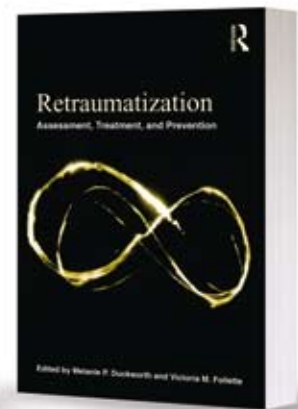
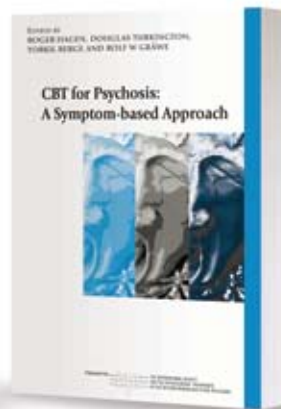
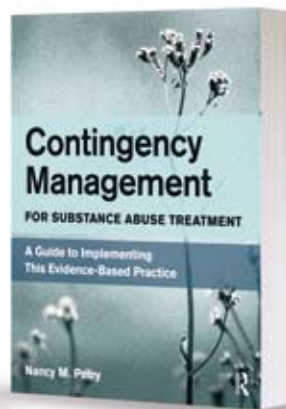
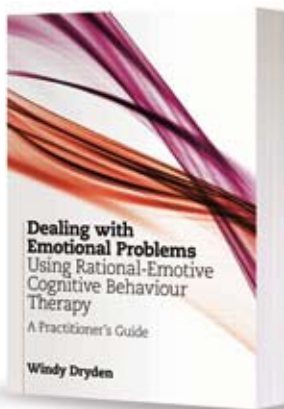
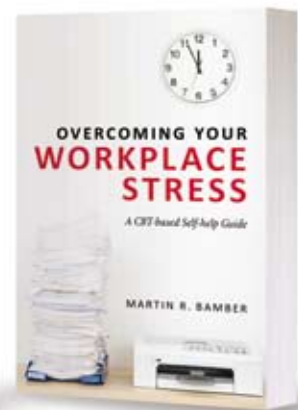
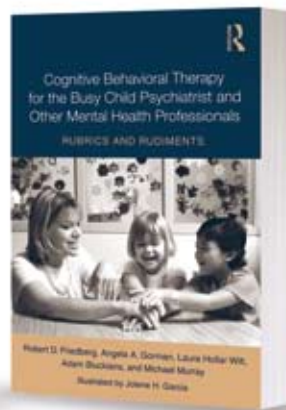


Cognitive Behavior Therapy 2011-12

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Facing the Storm

Using CBT, Mindfulness and Acceptance to Build Resilience when your World's Falling Apart

Ray Owen

"At some point all of us will face a life crisis. This pragmatic yet warm-hearted book helps us to recognise that it is not so much a question of avoiding this truth, nor of living in dread of difficulty, but a question of discovering how we can face each and every moment of our lives... with honesty and with a willingness to work with our experience as it is rather than as we would like it to be. Ray Owen offers us a pragmatic tool kit that is highly relevant to the process of working with the storms of our lives and our everyday life experience with a greater degree of awareness, compassion and understanding."

- **Rebecca Crane**, Mindfulness teacher, Bangor University, UK

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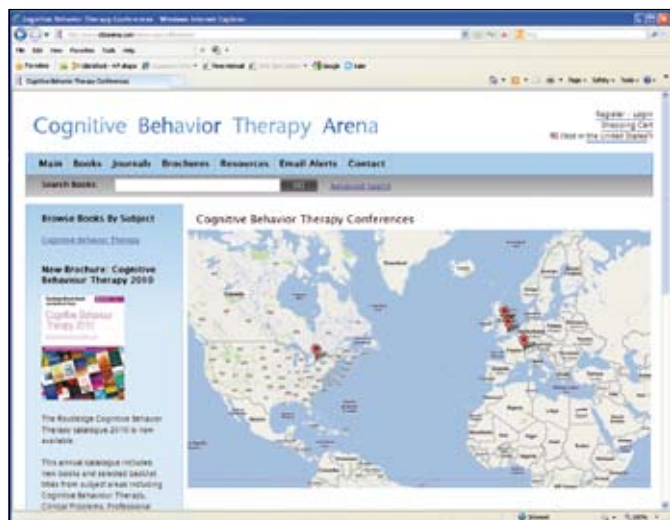


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- **3rd European Coaching Psychology Conference 2011**
December 13-14, 2011, London, UK
- **Christine Padesky Workshop**
May 21-22, 2012, London, UK
Anxiety Traps: CBT Antidotes
- **40th Annual Meeting of the British Association for Behavioural and Cognitive Psychotherapies (BABCP)**
June 26-29, 2012, Leeds, UK
- **42nd Annual Congress of the European Association for Behavioural and Cognitive Psychotherapies (EABCT)**
August 29-September 1, 2012, Geneva, Switzerland

Top 10

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Gilbert: Compassion Focused Therapy
Pb: 978-0-415-44807-9: 2010: 248pp. £9.99/\$17.95
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Crane: Mindfulness-Based Cognitive Therapy
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Rafaeli et al.: Schema Therapy
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Flaxman et al.: Acceptance and Commitment Therapy
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Swales/Heard: Dialectical Behaviour Therapy
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Neenan: Developing Resilience
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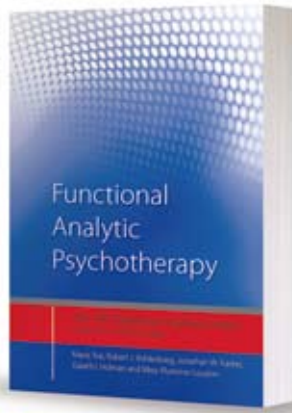
Sperry: Handbook of Diagnosis and Treatment of DSM-IV-TR Personality Disorders, *Second Edition*
Hb: 978-0-415-93569-2: 2003: 320pp. £32.50/\$54.50
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Fisher/Wells: Metacognitive Therapy
Pb: 978-0-415-43499-7: 2009: 152pp. £9.99/17.95
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Hagen et al.: CBT for Psychosis
Pb: 978-0-415-54947-9: 2010: 296pp. £21.99/\$34.95
Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*
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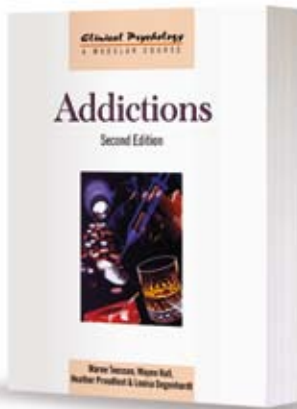
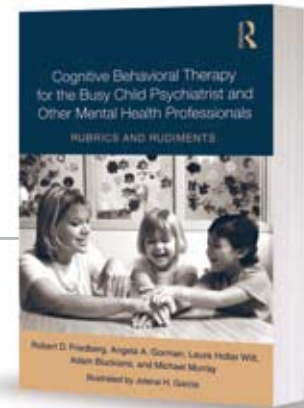


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Functional Analytic Psychotherapy
Distinctive Features
Mavis Tsai, Robert J. Kohlenberg, Jonathan W. Kanter, Gareth I. Holman and Mary Plummer Loudon
March 2012: 168pp.
Hb: 978-0-415-60403-1: £50.00/\$90.00
Pb: 978-0-415-60404-8: £9.99/\$17.95
Series: CBT Distinctive Features
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Cognitive Behavioral Therapy for the Busy Child Psychiatrist and Other Mental Health Professionals is an essential resource for clinical child psychologists, psychiatrists and psychotherapists, and mental health professionals.

