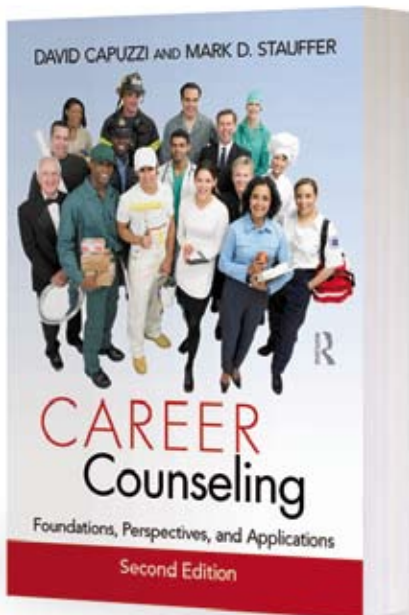


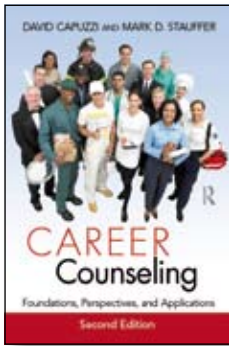
Psychotherapy and Counselling Textbooks 2011

New and Forthcoming Books



“[This text] does an excellent job of integrating theory, research, and practice to provide career counselors with hands-on information grounded in the scientific literature in the field.”

- **Heather Lyons**
Loyola University,
Maryland, USA



New Edition!

Career Counseling

Foundations, Perspectives, and Applications

Second Edition

Edited by **David Capuzzi**, Johns Hopkins University, Maryland, USA and **Mark D. Stauffer**, Oregon State University, USA

"This text is a standard in the field and provides a consistently solid foundation to career counseling." - **Gary Michael Szirony**, Ohio University, USA

This text presents a comprehensive overview of the foundations of career counseling, the skills and techniques needed for career counseling, and contextual perspectives on career and lifestyle planning. It is based on the view that career counselors must be prepared in a holistic manner, as career and lifestyle planning with clients is inherently related to their search for identity and meaning. The contributing authors are experts who are nationally and internationally recognized for their expertise, research, and publications related to career and lifestyle planning.

New to this Edition:

- an Instructor's Manual,
- updated page layout to encourage visual learners
- all new chapters on: Multicultural Theories and Approaches; Career Counseling: K-8; High School Career Counseling: Preparing Youth for College and Other Alternatives; College Career Counseling: Traditional, Hybrid and 100% Online Campuses.

CONTENTS: Part I: Foundations of Career Counseling. *Shen-Miller, McWhirter, Bartone*, Historical Influences on the Evolution of Vocational Counseling. *Shoffner, Deacon*, Trait and Factor, Developmental, Learning, and Cognitive Theories. *Goodman*, Toward a Holistic View: Decision-making, Postmodern, and Emerging Theories. *Ratts, Santos*, Career Counseling Without Borders: Moving Beyond Traditional Career Practices of Helping. *Harris, Engels*, Ethical and Legal Issues in Career Counseling. **Part II: Skills and Techniques.** *Sheperis, Perepiczka, Limoges*, Individual and Group Assessment and Appraisal. *Hutchison, Stauffer, Bloch*, Using Information and Technology. *Feller, Peila-Shuster*, Designing Career Development Plans with Clients. *Schutt, Jr.*, Establishing a Thriving Career Development Program. *Simpson, Glowiak*, Supervision, Coaching, and Consultation. **Part III: Contextual Perspectives on Career and Lifestyle Planning.** *Dedmond, Schwallie-Giddis, Strong*, Career Counseling: K-8. *Holcomb-McCoy, Young*, High School Career Counseling: Preparing Youth for College and Other Alternatives. *Cook, Schamp*, College Career Counseling: Traditional, Hybrid, and 100% Online Campuses. *Guindon, Giordano*, Career Counseling in Mental Health and Private Practice Settings. *Stauffer, Capuzzi, Olsheski*, Career and Lifestyle Planning in Vocational Rehabilitation Settings. *Evans*, Career Counseling with Couples and Families. *Herlihy, Watson*, Gender Issues in Career Counseling. *Wood, Cato*, Career Counseling and Lifestyle Planning for Clients with Addictive Behaviors.

