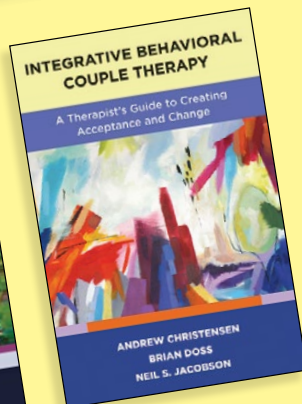
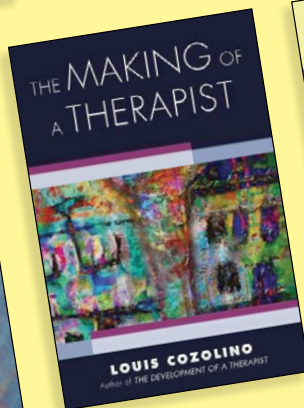
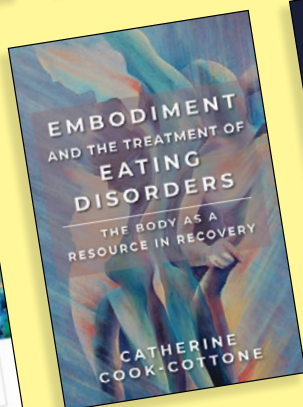
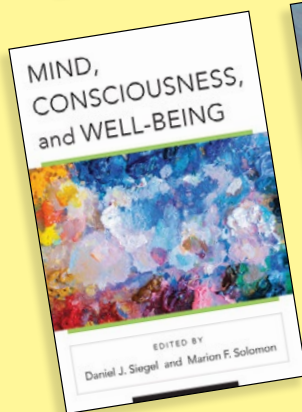
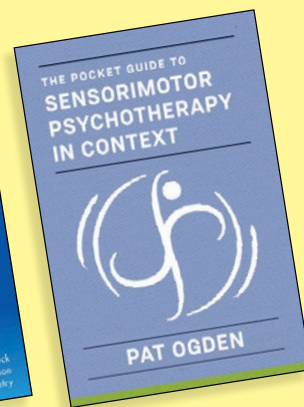
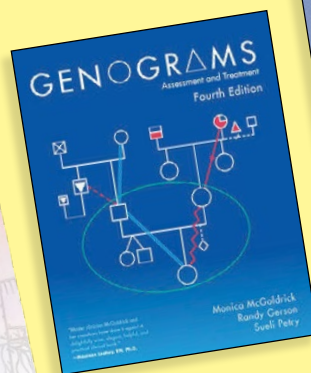
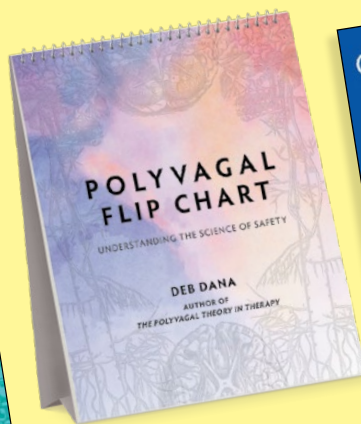
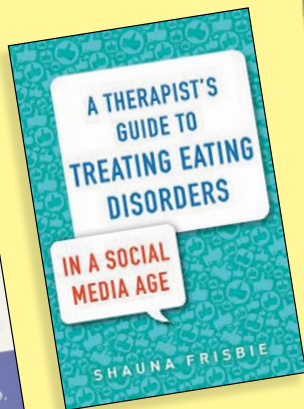
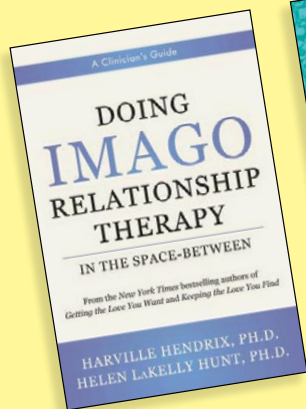
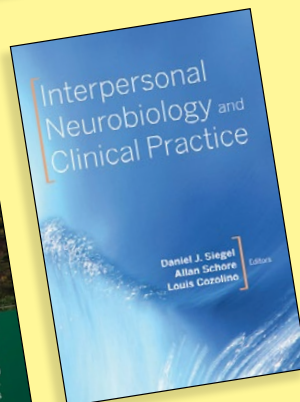
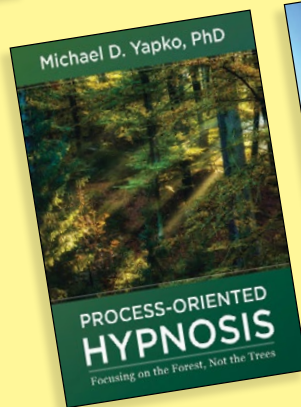
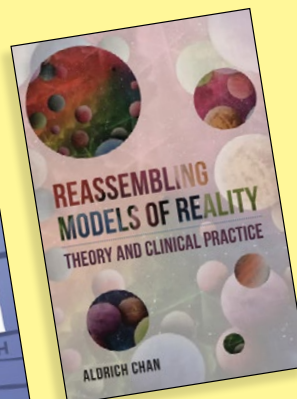
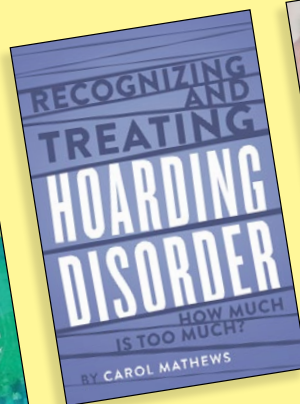
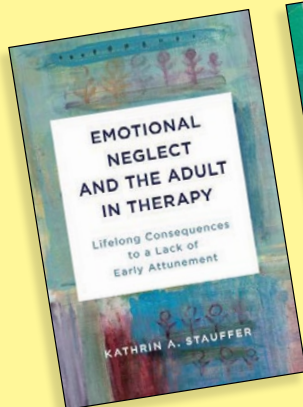




NORTON MENTAL HEALTH

PSYCHOTHERAPY
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2021
CATALOG

Dear Reader,

Welcome to the 2021 Norton Mental Health Catalog. We are featuring new titles to be published through May 2021, representing a spectrum of new books in mental health and wellness, as well as many older titles too. We would be pleased to hear from you and welcome your thoughts and comments on our books. Email us at nmh@wnnorton.com.

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POLYVAGAL FLIP CHART

Understanding the Science of Safety

DEB DANA

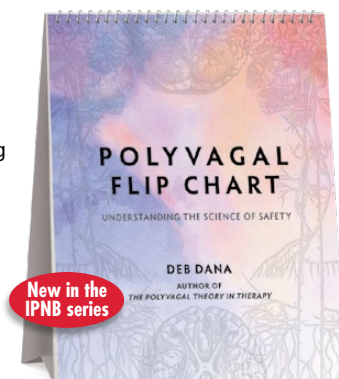
Offers therapists a low tech-high impact, interactive way to explain polyvagal theory to clients.

When clients are stuck in the cognitive experience of their story, an explanation of the polyvagal theory helps bring their attention to the autonomic experience—to bring the importance of the biology of their experience back into awareness. Yet the polyvagal theory can be challenging and intimidating to explain.

The flip chart offers therapists an easy, standardized way to support clients in understanding the role of the autonomic nervous system in their lives. Using a flip chart makes psycho-education an interactive experience. Therapists can feel confident in teaching their clients polyvagal theory by following the flip chart.

About
the
Author

Deb Dana, LCSW, is a clinician, consultant, lecturer, Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute, and developer of the Rhythm of Regulation clinical training series. She is the author of the bestsellers *The Polyvagal Theory in Therapy*, *Polyvagal Exercises for Safety and Connection*, and co-editor with Stephen Porges of *Clinical Applications of The Polyvagal Theory* (see pages 7 and 8).



New in the
IPNB series

ISBN 978-0-393-71472-2 • 2020 • 40 pages • 10" x 12" spiralbound • \$29.95 / **\$22.46**

DOING IMAGO RELATIONSHIP THERAPY IN THE SPACE BETWEEN

A Clinician's Guide

HARVILLE HENDRIX and HELEN LaKELLY HUNT

The first-ever book on Imago Relationship Therapy geared toward therapists.

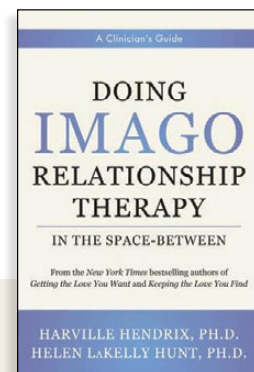
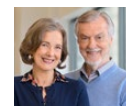
Developed by Harville Hendrix and Helen LaKelly Hunt in the 1980s, Imago Relationship Therapy helps couples—and everyone in significant relationships—shift from conflict to connection by transforming the quality of their interactions. Now, for the first time, the essential principles and practices of Imago, as illustrated in the *New York Times* bestseller *Getting the Love You Want*, are presented for the benefit of both novice and seasoned clinicians.

Contents: 1. The Evolution of the Relational Self 2. The Evolution of the Quantum Couple 3. The Human Agenda: Sustaining Connecting 4. The Human Problem: Ruptured Connecting 5. The Imago: Connecting Restored and Lost Again 6. Conscious Partnership: Restoring and Sustaining Connecting 7. Imago Dialogue: The Process of Connecting 8. The Imago Therapist: Facilitator of Connecting 9. The Imago Therapist: the Mechanics and Artistry of Connecting 10. Challenges to Reconnecting: A Developmental Assessment 11. Revisioning 12. Recommitting 13. Reimaging 14. Removing Negativity 15. Restructuring Frustrations 16. Re-romanticizing

About
the
Authors

HARVILLE HENDRIX, PhD, and **HELEN LAKELEY HUNT, PhD**, are internationally respected couples therapists, educators, speakers, and *New York Times* best-selling authors.

ISBN: 978-0-393-71381-7 • April 2021 • 432 pages • Hardcover • \$37.50 / **\$28.13**



THE POCKET GUIDE TO SENSORIMOTOR PSYCHOTHERAPY IN CONTEXT

PAT OGDEN

A concise guide to this groundbreaking somatic-cognitive approach to PTSD and attachment disturbances treatment.

Following an established and successful "pocket guide" format, Pat Ogden presents key concepts of sensorimotor psychotherapy, a groundbreaking therapeutic approach to healing that draws from somatic therapies, neuroscience, attachment theory, and cognitive approaches. Internationally acclaimed as an effective modality for harnessing the innate wisdom of the body to heal the mind and spirit, sensorimotor psychotherapy makes state-of-the-art clinical work possible.

This book provides both a context for sensorimotor psychotherapy as well as a multidimensional look at its various practices. Beginning with a discussion of the role of the body in the treatment of trauma, Ogden moves toward practical applications, using case studies to illustrate the ideas. Whether you are new to the approach or in need of an accessible reference, this book is an ideal abbreviated handbook for any clinician.

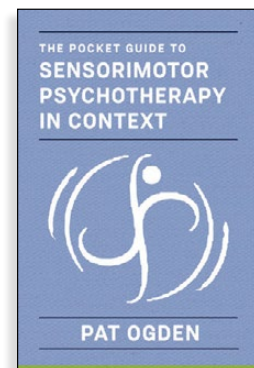
Contents: 1. Sensorimotor Psychotherapy in Context: Sociocultural Considerations 2. The Impact of Trauma and Relational Stress on Physiology, Posture, and Movement 3. The Role of the Body in the Treatment of Trauma 4. Embedded Relational Mindfulness 5. Oppression, Depression and Hypoarousal 6. A Sensorimotor Psychotherapy Approach to Complex Trauma 7. Integrating Body and Mind 8. The Role of the Body in Forecasting the Future 9. Beneath the Words: The Somatic 10. Technique and Beyond: Therapeutic Enactments and the Role of the Body

About
the
Author

PAT OGDEN, PhD, is a pioneer in somatic psychology and the founder of the Sensorimotor Psychotherapy Institute. She is the author of *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* and *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (see page 17).



ISBN: 978-0-393-71402-9 • March 2021 • 368 pages • Paperback • \$29.95 / **\$22.46**



THE POCKET GUIDE TO NEUROSCIENCE FOR CLINICIANS

LOUIS COZOLINO

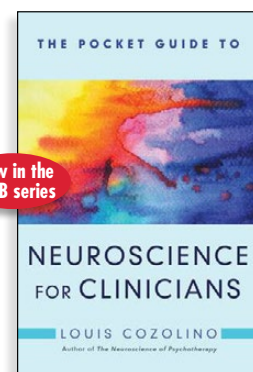
"Written with concision, elegance and anecdotal verve, this book combines cutting-edge science and the experience-based insights of a master clinician. Lou Cozolino's guide to applied neuroscience will be a treasured resource for therapists, physicians, and counselors for a long time to come." —**Gabor Maté, MD**, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

A brief guide to the most important neuroscience concepts for all mental health professionals.

Louis Cozolino helps clinicians to broaden their thinking and deepen their clinical toolbox through an understanding of neuroscience, brain development, epigenetics, and the role of attachment in brain development and behavior. This book will give clinicians all they need to understand the social brain, the developing brain, the executive brain, consciousness, attachment, trauma, memory, and the latest information about clinical assessment. Key figures and terms of neuroscience, along with numerous case examples, bring the material to life.

Contents: 1. The Emergence of the Social Brain 2. The Developing Brain 3. Prior to Consciousness 4. Attachment, Brain, and Mind 5. The Executive Brains 6. Neurodynamic Integration 7. Linking With Others and the Emergence of the Self 8. Neuroscience and Psychotherapy 9. Neuroscience in Clinical Assessment 10. Building a Case Conceptualization 11. Neurofluency in Psychotherapy 12. Traumatized 13. Memory Work 14. Take-Aways

ISBN: 978-0-393-71337-4 • 2020 • 336 pages • Paperback • \$29.95 / **\$22.46**



THE MAKING OF A THERAPIST

LOUIS COZOLINO

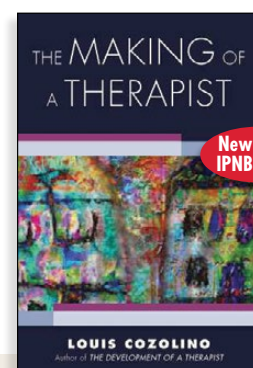
A paperback edition of the best-selling guide for new therapists seeing clients for the first time.

Veteran therapist and mental health writer Louis Cozolino's classic text contains all of the things he wished someone had told him during the first weeks and months of his clinical training. Now available in paperback, the book includes guidance about working with your clients, such as how to cope with silence, handle their direct questions, and get them to talk less and say more. It also focuses on the inner experience of becoming a therapist and ways of thinking and feeling while sitting across from clients. It speaks honestly about not having all the answers, and shuttling up and down between your head and your heart, and mind and body, as struggling clients sit before you. It balances the process of developing therapeutic skills while also taking an inner journey—to becoming the professional, and person, you hope to be. With a new introduction to the paperback edition, this book remains an essential clinical reference.

Contents: **Part I: Getting Through Your First Sessions** 1. What Have I Gotten Myself Into? 2. Getting Centered and Learning to Listen 3. Now What Do I Do? 4. Survival Strategies 5. Beware of Assumptions **Part II: Getting To Know Your Clients** 6. Challenges and Strategies 7. The Therapist's Feelings: Anticipated and Unanticipated Impatience 8. It's Scary to Go to Therapy: The Paradox of Client Resistance 9. In the Eye of the Storm: The Therapist's Challenge 10. Turning Weaknesses into Strengths **Part III: Getting To Know Yourself** 11. Uncovering Countertransference 12. The Making of a Caretaker 13. Building a Satisfying and Sane Career: Cautions and Encouragement 14. Walkin' the Walk

ISBN: 978-0-393-71394-7 • April 2021 • 264 pages • Paperback • \$27.00 / **\$20.25**

Previously published in hardcover.



THE DEVELOPMENT OF A THERAPIST

Healing Others - Healing Self

LOUIS COZOLINO

A conversational and practical Sensorimotor to the next level of professional development.

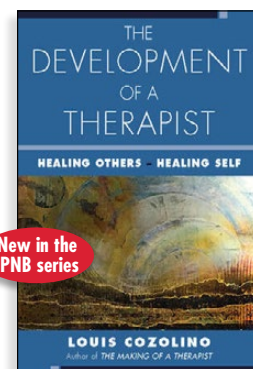
Louis Cozolino, one of our most compelling clinical writers, takes us inside the mind and heart of a seasoned therapist, carrying on the tradition of personal and professional writing begun in *The Making of a Therapist*. This book discusses some of the more abstract concepts and ways of interacting with clients such as relaxed curiosity, finding the secret ally, and discovering the deep narrative. Also addressed are clinical concepts such as related states of mind, the process of change, free-floating attention, and listening with the third ear.

More than just theoretical commentary, the book offers concrete clinical advice for the experienced therapist and brings a fresh perspective to some of the most current clinical challenges including the complexities of executive functioning; treating clients with internet addiction; and taking responsibility for your continued personal growth, clinical supervision, and education after leaving school.

ISBN: 978-0-393-71395-4 • April 2021 • 224 pages • Paperback • \$27.00 / **\$20.25**

About
the
Author

LOUIS COZOLINO, PhD, has been a writer, professor, and practicing psychologist in Los Angeles since 1986. He is the editor of the Norton Series on Interpersonal Neurobiology (IPNB) and author of *The Neuroscience of Psychotherapy*, *The Neuroscience of Human Relationships*, *Why Therapy Works*, and *Timeless* (see page 9).



EMBODIMENT AND THE TREATMENT OF EATING DISORDERS

The Body as a Resource in Recovery

CATHERINE COOK-COTTONE, Foreword by TRACY TYLKA

A guide to treating eating disorders through practices of positive embodiment.

Eating disorders are complex disorders that extend beyond the cognitive and emotional experience of the body and food to something bigger, deeper, and much more profound: embodiment. Here, Dr. Catherine Cook-Cottone explores embodiment and its crucial role in treating eating disorders.

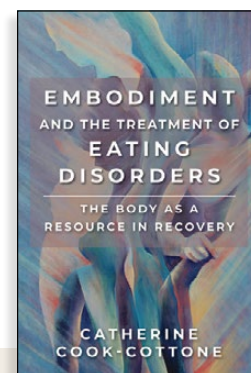
Embodiment involves being with and working with all of the sensations, emotions, and experiences life offers. Disordered eating is disordered embodiment, but, with the positive embodiment practices explained and demonstrated in this book, the body can become a resource for recovery.

Contents: Foreword by Tracy Tylka • Introduction: A Pathway to the Embodied Approach 1. Psychological Models of Embodiment 2. The Embodied-Self Model 3. Disordered Eating as Disordered Embodiment 4. Body as Resource 5. The Embodied Why 6. Effective Treatment: Building on Tradition and Best Practices 7. Embodying Mindful Self-Care 8. Embodied Meaning: Purpose and Mission 9. Embodied Wisdom: Sensing, Feeling, and Self-Regulating 10. Embodied Practices for Self-Regulation 11. Embodied Practices for Mindfulness and Heartfulness 12. Embodied Eating: Mindful and Intuitive Interactions With Food 13. Embodied Connection: Mindful and Supportive Relationships

About
the
Author

CATHERINE COOK-COTTONE, PhD, RYT, is a licensed psychologist, a registered yoga teacher, and an associate professor at the State University of New York at Buffalo.

ISBN 978-0-393-73410-2 • 2020 • 384 pages • Paperback • \$29.95 / **\$22.46**



A THERAPIST'S GUIDE TO TREATING EATING DISORDERS IN A SOCIAL MEDIA AGE

SHAUNA FRISBIE

The impact of visual images all around us on clients who suffer from eating disorders; using phototherapy as a means of healing.

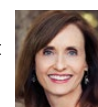
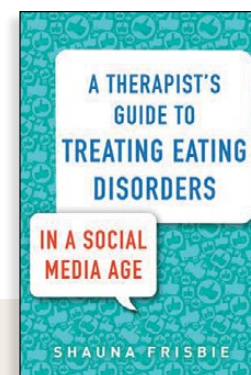
For those with body dissatisfaction and/or eating disorders, living in today's world can be especially challenging, and viewing images on social media and other online formats can be devastating. Shauna Frisbie utilizes phototherapy techniques to view client-selected images (whether they be of themselves or others) to help uncover underlying messages that are impacting their relationships to their bodies. Integrating concepts of healing narratives, neuroscience, and phototherapy, this book will help any therapist promote self-compassion, self-reflection, and healing in their clients.

Contents: 1. Eating Disorders and Identity 2. Off Course: A Generation Lost in Technology 3. Identity Formation in a Social Media Age 4. Identity in Family Images 5. Photographic Images: The Language of Social Media 6. Decoding Created Images 7. Selfie Images 8. Therapeutic Use of Selfie Images 9. Social Media and Group Membership 10. Balancing Social Lives: Using Viewed Images for Identity Formation 11. Damaging Images 12. Narratives for Self-Realization: Countering Damaging Images 13. Authentic Identity in a Social Media Age

About
the
Author

SHAUNA FRISBIE, EDD, is a certified eating disorders specialist who integrates cognitive behavioral, interpersonal, and mindfulness-based approaches in her clinical work. She is a professor in the graduate psychology and counseling department of Lubbock Christian University.

ISBN 978-0-393-71445-6 • 2020 • 288 pages • Paperback • \$25.95 / **\$19.46**



RECOGNIZING AND TREATING HOARDING DISORDER

How Much Is Too Much?

CAROL MATHEWS

The first clinical guide to this psychiatric illness, officially recognized by the DSM in 2013.

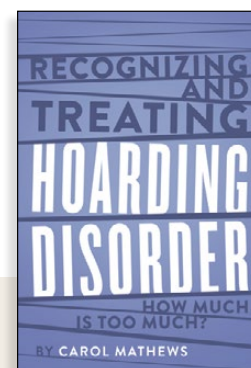
Pathological hoarding was first formally conceptualized as a syndrome separate from OCD in the early 1990s, yet it wasn't until 2013 that hoarding received formal psychiatric diagnostic criteria in the DSM. How can a mental health professional who sees clients in an office determine if hoarding is a factor in a client's life? Carol Mathews provides readers with the first-ever comprehensive clinical book on hoarding, covering every aspect of the disorder.