Cognitive Behavioral Therapy for the Busy Child Psychiatrist and Other Mental Health Professionals
Rubrics and Rudiments
Robert D. Friedberg, Angela A. Gorman, Laura Hollar Wilt, Adam Biuckians and Michael Murray
April 2011: 396pp.
Hb: 978-0-415-99127-8: £22.00/\$39.95
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The first edition of *Addictions* established itself as a valuable resource for students and professionals alike. This authoritative new edition builds on the success of the previous book, incorporating advances in research and practice over the last ten years.

Addictions
Second Edition
Maree Teesson, Wayne Hall, Heather Proudfoot and Louisa Degenhardt
October 2011: 176pp.
Hb: 978-0-415-58299-5: £49.95/\$79.95
Pb: 978-0-415-58300-8: £17.50/\$28.95
Series: *Clinical Psychology: A Modular Course*
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Occupational stress affects millions of people every year and is not only costly to the individual but also results in major costs for organizations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively.

Overcoming Your Workplace Stress
A CBT-based Self-help Guide
Martin R. Bamber
May 2011: 256pp.
Hb: 978-0-415-55661-3: £55.00/\$90.00
Pb: 978-0-415-67178-1: £14.99/\$23.95
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Series Editor: Windy Dryden

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Series Editor: Chris R. Brewin

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Practical Clinical Guidebooks Series



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

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Series Editors: Gladeana McMahon, Stephen Palmer, and Averil Leimon

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Cognitive Behavior Therapy



Read and Recommend!

Facing the Storm Using CBT, Mindfulness and Acceptance to Build Resilience when your World's Falling Apart

Ray Owen, Herefordshire NHS
Primary Care Trust, UK

We live in a world where bad things can, and do, happen irrespective of whether we are good or bad, whether we consider ourselves lucky or doomed, and with no regard to fairness. Any of us can find ourselves facing redundancy, the breakdown of a relationship, bankruptcy or any number of life changing crises, or supporting someone else who is. And sometimes, no matter how much we might try, there's nothing we can do to prevent or reduce the problem.

But that doesn't mean you have to be helpless; no matter how bad the situation you're about to deal with, there are things that you can do to become more resilient and that will help you face the storm that's coming towards you or yours.

Using Cognitive Behaviour Therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what's going on, and providing new tools for dealing with the situation.

CONTENTS: Storms Happen: Introduction. Gale Warning: Realising You're in Trouble. Listening to the Forecasts: Making Sense of It. I Can't Believe it's Going to Hit Us: Getting Used to It. What Should We Do: Making Decisions. Keeping Going: Managing 'Normal' Daily Life. Thinking Ahead: Preparing for Afterwards. Riding the Storm: Dealing with the Emotions. Rebuilding from Driftwood: After the Event (Assuming You're There). All the Different Storms: Conclusion. Further Reading/Further Help.

June 2011: 216pp.

Hb: 978-0-415-67658-8: £50.00/\$80.00

Pb: 978-0-415-67659-5: £11.99/\$19.95

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New!

Simply Effective Group Cognitive Behaviour Therapy A Practitioner's Guide

Michael J. Scott, Sheffield Hallam
University, UK

This volume provides Group Cognitive Behaviour Therapy (GCBT) protocols for common disorders as well as session-by-session teaching materials and self-help survival manuals covering: Depression, Panic Disorder and Agoraphobia, Post-Traumatic Stress Disorder, Social Phobia, Obsessive Compulsive Disorder, and Generalised Anxiety Disorder. The specifics of selecting and engaging clients in GCBT are first addressed and general group therapeutic skills are detailed. *Online resources:* The appendices of this book provide self-help manuals, questionnaires and worksheets that can be downloaded free of charge to purchasers of the print version. Please visit www.routledge.com/9780415573412 to find out more.

CONTENTS: Group Cognitive Behaviour Therapy. Engagement. Content and Process. Depression. Panic Disorder and Agoraphobia. Post-Traumatic Stress Disorder. Social Phobia. Obsessive Compulsive Disorder. Generalised Anxiety Disorder. Appendices.

June 2011: 320pp.

Hb: 978-0-415-57341-2: £60.00/\$99.00

Pb: 978-0-415-57342-9: £22.99/\$36.95

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Edited by **Jon Carlson**, Governors State University, Illinois, USA, and **Bill Knaus**, general editor of Albert Ellis Tribute Book Series, USA

Albert Ellis was one of the most influential thinkers in psychotherapy who revolutionized the field through his writings, teachings, research, and supervision for more than half a century. In *Albert Ellis Revisited*, the editors have brought together leading experts in the field to introduce and comment on up to twenty classic, seminal papers which have significantly impacted the therapy field. The papers capture the wit, humor, and the breadth of knowledge of one of the world's greatest thinkers and practitioners.

April 2012: 320pp.

Hb: 978-0-415-87544-8: £49.95/\$89.95

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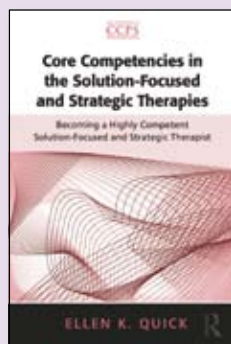
May 2012: 176pp.

Pb: 978-0-415-88751-9: £22.50/\$32.50

Series: *Core Competencies in Psychotherapy*

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Ellen K. Quick, Kaiser Permanente, California, USA

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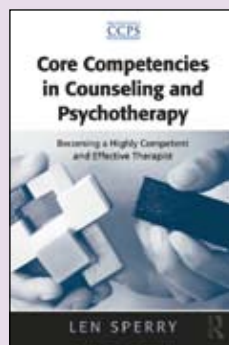
November 2011: 200pp.

Pb: 978-0-415-88530-0: £20.50/\$32.50

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Becoming a Highly Competent and Effective Therapist

Len Sperry, Florida Atlantic University, USA

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2010: 298pp.