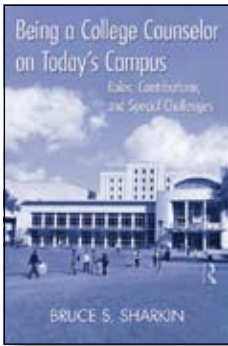


November 2011: 616pp.

Hb: 978-0-415-88594-2: £37.95

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Being a College Counselor on Today's Campus

Roles, Contributions, and Special Challenges

Bruce S. Sharkin, Kutztown University, Pennsylvania, USA

"I do not know of any similar texts that offer such a comprehensive and detailed view of what issues face the college counselor in today's changing landscape."

- Brian Van Brunt, President, American College Counseling Association

This book provides a detailed description and discussion of the many roles and contributions of college counselors on today's campuses. The author draws on twenty years of experience as a college counselor to address such questions as "Who are college counselors?"; "How does one become a college counselor?"; and "What skills are needed to be a college counselor today?" Roles and responsibilities, including counseling, crisis intervention, consultation, outreach, and administrative duties, are discussed in detail and supplemented with both research and case studies. Diversity competencies and special challenges faced by college counselors are also considered. The firsthand knowledge and experience of the author will make this an engaging and accessible book for both those who are already working in college mental health settings and those who wish to enter it.

CONTENTS: Introduction: The Specialty Field of Counseling. Roles and Responsibilities of College Counselors. Additional Roles and Contributions to Campus Life. Professional Activities of College Counselors. Being a Diversity-competent College Counselor. Special Challenges for College Counselors. The Future Outlook.

November 2011: 184pp.

Pb: 978-0-415-88214-9: £21.95

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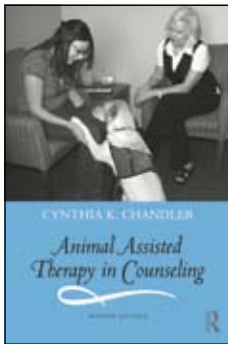


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New Edition!

Animal Assisted Therapy in Counseling

Second Edition

Cynthia K. Chandler, University of North Texas, USA

"Practitioners will find this book extremely valuable. Chandler provides her readers with tremendous insight on how they can incorporate AAT into their therapeutic regime. This book is an excellent resource for professionals interested in developing and facilitating animal assisted interventions in their workplace." - **Aubrey Fine**, California State Polytechnic Institute, USA

This text explores the history and practice of Animal Assisted Therapy (AAT) in counseling. It discusses the latest empirical research in the field and offers guidelines for implementing the practice of AAT in a variety of settings, including community counseling agencies, schools, private practices, and universities. It features case examples, explains how to select, train, and evaluate an animal for therapy work, and examines ethical considerations, risk management, diversity issues, and crisis response applications. Sample forms to be used in evaluating clients and recording session data are included, as well as illustrations to facilitate some of the recommended AAT techniques. The second edition features all of the material from the previous, updated and expanded, as well as a new chapter on animal assisted techniques and counseling theories and an expanded section on equine assisted counseling.

CONTENTS: An Introduction to Animal Assisted Therapy. Research in Animal Assisted Counseling and Related Areas. Selecting an Animal for Therapy Work. Training a Pet for Therapy Work. Evaluation of a Pet for Therapy Work. Risk Management and Ethical and Legal Considerations in Animal Assisted Counseling. Animal Assisted Interventions and Counseling Theories. Animal Assisted Counseling Practices. Equine Assisted Counseling. A Variety of AAT Applications. Sensitivity to Cultural Differences and Populations with Special Needs. Crisis and Disaster Response Counseling with Therapy Animals. Establishing a School-based Program for Animal Assisted Therapy and Education. International Considerations and Applications of Animal Assisted Therapy. **Appendices.**

October 2011: 316pp.