Contents: 1. What Is Hoarding Disorder? 2. Epidemiology and Impact of Hoarding 3. Assessment of Hoarding Disorder 4. Differential Diagnosis and Co-occurring Psychiatric Disorders 5. Hoarding Behaviors in Children 6. Animal Hoarding 7. Neurobiology of Hoarding Disorder 8. Pharmacological Treatment of Hoarding Disorder 9. Psychotherapy for Hoarding Disorder 10. Self-Help Options 11. Impact on Friends and Families

About
the
Author

CAROL MATHEWS, MD, is the Brooke Professor and the vice chair for strategic development in the Department of Psychiatry at the University of Florida and director of the Center for OCD, Anxiety, and Related Disorders.

ISBN 978-0-393-71357-2 • November 2020 • 288 pages • Hardcover • \$35.00 / **\$26.25**



YOUR RESONANT SELF WORKBOOK

From Self-sabotage to Self-care

SARAH PEYTON

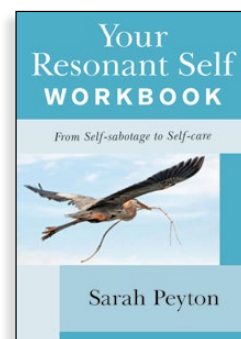
Practices for well-being, based in neuroscience and geared toward kindness.

When we experience trauma or need to find a way to protect ourselves from interpersonal hurt, we make unconscious contracts with ourselves such as "I will never let myself get treated that way again" or "I will never forgive myself for that." But these contracts often result in harmful behaviors like self-criticism, lack of trust, and procrastination. Until we recognize and free ourselves from these damaging contracts we can never truly heal. This workbook takes us through the world of relational neuroscience, and using the lens of unconscious contracts, explores how our brains, nervous systems, and bodies react to the brains, nervous systems, and bodies of others. Case studies, resonant language practice, questionnaires, meditations, and journaling provide readers with healing tools to uncover and rewrite these contracts. Following Sarah Peyton's best-selling *Your Resonant Self* (page 51), this workbook provides the tools to turn inward with kindness, warmth, and curiosity and create opportunities for self-healing.

About
the
Author

Sarah Peyton is a Certified Trainer of Nonviolent Communication. She speaks, writes and trains internationally on language, self-compassion, and trauma.

ISBN 978-0-393-71464-7 • May 2021 • 336 pages • Paperback • \$19.95 / **\$14.96**



PROCESS-ORIENTED HYPNOSIS

Focusing on the Forest, Not the Trees

MICHAEL YAPKO, Foreword by JEFFREY K. ZEIG

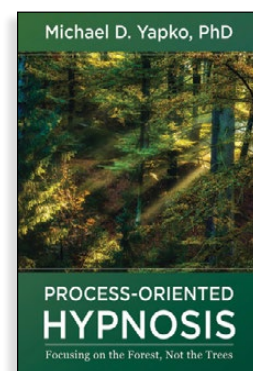
Getting at client issues by focusing on the process of symptom formation rather than on the details of the problem.

Internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers numerous insights into ways clinicians can home in on the process of how people come to suffer various types of emotional distress. Beyond these insights, *Process-Oriented Hypnosis* provides highly practical information and specific examples for integrating this innovative perspective into clinical work. The key patterns of human experience are central to the first section of the book, providing a sound conceptual foundation and a wide range of examples. In the second section, Yapko provides ten richly structured hypnosis session transcripts for clinicians to insightfully adapt to their clients' needs.

About
the
Author

Michael D. Yapko, PhD, is the author of fifteen books, including *Mindfulness and Hypnosis* (see page 54), which won the Society for Clinical and Experimental Hypnosis (SCEH) Arthur Shapiro Award for Best Book on Hypnosis, and the leading hypnosis textbook *Trancework* (now in its 5th edition). Dr. Yapko has taught in more than thirty countries and received numerous awards for his contributions. He has also received lifetime achievement awards from the International Society of Hypnosis and The Milton H. Erickson Foundation.

ISBN 978-1-324-01633-5 • March 2021 • 264 pages • Hardcover • \$25.95 / **\$19.46**



Contents: 1. That Problem Sounds Familiar: Repetitions in Therapy 2. The Distraction of Content and the Salience of Process in Treatment 3. The Process of Hypnosis: Paying Attention With Intention 4. Targeting Symptomatic Sequences With Kind and Gentle Interruptions 5. Recognizing and Tolerating Ambiguity 6. Building Expectancy 7. Making Better Discriminations 8. Developing Impulse Control 9. Facilitating Compartmentalization 10. Encouraging Acceptance 11. Defining Responsibility 12. Catalyzing Meaningful Action 13. Instilling Integrity 14. Evolving Foresight

THE LITTLE BOOK OF ATTACHMENT

Theory to Practice in Child Mental Health with Dyadic Developmental Psychotherapy

DANIEL A. HUGHES and BEN GURNEY-SMITH

"Filled with powerful clinical vignettes and carefully articulated summaries of the science of parent-child relationships, this gem of a book will be useful for mental health practitioners and caregivers alike."

—Daniel J. Siegel, MD, *New York Times* best-selling author of *Mind: A Journey to the Heart of Being Human*

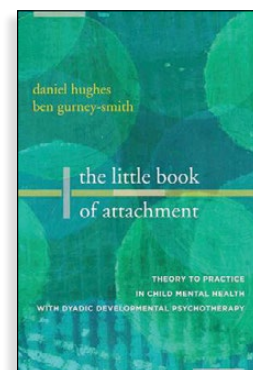
A practical guide to implementing the rich theory of attachment for treating mental health challenges in children.

This book both explains and illustrates how the practice of child mental health professionals can be enhanced, whatever their treatment approach, to encourage engagement, resilience, and development in children with mental health problems. Alongside practical recommendations, Daniel Hughes and Ben Gurney-Smith use dialogue from clinical work to illustrate applications of these principles from Dyadic Developmental Psychotherapy as well as other attachment-based practices with parents and children.

About
the
Author

Daniel A. Hughes is a clinical psychologist who developed Dyadic Developmental Psychotherapy. **Ben Gurney-Smith** is a chartered consultant clinical psychologist, DDP Institute board member. **See pages 15, 21, 27, 49, 58 for more books by Daniel Hughes.**

ISBN 978-0-393-71435-7 • 2020 • 288 pages • Paperback • \$27.50 / **\$20.63**



Topics include: Regulating emotional states • Repairing ongoing relationships • Establishing an attachment-based therapeutic relationship • Accepting a child's inner life • Assessing the caregiver's need for safety, regulation, and reflection • The importance of nonverbal and verbal conversations in facilitating secure attachment • Strengthening the mind of the child

INTERPERSONAL NEUROBIOLOGY AND CLINICAL PRACTICE

DANIEL J. SIEGEL, ALLAN N. SCHORE, and LOUIS COZOLINO, Editors

An edited collection from some of the most influential writers in mental health.

Books in the Norton Series on Interpersonal Neurobiology have collectively sold close to 1 million copies and contributed to a revolution in cutting-edge mental health care. An interpersonal neurobiology of human development enables us to understand that the structure and function of the mind and brain are shaped by experiences, especially those involving emotional relationships. In this book, the three series editors have enlisted some of the most widely read IPNB authors to reflect on the impact of IPNB on their clinical practice and offer words of wisdom to the hundreds of thousands of IPNB-informed clinicians around the world.

Contributors include: Dan Hill on dysregulation and impaired states of consciousness; Deb Dana on the polyvagal perspective; Bonnie Badenoch on therapeutic presence; Kathy Steele on motivational systems in complex trauma

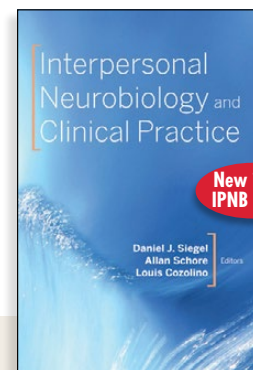
About
the
Editors

DANIEL J. SIEGEL, MD, is clinical professor of psychiatry at the University of California–Los Angeles School of Medicine, executive director of the Mindsight Institute, and founding editor of the Norton Series on Interpersonal Neurobiology (IPNB). He is the author of *The New York Times* bestseller *Mind*, and several bestsellers in the IPNB Series, including *The Mindful Brain*, *The Mindful Therapist*, and *The Pocket Guide to Interpersonal Neurobiology* (see page 13).

ALLAN N. SCHORE, PhD, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and Development. He is the author of *Right Brain Psychotherapy*, *The Development of The Unconscious Mind*, *The Science of the Art of Psychotherapy*, *Affect Dysregulation and Disorders of the Self*, and *Affect Regulation and Repair of the Self* (see page 11).

LOUIS COZOLINO, See page 2 for bio.

ISBN: 978-0-393-71457-9 • March 2021 • 368 pages • Paperback • \$35.00 / **\$26.25**



MIND, CONSCIOUSNESS, AND WELL-BEING

DANIEL J. SIEGEL and MARION F. SOLOMON, Editors

Leaders at the forefront of wellness and the mind write on topics from mind-body medicine to the sciences of self-compassion and presence.

Drawn from presentations at the UCLA Lifespan Learning conference, this compilation from leaders in the fields of mental health and contemplation, science and spiritual exploration, brings together scientists, clinicians, and mindfulness teachers writing on ways to train the mind to bring more health and wellness to your life. Contributors include **Pat Ogden**, **Shauna Shapiro**, **Bonnie Goldstein**, **Trudy Goodman Kornfield**, **Jack Kornfield**, **Kristin Neff**, **Judson Brewer**, **Gary Small**, and many more.

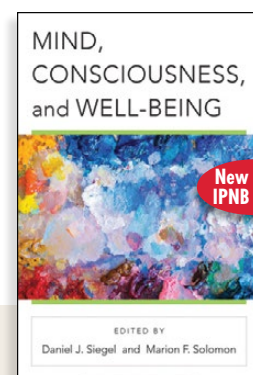
Contents: 1. Strengthening Attention With Mindfulness Training in Workplace Settings 2. Love and Well-Being 3. The Power of Mindfulness: What You Practice Grows Stronger 4. The Art and Science of Self-Compassion 5. Learning to Be a Self 6. Train Your Mind to Save Your Brain 7. Mind-Body Medicine: Consciousness and Health 8. Toward Creating a Natural Antidepressant Brain 9. Therapeutic Relational Presence: Cultivating Shared Consciousness for Positive Well-Being 10. The Science of Presence: Awareness of the Embodied Social Identity as a Pathway to Interconnectedness 11. Being Present: Philosophical and Spiritual Principles to Guide Practice 12. The Enlightened Brain 13. What Alzheimer's Can Teach Us About the Brain, Mind, and Self 14. Living the Living Presence 15. The Interconnection of Mind, Consciousness, and Well-Being

About
the
Editors

DANIEL J. SIEGEL, MD, See above for bio.

MARION SOLOMON, PhD, is a lecturer at the David Geffen School of Medicine, Department of Psychiatry at UCLA. She is the co-author of *Love and War in Intimate Relationships*, and co-editor with Daniel Siegel of *How People Change*, *Healing Moments in Psychotherapy*, *Play and Creativity in Psychotherapy*, *The Healing Power of Emotion*, and *Healing Trauma* (see pages 13, 14 and 19)

ISBN: 978-0-393-71331-2 • 2020 • 368 pages • Hardcover • \$45.00 / **\$33.75**



REASSEMBLING MODELS OF REALITY

Theory and Clinical Practice

ALDRICH CHAN

Clinical musings on the nature of reality and "known experience."

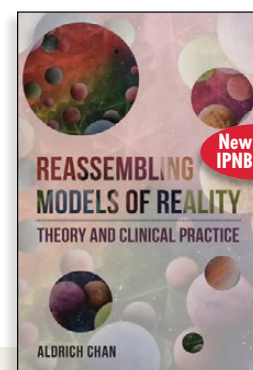
Therapists must rely on their clients' reporting of experience in order to assess, treat, and offer help. Yet we all experience the world through various filters of one sort or another, and our experiences are transformed through several nonconscious processes before reaching our conscious awareness. Neuropsychologist Aldrich Chan examines how our experience of reality is assembled and shaped by biological, psychological, sociocultural, and existential processes. Each chapter explores processes within these domains that may act as "veils." By understanding the ways in which reality can be distorted, clinicians can more effectively help their clients reach their personal psychotherapeutic goals.

Topics include: The Default Mode Network • Cognitive Distortions • Decision-making Heuristics • The Interconnected Mind, Memory, and Cultural Concepts of Distress

About
the
Author

Aldrich Chan, PSYD, is a clinical and research neuropsychologist practicing in Miami, Florida, and an adjunct professor at Pepperdine University.

ISBN: 978-1-324-01597-0 • April 2021 • 264 pages • Hardcover • \$42.00 / **\$31.88**



GENOGRAMS, 4th Edition

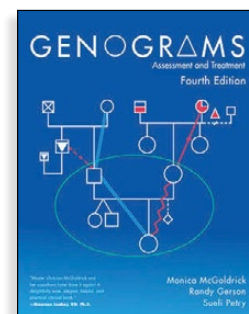
Assessment and Treatment

MONICA MCGOLDRICK, RANDY GERSON, SUELI PETRY

The latest edition of this best-selling book in the field of family therapy—the first update in ten years and with full color throughout

Now in its 4th Edition, *Genograms* has been fully updated by renowned therapist Monica McGoldrick. Expanded with four-color images throughout, additional material explaining the use of genograms with siblings and couples, and a thorough updating to essential concepts, this edition provides a fascinating view into the richness of family dynamics. Informative, comprehensive, and beautifully written and illustrated using both famous and “regular” families, this book helps bring to life principles of family system theory and systemic interviewing, as well as walk readers through the basics of constructing a genogram, doing a genogram interview, and interpreting the results.

UPDATED
BESTSELLER



Topics include: Creating Genograms • The Genogram Interview • Tracking Family Patterns with Genograms • Exploring Family Constellations with Genograms • Exploring Sibling Constellations with Genograms • Exploring Couple Constellations with Genograms • Clinical Uses of the Genogram • Genograms In Medical or Psychiatric Practice

About
the
Author

Monica McGoldrick, LCSW, is cofounder and director of the Multi-cultural Family Institute.

Randy Gerson, PhD, was director of Atlanta College for Systemic Thinking until his death in 1995.

SueLi Petry, PhD, is core faculty at MFI and has a private practice.



ISBN: 978-0-393-71404-3 • 2020 • 384 pages • Paperback • \$45.00 / **\$33.75**

See pages 57 and 59 for more books by Monica McGoldrick.

EMOTIONAL NEGLECT AND THE ADULT IN THERAPY

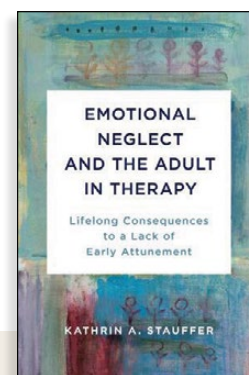
Lifelong Consequences to a Lack of Early Attunement

KATHRIN A. STAUFFER

A clinical examination of the ways in which early neglect can impact adults throughout their lives, and suggestions for therapists on how to help.

People who have experienced emotional neglect in the first months and years of life suffer negative consequences into adulthood. As adult psychotherapy clients, they require long-term work and delicate emotional attunement as well as a profound understanding of the experiences that have shaped their inner worlds. This book provides therapists with an in-depth view of the subjective experience of such “ignored children” and a range of possible theoretical models to help understand key features of their psychological functioning.

Contents: 1. The Experience of Being an Ignored Child 2. Possible Scenarios of Emotional Neglect 3. Psychotherapeutic Theories About Ignored Children 4. Neuroscientific Contributions Toward Understanding Ignored Children 5. General Principles for Psychotherapy with Adults Who Were Ignored Children 6. Specific Psychotherapeutic Interventions



About
the
Author

KATHRIN A. STAUFFER, PhD, was born and educated in Switzerland. Originally a biochemist, she retrained as a body psychotherapist and currently works in private practice in Cambridge and London as a body psychotherapist, biodynamic massage therapist, trainer, and supervisor. She is also the author of *Anatomy and Physiology for Psychotherapists* (see page 41).



ISBN 978-0-393-71441-8 • November 2020 • 240 pages • Hardcover • \$35.00 / **\$26.25**

INTEGRATIVE BEHAVIORAL COUPLE THERAPY

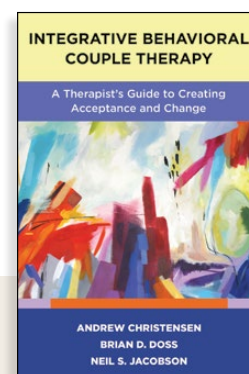
A Therapist's Guide to Creating Acceptance and Change, Second Edition

ANDREW CHRISTENSEN, BRIAN D. DOSS, and NEIL S. JACOBSON

The highly-anticipated second edition to the definitive treatment manual for Integrative Behavioral Couple Therapy.

This update to Andrew Christensen and Neil S. Jacobson's groundbreaking text, first published 25 years ago, maintains the fundamental principles of IBCT while elaborating on these ideas and including a wealth of examples. Revised by Christensen and Brian D. Doss, this second edition makes it easier for the clinician to understand not just the principles of IBCT, but the diverse ways in which they can be applied.

Contents: 1. A Couple in Distress 2. Why Lovers Make War, and How Couple Therapy Brings Peace 3. Couple Distress from an IBCT Perspective 4. Overview and Assessment in IBCT 5. Feedback Session and Treatment Overview in IBCT 6. Creating Acceptance and Change Through Empathic Joining 7. Creating Acceptance and Change Through Unified Detachment 8. Creating Acceptance and Change Through Tolerance Building 9. Deliberate, Client-Led Change 10. Dyadic Behavioral Activation 11. Communication and Problem-Solving Training 12. Diversity in Couples: Clinical Considerations in Doing IBCT 13. Special Problems in Couple Therapy: Violence, Sexual Problems, Infidelity, and Psychopathology 14. OurRelationship.com and IBCT: A Model for Integration



About
the
Authors

ANDREW CHRISTENSEN is a distinguished research professor of psychology in the Department of Psychology at the University of California, Los Angeles.

BRIAN D. DOSS is an associate professor of psychology at the University of Miami.



NEIL S. JACOBSON was widely recognized as a consummate scientist-practitioner and as one of the leading experts in the theory and practice of behavior therapy.

ISBN: 978-0-393-71363-3 • 2020 • 416 pages • Paperback • \$39.95 / **\$29.96**



THE NORTON SERIES ON INTERPERSONAL NEUROBIOLOGY

Louis J. Cozolino, PhD, *Series Editor* • Allan N. Schore, PhD, *Series Editor, 2007-2014*

Daniel J. Siegel, MD, *Founding Editor*



Welcome to the **Norton Series on Interpersonal Neurobiology!**

Interpersonal Neurobiology (IPNB) and this Series were born from a deep need to find common ground among various clinical disciplines so that we could work more collaboratively and have a core science-based curriculum that sheds light on some often unanswered and even unaddressed questions in the field of mental health.

Our three categories for the Series are: **Scientific Fundamentals: Ways of Knowing, Therapeutic Framework: Ways of Being, and Clinical Applications: Ways of Doing.** Each of these books has themes that fit into each of the categories, not just the one it was placed in for organizational purpose. Our hope is that by classifying an initial theme of the book's message into one of these three areas, you'll be able to more easily select among the rich offerings and let the book then speak for itself about how to bring these ways of knowing, being, and doing into effective means to help others, and yourself, achieve mental health and well-being.

Regards,

Daniel J. Siegel

SCIENTIFIC FUNDAMENTALS: WAYS OF KNOWING

POLYVAGAL EXERCISES FOR SAFETY AND CONNECTION

A Guide for Therapists to Help Their Clients

DEB DANA, Foreword by STEPHEN W. PORGES

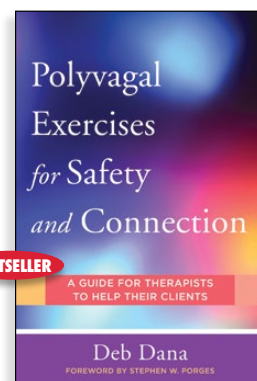
"This book is a beautiful example of the notion that 'sensing, naming, and identifying what is going on inside is the first step to recovery.' Deb Dana lucidly guides you to travel deep inside of yourself to become aware of how your internal surveillance system—the safety settings of your autonomic nervous system—is the foundation of the way we feel, act, and think." —Bessel A. van der Kolk, MD, President, Trauma Research Foundation, Professor of Psychiatry, Boston University School of Medicine

A practical guide to working with the principles of polyvagal theory beyond the therapy session.

Deb Dana is the foremost translator of polyvagal theory into clinical practice. In her third book on this groundbreaking theory, she provides therapists with a grab-bag of polyvagal-informed exercises for their clients, to use both within and between sessions. These exercises offer readily understandable explanations of the ways the autonomic nervous system directs daily living. They use the principles of polyvagal theory to guide clients to safely connect to their autonomic responses and navigate daily experiences in new ways. The exercises are designed to be introduced over time in a variety of clinical sessions with accompanying exercises appropriate for use by clients between sessions to enhance the therapeutic change process.

Contents: 1. In Service of Survival 2. Beneath Awareness 3. Wired for Connection 4. Befriend 5. Attend 6. Shape 7. Integrate 8. Connect

ISBN 978-0-393-71385-5 • 2020 • 304 pages • Paperback • \$19.95 / **\$14.96**



THE POLYVAGAL THEORY IN THERAPY

Engaging the Rhythm of Regulation

DEB DANA, Foreword by STEPHEN W. PORGES

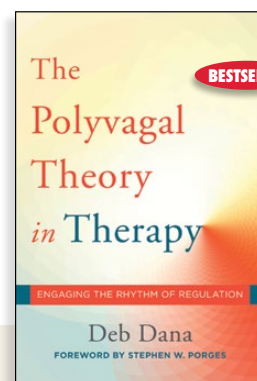
"Offers a window into the inner life of a traumatized person and a way out of trauma and back into finding joy, connection, and safety through enlightening theory, rich experiential practice, and practical steps."

—*Psych Central*

Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of mobilization and collapse and resource experiences of connection. Through exercises that have been specifically created to engage the regulating capacities of the ventral vagal system, therapists are given tools to help clients reshape their autonomic nervous systems.