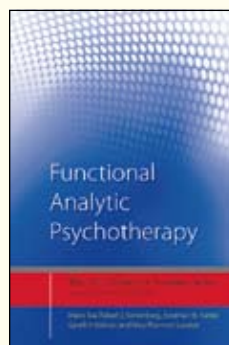
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The CBT Distinctive Features Series



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Functional Analytic Psychotherapy

Distinctive Features

Mavis Tsai, University of Washington, USA, **Robert J. Kohlenberg**, formerly at University of Washington, USA, **Jonathan W.**

Kanter, University of Wisconsin-Milwaukee, USA, **Gareth I. Holman**, University of Washington, USA and **Mary Plummer Loudon**, in private practice, Washington, USA

Many clinicians have experienced clients who have responded to the psychotherapy relationship with robust and transformative changes but have not understood how to harness this power and make these experiences more frequent. *Functional Analytic Psychotherapy* accomplishes this task with a behavioral analysis of the therapy relationship that maximizes the genuineness, intensity, compassion, and effectiveness of the therapist. This book distills the history, core principles, techniques and vision of Functional Analytic Psychotherapy into 30 short points.

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Conceptualization. Use of Therapeutic Rules. Awareness (Rule 1, Rule 4). Courage (Rule 2). Therapeutic Love (Rule 3). Self-disclosure: Using Your Personal Reactions to Clients. Homework (Rule 5). Talking with Clients (Rule 5). A Logical Therapeutic Interaction in FAP. Openness to Techniques from Other Therapies. Termination. Supervision and Training. Ethical Issues and Precautions. The Promise of FAP.

March 2012: 168pp.

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Neimeyer: Constructivist Psychotherapy: Distinctive Features

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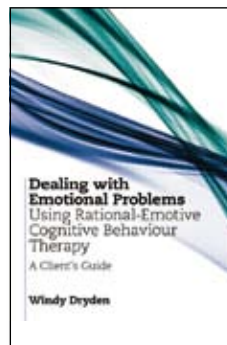
Dryden: Rational Emotive Behaviour Therapy: Distinctive Features

Hb: 978-0-415-43085-2: 2008: 160pp. £55.00/\$95.00

Pb: 978-0-415-43086-9: 2008: 160pp. £9.99/\$17.95

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From Windy Dryden



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Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy

A Client's Guide

Windy Dryden, Goldsmiths, University of London, UK

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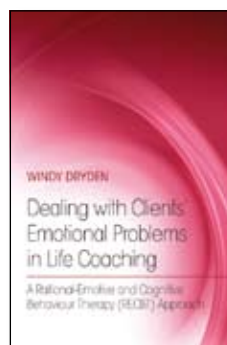
CONTENTS: Emotional Problems: Foundations and Healthy Alternatives. Dealing with Anxiety. Dealing with Depression. Dealing with Guilt. Dealing with Shame. Dealing with Hurt. Dealing with Unhealthy Anger. Dealing with Unhealthy Jealousy. Dealing with Unhealthy Envy.

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Dealing with Clients' Emotional Problems in Life Coaching

A Rational-Emotive and Cognitive Behaviour Therapy (RECBT) Approach

Windy Dryden, Goldsmiths, University of London, UK

This book is a comprehensive guide for life coaches on how to react and

adapt when emotional problems get in the way of coaching. Windy Dryden uses Rational-Emotive Cognitive Behaviour Therapy (RECBT) techniques to offer advice on: when it is and is not appropriate to work on emotional problems; when the coach should refer the client to someone else, such as a psychotherapist or counsellor; how to use RECBT to help clients with their emotional problems within a life coaching context; and at what point it is sensible to begin coaching again.

2010: 232pp.

Hb: 978-0-415-58684-9: £55.00/\$95.00

Pb: 978-0-415-58685-6: £16.99/\$30.95

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New!

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy

A Practitioner's Guide

Windy Dryden, Goldsmiths, University of London, UK

In this practical companion to the client manual, Windy Dryden draws on Rational-Emotive Cognitive Behaviour Therapy (RECBT) – a form of CBT that focuses on challenging and changing the irrational beliefs that largely determine emotional and behavioural issues – to encourage people to deal with their emotional problems.

This *Practitioner's Guide* includes all of the information presented in the *Client's Guide* with the addition of helpful hints and tips for the therapist, making it straightforward to use in the consulting room with no need for further references. *Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy* will allow the therapist to work through and help the client learn to deal with their problems from an RECBT perspective.

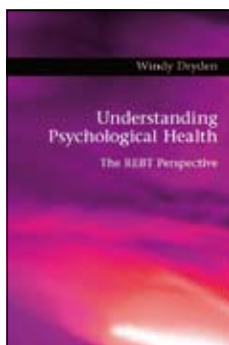
This practical workbook presents each emotion in a similar way, allowing the reader to compare and contrast common and distinctive features of each problem. It will be essential reading for any professional using RECBT with their client.

CONTENTS: Emotional Problems: Foundations and Healthy Alternatives. Dealing with Anxiety. Dealing with Depression. Dealing with Guilt. Dealing with Shame. Dealing with Hurt. Dealing with Unhealthy Anger. Dealing with Unhealthy Jealousy. Dealing with Unhealthy Envy.

September 2011: 320pp.

Pb: 978-0-415-67764-6: £24.99/\$39.95

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Understanding Psychological Health

The REBT Perspective

Windy Dryden, Goldsmiths, University of London, UK

This book draws on Rational Emotive Behaviour Therapy (REBT) – which focuses on resolving emotional and behavioural problems and disturbances and enables people to lead happier and more fulfilling lives – to provide an

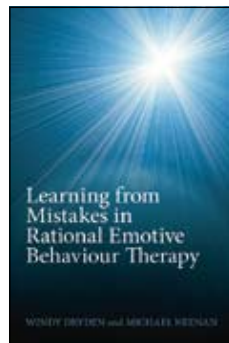
understanding of psychological health. Each chapter looks at an important aspect of psychological health and then discusses it in relation to the REBT approach.

2010: 192pp.

Hb: 978-0-415-56634-6: £55.00/\$95.00

Pb: 978-0-415-56635-3: £19.99/\$31.95

www.routledge mentalhealth.com/9780415566353



New!

Learning from Mistakes in Rational Emotive Behaviour Therapy

Windy Dryden, Goldsmiths, University of London, UK, and **Michael Neenan**, Centre for Stress Management, London, UK

Mistakes are often an inevitable part of training; *Learning from Mistakes in Rational Emotive Behaviour Therapy* encourages the trainee to pinpoint potential errors at the earliest possible stage in training, helping them to make fast progress towards becoming competent REBT practitioners. Windy Dryden and Michael Neenan have compiled 111 of the most common errors, explaining what has gone wrong and how to put it right.

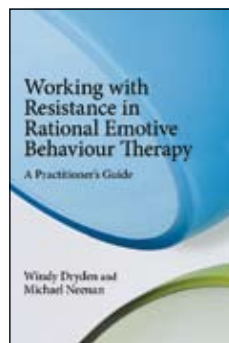
CONTENTS: Part I: General Mistakes. Part II: Assessment Mistakes. Part III: Goal-setting Mistakes. Part IV: Disputing Mistakes. Part V: Homework Mistakes. Part VI: Mistakes in Dealing with Clients' Doubts, Reservations and Misconceptions about REBT. Part VII: Working-through Mistakes. Part VIII: Self-Maintenance Mistakes.