Hb: 978-0-415-88834-9: £60.00

Pb: 978-0-415-88833-2: £27.95

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New Edition!

Stress Management and Prevention

Applications to Daily Life

Second Edition

Jeffrey A. Kottler and **David D. Chen**, both at California State University–Fullerton, USA

"I believe that undergraduate students will embrace this book as a source of knowledge, but will also be able to really use the information in the book and the exercises in the activities manual to better their lives and manage their stress effectively."

- **Steven J. Radlo**, Western Illinois University, USA

Stress Management and Prevention, Second Edition will offer your students a new way of looking at the world, during the course of the class and beyond. Informed by the most recent theory and research from medicine, health science, and both the social and behavioral sciences, this is a book that students will not only enjoy reading, but that will also encourage them to incorporate what they learn into their lives long after the course is over. It takes a proactive approach to stress management and prevention, built upon a foundation in both Western and Eastern views of stress with techniques that can be used to not only manage but also prevent its impact. The accessible writing style, combined with vivid illustrations from the authors' own lives and examples from popular culture, makes rigorous academic material easy to understand and will help readers to see the value in taking steps to incorporate these principles into their lives. Importantly, this text addresses real life concerns, like financial stress, being a non-traditional student, or dealing with cultural and language barriers.

CONTENTS: A Personal Introduction: From the Authors to the Readers. About the Authors.

Part I: Understanding the Nature of Stress. The Meaning of Stress. The Body's Reactions to Stress. Sources of Stress Across the Lifespan. Adaptive and Maladaptive Behavior. Individual and Cultural Differences. **Part II: Strategies of Stress Management and Prevention.**

Challenging Stressful Thinking. Problem Solving and Time Management. Psychological and Spiritual Relaxation Methods. Physical Methods of Stress Reduction. Preparing for the Future: College and Occupational Stress. Care of the Self: Nutrition and Other Lifestyle Issues. Stress and Conflict in Relationships. **Part III: Strategies of Synthesis and Prevention.** Resilience and

Stress. Optional Functioning to Make Your Changes Last.



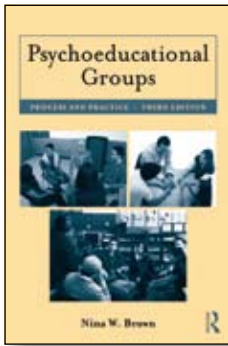
September 2011: 432pp.

Pb: 978-0-415-88500-3: £40.00

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New Edition!

Psychoeducational Groups

Process and Practice

Third Edition

Nina W. Brown, Old Dominion University, Virginia, USA

"This is a solidly integrated book with a focus on achieving practical skills in psychoeducational group counseling. The author has provided a topically structured text that describes and capably prepares students to become effective group counselors. It stands as a valuable professional reference for

those already conducting groups in the field." - **Tom Russo**, University of Wisconsin-River Falls, USA

With this third edition, *Psychoeducational Groups* remains the only comprehensive, user-friendly guide to planning, implementing, facilitating, and evaluating psychoeducational groups. It presents all the necessary information to prepare leaders of a psychoeducational group through group design and practice. Included are step-by-step guidelines on how to initiate group sessions, construct group objectives, engage group members, monitor progress, and establish evaluation and follow-up guidelines. Emphasis is placed on the personal growth and development of the group leader, with careful consideration given to increasing awareness of personal issues and the potential impact that a leader can have on the group. New to this edition are chapters on cultural and diversity factors; risk management and ethics; groups for relating and communication; and groups in educational, agency, and workplace settings.