Topics include: Safety, Danger, and Life-Threat: Adaptive Response Patterns • Autonomic Surveillance: Neuroception • Wired to Connect • The Personal Profile Map • The Triggers and Glimmers Map • The Regulating Resources Map • Compassionate Connection • Safely Aware and Able to Attend

ISBN: 978-0-393-71237-7 • 2018 • 320 pages • Hardcover • \$29.95 / **\$22.46**



CLINICAL APPLICATIONS OF THE POLYVAGAL THEORY

The Emergence of Polyvagal-Informed Therapies

STEPHEN W. PORGES and DEB DANA, Editors

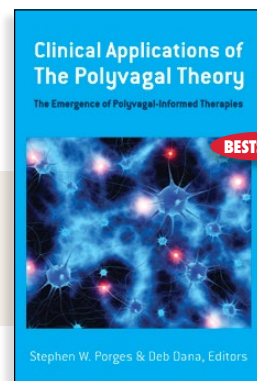
Through the insights of innovative and benevolent clinicians, whose treatment models are Polyvagal-informed, this book provides an accessible way for clinicians to embrace Polyvagal Theory. See page 7 for more books on the Polyvagal Theory.

Topics include: Polyvagal Theory and Trauma • Safety and Reciprocity • Polyvagal Theory and Sensorimotor Psychotherapy • Application of Polyvagal Theory In Therapeutic Work With Traumatized Children and Young People • 106 Principles and Practices for Cultivating Effective Therapeutic Relationships • Polyvagal Perspectives On The Doctor-Patient Relationship • Polyvagal Theory Affirms The Importance of Nursing • Engaging The Mammalian Autonomic Nervous System • The Polyvagal Playlab: Helping Therapists Bring Polyvagal Theory To Their Clients

Contributors: Stephen W. Porges • Peter A. Levine • Bessel van der Kolk • Pat Ogden • Bonnie Badenoch • Joe Tucci • Angela Weller • Janise Mitchell • Shari M. Geller • George Thompson • Moira Theede • Alan Theede • Deb Dana and Deb Grant • Amber Gray • Sandra Lindaman • Jukka Mäkela • Stuart Daniel • Angie Masters • Kieran Donovan • Robert Schwarz • Ralf Vogt • Tom Bunn • Candyce Ossefort-Russell • Gary Whited • Marilyn Sanders • Liza Morton

ISBN: 978-1-324-00050-1 • 2018 • 464 pages • Hardcover • \$37.50 / **\$28.13**

Discounted Two-Book Set: *Clinical Applications of the Polyvagal Theory* and *The Polyvagal Theory in Therapy* • ISBN: 978-0-393-71341-1 • \$60.00 / **\$45.00**



THE POCKET GUIDE TO THE POLYVAGAL THEORY

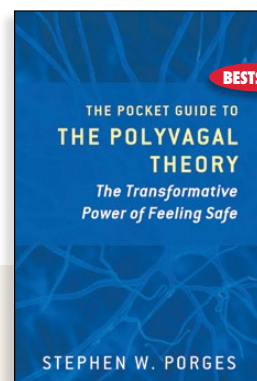
STEPHEN W. PORGES

"Stephen Porges, PhD, has not only made one of the most profound and illuminating contributions to our understanding of the nervous system in the last 50 years—he's made one of the most useful ones.... This is ideal for clinicians of any kind, but also for anyone who wants to better understand their own nervous system, and that of those they care about."
—**Norman Doidge, MD**, author, *The Brain That Changes Itself*, and *The Brain's Way of Healing*

This book presents Porges' perspective in a readily accessible way. It expands the meaning and clinical relevance of this groundbreaking theory.

Contents: 1. The Neurobiology of Feeling Safe 2. Polyvagal Theory and the Treatment of Trauma 3. Self-Regulation and Social Engagement 4. How Polyvagal Theory Explains the Consequences of Trauma on Brain, Body, and Behavior 5. Cues of Safety, Health, and Polyvagal Theory 6. The Future of Trauma Therapy: A Polyvagal Perspective 7. Somatic Perspective in Psychotherapy

ISBN: 978-0-393-70787-8 • 2017 • 288 pages • Paperback • \$29.95 / **\$22.46**



THE POLYVAGAL THEORY

Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation

STEPHEN W. PORGES

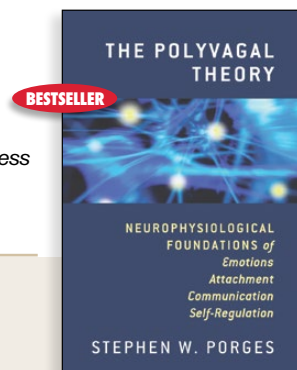
"[A] vital contribution to scientifically-informed clinical practice.... It is a must-read for clinicians and psychobiological researchers." —**Peter A. Levine, PhD**, author of *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Adopted by clinicians around the world, Stephen Porges' groundbreaking Polyvagal Theory has provided exciting new insights into the way our autonomic nervous system unconsciously mediates social engagement, trust, and intimacy.

Topics include: Adaptive Reactions of the Autonomic Nervous System • Biobehavioral Regulation During Early Development • Social Communication and Relationships: Emotions, Attachment and the Neural Regulation of the Autonomic Nervous System • Therapeutic and Clinical Perspectives: Autism, Borderline Personality Disorder, Abuse, Trauma, Music Therapy, and the Polyvagal Theory • Social Behavior and Health: Affect and Caregiving In Light of Neurobiology and Evolution

ISBN: 978-0-393-70700-7 • 2011 • 368 pages • Hardcover • \$48.50 / **\$36.38**

Discounted Two-Book Set: *The Polyvagal Theory* and *The Pocket Guide to the Polyvagal Theory* • ISBN: 978-0-393-71307-7 • \$70.00 / **\$52.50**



MIND-BRAIN-GENE

Toward Psychotherapy Integration

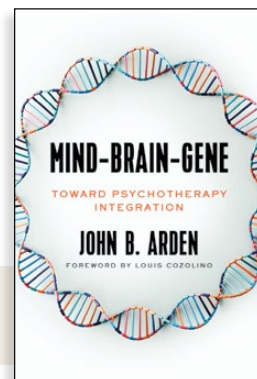
JOHN B. ARDEN

"John Arden has drawn together the latest research into all the areas relevant to helping people with mental health." —*Human Givens Journal*

Psychoneuroimmunology is a field that links the mind, brain, body, and genes and shows us how the fields of medicine and psychology are completely intertwined. This book explains the connections and offers readers an understanding of how the environment can impact gene expression, which, in turn, impacts behavior.

Contents: 1. "Self"-Organization 2. The Social Self 3. Behavior-Gene Interactions 4. The Body-Mind and Health 5. Self-Maintenance 6. Motivation, Habits, and Addiction 7. Stress and Autostress 8. The Trauma Spectrum 9. Transcending Rigidity 10. Mind in Time

ISBN 978-0-393-71184-4 • 2019 • 384 pages • Hardcover • \$37.50 / **\$28.13**





LOUIS COZOLINO, PhD, is a professor of psychology at Pepperdine University, a clinician in private practice, an international speaker, and Series Editor of the Norton Series on Interpersonal Neurobiology. See page 2 for more books by Louis Cozolino.

THE NEUROSCIENCE OF PSYCHOTHERAPY, 3rd Edition

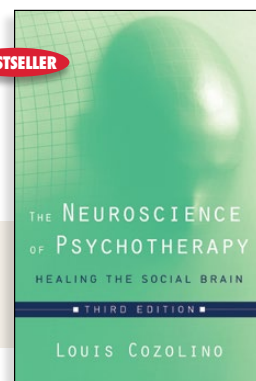
Healing the Social Brain

This groundbreaking book explores the revolution in psychotherapy that has brought an understanding of the social nature of people's brains to a therapeutic context. Louis Cozolino is a master at synthesizing neuroscientific information and demonstrating how it applies to psychotherapy practice. New material on altruism, executive function, trauma, and change round out the third edition of this bestseller.

Topics include: Building and Rebuilding the Brain • Neural Integration • The Human Nervous System • Multiple Memory Systems • Laterality • Executive Functioning • The Social Brain • Attachment • Altruism • The Disorganization of Experience • The Anxious and Fearful Brain • Early Traumatic Stress and The Impact of Trauma • The Self in Exile • Narcissism and Pathological Caretaking • Neural Plasticity

ISBN: 978-0-393-71264-3 • 2017 • 592 pages • Hardcover • \$49.95 / **\$37.46**

BESTSELLER



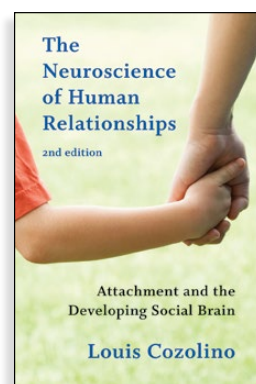
THE NEUROSCIENCE OF HUMAN RELATIONSHIPS, Second Edition

Attachment and the Developing Brain

"I have been using Cozolino's wisdom and work both for my clients and myself since reading this book. **The breadth of empirical knowledge and wisdom it contains is phenomenal.**" —*Psych Central*

Since the publication of the best-selling first edition of this book on how relationships build our brains, the field of social neuroscience has grown at a mind-numbing pace. The second edition organizes this cutting-edge, abundant research and presents its compelling insights, giving readers a deeper appreciation of how and why relationships have the power to reshape our brains throughout our lives.

ISBN: 978-0-393-70782-3 • 2014 • 656 pages • Hardcover • \$47.50 / **\$35.63**



WHY THERAPY WORKS

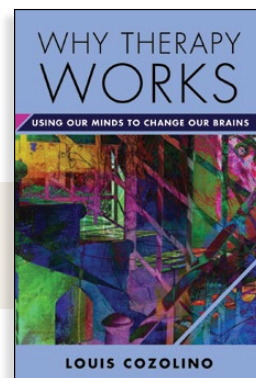
Using Our Minds to Change Our Brains

"With its helpful (and often humorous) overviews of key theories, plus its innovative fusion of biology, behavior, and human evolution, it will no doubt prove beneficial to both lay readers and mental health practitioners." —*Psych Central*

"*Why Therapy Works* is a tour de force." —**Drew Pinsky, MD**, Internist/Addictionologist and host of *Dr. Drew on HLN*

Topics include: Why Humans Need Therapy • Using Our Minds to Change Our Brains • Those Things We Don't Remember Yet Never Forget • The Social Brain: Embodied and Embedded • Attachment and Intimate Relationships • Core Shame • Helping Clients Become Alphas • Anxiety and Stress • Understanding and Treating Trauma • The Power of Coherent Narratives • Pain Is Inevitable; Suffering Is Optional

ISBN: 978-0-393-70905-6 • 2016 • 288 pages • Hardcover • \$23.95 / **\$17.96**



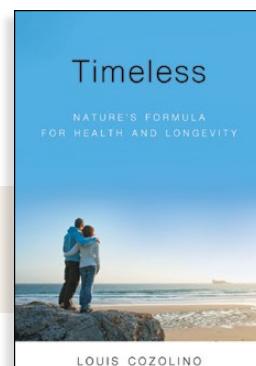
TIMELESS

Nature's Formula for Health and Longevity

Is there a secret to staying young? It turns out that there are many, and they all begin with nurturing our existing relationships to foster brain health, keeping us happier and healthier. Filled with both practical and thought-provoking suggestions, this book is a must-read for anyone who wants to age in style. Portions of this book have appeared in different form in *The Healthy Aging Brain*.

Contents: 1. Our Social Brains 2. Connecting to Others 3. Sustaining the Social Brain: A New Look 4. The Life of The Brain 5. Growth and Adaptation 6. Two Brains: Many Possibilities 7. The Emergence of Wisdom and Compassion 8. The Maturation of Emotion 9. Challenges to Wisdom 10. Stories as Nurturance 11. Nurturing Your Body 12. Nurturing Relationships 13. Compassion in Action 14. Optimal Challenge and Maximum Inclusion

ISBN 978-0-393-71325-1 • 2018 • 368 pages • Paperback • \$16.95 / **\$12.71**



FOUNDATIONAL CONCEPTS IN NEUROSCIENCE

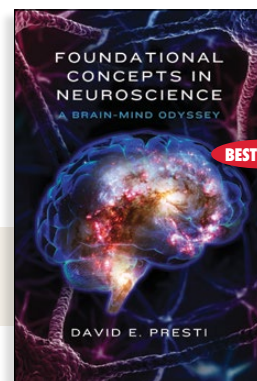
A Brain-Mind Odyssey

DAVID E. PRESTI

Based on the author's popular UC Berkeley course, this book provides a complete overview of brain structure and function. Comprehensive enough to use as a text in an introductory course on neuroscience, but fundamental enough to be read by anyone interested in learning how the brain works, the chapters in the book are concise yet thorough, rigorous yet easy-to-follow and fun to read.

Topics include: Origins • Nervous Systems and Brains • Chemistry and Life • Genes and The History of Molecular Biology • How Neurons Generate Signals • Synapses, Neurotransmitters, and Receptors • Neuroanatomy and Excitability • Poison, Medicine, and Pharmacology • Psychoactive Drugs

ISBN: 978-0-393-70960-5 • 2016 • 320 pages • Hardcover • \$42.50 / **\$31.88**



THE EMOTIONAL FOUNDATIONS OF PERSONALITY

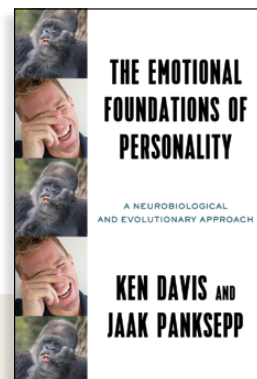
A Neurobiological and Evolutionary Approach

KEN DAVIS and JAAK PANKSEPP

This book presents the wealth of scientific evidence that our personality emerges from evolved primary emotions shared by all mammals. These subcortically-generated emotions bias our actions, alter our perceptions, guide our learning, provide the basis for our thoughts and memories, and become regulated over the course of our life.

Jaak Panksepp, famously known for discovering laughter in rats and creating the field of affective neuroscience, died in April 2017. This book forms a part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand how we act in the world and the world's impact upon us.

Contents: 1. The Affective Neuroscience Personality Scale 2. The Mystery of Human Personality 3. Darwin's Comparative "Personality" Model 4. William McDougall's Comparative Psychology 5. The Need for a Bottom-Up Model of Personality 6. Bottom-Up and Top-Down Personality Approaches 7. Personality Research on Great Apes 8. The Special Case of Our Canine Companions 9. Do Rats Have Personalities? Of Course They Do! 10. Animal Personality Research 11. Different Paths Toward Understanding Brain-Mind States that Constitute Human Temperaments 12. Factor Analysis 13. Other "Big" Models 14. Bringing In Neural Substrates of Human Personality 15. Genetics and the Origins of Personality 16. Human Brain Imaging 17. Personality and The Self 18. Affective Neuro-Personality and Psychopathology 19. Fleshing Out the Complexities



ISBN: 978-0-393-71057-1 • 2018 • 352 pages • Hardcover • \$35.00 / **\$26.25**

THE ARCHAEOLOGY OF MIND

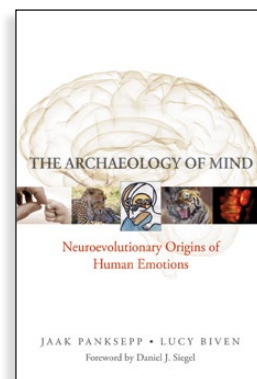
Neuroevolutionary Origins of Human Emotions

JAAK PANKSEPP and LUCY BIVEN, Foreword by DANIEL J. SIEGEL

"Jaak Panksepp is the most important theorist of mental life that I have read since Freud. The impact of his scientific contributions will be felt for decades to come." —Mark Solms, Editor, *Freud's Complete Works*

This book presents an affective neuroscience approach—which takes into consideration basic mental processes, brain functions, and emotional behaviors that all mammals share—to locate the neural mechanisms of emotional expression. It reveals—for the first time—the deep neural sources of our values and basic emotional feelings.

ISBN: 978-0-393-70531-7 • 2012 • 592 pages • Hardcover • \$55.00 / **\$41.25**



BORDERLINE BODIES

Affect Regulation Therapy for Personality Disorders

CLARA MUCCI

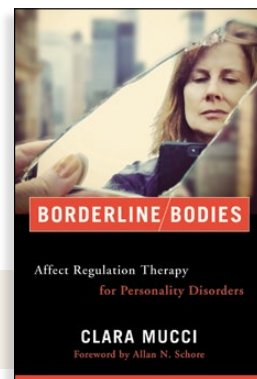
"[A] revolutionary way to understand how personality disorders develop, and importantly, that their symptomatology can be remedied. Drawing on psychoanalytic theory, it bridges epigenetics, attachment theory, and relationships — particularly the healing relationship that ensues between the clinician and the client." —*Psych Central*

People with personality disorders often attack their own bodies through eating disorders and other self-destructiveness. This book takes a wide-ranging approach to borderline personality disorders and argues that people cannot be treated effectively until the complex mind-body-brain connection is understood.

Topics include: Personality Disorders and the Traumatized Body Between Self and Other • The Body Between Nature and Culture • How to Treat the Borderline Patient • The Dead Mother Complex • Sexuality, Gender, and Identity Diffusion in Severe Personality Disorders • Complex PTSD and Dissociation • Narcissistic Personality Disorders

Clara Mucci, PhD, is a clinical psychologist, case supervisor, and professor of psychology at Università Gabriele D'Annunzio, Italy.

ISBN 978-0-393-71266-7 • 2018 • 480 pages • Hardcover • \$45.00 / **\$33.75**





ALLAN N. SCHORE, PhD, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and Development.

THE DEVELOPMENT OF THE UNCONSCIOUS MIND

"His authentic and original contributions... have contributed to refine and reshape our understanding of the mechanisms underpinning psychopathology and thus my clinical practice." – Dr. George Halasz, *ESTD Newsletter*

This book traces the evolution of the concept of the unconscious from an intangible, metapsychological abstraction to a psychoneurobiological function of a tangible brain. An integration of current findings in the neurobiological and developmental sciences offers a deeper understanding of the dynamic mechanisms of the unconscious. The relevance of this reformulation to clinical work is a central theme of *Right Brain Psychotherapy* (see below).

Topics include: Early Emotional Attachment, the Development of the Right Brain, and the Relational Origins of the Unconscious Mind • Modern Attachment Theory • Early Interpersonal Neurobiological Assessment of Attachment and Autistic Spectrum Disorders • The Developmental Neurobiology and Neuroendocrinology of Boys at Risk

ISBN 978-0-393-71291-9 • 2019 • 416 pages • Hardcover • \$49.95 / **\$37.46**

RIGHT BRAIN PSYCHOTHERAPY

An exploration into the adaptive functions of the emotional right brain, which describes not only affect and affect regulation *within* minds and brains, but also the communication and interactive regulation of affects *between* minds and brains. This book offers evidence that emotional interactions reflect right-brain-to-right-brain affective communication. Essential reading for readers trying to understand one-person psychology as well as two-person psychology (relationships, whether clinical or otherwise).

Topics include: Implications of Recent Advances in Neuroscience for an Interpersonal Neurobiological Paradigm of Psychotherapy • The Right Brain is Dominant in Psychotherapy • The Growth-Promoting Role of Mutual Regressions in Deep Psychotherapy • How Love Opens Creativity, Play, and the Arts Through Early Right Brain Development

ISBN 978-0-393-71285-8 • 2019 • 416 pages • Hardcover • \$49.95 / **\$37.46**

Discounted Two-Book Set: *The Development of the Unconscious Mind* and *Right Brain Psychotherapy*

ISBN: 978-0-393-71434-0 • 2019 • \$99.90 / **\$64.94**

THE SCIENCE OF THE ART OF PSYCHOTHERAPY

Following Allan Schore's very successful books on affect regulation and dysregulation, this is the third volume of the trilogy. It offers a representative collection of essential expansions and elaborations of regulation theory, all written since 2005. Focusing on the hottest topics in psychotherapy, this book provides a window into the ideas of one of the best-known writers in the field.

Topics include: Affect Regulation Therapy and Clinical Neuropsychoanalysis • Relational Trauma and the Developing Right Brain • Right Brain Affect Regulation • Therapeutic Enactments • Attachment • Developmental Neuroethology and Social Context • Borderline Personality Disorder and the Right Hemisphere

ISBN: 978-0-393-70664-2 • 2012 • 480 pages • Hardcover • \$49.95 / **\$37.46**

AFFECT REGULATION AND THE REPAIR OF THE SELF & AFFECT DYSREGULATION AND DISORDERS OF THE SELF

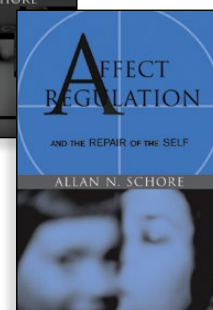
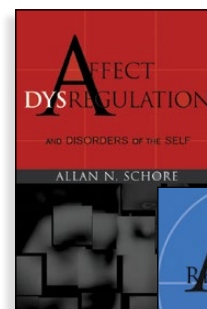
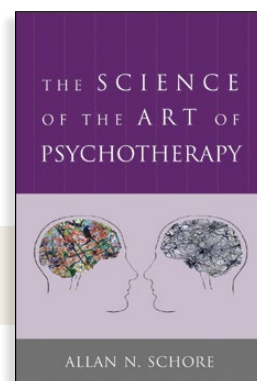
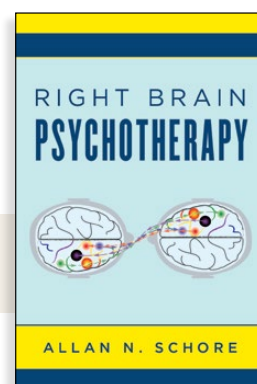
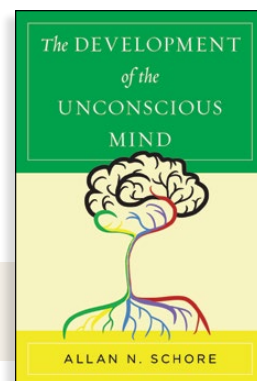
These books bring together Schore's integrative work on affect regulation and dysregulation. Considered together, they show both the breadth of his theoretical models and the practical import of his findings. The complex biopsychosocial model that emerges from Schore's research highlights the integrative character of the biological and the psychological realms in early development and over the course of the human lifespan.