October 2011: 304pp.

Hb: 978-0-415-67873-5: £55.00/\$90.00

Pb: 978-0-415-67874-2: £19.99/\$31.95

www.routledge mentalhealth.com/9780415678742



New!

Working with Resistance in Rational Emotive Behaviour Therapy

A Practitioner's Guide

Windy Dryden, Goldsmiths, University of London, UK, and **Michael Neenan**, Centre for Stress Management, London, UK

In this book Windy Dryden and Michael Neenan address the difficulties that both client and therapist bring to Rational Emotive Behaviour Therapy (REBT) when either party is resistant to change. Divided into two parts, *Client Resistance* and *Therapist Resistance*, this book tackles the challenges experienced by both client and clinician when using REBT.

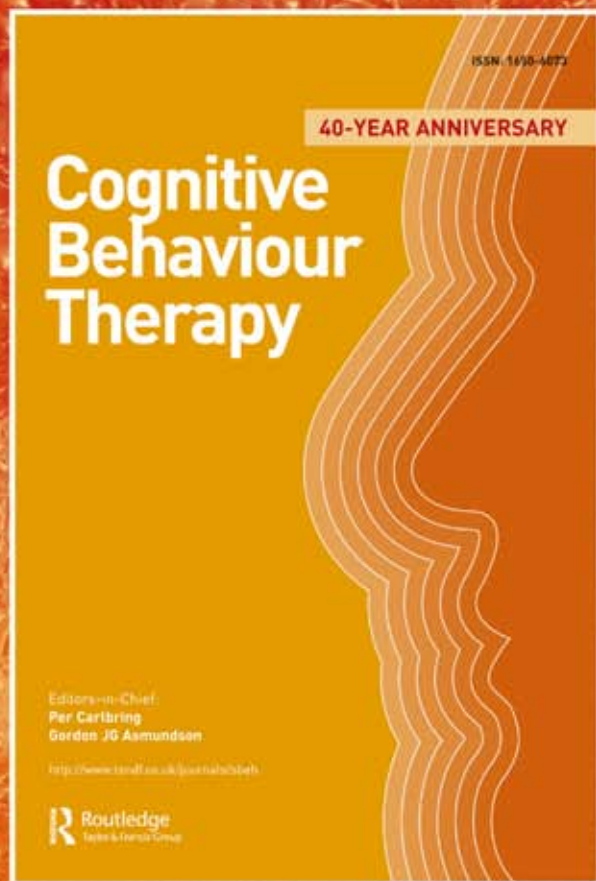
CONTENTS: Introduction. What is Rational Emotive Behaviour Therapy (REBT). **Part I: Client Resistance.** Dealing with Client Resistance in the Bonds Domain of the Working Alliance. Dealing with Client Resistance in the Views Domain of the Working Alliance. Dealing with Client Resistance in the Goals Domain of the Working Alliance. Dealing with Client Resistance in the Tasks Domain of the Working Alliance. A Process-orientated View of Client Resistance. **Part II: Therapist Resistance.** Dealing with Therapist Resistance in the Bonds Domain of the Working Alliance. Dealing with Therapist Resistance in the Views Domain of the Working Alliance. Dealing with Therapist Resistance in the Goals Domain of the Working Alliance. Dealing with Therapist Resistance in the Tasks Domain of the Working Alliance. A Compendium of Therapist Problems. A Process-orientated View of Therapist Difficulties.

October 2011: 240pp.

Hb: 978-0-415-66479-0: £60.00/\$99.00

Pb: 978-0-415-66750-0: £22.99/\$36.95

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Cognitive Behaviour Therapy

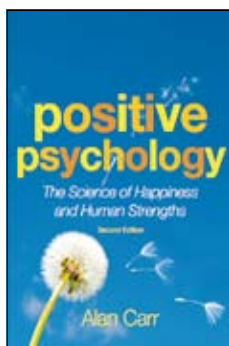
A journal from Routledge

Cognitive Behaviour Therapy is a peer reviewed, multidisciplinary journal devoted to the application of behavioural and cognitive sciences to clinical psychology and psychotherapy.

The journal publishes state-of-the-art scientific articles within:

- Clinical and health psychology
- Psychopathology
- Behaviour medicine
- Assessment
- Treatment
- Theoretical issues pertinent to behavioural, cognitive and combined cognitive behavioural therapies

To celebrate the **40 year Anniversary** of *Cognitive Behaviour Therapy*, we are offering you free online access throughout 2011 to the top ten most cited articles from the journal over the last 40 years.



New Edition!

Positive Psychology The Science of Happiness and Human Strengths

Second Edition

Alan Carr, University College Dublin, Ireland

"This book offers an empirically based, rigorously scientific approach to a rapidly changing and expanding field.

Undergraduates and graduate students will much appreciate the accessible presentation, ample graphics, and personal development questions, while professionals will be pleased with the up-to-date, sensible coverage of this thoroughly revised edition. The next generation of positive psychology textbooks has arrived!"

- **Grant Rich**, University of Alaska, USA

Alan Carr's *Positive Psychology* has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, covering: major theories and research, learning objectives, personal development questions and measures for use in research and glossaries.

June 2011: 446pp.

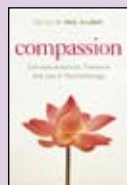
Hb: 978-0-415-60235-8: £70.00/\$110.00

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Pb: 978-1-58391-983-5: 2005: 416pp. £22.50/\$36.00

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Gilbert/Leahy, Eds.: **The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies**

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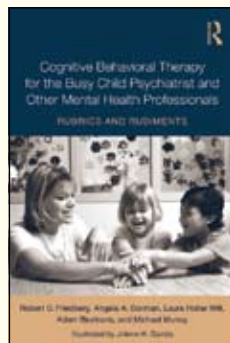
Sookman/Leahy, Eds.: **Treatment Resistant Anxiety Disorders: Resolving Impasses to Symptom Remission**

Hb: 978-0-415-98891-9: 2009: 387pp. £29.95/\$52.50

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Child and Adolescent Cognitive Behavior Therapy

Read and Recommend!



Cognitive Behavioral Therapy for the Busy Child Psychiatrist and Other Mental Health Professionals

Rubrics and Rudiments

Robert D. Friedberg, Angela A. Gorman, Laura Hollar Wilt, all at Penn State Milton Hershey Medical Center, USA, **Adam Buickians**, in private practice, Pennsylvania, USA, and **Michael Murray**, Penn State Milton Hershey Medical Center, USA

"It is not often that a book brings together theory and practice in such a unique way. The book fills an important gap and will serve to significantly enhance resident training programs. The work of Friedberg et al. will have a major impact on how cognitive-behavioral training is taught within the field of child psychiatry."

