage will debate and discuss coaching psychology.

# Top 10

- 1**  **Greenberger/Padesky:** *Mind Over Mood: Change How You Feel by Changing the Way You Think*  
Pb: 978-0-89862-128-0: 1995: 250pp. £16.95
- 2**  **Williams et al.:** *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*  
Pb: 978-1-59385-128-6: 2007: 273pp. £12.99
- 3**  **Fairburn:** *Overcoming Binge Eating*  
Pb: 978-0-89862-179-2: 2005: 247pp. £13.50
- 4**  **Beck, J.:** *Cognitive Therapy: Basics and Beyond*  
Hb: 978-0-89862-847-0: 1995: 338pp. £33.00
- 5**  **Rollnick et al.:** *Motivational Interviewing in Healthcare: Helping Patients Change Behavior*  
Pb: 978-1-59385-612-0: 2008: 210pp. £16.99
- 6**  **Kuyken et al.:** *Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy*  
Hb: 978-1-60623-072-5: 2009: 366pp. £27.00
- 7**  **Miller/Rollnick:** *Motivational Interviewing: Preparing People for Change, Second Edition*  
Hb: 978-1-57230-563-2: 2002: 419pp. £30.00
- 8**  **Padesky/Greenberger:** *Clinician's Guide to Mind Over Mood*  
Pb: 978-0-89862-821-0: 1995: 276pp. £21.00
- 9**  **Young et al.:** *Schema Therapy: A Practitioner's Guide*  
Pb: 978-1-59385-372-3: 2006: 436pp. £21.00
- 10**  **Linehan:** *Skills Training Manual for Treating Borderline Personality Disorder*  
Pb: 978-0-89862-034-4: 1993: 180pp. £24.50



For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care – and what sufferers can do for themselves – than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments. Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle – work, finances, relationships, and more. Finally, an authoritative one-stop resource for adults with ADHD who are ready to take back their lives.

**Taking Charge of Adult ADHD**

**Russell A. Barkley,**  
with **Christine M. Benton**

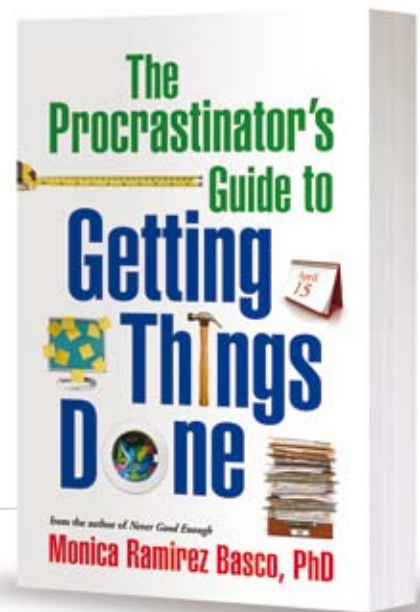
August 2010: 278pp.

Hb: 978-1-60623-710-6: £27.00

Pb: 978-1-60623-338-2: £10.99

**Page 15**

Everyone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Expressly designed for people who want to make changes but would be easily daunted by an elaborate self-help program, this concise, motivating guide is packed with highly practical tips and suggestions. Engaging quizzes and exercises help readers determine what type of procrastinator they are, outsmart their own delaying tactics, and build crucial skills for getting things done today. Cognitive-behavioral therapy expert Monica Ramirez Basco peppers the book with easy-to-relate-to examples from "recovering procrastinators" – including herself.



**The Procrastinator's Guide to Getting Things Done**

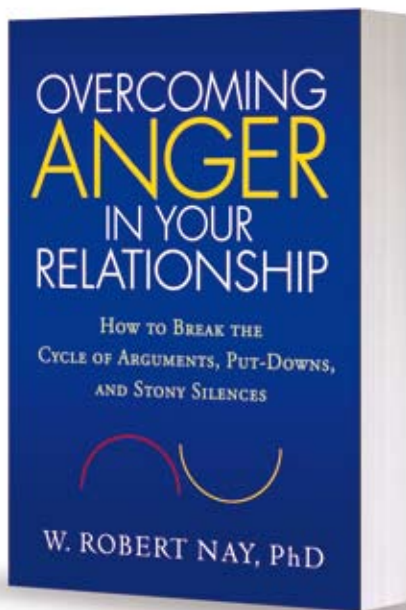
**Monica Ramirez Basco**

January 2010: 178pp.

Hb: 978-1-60623-462-4: £24.00

Pb: 978-1-60623-293-4: £9.99

**Page 23**



Anger can gain a foothold in the most loving relationship, eroding intimacy and making those on the receiving end wonder how much more they can take. From anger expert Dr. Robert Nay – who has helped thousands of individuals and couples learn new ways of resolving conflicts – this straight-talking book provides clear-cut, practical techniques for dealing with a partner's unacceptable expressions of anger. Readers learn how their usual responses may unwittingly reward bad behavior and how to stand up for themselves in ways that promote lasting change.

**Overcoming Anger in Your Relationship**

**How to Break the Cycle of Arguments, Put-Downs, and Stony Silences**

**W. Robert Nay**

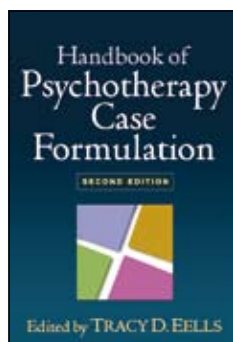
June 2010: 259pp.

Hb: 978-1-60623-642-0: £27.00

Pb: 978-1-60623-283-5: £10.99

**Page 26**

# Psychotherapy and Counselling



**New in Paperback!**

## Handbook of Psychotherapy Case Formulation

**Second Edition**

Edited by **Tracy D. Eells**, University of Louisville, USA

*"Eells has produced a volume that is both theoretically grounded and practical,*

*and that will help students and professionals explore a variety of models and approaches. If you want the best of current thinking about case conceptualization, there is no better volume to own."*

- **Steven C. Hayes**, University of Nevada, USA

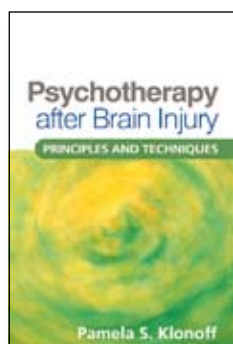
This indispensable practitioner guide and text serves as a comprehensive primer on case formulation within all of the major therapeutic approaches. Prominent experts offer step-by-step guidelines for developing strong formulations and putting them to use in day-to-day practice. The chapters follow a standard format to allow comparison across models.

**CONTENTS: Part I: Introduction.** Eells, History and Current Status of Psychotherapy Case Formulation. Ridley, Kelly, Multicultural Considerations in Case Formulation. **Part II: Structured Case Formulation Methods.** Messer, Wolitzky, The Psychoanalytic Approach to Case Formulation. Luborsky, Barrett, The Core Conflictual Relationship Theme: A Basic Case Formulation Method. Horowitz, Eells, Configurational Analysis: States of Mind, Person Schemas, and the Control of Ideas and Affect. Levenson, Strupp, Cyclical Maladaptive Patterns: Case Formulation in Time-limited Dynamic Psychotherapy. Curtis, Silberschatz, The Plan Formulation Method. Markowitz, Swartz, Case Formulation in Interpersonal Psychotherapy of Depression. Caspar, Plan Analysis. Persons, Tompkins, Cognitive-Behavioral Case Formulation. Koerner, Case Formulation in Dialectical Behavior Therapy for Borderline Personality Disorder. A. M. Nezu, C. M. Nezu, Cos, Case Formulation for the Behavioral and Cognitive Therapies: A Problem-solving Perspective. Greenberg, Goldman, Case Formulation in Emotion-focused Therapy. Eells, Comparing the Methods: Where is the Common Ground?

August 2010: 448pp.

Hb: 978-1-59385-351-8: 2006: £33.00

Pb: 978-1-60623-942-1: £20.00



**Forthcoming!**

## Psychotherapy after Brain Injury Principles and Techniques

**Pamela S. Klonoff**, Barrow Neurological Institute, St. Joseph's Hospital and Medical Center, Arizona, USA

*"This accessible and engaging text is essential reading for professionals*

*working in brain injury rehabilitation or with clients who have experienced a brain injury, and an invaluable resource for students and trainees in clinical psychology, clinical neuropsychology, rehabilitation medicine, neuropsychiatry, and social work."*

- **Linda Clare**, Bangor University, UK

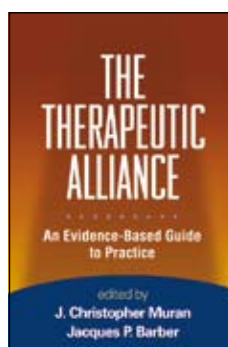
This book presents hands-on tools for addressing the multiple ways that brain injury can affect psychological functioning and

well-being. The author is a leader in the field who translates her extensive clinical experience into clear-cut yet flexible guidelines that therapists can adapt for different challenges and settings. With a focus on facilitating awareness, coping, competence, adjustment, and community reintegration, the book features helpful case examples and reproducible handouts and forms. It shows how to weave together individual psychotherapy, cognitive retraining, group and family work, psychoeducation and life skills training, and how to build and maintain a collaborative therapeutic relationship.

**CONTENTS:** Introduction and Overview. Guidelines for Early Psychotherapy Sessions and General Treatment Considerations. Increasing Patients' Self-awareness. Myles, Sense of Self and Identity. Increasing Acceptance. Life Skills Training. Koberstein, Family Life. Communication and Social Skills. Adjustment and Treatment Termination. Psychotherapist Self-care: Managing Stress and Avoiding Burnout.

August 2010: 290pp.

Hb: 978-1-60623-861-5: £34.00



**Forthcoming!**

## The Therapeutic Alliance

**An Evidence-Based Guide to Practice**

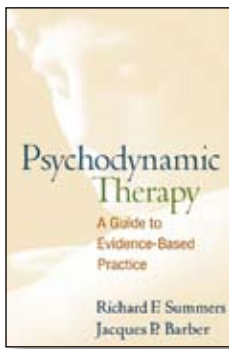
Edited by **J. Christopher Muran**, Adelphi University, New York, USA, and **Jacques P. Barber**, University of Pennsylvania School of Medicine, USA

This state-of-the-art book presents research-based practice guidelines that clinicians of any orientation can use to optimize the therapeutic alliance. Leading proponents of the major psychotherapeutic approaches explain just what a good alliance is, how to create it, and how to recognize and repair alliance ruptures. Applications in individual, group, couple, and family therapy are explored; case examples vividly illustrate the concepts and techniques. Links between the quality of the alliance and client outcomes are elucidated.

**CONTENTS:** Muran, Barber, An Introduction: Establishing the Context and Rationale. **Part I: Critical Studies of the Therapeutic Alliance.** Hatcher, Alliance Theory and Measurement. Barber, Khalsa, Sharpless, The Validity of the Alliance as a Predictor of Psychotherapy Outcome. Stiles, Goldsmith, The Alliance Over Time. Hill, Qualitative Studies of Negative Experiences in Psychotherapy. Eubanks-Carter, Muran, Safran, Alliance Ruptures and Resolution. **Part II: Practice and the Therapeutic Alliance.** Messer, Wolitzky, A Psychodynamic Perspective on the Therapeutic Alliance: Theory, Research, and Practice. Benjamin, Critchfield, An Interpersonal Perspective on Therapy Alliances and Techniques. Castonguay, Constantino, McAleavey, Goldfried, The Therapeutic Alliance in Cognitive-Behavioral Therapy. Tsai, Kohlenberg, Kanter, A Functional Analytic Psychotherapy (FAP) Approach to the Therapeutic Alliance. Watson, Kalogerakos, The Therapeutic Alliance in Humanistic Psychotherapy. Horvath, Symonds, Tapia, Therapeutic Alliances in Couple Therapy: The Web of Relationships. Escudero, Heatherington, Friedlander, Therapeutic Alliances and Alliance Building in Family Therapy. Piper, Ogrodniczuk, The Therapeutic Alliance in Group Therapy. **Part III: Training Programs on the Therapeutic Alliance.** Binder, Henry, The Vanderbilt Studies: Developing Skills in Managing Negative Processes. P. Crits-Christoph, K. Crits-Christoph, Gibbons, Training in Alliance-fostering Techniques. Muran, Safran, Eubanks-Carter, The Beth Israel Psychotherapy Research Program: Developing Therapist Abilities to Negotiate Alliance Ruptures. Sharpless, Muran, Barber, Coda: Recommendations for Practice and Training.

September 2010: 368pp.

Hb: 978-1-60623-873-8: £27.00



## Psychodynamic Therapy

### A Guide to Evidence-Based Practice

**Richard F. Summers, and Jacques P. Barber**, both at the University of Pennsylvania, USA

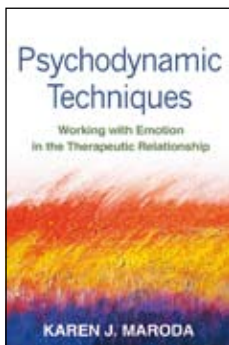
*"At last, we have the definitive book on psychodynamic therapy... The chapters are extremely well written, containing*

*clinical examples that illustrate the strategies and techniques... I highly recommend this book to clinicians and students who want the latest on psychodynamic therapy."* - **Aaron T. Beck**, University of Pennsylvania Medical School, USA

Presenting a pragmatic, evidence-based approach to conducting psychodynamic therapy, this engaging and instructive guide is firmly grounded in contemporary clinical practice and research. The book reflects an openness to new influences on dynamic technique, such as cognitive-behavioral therapy and positive psychology. It offers a fresh understanding of the most common problems for which patients seek help – depression, obsessionality, low self-esteem, fear of abandonment, panic, and trauma – and shows how to organize and deliver effective psychodynamic interventions.

**2009: 355pp.**

**Hb: 978-1-60623-443-3: £27.00**



**New!**

## Psychodynamic Techniques

### Working with Emotion in the Therapeutic Relationship

**Karen J. Maroda**, in private practice, Wisconsin, USA

*"Maroda brings such a wealth of seasoned clinical experience and wisdom*

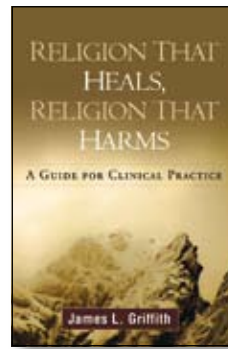
*to this book that it inevitably will be an invaluable resource. She offers a treatment-oriented presentation that is sophisticated yet lucid and pragmatic."* - **Edgar A. Levenson**, William Alanson White Institute, New York, USA

Helping therapists navigate the complexities of emotional interactions with clients, this book provides practical clinical guidelines. Master clinician Karen J. Maroda adds an important dimension to the psychodynamic literature by exploring the role of both clients' and therapists' emotional experiences in the process of therapy. Vivid case examples illustrate specific techniques for becoming more attuned to one's own experience of a client; offering direct feedback and self-disclosure in the service of treatment goals; and managing intense feelings and conflict in the relationship.

**CONTENTS:** Introduction. Emotional Engagement and Mutual Influence: Basic Issues as Therapy Begins. Mutuality and Collaboration: Influencing Each Other. Redefining Regression: Facilitating Therapeutic Vulnerability. Evaluating Interventions: Tracking the Client's Response. Self-disclosure and Advice: Understanding How and When the Therapist's Disclosures Are Therapeutic. Managing Emotion: Affective Communication and the Role of Interaction. The Special Problem of Affect Management in Treating Borderline Personality Disorders. Confrontation and Countertransference Anger: Overcoming the Therapist's Aversion to Conflict. Erotic Feelings: How They Help or Hinder the Therapeutic Process. Empowering the Client: The Road to Independence. Conclusion.

**January 2010: 274pp.**

**Hb: 978-1-60623-492-1: £24.00**



**Forthcoming!**

## Religion That Heals, Religion That Harms

### A Guide for Clinical Practice

**James L. Griffith**, George Washington University School of Medicine, Washington D. C., USA

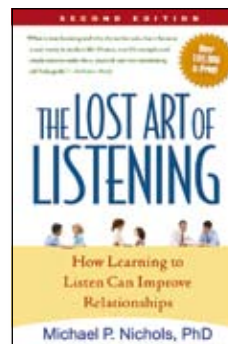
*"This is a wise book, carefully crafted by a psychiatrist who is well acquainted with the empirical literature on the psychology of religion."* - **Ralph W. Hood, Jr.**, University of Tennessee at Chattanooga, USA

From James L. Griffith, well known for his work on harnessing the healing potential of religion and spirituality, this book helps clinicians to intervene effectively in situations where religion is causing harm. Vivid examples illustrate how religious beliefs and practices may propel suicide, violence, self-neglect, or undue suffering in the face of medical or emotional challenges. Griffith also unravels the links between psychiatric illness and distorted religious experience.

**CONTENTS:** Introduction. When Religion Goes Bad: A Mental Health Problem? **Part I: A Map for Navigating the Terrain of Religion.** What Sociobiology Explains about Destructive Uses of Religion. What Neurobiology Explains about Destructive Uses of Religion. Setting the Stage: Opening Dialogue about Religious Life. Locating Personal Spirituality through Existential Inquiry. **Part II: When Religious Life Propels Suffering.** Seeking a Parent in God: Clinical Problems from Insecure Attachments. Seeking Security within the Flock: Clinical Problems from Social Hierarchy, Peer Affiliation, and Reciprocal Altruism. Asserting Primacy of Personal Spirituality Over Sociobiological Religion. The Religious Who Protect Only Their Own: Clinical Problems from Peer Affiliation, Kin Recognition, and Social Exchange. **Part III: When Mental Illness Infiltrates Religious Life.** Religion That is a Voice for Mental Illness. Dark Nights and Exaltation: Religion Distorted by a Mood Disorder. Worlds Confused: Religion Disorganized by Psychosis. Fear and Dread: Religion Shrunken by an Anxiety Disorder. **Part IV: A Clinician's Stance.** Finding a Place to Stand: Conversing with Religiously Determined Patients.

**October 2010: 278pp.**

**Hb: 978-1-60623-889-9: £27.00**



## The Lost Art of Listening

### How Learning to Listen Can Improve Relationships

**Second Edition**

**Michael P. Nichols**, College of William and Mary, Virginia, USA

*"Lily Tomlin once advised that we 'listen with an intensity that most people save*

*for talking.'* Michael Nichols, in *The Lost Art of Listening*, tells us how. *This is a very special book which distills years of clinical wisdom into practical advice about improving our most important relationships and, ultimately, who we are."* - **Carol M. Anderson**, coauthor of *Flying Solo*

This perennial bestseller has already helped many thousands of readers resolve conflicts and transform their relationships with family members, romantic partners, colleagues, and friends. Experienced therapist Michael P. Nichols explains why we often feel cut off from those we care about and provides easy-to-learn techniques for really hearing and being heard. Thoughtful, witty, and empathic, the book is filled with vivid examples that readers of all ages and walks of life can relate to.

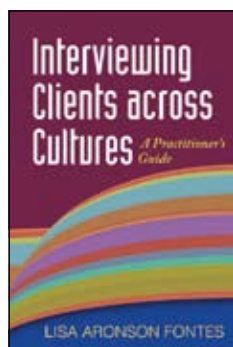
**CONTENTS:** Introduction. **Part I: Yearning to be Understood.** Why Listening is so Important. "Did You Hear What I Said?" How Listening

Shapes Us and Connects Us to Each Other. "Thanks for Listening." How Communication Breaks Down. "Why Won't You Listen to Me?" **Part II: The Real Reasons People Don't Listen.** The Heart of Listening: The Struggle to Suspend Our Own Needs. "When Is It My Turn?" How Hidden Assumptions Prejudice Listening. "You Hear Only What You Want to Hear!" How Emotionality Makes Us Defensive. "Why Do You Always Overreact!" **Part III: Getting Through to Each Other.** How to Let Go of Your Own Needs and Listen. "Take Your Time – I'm Listening". Empathy Begins with Openness. "I Never Knew You Felt That Way". How to Defuse Emotional Reactivity. "I Can See This is Really Upsetting You." **Part IV: Listening in Context.** Listening Between Intimate Partners. "We Never Seem to Talk Anymore." How to Listen and Be Heard within the Family. "Nobody Around Here Ever Listens to Me!" Being Able to Hear Friends and Colleagues. "I Knew You'd Understand." Epilogue.

2009: 314pp.

Hb: 978-1-60623-064-0: £27.00

Pb: 978-1-59385-986-2: £11.95



## Interviewing Clients across Cultures

### A Practitioner's Guide

**Lisa Aronson Fontes**, Core Faculty Member in Union Institute & University's PsyD Program in Clinical Psychology, USA

*"This book is a 'must read' for anyone training to be, or already serving, in a professional role in today's multicultural society. It is important, accessible, and*

*filled with lively case examples."* - **Sandra A. Graham-Bermann**, University of Michigan, USA

Packed with practical pointers and examples, this indispensable, straight-talking guide helps professionals conduct productive interviews while building strong working relationships with culturally and linguistically diverse clients. Chapters cover avoiding different types of bias; verbal and nonverbal ways to build rapport and convey respect; how to overcome language barriers, including effective use of interpreters; culturally competent interviews with children and adolescents; and key issues in working with immigrants and refugees. Strategies for avoiding common cross-cultural misunderstandings and producing fair, accurate reports are presented.

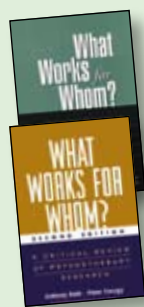
**CONTENTS:** A Guide to Interviewing Across Cultures. Preparing for the Interview. Biases and Boundary Issues. Setting the Right Tone: Building Rapport and Conveying Respect. Beyond Words: Nonverbal Communication in Interviews. Language Competence: Building Bridges with People Who Have a Different Native Language. The Interpreted Interview. Understanding and Addressing Reluctance to Divulge Information. Interviewing Culturally Diverse Children and Adolescents. Interview Reports and Documents. Authority and Trust Issues for Specific Professions. Common Dilemmas and Misunderstandings in Cross-cultural Interviews. Afterword: Your Self as a Resource.

2009: 352pp.

Hb: 978-1-59385-710-3: 2008: £25.95

Pb: 978-1-60623-405-1: £16.00

## Backlist Books



### Fonagy et al.: What Works for Whom?: A Critical Review of Treatments for Children and Adolescents

Hb: 978-1-57230-751-3: 2002: 525pp. £37.50

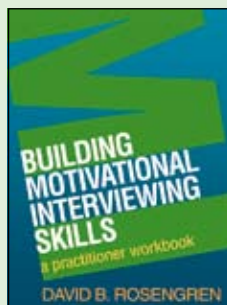
Pb: 978-1-59385-166-8: 2005: 525pp. £21.50

### Roth/Fonagy: What Works for Whom?: A Critical Review of Psychotherapy Research, Second Edition

Hb: 978-1-57230-650-9: 2004: 661pp. £45.00

Pb: 978-1-59385-272-6: 2006: 661pp. £25.00

## Applications of Motivational Interviewing Series



## Building Motivational Interviewing Skills

### A Practitioner Workbook

**David B. Rosengren**, University of Washington, USA

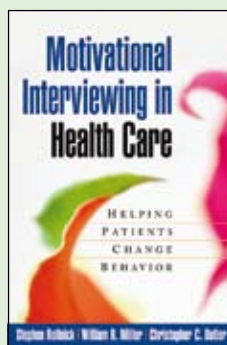
*"I highly recommend this book... Rosengren provides clinicians with both essential theoretical understanding and practical tools for improving their implementation of MI."* - **G. Alan Marlatt**, University of Washington, USA

Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities.

2009: 335pp.