Affect Regulation: ISBN: 978-0-393-70407-5 • 2003 • 384 pages • Hardcover • \$49.95 / **\$37.46**

Affect Dysregulation: ISBN: 978-0-393-70406-8 • 2003 • 432 pages • Hardcover • \$49.95 / **\$37.46**

Set of two books: ISBN: 978-0-393-70408-2 • \$80.00 / **\$60.00**

THE ALLAN N. SCHORE BOOKSHELF: A special discounted set of all five of Allan Schore's books • *The Science of The Art of Psychotherapy*, *Affect Dysregulation and Disorders of the Self*, *Affect Regulation and Repair of the Self*, *Right Brain Psychotherapy*, and *The Development of the Unconscious Mind* • ISBN: 978-0-393-71393-0 • \$225.00 / **\$168.75**



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AFFECT REGULATION THEORY

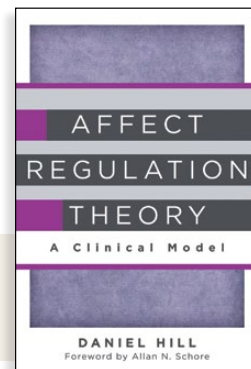
DANIEL HILL, Foreword by ALLAN N. SCHORE

"Essential reading for graduate students and clinicians." —Lewis Aron, PhD, Director, New York University Postdoctoral Program in Psychotherapy & Psychoanalysis

Drawing on cutting-edge understanding from the fields of attachment, developmental trauma, implicit processes, and neurobiology, this is the first book of its kind to translate the intricacies of affect regulation theory into a cogent clinical synthesis and useful guide for any practitioner.

Topics include: Affect Regulation and the Attachment Relationship • Self-States • The Neurobiology of the Primary Affect-Regulating System • The Right Brain and the Implicit Self • Mentalization • Relational Traumas • Chronic Dissociation • Personality Disorders • Pervasive Dissociated Shame • Therapeutic Aims • Therapeutic Actions: Explicit and Implicit • Interactive Regulation and Vitalizing Attunement

ISBN: 978-0-393-70726-7 • 2015 • 320 pages • Hardcover • \$27.95 / **\$21.00**



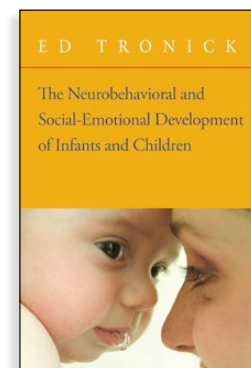
THE NEUROBEHAVIORAL AND SOCIAL-EMOTIONAL DEVELOPMENT OF INFANTS AND CHILDREN

ED TRONICK

"[A]n essential textbook for students and scholars of infant development and a valuable resource for clinical practitioners at all levels." —*New England Psychologist*

Organized into five parts—Neurobehavior, Culture, Infant Social-Emotional Interaction, Perturbations: Natural and Experimental, and Dyadic Expansion of Consciousness and Meaning Making—this book represents all of Tronick's landmark ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation. It also includes a CD-ROM with video clips of Tronick's Still-Face Paradigm.

ISBN: 978-0-393-70517-1 • 2007 • 604 pages • Hardcover w/CD-ROM • \$55.00 / **\$41.25**



INFANT/CHILD MENTAL HEALTH, EARLY INTERVENTION, AND RELATIONSHIP-BASED THERAPIES

A Neurorelational Framework for Interdisciplinary Practice

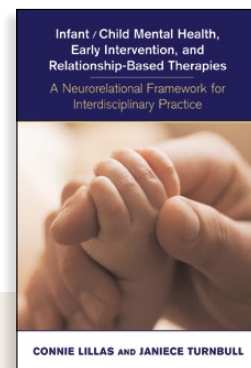
CONNIE LILLAS and JANIECE TURNBULL

In response to the critical need for a more cohesive system of care for our youngest patients, this book presents a conceptual framework for interdisciplinary collaboration. Examining the issues of infant mental health and early intervention from a brain-based perspective—one that cuts across all domains—Lillas and Turnbull address the need for individual practitioners to incorporate the whole picture as they assess and intervene with each individual child and parent, and provide a global framework for team collaboration.

Contents: 1. In Search of New Approaches to Complex Problems 2. An Overview of the Neurorelational Framework 3. Brains in Relationship. Using the Neurorelational Framework With Dyads 4. Functions and Behaviors of the Regulation System 5. Assessment and Intervention Principles, Priorities, and Strategies for the Regulation System 6. Functions and Behaviors of the Sensory System 7. Assessment and Intervention Principles, Priorities, and Strategies for the Sensory System 8. The Functions and Behaviors of the Relevance System 9. Assessment and Intervention Principles, Priorities, and Strategies for the Relevance System 10. The Functions and Behaviors of the Executive System 11. Assessment and Intervention Principles, Priorities, and Strategies for the Executive System 12. From Parts to Whole

Includes a CD-Rom with supplemental worksheets, figures, and tables.

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THERAPEUTIC FRAMEWORK: WAYS OF BEING

► Featuring books by DANIEL J. SIEGEL

MIND

A Journey to the Heart of Being Human

DANIEL J. SIEGEL

"A leading scientist's visionary journey, a creative and compelling exploration of mind itself." —**Jack Kornfield, PhD**, author of *A Path With Heart*

"At once erudite and highly readable, with the proper mix of science and speculation, this book takes the reader on a journey from mind as simply brain activity to mind as energy and information flow to mind as embodied and relational with emergent properties. . . . This interdisciplinary book elucidates the power of mind and delineates delicately the personal, interpersonal and societal implications of creating a creative and a healthy mind." —**Ellen J. Langer**, Professor of psychology, Harvard University, author of *Mindfulness*

ISBN: 978-0-393-71053-3 • 2016 • 400 pages • Hardcover • \$26.95 / **\$20.21**

A NEW YORK TIMES BESTSELLER



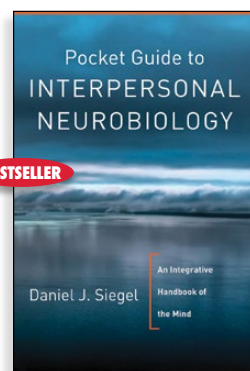
POCKET GUIDE TO INTERPERSONAL NEUROBIOLOGY

An Integrative Handbook of the Mind

DANIEL J. SIEGEL

"Dr. Daniel Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today." —**Jon Kabat-Zinn, PhD**, author of *Wherever You Go, There You Are*

This book is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It will also assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books in the Norton Series on Interpersonal Neurobiology.

ISBN: 978-0-393-70713-5 • 2012 • 560 pages • Paperback • \$29.95 / **\$22.46**

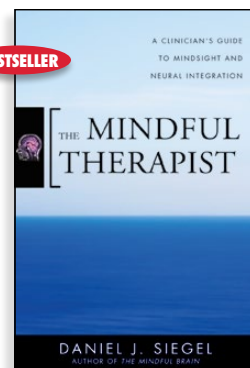
THE MINDFUL THERAPIST

A Clinician's Guide to Mindsight and Neural Integration

DANIEL J. SIEGEL

"In my 40 years of practice, I can count on one hand the number of books I would call seminal. After reading *The Mindful Therapist*, that number just increased by one. Scientifically grounded, evidence-based, compassionate, and exquisitely human, this approach will fundamentally change the way we do psychotherapy. I hope everyone who practices our craft reads this book, and I hope they read it often." —**Daniel Gottlieb**, Host, "Voices in the Family," WHYY FM Radio

A deep exploration of what it means to be mindful and how to cultivate mindfulness in the therapeutic relationship. Exercises offered throughout the book promote integration, a mindful presence, and the nurturing of empathic relationships—all of which are key to effective therapy.

ISBN: 978-0-393-70645-1 • 2010 • 320 pages • Hardcover • \$35.00 / **\$26.25**

THE MINDFUL BRAIN

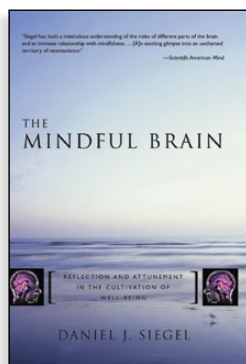
Reflection and Attunement in the Cultivation of Well-Being

DANIEL J. SIEGEL

"[T]he ideas in this book will both enrich one's own mindfulness practice and enhance one's therapeutic skills."

—*American Journal of Psychiatry*

The first book ever to integrate neuroscience research with the ancient art of mindfulness. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

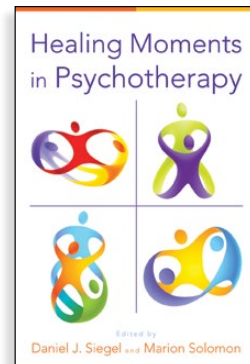
ISBN: 978-0-393-70470-9 • 2007 • 416 pages • Hardcover • \$30.00 / **\$22.50**

HEALING MOMENTS IN PSYCHOTHERAPY

DANIEL J. SIEGEL and MARION F. SOLOMON, Editors

A wide range of distinguished scientists and clinicians discuss the nature of change in the therapeutic process. **Jaak Panksepp, Ian McGilchrist, Ruth Lanius, Francine Shapiro**, and other luminaries offer readers a powerful journey through mindful awareness, neural integration, affective neuroscience, and therapeutic presence to reveal the transformational nature of therapy.

Contributors also include: Daniel J. Siegel • Marion Solomon • Daniel A. Hughes • Pat Ogden • Robyn Bluhm • Paul A. Frewen • Debra Wesselmann • Diana Fosha • Bonnie Mark-Goldstein

ISBN: 978-0-393-70762-5 • 2013 • 304 pages • Hardcover • \$45.00 / **\$33.75**

THE HEALING POWER OF EMOTION

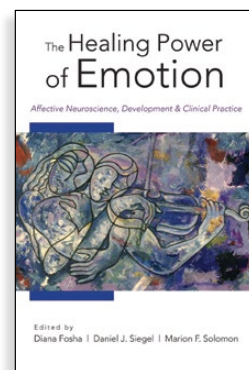
Affective Neuroscience, Development & Clinical Practice

DIANA FOSHA, DANIEL J. SIEGEL, and MARION F. SOLOMON, Editors

This book offers fresh, exciting, original, and groundbreaking work from the leading neuroscientists, developmental psychologists, therapy researchers, and clinicians today, illuminating how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored.

Contributors include: Diana Fosha • Daniel J. Siegel • Jack Panksepp • Stephen W. Porges • Susan Johnson • Allan N. Schore • Marion F. Solomon • Dan Hughes

ISBN: 978-0-393-70548-5 • 2009 • 368 pages • Hardcover • \$45.00 / **\$33.75**



HEALING TRAUMA

Attachment, Mind, Body, and Brain

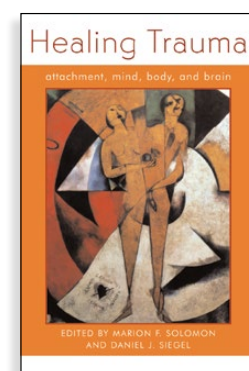
MARION F. SOLOMON and DANIEL J. SIEGEL, Editors

"The ultimate textbook on trauma. Invaluable for clinicians who wish to familiarize themselves with trauma treatments." —*Journal of Analytical Psychology*

Emerging from the integration of developmental, neurobiological, and social perspectives, *Healing Trauma* is a collection that will be accessible and valuable to a wide variety of practitioners in the medical and psychological healing professions.

Contributors include: Diana Fosha • Mary Main • Allan N. Schore • Francine Shapiro • Daniel J. Siegel • Marion F. Solomon • Bessel van der Kolk

ISBN: 978-0-393-70396-2 • 2003 • 384 pages • Hardcover • \$47.50 / **\$35.63**



NEUROBIOLOGY FOR CLINICAL SOCIAL WORK, Second Edition

Theory and Practice

JANET R. SHAPIRO and JEFFREY S. APPLGATE

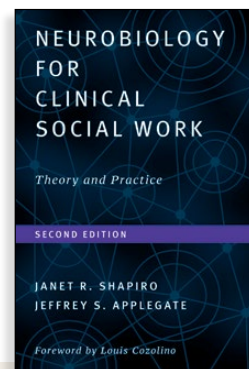
Foreword by Louis Cozolino

"The case studies are especially useful for social work educators and bring to life the science they so clearly discuss." —Terri Combs-Orme, PhD, Urban Child Institute Endowed Professor, College of Social Work, University of Tennessee

This second edition explores the application of recent research in neuroscience to prevention and intervention in multiple systems, settings and areas of social work practice. The book focuses on new research in areas such as the neurobiology of stress, the impact of early adversity and toxic stress on brain development, early childhood and adolescent brain development.

Contents: 1. Social Work and Neuroscience: An Introduction 2. The Neuroscience of Learning and Memory: How Past Experience and Traumatic Stress Influence the Present 3. Affect and Affect Regulation: Toward a Neuropsychological Integration 4. The Role of Attachment Relationships: The Relational Context of Early Brain Development and Affect Regulation 5. The Neurodevelopmental Impact of Stress, Adversity, and Trauma: Implications for Social Work 6. Infant Mental Health in the 21st Century: Incorporating Research in Social Neuroscience into Relationship-Based Models of Practice 7. Adolescent Brain Development: A Trauma-Informed Approach With Adolescents in Juvenile Justice Settings with Jillian Graves 8. Translating Neuroscience Research to Social Work Practice: The Role of Neural Integration Across Models of Psychotherapy 9. Three Case Studies 10. New Directions in Social Work Education

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NEUROBIOLOGY AND THE DEVELOPMENT OF HUMAN MORALITY

Evolution, Culture, and Wisdom

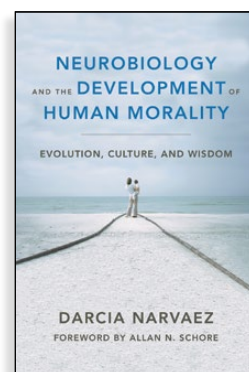
DARCIA NARVAEZ, Foreword by ALLAN N. SCHORE

"[F]ascinating and compelling . . . [A] must for any college or institutional library and a highly recommended read for practitioners interested in neuroscience and the wider implications of human behavior in society today." —*Contemporary Psychotherapy*

Integrating the latest scholarship in clinical sciences and positive psychology, Narvaez provides an evolutionary framework for early childhood experience grounded in developmental systems theory, encompassing not only genes but a wide array of environmental and epigenetic factors. In light of these findings, Narvaez proposes a developmentally informed ecological and ethical sensibility as a way to revise the ways we think about parenting and sociality.

ISBN: 978-0-393-70655-0 • 2014 • 456 pages • Hardcover • \$39.95 / **\$29.96**

Winner of the 2017 Expanded Reason Award in research by the University Francisco de Vitoria, Madrid, in collaboration with the Joseph Ratzinger/Benedict XVI Vatican Foundation



INTENSIVE PSYCHOTHERAPY FOR PERSISTENT DISSOCIATIVE PROCESSES

The Fear of Feeling Real

RICHARD A. CHEFETZ

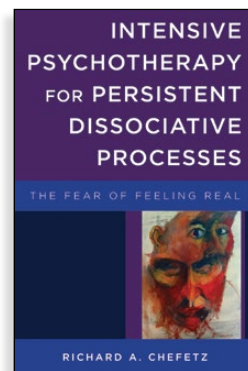
Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award

"Whether laying out verbatim vignettes, neuroscience, or positioning his work within the plains of psychoanalytic theory, his style is engaging and it is a pleasure to read. . . . [I]t made me think and it fed directly, immediately and effectively into my practice." —*European Society for Trauma and Dissociation newsletter*

"[A] goldmine for anyone struggling to understand this most perplexing and important of fields."

—*Psychodynamic Psychiatry*

ISBN: 978-0-393-70752-6 • 2015 • 496 pages • Hardcover • \$42.50 / **\$31.88**



HEALING THE TRAUMATIZED SELF

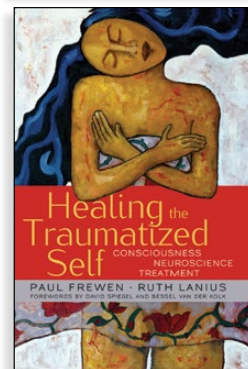
Consciousness, Neuroscience, Treatment

PAUL FREWEN and RUTH LANIUS, Forewords by DAVID SPIEGEL and BESSEL VAN DER KOLK

"This is a landmark book in the history of psychotraumatology. Frewen and Lanius have created a new intellectual blueprint for understanding dissociation. Their book is unique in providing a detailed integration of the latest neuroscientific findings with the experience of what it is like to be traumatized." —Chris R. Brewin, Professor of Clinical Psychology, University College London

Paul Frewen and Ruth Lanius present a new model for parsing the symptoms of trauma-related disorders into non-dissociative distress and properly dissociative "trauma-related altered states of consciousness," or TRASC. Their four-dimensional model tracks disturbances in 1) time-memory, 2) thought, 3) body, and 4) emotion.

ISBN: 978-0-393-70551-5 • 2015 • 480 pages • Hardcover • \$42.50 / **\$31.88**



THE HAUNTED SELF

Structural Dissociation and the Treatment of Chronic Traumatization

ONNO VAN DER HART, ELLERT R. S. NIJENHUIS, and KATHY STEELE

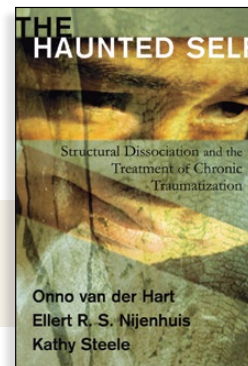
Winner of the ISSTD Media Award

"[A] brilliant and highly accessible account of this most fundamental concept of modern-day psychiatry and psychotherapy." —David Servan-Schreiber, MD, PhD, Clinical Professor of Psychiatry, University of Pittsburgh, and author of *The Instinct to Heal*

Topics include: Structural Dissociation of the Personality • Trauma and Dissociation • Chronic Traumatization and A Janetian Psychology of Action • Synthesis and Its Limitations in Trauma Survivors • Traumatization as a Syndrome of Nonrealization • The Hierarchy of Action Tendencies • Phobic Maintenance of Structural Dissociation • Assessment of the Traumatized Patient • Promoting Adaptive Action: Treatment Principles

ISBN: 978-0-393-70401-3 • 2006 • 440 pages • Hardcover • \$49.95 / **\$37.46**

See pages 21 for more books by van der Hart and Steele.



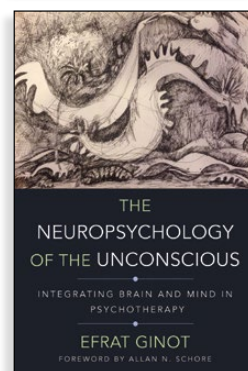
THE NEUROPSYCHOLOGY OF THE UNCONSCIOUS

Integrating Brain and Mind in Psychotherapy

EFRAAT GINOT, Foreword by ALLAN N. SCHORE

"[A] persuasive argument for delving into the unconscious, so that clients can make enduring change. By citing recent research, developing cohesive theories, and providing exemplary cases, this book lights up the darkest recesses of the unconscious to improve our therapeutic perception. . . . **[A] compelling update of modern psychodynamic psychotherapy. We recommend it to anyone interested in the unconscious, psychoanalysis, and interpersonal neurobiology.**" —*The Milton H. Erickson Foundation Newsletter*

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BRAIN-BASED PARENTING

The Neuroscience of Caregiving for Healthy Attachment

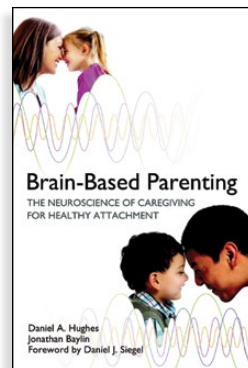
DANIEL A. HUGHES and JONATHAN BAYLIN, Foreword by DANIEL J. SIEGEL

"The authors . . . **offer salient, real-world vignettes that will resonate with parents and clinicians alike.** . . . [H]ighly recommended reading for anyone hoping to get a taste of the exciting new field of interpersonal biology and enrich their knowledge of parenting." —*Journal of Psychiatric Practice*

Renowned attachment specialist Daniel Hughes and clinical psychologist Jonathan Baylin reveal what happens neurochemically when caregiving skills are strong—leading to healthy attachment—and when they're impaired, potentially leading to a host of behavioral and emotional problems in kids. In doing so, they provide parents, and the family therapists and clinicians who may work with them, with a roadmap for a stronger and more meaningful parent-child connection. Readers will learn how to harness their brain chemistry to master emotional regulation, strengthen reflective capacities, expand attunement, and remain mindful.

ISBN: 978-0-393-70728-1 • 2012 • 272 pages • Hardcover • \$29.95 / **\$24.46**

See page 21 for another book by Daniel Hughes and Jonathan Baylin.



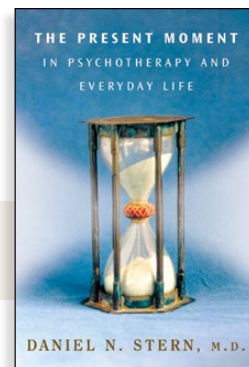
THE PRESENT MOMENT IN PSYCHOTHERAPY AND EVERYDAY LIFE

DANIEL N. STERN

"Immensely important, indisputably major . . . authoritatively straddling the spectrum encompassing psychoanalysis and psychotherapy, adult and child, neuroscience and phenomenological philosophy, and much else . . . in a most lucid, concise, and comprehensive way." —*International Journal of Psychotherapy*

Topics include: The Nature of the Present Moment • The Temporal Architecture of the Present Moment • The Present Moment as a Lived Story • The Intersubjective Matrix • Implicit Knowing • Intersubjective Consciousness • Interweaving the Implicit and Explicit in the Clinical Situation • The Past and the Present Moment • Change • The Microanalytic Interview

ISBN: 978-0-393-70429-7 • 2004 • 320 pages • Hardcover • \$35.00 / **\$26.25**



NEUROBIOLOGY ESSENTIALS FOR CLINICIANS

What Every Therapist Needs to Know

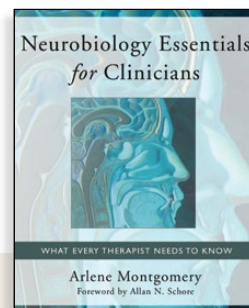
ARLENE MONTGOMERY, Foreword by ALLAN N. SCHORE

"A practical handbook that easily translates into clinical practice." —*Journal of Analytical Psychology*

What is so unique about this book is that the bulk of the chapters are clinical dialogue, accompanied by neurobiological commentary. Thus, readers can see for themselves, through case examples, just how a "neurobiological outlook" can inform therapeutic understandings of what clients are doing and saying.