- **Ellen Flannery-Schroeder**, University of Rhode Island, USA

Cognitive Behavioral Therapy for the Busy Child Psychiatrist and Other Mental Health Professionals is an essential resource for clinical child psychologists, psychiatrists and psychotherapists, and mental health professionals. This unique text is a guidebook for instructors and outlines fundamental principles, while offering creative applications of technique to ensure that residency training programs are better equipped to train their staff.

CONTENTS: Introduction: The Whys and Wherefores of this Book. Case Conceptualization. Therapeutic Stance. Session Structure. Psychoeducation. Self Monitoring. Behavioral Techniques. Cognitive Restructuring and Problem Solving Interventions. Rational Analysis. Behavioral Experiments and Exposure. Incorporating CBT Concepts into Medication Management. Improving as a CB Psychotherapist.

April 2011: 396pp.

Hb: 978-0-415-99127-8: £22.00/\$39.95

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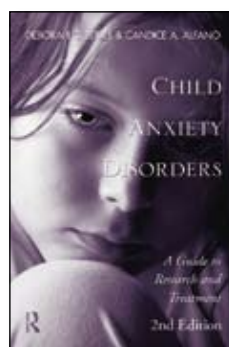
New Edition!

Child Anxiety Disorders

**A Guide to Research
and Treatment**

Second Edition

Deborah C. Beidel, University of Central Florida, USA, and **Candice A. Alfano**, The George Washington University School of Medicine, Washington D.C., USA



Childhood anxiety disorders represent one of the most common psychological disorders found among the general population. They can be serious, distressful, and functionally impairing, so

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much so that there has been an explosion of interest in their treatment. Addressing these perspectives is the second edition of *Child Anxiety Disorders*, by Drs. Beidel and Alfano. They pay close attention to new pharmacological and psychological interventions as well as multi-center trials that compare single and combined treatment modalities.

January 2011: 544pp.

Hb: 978-0-415-87373-4: £27.95/\$49.95

www.routledgebehavioralhealth.com/9780415873734

New Edition!

Cognitive-Behavioral Interventions in Educational Settings

A Handbook for Practice

Second Edition

Edited by **Rosemary B. Mennuti, Ray W. Christner, and Arthur Freeman**, all at Philadelphia College of Osteopathic Medicine, USA

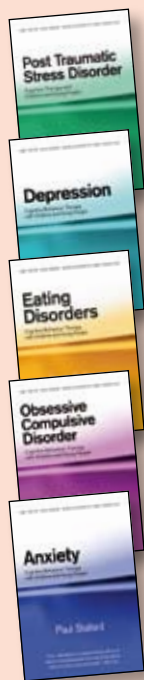
This revised volume serves as an updated resource for school-based practitioners, as well as others providing treatment to children and adolescents, by presenting evidence-based interventions for a variety of issues commonly seen in school settings. Leading professionals provide assessment and intervention approaches based on a cognitive-behavioral framework, with specific sensitivity given to the unique needs of youth within the context of school and family.

February 2012: 752pp.

Hb: 978-0-415-80740-1: £37.50/\$59.95

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CBT with Children, Adolescents and Families Series



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Clinical Psychology: A Modular Course Series

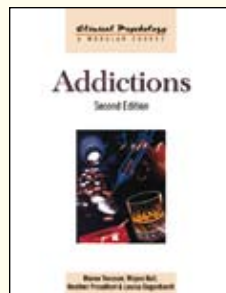


Read and Recommend!

Addictions

Second Edition

Maree Teesson, University of New South Wales, Australia, **Wayne Hall**, University of Queensland, Australia, **Heather Proudfoot**, University of New South Wales, Australia, and **Louisa Degenhardt**, The Burnet Institute, Melbourne, Australia



The first edition of *Addictions* established itself as a valuable resource for students and professionals alike. This authoritative new edition builds on the success of the previous book, incorporating advances in research and practice over the last ten years. The book includes material on: the nature of addiction and who becomes addicted, health consequences of alcohol and other drug dependence, and theories and causes of addiction.

CONTENTS: The Nature of Addiction. Who Becomes Addicted? The Health Consequences of Alcohol and Other Drug Use and Dependence. Theories of Addiction: Causes and Maintenance of Addiction. Alcohol. Nicotine. Cannabis. Opioids. Psychostimulants: Cocaine, Amphetamines and Ecstasy. Addiction: Looking Ahead.

October 2011: 176pp.

Hb: 978-0-415-58299-5: £49.95/\$79.95

Pb: 978-0-415-58300-8: £17.50/\$28.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press

www.psypress.com/9780415583008

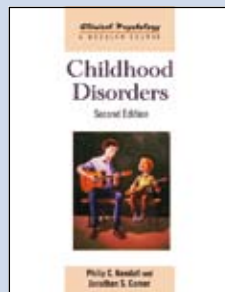
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Childhood Disorders

Second Edition

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

"The text is compelling, succinct, accessible, and prescriptive... Highly recommended." - **Stephen Hinshaw, UC Berkeley, USA**



In this revised edition of *Childhood Disorders*, Philip C. Kendall and Jonathan S. Comer present current information about the full range of psychological disorders that occur in childhood.

2010: 304pp.

Hb: 978-0-415-48641-5: £47.50/\$85.00

Pb: 978-0-415-48642-2: £16.50/\$29.95

Series: *Clinical Psychology: A Modular Course*

Published by Psychology Press

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Practical Clinical Guidebooks Series



Compulsive Buying Clinical Foundations and Treatment

Edited by **Astrid Müller**, University of Erlangen-Nuremberg, Germany, and **James E. Mitchell**, University of North Dakota, USA

Rooted in research and clinical practice, *Compulsive Buying* examines the drive that compels people to compulsively purchase and hoard their acquisitions.

The authors and contributors cover the entire scope of this behavior and discuss what clinicians need to know in order to better understand and treat their clients. Among the key subjects examined are case reports, correct diagnosis, assessment and instruments, comorbidity, treatment, research, and directions for future research.

CONTENTS: Part I: Clinical Foundations. *Faber*, Diagnosis and Epidemiology of Compulsive Buying. *Ertelt, Marino, Muller*, Etiology of Compulsive Buying. *Black*, Assessment of Compulsive Buying. *Ridgway, Kukar-Kinney, Monroe*, The Measurement of Compulsive Buying and its Application to Internet Buyers. *Raab*, The Neural Basis of Compulsive Buying. *de Zwaan*, Psychiatric Comorbidity and Compulsive Buying. *Claes, Muller*, Personality and Compulsive Buying Disorder. *Muller, Frost*, Hoarding and Compulsive Buying. **Part II: Treatment.** *Steffen, Mitchell*, Overview of Treatment for Compulsive Buying. *Benson, Peterson, Ertelt, Arikian*, Case Examples. *Mitchell*, Therapist's Guide to the Treatment Manual. *Mitchell*, Compulsive Buying Disorder Group Treatment Manual.