Pb: 978-1-60623-299-6: £25.95

Series: Applications of Motivational Interviewing



## Motivational Interviewing in Health Care

### Helping Patients Change Behavior

**Stephen Rollnick**, Cardiff University, Wales, UK, **William R. Miller**, University of New Mexico, USA, and **Christopher C. Butler**, Cardiff University, Wales, UK

*"I highly recommend this book for any practitioner dealing in health behavior change... The book is also a 'must' for the shelves of undergraduates and graduate students alike."*

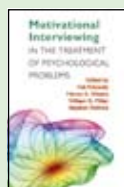
- **Judith Carpenter**, Derbyshire County Primary Care Trust, UK

2008: 210pp.

Hb: 978-1-59385-613-7: £30.50

Pb: 978-1-59385-612-0: £16.99

Series: Applications of Motivational Interviewing

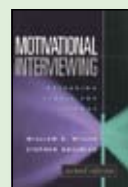


### Arkowitz et al., Eds. Motivational Interviewing in the Treatment of Psychological Problems

Hb: 978-1-59385-585-7: 2007: 354pp. £25.95

Series: Applications of Motivational Interviewing

## Also of Interest



## Motivational Interviewing

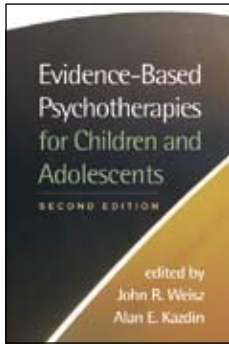
### Preparing People for Change

#### Second Edition

**William R. Miller** and **Stephen Rollnick**

Hb: 978-1-57230-563-2: 2002: 419pp. £30.00

# Child and Adolescent Psychotherapy



**New Edition!**

## Evidence-Based Psychotherapies for Children and Adolescents

**Second Edition**

Edited by **John R. Weisz**, Harvard University, Massachusetts, USA, and **Alan E. Kazdin**, Yale University, Connecticut, USA

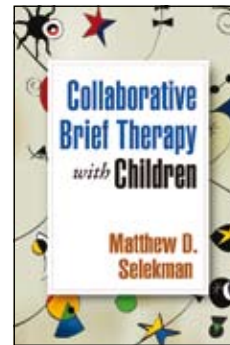
*"The second edition of this highly regarded work is essential for anyone who wants to be brought up to date on what is happening in the field. Weisz and Kazdin are the international leaders, and together with their excellent contributors, they demonstrate that a great deal of progress has been made."* - **Michael Rutter**, Institute of Psychiatry, London, UK

Widely regarded as a premier text and clinical resource, this book presents exemplary treatment approaches for a broad range of social, emotional, and behavioral problems in children and youth. Concise chapters from leading authorities describe the conceptual underpinnings of each therapy, how interventions are delivered on a session-by-session basis, and what the research shows about treatment effectiveness.

**CONTENTS: Part I: Foundations of Child and Adolescent Psychotherapy Research.** *Kazdin, Weisz*, Introduction: Context, Background, and Goals. *Hoagwood, Cavaleri*, Ethical Issues in Child and Adolescent Psychosocial Treatment Research. *Holmbeck, Devine, Bruno*, Developmental Issues and Considerations in Research and Practice. **Part II: Treatments and Problems. A: Internalizing Disorders and Problems.** *Kendall, Furr, Podell*, Child-focused Treatment of Anxiety. *Pahl, Barrett*, Interventions for Anxiety Disorders in Children Using Group Cognitive-Behavioral Therapy with Family Involvement. *Franklin, Freeman, March*, Treating Pediatric Obsessive-Compulsive Disorder Using Exposure-based Cognitive-Behavioral Therapy. *Stark, Streusand, Krumholz, Patel*, Cognitive-Behavioral Therapy for Depression: The ACTION Treatment Program for Girls. *Clarke, DeBar*, Group Cognitive-Behavioral Treatment for Adolescent Depression. *Weersing, Brent*, Treating Depression in Adolescents Using Individual Cognitive-Behavioral Therapy. *Jacobson, Mufson*, Treating Adolescent Depression Using Interpersonal Psychotherapy. **B: Externalizing Disorders and Problems.** *Forgatch, Patterson*, The Oregon Model of Parent Management Training: An Intervention for Antisocial Behavior in Children and Adolescents. *Zisser, Eyberg*, Parent-child Interaction Therapy and the Treatment of Disruptive Behavior Disorders. *Webster-Stratton, Reid*, The Incredible Years Parents, Teachers, and Children Training Series: A Multifaceted Treatment Approach for Young Children with Conduct Problems. *Kazdin*, Problem-solving Skills Training and Parent Management Training for Oppositional Defiant Disorder and Conduct Disorder. *Lochman, Boxmeyer, Powell, Barry, Pardini*, Anger Control Training for Aggressive Youths. *Smith, Chamberlain*, Multidimensional Treatment Foster Care for Adolescents: Processes and Outcomes. *Henggeler, Schaeffer*, Treating Serious Antisocial Behavior Using Multisystemic Therapy. *Pelham, Jr., Gnagy, Greiner, Waschbusch, Fabiano, Burrows-MacLean*, Summer Treatment Programs for Attention-Deficit/Hyperactivity Disorder. **C: Other Disorders and Special Applications.** *Cohen, Mannarino, Deblinger*, Trauma-focused Cognitive-Behavioral Therapy for Traumatized Children. *Smith*, Early and Intensive Behavioral Intervention in Autism. *R. L. Koegel, L. K. Koegel, Vernon, Brookman-Fraze*, Empirically Supported Pivotal Response Treatment for Children with Autism Spectrum Disorders. *Robin, le Grange*, Family Therapy for Adolescents with Anorexia Nervosa. *Houts*, Behavioral Treatment for Enuresis. *Robbins, Horigian, Szapocznik, Ucha*, Treating Hispanic Youths Using Brief Strategic Family Therapy. *Malgady*, Treating Hispanic Children and Adolescents Using Narrative Therapy.

*Waldron, Brody*, Functional Family Therapy for Adolescent Substance Use Disorders. *Liddle*, Treating Adolescent Substance Abuse Using Multidimensional Family Therapy. **Part III: Implementation and Dissemination: Extending Treatments to New Populations and New Settings.** *Fixsen, Blase, Duda, Naoom, Dyke*, Implementation of Evidence-based Treatments for Children and Adolescents: Research Findings and Their Implications for the Future. *Huey, Jr., Polo*, Assessing the Effects of Evidence-based Psychotherapies with Ethnic-minority Youths. *Bearman, Ugueto, Alleyne, Weisz*, Adapting Cognitive-Behavioral Therapy for Depression to Fit Diverse Youths and Contexts: Applying the Deployment-focused Model of Treatment Development and Testing. *Chorpita, Daleiden*, Building Evidence-based Systems in Children's Mental Health. *Scott*, Nationwide Dissemination of Effective Parenting Interventions: Building a Parenting Academy for England. *Sanders, Murphy-Brennan*, The International Dissemination of the Triple P – Positive Parenting Program. *Schoenwald*, From Policy Pinball to Purposeful Partnership: The Policy Contexts of Multisystemic Therapy Transport and Dissemination. **Part IV: Conclusions and Future Directions.** *Weisz, Kazdin*, The Present and Future of Evidence-based Psychotherapies for Children and Adolescents.

**February 2010: 602pp.**  
**Hb: 978-1-59385-974-9: £47.00**



**New!**

## Collaborative Brief Therapy with Children

**Matthew D. Selekman**, Codirector, Partners for Collaborative Solutions, Illinois, USA

*"The books that truly captivate me are few and far between, and this one was compelling and immediately useful..."*

*This book is fun and informative reading; I highly recommend it!"* - **Eliana Gil**, Director of Clinical Services, Childhelp Children's Center of Virginia, Fairfax, USA

In this engaging guide, Matthew Selekman presents cutting-edge strategies for helping children and their families overcome a wide range of emotional and behavioral challenges. Vivid case material illustrates how to engage clients rapidly and implement interventions that elicit their strengths. Integrating concepts and tools from a variety of therapeutic traditions, Selekman describes creative applications of interviewing, family art and play, postmodern and narrative techniques, and positive psychology.

**CONTENTS:** Expanding the Possibilities: A Collaborative Strengths-based Brief Therapy Approach with Children. The Collaborative Strengths-based Family Assessment Session. Interviewing for Change: Co-creating Compelling Future Realities with Children and Their Families. Finding Fit: Guidelines for Therapeutic Experiment Design, Selection, and Implementation. Curious George Meets Dr. Seuss: Family Play and Art Therapy Strategies. Bringing Out the Best in Children: A Solution-oriented Parenting Approach. Optimizing Therapeutic Cooperation in the Second and Subsequent Sessions. Co-constructing Change: Hosting Collaborative Meetings with Allies from Larger Systems. Collaborating Successfully with School Professionals. Establishing Successful Family-oriented Primary Care Partnerships with Pediatricians. From Therapeutic Black Holes to Possibilities: Resolving Complex Child Treatment Dilemmas. Collaborative Strengths-based Brief Therapy and Beyond: Major Themes and Implications for the Future.

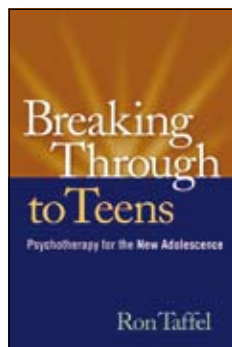
**May 2010: 332pp.**  
**Hb: 978-1-60623-568-3: £27.00**

## Also by Matthew D. Selekman



**Pathways to Change  
Brief Therapy with  
Difficult Adolescents**  
**Second Edition**

**Hb: 978-1-57230-959-3: 2005: 292pp. £30.00**  
**Pb: 978-1-59385-979-4: 2008: 292pp. £16.50**



**New in Paperback!**

## Breaking Through to Teens

### Psychotherapy for the New Adolescence

**Ron Taffel, Founder, Family and Couples Treatment Services, Institute for Contemporary Psychotherapy, New York, USA**

*"Every page bears witness to Dr. Taffel's empathy and warmth and his understanding of adolescents and their families. This book is a wonderful resource for both beginning and experienced therapists."* - **Robert Brooks**, Harvard Medical School, USA

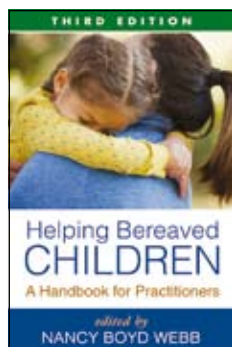
This book presents groundbreaking strategies for psychotherapy with today's teens, for whom high-risk behavior, lack of adult guidance, and intense anxiety and stress increasingly come with the territory. Ron Taffel addresses the key challenge of building a therapeutic relationship that is strong enough to promote real behavioral and emotional change. He demonstrates effective ways to give advice that teens will listen to, get them to tell the truth about their lives, help parents reestablish their authority, and extend the reach of therapy by such nontraditional means as inviting teens to bring friends into sessions.

**CONTENTS:** Introduction. Context: The New Adolescence and a New Treatment Paradigm. First Meeting: Getting Teens to Talk. Foundation: What's Necessary to Build a Helping Relationship with Teens. The Core: Healing the Divided Self of 21st-Century Teens. Direction: Advice as Essential to Helping Teens Change Behavior and Attitudes. The Gray Zone: The Truth about Lying to Therapists and Other Child Professionals. Treatment Unbound: Creating "Flexible Confidentiality." The Parent Trap: Childrearing Advice as Essential to Helping Parents Change Behavior. Stuck: How to Conduct a "Focused Family Session." The Village: Bringing Friends into Treatment. The Real in Relational: Challenging Ourselves to Stay Three-dimensional with Teens.

**August 2010: 292pp.**

**Hb: 978-1-59385-135-4: 2005: £25.00**

**Pb: 978-1-60623-944-5: £16.95**



**New Edition!**

## Helping Bereaved Children

### A Handbook for Practitioners

#### Third Edition

**Edited by Nancy Boyd Webb, Fordham University, and Westchester County, New York, USA**

*"Renowned scholar and author Nancy Boyd Webb's revised Handbook is strategically comprehensive in scope and abundant in practice tools. Chapters provide resources for culturally competent, developmentally appropriate child- and family-focused practice."* - **Rowena Fong**, University of Texas at Austin, USA

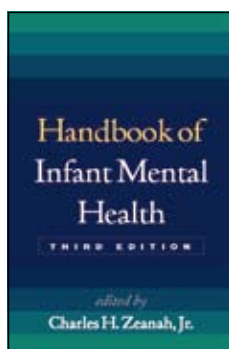
This acclaimed work presents a range of counseling and therapy approaches for children who have experienced loss. Practitioners and students are given practical strategies for helping preschoolers through adolescents cope with different forms of bereavement, including death in the family, school, or community. Grounded in the latest research on child therapy, bereavement, trauma, and child development, the volume clearly explains the principles that guide interventions. Featuring a wealth of new content, the third edition retains the case-based format and rich descriptions of the helping process that have made the book so popular as a practitioner guide and text.

**CONTENTS: Part I: Introduction.** Webb, The Child and Death. Webb, Assessment of the Bereaved Child. **Part II: Death in the Family.** Carey, The Death of a Grandparent or a Parent. Davies, Limbo, The Grief of Siblings. Crenshaw, Lee, The Disenfranchised Grief of Children. McCormack, Webb, Suicide in the Family: Helping Child and Adolescent Survivors. McMahon, The Loss and Death of a Pet. Scott, War-related Deaths in the Family. **Part III: Death in the School and the Wider World.** Bullock, The Terminally Ill Child in School and the Sudden Death of a Teacher. Anewalt, Violent, Traumatic Deaths in Schools and Community Responses. Nader, Children's and Adolescents' Exposure to the Mass Violence of War and Terrorism: Role of the Media. Salloum, Deaths Connected to Natural Disasters. **Part IV: Interventions with Bereaved Children.** Shelby, Cognitive-Behavioral Therapy and Play Therapy for Childhood Trauma and Loss. Van Horn, Conjoint Caregiver-child Treatment Following a Parent's Death. Ruffin, Zimmerman, Bereavement Groups and Camps for Children: An Interdisciplinary Approach. O'Toole, Storytelling with Bereaved Children. **Part V: Help for Counselors, Parents, and Teachers.** Maschi, Brown, Professional Self-care and Prevention of Secondary Trauma. Webb, Guidelines to Help Parents and Teachers of Bereaved Children. Resources: Selected Training Programs and Certifications. Suppliers of Play Materials. Bereavement Resources. References on Religious/Cultural/Ethnic Practices Related to Death.

**May 2010: 410pp.**

**Hb: 978-1-60623-597-3: £34.00**

*Series: Social Work Practice with Children and Families*



## Handbook of Infant Mental Health

### Third Edition

**Edited by Charles H. Zeanah, Jr., Tulane University School of Medicine, New Orleans, USA**

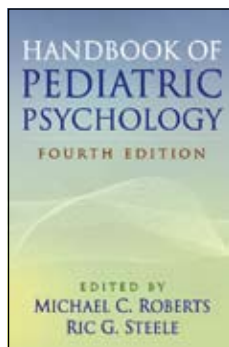
*"This magnificent third edition brings together all relevant advances in a well-referenced but remarkably accessible volume. It is a true gem for all clinicians and students."* - **Peter Fonagy**, University College London, UK

Widely regarded as the standard reference in a burgeoning field, this state-of-the-art *Handbook* offers a comprehensive analysis of developmental, clinical, and social aspects of mental health from birth to the preschool years. Leading authorities explore models of development; biological, family, and sociocultural risk and protective factors; and frequently encountered disorders and disabilities.

**SELECTED CONTENTS:** Part I: Development and Context. Part II: Risk and Protective Factors. Part III: Assessment. Part IV: Psychopathology. Part V: Intervention. Part VI: Applications of Infant Mental Health.

**2009: 622pp.**

**Hb: 978-1-60623-315-3: £51.00**



## Handbook of Pediatric Psychology

### Fourth Edition

**Edited by Michael C. Roberts, and Ric G. Steele, both at University of Kansas, USA**

*"An invaluable resource for psychologists and other health care professionals who provide clinical care, conduct research, or teach courses in pediatric or child health psychology... An*

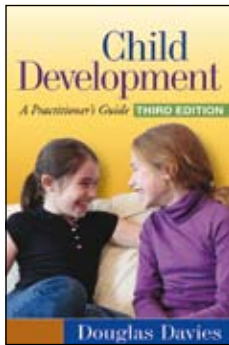
*outstanding accomplishment and a 'must read,' this book reflects the continuing growth and vibrancy of the field."* - **Dennis Drotar**, Director, Center for Adherence Promotion and Self-Management, Cincinnati Children's Hospital Medical Center, USA

Sponsored by the Society of Pediatric Psychology, this state-of-the-science work is recognized as the definitive reference in the field. In concise, peer-reviewed chapters, leading authorities comprehensively examine links between psychological and medical issues in children and adolescents. Psychosocial aspects of specific medical problems and developmental, emotional, and behavioral disorders are reviewed. The volume showcases evidence-based approaches to intervention and prevention. It describes innovative ways that professionals can promote positive health behaviors; help children and families cope with medical conditions and their treatment; and collaborate across disciplines to deliver effective clinical services in primary care, mental health, and school settings.

**SELECTED CONTENTS:** Part I: Professional Issues. Part II: Cross-cutting Issues. Part III: Medical, Developmental, Behavioral, and Cognitive-affective Conditions. Part IV: Public Health Issues. Part V: Systems. Part VI: Emerging Issues.

2009: 808pp.

Hb: 978-1-60623-328-3: £64.00



**New Edition!**

## Child Development

### A Practitioner's Guide

Third Edition

Douglas Davies, University of Michigan, USA

*"Written in warm and accessible language, this book provides an in-depth understanding of child development, with immediate connections to*

*intervention and assessment... I would unhesitatingly choose this book for graduate courses in child development and child psychotherapy."* - Lisa Aronson Fontes, Union Institute and University, USA

This widely used professional development resource and course text provides an engaging overview of developmental theory and research, with a focus on what practitioners need to know. The author explains how children's trajectories are shaped by transactions among early relationships, brain development, and the social environment. Developmental processes of infancy, toddlerhood, the preschool years, and middle childhood are described. The book shows how children in each age range typically behave, think, and relate to others, and what happens when development goes awry.

**CONTENTS: Part I: Contexts of Development: A Transactional Approach.** Introduction to Part I: Perspectives on Development. Attachment as a Context for Development. Brain Development. Risk and Protective Factors: The Child, Family, and Community Contexts. Appendix 3.1: Summary of Risk and Protective Factors. Analysis of Risk and Protective Factors: Practice Applications. **Part II: The Course of Child Development.** Introduction to Part II: A Developmental Lens on Childhood. Infant Development. Appendix 5.1: Summary of Infant Development, Birth-12 Months of Age. Practice with Infants. Toddler Development. Appendix 7.1: Summary of Toddler Development, 1-3 Years of Age. Practice with Toddlers. Preschool Development. Appendix 9.1: Summary of Preschool Development, 3-6 Years of Age. Practice with Preschoolers. Middle Childhood Development. Appendix 11.1: Summary of Middle Childhood Development, 6-12 Years of Age. Practice with School-age Children. Conclusion: Developmental Knowledge and Practice.

September 2010: 510pp.

Hb: 978-1-60623-909-4: £44.00

Series: Social Work Practice with Children and Families

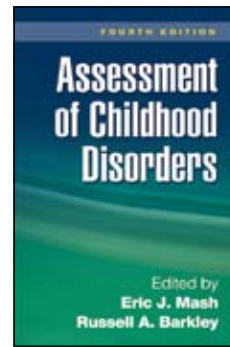
## Child and Adolescent Clinical Problems

**New in Paperback!**

## Assessment of Childhood Disorders

Fourth Edition

Edited by **Eric J. Mash**, University of Calgary, Canada, and **Russell A. Barkley**, University of Massachusetts Medical School, USA



*"A tour de force... All serious scholars of child and adolescent psychopathology*

*will want to have this classic work in their library."* - Susan B.

Campbell, University of Pittsburgh, USA

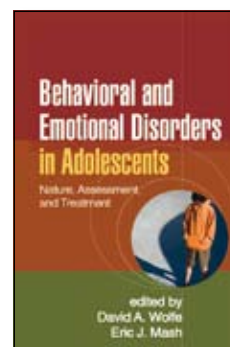
This leading text and clinical guide offers best-practice recommendations for assessing a comprehensive array of child and adolescent mental health problems and health risks. Prominent authorities present evidence-based approaches that can be used in planning, implementing, and evaluating real-world clinical services. Coverage encompasses behavior disorders, mood disorders, anxiety disorders, developmental disorders, maltreatment, and adolescent problems. The volume emphasizes the need to evaluate clients' strengths as well as their deficits, and to take into account the developmental, biological, familial, and cultural contexts of problem behavior.

**CONTENTS: Part I: Introduction.** Mash, Hunsley, Assessment of Child and Family Disturbance: A Developmental-systems Approach. **Part II: Behavior Disorders.** Smith, Barkley, Shapiro, Attention-Deficit/Hyperactivity Disorder. McMahon, Frick, Conduct and Oppositional Disorders. Winters, Fahnhorst, Botzet, Adolescent Substance Use and Abuse. **Part III: Mood Disorders and Suicide Risk.** Rudolph, Lambert, Child and Adolescent Depression. Youngstrom, Pediatric Bipolar Disorder. Goldston, Compton, Adolescent Suicidal and Nonsuicidal Self-Harm Behaviors and Risk. **Part IV: Anxiety Disorders.** Southam-Gerow, Chorpita, Anxiety in Children and Adolescents. Fletcher, Posttraumatic Stress Disorder. **Part V: Developmental Disorders.** Ozonoff, Goodlin-Jones, Solomon, Autism Spectrum Disorders. McDonnell, McClellan, Early-onset Schizophrenia. Handen, Intellectual Disability (Mental Retardation). Speece, Hines, Learning Disabilities. **Part VI: Children at Risk.** Crooks, Wolfe, Child Abuse and Neglect. Wolfe, Child Sexual Abuse. **Part VII: Problems of Adolescence.** Stice, Peterson, Eating Disorders. Shiner, Personality Disorders.

February 2010: 866pp.

Hb: 978-1-59385-493-5: 2007: £57.50

Pb: 978-1-60623-615-4: £32.50



## Behavioral and Emotional Disorders in Adolescents

Nature, Assessment, and Treatment

Edited by **David A. Wolfe**, University of Toronto and University of Western Ontario, Canada, and **Eric J. Mash**, University of Calgary, Alberta, Canada

*"Superb... the outstanding contributors provide comprehensive coverage of adolescent disorders and interventions... Well written for students as well as for fledgling and seasoned professionals."* - Michael C. Roberts, University of Kansas, USA

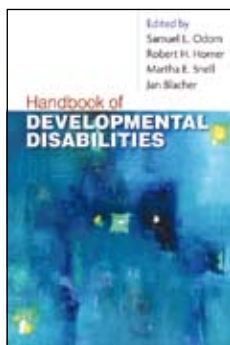
Systematic, authoritative, and timely, this is an outstanding reference and text for anyone working with or studying

adolescents. More than 50 leading experts comprehensively review current knowledge on adolescent externalizing disorders, internalizing disorders, developmental disorders, personality and health-related disorders, gender identity and sexual disorders, and maltreatment and trauma. Chapters identify the core features of each disorder; explore its etiology, course, and outcome; address diagnostic issues specific to adolescents; and describe effective assessment and treatment approaches.

2009: 719pp.

Hb: 978-1-59385-225-2: 2006: £54.00

Pb: 978-1-60623-115-9: £28.50



## Handbook of Developmental Disabilities

Edited by **Samuel L. Odom**, University of North Carolina, USA, **Robert H. Horner**, University of Oregon, USA, **Martha E. Snell**, University of Virginia, USA, and **Jan Blacher**, University of California, USA

*"Odom and his colleagues have assembled some of the very best minds in*

*the field of developmental disabilities to provide a comprehensive and up-to-date overview of fundamental issues... the Handbook is an outstanding resource for graduate students and professionals."*

- **Geraldine Dawson**, University of Washington, USA

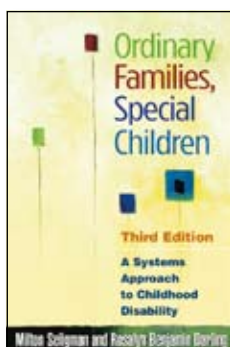
This authoritative *Handbook* reviews the breadth of current knowledge about developmental disabilities: neuroscientific and genetic foundations; the impact on health, learning, and behavior; and effective educational and clinical practices.