Contents: Part I: Neurobiological Underpinnings of Selected Clinical Experiences 1. Affect Regulation and the Autonomic Nervous System 2. Defense Mechanisms and the Limbic System 3. Threat Management and the Amygdala 4. Therapeutic Engagement Issues and the Vagal System 5. Personality Disorders As Affect Management Strategies • **Part II: Special Populations** 6. Working With Adolescents 7. Working With Groups 8. Integrating Neurobiological Concepts Into the Supervisory Process

ISBN: 978-0-393-70602-4 • 2013 • 360 pages • Paperback • \$29.95 / **\$22.46**



LOVING WITH THE BRAIN IN MIND

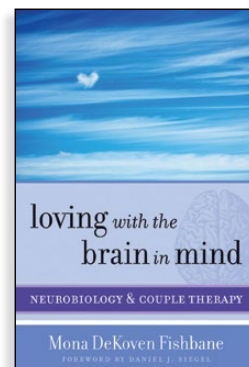
Neurobiology and Couple Therapy

MONA DEKOVEN FISHBANE, Foreword by DANIEL J. SIEGEL

"An innovative and very readable book for both new and experienced clinicians. . . . [It] provides couple therapists, as well as the couples that they treat, with a scientific, evidence-based foundation for hope and optimism for the future." —*PsyCRITIQUES*

This engaging book explains how partners become reactive and emotionally dysregulated with each other, and what is going on in their brains when this happens. Readers will come to understand the neurobiology of empathy, and how empathy and self-regulation can be learned.

ISBN: 978-0-393-70653-6 • 2013 • 304 pages • Hardcover • \$34.00 / **\$25.50**



PRENATAL DEVELOPMENT AND PARENTS' LIVED EXPERIENCES

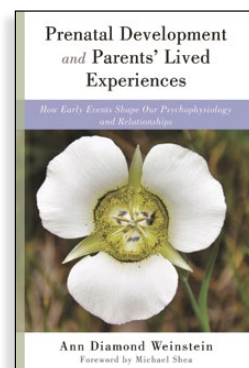
How Early Events Shape Our Psychophysiology and Relationships

ANN DIAMOND WEINSTEIN

"Weinstein gives credence to the theory that the mother-baby relationship is fully intertwined along a continuum that begins before conception" —*Journal of Prenatal and Perinatal Psychology and Health*

Knowledge drawn from numerous fields highlights the opportunity for parents-to-be and the practitioners who care for them to intentionally support the cultivation of nurturing internal and external environments during the preconception, prenatal, and early parenting periods.

ISBN 978-0-393-71106-6 • 2016 • 496 pages • Hardcover • \$47.50 / **\$35.63**



BODY SENSE

The Science and Practice of Embodied Self-Awareness

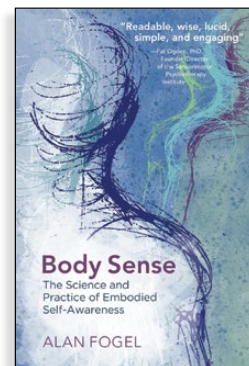
ALAN FOGEL

"A trustworthy and encyclopaedic reference text for gaining a better sense of how to both recognise and stay in contact with our embodied selves." —*Contemporary Psychotherapy*

Combining a ground-up explanation of the anatomical and neurological sources of embodied self-awareness with practical exercises in touch and movement, *Body Sense* provides therapists and their clients with the tools to attain mind-body equilibrium and cultivate healthy body sense throughout their lives.

ISBN: 978-0-393-70866-0 • 2013 • 416 pages • Paperback • \$29.95 / **\$22.46**

Previously published in hardcover as *The Psychophysiology of Self-Awareness*



SELF-AGENCY IN PSYCHOTHERAPY

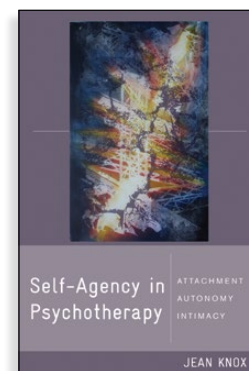
Attachment, Autonomy, Intimacy

JEAN KNOX

"*Self-Agency in Psychotherapy* is an amazing integration of developmental research and neuroscience with clinical theory and practice. Knox has written a fascinating and important book." —**Beatrice Beebe, PhD**, Clinical Professor of Psychology in Psychiatry, Columbia University

Knox makes the case that the achievement of a secure sense of self-agency lies at the heart of any successful psychotherapy, and argues for an updated psychoanalytic therapy rooted in a developmental and intersubjective approach.

ISBN: 978-0-393-70559-1 • 2010 • Hardcover • 256 pages • \$35.00 / **\$26.25**

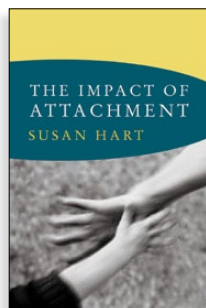


THE IMPACT OF ATTACHMENT

SUSAN HART

Hart addresses children's normal development and relational disorders and presents an integrated therapeutic approach that takes attachment issues into consideration.

ISBN: 978-0-393-70662-8 • 2010 • 448 pages
Hardcover • \$42.50 / **\$31.88**



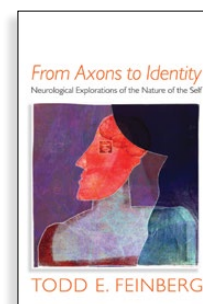
FROM AXONS TO IDENTITY

Neurological Explorations of the Nature of the Self

TODD E. FEINBERG

Feinberg presents case studies of individuals with brain pathologies and unusual psychiatric syndromes and then presents a groundbreaking new theory of these conditions that relates them to the normal course of psychological development

ISBN: 978-0-393-70557-7 • 2009 • 288 pages
Hardcover • \$25.95 / **\$19.46**



CLINICAL APPLICATIONS: WAYS OF DOING

SENSORIMOTOR PSYCHOTHERAPY

Interventions for Trauma and Attachment

PAT OGDEN and JANINA FISHER

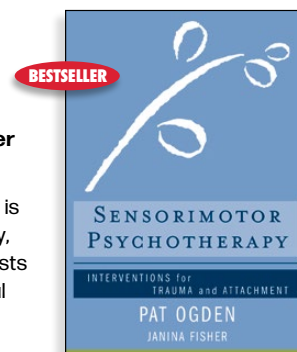
"Provides a wealth of clinical wisdom and knowledge of the body that can be easily integrated into any other psychotherapeutic framework." —*European Society of Trauma and Dissociation Newsletter*

The body's intelligence is largely an untapped resource in psychotherapy, and the story told by the "somatic narrative" is arguably more significant than the story told by words. Written for therapists and clients to explore together in therapy, this book is a companion to *Trauma and the Body*. Each chapter of this book is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

ISBN: 978-0-393-70613-0 • 2015 • 832 pages • Hardcover • \$49.95 / **\$37.46**

Also available: *The Pocket Guide to Sensorimotor Psychotherapy in Context* • ISBN 978-0-393-71402-9 • 320 pages • Paperback • \$29.95 / **\$22.46**

See page 1 for details.



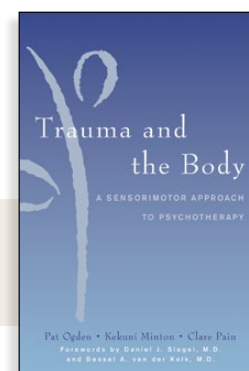
TRAUMA AND THE BODY

PAT OGDEN, KEKUNI MINTON, and CLARE PAIN

Incorporating theory and technique from traditional talk therapy methods with body-oriented psychotherapy, somatic psychology pioneer Pat Ogden and her colleagues expertly explain how using body sensation and movement can help chronically traumatized clients find resolution and meaning in their lives and develop a new, somatically integrated sense of self.

Topics include: Cognitive, Emotional, and Sensorimotor Dimensions of Information Processing • Modulating Arousal • Dyadic Regulation and the Body • The Orienting Response • Defensive Subsystems • Adaptation and Action Systems • Treatment Principles • Skills for Working with the Body in Present Time • Developing Somatic Resources for Stabilization • Processing Traumatic Memory

ISBN: 978-0-393-70457-0 • 2006 • 384 pages • Hardcover • \$42.00 / **\$31.50**



Discounted Two-Book Set: *Sensorimotor Psychotherapy* and *Trauma and The Body*
ISBN: 978-0-393-71276-6 • \$80.00 / **\$60.00**

ADDICTION, ATTACHMENT, TRAUMA, AND RECOVERY

The Power of Connection

OLIVER J. MORGAN, Foreword by LOUIS COZOLINO

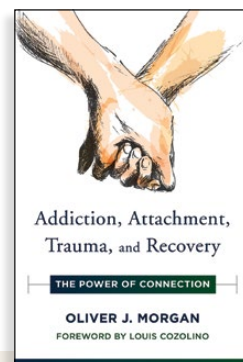
"Here is the book we need in our age of human disconnection. With passion and compassion, Oliver Morgan brilliantly weaves science and research, philosophy and spirituality, and addiction and recovery wisdom; giving us a model to find human connection again." — Stephanie Brown, PhD, Director, The Addictions Institute, Menlo Park, California

This book presents a fresh take on addiction and recovery by presenting a more inclusive framework than traditional understanding. Leading-edge work in attachment, interpersonal neurobiology, and trauma is integrated with ecological systems thinking to provide a consilient and comprehensive picture of addiction. This book presents a model, a method, and a mandate, calling for change in the established ways we think about addiction and recovery.

Contents: 1. Résumé of an Alcoholic 2. Attachment-sensitive Counseling 3. Addiction: Facts and Myths 4. Neurobiology Basics 5. Wired to Connect: Addiction as an Attachment Disorder 6. Adversity, Trauma, and Toxic Stress: The Royal Road to Addiction 7. Impact and Implications of Childhood Adversity: The ACE Study 8. Recovery: The Road to (Re-)Connection 9. Social Ecology and Poverty of the Spirit 10. A Circle of Compassion

Oliver J. Morgan, PhD, is Professor of Counseling & Human Services at the University of Scranton in Scranton, PA. He has written over 30 articles and book chapters, as well as several previous books, all in the field of addiction studies.

ISBN 978-0-393-71317-6 • 2019 • 384 pages • Hardcover • \$39.95 / **\$29.96**



BOOKS BY JOHN AND JULIE GOTTMAN

10 PRINCIPLES FOR DOING EFFECTIVE COUPLES THERAPY

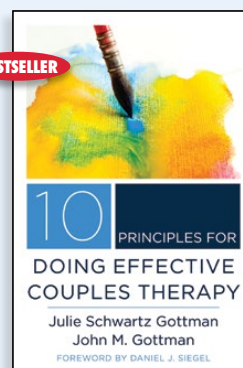
JULIE SCHWARTZ GOTTMAN and JOHN M. GOTTMAN, Foreword by DANIEL J. SIEGEL

"This book lays out in an eminently readable and accessible way the basic steps of effective couple therapy. It is a great contribution to the field and will guide numerous therapists onto the path of successful intervention."

—**Sue Johnson, EdD**, author of *Hold Me Tight* and *Love Sense*; Founding Director of The International Center for Excellence in Emotionally Focused Therapy (ICEEFT)

In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling.

ISBN: 978-0-393-70835-6 • 2015 • 288 pages • Hardcover • \$25.95 / **\$19.46**



THE SCIENCE OF COUPLES AND FAMILY THERAPY

Behind the Scenes at the "Love Lab"

JOHN M. GOTTMAN and JULIE SCHWARTZ GOTTMAN

"Drawing on a wealth of research imbued with powerful theoretical insights, John and Julie Gottman's book is an intellectual achievement **sure to affect profound changes in many couples' lives, and without fail, change the way we live, love, and create families.**" —*Psych Central*

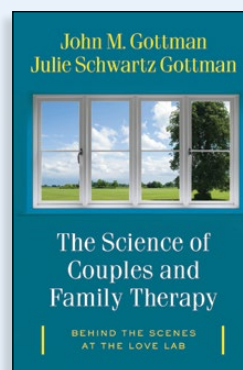
In this highly conversational and readable book, John and Julie Gottman offer the fulfillment of the original general systems theory first presented by biologist Ludwig von Bertalanffy in 1968. The Gottmans present a new, viable general systems theory, with precise, measurable, and easy-to-understand concepts. From this new empirical theory, an effective couples and family therapy emerges. They describe their clear-cut technology for creating change and delineate the six parameters of change. This book finally creates a firm scientific edifice for couples and family therapy.

About
the
Authors

John M. Gottman, PhD, is William Mifflin Professor of Psychology at the University of Washington in Seattle. He has conducted 40 years of breakthrough research with thousands of couples and is the author of over two dozen books, including *The Science of Trust* and *The Marriage Clinic*.

Julie Schwartz Gottman, PhD, is the Co-Founder and President of The Gottman Institute and the co-creator of the immensely popular The Art and Science of Love weekend workshop for couples. She also co-designed the national clinical training program in Gottman Method Couples Therapy. She is the editor of *The Marriage Clinic Casebook* (page 56).

ISBN: 978-0-393-71274-2 • 2018 • 320 pages • Hardcover • \$35.00 / **\$26.25**



BOOKS BY BONNIE BADENOCH

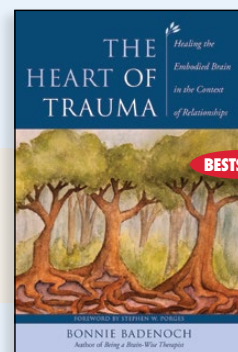
THE HEART OF TRAUMA

Healing the Embodied Brain in the Context of Relationships

The ability to offer the safe sanctuary of presence is central to treating trauma and therapeutic practice. This book offers brain- and body-based insights and skills for the reader to heal not only clients but also themselves.

Topics include: Considering the Nature of Trauma • Our Embodied and Relational Brains in Development, Trauma, and Healing • Introducing Our Complex and Malleable Brains • Skin: Portal to the Brain • Muscles: Murmuring Voices of Holding and Letting Go • Autonomic Nervous System: Guardian of Safety • Eyes: Diffuse and Focused Seeing • Ears and Vocal Cords: Relational Vibrations • Belly Brain: Digesting Food and Relationships • Heart Brain: One Voice of Connection • Brainstem: Moving to the Rhythm of Memory and Experience

ISBN: 978-0-393-71048-9 • 2017 • 340 pages • Hardcover • \$27.50 / **\$20.63**



BEING A BRAIN-WISE THERAPIST

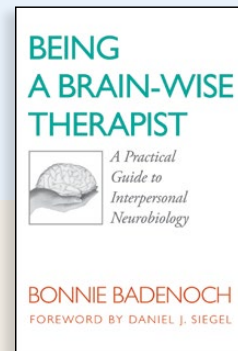
A Practical Guide to Interpersonal Neurobiology

Foreword by DANIEL J. SIEGEL

In easy-to-understand prose, this book explains neurobiological correlates of some familiar diagnostic categories and shows how principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders.

Topics include: The Brain's Building Blocks • The Relationship Between Brain and Mind • Attaching • The Mutuality of the Therapeutic Relationship • Through the Lens of Diagnosis: Depression, Anxiety, Dissociation, and Addiction • Grounding Therapy in the Right Brain • Listening to Family Histories • The Three Faces of Mindfulness • Patterning the Internal Work • Doing Art • Keeping Our Balance with Couples • Meeting Teens with Their Brains in Mind • Playing with Children, Supporting Their Parents

ISBN: 978-0-393-70554-6 • 2008 • 384 pages • Paperback • \$29.95 / **\$22.46**



THE BRAIN-SAVVY THERAPIST'S WORKBOOK

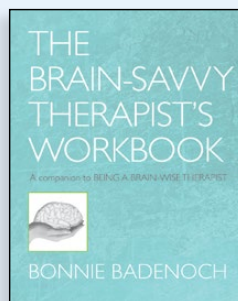
A Companion to Being a Brain-Wise Therapist

This book addresses the role of attachment in adult behavior and offers a method for deriving information about adult attachment from spoken discourse about family relationships.

ISBN: 978-0-393-70639-0 • 2011 • 336 pages • Paperback • \$29.95 / **\$22.46**

About
the
Author

Bonnie Badenoch, MA, LMFT, is a marriage and family therapist, an instructor at Portland State University in the Interpersonal Neurobiology certificate program, and cofounder and executive director of the nonprofit Nurturing the Heart with the Brain In Mind.



HOW PEOPLE CHANGE

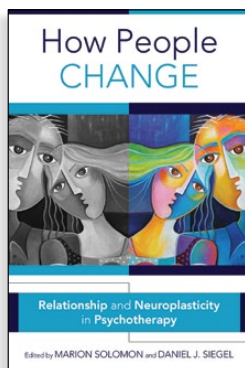
Relationship and Neuroplasticity in Psychotherapy

Edited by MARION SOLOMON and DANIEL J. SIEGEL

This book explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain.

Contributors: Daniel J. Siegel • Marion Solomon • Philip Bromberg • Louis Cozolino • Vanessa Davis • Margaret Wilkinson • Pat Ogden • Peter Levine • Russell Meares, MD • Dan Hughes • Martha Stark • Stan Tatkin • Bonnie Goldstein

ISBN: 978-0-393-71176-9 • 2017 • 320 pages • Hardcover • \$37.50 / **\$28.13**

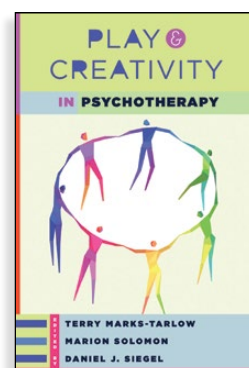


PLAY AND CREATIVITY IN PSYCHOTHERAPY

Edited by TERRY MARKS-TARLOW, MARION SOLOMON, and DANIEL J. SIEGEL

Through play, as children, we learn the rules and relationships of culture and expand our tolerance of emotions—areas of life 'training' that overlap with psychotherapy. Distinguished clinicians including **Mihaly Csikszentmihalyi, Daniel J. Siegel, Jaak Panksepp, Allan Schore, Pat Ogden, and Louis Cozolino** illuminate what play and creativity mean for the healing process at any stage of life.

ISBN: 978-0-393-71171-4 • 2017 • 400 pages • Hardcover • \$37.50 / **\$28.13**



CLINICAL INTUITION IN PSYCHOTHERAPY

The Neurobiology of Embodied Response

TERRY MARKS-TARLOW, Foreword by ALLAN N. SCHORE

Marks-Tarlow defines clinical intuition as a right-brain, fully embodied mode of perceiving, relating, and responding to the ongoing flows and changing dynamics of psychotherapy. She examines how the body "has a mind of its own" in the form of implicit processes and gut feelings, locates the roots of clinical intuition within human empathy.

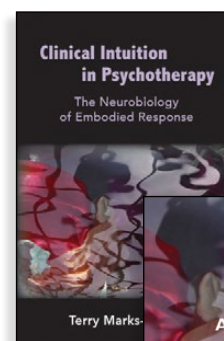
ISBN: 978-0-393-70703-8 • 2012 • 288 pages • Hardcover • \$35.00 / **\$26.25**

AWAKENING CLINICAL INTUITION

An Experiential Workbook for Clinicians

With exercises in breathing, mindfulness, meditation, play, perspective-building, and much more, this is a practical workbook for eliminating mental clutter, getting in touch with right-brain, embodied responses to psychotherapy, and cultivating a unique, intuitive style. Features include client-ready applications and two hours of accompanying audio.

ISBN: 978-0-393-70868-4 • 2014 • 256 pages • Paperback w/MP3 CD • \$32.95 / **\$24.71**



SEX ADDICTION AS AFFECT DYSREGULATION

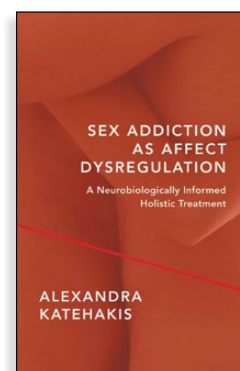
A Neurobiologically Informed Holistic Treatment

ALEXANDRA KATEHAKIS, Foreword by ALLAN N. SCHORE

"Alexandra Katehakis has written a fascinating book on sex addiction. . . . I recommend this book for everyone in the field of SA treatment as an introduction into the complexity of the problem. . . . I felt a deep affinity for [her] work and her empathy for her patients. . . . I found myself engrossed in her clinical material." —*PsycCRITIQUES*

This book integrates cutting-edge research, case studies, verbatim session records, and patient writings and art. Katehakis explicates neurophysiological, psychological, and cultural forces priming and maintaining SA, then details how her innovative treatment restores patients' interpersonal, sexual and spiritual relationality. Her Psychobiological Approach to Sex Addiction Treatment (PASAT) joins therapist and patient through a relationally-based psychotherapy—a holistic, dyadic dance that calls on the body, brain and mind of both.

ISBN: 978-0-393-70902-5 • 2016 • 616 pages • Hardcover • \$42.50 / **\$31.88**



ART THERAPY & THE NEUROSCIENCE OF RELATIONSHIPS, CREATIVITY, & RESILIENCY

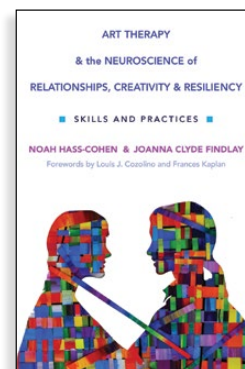
Skills and Practices

NOAH HASS-COHEN and JOANNA CLYDE FINDLAY, Forewords by LOUIS J. COZOLINO and FRANCES KAPLAN

"This is an exciting, nearly quantum leap forward in our understanding of the power of expressive therapies." —John Briere, PhD, Associate Professor of Psychiatry and Psychology, Keck School of Medicine, University of Southern California

"[A]s helpful for learning about the brain and its various functions as it is for learning about art therapy. . . . [F]or those studying or practicing art therapy, or for a well-informed reader with a particular interest, it is difficult to imagine a more comprehensive text." —*Psych Central*

ISBN: 978-0-393-71074-8 • 2015 • 496 pages • Hardcover • \$45.00 / **\$33.75**



THE INTERPERSONAL NEUROBIOLOGY OF PLAY

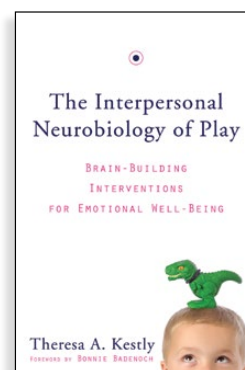
Brain-Building Interventions for Emotional Well-Being

THERESA A. KESTLY, Foreword by BONNIE BADENOCH

"[A] must for anyone who works with children or young people. Therapists with an adult clientele will benefit from reading it too: our clients were all children once. . . . The vignettes are entertaining and we are shown how to put the theory into practice." —*Contemporary Psychotherapy*

Theresa Kestly explains the benefits of play interventions to achieve attunement, neural integration, healthy attachment, and the development of resilience.