CONTENTS: Part I: Structuring. Psychoeducational Groups: Overview and Model. Planning. Evaluation and Exercises. Group Leadership and Instructional Style. **Part II: Leader Development and Facilitation Skills.** Group Leader Self-development. Group Leadership Skills. The Group: Process and Progress. **Part III: Leader Competencies.** Cultural and Diversity Issues and Concerns. Ethical and Legal Standards. Potential Membership Problems, Concerns, and Intervention Skills. Managing Conflict and Guidelines for Confrontation. **Part IV: Applications.** Leading Psychoeducational Groups for Children and Adolescents. Leading Psychoeducational Groups for Adults. Psychoeducational Groups for Illnesses and Other Conditions. Psychoeducational Support Groups.

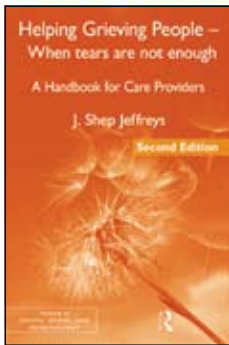


March 2011: 283pp.

Pb: 978-0-415-88239-2: £24.95

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New Edition!

Helping Grieving People – When Tears Are Not Enough

A Handbook for Care Providers

Second Edition

J. Shep Jeffreys, in private practice, Maryland, USA

“Making an excellent book even better, Jeffreys’ updated edition richly integrates professional and personal information to provide caregivers with the tools to best enable coping in the dying and bereaved. A superb resource!” – **Therese A. Rando**,
The Institute for the Study and Treatment of Loss, USA

Helping Grieving People – When Tears Are Not Enough is a handbook for care providers who provide service, support and counseling to those grieving death, illness, and other losses. This book is also an excellent text for academic courses as well as for staff development training. The author addresses grief as it affects a variety of relationships and discusses different intervention and support strategies, always cognizant of individual and cultural differences in the expression and treatment of grief. Jeffreys has established a practical approach to preparing grief care providers through three basic tracks. The first track: *Heart* – calls for self-discovery, freeing oneself of accumulated loss in order to focus all attention on the griever. Second track: *Head* – emphasizes understanding the complex and dynamic phenomena of human grief. Third track: *Hands* – stresses the caregiver’s actual intervention, and speaks to lay and professional levels of skill, as well as the various approaches for healing available.

Accompanying these three motifs, the *Handbook* discusses the social and cultural contexts of grief as applied to various populations of grievers as well as the underlying psychological basis of human grief. Throughout the book, Jeffreys presents the role of the caregiver as an Exquisite Witness to the journey of grief and pain of bereaved family and friends, and also to the path taken by dying persons and their families. The second edition of *Helping Grieving People* remains true to the approach that has been so well received in the original volume. It includes updated research findings and addresses new information and developments in the field of loss, grief and bereavement.

CONTENTS: How to Use this Book. The Exquisite Witness Grief Care Provider. The Socio-cultural Influence on Grief Experience. The Human Grief Response: Origin and Function. Loss and Death in the Family. The Grief of Children and Adolescents. The Grief of Parents: An Upside Down World. Older Adult Grief. Chronic Illness/Disability and Dying. Helping Grieving People: A Continuum of Care for Healing. Complications of the Human Grief Process. Case Studies. Epilogue. Appendix A: Organizational Resources. Appendix B: Advanced Directive.

June 2011: 421pp.

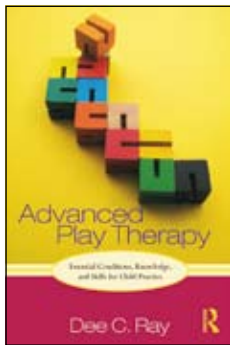
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Advanced Play Therapy

Essential Conditions, Knowledge, and Skills for Child Practice

Dee C. Ray, University of North Texas, USA

"Ray has contributed something to the field of play therapy that fills a void: a quality text with a focus on advanced skills and understanding. I found the chapter on themes in play therapy and parent consultation particularly helpful to me as a play therapy instructor and supervisor. Practitioners, supervisors, instructors, and scholars will find this book to be valuable, informative, and enlightening." - **Stephen A. Armstrong, Texas A&M University-Commerce, USA**