Leading authorities analyze what works in intervening with diverse children and families, from infancy through the school years and the transition to adulthood.

2009: 654pp.

Hb: 978-1-59385-485-0: 2007: £55.00

Pb: 978-1-60623-248-4: £28.50



## Ordinary Families, Special Children

### A Systems Approach to Childhood Disability

Third Edition

Edited by **Milton Seligman**, University of Pittsburgh School of Education, USA, and **Rosalyn Benjamin Darling**, Indiana University of Pennsylvania, USA

*"Seligman and Darling effectively blend clinical insight, current research, and cultural sensitivity in this substantive and exciting third edition... Offering fresh perspectives on families, this extraordinary book is sufficiently accessible for students and will also be appreciated by professionals in the field."* - **Jan B. Blacher**, University of California, Riverside, USA

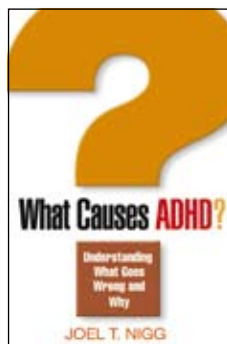
This popular clinical reference and text provides a multisystems perspective on childhood disability and its effects on family life. The volume examines how child, family, ecological, and sociocultural variables intertwine to shape the ways families respond to disability, and how professionals can promote coping, adaptation, and empowerment. Accessible and engaging, the book integrates theory and research with vignettes and firsthand reflections from family members.

2009: 434pp.

Hb: 978-1-59385-362-4: 2007: £27.00

Pb: 978-1-60623-317-7: £16.99

## ADHD



## What Causes ADHD?

### Understanding What Goes Wrong and Why

By **Joel T. Nigg**, Michigan State University, USA

*"The book offers as complete a picture of the likely causes of ADHD as current science permits, while rendering this very technical and complex literature into an easily understandable, no-nonsense form... Clinicians will find a state-of-*

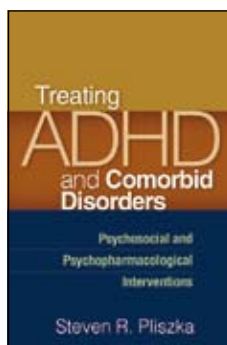
*the-art summation of the causes of ADHD and a framework for explaining related issues and controversies to patients and families."* - **Russell A. Barkley**, SUNY Upstate Medical University, USA

Synthesizing a wealth of recent neuropsychological research, this groundbreaking book focuses on the multiple pathways by which attention-deficit/hyperactivity disorder (ADHD) develops. Joel T. Nigg marshals the best available knowledge on what is actually going on in the symptomatic child's brain and why, tracing the intersecting causal influences of genetic, neural, and environmental factors. In the process, the book confronts such enduring controversies as the validity of ADHD as a clinical construct.

2009: 422pp.

Hb: 978-1-59385-267-2: 2006: £31.00

Pb: 978-1-60623-352-8: £18.00



## Treating ADHD and Comorbid Disorders

### Psychosocial and Psychopharmacological Interventions

By **Steven R. Pliszka**, University of Texas at San Antonio, USA

*"This book is a true gem. Synthesizing diagnostic, etiological, and treatment*

*research on ADHD and comorbid disorders, Pliszka provides a concise yet sophisticated summary of up-to-date findings."*

- **James T. McCracken**, UCLA Semel Institute, USA

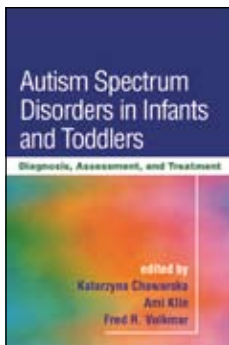
Children and adolescents with attention-deficit/hyperactivity disorder (ADHD) frequently experience co-occurring problems with aggression, mood swings, tics, anxiety, or depression. Organized around detailed case presentations, this highly informative book helps the clinician make sound decisions when assessing and treating the full range of ADHD comorbidities.

2009: 242pp.

Hb: 978-1-60623-266-8: £24.00

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for further books on ADHD please see page 15

## Autism



**New in Paperback!**

### Autism Spectrum Disorders in Infants and Toddlers

**Diagnosis, Assessment, and Treatment**

Edited by **Katarzyna Chawarska, Ami Klin, and Fred R. Volkmar**, all at the Yale Child Study Center, Connecticut, USA

*"This is a 'must read' for scientists interested in early autism and should be recommended to training and practicing clinicians in a wide variety of fields, including psychology, child psychiatry, pediatrics, speech-language pathology, and early education."*

- **Professor Tony Charman**, University College London, UK

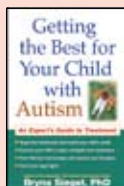
Rich with clinical insights, this volume reviews the state of the science of identifying and treating autism spectrum disorders (ASD) in very young children. Leading authorities examine critical research issues and present innovative approaches to assessing social, cognitive, adaptive, communication, and sensory-motor impairments in the first two years of life.

September 2010: 348pp.

Hb: 978-1-59385-649-6: 2008: £28.50

Pb: 978-1-60623-970-4: £18.00

## Backlist Book



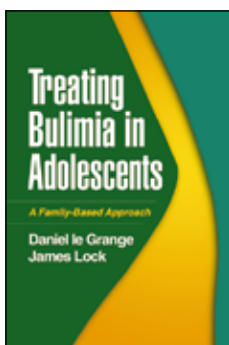
**Siegel: Getting the Best for Your Child with Autism: An Expert's Guide to Treatment**

Hb: 978-1-59385-601-4: 2008: 258pp. £27.00

Pb: 978-1-59385-317-4: 2008: 258pp. £11.50

for a further book on Autism please see page 16

## Eating Disorders



### Treating Bulimia in Adolescents

**A Family-Based Approach**

**Daniel Le Grange**, University of Chicago, USA and **James Lock**, Stanford University, California, USA

*"Written by two specialists on eating disorders, this book provides a detailed description of a family-based treatment for adolescents with bulimia nervosa...*

*this is an invaluable resource for clinicians."* - **Christopher G.**

**Fairburn**, Warneford Hospital, Oxford University, UK

An indispensable clinical resource, this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa.

2009: 260pp.

Hb: 978-1-59385-414-0: 2007: £24.00

Pb: 978-1-60623-351-1: £16.95

for a further book on Eating Disorders please see page 17

## Mood Disorders

**Forthcoming!**

### Treating Depressed and Suicidal Adolescents

**A Clinician's Guide**

**David A. Brent, Kimberly D. Poling, and Tina R. Goldstein**, all at Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, USA

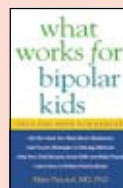
*"Brent and his colleagues have produced a superbly written book that provides state-of-the-art information about evidence-based assessment and treatment of adolescent depression and suicidality... This exceptional book is a 'must read.'" - Matthew K. Nock*, Harvard University, USA

Grounded in decades of research and the clinical care of thousands of depressed and suicidal teens, this highly accessible book will enhance the skills of any therapist who works with this challenging population. The authors describe the nuts and bolts of assessing clients and crafting individualized treatment plans that combine cognitive and behavioral techniques, emotion regulation interventions, family involvement, and antidepressant medication.

November 2010: 264pp.

Hb: 978-1-60623-957-5: £24.00

## Backlist Book



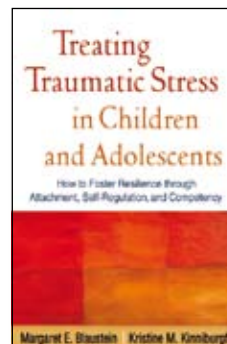
**Pavuluri: What Works for Bipolar Kids: Help and Hope for Parents**

Hb: 978-1-59385-706-6: 2008: 250pp. £27.00

Pb: 978-1-59385-407-2: 2008: 250pp. £10.95

for further books on Mood Disorders please see page 17

## Trauma and Self-Harm



**New!**

### Treating Traumatic Stress in Children and Adolescents

**How to Foster Resilience through Attachment, Self-Regulation, and Competency**

**Margaret E. Blaustein**, and

**Kristine M. Kinniburgh**, both at The Trauma Center, Justice Resource Institute, Massachusetts, USA

*"This is a comprehensive guide to effectively helping the innumerable children who have lost their way in the world as a result of terrifying experiences. Blaustein and Kinniburgh's highly practical methods for promoting self-regulation, safety, and competency make this book a landmark for understanding and treating traumatized children."* - **Bessel A. van der Kolk**, Boston University School of Medicine, USA

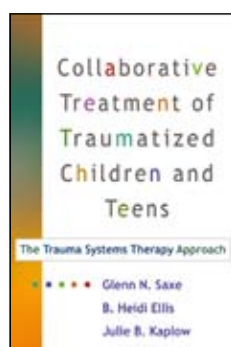
Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and

comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model, the authors show how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors.

**CONTENTS:** Introduction. **Part I: Overview.** The Developmental Impact of Trauma. Child Development, the Human Danger Response, and Adaptation: A Three-part Model for Understanding Child Behaviors. The Attachment, Self-regulation, and Competency (ARC) Treatment Framework. **Part II: Attachment.** Caregiver Management of Affect. Attunement. Consistent Caregiver Response. Building Routines and Rituals. Beyond Attachment: The Role of the Caregiving System in Building and Supporting Regulation and Competency. **Part III: Self-regulation.** Affect Identification. Modulation. Affect Expression. **Part IV: Competency.** Strengthening Executive Functions. Self-development and Identity. **Part V: Integration.** Trauma Experience Integration. A Postscript. Appendices.

May 2010: 372pp.

Pb: 978-1-60623-625-3: £27.00



## Collaborative Treatment of Traumatized Children and Teens

### The Trauma Systems Therapy Approach

**Glenn N. Saxe, and B. Heidi Ellis,** both at the Boston Medical Center and Boston University School of Medicine, Boston University, USA, and **Julie B. Kaplow,** New Jersey Medical School, University of Medicine and Dentistry of New Jersey, USA

**Kaplow,** New Jersey Medical School, University of Medicine and Dentistry of New Jersey, USA

*"Outstanding... Provides, for the first time, an integrative model of mental health care for children and adolescents exposed to traumatic life events, abuse, and community violence."*

- **Terence M. Keane,** National Center for PTSD, VA Boston Healthcare System and Boston University, USA

For too many traumatized children and their families, chronic stressors such as poverty, substance abuse, and family or community violence – coupled with an overburdened care system – pose seemingly insurmountable barriers to treatment. This empowering book provides a user-friendly blueprint for making the most of limited resources to help those considered the "toughest cases." Evidence-based strategies are presented for effectively integrating individualized treatment with services at the home, school, and community levels.

2009: 338pp.

Hb: 978-1-59385-315-0: 2006: £27.00

Pb: 978-1-60623-349-8: £18.00

## Backlist Book



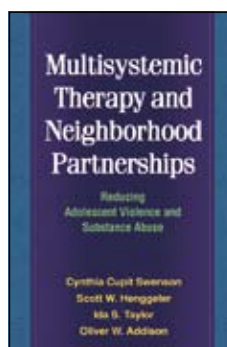
### Hollander: Helping Teens Who Cut: Understanding and Ending Self-Injury

Hb: 978-1-59385-705-9: 2008: 214pp. £25.95

Pb: 978-1-59385-426-3: 2008: 214pp. £10.50

.....  
for further books on Trauma please see page 19

## Child and Adolescent Forensic Psychiatry



## Multisystemic Therapy and Neighborhood Partnerships

### Reducing Adolescent Violence and Substance Abuse

**Cynthia Cupit Swenson, and Scott W. Henggeler,** both at the

Medical University of South Carolina, USA, **Ida S. Taylor,** Gethsemani Community Center, Charleston, USA, and **Oliver W. Addison,** Charleston, USA

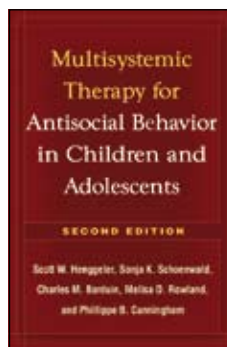
*"This book contains unusually informative, insightful, and practical information on developing and implementing effective juvenile delinquency programs in very troubled neighborhoods. Remarkably, it will appeal to practitioners, students, and researchers alike – a very rare quality."* - **James C. Howell,** University of South Carolina, USA

Based on the proven technology of Multisystemic Therapy (MST), this unique book provides an exemplary approach to empowering communities to reduce youth violence and substance abuse and promote school success. Effective strategies for working with at-risk youth are embedded in a comprehensive framework that enlists the talents and resources of clinicians, human service professionals, neighborhood residents, community organizations, and outside stakeholders.

2009: 272pp.

Hb: 978-1-59385-109-5: 2004: £27.50

Pb: 978-1-60623-269-9: £16.99



## Multisystemic Therapy for Antisocial Behavior in Children and Adolescents

### Second Edition

**Scott W. Henggeler, and Sonja K. Schoenwald,** both at the Medical University of South Carolina, USA,

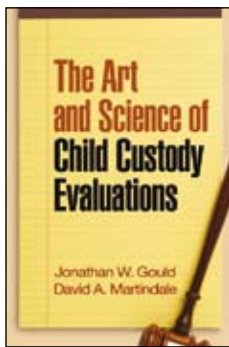
**Charles M. Borduin,** University of Missouri, USA, **Melisa D. Rowland,** and **Phillippe B. Cunningham,** both at the Medical University of South Carolina, USA

*"This impressive second edition builds upon new research and clinical experience to expand and enrich a classic guide. I enthusiastically recommend this book to all of my colleagues in the mental health field."* - **Nancy Boyd-Franklin,** Rutgers, The State University of New Jersey, USA

Today, over 400 MST programs operate in more than thirty states and ten countries, supported by a strong empirical evidence base. This book explains the principles of MST and provides clear guidelines for clinical assessment and intervention with delinquent youth and their families. Practitioners are guided to implement proven strategies for engaging clients and helping them to address the root causes of antisocial behavior, improve family functioning and peer relationships, enhance school performance, and build meaningful social supports.

2009: 324pp.

Hb: 978-1-60623-071-8: £27.00



## The Art and Science of Child Custody Evaluations

**Jonathan W. Gould**, in private practice, North Carolina, USA, and **David A. Martindale**, in private practice, New Jersey, USA

*"Gould and Martindale have given mental health professionals a thoughtful, thorough, and impressively evidence-based overview of the what,*

*how, and why of child custody evaluations... This book should be read by students and professionals not only for the information it offers, but also for its cautions – ethical, practical, and human."*

- **Robert E. Emery**, University of Virginia, USA

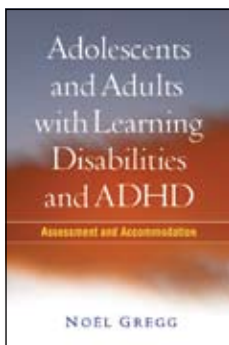
Addressing key topics in child custody evaluation, this book provides essential knowledge for practitioners who want to meet the highest standards for both scientific validity and legal admissibility. The authors are leading experts who describe the latest data-based approaches to understanding and assessing relevant child, parent, and family factors. Going beyond the basics, the book gives in-depth attention to challenging, frequently encountered issues, such as how to evaluate allegations of domestic violence, child sexual abuse, and child alienation.

**2009: 450pp.**

**Hb: 978-1-59385-488-1: 2007: £27.00**

**Pb: 978-1-60623-261-3: £18.50**

## School-Based Mental Health and Learning Disabilities



## Adolescents and Adults with Learning Disabilities and ADHD

**Assessment and Accommodation**

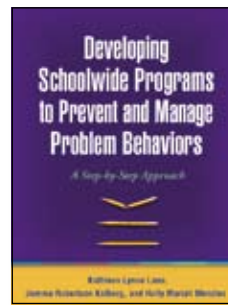
**Noël Gregg**, University of Georgia, Athens, USA

*"An exceptionally well-written, detailed, authoritative, and science-based review of appropriate educational accommodations for teens and adults with ADHD and/or LD, and the documentation needed to obtain them. It is the best contemporary treatment of this topic available... Highly readable, instructive, and punctuated with informative case examples, this book should prove beneficial to clinicians, educators, and graduate students."* - **Russell A. Barkley**, Medical University of South Carolina and State University of New York Upstate Medical University at Syracuse, USA

Most of the literature on learning disabilities and attention-deficit/hyperactivity disorder (ADHD) focuses on the needs of elementary-age children, but older students with these conditions also require significant support. Comprehensive and authoritative, this book helps educators and clinicians navigate the maze of laws, policies, and scientific research relating to diagnostic and intervention decision making for adolescents and adults.

**2009: 316pp.**

**Hb: 978-1-60623-034-3: £27.00**



## Developing Schoolwide Programs to Prevent and Manage Problem Behaviors

**A Step-by-Step Approach**

**Kathleen Lynne Lane**, Peabody

College of Vanderbilt University, Tennessee, USA, **Jemma**

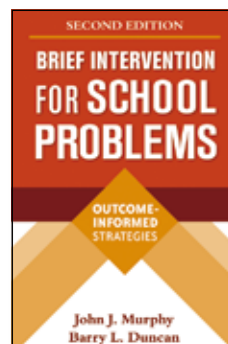
**Robertson Kalberg**, Seneca Center, California, USA, and

**Holly Mariah Menzies**, California State University, Los Angeles, USA

Packed with hands-on tools and grounded in the latest research, this important resource provides guidelines for designing, implementing, and evaluating a schoolwide primary prevention program. The authors' team-based, school-tested approach includes behavioral, academic, and social components that can be tailored to address any school's needs.

**2009: 196pp.**

**Pb: 978-1-60623-032-9: £21.95**



**New in Paperback!**

## Brief Intervention for School Problems

**Outcome-Informed Strategies**

**Second Edition**

**John J. Murphy**, University of Central

Arkansas, Arizona, USA, and **Barry**

**L. Duncan**, Institute for the Study of Therapeutic Change, Chicago, USA

Now in a revised and updated second edition, this highly practical guide provides innovative strategies for resolving academic and behavioral difficulties by enlisting the strengths and resources of students, parents, and teachers. Extensive new case material illustrates the authors' creative approach to building solutions and 'busting problems' by putting clients in the driver's seat. Every chapter has been updated with current clinical, conceptual, and empirical advances.

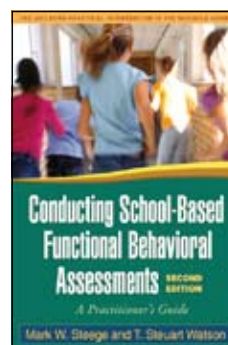
**CONTENTS:** *Kenny*, An Introduction to What Works. Empirical Foundations of Effective Intervention. Assessment 1: Recruiting the Heroic Client. Assessment 2: Becoming Outcome Informed. Brief Intervention: Solution Building. Brief Intervention: Problem Busting. Medication, Children, and Schools: The Guidelines Still Apply, with Jacqueline Sparks. Frequently Asked Questions. Appendices.

**September 2010: 210pp.**

**Hb: 978-1-59385-492-8: 2007: £21.00**

**Pb: 978-1-60623-930-8: £16.00**

Series: *Guilford School Practitioner*



## Conducting School-Based Functional Behavioral Assessments

**A Practitioner's Guide**

**Second Edition**

**Mark W. Steege**, University of

Southern Maine, USA, and **T. Steuart**

**Watson**, Miami University, Ohio, USA

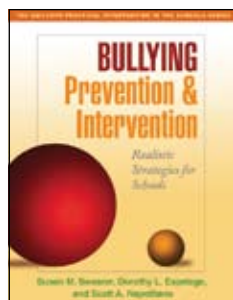
Explaining the "whats," "whys," and "how-tos" of functional behavioral assessment, this practical and engaging book is packed with real-world tools and examples. Effective

procedures are presented for evaluating challenging behavior in K–12 students, organizing assessment data, and using the results to craft individualized behavior support plans.

2009: 270pp.

Pb: 978-1-60623-027-5: £24.00

Series: *Practical Intervention in the Schools*



## Bullying Prevention and Intervention

### Realistic Strategies for Schools

**Susan M. Swearer**, University of Nebraska–Lincoln, USA, **Dorothy L. Espelage**, University of Illinois, Urbana–Champaign, USA, and **Scott A. Napolitano**, in private practice, Lincoln, USA

*“Swearer et al., leaders in the area of bullying prevention, have prepared an excellent resource for helping educators and practitioners understand bullying and its remediation. This well-documented book provides an easy-to-read review of the extent of the problem, the policies that schools and communities have used to address it, and ways to develop effective local solutions.”*

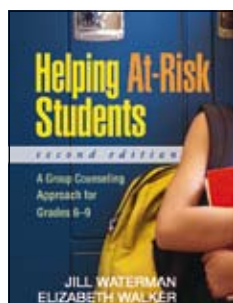
- **Andy Horne**, University of Georgia, USA

Grounded in research and extensive experience in schools, this engaging book describes practical ways to combat bullying at the school, class, and individual levels. Step-by-step strategies are presented for developing school- and district-wide policies, coordinating team-based prevention efforts, and implementing targeted interventions with students at risk.

2009: 170pp.

Pb: 978-1-60623-021-3: £21.00

Series: *Practical Intervention in the Schools*



## Helping At-Risk Students

### A Group Counseling Approach for Grades 6-9

#### Second Edition

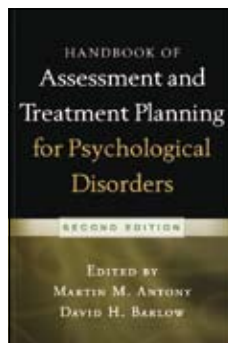
**Jill Waterman**, University of California, USA, and **Elizabeth Walker**, in private practice, Denver, USA

Engaging, activity based, and effective, this widely used group counseling curriculum (the SPARK program) is designed for flexible implementation in school or clinical settings. The program helps youth build skills for school success and social-emotional growth while exploring such crucial topics as personal goals, ethnic identity and prejudice, peer pressure, violence prevention, and family relationships.

2009: 272pp.

Pb: 978-1-60623-002-2: £24.00

## Clinical Psychology and Psychiatry



New Edition!

## Handbook of Assessment and Treatment Planning for Psychological Disorders

### Second Edition

Edited by **Martin M. Antony**, Ryerson University, Ontario, Canada, and **David H. Barlow**, Boston University, Massachusetts, USA

*“This second edition is an essential, state-of-the-art resource for practitioners and clinical researchers alike. It is well written and well edited, and provides thorough, detailed coverage of assessment and treatment planning for all major psychological disorders.”* - **Michelle G. Newman**, The Pennsylvania State University, USA

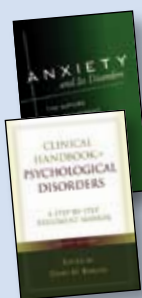
Widely regarded as a premier clinical reference, this book provides state-of-the-science tools for conducting effective assessments and using the results to plan and monitor evidence-based interventions. Leading authorities present proven approaches to screening and assessment for specific psychological problems. They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes. Recommended instruments and procedures are described, including applications for managed care and primary care settings.