ISBN: 978-0-393-70749-6 • 2014 • 240 pages • Hardcover • \$37.50 / **\$28.13**



TREATING TRAUMA-RELATED DISSOCIATION

A Practical, Integrative Approach

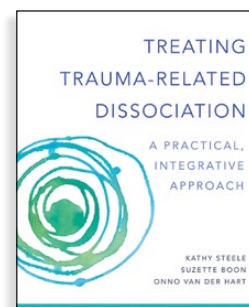
KATHY STEELE, SUZETTE BOON, and ONNO VAN DER HART

"[O]ne of the most informative, comprehensive books on the treatment of complex trauma and trauma-generated dissociation I have ever read . . . This is necessary reading for all clinicians not only for understanding and treating trauma-generated dissociation but also as a great text for therapy in general." –Roger M. Solomon, PhD, Senior Faculty, EDMR Institute

From the authors of the best-selling patient-oriented manual *Coping with Trauma-Related Dissociation*, comes an overview of the neuropsychology of dissociation as a disorder of non-realization, with chapters on assessment, prognosis, case formulation, treatment planning, and treatment phases and goals, based on best practices. This comprehensive volume, born out of thousands of hours of treating patients with dissociative disorders, focuses not only on how to conceptualize and treat dissociation, but on how to be with patients who experience themselves as many instead of one. A must for all trauma therapists.

ISBN: 978-0-393-70759-5 • 2016 • 560 pages • Hardcover • \$55.00 / **\$41.25**

Winner of the 2017 International Society for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Writing Award.



COPING WITH TRAUMA-RELATED DISSOCIATION

Skills Training for Patients and Therapists

SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART

"This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation." –Frank W. Putnam, MD, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine

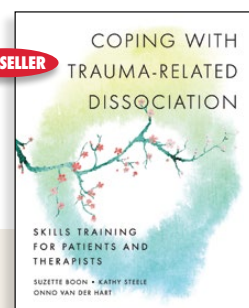
Topics include: Overcoming the Phobia of Inner Experience • Learning to Reflect • Developing an Inner Sense of Safety • Improving Daily Life • Coping with Trauma-Related Triggers and Memories • The Window of Tolerance: Learning to Regulate Yourself • Understanding Core Beliefs and Cognitive Errors • Coping with Anger, Fear, Shame, and Guilt • Needs of Inner Child Parts • Self-Harm • Improving Decision-Making Through Inner Cooperation • The Phobias of Attachment and Attachment Loss • Resolving Relational Conflicts • Isolation and Loneliness • Learning To Be Assertive • Setting Healthy Boundaries

ISBN: 978-0-393-70646-8 • 2011 • 496 pages • Paperback • \$47.50 / **\$35.63**

Discounted Two-Book Set: *Treating Trauma-Related Dissociation* and *Coping With Trauma-Related Dissociation*
ISBN: 978-0-393-71268-1, \$80.00 / **\$60.00**

Winner of the 2011 International Society for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Writing Award.

BESTSELLER



THE NEUROBIOLOGY OF ATTACHMENT-FOCUSED THERAPY

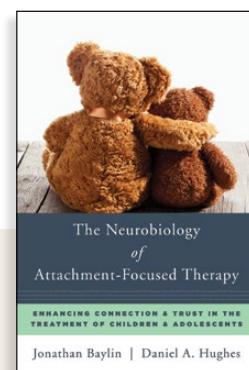
Enhancing Connection & Trust in the Treatment of Children & Adolescents

JONATHAN BAYLIN and DANIEL A. HUGHES

This groundbreaking book explores how the attachment-focused family therapy model works at a neural level. Investigation of the brain science of early childhood and developmental trauma offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults.

Contents: 1. Good Care and Poor Care: The Neurodynamics of Attachment and Caregiving 2. Blocked Trust: Stress and Early Brain Development 3. Blocked Care: The Parenting Brain and the Role of the Caregiver 4. Attachment-Focused Treatment: The Core Processes of Change 5. Trust-Building in Parent-Child Dyads 6. Practicing Openness: Awakening Trust and Engagement with Relational Processing and Fear Extinction 7. Healing Stories: Prosody, Integrative Narratives, and Co-Creation of Meaning 8. Playing in Safety: Strengthening Attachment Bonds with Delight and Co-Regulation of Affect 9. Treating Blocked Care: Guidelines for Working with Parents 10. Therapeutic Presence: Brain-Based Approaches to Staying Open and Engaged with Caregivers and Children 11. Expanding the Model: Mindfulness, EMDR, Neurofeedback, and More

ISBN: 978-0-393-71104-2 • 2016 • 304 pages • Hardcover • \$29.95 / **\$22.46**



NEUROBIOLOGICALLY INFORMED TRAUMA THERAPY WITH CHILDREN AND ADOLESCENTS

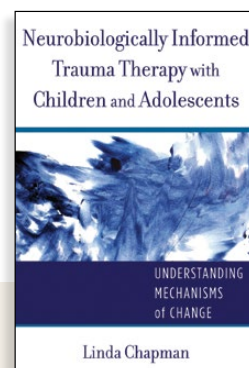
Understanding Mechanisms of Change

LINDA CHAPMAN

This approach to treatment utilizes the integrative capacity of the brain to create a self, foster insight, and produce change. Treatment strategies are based on cutting-edge understanding of neurobiology, the development of the brain, and the storage and retrieval of traumatic memory. Case vignettes illustrate specific examples of the reactions of children, families, and teens to acute and repeated exposure to traumatic events. Also presented is the most recent knowledge of the role of the right hemisphere (RH) in development and therapy.

Topics include: Acute and Chronic Exposure to Trauma • Posttraumatic Stress Symptoms in Children • Development of the Right Brain • Discovering the Self • Interventions for Integration • A Neuro-Developmental Model of Treatment • Treating Toddlers and Preschoolers, School Age Children, and Adolescents

ISBN: 978-0-393-70788-5 • 2014 • 272 pages • Hardcover • \$39.95 / **\$29.96**



CHANGING MINDS IN THERAPY

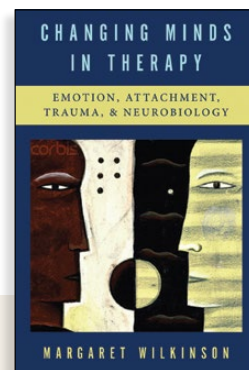
Emotion, Attachment, Trauma, & Neurobiology

MARGARET WILKINSON

"[F]ascinating. . . . Wilkinson offers a novel and compelling explanation of psychotherapeutic change. Combining therapeutic acumen with a neurologist's grasp of physiological functions, she convincingly demonstrates how and why psychotherapy manages to change the lives of some clients." —*PsycCritiques*

Drawing from a wide range of clinical approaches and deftly integrating the scholarly with the practical, Margaret Wilkinson presents contemporary neuroscience, as well as attachment and trauma theories, in an accessible way, illuminating the many ways in which cutting-edge research may inform clinical practice.

Topics include: The Neurobiology of Attachment, Affect Regulation, and Patterning in the Therapeutic Process • Attunement • Transference and Countertransference • Tools for Change: Relational, Experience-Dependent Plasticity in Service of the Developing Self • Affective Encounter and Interpretation • Experience and Meaning-Making • Dissociation and Regression • Mirroring, Resonance, and Empathy in the Supervisory Process



ISBN: 978-0-393-70561-4 • 2010 • 248 pages • Hardcover • \$37.50 / **\$28.13**

A DISSOCIATION MODEL OF BORDERLINE PERSONALITY DISORDER

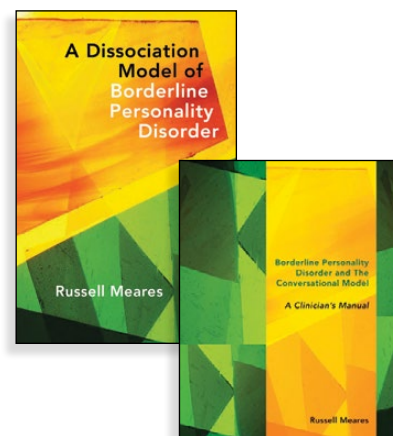
RUSSELL MEARES

"These two companion volumes together make a remarkable and original contribution to the theoretical and clinical literature on borderline personality disorder (BPD). . . . [T]his is the most comprehensive, evidence-based, and theoretically integrated model of BPD that I have read."

—*Journal of Analytical Psychology*

Exploring dissociation from developmental, neurobiological, and behavioral perspectives, Russell Meares presents an original theory of BPD, offering new insights into this debilitating disorder and hope for recovery. Mental health professionals working with patients suffering from symptoms of BPD will find an invaluable theoretical grounding for treating the difficult—and varied—symptoms of BPD.

ISBN: 978-0-393-70585-0 • 2012 • 416 pages • Hardcover • \$44.95 / **\$33.71**



BORDERLINE PERSONALITY DISORDER AND THE CONVERSATIONAL MODEL

A Clinician's Manual

RUSSELL MEARES

In this accompanying manual to *A Dissociation Model of Borderline Personality Disorder*, Meares and contributors offer therapists and patients a user-friendly guide to general principles of treatment via case examples, therapeutic conversations, and common comorbid problems.

ISBN: 978-0-393-70783-0 • 2012 • 336 pages • Paperback • \$29.95 / **\$22.46**

LOVE AND WAR IN INTIMATE RELATIONSHIPS

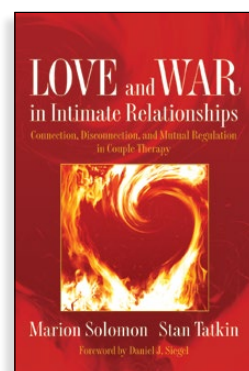
Connection, Disconnection, and Mutual Regulation in Couple Therapy

MARION SOLOMON and STAN TATKIN, Foreword by DANIEL J. SIEGEL

"Reading this book was a sheer pleasure, and I did not skip a word. It is an artful theoretical and clinical integration with no wasted words. . . . In this innovative couple therapy, they have documented the healing power of couples learning to take care of each other and put to rest the myth of the healing capacity of the autonomous self. I recommend this instructive book to all therapists. . . . I hope this project gets lots of deserved attention." —**Harville Hendrix, PhD, author of *Getting the Love You Want***

Solomon and Tatkin integrate various forms and disciplines of psychotherapy—including developmental neuroscience, arousal regulation, and therapeutic enactment—to show how they apply to the treatment of couples. Throughout, case examples illustrate the various ways in which childhood attachment patterns can play out in romantic relationships, and emphasize how cultivating mutual regulation of these patterns is the key to healing.

ISBN: 978-0-393-70575-1 • 2011 • 288 pages • Hardcover • \$35.00 / **\$26.25**



UNDERSTANDING THE BRAIN

From Cells to Behavior to Cognition

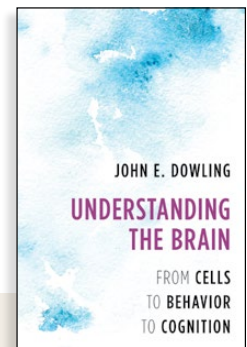
JOHN E. DOWLING

"A perfect introduction for anyone who comes to the brain with little background in brain science and who wants to have a meaningful understanding of how the brain works." – *American Journal of Psychology*

In this up-to-date revision of his 1998 book *Creating Mind*, Dowling conveys the essence and vitality of the field of neuroscience—examining the progress we've made in understanding how brains work, and shedding light on discoveries having to do with aging, mental illness, and brain health. Beautifully illustrated and lucidly written, this introduction elegantly reveals the beauty of the organ that makes us uniquely human.

Contents: 1. The Uniqueness of the Brain 2. Brain Signals 3. Neuromodulation, Drugs, and the Brain 4. Sensing the World 5. Simpler Nervous Systems: The Invertebrates 6. Vertebrate Brains 7. Vision: Window to the Brain 8. From Brain to Mind: Visual Perception 9. The Dynamic Brain: Development and Plasticity 10. Language and Brain Imaging 11. Remembering Things: Learning and Memory 12. The Emotional Brain: Rationality 13. Consciousness

ISBN: 978-0-393-71257-5 • 2018 • 256 pages • Hardcover • \$26.95 / **\$20.21**



BRAIN BYTES

Quick Answers to Quirky Questions about the Brain

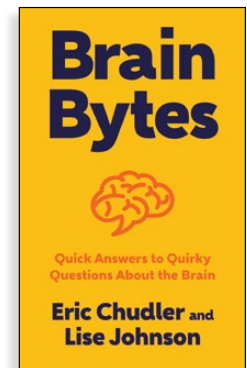
ERIC CHUDLER and LISE JOHNSON

Neuroscience educators Eric Chudler and Lise Johnson get right to it, asking and answering more than one hundred questions about the brain. Questions include:

- Can foods make people smarter?
- Does surfing online kill brain cells?
- Why do we dream?
- Why can't I tickle myself?
- Why do we yawn and why are yawns contagious?
- What can I do to keep my brain healthy?

ISBN: 978-0-393-71144-8 • 2017 • 256 pages • Hardcover • \$16.95 / **\$12.71**

See page 51 for *Worried?* by Johnson and Chudler.

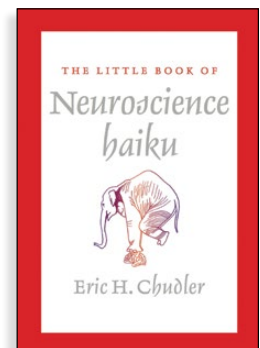


THE LITTLE BOOK OF NEUROSCIENCE HAIKU

ERIC H. CHUDLER

Chudler turns his talents towards poetry in this whimsical yet educational book of haiku poems about the brain. The poems are grouped into three themes: *Places* (such as the frontal lobe and the cerebellum); *Things* (like brain scanners and animals); and *People* (including Eric Kandel and other neuroscientists). Each poem is accompanied by an explanatory footnote, making the book useful and informative for those who wish to learn more about neuroscientific concepts in a fun, unique, and memorable way.

ISBN: 978-0-393-70832-5 • 2013 • 224 pages • Paperback • \$16.95 / **\$12.71**



INFANT RESEARCH & NEUROSCIENCE AT WORK IN PSYCHOTHERAPY

Expanding the Clinical Repertoire

JUDITH RUSTIN

ISBN: 978-0-393-70719-9 • 2012 • 224 pages • Hardcover • \$29.95 / **\$22.46**

THE DAO OF NEUROSCIENCE

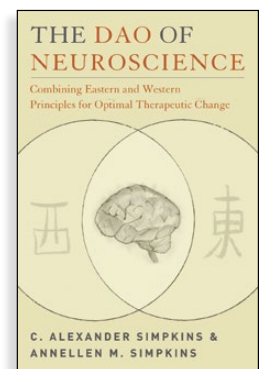
Combining Eastern and Western Principles for Optimal Therapeutic Change

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

By weaving together Eastern traditions (including Yoga, Buddhism, Zen, and Daoism) and Western science, new understandings previously not considered emerge. This book is an insightful introduction to these traditions which sheds new light on the relationship between the mind and the brain. As we learn the Dao of neuroscience, we come to understand the brain's most optimal ways of functioning and how to facilitate its natural processes toward health, happiness, and fulfillment.

ISBN: 978-0-393-70597-3 • 2010 • 288 pages • Paperback • \$24.95 / **\$18.71**

See pages 54 and 64 for more books by C. Alexander Simpkins and Annellen M. Simpkins.



NEUROANATOMY FOR STUDENTS OF BEHAVIORAL DISORDERS

RONALD L. GREEN and ROBYN L. OSTRANDER

ISBN: 978-0-393-70398-6 • 2009 • 300 pages • Paperback • Over 190 color illustrations • \$65.00 / **\$48.75**

THE ANXIOUS BRAIN

The Neurobiological Basis of Anxiety Disorders and How to Effectively Treat Them

MARGARET WEHREBERG and STEVEN M. PRINZ

"[H]ighly sophisticated and comprehensive . . . [T]ransforms complicated neurobiological and psychopharmacologic material into relevant and straightforward content aimed for and easily understood by mental health practitioners. . . . [A] much needed resource." —*The Family Journal*

ISBN: 978-0-393-70512-6 • 2007 • 288 pages • Hardcover • \$35.00 / **\$26.25**

See page 45 for more books by Margaret Wehrenberg.

THE BEHAVIORAL NEUROSCIENCE OF ADOLESCENCE

LINDA SPEAR

ISBN: 978-0-393-70542-3 • 2009 • 411 pages • **POD** • \$45.00

BRAIN IMAGING HANDBOOK

J. DOUGLAS BREMNER

ISBN: 978-0-393-70414-3 • 2005 • 97 color/37 b/w images • 224 pages • Paperback • \$42.50 / **\$31.88**

THE PSYCHOBIOLOGY OF GENE EXPRESSION

Neuroscience and Neurogenesis in Hypnosis and Healing Arts

ERNEST L. ROSSI

ISBN: 978-0-393-70343-6 • 2002 • 576 pages • Hardcover • \$47.50 / **\$35.63**

THE UNWELL BRAIN

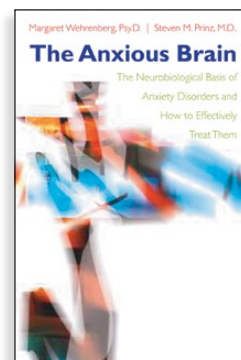
Understanding the Psychobiology of Mental Health

F. SCOTT KRALY

Contents include: Brain Theories of Behavioral Disorders • Neuronal Processes Relevant to Psychology and Behavior • Discovering the Relation Between Brain and Behavior • Depression and Mania • Anxiety Disorders • Substance Use Disorders • Overeating • Bulimia and Anorexia • Attention-Deficit/Hyperactivity Disorder • Schizophrenia

ISBN: 978-0-393-70596-6 • 2009 • 224 pages • Paperback • \$19.95 / **\$14.96**

Originally published in hardcover as *Brain Science and Psychological Disorders*



INSTANT PSYCHOPHARMACOLOGY, 3rd Edition

Up-to-Date Information about the Most Commonly Prescribed Psychiatric Medications

RONALD J. DIAMOND

"Each chapter is detailed, essentially covering everything you would need to know about specific medications in each class, their intended use, contraindications and metabolic actions. These medication-specific chapters are up-to-date and as inclusive as any I have read in similar books . . . a valuable resource you should have in your reference library." —*New England Psychologist*

Contents: 1. Rules of the Game 2. Basics of Psychopharmacology 3. Introduction to Antipsychotics 4. Antipsychotic Medications: Specifics of Use 5. Antidepressant Medications 6. Mood-Stabilizing Medications 7. Medications Useful for Anxiety Disorders and Sleep Problems 8. Miscellaneous Medications 9. Medication for People with Borderline Personality Disorder • Appendices: Medication List by Generic Name, Medication List by Brand Name, Medication List by Class, Medication Costs

ISBN: 978-0-393-70566-9 • 2009 • 294 pages • Paperback • \$22.95 / **\$17.21**

See page 32 for Ronald J. Diamond's *Treatment Collaboration* and page 52 for *The Medication Question*.

SUCCESSFUL PSYCHOPHARMACOLOGY

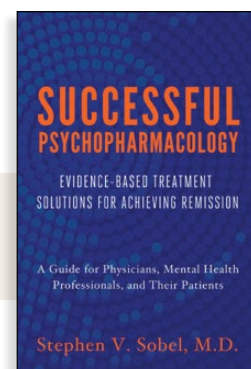
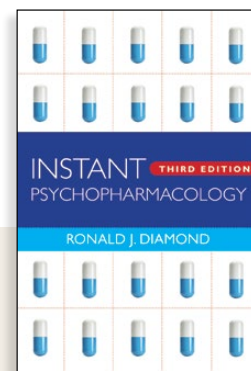
Evidence-Based Treatment Solutions for Achieving Remission

STEPHEN V. SOBEL

This book teaches mental health professionals how to choose and use psychotropic medications to address the biological etiology of psychiatric disease and mental health.

Contents: 1. The Goal of Treatment Is Remission 2. The Keys to Successful Psychopharmacology 3. Antidepressants: Points and Pearls 4. Choosing the Right Antidepressant 5. Treating Depression 6. Antianxiety Medications: Points and Pearls 7. Treating Anxiety Disorders 8. Treating Eating Disorders 9. Treating Insomnia 10. Mood Stabilizers: Points and Pearls 11. Treating Bipolar Disorder 12. Antipsychotics: Points and Pearls 13. Treating Psychosis

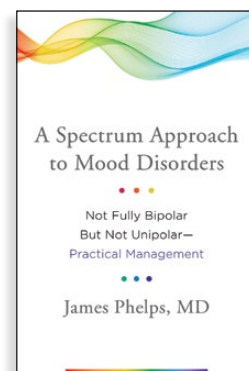
ISBN: 978-0-393-70857-8 • 2012 • 352 pages • Paperback • \$39.95 / **\$29.96**



For Clinicians:**A SPECTRUM APPROACH TO MOOD DISORDERS***Not Fully Bipolar but Not Unipolar—Practical Management*

JAMES PHELPS

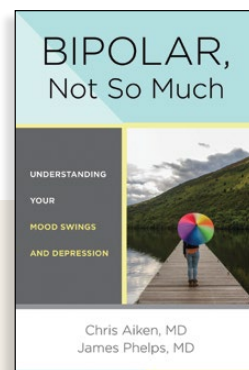
Is it trauma, or is it bipolar? Borderline? Both? In this book, nationally recognized expert James Phelps provides an in-depth exploration of the signs, symptoms, and nuanced presentations of the mood disorder spectrum, focusing on the broad gray area between Major Depression and Bipolar I. Combining theoretical understanding and real-world scenarios, Phelps offers practical treatment guidelines for clinicians to better understand the subtle ways mood disorders can show up, and how to find the most beneficial path for treatment based on the patient's individual pattern of symptoms.

ISBN: 978-0-393-71146-2 • 2016 • 272 pages • Hardcover • \$32.00 / **\$24.00****For Your Clients:****BIPOLAR, NOT SO MUCH***Understanding Your Mood Swings and Depression*

CHRIS AIKEN and JAMES PHELPS

Aiken and Phelps highlight the key distinctions that define unipolarity, bipolarity, hypomania, mania, and depression. This thoughtful and beneficial book can be recommended to clients to offer skills and strategies, as well as hope, in the face of debilitating mental challenges.