2010: 306pp.

Hb: 978-0-415-88463-1: £50.00/\$90.00

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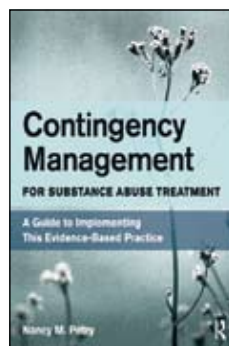
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Clinical Problems

Addictions

New!



Contingency Management for Substance Abuse Treatment

A Guide to Implementing This Evidence-Based Practice

Nancy M. Petry, University of Connecticut, USA

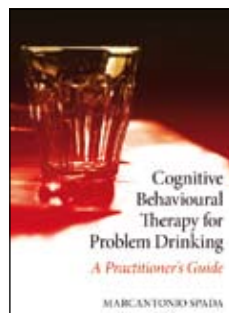
In this well-organized and clear book, Nancy Petry provides a foundation for understanding Contingency Management (CM) and details how to design and implement a program that can work for any clinician, whether he or she works for a well-funded program or not. She also addresses realistic concerns such as how to describe CM to eligible and ineligible patients, how to calculate the costs of CM interventions, and how to stock a prize cabinet and keep track of prizes.

July 2011: 334pp.

Pb: 978-0-415-88289-7: £27.95/\$49.95

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Cognitive Behavioural Therapy for Problem Drinking

A Practitioner's Guide

Marcantonio Spada, London South Bank University, UK

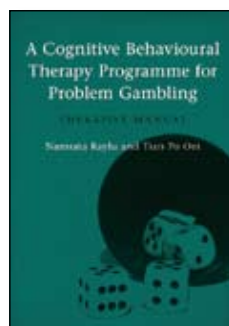
This book serves as a concise and practical guide for practitioners using Cognitive-Behavioural Therapy (CBT)

with clients who use alcohol in a harmful way. The author uses functional analysis and case formulation paradigms to examine the cause and maintenance of problem drinking.

2010: 208pp.

Pb: 978-0-415-40876-9: £24.99/\$42.95

www.routledge.com/9780415408769



A Cognitive Behavioural Therapy Programme for Problem Gambling Therapist Manual

Namrata Raylu and **Tian Po Oei**, both at University of Queensland, Australia

This book is a treatment manual providing guidance for therapists treating clients with gambling

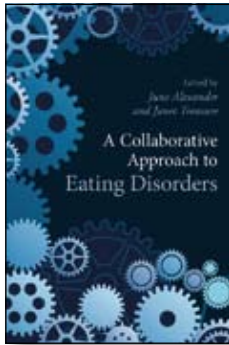
addictions. In this book the authors use a cognitive behavioural approach and provide a session by session guide for overcoming problem gambling. *A Cognitive Behavioural Therapy Programme for Problem Gambling* supplies detailed information to help the therapist and client understand gambling behaviours.

2010: 272pp.

Pb: 978-0-415-54816-8: £29.99/\$51.95

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Eating Disorders



A Collaborative Approach to Eating Disorders

Edited by **June Alexander**, writer, Australia, and **Janet Treasure**, Maudsley Hospital and King's College London, UK

"Professionals and families need to work together to help people with eating disorders. This book tells us why this is true and offers specific strategies to make it happen. This is a terrific book and long overdue!" - James Lock, Stanford University, California, USA

While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery.

A Collaborative Approach to Eating Disorders draws on up-to-date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones.

July 2011: 344pp.

Hb: 978-0-415-58145-5: £70.00/\$110.00

Pb: 978-0-415-58146-2: £24.99/\$39.95

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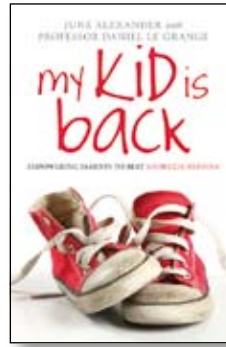
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My Kid is Back

Empowering Parents to Beat Anorexia Nervosa

June Alexander, writer, Australia, and **Daniel Le Grange**, University of Chicago, Illinois, USA

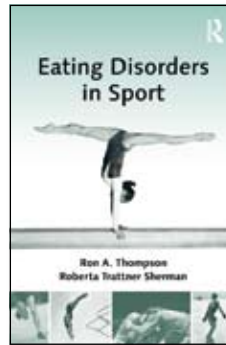
"My Kid is Back is packed with practical, helpful and inspiring information. It gives parents a powerful message of hope – that recovery from an eating disorder is possible." - **Susan Ringwood, Chief Executive, Beat, UK**

My Kid is Back explains how family-based treatment can greatly reduce the severity of anorexia nervosa in children and adolescents, allowing the sufferer to return to normal eating patterns, and their families to return to normal family life.

2010: 272pp.

Pb: 978-0-415-58115-8: £9.99/\$17.95

www.routledgeentalhealth.com/9780415581158



Eating Disorders in Sport

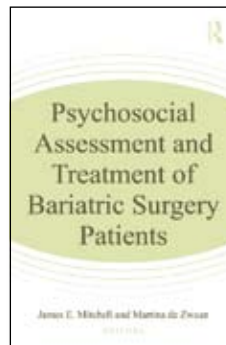
Ron A. Thompson and **Roberta Trattner Sherman**, both in private practice, Indiana, USA

In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants.

2010: 300pp.

Hb: 978-0-415-99836-9: £28.00/\$49.95

www.routledgeentalhealth.com/9780415998369



New!

Psychosocial Assessment and Treatment of Bariatric Surgery Patients

Edited by **James E. Mitchell**, University of North Dakota, USA, and **Martina de Zwaan**, Hanover Medical School, Germany

Bariatric surgery plays an important role in the treatment of obesity; in this comprehensive resource the worldwide leaders of the field provide the most up-to-date information on the psychosocial issues that affect their patients. Included is an overview and history of surgical procedures, complete with illustrations, practical advice on topics such as physical activity and nutritional care after surgery, and essential information that allows clinicians to assist their clients as much as possible.

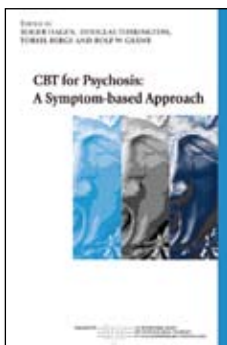
October 2011: 286pp.

Hb: 978-0-415-89219-3: £21.99/\$34.95

www.routledgeentalhealth.com/9780415892193

e-Examination copy available

Schizophrenia and Psychosis



CBT for Psychosis

A Symptom-based Approach

Edited by **Roger Hagen**, Norwegian University of Science and Technology, **Douglas Turkington**, Newcastle University, UK, **Torkil Berge**, Vinderen Community Mental Health Centre, Norway, and **Rolf W. Gråwe**, Drug and Alcohol Treatment, Norway

This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). *CBT for Psychosis* shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis.