**CONTENTS: Part I: Principles and Practice of Evidence-based Assessment.** *Hunsley, Mash*, The Role of Assessment in Evidence-based Practice. *Ayeart, Bagby*, Evaluating the Psychometric Properties of Psychological Measures. *Bufka, Camp*, Brief Measures for Screening and Measuring Mental Health Outcomes. *Summerfeldt, Kloosterman, Antony*, Structured and Semistructured Diagnostic Interviews. **Part II: Approaches for Specific Psychological Problems.** *Morissette, Bitran, Barlow*, Panic Disorder and Agoraphobia. *McCabe, Ashbaugh, Antony*, Specific and Social Phobia. *Campbell-Sills, Brown*, Generalized Anxiety Disorder. *Taylor, Abramowitz, McKay*, Obsessive-Compulsive Disorder. *Steenkamp, McLean, Arditte, Litz*, Exposure to Trauma in Adults. *Dozois, Dobson*, Depression. *Craighead, Smith*, Obesity and Eating Disorders. *Abbott, Snyder*, Couple Distress. *Pratt, Mueser*, Schizophrenia. *Tucker, Murphy, Kertesz*, Substance Use Disorders. *Widiger, Lowe*, Personality Disorders. *Tolin, Morrison*, Impulse Control Disorders. *J. Savard, M. Savard, Morin*, Insomnia.

September 2010: 704pp.

Hb: 978-1-60623-868-4: £57.00

## Also by David H. Barlow



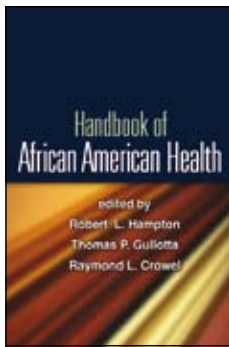
### Anxiety and Its Disorders: The Nature and Treatment of Anxiety and Panic, Second Edition

Hb: 978-1-57230-430-7: 2002: 704pp. £57.50

Pb: 978-1-59385-028-9: 2004: 704pp. £31.00

### Clinical Handbook of Psychological Disorders: A Step-by-Step Treatment Manual, Fourth Edition

Hb: 978-1-59385-572-7: 2008: 740pp. £50.00



Forthcoming!

## Handbook of African American Health

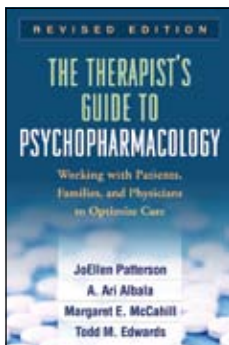
Edited by **Robert L. Hampton**, Tennessee State University, USA, **Thomas P. Gullotta**, Child and Family Agency of Southeastern Connecticut, USA, and **Raymond L. Crowl**, ICF International, USA

With a focus on how to improve the effectiveness and cultural competence

of clinical services and research, this authoritative volume synthesizes current knowledge on both the physical and psychological health of African Americans today. In chapters that follow a consistent format for easy reference, leading scholars from a broad range of disciplines review risk and protective factors for specific health conditions.

**CONTENTS: Part I: Foundations of African American Health.** *Briscoe, McClain, Nesman, Mazza, Woodside*, The Strengths and Challenges Facing African Americans: Building Culturally Competent Practices with Communities and Families. *Williams-Washington*, Historical Trauma. *Millet, Close, Arthur*, Beyond Tuskegee: Why African Americans Do Not Participate in Research. *Cook*, Spirituality and the Power of Religion. *Chao*, Well-being and Resilience. *Harvey, Johnson, McCullough-Chavis, Carter*, Evidence-based Practice. *Henderson*, Pharmacotherapy in African Americans. *Simmons, Vaughn*, Engaging African Americans in Outpatient Mental Health Interventions. **Part II: Health Issues for African Americans.** *Figaro, BeLue, Beech*, Obesity. *Cloutier*, Asthma. *Figaro, Vaughan, Outlaw*, Diabetes. *Hennekens, Schneider, Levine*, Cardiovascular Disease. *Beech*, Cancer. *Gilreath, Whembolua, King*, Tobacco Use. *Neal-Barnett, Crosby, Salley*, Anxiety. *Duval-Harvey, Rogers*, Attention-Deficit/Hyperactivity Disorder. *Bailey, Blackmon, Stevens*, Major Depressive Disorder: Meeting the Challenges of Stigma, Misdiagnosis, and Treatment Disparities. *Lawson, Gage*, Schizophrenia. *Barnes*, Suicide. *Harden, White*, Child Maltreatment. *La Taillade, Hampton, Pope, McDowell*, Intimate Partner Violence. *Burris-Kitchen*, Pathways to Prison. *Hampton, Gullotta*, Epilogue.

October 2010: 596pp.  
Hb: 978-1-60623-716-8: £57.00



New Edition!

## The Therapist's Guide to Psychopharmacology

Working with Patients, Families, and Physicians to Optimize Care

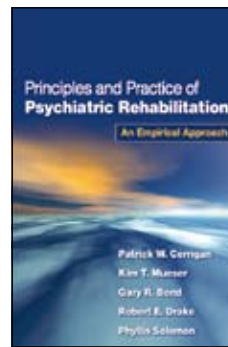
Revised Edition

JoEllen Patterson, University of San Diego, USA, **A. Ari Albala**, and **Margaret E. McCahill**, both at the University of California, San Diego, USA, and **Todd M. Edwards**, University of San Diego, USA

This indispensable book provides therapists and counselors with crucial knowledge about psychotropic medications: when and how to make medication referrals, how to answer patients' questions and help them handle problems that arise, and how to combine medication and psychotherapy effectively.

**CONTENTS:** Introduction. **Part I: The Mind-body Connection.** How the Brain Works. How Psychotropic Drugs Work. **Part II: Psychiatric Disorders and Their Treatment.** Mood Disorders. Anxiety Disorders. Schizophrenia and Other Psychoses. Cognitive Disorders. Alcoholism and Substance Abuse. Special Populations and Situations. **Part III: Creative Collaboration.** Focusing the Lens: The Referral Process and Medication Evaluation. Sharing Care: Building Successful Collaborative Relationships. Strengthening Bonds: Collaborating with the Family. Appendices.

March 2010: 310pp.  
Hb: 978-1-60623-713-7: £30.50  
Pb: 978-1-60623-700-7: £16.95



## Principles and Practice of Psychiatric Rehabilitation

An Empirical Approach

Patrick W. Corrigan, Illinois Institute of Technology, USA, **Kim T. Mueser**, Dartmouth Medical School, USA, **Gary R. Bond**, Indiana University–Purdue University Indianapolis, USA,

**Robert E. Drake**, Dartmouth Medical School, New Hampshire, USA, and **Phyllis Solomon**, University of Pennsylvania, USA

"This is an exceptionally good book, and one of the few that can genuinely be recommended to all psychiatric trainees and every library... a commendable starting place for further study or research." – *British Journal of Psychiatry*

This comprehensive, authoritative text provides a state-of-the-art review of current knowledge and best practices for helping adults with psychiatric disabilities move forward in their recovery process.

2009: 562pp.  
Hb: 978-1-59385-489-8: 2007: £50.00  
Pb: 978-1-60623-344-3: £27.00

Forthcoming!

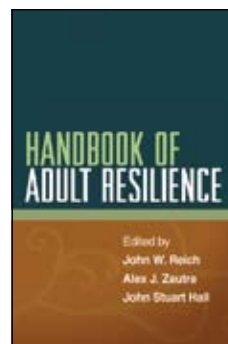
## Desistance from Sex Offending

Alternatives to Throwing Away the Keys

**D. Richard Laws**, Pacific Design Research, Victoria, British Columbia, Canada, and **Tony Ward**, Victoria University of Wellington, New Zealand

This book offers a fresh perspective on treating a population that is often demonized by policymakers, the public, and even clinicians. The authors argue that most sex offenders are "people like us," with the potential to lead meaningful, law-abiding lives – if given a chance and appropriate support. They present an empirically and theoretically grounded rehabilitation approach, the Good Lives Model, which can be integrated with the assessment and intervention approaches that clinicians already use.

November 2010: 306pp.  
Hb: 978-1-60623-935-3: £27.00



New!

## Handbook of Adult Resilience

Edited by **John W. Reich**, **Alex J. Zautra**, and **John Stuart Hall**, all at Arizona State University, USA

The first book to move beyond childhood and adolescence to explore processes of resilience across the lifespan, this cutting-edge volume synthesizes the best current research

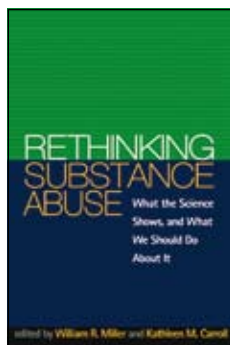
in the field. Contributors offer a comprehensive examination of resilience at multiple levels of analysis, from genetic and physiological factors through individual, family, and community processes.

**SELECTED CONTENTS:** Part I: Resilience at Many Levels of Analysis. Part II: Basic Dimensions of Resilience. Part III: Ethnic and Cultural Dimensions of Resilience. Part IV: Interventions for Enhancing Resilience.

February 2010: 540pp.  
Hb: 978-1-60623-488-4: £51.00

# Clinical Problems

## Addictions



New in Paperback!

### Rethinking Substance Abuse

#### What the Science Shows, and What We Should Do About It

Edited by **William R. Miller**, University of New Mexico, Albuquerque, USA, and **Kathleen M. Carroll**, Yale University School of Medicine, Connecticut, USA

While knowledge on substance abuse and addictions is expanding rapidly, clinical practice still lags behind. This state-of-the-art book brings together leading experts to describe what treatment and prevention would look like if it were based on the best science available. The volume incorporates developmental, neurobiological, genetic, behavioral, and social-environmental perspectives.

**SELECTED CONTENTS:** Part I: Introduction. Part II: Biological Factors. Part III: Psychological Factors. Part IV: Social Factors. Part V: Interventions.

July 2010: 320pp.

Hb: 978-1-57230-231-0: 2006: £25.00

Pb: 978-1-60623-698-7: £16.95



### Methamphetamine Addiction

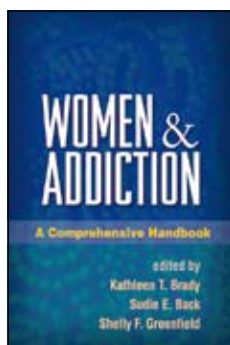
#### From Basic Science to Treatment

Edited by **John M. Roll**, Washington State University College of Nursing, USA, **Richard A. Rawson**, **Walter Ling**, and **Steven Shoptaw**, all at University of California, Los Angeles, USA

Separating myth from fact, this authoritative work reviews the breadth of current knowledge about methamphetamine addiction and describes the most promising available treatment approaches.

2009: 258pp.

Hb: 978-1-60623-252-1: £27.00



### Women and Addiction

#### A Comprehensive Handbook

Edited by **Kathleen T. Brady**, and **Sudie E. Back**, both at the Medical University of South Carolina, USA, and **Shelly F. Greenfield**, Harvard Medical School, Massachusetts, USA

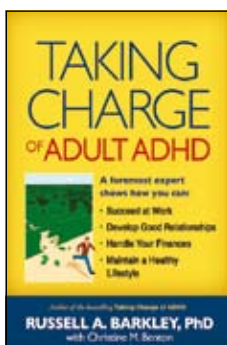
For many years, addiction research focused almost exclusively on men. Yet scientific awareness of sex and gender differences in substance use disorders has grown tremendously in recent decades. This volume brings together leading authorities to review the state of the science and identify key directions for research and clinical practice.

2009: 526pp.

Hb: 978-1-60623-107-4: £43.50

## ADHD

From Russell A. Barkley



Read and Recommend!

### Taking Charge of Adult ADHD

**Russell A. Barkley**, State University of New York Upstate Medical University at Syracuse, USA, with **Christine M. Benton**

*"This wonderful book presents information and sharp clinical insights accrued over decades of*

*work by a preeminent leader in the field... A 'must read' for anyone interested in learning more about adult ADHD."*

- **Lenard Adler**, author of *Scattered Minds*; New York University School of Medicine, USA

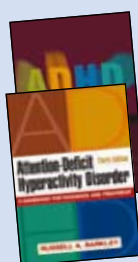
For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care – and what sufferers can do for themselves – than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments.

**CONTENTS:** Introduction. **Step One: To Get Started, Get Evaluated.** Is It Possible That You Have ADHD? Can You Handle the Problem on Your Own? Where Can You Go to Get Help? What Do You Need for the Evaluation? What Will the Evaluation Tell You? **Step Two: Change Your Mindset: Know and Own Your ADHD.** Know Your ADHD. Resisting Impulses: The First Step in Self-control. Self-control: How to Get What You Want. Executive Functions: The Abilities That Make Up Self-control . . . and More. The Nature of ADHD and How You Can Master It. Own Your ADHD. **Step Three: Change Your Brain: Medications for Mastering ADHD.** Why it Makes Sense to Try Medication. The Stimulants. The Nonstimulants. What to Expect from Treatment. **Step Four: Change Your Life: Everyday Rules for Success.** Rule 1: Stop the Action! Rule 2: See the Past . . . and Then the Future. Rule 3: Say the Past . . . and Then the Future. Rule 4: Externalize Key Information. Rule 5: Feel the Future. Rule 6: Break it Down . . . and Make it Matter. Rule 7: Make Problems External, Physical, and Manual. Rule 8: Have a Sense of Humor! **Step Five: Change Your Situation: Mastering ADHD in Specific Areas of Your Life.** Education. Work. Money. Relationships. Driving, Health, and Lifestyle Risks. Other Mental and Emotional Problems. Drugs and Crime. Appendix: A Closer Look at ADHD Symptoms. Resources.

August 2010: 278pp.

Hb: 978-1-60623-710-6: £27.00

Pb: 978-1-60623-338-2: £10.99



**Barkley et al.: ADHD in Adults: What the Science Says**

Hb: 978-1-59385-586-4: 2007: 489pp. £34.00

**Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment, Third Edition**

Hb: 978-1-59385-210-8: 2006: 770pp. £50.00



**Barkley/Murphy: Attention-Deficit Hyperactivity Disorder: A Clinical Workbook, Third Edition**

Pb: 978-1-59385-227-6: 2006: 165pp. £24.00

**ADHD and the Nature of Self-Control**

Hb: 978-1-57230-250-1: 1997: 422pp. £36.95

Pb: 978-1-59385-231-3: 2005: 422pp. £17.99

**Taking Charge of ADHD: The Complete, Authoritative Guide for Parents, Revised Edition**

Hb: 978-1-57230-600-4: 2000: 332pp. £30.50

Pb: 978-1-57230-560-1: 2000: 332pp. £14.50

**A New Look at ADHD: Inhibition, Time, and Self-Control**

DVD: 978-1-59385-421-8: 2006: 40pp. £67.00

**ADHD – What Can We Do?**

DVD: 978-1-59385-425-6: 2006: 30pp. £67.00

**ADHD in the Classroom: Strategies for Teachers**

DVD: 978-1-59385-418-8: 2006: 42pp. £67.00

**ADHD: What Do We Know?**

DVD: 978-1-59385-417-1: 2006: 31pp. £67.00

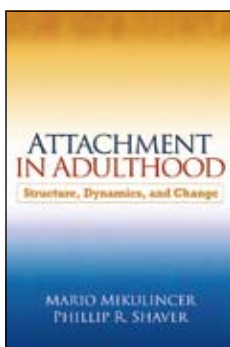
**ADHD in Adults**

DVD: 978-1-59385-389-1: 2006: 28pp. £67.00

A Dawkins Production

for further books on ADHD see page 9

Attachment



New in Paperback!

**Attachment in Adulthood**

**Structure, Dynamics, and Change**

Mario Mikulincer, New School of Psychology, Interdisciplinary Center (IDC), Herzliya, Israel, and Phillip R. Shaver, University of California, USA

*"Mikulincer and Shaver do a superb job of showcasing just how much the field of interpersonal relationships has progressed since Hazan and Shaver decided to run a little ad for a simple self-report study in a local newspaper... A 'must read' for anyone who is interested in the science of relationships."* - Jeffrey A. Simpson, University of Minnesota, USA

This authoritative work provides a systematic, comprehensive overview of theory and research on adult attachment. The authors – who have been at the forefront of this rapidly growing field since the concepts of "adult attachment" and "attachment style" were first developed – trace how Bowlby and Ainsworth's original constructs have evolved through the study of adolescents and adults.

**SELECTED CONTENTS:** Part I: The Attachment Behavioral System: Normative Processes and Individual Differences. Part II: Intrapersonal Aspects of Attachment-system Functioning. Part III: Interpersonal Manifestations of Attachment-system Functioning. Part IV: Clinical and Organizational Applications of Attachment Theory. Part V: Epilogue.

March 2010: 578pp.

Hb: 978-1-59385-457-7: 2007: £43.50

Pb: 978-1-60623-610-9: £27.00



New in Paperback!

**Attachment Theory and Research in Clinical Work with Adults**

Edited by Joseph H. Obegi, Alliant University, San Diego, USA, and Ety Berant, Bar-Ilan University, Ramat Gan, Israel

Written with the practicing psychotherapist in mind, this invaluable book presents cutting-edge knowledge on adult attachment and explores the implications for day-to-day clinical practice. Leading experts illustrate how theory and research in this dynamic area can inform assessment, case formulation, and clinical decision making.

**SELECTED CONTENTS:** Obegi, Berant, Introduction. Part I: Theoretical Foundations. Part II: Assessing Attachment. Part III: Clinical Utility. Part IV: Integration with Clinical Approaches. Part V: Future Directions.

September 2010: 529pp.

Hb: 978-1-59385-998-5: 2009: £37.50

Pb: 978-1-60623-928-5: £24.00

Backlist Book

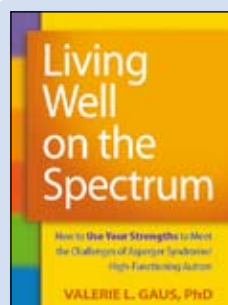


**Clinical Applications of the Adult Attachment Interview**

Edited by Howard Steele, and Miriam Steele

Hb: 978-1-59385-696-0: 2008: 501pp. £33.00

Autism



Read and Recommend!

**Living Well on the Spectrum**

**How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism**

Valerie L. Gaus, in private practice, Long Island, New York, USA

Being "different" is old news for adults with Asperger syndrome and high-functioning autism (AS/HFA), whether they were diagnosed as children or only recently. Meeting a huge demand and providing indispensable practical guidance, prominent therapist Valerie Gaus shows how difference can be a strength. By mastering specific coping and problem-solving skills that "neurotypical" folks take for granted, people with AS/HFA can achieve greater success in everything from dealing with daily routines and social interactions to building a career and negotiating intimate relationships. The straight-talking, methodical writing style is expressly tailored to this audience's preferences and needs.

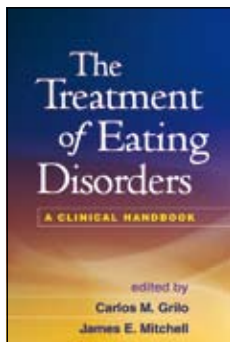
April 2011: 250pp.

Pb: 978-1-60623-634-5: £12.99

for further books on Autism please see page 10



## Eating Disorders



## The Treatment of Eating Disorders

### A Clinical Handbook

Edited by **Carlos M. Grilo**, Yale University School of Medicine, Connecticut, USA, and **James E. Mitchell**, University of North Dakota, USA

*"This is a big book with a big task. Well-chosen authors contribute 35*

*chapters and over 600 pages of well-referenced text. In the world of systematic reviews and electronic literature searching, there is still an important role for a high-quality reference that offers not only data, but also perspective. This volume fills that role. It deserves to do well."* - **Bob Palmer**, University of Leicester, UK

Eminently practical and authoritative, this comprehensive clinical *Handbook* brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them. Coverage encompasses psychosocial, family-based, medical, and nutritional therapies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and other eating disorders and disturbances.

**CONTENTS: Part I: Overview of Eating Disorders.** Keel, McCormick, Diagnosis, Assessment, and Treatment Planning for Anorexia Nervosa. Crow, Brandenburg, Diagnosis, Assessment, and Treatment Planning for Bulimia Nervosa. Wildes, Marcus, Diagnosis, Assessment, and Treatment Planning for Binge-Eating Disorder and Eating Disorder Not Otherwise Specified. Mehler, Birmingham, Crow, Jahraus, Medical Complications of Eating Disorders. **Part II: Treatment of Anorexia Nervosa.** Pike, Carter, Olmsted, Cognitive-Behavioral Therapy for Anorexia Nervosa. McIntosh, Jordan, Bulik, Specialist Supportive Clinical Management for Anorexia Nervosa. Tchanturia, Hambrook, Cognitive Remediation Therapy for Anorexia Nervosa. Eisler, Lock, le Grange, Family-based Treatments for Adolescents with Anorexia Nervosa: Single-family and Multifamily Approaches. Kaplan, Howlett, Pharmacotherapy for Anorexia Nervosa. Rock, Nutritional Rehabilitation for Anorexia Nervosa. Olmsted, McFarlane, Carter, Trottier, Woodside, Dimitropoulos, Inpatient and Day Hospital Treatment for Anorexia Nervosa. Touyz, Carney, Compulsory (Involuntary) Treatment for Anorexia Nervosa. Strober, The Chronically Ill Patient with Anorexia Nervosa: Development, Phenomenology, and Therapeutic Considerations. **Part III: Treatment of Bulimia Nervosa and Binge-Eating Disorder.** Cooper, Fairburn, Cognitive Behavior Therapy for Bulimia Nervosa. Tanofsky-Kraff, Wilfley, Interpersonal Psychotherapy for Bulimia Nervosa and Binge-Eating Disorder. Chen, Safer, Dialectical Behavior Therapy for Bulimia Nervosa and Binge-Eating Disorder. Wonderlich, Peterson, Smith, Klein, Mitchell, Crow, Engel, Integrative Cognitive-affective Therapy for Bulimia Nervosa. Zerbe, Psychodynamic Therapy for Eating Disorders. Sanchez-Ortiz, Schmidt, Self-Help Approaches for Bulimia Nervosa and Binge-Eating Disorder. le Grange, Lock, Family-based Treatment for Adolescents with Bulimia Nervosa. Broft, Berner, Walsh, Pharmacotherapy for Bulimia Nervosa. Bodell, Devlin, Pharmacotherapy for Binge-Eating Disorder. **Part IV: Special Topics in Treatment.** Bryant-Waugh, Lask, Treatment of Childhood Eating Difficulties and Disorders. de Zwaan, Obesity Treatment for Binge-Eating Disorder in the Obese. Kalarchian, Marcus, Courcoulas, Eating Problems and Bariatric Surgery. Steiger, Israel, Treatment of Psychiatric Comorbidities in Eating Disorders. Allison, Stunkard, Treatment for Night-eating Syndrome. Paxton, McLean, Treatment for Body Image Disturbances. Goddard, MacDonald, Treasure, Caring for Someone with an Eating Disorder. Engel, Wonderlich, New Technologies in Treatments for Eating Disorders. **Part V: Research Issues.** Crosby, Engel, Evaluating the Efficacy of Eating Disorder Treatments: Research Design and Statistical Issues. Peterson, Assessment of Eating Disorder Treatment Efficacy. Agras, Robinson, What Treatment Research is Needed for Anorexia Nervosa? Wilson, What Treatment Research is Needed for Bulimia Nervosa? Grilo, What Treatment Research is Needed for Eating Disorder Not Otherwise Specified and Binge-Eating Disorder?

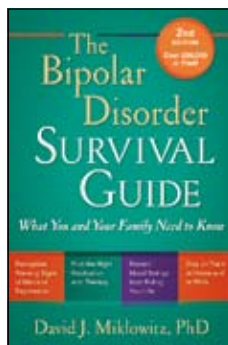
2009: 606pp.

Hb: 978-1-60623-446-4: £51.00

for a further book on Eating Disorders see page 10

## Mood Disorders

From **David J. Miklowitz**,  
University of California, USA,  
and University of Oxford, UK



Read and Recommend!