"Ray has captured the essence of the child-centered approach to play therapy and has made it real, for both experienced practitioners and therapists who are new to the field. This extremely well-written book provides a much-needed depth of understanding of all aspects of child-centered play therapy (and it's even fun to read!)." - **Terry Kottman, Director, The Encouragement Zone, Iowa, USA**

Current play therapy resources offer details on how to conduct play therapy, but are limited in addressing the challenges that develop when therapists conduct play therapy with real-life clients. Using the Child-Centered Play Therapy Approach, Ray has written the first book to address these complex play therapy subjects. Topics covered include: integrating field knowledge of play, development, and theory into the advanced play therapist's knowledge base; working with difficult situations, such as limit-setting and aggression, and parents; addressing modern work concerns like measuring progress, data accountability, and treatment planning; differentiating play therapy practice in school and community settings; and addressing complicated skills, such as theme work, group play therapy, and supervision. Ray also includes her Child Centered Play Therapy Treatment Manual, an invaluable tool for any play therapist accountable for evidence-based practice. This manual can also be found on the accompanying CD, along with treatment plan, session summary, and progress-tracking worksheets.

CONTENTS: History, Rationale and Purpose of Play. A Primer on Child Development. A Philosophy of Working with Children: The Child Centered Way. The Person, Knowledge, and Skills of the Play Therapist. Basics of Play Therapy. Limit Setting. Themes in Play Therapy. Progress and Termination. Parent Consultation. Aggression In and Out of the Playroom. Group Play Therapy. Play Therapy in the Schools. Play Therapy in Community Agencies and Private Practice. Supervision of Play Therapy. Evidentiary Research in Child Centered Play Therapy. Appendix: Child-Centered Play Therapy Treatment Manual.

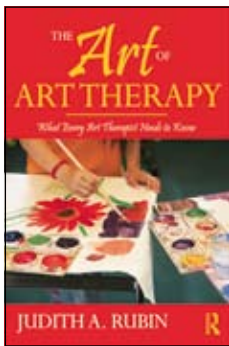


March 2011: 332pp.

Hb: 978-0-415-88604-8: £27.95

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New Edition!

The Art of Art Therapy

What Every Art Therapist Needs to Know

Second Edition

Judith A. Rubin, University of Pittsburgh, USA

“Dr. Rubin connects with the needs and questions of readers encountering art therapy for the first time, or revisiting it with new inquiries about its essential, enduring elements. She sorts out the common threads of the field’s many developments

since the first publication of her classic text and guides the reader further into well-grounded, responsible practice.” - Lynn Kapitan, Mount Mary College, Wisconsin, USA

“Clear, accessible, and informative, The Art of Art Therapy illuminates the process of art therapy. Its influence will extend to a whole new generation of practitioners and students, who will find a wealth of knowledge within its pages.” - Joy Schaverien, Jungian Analyst, UK

The Art of Art Therapy is written primarily to help art therapists define and then refine a way of thinking about their work. This new edition invites the reader to first consider closely the main elements of the discipline embodied in its name: *The Art Part* and *The Therapy Part*. The Interface helps readers put the two together in an integrated, artistic way, followed by chapters on *Applications* and *Related Service*. Included with this edition is a DVD containing two hours of chapter-related video content.

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



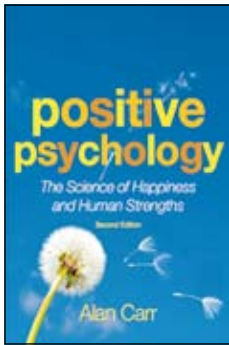
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Hb: 978-0-415-96094-6: £27.99

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New Edition!

Positive Psychology

The Science of Happiness and Human Strengths

Second Edition

Alan Carr, University College Dublin, Ireland

"This succinct compilation of some of the important ideas and findings in Positive Psychology provides a handy reference for those new to the field and a useful taster for those who wish to delve more deeply." - **Professor Felicia A. Huppert**, Director of the Well-being Institute, University of Cambridge, UK

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing. 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, including:

- accounts of major theories and relevant research
- learning objectives
- chapter summaries
- research and personal development questions
- suggestions for further reading
- measures for use in research
- glossaries of new terms.