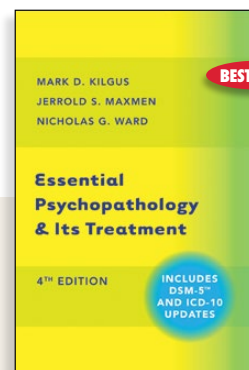
Selected Contents: **Part One: What Type of Depression Do You Have?** 1. Understanding the Mood Spectrum 2. The Down Side: Depression 3. The Up Side: From Hypomania to Mania, and Everything In-Between 4. The Mixed-Up Side: When Mania and Depression Collide **Part Two: A Healing Lifestyle** 11. Managing Insomnia 12. Getting Active 13. Exercise? How About Just Walking 14. Diet 15. Managing Substances **Part Three: Treatment** 17. The Right Stuff: How to Find Good Care 18. Medications: Our Top Choices 22. Anxiety, Concentration, and Sleep: The Other Poles of Bipolar 23. Natural Healers 24. Knowing When to Stop Medications 25. Live Long and Minimize Side Effects **Part Four: Reclaiming Your Life** 28. Relationships 29. Work and School 30. For Friends and Family

ISBN: 978-0-393-71174-5 • 2016 • 256 pages • Hardcover • \$25.95 / **\$19.46****ESSENTIAL PSYCHOPATHOLOGY AND ITS TREATMENT, 4th Edition**

MARK D. KILGUS, JERROLD S. MAXMEN, and NICHOLAS G. WARD

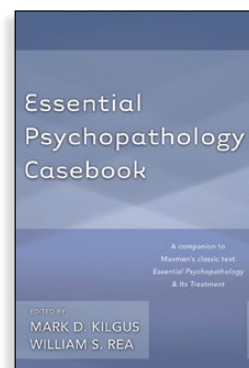
Keyed to the DSM-5 and ICD-10 classifications, the 4th Edition of this authoritative and best-selling text reflects major changes in nosology, as well as cutting-edge advances in neuroscience, psychopharmacology, and genetics. This book has long been considered the leading textbook on modern psychiatric assessment, diagnosis, and treatment for resident students in psychiatry and related disciplines.

Contents: **Section I: Diagnostic Psychopathology** 1. Psychopathology 2. Assessment 3. Diagnosis and Prognosis 4. Etiology 5. Treatment 6. Psychopharmacology 7. Systems-Based Practice 8. Legal, Ethical, and Multicultural Issues 9. Sample Case History: Sherlock Holmes • **Section II: Mental Disorders** 10. Neurocognitive Disorders 11. Substance-Related Disorders 12. Schizophrenia and Other Thought Disorders 13. Mood Disorders 14. Anxiety Disorders 15. Obsessive-Compulsive Disorders 16. Trauma and Stress Disorders 17. Dissociative Disorders 18. Somatoform Disorders 19. Factitious Disorders 20. Eating Disorders and Elimination Disorders 21. Sleep Disorders 22. Sexual and Gender Identity Disorder 23. Disruptive and Impulse Control 24. Personality Disorders 25. Neurodevelopmental Disorders

ISBN: 978-0-393-71064-9 • 2015 • 720 pages • Hardcover • \$79.95 / **\$59.96****ESSENTIAL PSYCHOPATHOLOGY CASEBOOK***A companion to Maxmen's classic text Essential Psychopathology & Its Treatment*

MARK D. KILGUS and WILLIAM S. REA, Editors

Each chapter is consistently organized to answer these central questions concerning clinical presentation: functional impairment; DSM diagnosis (keyed to DSM-V); epidemiology; differential diagnosis; etiology and pathogenesis; natural course without treatment; evidence-based bio-psycho-socio-spiritual treatment options; clinical course with management and treatment; systems-based practice issues; and legal, ethical, and cultural challenges. Designed as a clinical companion to the text *Essential Psychopathology and Its Treatment*, this book's important lessons can also be learned by reading it as a stand-alone text.

ISBN: 978-0-393-70822-6 • 2014 • 648 pages • Paperback • \$39.95 / **\$29.96**



Best-selling author **BABETTE ROTHSCILD, MSW, LCSW**, is the editor of the **8 Keys to Mental Health Series** (see pages 48-49), and a member of the International Society for Traumatic Stress Studies (ISTSS). She gives lectures and professional trainings around the world. Her books have been translated into 14 different languages. Her latest book is *The Body Remembers Volume 2*.

THE BODY REMEMBERS, Volume 2

Revolutionizing Trauma Treatment

This book continues the discussion begun more than fifteen years ago with the publication of the best-selling and beloved *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*.

Babette Rothschild empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included.

Being able to monitor and modulate a trauma client's dysregulated nervous system is one of the practitioner's best lines of defense against traumatic hyperarousal going amok—risking such consequences as dissociation and decompensation. Rothschild clarifies and simplifies **autonomic nervous system** (ANS) understanding and observation with her creation

AUTONOMIC NERVOUS SYSTEM: PRECISION REGULATION
** WHAT TO LOOK FOR **

	CLIM (Parasympathetic) (DMS-1)	ACTIVATION (Sympathetic) (DMS-1)	ADAPTATION (Sympathetic) (DMS-1)	HYPER-REACT (Sympathetic) (DMS-1)
Heart	Slow, clear thinking, calm, relaxed	Heart, ready to beat	React to danger	Heart, ready to beat
Brain	Relaxed, clear	Alert, ready to act	React to danger	Alert, ready to act
Respiration	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Digestion	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Excretion	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Reproduction	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Immune	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Endocrine	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Muscles	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Skin	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Temperature	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act
Energy	Slow, clear thinking, calm, relaxed	Alert, ready to act	React to danger	Alert, ready to act

modulate arousal with breaths. Adjust in yourself. To think clearly & prevent vicious trauma
© 2000, 2014, 2018 Babette Rothschild. Sources: Various medical & physiological texts; Frazee 2003; 8 Keys, 2010
Reprinted with permission from The Body Remembers, Volume 2: Revolutionizing Trauma Treatment (2018, Norton, 2018)

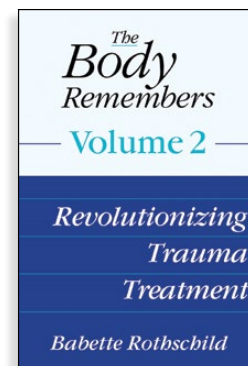
of an original **full-color table** that distinguishes six levels of arousal. Included in this table (and the discussion that accompanies it) is a new and essential distinction between trauma-induced hypoarousal and the low arousal that is caused by lethargy or depression.

ISBN: 978-0-393-70729-8 • 2017 • 224 pages • Hardcover • \$35.00 / **\$26.25**

The Autonomic Nervous System (ANS) Table, included in *The Body Remembers, Volume 2*, is also available in these portable and sturdy formats, to share with your clients or use as a desk reference:

Laminated Card: ISBN: 978-0-393-71280-3, \$8.99 / **\$6.74**

Wall Poster: ISBN: 978-0-393-71281-0, \$12.99 / **\$9.74**

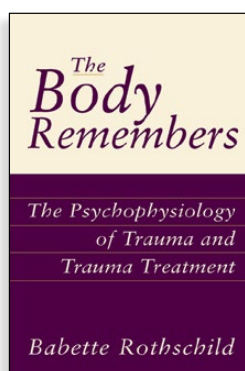


THE BODY REMEMBERS

The Psychophysiology of Trauma and Trauma Treatment

For both clinicians and their clients there is tremendous value in understanding the psychophysiology of trauma and knowing what to do about its manifestations. This classic bestseller illuminates that physiology, shining a bright light on the impact of trauma on the body and the phenomenon of somatic memory. Packed with engaging case studies, *The Body Remembers* integrates body and mind in the treatment of posttraumatic stress disorder.

ISBN: 978-0-393-70327-6 • 2000 • 224 pages • Hardcover • \$35.00 / **\$26.25**



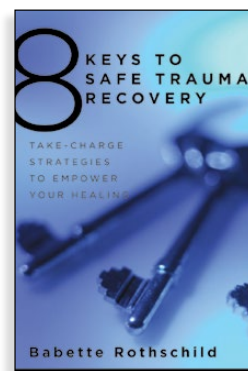
8 KEYS TO SAFE TRAUMA RECOVERY

Take-Charge Strategies to Empower Your Healing

"A succinct and easy read, founded predominantly on compassion-focused and mindfulness-based approaches, this book is certainly one I would recommend to my own trauma clients. ... [S]traight-forward and enlightening to read." —*Journal of Mental Health*

This book gives self-help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing.

ISBN: 978-0-393-70605-5 • 2010 • 224 pages • Paperback • \$19.95 / **\$14.96**



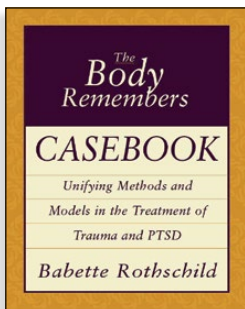
THE BODY REMEMBERS CASEBOOK

Unifying Methods and Models in the Treatment of Trauma and PTSD

BABETTE ROTHSCILD

Rothschild emphasizes the importance of tailoring every trauma therapy to the particular needs of each individual client. Each varied and complex case (presented in a variety of writing styles: case reports, session-by-session narratives, single session transcripts) is approached with a combination of methods.

ISBN: 978-0-393-70400-6 • 2003 • 240 pages • Paperback • \$23.95 / **\$17.96**



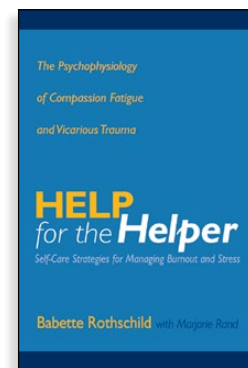
HELP FOR THE HELPER

The Psychophysiology of Compassion Fatigue and Vicarious Trauma

with MARJORIE RAND

"[U]seful to practicing psychotherapists, social workers, nurses, psychiatrists, and especially those in training for these fields. The variety of skill building exercises offers help for many issues that arise during training and practice." —*Bulletin of the Menninger Clinic*

ISBN: 978-0-393-70422-8 • 2006 • 272 pages • Hardcover • \$35.00 / **\$26.25**



TRAUMA ESSENTIALS The Go-To Guide

ISBN: 978-0-393-70620-8 • 2011 • 154 pages • Paperback • \$19.95 / **\$14.96**

RETHINKING TRAUMA TREATMENT

Attachment, Memory Reconsolidation, and Resilience

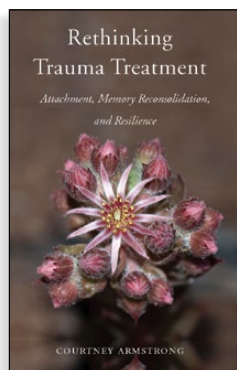
COURTNEY ARMSTRONG

Creating safety, hope, and secure attachment to transform traumatic memories

Merely talking about a traumatic event is not enough: the parts of the brain where traumatic, implicit memories are stored don't understand words. Secure attachment is needed to buffer the impact. This book guides clinicians to fill in the missing experience of secure attachment in the form of a trusting, attuned, therapeutic relationship. With this help, clients can heal.

See page 38 for Courtney Armstrong's *The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck*.

ISBN: 978-0-393-71255-1 • 2019 • 288 pages • Hardcover • \$24.95 / **\$18.71**



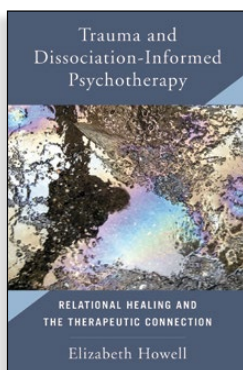
TRAUMA AND DISSOCIATION-INFORMED PSYCHOTHERAPY

Relational Healing and the Therapeutic Connection

ELIZABETH HOWELL

A new model of therapeutic action, one that heals trauma and dissociation, is overtaking the mental health field. It is not just trauma, but the dissociation of the self, that causes emotional pain and difficulties in functioning. This book discusses how people are universally subject to trauma, what trauma is, and how to understand and work with normative and extreme dissociation. In this new model, the client and the practitioner are both traumatized and flawed human beings who affect each other in the mutual process that promotes the healing of the client—psychotherapy.

ISBN: 978-0-393-71373-2 • 2020 • 288 pages • Hardcover • \$35.00 / **\$26.25**



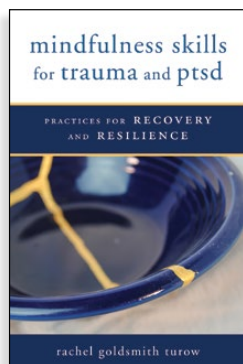
MINDFULNESS SKILLS FOR TRAUMA AND PTSD

Practices for Recovery and Resilience

RACHEL GOLDSMITH TUROW

This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking new pathways to recovery and resilience.

ISBN: 978-0-393-71126-4 • 2017 • 320 pages • Paperback • \$27.95 / **\$20.96**



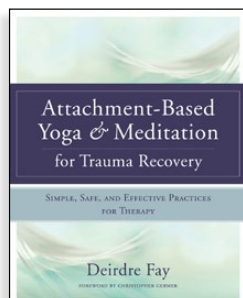
ATTACHMENT-BASED YOGA & MEDITATION FOR TRAUMA RECOVERY

Simple, Safe, and Effective Practices for Therapy

DEIRDRE FAY

Organized around key trauma issues and symptoms, this book offers clinicians a practical and far-reaching look at mind-body skills and techniques for helping trauma clients access their individual wisdom, develop secure internal attachment, and find the path home to the Self.

ISBN: 978-0-393-70990-2 • 2016 • 352 pages • Hardcover • \$39.95 / **\$29.96**



TRAUMA AND THE STRUGGLE TO OPEN UP

From Avoidance to Recovery and Growth

ROBERT T. MULLER

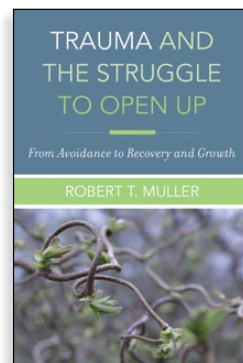
Winner, 2019 Written Media Award,
International Society for Study of
Trauma & Dissociation

"Every therapist interested in helping clients with developmental trauma should read this book."

A jewel of clinical wisdom, it focuses not only the content of trauma, but on the relational process of being with highly traumatized clients, and how to understand and work with the many avoidance strategies to dealing with trauma that we encounter in therapy." —Kathy Steele, MN, Past President, International Society for the Study of Trauma & Dissociation

Offering candid, personal guidance, using rich case examples, Dr. Robert T. Muller provides the steps needed to build and maintain a strong therapist-client relationship—one that helps bring recovery and growth. With a host of practical tips and protocols, this book gives therapists a roadmap to effective trauma treatment.

ISBN: 978-0-393-71226-1 • 2018 • 224 pages • Hardcover • \$35.00 / **\$26.25**



TRAUMA AND THE AVOIDANT CLIENT

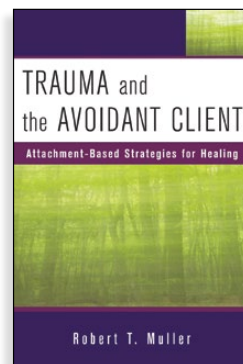
Attachment-Based Strategies for Healing

ROBERT T. MULLER

Winner, 2011 Written Media Award,
International Society for Study of
Trauma & Dissociation

"This text is invaluable to a range of healthcare practitioners seeking to understand more deeply how people respond when faced with the challenging prospect of focusing on their vulnerabilities and I would consider this high-recommended reading for those training to become counselors and psychotherapists." —HCPJ, *Healthcare Counseling and Psychotherapy Journal*

ISBN: 978-0-393-70573-7 • 2010 • 224 pages • Hardcover • \$29.95 / **\$22.46**



HEALING RELATIONAL TRAUMA WITH ATTACHMENT-FOCUSED INTERVENTIONS

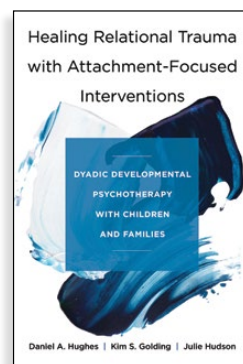
Dyadic Developmental Psychotherapy with Children and Families

DANIEL A. HUGHES, KIM S. GOLDING, and JULIE HUDSON

"[A] new way to understand what relational trauma is, how it fractures a child's sense of safety and trust, and most important, how to restore the essential connection and attachment needed to begin the process of healing." —*Psych Central*

Dyadic Developmental Psychotherapy (DDP) is an attachment-focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families. Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain, as well as the latest findings regarding developmental trauma.

ISBN: 978-0-393-71245-2 • 2018 • 352 pages • Hardcover • \$39.95 / **\$29.96**



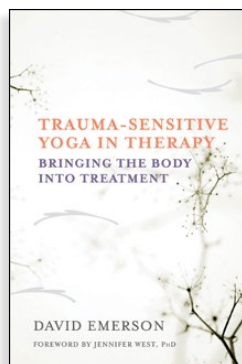
TRAUMA-SENSITIVE YOGA IN THERAPY

Bringing the Body into Treatment

DAVID EMERSON, Foreword by JENNIFER WEST

Based on studies conducted at the Trauma Center in Brookline, MA, this book presents Trauma-Sensitive Yoga (TSY), an evidence-based program that helps traumatized clients reconnect to their bodies in a safe, deliberate way. Unlike traditional, mat-based yoga, TSY can be practiced without one, in a therapist's chair or on a couch. Over 30 photographs depicting the suggested yoga forms and a final chapter that presents a portfolio of step-by-step yoga practices to use with your clients.

ISBN: 978-0-393-70950-6 • 2015 • 320 pages • Hardcover • \$29.95 / **\$22.46**



TRAUMA TREATMENT HANDBOOK

Protocols Across the Spectrum

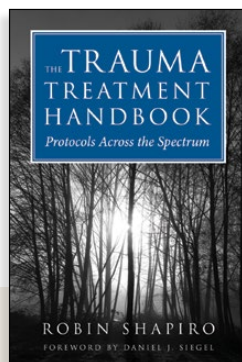
ROBIN SHAPIRO, Foreword by DANIEL J. SIEGEL

"This book gives the therapist—novice or experienced—a massive choice of approaches to apply to a specific traumatized client." —*Hypnosis Depot*

Topics include: Trauma • Dissociation • Assessment • Preparation • Mindfulness • Psychodynamic Therapies • Exposure Therapies • Cognitive Behavior Therapy • EMDR • Somatic Therapies • Hypnotherapy • Energy Psychology • Brainspotting and Observed Experiential Integration

ISBN: 978-0-393-70618-5 • 2010 • 255 pages • Hardcover • \$39.95 / **\$29.96**

See pages 33, 36, and 72 for more books by Robin Shapiro.



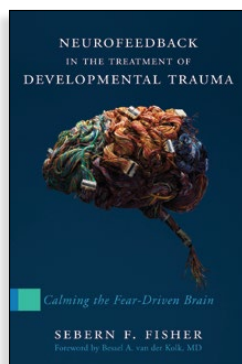
NEUROFEEDBACK IN THE TREATMENT OF DEVELOPMENTAL TRAUMA

Calming the Fear-Driven Brain

SEBERN F. FISHER, Foreword by BESSEL A. VAN DER KOLK, MD

Sebern F. Fisher explores the complexities of attachment trauma and self-regulation, showing how neurofeedback training—a therapeutic protocol that teaches the brain to operate at different, more tranquil frequencies—can transform the circuitry of a brain seized by the fear and rage of early attachment wounds, and restore calm.

ISBN: 978-0-393-70786-1 • 2014 • 382 pages • Hardcover • \$45.00 / **\$33.75**



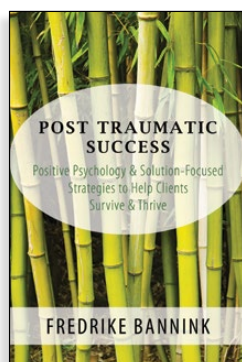
POST TRAUMATIC SUCCESS

Positive Psychology & Solution-Focused Strategies to Help Clients Survive & Thrive

FREDRIKE BANNINK

"Bannink's book will help initiate, develop, and consolidate both established and fresh ways of working for both new and experienced therapists alike." —*Contemporary Psychotherapy*

ISBN: 978-0-393-70922-3 • 2014 • 400 pages • Paperback • \$29.95 / **\$22.46**



COPING WITH TRAUMA-RELATED DISSOCIATION

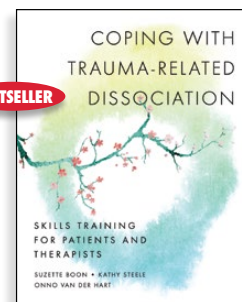
Skills Training for Patients and Therapists

SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART

"This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation." —**Frank W. Putnam, MD**, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine

ISBN: 978-0-393-70678-9 • 2014 • 496 pages • Paperback • \$47.50 / **\$35.63**

See page 21 for more information.



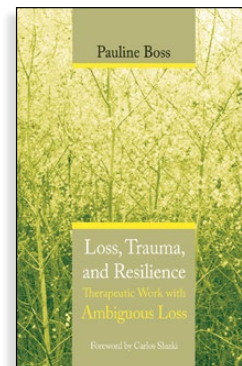
LOSS, TRAUMA, AND RESILIENCE

Therapeutic Work with Ambiguous Loss

PAULINE BOSS, Foreword by CARLOS SLUZKI

"[D]efies many traditional Western ways of thinking about and responding to loss by examining it head on and giving voice to the experiences of those whom even mental health professionals may be least prepared to assist." —*Journal of Social Work in End-of-Life & Palliative Care*

ISBN: 978-0-393-70449-5 • 2006 • 256 pages • Hardcover • \$35.00 / **\$26.25**



INTERGENERATIONAL CYCLES OF TRAUMA AND VIOLENCE

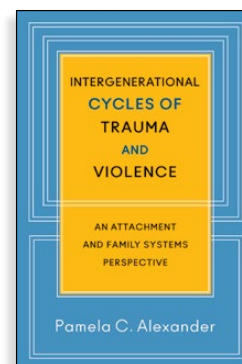
An Attachment and Family Systems Perspective

PAMELA C. ALEXANDER

"For clinicians, [this book] is invaluable diagnostically. . . [A] highly detailed and useful book for anyone interested in conducting research or who would like to expand their understanding of violence, how it affects relationship dynamics, and how it is reinforced domestically." —*Somatic Psychotherapy Today*

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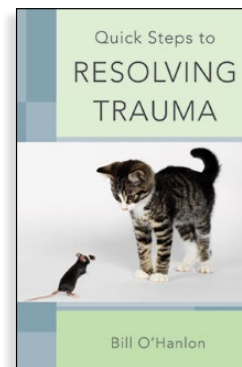


QUICK STEPS TO RESOLVING TRAUMA

BILL O'HANLON

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Art, Nature, Storytelling, Body, Mindfulness

JANET A. COURTNEY

"Rich in theory, techniques, case examples, and research findings, this volume is an excellent resource for both beginning and experienced therapists for expanding their skills in working with infants, children, adolescents, and families. Highly recommended." —**Charles E. Schaefer, PhD, RPT-S, co-founder and Director Emeritus of the Association for Play Therapy**

ISBN: 978-0-393-71375-6 • 2020 • 224 pages • Hardcover • \$28.95 / **\$21.78**

See page 65 for details.