## The Bipolar Disorder Survival Guide

What You and Your Family Need to Know

Second Edition

David J. Miklowitz

*"A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families. I could not recommend this book more highly."* - **Kay R. Jamison**, author of *An Unquiet Mind*

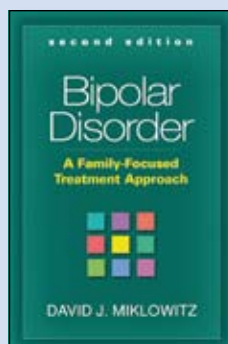
A bipolar diagnosis can be overwhelming to sufferers and their family members. They need trustworthy information and support for finding the right treatment and coping with the illness's devastating ups and downs. Over 200,000 readers have already found exactly that in this indispensable guide from an award-winning expert. Explaining the disorder's causes, diagnosis, and best current treatments, David J. Miklowitz shows how to plan for and reduce recurrences of mood symptoms, make needed lifestyle changes to stay well, and strengthen relationships strained by the illness. Readers love the user-friendly tone, true-to-life stories, checklists, worksheets, and practical problem-solving advice. Updated throughout, the second edition has a new chapter, "For Women Only"; the latest facts on medications and therapy; and an expanded discussion of parenting issues for bipolar adults.

January 2011: 354pp.

Hb: 978-1-60623-983-4: £30.50

Pb: 978-1-60623-542-3: £12.99

New in Paperback!



## Bipolar Disorder

### A Family-Focused Treatment Approach

Second Edition

David J. Miklowitz

*"Miklowitz, one of the world's leaders in the study of psychotherapeutic treatments of bipolar illness, presents*

*clinical and research findings in a way that will be invaluable to clinicians."* - **Kay Redfield Jamison**, Johns Hopkins University School of Medicine, USA

Family-focused psychoeducational treatment (FFT) is among a very small number of psychosocial treatments that have been found to be effective in multiple studies to improve the course of bipolar disorder. This indispensable guide describes how to implement FFT with adult and adolescent patients and their

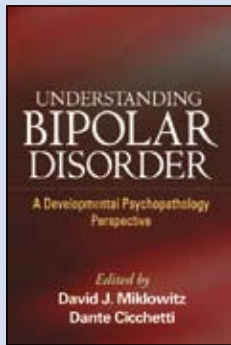
family members. Provided are practical procedures for helping families understand the nature of bipolar disorder, strengthen their communication skills, solve day-to-day problems, and reduce the risk and severity of relapse.

**CONTENTS: Part I: Bipolar Disorder and Families: Clinical and Research Background.** Bipolar Disorder: Why Family Treatment? The Nature of Bipolar Disorder and its Impact on the Family. Family and Social Factors in the Course of Bipolar Disorder. **Part II: Conducting the Family-Focused Treatment.** Planning the First Encounter. The Functional Assessment. Family Psychoeducation: The Initial Sessions. Family Psychoeducation: Etiology, Treatment, and Self-management. Family Psychoeducation: Dealing with Resistances. Communication Enhancement Training: Rationale and Mechanics. Communication Enhancement Training: Clinical Issues. Dealing with Family Problems. Managing Crises in Family-Focused Treatment. Termination.

April 2010: 348pp.

Hb: 978-1-59385-655-7: 2008: £25.95

Pb: 978-1-60623-645-1: £18.00



New!

## Understanding Bipolar Disorder

### A Developmental Psychopathology Perspective

Edited by **David J. Miklowitz**, and **Dante Cicchetti**, University of Minnesota, USA

*"A tour de force. This book masterfully brings together all that is known about the biological, social, and psychological factors that contribute to bipolar disorder and that underlie treatment... Will surely be required reading for researchers, clinicians, and students."*

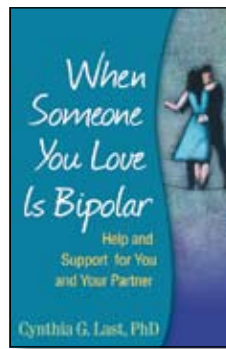
- **Mark Williams**, University of Oxford, UK

This is the first book to systematically examine the development and course of bipolar disorder across the lifespan, identifying important directions for evidence-based treatment and prevention. The editors and contributors are foremost authorities who synthesize cutting-edge research at multiple levels of analysis, including genetic, neurobiological, cognitive, emotional, and family perspectives.

**CONTENTS:** *Cicchetti*, A Developmental Psychopathology Perspective on Bipolar Disorder. **Part I: Phenomenology and Diagnosis.** *Meyer, Carlson*, Development, Age of Onset, and Phenomenology in Bipolar Disorder. *Youngstrom*, A Developmental Psychopathology Perspective on the Assessment and Diagnosis of Bipolar Disorder. *Luby, Belden, Tandon*, Bipolar Disorder in the Preschool Period: Development and Differential Diagnosis. **Part II: Onset, Prognosis, and Course.** *Diler, Birmaher, Miklowitz*, Clinical Presentation and Longitudinal Course of Bipolar Spectrum Disorders in Children and Adolescents. *Alloy, Abramson, Urošević, Nusslock, Jager-Hyman*, Course of Early-onset Bipolar Spectrum Disorders During the College Years: A Behavioral Approach System Dysregulation Perspective. *Goldberg*, A Developmental Perspective on the Course of Bipolar Disorder in Adulthood. **Part III: Etiology/Risk and Protective Mechanisms.** *Willcutt, McQueen*, Genetic and Environmental Vulnerability to Bipolar Spectrum Disorders. *Fleck, Cerullo, Nandagopal, Adler, Patel, Strakowski, DelBello*, Neurodevelopment in Bipolar Disorder: A Neuroimaging Perspective. *Alloy, Abramson, Walshaw, Keyser, Gerstein*, Adolescent-onset Bipolar Spectrum Disorders: A Cognitive Vulnerability-stress Perspective. *McClure-Tone*, Social Cognition and Cognitive Flexibility in Bipolar Disorder. *Post, Miklowitz*, The Role of Stress in the Onset, Course, and Progression of Bipolar Illness and its Comorbidities: Implications for Therapeutics. **Part IV: Treatment.** *Kowatch, Strawn, DelBello*, Developmental Considerations in the Pharmacological Treatment of Youths with Bipolar Disorder. *Thase*, Pharmacotherapy for Adults with Bipolar Depression. *Miklowitz, Goldstein*, Family-based Approaches to Treating Bipolar Disorder in Adolescence: Family-focused Therapy and Dialectical Behavior Therapy. *Mendenhall, Fristad*, Psychoeducational Psychotherapy for Children with Bipolar Disorder. **Part V: First-person Accounts.** *Hinshaw*, Growing Up in a Family with Bipolar Disorder: Personal Experience, Developmental Lessons, and Overcoming Stigma.

June 2010: 572pp.

Hb: 978-1-60623-622-2: £51.00



## When Someone You Love is Bipolar

### Help and Support for You and Your Partner

**Cynthia G. Last**, in private practice, Florida, USA

*"This book is peppered with brilliant and intimate accounts of the personal journeys of Dr. Last, her patients, and their loving families. It is a fabulous*

*resource for anyone who is riding the roller coaster with a spouse or partner who has bipolar disorder."* - **Mani Pavuluri**, author of *What Works for Bipolar Kids*

In this wise, candid, and compassionate book written expressly for the spouse or partner, Dr. Cynthia Last shares her heartfelt insights as a highly regarded therapist/researcher and a bipolar sufferer. Readers learn how to help their loved one come to terms with a bipolar diagnosis and find effective treatment – and how to work together to get control over the mood swings and live life to the fullest.

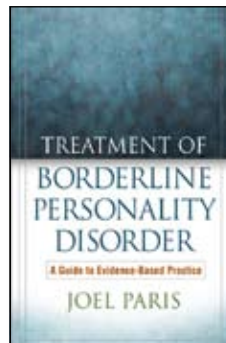
2009: 306pp.

Hb: 978-1-60623-124-1: £25.95

Pb: 978-1-59385-608-3: £10.95

for further books on Mood Disorders see page 10

## Personality Disorders



New in Paperback!

## Treatment of Borderline Personality Disorder

### A Guide to Evidence-Based Practice

**Joel Paris**, McGill University, Montreal, Canada

*"Few people can claim the extraordinary level of experience in studying and treating borderline personality disorder that Paris brings to this book. Even fewer could write such a readable, clinically rich, and wise account of these patients, which seamlessly integrates exciting new empirically based findings. Anyone who has encountered a patient with BPD will covet this book."* - **John G. Gunderson**, Harvard Medical School, USA

Organizing a vast body of scientific literature, this indispensable book presents the state of the art in understanding borderline personality disorder (BPD) and distills key treatment principles that therapists need to know. Rather than advocating a particular approach, Joel Paris examines a range of therapies and identifies the core ingredients of effective intervention. He offers specific guidance for meeting the needs of this challenging population, including ways to improve diagnosis, promote emotion regulation and impulse control, maintain appropriate therapeutic boundaries, and deal with suicidality and other crises.

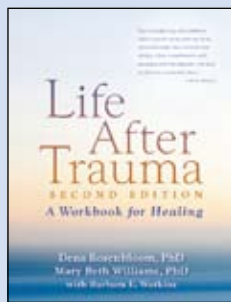
**CONTENTS: Part I: Definitions.** Making the Diagnosis. The Boundaries of BPD. Personality and Development. **Part II: Causes.** Risk Factors. A General Model. **Part III: Treatment.** Outcome. Pharmacotherapy. Psychotherapy. Guidelines for Management. Therapeutic Interventions. Problems in Therapy. Suicidality and Hospitalization. Research Directions.

June 2010 260pp.

Hb: 978-1-59385-834-6: 2008: £24.00

Pb: 978-1-60623-864-6: £16.95

## Stress and Trauma



Read and Recommend!



### Life After Trauma

A Workbook for Healing

Second Edition

Dena Rosenbloom, in private practice, Connecticut, USA, and

Mary Beth Williams, in private practice, Virginia, USA, with Barbara E. Watkins

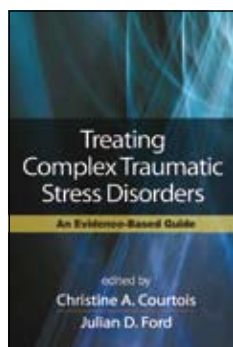
*"This practical Workbook explains the impact of trauma and provides resources for coping. Survivors will benefit from the empathic tone and the personalized worksheets... this is a hopeful book that emphasizes that healing is possible, a much-needed message."* - Christine A. Courtois, author of *Healing the Incest Wound*; in private practice, Washington, USA

This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives, with a focus on the posttrauma present. Full of practical strategies for coping and self-care, the book guides readers step by step toward reclaiming a basic sense of safety, self-worth, trust, and control, as well as the capacity to be close to others.

**CONTENTS:** Pearlman, Foreword to the Second Edition. Prologue. Before You Begin. After Trauma. Why You Feel Thrown for a Loop. Ways of Coping After the Trauma. Thinking Things Through. Feeling Safe; Being Safe. What Does it Mean to Trust? Regaining Control in Your Life. Valuing Yourself and Others. Feeling Close to Others. Epilogue. Healing for the Long Term. Appendices.

April 2010: 295pp.

Pb: 978-1-60623-608-6: £13.00



### Treating Complex Traumatic Stress Disorders

An Evidence-Based Guide

Edited by Christine A. Courtois, in private practice, Washington, USA, and Julian D. Ford, University of Connecticut Health Center, USA

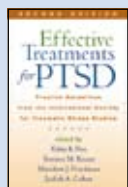
This important book brings together prominent authorities to present

the latest thinking on complex traumatic stress disorders and provide practical guidelines for conceptualization and treatment. Evidence-based assessment procedures are detailed, and innovative individual, couple, family, and group therapies are described and illustrated with case vignettes and session transcripts.

2009: 488pp.

Hb: 978-1-60623-039-8: £37.50

## Backlist Book

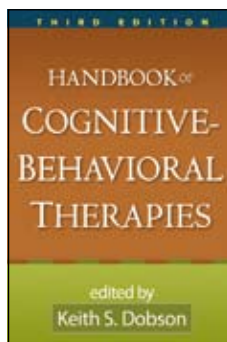


Foa et al., Eds.: **Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies, Second Edition**

Hb: 978-1-60623-001-5: 2008: 658pp. £50.00

for further books on Trauma see page 10

## Cognitive Behaviour Therapy



### Handbook of Cognitive-Behavioral Therapies

Third Edition

Edited by Keith S. Dobson, University of Calgary, Alberta, Canada

*"This volume is a 'must read' for psychotherapy students being introduced to CBT and for practitioners who need a concise, balanced, and*

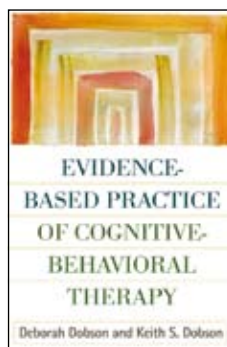
*informative review of the latest advances."* - David A. Clark, University of New Brunswick, Canada

This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT). Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which clinical problems it is used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about the therapy's effectiveness.

**SELECTED CONTENTS:** Part I: Historical, Philosophical, and Scientific Foundations. Part II: Assessment Considerations. Part III: The Therapies. Part IV: Applications to Specific Populations.

2009: 482pp.

Hb: 978-1-60623-437-2: £41.00



### Evidence-Based Practice of Cognitive-Behavioral Therapy

Deborah Dobson, and Keith S. Dobson, both at University of Calgary, Alberta, Canada

*"This guide provides an integration of recommended practices and up-to-date evidence for CBT across a range of*

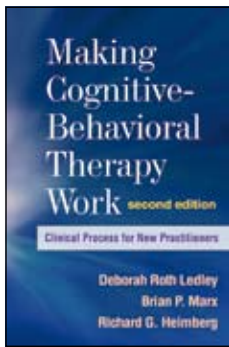
*disorders... The book is clearly written and highly accessible."*

- Edward Watkins, University of Exeter, UK

From leading experts in the field – a practicing clinical psychologist and a renowned psychotherapy researcher – this book synthesizes the evidence base for cognitive-behavioral therapy (CBT) and translates it into practical clinical guidelines. The focus is how clinicians can use current research findings to provide the best care in real-world practice settings. Within a case formulation framework, core cognitive and behavioral theories and techniques are described and illustrated with vivid case examples.

2009: 322pp.

Hb: 978-1-60623-020-6: £25.95



New Edition!

## Making Cognitive-Behavioral Therapy Work

Clinical Process for New Practitioners

Second Edition

Deborah Roth Ledley, in private practice, Philadelphia, USA, Brian P.

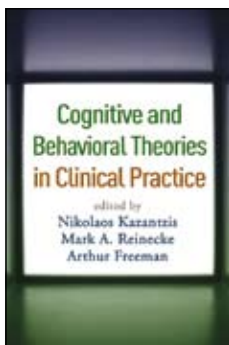
Marx, Boston University School of Medicine, USA, and Richard G. Heimberg, Temple University, Philadelphia, USA

"Ledley and her esteemed colleagues have packed even more pearls of clinical wisdom into their second edition of this truly important book. It is filled with case examples, illustrative dialogues, hints, and suggestions to help clinicians sidestep potential pitfalls... this book is required reading in my course on CBT for anxiety disorders." - Jonathan S. Abramowitz, University of North Carolina at Chapel Hill, USA

Used around the world by novice clinicians as well as experienced therapists new to cognitive-behavioral therapy (CBT), this bestselling book has been widely adopted as a text in clinical training programs. The authors provide a vivid picture of what it is actually like to do CBT and offer practical guidance for becoming a more skilled and confident clinician. Vignettes and examples illustrate the entire process of therapy, from intake and assessment to case conceptualization, treatment planning, intervention, and termination.

**CONTENTS:** Introducing Cognitive-Behavioral Process. Initial Interactions with Clients. The Process of Assessment. Conceptualizing the Case and Planning Treatment. Giving Feedback to Clients and Writing the Assessment Report. Starting the Cognitive-Behavioral Treatment Process. Dealing with Initial Challenges in Cognitive-Behavioral Therapy. The Next Sessions: Teaching the Core Techniques. Managing Client Noncompliance in Cognitive-Behavioral Therapy. Terminating Therapy. The Process of Supervision. Epilogue: Continuing to Grow as a Cognitive-Behavioral Therapist. Appendices.

October 2010: 294pp.  
Hb: 978-1-60623-912-4: £27.00



## Cognitive and Behavioral Theories in Clinical Practice

Edited by Nikolaos Kazantzis, La Trobe University, Victoria, Australia, Mark A. Reinecke, Northwestern University, Illinois, USA, and Arthur Freeman, Governors State University, Illinois, USA

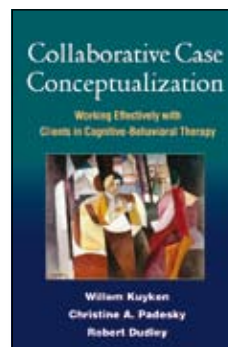
"This excellent volume brings together leading experts to discuss how CBT

theories are applied in real-life clinical settings, and why they work. Including discussions of cutting-edge approaches, this is 'must' reading for practicing clinicians and graduate students."

- Robert L. Leahy, Weill Cornell Medical College, New York Presbyterian Hospital, USA

Demonstrating the importance of theory for effective clinical practice, this thought-provoking volume brings together leading experts on a range of contemporary cognitive and behavioral approaches. The contributors probe the philosophical and theoretical underpinnings of each model – its assumptions about normal psychological processes, the development and maintenance of psychopathology, and the mechanisms by which therapeutic changes take place.

2009: 380pp.  
Hb: 978-1-60623-342-9: £30.50



## Collaborative Case Conceptualization

Working Effectively with Clients in Cognitive-Behavioral Therapy

Willem Kuyken, University of Exeter, UK, Christine A. Padesky, Center for Cognitive Therapy, Huntington Beach, USA, and Robert Dudley, Institute of Neuroscience, Newcastle University, UK

"This book sets a gold standard for how to develop individualized case conceptualizations with our clients... This book is destined to be one of the most important and widely used works on case conceptualization for many years to come." - Aaron T. Beck, University of Pennsylvania Medical School, USA

Presenting an innovative framework for tailoring cognitive-behavioral interventions to each client's needs, this accessible book is packed with practical pointers and sample dialogues. Step-by-step, the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems, and that deepen in explanatory power as treatment progresses. An extended case illustration demonstrates the three-stage conceptualization process over the entire course of therapy with a multiproblem client.

**CONTENTS:** The Procrustean Dilemma. The Case Conceptualization Crucible: A New Model. Two Heads Are Better Than One: Collaborative Empiricism. Incorporating Client Strengths and Building Resilience. "Can You Help Me?": Descriptive Case Conceptualization. "Why Does This Keep Happening to Me?": Cross-sectional Explanatory Conceptualizations. "Does My Future Look Like My Past?": Longitudinal Explanatory Conceptualizations. Learning and Teaching Case Conceptualization. Appraising the Model. Appendix: Aid to History Taking Form.

2009: 366pp.  
Hb: 978-1-60623-072-5: £27.00

## Also by Christine A. Padesky



Bestseller!

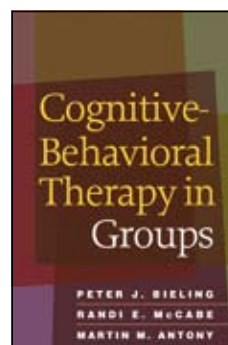
**Mind Over Mood: Change How You Feel by Changing the Way You Think**  
Dennis Greenberger, and Christine A. Padesky

Pb: 978-0-89862-128-0: 1995: 250pp. £16.95

Bestseller!

**Clinician's Guide to Mind Over Mood**  
Christine A. Padesky, with Dennis Greenberger

Pb: 978-0-89862-821-0: 1995: 276pp. £21.00



## Cognitive-Behavioral Therapy in Groups

Peter J. Bieling, and Randi E. McCabe, both at McMaster University, Ontario, Canada, and Martin M. Antony, Ryerson University, Ontario, Canada

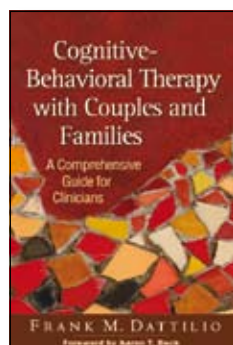
"This impressive volume richly details the challenges and rewards of providing cognitive-behavioral therapy in a multiperson context... will set the standard for group-based CBT for years to come." - Zindel V. Segal, University of Toronto, Canada

An authoritative practitioner guide and student text, this book offers clear advice on how to structure and lead cognitive-behavioral therapy (CBT) groups and overcome common challenges that arise. Specific, evidence-based group assessment and treatment protocols are provided for a range of frequently encountered disorders.

2009: 452pp.

Hb: 978-1-59385-325-9: 2006: £30.50

Pb: 978-1-60623-404-4: £19.00



## Cognitive-Behavioral Therapy with Couples and Families

### A Comprehensive Guide for Clinicians

**Frank M. Dattilio**, Harvard Medical School, and University of Pennsylvania School of Medicine, USA

Foreword by **Aaron T. Beck**

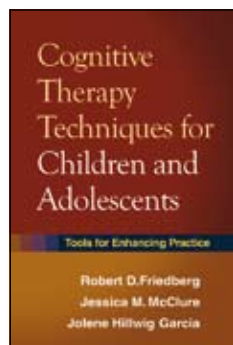
*"This is the most comprehensive guide to CBT for couples and families that I've seen. I especially appreciate Dattilio's thoughtful examination of the role of emotions in couple interactions."*

- **JoEllen Patterson**, University of San Diego, USA

From a leading expert in cognitive-behavioral therapy and couple and family therapy, this comprehensive guide combines cutting-edge research and clinical wisdom. The author shows how therapeutic techniques originally designed for individuals have been successfully adapted for use with couples and families struggling with a wide range of relationship problems and stressful life transitions.

2009: 282pp.

Hb: 978-1-60623-453-2: £24.00



## Cognitive Therapy Techniques for Children and Adolescents

### Tools for Enhancing Practice

**Robert D. Friedberg**, Milton S. Hershey Medical Center and Penn State University College of Medicine, Pennsylvania, USA, **Jessica M. McClure**, Cincinnati Children's Hospital Medical Center, USA, and **Jolene Hillwig Garcia**, Milton S. Hershey Medical Center and Penn State University College of Medicine, Pennsylvania, USA

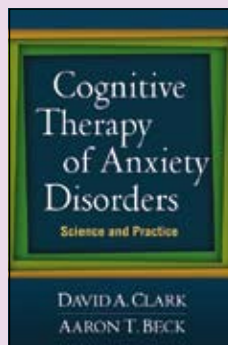
*"This book is packed with creative, witty, and practical methods... If you work with children, adolescents, or families, keep this book on your desk; I predict it will become your most well-thumbed reference."* - **Christine A. Padesky**, Co-Founder Center for Cognitive Therapy, Huntington Beach, California, USA

Providing a wealth of practical interventions and activities – all organized within a state-of-the-art modular framework – this invaluable book helps child clinicians expand their intervention toolkits. Building on *Clinical Practice of Cognitive Therapy with Children and Adolescents*, which addresses the basics of treatment, *Cognitive Therapy Techniques for Children and Adolescents* is packed with additional creative strategies for engaging hard-to-reach clients, addressing challenging problems, and targeting particular cognitive and behavioral skills.

2009: 326pp.

Hb: 978-1-60623-313-9: £25.95

## From Aaron T. Beck



**Aaron T. Beck: Winner of the Lifetime Achievement Award from the National Nursing Centers Consortium!**

## Cognitive Therapy of Anxiety Disorders

### Science and Practice

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

*"Exceptional... Clark and Beck offer their latest insights in treating anxiety disorders and provide specific conceptual frameworks. Clinicians, students, and researchers will find this important work to be of immense value in guiding treatment and research."*

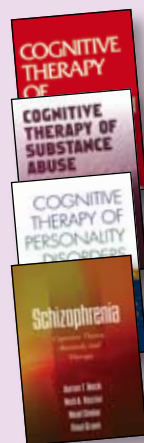
- **Adrian Wells**, University of Manchester, UK

Updating and elaborating on Aaron T. Beck's pioneering cognitive model of anxiety disorders, this groundbreaking work is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention.