The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on positive psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence.

This new edition of *Positive Psychology* will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

CONTENTS: Happiness. Positive Traits. Hope and Optimism. Flow. Emotional Intelligence. Giftedness, Creativity and Wisdom. Positive Self. Positive Relationships. Positive Psychological Therapy.

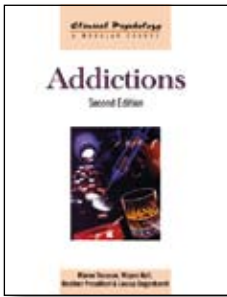
June 2011: 446pp.

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New Edition!

Addictions

Second Edition

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

"Teesson and colleagues have succeeded in producing a very clear, readable, and up-to-date critical overview of the addictions literature. With a focus on current directions, latest empirical findings, and future research needs, the authors provide an insightful, practical, and comprehensive presentation of the world of addictions." - **Claire Hart, University of Southampton, UK**

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
- theories and causes of addiction.

The authors, experts in the field, also include new material on the controversy surrounding the possible positive effects of alcohol and cannabis use, the increased risk of interpersonal violence, and new research on theories of addiction.

Addictions will be essential reading for students, professionals and researchers seeking state of the art information about this rapidly growing field.

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.

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Scientific Foundations of Clinical Assessment

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

"No other book explains so well the value of using a unified framework based on clinical assessment, systematic measurement, and clinical science to guide health and mental health decision-making and practice – and the dangers of not doing so. The best and most authoritative book on this topic by far." - **Eric J. Mash**, University of Calgary, Alberta, Canada

"The field of clinical psychology has long awaited a new, authoritative text on clinical assessment. This book should quickly become the definitive reference for graduate courses in clinical and personality assessment. It is supremely rich in valuable insight, instruction, and guidance for the student, clinician, and researcher." - **Thomas A. Widiger**, 2009 recipient of the Distinguished Scientist Award by the Society for the Science of Clinical Psychology

Scientific Foundations of Clinical Assessment is a user-friendly overview of the most important principles and concepts of clinical assessment. It provides readers with a science-based framework for interpreting assessment research and making good assessment decisions, such as selecting the best instruments and measures and interpreting the obtained assessment data. Written in a direct and highly readable fashion, with plenty of clinical examples that illustrate the relevance of psychometric principles and assessment research, this text is one every professional and graduate student needs to read. Numerous elements are used consistently throughout the book to facilitate understanding and retention, such as:

- text boxes that provide extended presentations of the application of principles and research
- end-of-chapter summaries that review key issues covered, and
- additional recommended sources for each chapter.

A detailed glossary that defines key measurement and assessment concepts is also included, making this book an invaluable reference and supplementary text for anyone who does clinical assessment in the health and mental health domains.

CONTENTS: Introduction to the Scientific Foundations of Clinical Assessment. Reliability. Validity. Applying Psychometric Evidence to Clinical Decisions. Clinical Utility and Decision-making. Understanding Patterns Among Measures Through Factor Analysis. The Conditional Nature of Psychometric Evidence. How to Evaluate Commonly Used Statistical Methods in Clinical Assessment Research. Using Multiple Sources of Data in Clinical Assessment.

March 2011: 284pp.

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The Counselor Educator's Survival Guide

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Edited by **Dilani Perera-Diltz** and **Kathryn C. MacCluskie**

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Co-published with the National Board for Certified Counselors (NBCC)

Edited by **Wendi Schweiger**, **Donna A. Henderson**, **Kristi McCaskill**,
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November 2011: 272pp.

Hb: 978-0-415-88123-4: £53.00

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New Edition!

Crisis Education and Service Program Designs A Guide for Administrators, Educators, and Clinical Trainers Second Edition

Miracle R. Hoff and **Lee Ann Hoff**

December 2011: 272pp.

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