2010: 296pp.

Hb: 978-0-415-54946-2: £60.00/\$90.00

Pb: 978-0-415-54947-9: £21.99/\$34.95

Series: *The International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses*

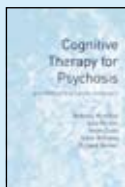
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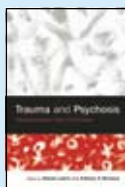
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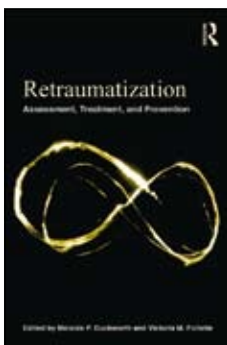


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Trauma and Stress



New!

Retraumatization

Assessment, Treatment, and Prevention

Edited by **Melanie P. Duckworth** and **Victoria M. Follette**, both at University of Nevada, Reno, USA

"This text contains the most cutting-edge information on issues related to retraumatization... It has the potential to

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No better guide than *Retraumatization* exists to explain how to move beyond traditional diagnostic criteria in designing and implementing treatment for multiple trauma sufferers. The

editors and contributors, all highly regarded experts, accomplish 6 objectives: to define retraumatization, outline the controversies related to it, provide an overview of theoretical models, present data related to the frequency of occurrence of different forms of trauma, detail the most reliable strategies for assessment, and provide an overview of treatments.

July 2011: 476pp.

Hb: 978-0-415-87275-1: £53.00/\$95.00

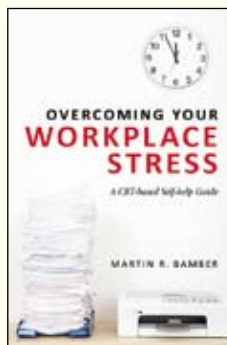
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Overcoming Your Workplace Stress

A CBT-based Self-help Guide

Martin R. Bamber, Selby and York NHS Primary Care Trust, UK

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- **Professor Cary L. Cooper**, Lancaster University, UK

Occupational stress affects millions of people every year and is not only costly to the individual – in terms of their mental and physical health – but also results in major costs for organizations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively. Divided into three parts, this book will help you to:

- understand occupational stress
- learn about a range of methods to reduce stress levels
- develop your own self-help plan.

CONTENTS: Part I: Understanding Occupational Stress.

Occupational Stress and its Consequences. Identifying the Causes of Your Occupational Stress. **Part II: Interventions for Occupational Stress.** Primary Level Interventions Aimed at Improving Your Work Environment. Living a Healthy Lifestyle. Developing Effective Time Management Skills. Developing Assertiveness Skills. Developing Effective Interpersonal Skills. Developing Relaxation Skills. Changing the Way You Relate to Your Work. Overcoming Stress Syndromes.

Part III: Pulling it all Together. Developing a Self-help Plan. Summary and Conclusions.

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Hb: 978-0-415-55661-3: £55.00/\$90.00

Pb: 978-0-415-67178-1: £14.99/\$23.95

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Also by Martin Bamber



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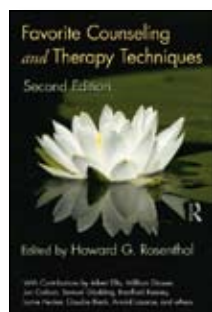
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Pb: 978-1-58391-852-4: 2006: 280pp. £26.95/\$47.50

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Professional Issues and Resources

From Howard G. Rosenthal



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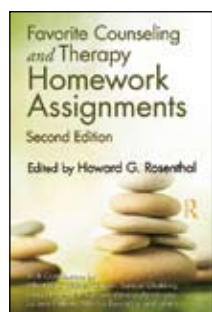
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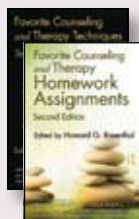
This companion to *Favorite Counseling and Therapy Techniques* contains more than fifty handouts and homework assignments used

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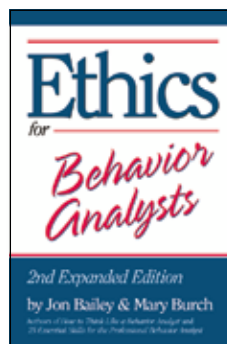
and privacy parameters. It clarifies dilemmas and strategies surrounding these issues in order to help professionals protect themselves and their clients, patients, students, and supervisees.

February 2012: 288pp.

Pb: 978-0-415-89261-2: £21.99/\$34.95

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Second Expanded Edition

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March 2011: 388pp.

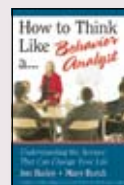
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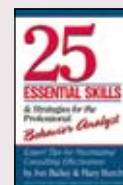
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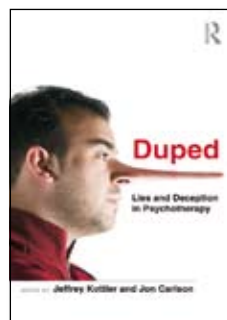
Also by Jon Bailey and Mary Burch



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Duped

Lies and Deception in Psychotherapy

Edited by **Jeffrey Kottler**, California State University, USA, and **Jon Carlson**, Governors State University, Illinois, USA

In this book, Jeffrey Kottler and Jon Carlson turn their well-polished therapy microscopes onto the subjects of lying, falsehood, deceit, and the loss of trust in the counseling room. What do clients

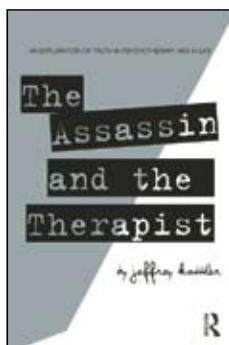
lie about and why? When do therapists mislead or withhold information from their clients? In their exploration of this taboo material, the authors interview and share stories from dozens of their peers from all practice areas and modalities.

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The Assassin and the Therapist

An Exploration of Truth in Psychotherapy and in Life

Jeffrey Kottler, California State University, USA

Many therapists have likely worked with a client who has caused the therapist to confront his most cherished beliefs, or has changed the therapist in ways that forever altered the way he performs

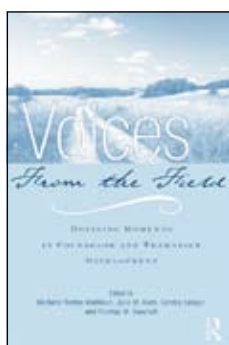
therapy, looks at the world, and sees himself. The author of this book found himself in just such a situation.

2010: 275pp.

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Voices from the Field

Defining Moments in Counselor and Therapist Development

Edited by Michelle Trotter-Mathison, Boynton Health Center, Minnesota, USA, Julie M. Koch, Oklahoma State University, USA, Sandra Sanger and Thomas M. Skovholt, both at University of Minnesota, USA

All professional counselors and therapists can identify a number of turning points in their careers – moments, interactions, or processes – that led to key realizations regarding their practice with clients, work with students, or self-understanding. This book is a collection of such turning points, which the editors term defining moments, contributed by professionals in different stages of their counseling careers.