**CONTENTS: Part I: Cognitive Theory and Research on Anxiety.** Anxiety: A Common but Multifaceted Condition. The Cognitive Model of Anxiety. Empirical Status of the Cognitive Model of Anxiety. Vulnerability to Anxiety. **Part II: Cognitive Therapy of Anxiety: Assessment and Intervention Strategies.** Cognitive Assessment and Case Formulation. Cognitive Interventions for Anxiety. Behavioral Interventions: A Cognitive Perspective. **Part III: Cognitive Theory and Treatment of Specific Anxiety Disorder.** Cognitive Therapy of Panic Disorder. Cognitive Therapy of Social Phobia. Cognitive Therapy of Generalized Anxiety Disorder. Cognitive Therapy of Obsessive-Compulsive Disorder. Cognitive Therapy of Posttraumatic Stress Disorder.

2009: 628pp.

Hb: 978-1-60623-434-1: £44.00



**Beck et al.: Cognitive Therapy of Depression**

Hb: 978-0-89862-000-9: 1980: 425pp. £39.50

Pb: 978-0-89862-919-4: 1987: 425pp. £21.95

**Beck et al.: Cognitive Therapy of Substance Abuse**

Hb: 978-0-89862-115-0: 1993: 354pp. £35.95

Pb: 978-1-57230-659-2: 2001: 354pp. £19.95

**Beck et al.: Cognitive Therapy of Personality Disorders, Second Edition**

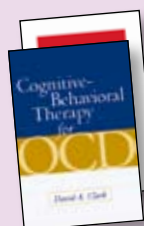
Hb: 978-1-57230-856-5: 2003: 412pp. £35.00

Pb: 978-1-59385-476-8: 2007: 412pp. £16.99

**Beck et al.: Schizophrenia: Cognitive Theory, Research, and Therapy**

Hb: 978-1-60623-018-3: 2008: 418pp. £30.50

## Also by David A. Clark



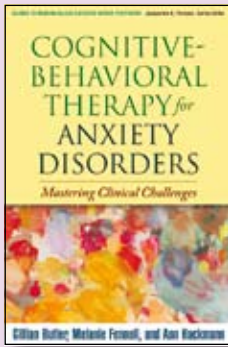
**Intrusive Thoughts in Clinical Disorders: Theory, Research, and Treatment**

Hb: 978-1-59385-083-8: 2004: 255pp. £25.00

**Cognitive-Behavioral Therapy for OCD**

Hb: 978-1-57230-963-0: 2004: 324pp. £30.00

Pb: 978-1-59385-375-4: 2006: 324pp. £16.50



Read and Recommend!

## Cognitive-Behavioral Therapy for Anxiety Disorders Mastering Clinical Challenges

Gillian Butler, Melanie Fennell, and Ann Hackmann, all at Oxford

Cognitive Therapy Centre, Warneford Hospital, Oxford, UK

*"This book must be read by all those who seek to help people suffering from anxiety disorders. It clearly and accessibly portrays the essence of effective CBT for anxiety while avoiding oversimplified prescriptions... Read this book and use it!" - Paul Salkovskis, Institute of Psychiatry, King's College London, UK*

Helping therapists bring about enduring change when treating clients with any anxiety disorder, this invaluable book combines expert guidance, in-depth exploration, and innovative clinical strategies. The authors draw on extensive experience and research to provide a framework for constructing lucid formulations of complex cases.

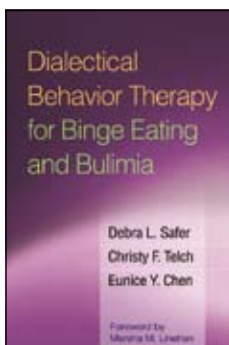
**CONTENTS:** Introduction. **Part I: Setting the Scene.** Treating Anxiety Disorders: The State of the Art. **Part II: Deepening Understanding and Securing Engagement.** Assessment: Investigating Appraisals in Depth. Case Formulation: Making Sense of Complexity. Decentering from Thoughts: Achieving Objectivity. **Part III: Facilitating Emotional Processing.** Bringing About Lasting Change at the Deepest Level. The Role of Behavioral Experiments. **Part IV: Overcoming Three Major Obstacles to Progress.** Avoidance of Affect. Low Self-Esteem. Dealing with Uncertainty. **Part V: Ending Treatment Productively.** Creating a Therapy "Blueprint."

June 2010: 224pp.

Hb: 978-1-59385-830-8: 2008: £27.00

Pb: 978-1-60623-869-1: £16.95

Series: Guides to Individualized Evidence-Based Treatment



## Dialectical Behavior Therapy for Binge Eating and Bulimia

Debra L. Safer, Stanford University School of Medicine, California, USA, Christy F. Telch, in private practice, California, USA, and Eunice Y. Chen, University of Chicago, USA

Foreword by Marsha M. Linehan

*"DBT has shown promise for treating disordered eating, but a detailed manual that describes how to adapt DBT protocols for this population has been sorely needed by clinicians and treatment researchers. Safer, Telch, and Chen, three distinguished experts, have succeeded in meeting this important need." - Daniel le Grange, University of Chicago, USA*

This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. What makes this research-based approach unique is its focus on disordered eating as a problem of emotional dysregulation. The book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions.

2009: 244pp.

Hb: 978-1-60623-265-1: £24.00



## Books by Christopher G. Fairburn



Cooper et al.: Cognitive-Behavioral Treatment of Obesity: A Clinician's Guide

Hb: 978-1-57230-888-6: 2003: 232pp. £30.00

Pb: 978-1-59385-092-0: 2004: 232pp. £19.95

Fairburn/Brownell, Eds.: Eating Disorders and Obesity: A Comprehensive Handbook, Second Edition

Hb: 978-1-57230-688-2: 2001: 633pp. £50.50

Pb: 978-1-59385-236-8: 2005: 633pp. £25.00

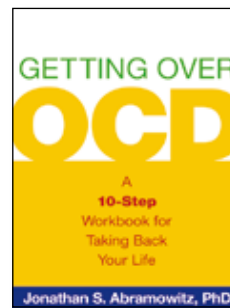
Fairburn: Overcoming Binge Eating

Hb: 978-0-89862-961-3: 1995: 247pp. £28.95

Pb: 978-0-89862-179-2: 2005: 247pp. £13.50

Fairburn: Cognitive Behavior Therapy and Eating Disorders

Hb: 978-1-59385-709-7: 2008: 324pp. £27.00



## Getting Over OCD

### A 10-Step Workbook for Taking Back Your Life

Jonathan S. Abramowitz, University of North Carolina at Chapel Hill, USA

*"This first-rate book presents CBT principles and techniques in a self-help format that will be invaluable to OCD patients... Abramowitz's positive and motivating style will serve patients well;*

*clinicians and researchers also will find this book a 'must read.'"*

- Michael A. Jenike, Harvard Medical School, USA

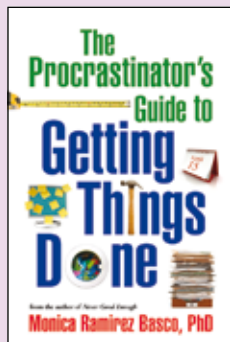
Obsessive-compulsive disorder (OCD) is one of the top five mental health complaints today. Unwanted, repetitive thoughts and actions disrupt millions of lives and cause tremendous suffering and distress. But OCD can be beat – and there's no more trusted authority than Dr. Jonathan Abramowitz to show how. Structured to mirror the steps of cognitive-behavioral therapy, the most effective treatment for the disorder, this engaging workbook is packed with self-assessment and planning tools; carefully sequenced exercises; and informative examples that sufferers will relate to.

**CONTENTS:** Introduction. **Part I: Getting to Know the Enemy.** Step 1: OCD 101: Learning about the Symptoms, Causes, and Treatments. Step 2: Analyzing Your Own OCD Symptoms. Step 3: Understanding OCD's Battle Plan. **Part II: Getting Ready.** Step 4: Customizing Your Action Plan. Step 5: Strengthening Your Resolve to Move Forward. **Part III: Your Treatment Program.** Gathering Your Forces. Step 6: Attacking OCD at its Foundation: Thinking Errors. Step 7: Defeating Avoidance Behavior. Step 8: Defeating Obsessional Thoughts, Doubts, and Images. Step 9: Defeating Your Compulsive Urges. Putting it all Together. Step 10: Ending Your Program and Staying Well.

2009: 307pp.

Pb: 978-1-59385-999-2: £13.50

Series: The Guilford Self-Help Workbook



Read and Recommend!



## The Procrastinator's Guide to Getting Things Done

Monica Ramirez Basco,  
The University of Texas  
at Arlington, USA

"Essential reading for anyone who has felt blocked in making decisions and getting done what needs to be done. Filled with examples of people who have overcome procrastination, practical and powerful advice, and helpful forms, this book can help you change your life. Read it and recommend it." - **Robert L. Leahy**, Weill Cornell Medical College, New York Presbyterian Hospital, USA

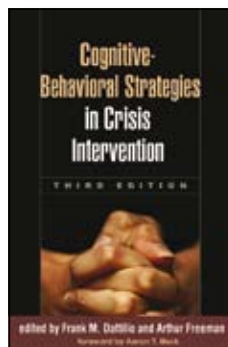
Everyone waits till the last minute sometimes. But many procrastinators pay a significant price, from poor job performance to stress, financial problems, and relationship conflicts. Expressly designed for people who want to make changes but would be easily daunted by an elaborate self-help program, this concise, motivating guide is packed with highly practical tips and suggestions.

**CONTENTS:** Why Do I Procrastinate? Shortcuts to Help You Get Started. What Are You Afraid Of? Are You Disorganized? Moving from Self-doubt to Self-confidence. Procrastination in Relationships. All-or-Nothing Workers. Pleasure Seekers. This is Just How I Roll!

January 2010: 178pp.

Hb: 978-1-60623-462-4: £24.00

Pb: 978-1-60623-293-4: £9.99



New in Paperback!

## Cognitive-Behavioral Strategies in Crisis Intervention

Third Edition

Edited by **Frank M. Dattilio**, Harvard Medical School, Massachusetts, USA, and **Arthur Freeman**, Philadelphia College of Osteopathic Medicine, USA

Foreword by **Aaron T. Beck**

"Dattilio and Freeman have included the most common themes in crisis intervention, describing techniques and strategies that are short term and time effective... Students and seasoned professionals alike will find practical and invaluable information within these pages." - **Barbara Olasov Rothbaum**, Emory University School of Medicine, USA

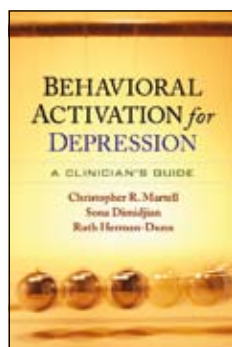
This invaluable practitioner guide and text shows how cognitive-behavioral interventions can help people weather situations of extreme stress and build needed skills for the future. Leading authorities describe effective, time-efficient approaches to managing different types of crises: those related to particular psychological problems, such as panic disorder, suicidal depression, and personality disorders; medical crises; child and family crises; and environmental and situational crises, including large-scale traumatic events.

**SELECTED CONTENTS:** Beck, Foreword. Dattilio, Freeman, Introduction. Part I: Psychological Crises. Part II: Medically Related Crises. Part III: Child and Family Crises. Part IV: Environmental and Situational Crises. Part V: General Issues in Crisis Work.

June 2010: 556pp.

Hb: 978-1-59385-487-4: 2007: £41.00

Pb: 978-1-60623-648-2: £24.00



New!

## Behavioral Activation for Depression A Clinician's Guide

**Christopher R. Martell**, University of Washington, USA, **Sona Dimidjian**, University of Colorado at Boulder, USA, and **Ruth Herman-Dunn**, University of Washington, USA

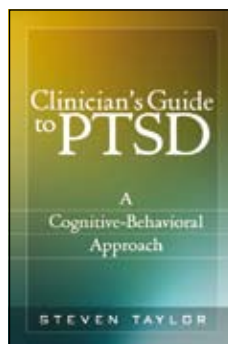
"Concise and well written, this is the most accessible and clinically useful book on behavioral activation (BA) for depression available to date... The book will be of equal value to both trainees and experienced clinicians who want to learn about the effective practice of BA." - **Stephen Pilling**, University College London, UK

From leading experts with a decade of experience in research and clinical practice in behavioral activation (BA), this book provides empirically tested tools for helping clients overcome depression by becoming active and engaged in their lives. BA is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Step-by-step guidelines are presented for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities and decreasing avoidance and ruminative thinking.

**CONTENTS:** Introduction: The Development of Behavioral Activation. The Core Principles of Behavioral Activation. The Structure and Style of Therapy. Identifying the Ingredients of the Behavioral Antidepressant. Activity Scheduling and Structuring. Solving Problems and Countering Avoidance. How Thinking Can Be Problematic Behavior. Troubleshooting Problems with Activation. Tying it all Together: Relapse Prevention and Beyond. Appendices.

February 2010: 219pp.

Hb: 978-1-60623-515-7: £24.00



## Clinician's Guide to PTSD

### A Cognitive-Behavioral Approach

**Steven Taylor**, University of British Columbia, Vancouver, Canada

"This book is a gem! It is comprehensive, covering both the science and art of cognitive-behavioral treatment for PTSD, yet it is also concise and user friendly..."

This volume includes everything a clinician, student, or researcher interested in PTSD needs to know... A valuable resource for every clinician's bookshelf." - **Barbara Olasov Rothbaum**, Emory University School of Medicine, USA

Grounded in current clinical and neurobiological research, this book provides both an understanding of posttraumatic stress disorder (PTSD) and a guide to empirically supported treatment. The author offers well-documented, practical recommendations for planning and implementing cognitive-behavioral therapy with people who have experienced different types of trauma – sexual assault, combat, serious accidents, and more – and shows how to use a case formulation approach to tailor interventions to the needs of each patient.

2009: 322pp.

Hb: 978-1-59385-326-6: 2006: £24.00

Pb: 978-1-60623-449-5: £16.95

## Backlist Books



**Linehan: Cognitive-Behavioral Treatment of Borderline Personality Disorder**

Hb: 978-0-89862-183-9: 1993: 558pp. £42.50

**Linehan: Skills Training Manual for Treating Borderline Personality Disorder**

Pb: 978-0-89862-034-4: 1993: 180pp. £24.50

**Beck, J. S.: Cognitive Therapy: Basics and Beyond**

Hb: 978-0-89862-847-0: 1995: 338pp. £33.00

**Beck, J.S.: Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work**

Hb: 978-1-59385-195-8: 2005: 324pp. £27.50

**Linehan: Treating Borderline Personality Disorder: The Dialectical Approach**

DVD: 978-1-59385-367-9: 2006: 36pp. £67.00

A Dawkins Production

**Linehan: Understanding Borderline Personality Disorder: The Dialectical Approach**

DVD: 978-1-59385-368-6: 2006: 36pp. £67.00

A Dawkins Production

**Young et al.: Schema Therapy: A Practitioner's Guide**

Hb: 978-1-57230-838-1: 2003: 436pp. £34.00

Pb: 978-1-59385-372-3: 2006: 436pp. £21.00

**Wells: Metacognitive Therapy for Anxiety and Depression**

Hb: 978-1-59385-994-7: 2008: 316pp. £27.50

**Persons: The Case Formulation Approach to Cognitive-Behavior Therapy**

Hb: 978-1-59385-875-9: 2008: 273pp. £24.00

Series: Guides to Individualized Evidence-Based Treatment

## Books by Robert L. Leahy



**Leahy/Holland: Treatment Plans and Interventions for Depression and Anxiety Disorders**

Pb: 978-1-57230-514-4: 2000: 332pp. £43.50

Series: The Clinician's Toolbox

**Overcoming Resistance in Cognitive Therapy**

Hb: 978-1-57230-684-4: 2001: 309pp. £32.00

Pb: 978-1-57230-936-4: 2003: 309pp. £17.50

**Cognitive Therapy Techniques: A Practitioner's Guide**

Pb: 978-1-57230-905-0: 2003: 348pp. £27.50

**Contemporary Cognitive Therapy: Theory, Research, and Practice**

Hb: 978-1-59385-062-3: 2004: 416pp. £35.00

Pb: 978-1-59385-343-3: 2006: 416pp. £18.95

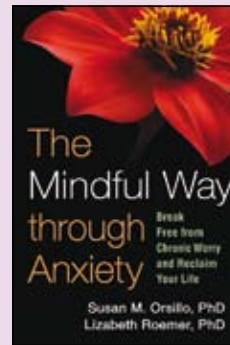
**Roadblocks in Cognitive-Behavioral Therapy: Transforming Challenges into Opportunities for Change**

Hb: 978-1-57230-920-3: 2003: 364pp. £35.00

Pb: 978-1-59385-373-0: 2006: 364pp. £16.99

## Mindfulness

Read and Recommend!



### The Mindful Way through Anxiety

Break Free from Chronic Worry and Reclaim Your Life

Susan M. Orsillo, Suffolk

University, Boston, USA, and

Lizabeth Roemer, University of Massachusetts, Boston, USA

*"By far the most sophisticated and engaging guide I have seen on mindfulness and anxiety. This book is a gem. Two of the field's most knowledgeable and creative experts skillfully take you on a journey into the hidden corners of your anxious mind."* - Christopher K. Germer, author of *The Mindful Path to Self-Compassion*

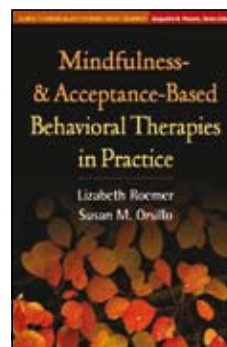
Anxiety constrains the lives of millions, leaving sufferers exhausted, stressed, and overwhelmed. And the things most people do to try to feel better – avoiding feared situations, pushing worry out of mind – only make the problem worse. Leading psychologists Susan M. Orsillo and Lizabeth Roemer provide a powerful new alternative: they help readers fundamentally change their relationship to anxiety. This book's clinically tested mindfulness practices are specifically tailored for anxiety in its many forms. With clarity and compassion, the authors describe how to gain awareness of anxious feelings without letting them escalate; reap the benefits for emotional and physical well-being; and open life to inspiring new possibilities.

February 2011: 308pp.

Hb: 978-1-60623-982-7: £27.00

Pb: 978-1-60623-464-8: £10.99

New in Paperback!



### Mindfulness- and Acceptance-Based Behavioral Therapies in Practice

Lizabeth Roemer, University of Massachusetts, Boston, USA, and Susan M. Orsillo, Suffolk University, Boston, USA

*"With the growing interest in mindfulness- and acceptance-based behavioral therapies, many practitioners and students are seeking a practical book like this one to fill a gap in their training. The volume offers a detailed, step-by-step explanation of each phase of assessment, case conceptualization, and treatment. I highly recommend this excellent, well-written, theoretically informed guide."* - Gabriele Melli, President, Institute of Behavioral and Cognitive Psychology and Psychotherapy of Florence, Italy

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioral practice. The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behavior therapy.

**CONTENTS:** Introduction. An Acceptance-Based Behavioral Conceptualization of Clinical Problems. Clinical Assessment of Relevant Domains. Individualized Case Formulation and Treatment

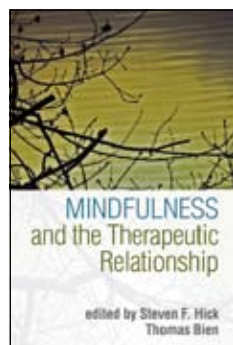
Planning. Setting the Stage for Therapy. Offering the Client an Acceptance-Based Behavioral Model of Human Functioning. Mindfulness- and Acceptance-Based Strategies. Setting the Stage for Behavioral Change. Putting it all Together: Promoting Mindful, Valued Action. Evaluating Progress, Relapse Prevention, and Ending Treatment. Incorporating Other Evidence-based Interventions with Acceptance-Based Behavioral Therapies. *Lee, Fuchs*, Cultural Considerations in Acceptance-Based Behavioral Therapies. Appendix: Mindfulness Books.

September 2010: 242pp.

Hb: 978-1-59385-997-8: 2008: £24.00

Pb: 978-1-60623-999-5: £16.95

Series: *Guides to Individualized Evidence-Based Treatment*



New in Paperback!

## Mindfulness and the Therapeutic Relationship

Edited by **Steven F. Hick**, Carleton University, Ontario, Canada, and **Thomas Bien**, in private practice, Albuquerque, New Mexico, USA

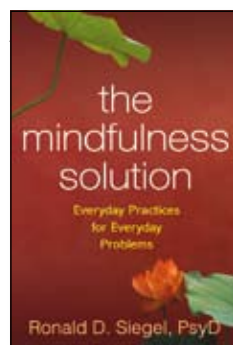
A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present. Leading proponents of different treatment approaches illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client.

**CONTENTS: Part I: Theory and Practice.** *Hick*, Cultivating Therapeutic Relationships: The Role of Mindfulness. *Lambert, Simon*, The Therapeutic Relationship: Central and Essential in Psychotherapy Outcome. **Part II: Therapeutic Presence.** *Bien*, The Four Immeasurable Minds: Preparing to Be Present in Psychotherapy. *Fulton*, Anatta: Self, Non-self, and the Therapist. *Walsh*, Mindfulness and Empathy: A Hermeneutic Circle. **Part III: Therapeutic Presence in Different Types of Treatment.** *Wilson, Sandoz*, Mindfulness, Values, and Therapeutic Relationship in Acceptance and Commitment Therapy. *Marlatt, Bowen, Chawla, Witkiewitz*, Mindfulness-based Relapse Prevention for Substance Abusers: Therapist Training and Therapeutic Relationships. *Safran, Reading*, Mindfulness, Metacommunication, and Affect Regulation in Psychoanalytic Treatment. *Lysack*, Relational Mindfulness and Dialogic Space in Family Therapy. **Part IV: Teaching and Listening.** *Shapiro, Izett*, Meditation: A Universal Tool for Cultivating Empathy. *Gehart, McCollum*, Inviting Therapeutic Presence: A Mindfulness-based Approach. *Kramer, Meleo-Meyer, Turner*, Cultivating Mindfulness in Relationship: Insight Dialogue and the Interpersonal Mindfulness Program. *Shafir*, Mindful Listening for Better Outcomes. *Hick, Bien*, Epilogue.

September 2010: 240pp.

Hb: 978-1-59385-820-9: 2008: £24.00

Pb: 978-1-60918-019-5: £16.95



New!

## The Mindfulness Solution

Everyday Practices for Everyday Problems

**Ronald D. Siegel**, Harvard Medical School, Massachusetts, USA

This book blends psychological savvy with powerful tools for attaining a more balanced life. Many people still associate "mindfulness" with exotic images like a hermit on a mountaintop. Of

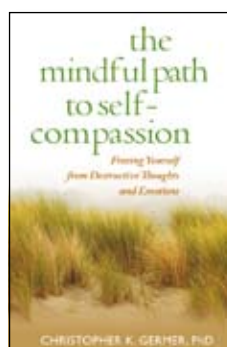
course, the reality is more down-to-earth: You can cultivate mindfulness – and reap its proven benefits – while driving to work, showering, talking to a loved one, or washing the dishes. Dr. Ronald Siegel shows exactly how in this inviting guide.

**CONTENTS: Part I: Why Mindfulness Matters.** Life is Difficult, for Everyone. Mindfulness: A Solution. Learning to Practice Mindfulness. Building a Mindful Life. **Part II: Everyday Practices for Unruly Minds, Bodies, and Relationships.** Befriending Fear: Working with Worry and Anxiety. Entering the Dark Places: Seeing Sadness and Depression in a New Light. Beyond Managing Symptoms: Transforming Pain and Stress-related Medical Problems. Living the Full Catastrophe: Mindfulness for Romance, Parenting, and Other Intimate Relationships. Breaking Bad Habits: Learning to Make Good Choices. Growing Up isn't Easy: Changing Your Relationship with Aging, Illness, and Death. What's Next? The Promise of Mindfulness. When You Need More Help: How to Find a Therapist. Resources.

January 2010: 356pp.

Hb: 978-1-60623-456-3: £24.00

Pb: 978-1-60623-294-1: £9.99



## The Mindful Path to Self-Compassion

Freeing Yourself from Destructive Thoughts and Emotions

**Christopher K. Germer**, in private practice, Boston, USA

"Ideal for recommendation to clients who have fallen off the wagon or who are blaming themselves for failed

relationships, lost jobs, and scattered lives, this book offers a way out of a vicious cycle." - **G. Alan Marlatt**, University of Washington, USA

The psychological benefits of mindfulness are well established. Yet for people who struggle with difficult emotions like anxiety, guilt, anger, loneliness, sadness, or low self-esteem, mindfulness practices can be enhanced by adding a simple yet powerful ingredient: self-compassion. Without it, we all too often respond to emotional suffering with self-criticism, shame, or defensiveness – tough-to-break habits that only make suffering worse. This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life.

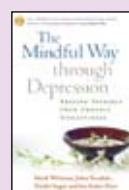
**CONTENTS: Salzberg**, Foreword. Introduction. **Part I: Discovering Self-Compassion.** Being Kind to Yourself. Listening to Your Body. Bringing in Difficult Emotions. What's Self-Compassion? Pathways to Self-Compassion. **Part II: Practicing Loving-kindness.** Caring for Ourselves. Caring for Others. **Part III: Customizing Self-Compassion.** Finding Your Balance. Making Progress. Appendices.

2009: 306pp.

Hb: 978-1-60623-284-2: £25.95

Pb: 978-1-59385-975-6: £10.95

### Backlist Book

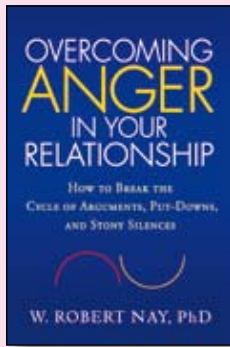


**Williams et al.: The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness**

Hb: 978-1-59385-449-2: 2007: 273pp. £30.50

Pb: 978-1-59385-128-6: 2007: 273pp. £12.99

## Couples and Family Therapy



Read and Recommend!

### Overcoming Anger in Your Relationship

How to Break the Cycle of Arguments, Put-Downs, and Stony Silences

W. Robert Nay, Georgetown University School of Medicine, Washington D. C., USA

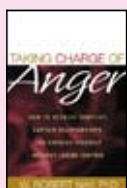
*"There are lots of books for angry people, but too few for people who have to deal with someone else's anger! This is a wise and practical guide to one of the thorniest problems in couple relationships. Dr. Nay shows how to change your own response to your partner's anger and feel better about yourself."* - William J. Doherty, author of *Take Back Your Marriage*

Anger can gain a foothold in the most loving relationship, eroding intimacy and making those on the receiving end wonder how much more they can take. From anger expert Dr. Robert Nay – who has helped thousands of individuals and couples learn new ways of resolving conflicts – this straight-talking book provides clear-cut, practical techniques for dealing with a partner's unacceptable expressions of anger. Readers learn how their usual responses may unwittingly reward bad behavior and how to stand up for themselves in ways that promote lasting change. Self-quizzes and step-by-step problem-solving strategies for different types of angry behavior are illustrated with true-to-life examples.

**CONTENTS:** Introduction. **Part I: Five Steps to Change in Your Relationship.** Understanding and Confronting Anger: The Promise of Change. Recognizing How Anger is Pulling Your Strings. Creating New Boundaries – Expecting New Behavior. Identifying the Thinking Patterns That Keep You Stuck. Taking New Actions and Getting Better Outcomes. **Part II: Overcoming the Different "Faces" of Anger.** Loud, Impatient, and "Over the Top": Confronting Hostility. When Words Do Hurt: Rejecting Sarcasm and Verbal Abuse. Threats and Beyond: Staying Off the Slippery Slope of Physical Abuse. Passive Anger: What to Do when it Seems Harmless but Feels Harmful. **Part III: Making Boundaries Stick.** Coping with the Expected and Preparing for the Unknown. Appendix: Daily Log. Suggested Resources.

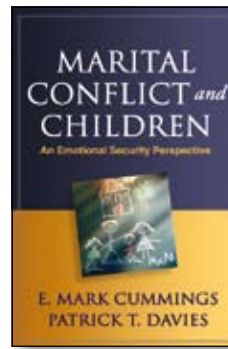
June 2010: 259pp.  
Hb: 978-1-60623-642-0: £27.00  
Pb: 978-1-60623-283-5: £10.99

Also by W. Robert Nay



**Taking Charge of Anger**  
How to Resolve Conflict, Sustain Relationships, and Express Yourself without Losing Control

Hb: 978-1-57230-927-2: 2004: 246pp. £27.00  
Pb: 978-1-57230-680-6: 2004: 246pp. £13.00



New!

### Marital Conflict and Children

An Emotional Security Perspective

E. Mark Cummings, University of Notre Dame, Indiana, USA, and Patrick T. Davies, University of Rochester, New York, USA

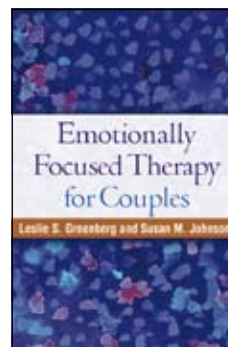
*"This informative, well-written, and engaging work explicates the theoretical foundations of emotional security, reviews research on the topic, and presents new findings. The authors' analysis should be taken seriously by all concerned with the well-being of children and families."* - Jay Belsky, Director, Birkbeck University of London, UK

From leading researchers, this book presents important advances in understanding how growing up in a discordant family affects child adjustment, the factors that make certain children more vulnerable than others, and what can be done to help. It is a state-of-the-science follow-up to the authors' seminal earlier work, *Children and Marital Conflict: The Impact of Family Dispute and Resolution*.

**CONTENTS: Part I: New Directions in the Study of Children and Marital Conflict.** Marital Conflict and Risky Families. The Emergence of Process-oriented Approaches: Emotional Security Theory. **Part II: Child Effects of Exposure to Marital Conflict.** Identifying Constructive and Destructive Marital Conflict. Testing Process-oriented Models of the Direct Effects of Exposure to Marital Conflict. **Part III: Contextualizing Marital Conflict.** The Role of Parenting in the Context of Marital Conflict: Indirect Pathways and Processes. Contextual Vulnerability and Protective Models. Development Over Time in Contexts of Marital Conflict. **Part IV: Future Directions.** Applications of Findings and Translational Research. Beyond the Marital Dyad: From Bowlby to Political Violence. Appendices: Coding Systems and Methodology. A: Conflict in the Interparental System (CIS)-observational Coding. B: Security in the Interparental Subsystem Scale (SIS)-child Report. C: Security in the Marital System-parent Report (SIMS-PR) Scale. D: Advanced Measurement and Research Design Issues for a Process-oriented Approach.

February 2010: 316pp.  
Hb: 978-1-60623-519-5: £27.00

Series: Guilford Series on Social and Emotional Development



New in Paperback!

### Emotionally Focused Therapy for Couples

Leslie S. Greenberg, York University, Toronto, Canada, and Susan M. Johnson, University of Ottawa, and Ottawa Couple and Family Institute, Canada

*"One of the strengths of this work is the clinical examples. The interactions of the couples, heard both in short and long excerpts throughout the text, underscore therapist interventions as well as bring the nine-step process to life... Highly recommended for beginning professionals as well as experienced professionals."* - Journal of Family Psychotherapy

This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range

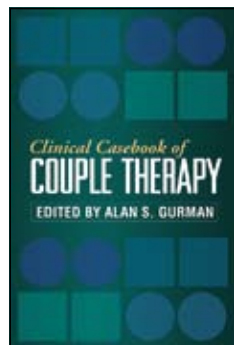
of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change.

**CONTENTS: Part I: Theory and Research.** Emotion in Interaction. An Affective Systemic Approach. **Part II: Practice.** General Considerations. The Initial Interview. The Process of Therapy. Therapist Interventions. Clinical Issues. **Part III: Effecting Change.** The Process of Change. Epilogue: Integration.

May 2010: 242pp.

Hb: 978-0-89862-730-5: 1993: £28.95

Pb: 978-1-60623-927-8: £16.00



**Forthcoming!**

## Clinical Casebook of Couple Therapy

Edited by **Alan S. Gurman**, University of Wisconsin School of Medicine and Public Health, Madison, USA

*"Whether you are new to couple therapy or are a seasoned clinician, this book will expand your understanding of what happens throughout the course of couple therapy, including both clinical*

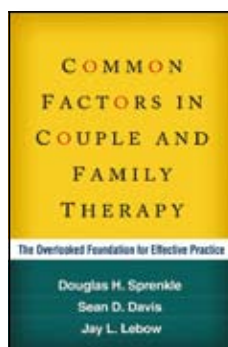
*successes and disappointments. Read this book – you will learn, be inspired, and gain an even greater appreciation of how the field of couple therapy has evolved."* - **Donald H. Baucom**, University of North Carolina at Chapel Hill, USA

Vividly depicting the process of therapy, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners.

**CONTENTS:** *Gurman*, The Evolving Clinical Practice of Couple Therapy. *Hazlett*, Attunement, Disruption, and Repair: The Dance of Self and Other in Emotionally Focused Couple Therapy. *Nelson*, Explanation and Description: An Integrative, Solution-focused Case of Couple Therapy. *Lawrence, Brock*, The North-going Zax and the South-going Zax: From Impasse to Empathic Acceptance in Integrative Behavioral Couple Therapy. *Greenan*, Therapy with a Gay Male Couple: An Unlikely Multisystemic Integration. *Titelman*, A Clinical Format for Bowen Family Systems Therapy with Highly Reactive Couples. *Siegel*, A Good-enough Therapy: An Object Relations Approach. *Dickerson, Crocket*, El Tigre, El Tigre: A Story of Narrative Practice. *Atkinson*, Rewiring Emotional Habits: The Pragmatic/Experiential Method. *Fishbane*, Relational Empowerment in Couple Therapy: An Integrative Approach. *Rait*, Opening Steps: A Structural Approach to Working with Couples. *Goldman, Greenberg*, Self-soothing and Other-soothing in Emotion-focused Therapy for Couples. *Addison, Thomas*, Searching for Mutuality: A Feminist/Multicultural Approach to Couple Therapy. *Hamburg*, Getting Over a Rough Spot: A Short-term, Problem-focused Approach. *Morrill, Cordóva*, Building Intimacy Bridges: From the Marriage Checkup to Integrative Behavioral Couple Therapy. *Solomon*, The Me Nobody Knows: Attachment Repair in Couple Therapy. *Schwartz, Blow*, Creating Self-to-self Intimacy: Internal Family Systems Therapy with Couples. *Shapiro*, At the Risk of Losing Our Misery: Existential Couple Therapy. *Treadway*, Happily Ever After: A Couple Therapy from Three Perspectives.

July 2010: 452pp.

Hb: 978-1-60623-676-5: £37.00



## Common Factors in Couple and Family Therapy

### The Overlooked Foundation for Effective Practice

**Douglas H. Sprenkle**, Purdue University, Indiana, USA, **Sean D. Davis**, Alliant International University, Sacramento Campus, USA, **Jay L.**

**Lebow**, The Family Institute at Northwestern University, Illinois, USA

*"This thought-provoking book offers the reader an outstanding resource for identifying common factors that drive the change process in relational psychotherapies... A 'must read.'"*

- **Frank M. Dattilio**, Harvard Medical School, USA

Grounded in theory, research, and extensive clinical experience, this pragmatic book addresses critical questions of how change occurs in couple and family therapy and how to help clients achieve better results. The authors show that regardless of a clinician's orientation or favored techniques, there are particular therapist attributes, relationship variables, and other factors that make therapy – specifically, therapy with couples and families – more or less effective. The book explains these common factors in depth and provides hands-on guidance for capitalizing on them in clinical practice and training.

2009: 226pp.

Hb: 978-1-60623-325-2: £21.95



## Helping Couples Get Past the Affair

### A Clinician's Guide

**Donald H. Baucom**, University of North Carolina, USA, **Douglas K. Snyder**, Texas A&M University, USA, and **Kristina Coop Gordon**, University of Tennessee-Knoxville, USA

*"This book offers a lucid, fascinating, and much-needed map to the difficult terrain of affairs: how they occur and how to*

*deal with them. It is comprehensive and full of clinical examples.*

*Clinicians everywhere will find this book invaluable."* - **Susan M.**

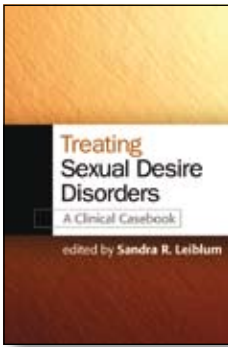
**Johnson**, University of Ottawa, Ontario, Canada

From leading marital therapists and researchers, this unique book presents a three-stage therapy approach for clinicians working with couples struggling in the aftermath of infidelity. The book provides empirically grounded strategies for helping clients overcome the initial shock, understand what happened and why, think clearly about their best interests before they act, and move on emotionally, whether or not they ultimately reconcile.

**SELECTED CONTENTS:** Part I: Preparing for Treatment. Part II: Stage 1 of Treatment. Part III: Stage 2 of Treatment. Part IV: Stage 3 of Treatment.

2009: 368pp.

Hb: 978-1-60623-067-1: £25.95



**New!**

## Treating Sexual Desire Disorders

### A Clinical Casebook

Edited by **Sandra R. Leiblum**,  
University of Medicine and Dentistry  
of New Jersey, Robert Wood Johnson  
Medical School, USA

*"A remarkably useful and important contribution. The introductory chapter*

*reflects Leiblum's years of insightful work and can stand alone as a comprehensive review of the research and clinical issues that need to be considered in treating desire disorders in men and women."*

- **John Wincze**, Brown University, USA

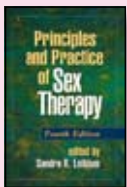
The loss or lack of interest in sex is a common complaint in sex therapy. Organized around in-depth case presentations, this book showcases effective treatment approaches for individuals and couples. The contributors are highly skilled therapists who explore the complexity of sexual desire problems and offer detailed descriptions of clinical techniques. The book illuminates the complex interplay of biological, psychological, interpersonal, contextual, and cultural factors that need to be considered in assessment and intervention.

**CONTENTS:** *Leiblum*, Introduction and Overview: Clinical Perspectives on and Treatment for Sexual Desire Disorders. *Perel*, The Double Flame: Reconciling Intimacy and Sexuality, Reviving Desire. *Schnarch*, Using Crucible Therapy to Treat Sexual Desire Disorders. *Hall*, The Canary in the Coal Mine: Reviving Sexual Desire in Long-term Relationships. *McCarthy, Breetz*, Confronting Male Hypoactive Sexual Desire Disorder: Secrets, Variant Arousal, and Good-enough Sex. *Kleinplatz*, "Desire Disorders" or Opportunities for Optimal Erotic Intimacy? *Tiefer, Hall*, A Skeptical View of Desire Norms and Disorders Promotes Clinical Success. *Basson*, Complaints of Low Sexual Desire: How Therapeutic Assessment Guides Further Interventions. *Brotto, Woo*, Cognitive-Behavioral and Mindfulness-based Therapy for Low Sexual Desire. *Treadway*, Dancing to Their Own Music. *Snyder*, Treatment of Low Sexual Desire in the Context of Comorbid Individual and Relationship Dysfunction. *Korda, S. W. Goldstein, I. Goldstein*, The Role of Androgens in the Treatment of Hypoactive Sexual Desire Disorder in Women. *Saks*, Sexual Psychopharmacology and the Treatment of Desire Deregulation. *Krychman, Spadt*, The Desire to Feel Whole Again: The Quest for Sexual Desire after Breast Cancer.

June 2010: 256pp.

Hb: 978-1-60623-636-9: £24.00

## Also by Sandra R. Leiblum



### Principles and Practice of Sex Therapy

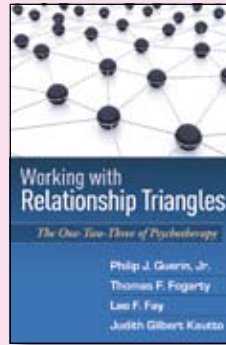
#### Fourth Edition

*"A silver anniversary is an important milestone worth celebrating, and this landmark text remains crucial and invigorating after more*

*than a quarter-century."* - **Kevan R. Wylie**, Editor-in-Chief, *Sexual and Relationship Therapy*; Porterbrook Clinic and Sheffield Hallam University, UK

Hb: 978-1-59385-349-5: 2007: 556pp. £43.50

## The Guilford Family Therapy Series



**New in Paperback!**

### Working with Relationship Triangles

#### The One-Two-Three of Psychotherapy

**Philip J. Guerin, Jr., Thomas F. Fogarty, Leo F. Fay, and Judith Gilbert Kautto**, all at The Center for Family Learning, New York, USA

*"This text takes triangles, a concept central to structural and multigenerational family therapy, to the next level of theoretical refinement and clinical usefulness. Easy to read, rich with clinical examples, I recommend it highly to therapists of all persuasions."*

- **Salvador Minuchin**, Minuchin Center for Family Therapy, New York, USA

Virtually all significant relationships are shadowed by a third party – another person, a competing distraction, or even a memory. This groundbreaking book provides clinicians with a hands-on guide to working with many different kinds of relationship triangles in therapy with families, couples, and individuals. The authors show why triangles come into being, how to predict their evolving nature, and how they can be dealt with and resolved in treatment.

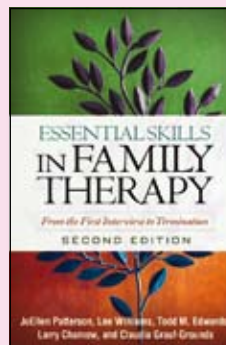
**CONTENTS:** *Nichols*, Series Editor's Note. Relationship Triangles: Evolution of the Concept. The Relevance of Triangles in Clinical Context. Addressing Triangles in Therapy. The Structure of Relationship Triangles. Emotional Process within Triangular Structure. The Interaction of Structure, Process, and Function. Introducing Triangles in Individual Therapy. Coaching and Direct Intervention with Triangles in Individual Therapy. Extrafamilial Triangles in Marital Conflict. Marital Triangles within the Family. Child and Adolescent Triangles. Symptomatic Child and Adolescent Triangles within the Family. Conclusion: Becoming a "Triangle Doctor."

May 2010: 251pp.

Hb: 978-1-57230-143-6: 1996: £25.50

Pb: 978-1-60623-917-9: £16.00

Series: *The Guilford Family Therapy*



### Essential Skills in Family Therapy

#### From the First Interview to Termination

#### Second Edition

**JoEllen Patterson, Lee Williams, Todd M. Edwards, Larry Chamow**, all at University of San Diego, USA, and **Claudia Grauf-Grounds**, Seattle Pacific University, USA

*"Patterson et al. provide exactly the kind of hands-on, 'what-to-do' guidance that every beginning family therapist needs. Even better than the original text, the second edition succinctly covers all the most important topics in family therapy practice... This is the best available book of its kind."* - **Jay Lebow**, The Family Institute at Northwestern University, USA

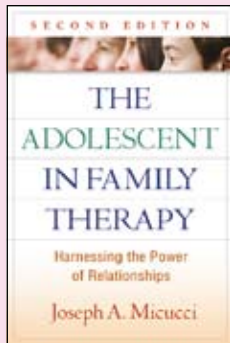
Readable and concise yet immensely informative, this bestselling text prepares students and new therapists to work confidently and effectively in real-world clinical practice with families. The authors offer wise and compassionate guidance on

everything from intake and assessment to treatment planning, the nuts and bolts of specific interventions, the nuances of establishing therapeutic relationships, and how to troubleshoot when treatment gets "stuck."

2009: 286pp.

Hb: 978-1-60623-305-4: £25.95

Series: *The Guilford Family Therapy*



## The Adolescent in Family Therapy

**Harnessing the Power of Relationships**

Second Edition

Joseph A. Micucci, Chestnut Hill College, Philadelphia, USA

"This valuable second edition is an essential text for anyone working with adolescents... With warmth, respect, and

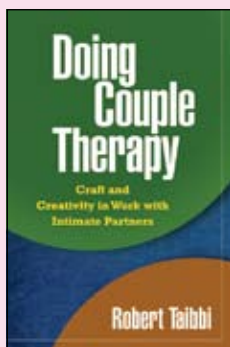
expertise, Micucci conveys the true delights of helping adolescents and their families grow and change." - **Celia J. Falicov**, University of California, San Diego, USA

Rich with clinical wisdom, this successful text and practitioner guide offers a comprehensive framework for treating adolescent problems in the family context. Even as teenagers become increasingly independent, Joseph Micucci shows, they still need parental guidance and nurturance. By strengthening family relationships, clinicians can alleviate symptoms and promote behavioral change.

2009: 368pp.

Hb: 978-1-60623-330-6: £25.95

Series: *The Guilford Family Therapy*



## Doing Couple Therapy

**Craft and Creativity in Work with Intimate Partners**

Robert Taibbi, in private practice, Charlottesville, USA

"A gift for seasoned therapists and beginners alike... In very clear, engaging writing, Taibbi presents a comprehensive,

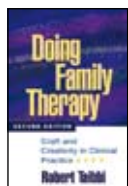
integrated model of couple treatment." - **David Treadway**, in private practice, Massachusetts, USA

Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, addressing core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles.

2009: 276pp.

Hb: 978-1-60623-244-6: £24.00

Series: *The Guilford Family Therapy*



## Doing Family Therapy

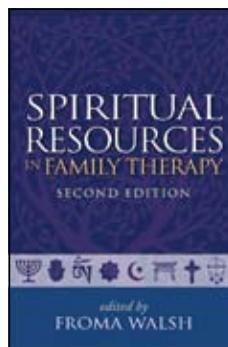
**Craft and Creativity in Clinical Practice**  
Second Edition

Robert Taibbi

Hb: 978-1-59385-478-2: 2007: 278pp. £35.00

Pb: 978-1-59385-477-5: 2007: 278pp. £17.95

Series: *The Guilford Family Therapy*



New in Paperback!

## Spiritual Resources in Family Therapy

Second Edition

Edited by **Froma Walsh**, University of Chicago, and Chicago Center for Family Health, USA

"Featuring brand-new and updated material, this superb revision of Walsh's groundbreaking text gives voice to the powerful and often ignored spiritual dimension of human experience... A 'must read' for psychotherapists and for graduate students in mental health, family studies, and pastoral counseling."

- **Marsha Pravder Mirkin**, Brandeis University, USA

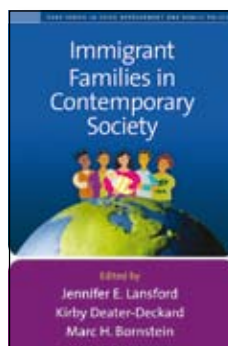
Exploring the role of spirituality in couple and family relationships, this successful text and practitioner guide illustrates ways to tap spiritual resources for coping, healing, and resilience. Leading experts in family therapy and pastoral care discuss how faith beliefs and practices can foster personal and relational well-being, how religious conflicts or a spiritual void can contribute to distress, and what therapists can gain from reflecting on their own spiritual journeys.

**CONTENTS: Part I: Overview.** Walsh, Religion, Spirituality, and the Family: Multifaith Perspectives. Walsh, Integrating Spirituality in Family Therapy: Wellsprings for Health, Healing, and Resilience.