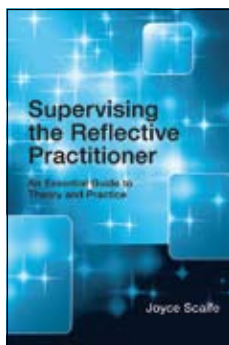
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An Essential Guide to Theory and Practice

Joyce Scaife, University of Sheffield, UK

Supervising the Reflective Practitioner provides guidance for supervisors, focusing on what they can do to facilitate the development of reflective practice in supervisees. This book

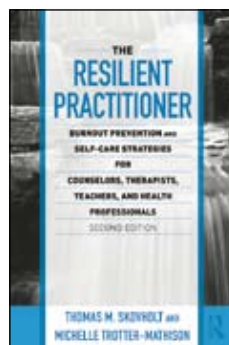
contains a wide range of practical examples including personal accounts and illustrations.

2010: 312pp.

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Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals

Second Edition

Thomas Skovholt, University of Minnesota, USA, and Michelle J.

Trotter-Mathison, Boynton Health Center, Minnesota, USA

Therapists and other helping professionals work in highly demanding fields and can suffer from burnout, compassion fatigue, and secondary stress. This happens when they give more attention to their clients' well being than their own. Both students and practitioners in these fields will find this book an essential guide to striking an optimal balance between self-care and other-care.

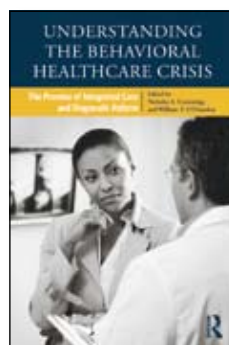
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The Promise of Integrated Care and Diagnostic Reform

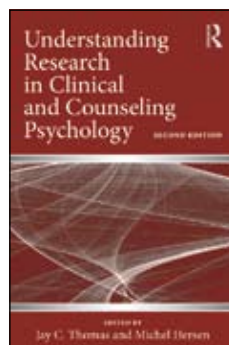
Edited by Nicholas A. Cummings and William T. O'Donohue, both at University of Nevada, Reno, USA

Understanding the Behavioral Healthcare Crisis is a necessary book, edited and contributed to by a great variety of authors from academia, government, and industry. The book takes a bold look at what reforms are needed in healthcare and provides specific recommendations.

April 2011: 528pp.

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Second Edition

Edited by Jay C. Thomas and Michel Hersen, both at Pacific University, Oregon, USA

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as an indispensable tool for practice, a tool that is used every day to advance knowledge and improve assessment, treatment choice, and client outcomes.

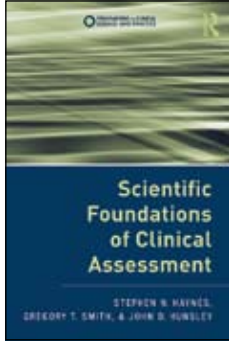
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Stephen N. Haynes, University of Hawaii, USA, Gregory T. Smith, University of Kentucky, USA, and John D. Hunsley, University of Ottawa, Canada

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March 2011: 284pp.

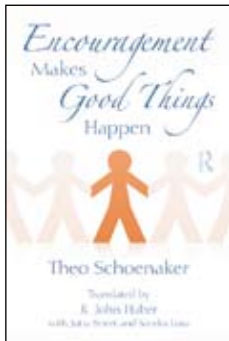
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Coaching



Encouragement Makes Good Things Happen

Theo Schoenaker

Translated by R. John Huber, Jutta Street and Sandra Lose

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- Jon Carlson, Governors State University, Illinois, USA

Available in English for the first time, *Encouragement Makes Good Things Happen* is a translation of the bestselling German book *Mut Tut Gut*. It describes a courageous and encouraging style of living and focuses on the belief that human encouragement is the most important natural ingredient for the healthy development of human beings.

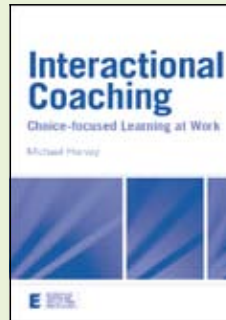
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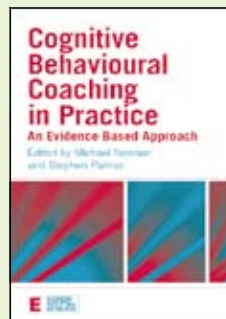
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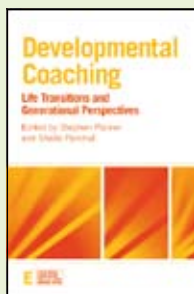
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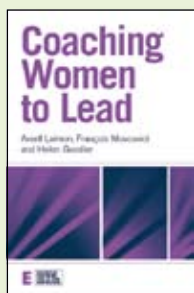
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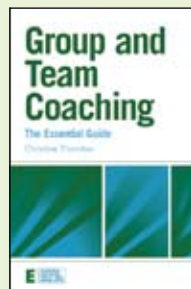
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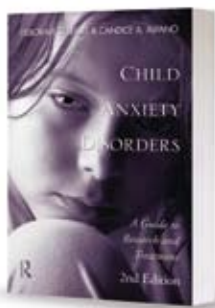
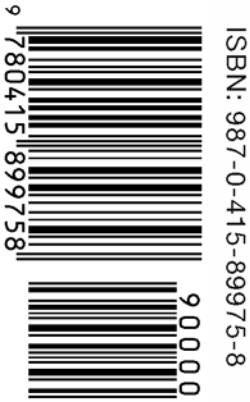
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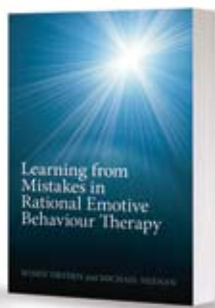
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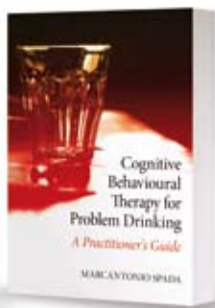
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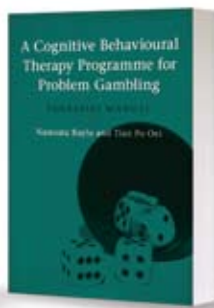
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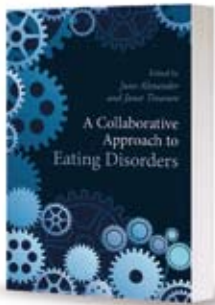
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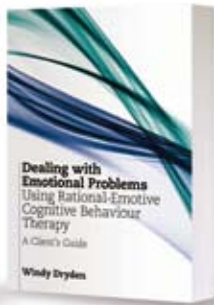
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