**Part II: Spiritual Resources in Families: Tapping the Wellsprings.**

Wright, Spirituality, Suffering, and Beliefs: The Soul of Healing with Families. Walsh, Spiritual Resources in Family Adaptation to Death and Loss. Wolin, Muller, Taylor, Wolin, Raganathan, Saymah, Zeyada, Religious Perspectives on Resilience: Buddhism, Christianity, Judaism, Hinduism, and Islam. Aponte, The Stresses of Poverty and the Comfort of Spirituality. Boyd-Franklin, Lockwood, Spirituality and Religion: Implications for Psychotherapy with African American Clients and Families. Falicov, Religion and Spiritual Traditions in Immigrant Families: Significance for Latino Health and Mental Health. Fishbane, "Honor Your Father and Your Mother": Intergenerational Values and Jewish Tradition. Anderson, A Spirituality for Family Living. **Part III: Spirituality in Therapeutic Practice.** Doherty, Morality and Spirituality in Therapy. Imber-Black, Rituals and Spirituality in Family Therapy. Gale, Meditation and Relational Connectedness: Practices for Couples and Families. Barrett, Healing from Relational Trauma: The Quest for Spirituality. Kamyra, Healing from Refugee Trauma: The Significance of Spiritual Beliefs, Faith Community, and Faith-based Services. Hargrave, Froeschle, Castillo, Forgiveness and Spirituality: Elements of Healing in Relationships. Elliott, Opening Therapy to Conversations with a Personal God. Weingarten, Stretching to Meet What's Given: Opportunities for a Spiritual Practice. Roberts, Heart and Soul: Experiential Exercises for Therapists and Clients. Perry, Rolland, The Therapeutic Benefits of a Justice-seeking Spirituality: Empowerment, Healing, and Hope.

June 2010: 412pp.  
Hb: 978-1-60623-022-0: 2009: £30.50  
Pb: 978-1-60623-908-7: £20.00



## Immigrant Families in Contemporary Society

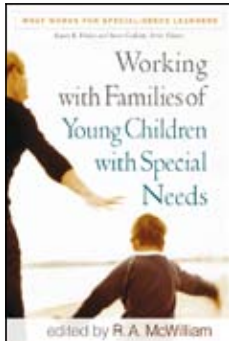
Edited by **Jennifer E. Lansford**, Duke University, North Carolina, USA, **Kirby Deater-Deckard**, Virginia Polytechnic Institute and State University, Virginia, USA, and **Marc H. Bornstein**, National Institutes of Health, Maryland, USA

This timely volume explores the complexities of immigrant family life in North America and analyzes the individual and contextual factors that influence health and well-being. Synthesizing cutting-edge research from a range of disciplines, the book addresses such key topics as child development, school

achievement, and the cultural and religious contexts of parenting. It examines the interface between families and broader systems, including schools, social services, and intervention programs, and discusses how practices and policies might be improved to produce optimal outcomes for this large and diverse population.

2009: 336pp.  
Hb: 978-1-59385-403-4: 2007: £34.00  
Pb: 978-1-60623-247-7: £21.00

Series: Duke Series in Child Development and Public Policy



**New!**

## Working with Families of Young Children with Special Needs

Edited by **R. A. McWilliam**, University of Tennessee at Chattanooga, USA

*"McWilliam has gathered extremely well-written contributions from the leading authorities in the field. The chapters*

*in this excellent book provide the most current and authoritative content pertaining to families and young children with disabilities. The information is clear, useful, and definitive."* - **Glen Dunlap**, University of South Florida, USA

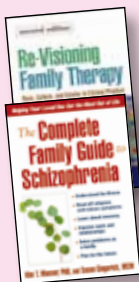
This user-friendly book presents research-based best practices for serving families of children with special needs from birth to age 6. Expert contributors demonstrate how early intervention and early childhood special education can effectively address a wide range of family concerns, which in turn optimizes children's development and learning. Tightly edited, the volume offers indispensable tools for assessing families; identifying and capitalizing on their strengths; providing information, support, and coaching; collaborating with parents and teachers to address children's functional needs in the context of everyday routines; and coordinating care.

**CONTENTS:** *McWilliam*, Introduction. *Jung*, Identifying Families' Supports and Other Resources. *McWilliam*, Assessing Families' Needs with the Routines-based Interview. *Dunst, Raab, Trivette, Swanson*, Community-based Everyday Child Learning Opportunities. *Bruder*, Coordinating Services with Families. *McWilliam*, Talking to Families. *Hanson, Lynch*, Working with Families from Diverse Backgrounds. *Shelden, Rush*, A Primary-coach Approach to Teaming and Supporting Families in Early Childhood Intervention. *McWilliam*, Support-based Home Visiting. *Fox*, Helping Families Address Challenging Behavior and Promote Social Development.

March 2010: 265pp.  
Pb: 978-1-60623-539-3: £24.00

Series: *What Works for Special-Needs Learners*

## Backlist Books



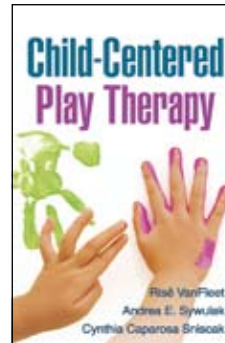
**McGoldrick/Hardy: Re-Visioning Family Therapy: Race, Culture, and Gender in Clinical Practice, Second Edition**

Hb: 978-1-59385-427-0: 2008: 483pp. £33.00

**Mueser/Gingerich: The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life**

Hb: 978-1-59385-273-3: 2006: 480pp. £30.00  
Pb: 978-1-59385-180-4: 2006: 480pp. £13.00

## Creative Arts Therapies



**Forthcoming!**

## Child-Centered Play Therapy

Risë **VanFleet**, Family Enhancement and Play Therapy Center, Pennsylvania, USA, and **Andrea E. Sywulak**, and **Cynthia Caparosa Sniscak**, both in private practice, Pennsylvania, USA

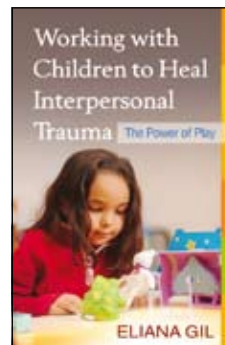
*"Finally, a book that teaches and illustrates the essential 'how-to' details*

*of child-centered play therapy (CCPT)!... This book is a 'must' for teaching CCPT and should be on the shelves of all therapists interested in using play to help children heal."* - **Heidi Gerard Kaduson**, Director, The Play Therapy Training Institute, Inc., Hightstown, New Jersey, USA

Highly practical, instructive, and authoritative, this book vividly describes how to conduct child-centered play therapy. The authors are master clinicians who explain core therapeutic principles and techniques, using rich case material to illustrate treatment of a wide range of difficulties. The focus is on nondirective interventions that allow children to freely express their feelings and take the lead in solving their own problems. Flexible yet systematic guidelines are provided for setting up a playroom; structuring sessions; understanding and responding empathically to children's play themes, including how to handle challenging behaviors; and collaborating effectively with parents.

**CONTENTS: Part I: Background and Relevance.** The Importance of Play. A Brief Overview of Play Therapy. History, Theory, Principles, and Variations of Child-Centered Play Therapy. **Part II: Logistics and Techniques.** Playroom Set-up and Logistics. The Four Skills of Child-Centered Play Therapy. Recognition and Interpretation of Play Themes. **Part III: Parent Involvement.** Engaging Parents and Teachers in Child-Centered Play Therapy. Filial Therapy. **Part IV: Practical Applications and Issues.** Child-Centered Play Therapy with Different Presenting Problems. Handling Select Child Behaviors and Special Circumstances. Touch in Child-Centered Play Therapy. Cultural and Systemic Considerations in the Practice of Child-Centered Play Therapy. **Part V: Research and Professional Issues.** Research on Child-Centered Play Therapy and Filial Therapy. Developing Competence in CCPT. Conclusion.

October 2010: 238pp.  
Hb: 978-1-60623-902-5: £24.00



**Forthcoming!**

## Working with Children to Heal Interpersonal Trauma

**The Power of Play**

Edited by **Eliana Gil**, Virginia Tech University, Virginia, USA

*"This volume offers a wealth of information about the effective use of play-based interventions that honor children's self-healing strategies. From a renowned expert in the field, this is a valuable resource for beginning and experienced therapists who work with child victims of interpersonal trauma, such as abuse and neglect."* - **Charles E. Schaefer**, Fairleigh Dickinson University, USA

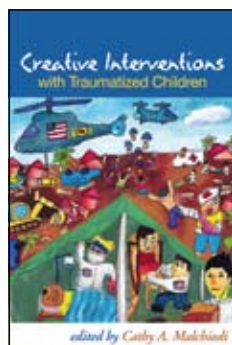
Featuring in-depth case presentations from master clinicians, this volume highlights the remarkable capacity of traumatized children to guide their own healing process. The book describes what posttraumatic play looks like and how it can foster resilience and coping. Demonstrated are applications of play, art, and other expressive therapies with children who have faced such overwhelming experiences as sexual abuse or chronic neglect. The contributors discuss ways to facilitate forms of expression that promote mastery and growth, as well as how to intervene when play becomes stuck in destructive patterns.

**CONTENTS: Part I: The Extent of the Problem and its Impact.** *Gil*, Introduction. *Shaw*, A Review of Current Research on the Incidence and Prevalence of Interpersonal Childhood Trauma. *Ludy-Dobson, Perry*, The Role of Healthy Relational Interactions in Buffering the Impact of Childhood Trauma. *Gil*, Children's Self-initiated Gradual Exposure: The Wonders of Post-Traumatic Play and Behavioral Reenactments.

**Part II: Clinical Responses.** *Gil*, Silent Grieving in a World without Words: A Child Witnesses His Brother's Murder. *Jalazo*, The Owner of a Broken Heart: The Cumulative Trauma of Surgery and Sexual Abuse. *Pastore*, A Hero's Journey: A Boy Who Lost His Parents and Found Himself. *Goldin*, A Tornado Disrupts the Wedding, to the Relief of the Unwilling Bride: A Girl's Quest for Healing after Sexual Abuse. *Heiko*, Finding the Treasure Within: Spontaneous Storytelling and the Sandplay Journey of an Emotionally Despairing Girl. *Crenshaw*, "Stitches Are Stronger Than Glue": A Child Directs the Healing of Her Shattered Heart. *Green*, Manny's Story: A Soul Ascending. *Sobol*, "I Am an Artist": A Sexually Traumatized Girl's Self-portraits in Paint and Clay. *Drewes*, The Gift of Time: Helping to Heal through Long-term Treatment Involving Complex Trauma and Cultural Issues. *Gil*, "This Mommy Has No Milk!": A Neglected Child's Adaptation to Loss and Hunger. *Simms*, Play and the Transformation of Feeling: Niki's Case.

October 2010: 336pp.

Hb: 978-1-60623-892-9: £27.00



## Creative Interventions with Traumatized Children

Edited by **Cathy A. Malchiodi**,  
Lesley University, Cambridge, USA

"Malchiodi has put together an invaluable resource that is chock full of highly creative and innovative interventions for traumatized children..."

a terrific book that will greatly benefit therapists working in the trenches with these challenging children and their families."

- **Matthew D. Selekman**, Codirector, Partners for Collaborative Solutions, Evanston, Illinois, USA

Rich with case material and artwork samples, this volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Contributors include experienced practitioners of play, art, music, movement and drama therapies, bibliotherapy, and integrative therapies, who describe step-by-step strategies for working with individual children, families, and groups. The case-based format makes the book especially practical and user-friendly. Specific types of stressful experiences addressed include parental loss, child abuse, accidents, family violence, bullying, and mass trauma. Broader approaches to promoting resilience and preventing posttraumatic problems in children at risk are also presented.

2008: 332pp.

Hb: 978-1-59385-615-1: £25.95



## Short-Term Play Therapy for Children

Second Edition

Edited by **Heidi Gerard Kaduson**,  
in private practice, Monroe Township,  
New Jersey, USA, and **Charles E.  
Schaefer**, Fairleigh Dickinson  
University, New Jersey, USA

"This timely book is full of very helpful and creative play therapy interventions appropriate for short-term work with

individuals, families, and groups. The structured, goal-oriented approaches described in the many detailed case examples will be welcomed by practicing clinicians and by professors who teach play therapy in various university settings." - **Nancy Boyd Webb**, Fordham University Graduate School of Social Service, USA

This volume presents a variety of play approaches that facilitate children's healing in a shorter time frame. Invaluable for any clinician seeking to optimize limited time with clients, the book provides effective methods for treating children struggling with such challenges as posttraumatic stress disorder, anxiety, disruptive behavior, mood disorders, attention-deficit/hyperactivity disorder, and parental divorce. Individual, family, and group treatment models are described and illustrated with richly detailed case examples.

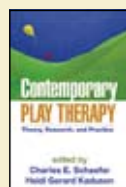
**CONTENTS: Part I: Individual Play Therapy.** *Kaduson*, Release Play Therapy for Children with Posttraumatic Stress Disorder. *Knell, Dasari*, Cognitive-Behavioral Play Therapy for Children with Anxiety and Phobias. *Riviere*, Short-Term Play Therapy for Children with Disruptive Behavior Disorders. *Newman*, Short-Term Play Therapy for Children with Mood Disorders. *Kaduson*, Short-Term Play Therapy for Children with Attention-Deficit/Hyperactivity Disorder. **Part II: Family Play Therapy.** *VanFleet*, Short-Term Play Therapy for Adoptive Families: Facilitating Adjustment and Attachment with Filial Therapy. *McNeil, Bahl, Herschell*, Involving and Empowering Parents in Short-Term Play Therapy for Disruptive Children. *Carey*, Short-Term Family Sandplay Therapy. *Magnuson, Shaw*, Enhancing Play Therapy with Parent Consultation: A Behavioral/Solution-focused Approach. **Part III: Group Play Therapy.** *Gallo-Lopez*, A Creative Play Therapy Approach to the Group Treatment of Young Sexually Abused Children. *Hunter*, Group Sandtray Play Therapy. *Ludlow, Williams*, Short-Term Group Play Therapy for Children Whose Parents Are Divorcing. *Blundon, Schaefer*, The Use of Group Play Therapy for Children with Social Skills Deficits.

2009: 388pp.

Hb: 978-1-59385-330-3: 2006: £25.95

Pb: 978-1-60623-353-5: £18.00

Also from Heidi Gerard Kaduson  
and Charles E. Schaefer



## Contemporary Play Therapy

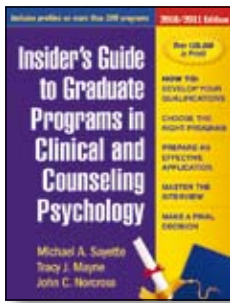
Theory, Research, and Practice

Edited by **Charles E. Schaefer**  
and **Heidi Gerard Kaduson**

Hb: 978-1-59385-304-4: 2006: 338pp. £30.50

Pb: 978-1-59385-633-5: 2007: 338pp. £16.99

# Professional Issues and Resources



**New Edition!**

## Insider's Guide to Graduate Programs in Clinical and Counseling Psychology

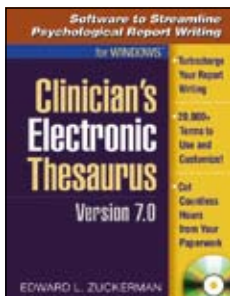
2010/2011 Edition

**Michael A. Sayette**, University of Pittsburgh, USA, **Tracy J. Mayne**, Director and Global Renal Anemia Area Lead in Global Health Economics, Amgen Inc., California, USA, and **John C. Norcross**, University of Scranton, USA

With more than 110,000 copies in print, the *Insider's Guide* is the resource students rely on to find graduate clinical and counseling psychology programs that meet their needs – and gain admittance to them. The volume provides current data on 308 programs in the United States and Canada; descriptions of each program's specializations or tracks; admission requirements and acceptance rates; crucial advice on financial assistance and loans; sample forms, personal statements, and curricula vitae; tips for acing the admissions interview; and planning and decision-making worksheets. Revised with the latest information, the *2010/2011 Edition* includes a new chapter on the crucial differences between PhD and PsyD programs.

**CONTENTS:** Introducing Clinical and Counseling Psychology. Choosing the PhD or PsyD. Preparing for Graduate School. Getting Started. Selecting Schools. Applying to Programs. Mastering the Interview. Making Final Decisions. Reports on Combined Psychology Programs. Reports on Individual Clinical Psychology Programs. Reports on Individual Counseling Psychology Programs. Appendices.

March 2010: 413pp.  
Pb: 978-1-60623-463-1: £19.00



**New Version!**

## Clinician's Electronic Thesaurus

Software to Streamline Psychological Report Writing

Version 7.0

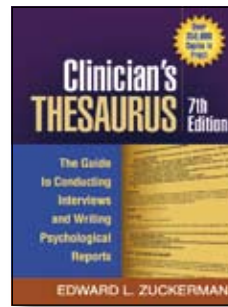
**Edward L. Zuckerman**, Armbrust, Pennsylvania, USA

This timesaving software puts the entire language of mental health at your fingertips and also becomes your personal text library. It features thousands of searchable words and phrases for describing nearly any clinical situation, which can be copied and pasted directly into your evaluations, reports, progress notes, or treatment plans. Customize the program by adding or deleting text or report formats to meet your writing needs. *Version 7.0* has been updated along with the *Clinician's Thesaurus, 7th Edition*, and includes sections on additional clinical problems (reactive attachment disorder, body dysmorphic disorder, and varieties of violent behaviors).



September 2010: 64pp.  
CD-ROM: 978-1-60623-972-8: £37.00

Series: *The Clinician's Toolbox*



**New Edition!**

## Clinician's Thesaurus

The Guide to Conducting Interviews and Writing Psychological Reports

Seventh Edition

**Edward L. Zuckerman**, Armbrust, Pennsylvania, USA

With over 350,000 in print, the *Clinician's Thesaurus* is an indispensable practitioner resource and course text. It presents tens of thousands of standard words, phrases, clinical tips, and interview questions to help practitioners conduct thorough assessments, accurately describe nearly any clinical situation, and shape clinical observations into effective reports. Finding exactly the right terminology can save hours of paperwork time and improve the quality of documentation. Structured to follow the sequence of a mental health evaluation, the book includes report formats, treatment planning pointers, all DSM-IV-TR and ICD-9-CM diagnostic codes, and much more.




New to this Edition:

- references, resources, and diagnostic and treatment information are thoroughly updated
- additional clinical problems: reactive attachment disorder, body dysmorphic disorder, and violent behaviors
- sections on strengths assessment and ethical considerations in report writing
- more online resources, including where to obtain free assessment measures and scales.

**CONTENTS:** Getting Oriented to the Clinician's Thesaurus. Beginning and Ending the Interview. Mental Status Evaluation Questions/Tasks. Questions about Signs, Symptoms, and Other Behavior Patterns. Beginning the Report: Preliminary Information. Referral Reasons. Background Information and History. Behavioral Observations. Responses to Aspects of the Examination. Presentation of Self. Emotional/Affective Symptoms and Disorders. Cognition and Mental Status. Abnormal Signs, Symptoms, and Syndromes. Personality Patterns. Activities of Daily Living. Social/Community Functioning. Couple and Family Relationships. Vocational/Academic Skills. Recreational Functioning. Other Specialized Evaluations. Summary of Findings and Conclusions. Diagnostic Statement/Impression. Recommendations. Prognostic Statements. Closing Statements. Treatment Planning and Treatment Plan Formats. Formats for Reports, Evaluations, and Summaries. Treatments for Specific Disorders and Concerns. Listing of Common Psychiatric and Psychoactive Drugs. Psychiatric Masquerade of Medical Conditions. Abbreviations in Common Use. Annotated Readings in Assessment, Interviewing, and Report Writing. Feedback Solicitation Form. About the *Clinician's Electronic Thesaurus, Version 7.0*.

September 2010: 380pp.  
Pb: 978-1-60623-874-5: £37.00

Series: *The Clinician's Toolbox*






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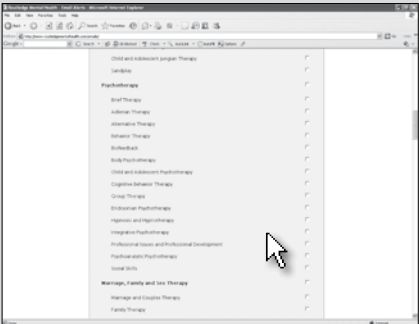
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*Area Sales Manager – Middle East and Africa*  
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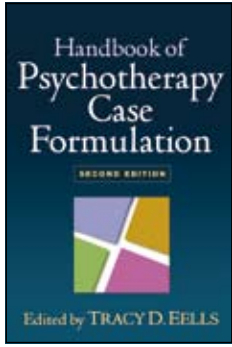
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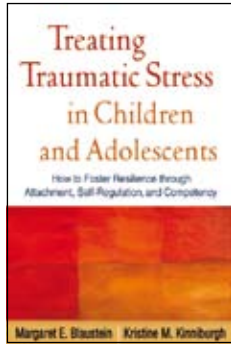
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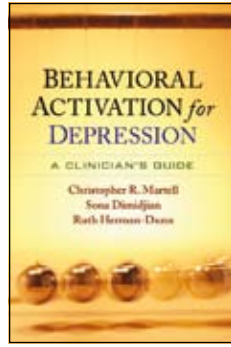
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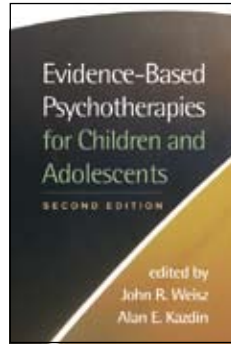
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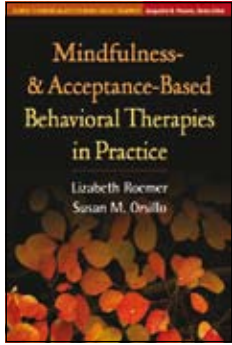
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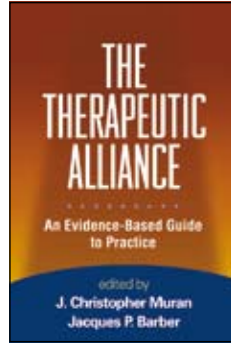
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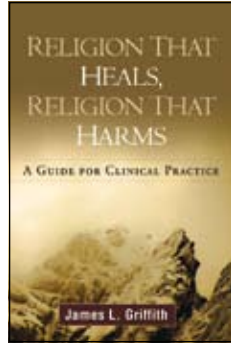
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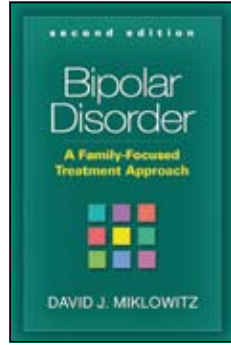
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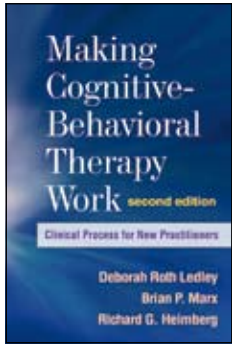
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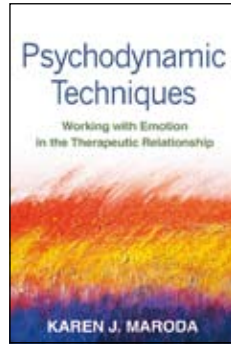
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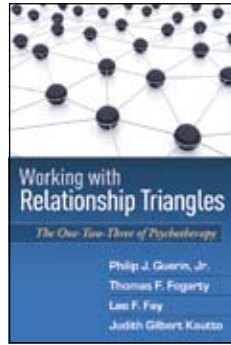
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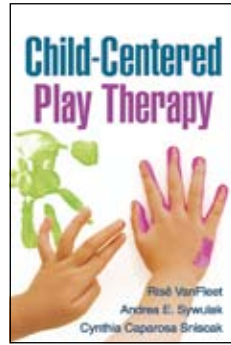
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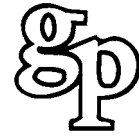
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