HEALING THE INCEST WOUND, Second Edition

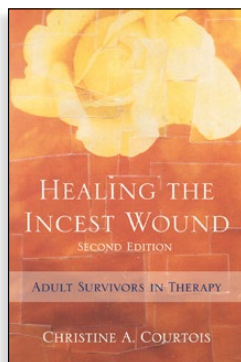
Adult Survivors in Therapy

CHRISTINE A. COURTOIS

"[A] comprehensive and authoritative second edition." —*APA Division 29 Newsletter*

Courtois—a veteran practitioner and an expert in complex traumatic stress disorders resulting from chronic child abuse—presents a comprehensive revision to this classic treatment manual for therapists.

ISBN: 978-0-393-70547-8 • 2010 • 416 pages • Hardcover • \$49.95 / **\$37.46**



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Treatment Principles and Guidelines

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YVONNE M. DOLAN

ISBN: 978-0-393-70112-8 • 1999 • 256 pages • Paperback • **POD** • \$35.00
Unavailable outside the US.

THE TRAUMA SPECTRUM

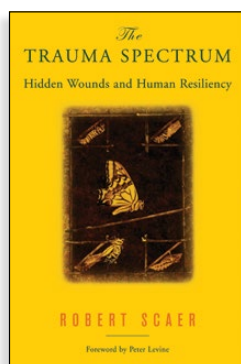
Hidden Wounds and Human Resiliency

ROBERT SCAER, Foreword by PETER LEVINE

"The author's skill in writing, clarity of thought, rich clinical observations, systematic conceptualizations of real-life trauma cases, therapeutic expertise, encyclopedic knowledge, and professional integrity shine through all 308 pages of this appealing book." —*PsycCRITIQUES*

ISBN: 978-0-393-70466-2 • 2005 • 308 pages
Hardcover • \$35.00 / **\$26.25**

See page 49 for Robert Scaer's *8 Keys to Brain-Body Balance*.



POSTTRAUMATIC STRESS DISORDERS IN CHILDREN AND ADOLESCENTS: HANDBOOK

RAUL R. SILVA, MD, Editor

ISBN: 978-0-393-70412-9 • 2003 • 384 pgs. • Paperback • \$24.95 / **\$18.71**

TRANSFORMING THE PAIN

A Workbook on Vicarious Traumatization

KAREN W. SAAKVITNE, LAURIE ANNE PEARLMAN and THE STAFF OF THE TRAUMATIC STRESS INSTITUTE/CENTER FOR ADULT & ADOLESCENT PSYCHOTHERAPY

ISBN: 978-0-393-70233-0 • 1996 • 160 pages • Paperback • **POD** • \$25.00

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LAURIE ANNE PEARLMAN and KAREN W. SAAKVITNE

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Strategies for Transformation

CLOÉ MADANES

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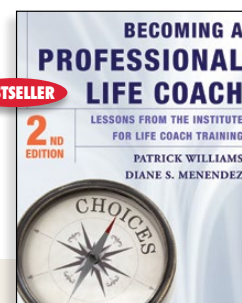
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Lessons from the Institute of Life Coach Training

PATRICK WILLIAMS and DIANE S. MENENDEZ

This new edition is updated with information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience today are informing the coaching profession and the body of knowledge that makes it such a global and growing profession. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. One-stop-shopping for beginner and advanced coaches alike.

Contents: Introduction: Life Coaching as an Operating System • **Part I: Coaching Fundamentals** 1. Listening as a Coach 2. The Language of Coaching 3. Coaching as a Developmental Change Process • **Part II: Beyond the Basics** 4. Empowering the Client 5. Stretching the Client 6. Creating Momentum with the Client 7. Coaching the Whole Client—Mind, Body, Emotions, Spirit • **Part III: Coaching from the Inside Out** 8. The Power of Purpose 9. Design Your Life 10. What Gets in Your Way? 11. Steering Your Life by True North 12. Walk the Talk 13. Play Full Out 14. How Wealthy Are You? 15. Mind-Set Is Causative 16. Love Is All We Need • Appendix: The Evolution of a Profession • References



ISBN: 978-0-393-70836-3 • 2015 • 388 pages • Hardcover • \$47.50 / **\$35.63**

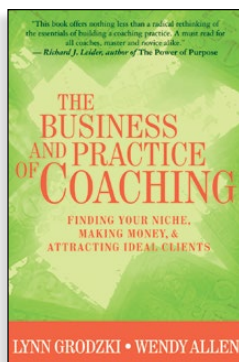
THE BUSINESS AND PRACTICE OF COACHING

Finding Your Niche, Making Money, & Attracting Ideal Clients

LYNN GRODZKI and WENDY ALLEN

The first text to combine a coaching approach (step-by-step exercises, direct suggestions, insider's tips, and motivational plans) with solid business information and ideas, to give new and experienced coaches exactly what they need in order to prosper in the competitive business of coaching.

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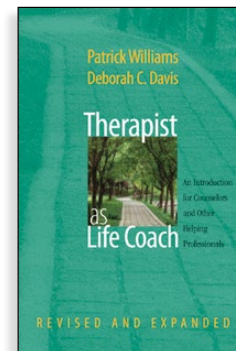
THERAPIST AS LIFE COACH, Second Edition

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PATRICK WILLIAMS and DEBORAH C. DAVIS

A standard for therapists who wish to transition or expand their practices into life coaching, this second edition has been updated and rewritten, reflecting the growth of the coaching field and its increasing appeal to not only therapists, but all helping professionals.

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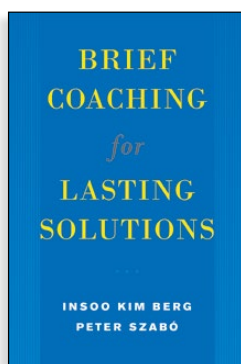
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INSOO KIM BERG and PETER SZABÓ

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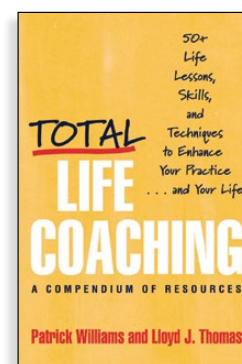
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"[G]uides you step-by-step through the complex process of learning and coaching these 50 important lessons... an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients."
—*Adolescence*

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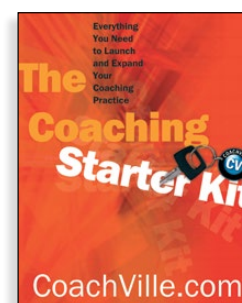


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Everything You Need to Launch and Expand Your Coaching Practice
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PATTI BRITTON, Foreword by PATRICK WILLIAMS

ISBN: 978-0-393-70451-8 • 2005 • 256 pages • Hardcover • **POD** • \$35.00



LYNN GRODZKI, LCSW, MCC, is a psychotherapist in full-time private practice, a former business executive, and one of the leading business coaches in the US for small business owners. She specializes in working with change-agents: therapists, coaches, healers, and other service-oriented consultants who help others make change in their lives. She is also the author of *The Business and Practice of Coaching* (page 30) and editor of *The New Private Practice* (page 32).

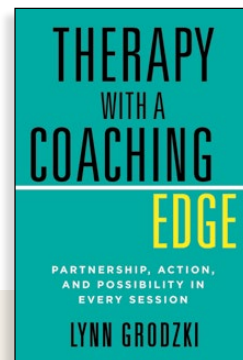
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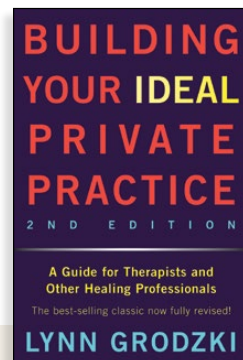
BUILDING YOUR IDEAL PRIVATE PRACTICE, Second Edition

A Guide for Therapists and Other Healing Professionals

"I would like to see this as compulsory reading for every graduating professional in our field—helping new clinicians avoid unnecessary confusion, pain, and even financial loss through the recognition that they are as much business people as they are healing professionals." —*The Neuropsychotherapist*

A bestseller in its genre, now fully revised after its original publication in 2000, this comprehensive guide comprises a complete, easy to use business plan that shows therapists what to do and who to be in order to succeed. With six new chapters covering topics from the encroachment of insurance and managed care in the marketplace to the importance of online marketing, the second edition is targeted for therapists at all stages of private practice development.

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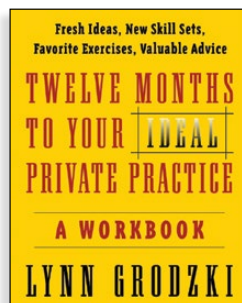
ISBN: 978-0-393-70948-3 • 2015 • 320 pages • Hardcover • \$37.50 / **\$28.13**

TWELVE MONTHS TO YOUR IDEAL PRIVATE PRACTICE

A Workbook

Based on the practice-building program outlined in *Building Your Ideal Private Practice*, this workbook introduces fresh ideas, new exercises, and well-tested strategies which combine to provide a richly constructed, easy-to-follow business coaching program.

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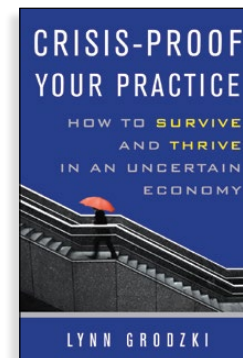


CRISIS-PROOF YOUR PRACTICE

How to Survive and Thrive in an Uncertain Economy

This must-have guide offers a practical 4-point plan for assessing the health of your private practice, targeting the areas that need the most help, and moving forward with confidence to evolve with the times and even grow a practice despite economic uncertainty. Whether you are a seasoned clinician or new to the business, this is one book you cannot afford to be without.

ISBN 978-0-393-70611-6 • 2009 • 304 pages • 21.95 / **\$16.46**



SIMPLE SELF-CARE FOR THERAPISTS

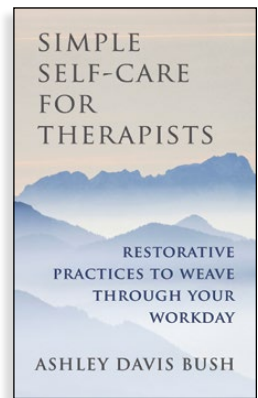
Restorative Practices to Weave Through Your Workday

ASHLEY DAVIS BUSH

"If you want to be the best healing professional and human being you can be, this treasure of a book is an essential companion." —Elisha Goldstein, PhD, cofounder of The Center for Mindful Living

This pocket-size book provides a host of practical self-care strategies that any therapist can easily implement before and after sessions, and anytime in between: short nuggets of self-compassion that speak to the mind, body, and spirit of the clinician. The 70 strategies or "tools" include a range of thoughtful visualizations and exercises, including tools for a typical workday, tools for grounding, tools for energizing, and tools for relaxing.

ISBN: 978-0-393-70837-0 • 2015 • 240 pages • Hardcover • \$27.95 / **\$20.96**



THE THERAPIST IN THE REAL WORLD

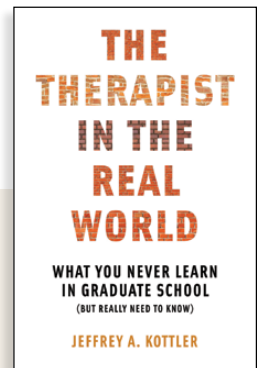
What You Never Learn in Graduate School (But Really Need to Know)

JEFFREY A. KOTTLER

With warmth, wisdom, and expertise, Jeffrey A. Kottler offers therapists, counselors, and social workers illuminating advice on important issues often overlooked during training years, and also delves into areas in which even the most experienced therapists can continue to hone their talents and maximize their potential.

Contents: Part I: More Than You Bargained For 1. What You May Not Have Learned in Graduate School 2. Seismic Shifts in the Practice of Therapy 3. Walking on Water and Other Unrealistic Expectations 4. Organized Confusion: Making Sense of Change Processes in Our Clients, Our Profession, and Ourselves 5. Returning to the Basics When It All Starts to Sound Familiar • **Part II: Secrets and Neglected Challenges** 6. Clients Are Your Best Teachers 7. Relationships Are (Almost) Everything! 8. Honoring and Telling Stories 9. Private Practice and/or Public Service? • **Part III: Ongoing Personal and Professional Development** 10. Upgrading Your Presentations 11. Writing and Publishing for Pleasure, Purpose, or Profit 12. Navigating Organizational Politics 13. On Supervision, Mentoring, Mastery, and Creativity

ISBN: 978-0-393-71098-4 • 2015 • 320 pages • Paperback • **POD** • \$27.95 / **\$20.96**



THE ART OF THE FIRST SESSION

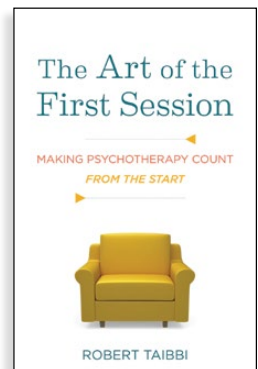
Making Psychotherapy Count from the Start

ROBERT TAIBBI

Clinicians must build trust, communicate what they have to offer, and ensure that the client feels differently when they walk out than they did walking in. Packed with case examples, vignettes, tools, and techniques, this book prepares clinicians with all the critical skills to hit the ground running in therapy with new clients.

ISBN: 978-0-393-70843-1 • 2016 • 240 pages • Hardcover • \$27.95 / **\$20.96**

See pages 44 and 46 for Robert Taibbi's *Boot Camp Therapy*.



BECOMING A PUBLISHED THERAPIST

A Step-By-Step Guide to Writing Your Book

BILL O'HANLON

ISBN: 978-0-393-70810-3 • 2013 • 192 pages • Paperback w/DVD • \$19.95 / **\$14.96**

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ESSENTIALS OF PRIVATE PRACTICE

Streamlining Costs, Procedures, and Policies for Less Stress

HOLLY A. HUNT

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THE NEW PRIVATE PRACTICE

Therapist-Coaches Share Stories, Strategies, and Advice

LYNN GRODZKI, Editor

ISBN: 978-0-393-70379-5 • 2002 • 272 pages • **POD** • Paperback • \$40.00

TREATMENT COLLABORATION

Improving the Therapist, Prescriber, Client Relationship

RONALD J. DIAMOND and PATRICIA L. SCHEIFLER

ISBN: 978-0-393-70473-0 • 2007 • 208 pages • Paperback • \$29.95 / **\$22.46**

AT PERSONAL RISK

Boundary Violations in Professional-Client Relationships

MARILYN R. PETERSON

ISBN: 978-0-393-71052-6 • 1992 • 208 pages • **POD** • Paperback • \$35.00

DIFFERENT PATIENTS, DIFFERENT THERAPIES

Optimizing Treatment Using Differential Psychotherapeutics

DEBORAH L. CABANISS and Yael HOLOSHITZ

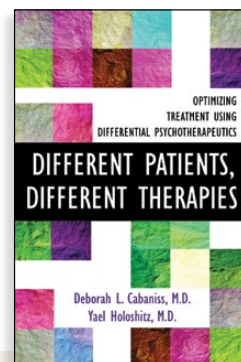
"[S]hould be read by all interested in psychotherapy education, program directors, psychotherapists, and clinicians who refer patients for psychotherapy." —*Academic Psychiatry*

This book is a guide to choosing among the many psychotherapeutic options available to patients and therapists today. Cabaniss and Holoshitz outline over twenty different types of therapy, including psychodynamic psychotherapy, CBT, DBT, MI, ACT, EMDR, exposure therapy, family therapy, psychoanalysis; schema and many others. At the heart of the book are vignettes of typical clinical situations, accompanied by commentary about treatment choice from over thirty psychotherapy experts. Written in accessible, jargon-free language, this book is suitable for introductory classes on psychotherapy, as well as seasoned therapists, or someone considering psychotherapeutic treatment.

Topics include: Differential Psychotherapeutics Explained • Psychotherapeutic Options Substance Abuse • Depression • Obsessions and Compulsions • Parenting • Psychosis • Medical Illness • Trauma • Exposure Therapy • Panic • Grief • Late-Life Depression • Affect Dysregulation • Post-Partum Depression • Low Self-Esteem

Deborah L. Cabaniss, MD, is Professor of Clinical Psychiatry and Associate Director of Residency Training in the Columbia University Department of Psychiatry. **Yael Holoshitz, MD**, is Assistant Clinical Professor of Psychiatry and Assistant Director of the Psychiatric Institute Residents' Clinic at the Columbia University Department of Psychiatry.

ISBN: 978-0-393-71342-8 • 2019 • 512 pages • Hardcover • \$59.95 / **\$44.96**



THE SCIENCE AND PRACTICE OF WELLNESS

Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO)

RAKESH JAIN, SAUNDRA JAIN, Foreword by DILIP JESTE

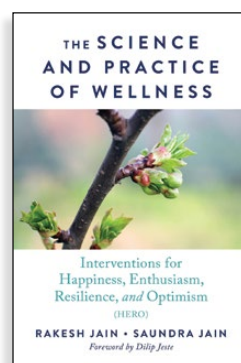
"Drs. Sandra and Rakesh Jain have written an erudite, encyclopedic, thoughtful, and accessible book about wellness. Their empathy and humanity emanates and surrounds each chapter." —Roger S. McIntyre, MD, FRCPC, Professor of Psychiatry and Pharmacology, University of Toronto

Wellness-centric clinicians look to improve various traits known to be beneficial to patients—traits such as happiness, enthusiasm, resilience, and optimism (referred to as the HERO traits). All of these not only improve global mental wellness, but also offer resilience against stress, depression, and anxiety. Wellness-centric interventions augment both psychopharmacology and traditional psychotherapies, such as CBT. Rakesh and Sandra Jain offer advice on such beneficial practices as exercise, mindfulness, optimized nutrition, optimized sleep, enhanced socialization, and positive psychology enhancement.

Contents: 1. Making the Case for a Wellness-centric Approach to Mental Health 2. Mental Wellness and Brain-Body Connections 3. Mental Wellness and Its Impact on Inflammation 4. Unifying Health, Illness, and Wellness 5. Five Elements of Mental Wellness 6. HERO Traits: Key Attributes of Mental Wellness 7. Mental Wellness Programs for Your Practice 8. Research Supporting the WILD 5 Wellness Program 9. Incorporating Mental Wellness Into Your Practice 10. Practicing Measurement-Based Care 11. Using Wellness Interventions in Clinical Practice 12. Success Stories With Mental Wellness Interventions

Rakesh Jain, MD, MPH, an adult, child, and adolescent psychiatrist, is clinical professor of psychiatry, at Texas Tech University School of Medicine. **Sandra Jain, MA, PsyD, LPC**, a licensed professional counselor, is adjunct clinical affiliate, School of Nursing, at the University of Texas at Austin.

ISBN 978-0-393-71365-7 • 2020 • 384 pages • Paperback • \$35.00 / **\$26.25**



DOING PSYCHOTHERAPY

A Trauma and Attachment-Informed Approach

ROBIN SHAPIRO

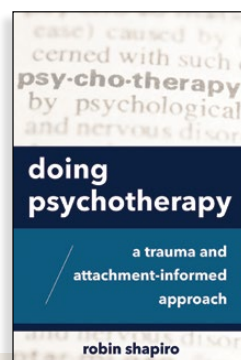
"[The] clearest, most thorough, most compassionate look inside the work of psychotherapy that I've ever encountered. This book is like a consult session with one of the best." —Laura S. Brown, PhD, ABPP, Independent Practice of Consultation and Forensic Psychology, Seattle WA

Seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma-and attachment-informed approach that is not tied to any one model or method. This book teaches assessment, treatment plans, enhancing the therapeutic relationship, and ethics and boundary issues, all within general framework of attachment theory and trauma. Early-career therapists will refer to it for years to come, and veteran practitioners looking for a refresher (or introduction) to the latest in trauma and attachment work will find it especially useful.

Contents: 1. What is Therapy? 2. Therapy Modalities 3. How to Start 4. Assessment 5. Sessions 6. Ethics and Boundaries 7. Dealing with Differences 8. Building Affect Tolerance 9. Healing Attachment Wounds 10. Skill Building 11. Treating Trauma 12. Treating Anxiety 13. Treating Depression 14. Treating Addiction 15. Suicidal Clients 16. Sexual Issues 17. Final Stages 18. Self-Care 19. Bibliography

Robin Shapiro, LICSW, is a psychotherapist and clinical consultant in Seattle, Washington. She is the author of *The Trauma Treatment Handbook* (page 28), *Easy Ego State Interventions* (page 36), and *EMDR Solutions I and II* (page 72).

ISBN: 978-0-393-71333-6 • 2020 • 240 pages • Paperback • \$24.95 / **\$18.71**



BOWEN THEORY'S SECRETS

Revealing the Hidden Life of Families

MICHAEL E. KERR

"As with Bateson's fireside chats, Bowen's coaching of the first generation of family therapists resonated beyond his day, and Kerr is revealing what that meant to a generation that may not have heard of them." —*Metapsychology*

Murray Bowen (1931-1990) was the first to study the family in a live-in-setting and describe specific details about how families function as systems. His theories dominated family therapy for decades. This book, written by one of his closest collaborators, updates his still-radical theory with the latest approaches to understanding emotional development.

Topics include: Systems Thinking • Evolution and the Emotional System • Patterns of Emotional Functioning • Differentiation of Self • Emotional Regression • Emotional Objectivity • Emotional Programming • Chronic Anxiety • The Multigenerational Family Organism • Sibling Position • Emotional Cutoff • Societal Emotional Process • Key Ingredients in the Process of Differentiation • Unidisease: A Proposed New Concept in Bowen Theory

ISBN: 978-0-393-70812-7 • 2019 • 446 pages • Hardcover • \$47.50 / **\$35.63**

See page 58 for Michael E. Kerr's *Family Evaluation*.

PROMOTING HEALTHY ATTACHMENTS

Hands-on Techniques to Use with Your Clients

DEBORAH D. GRAY

"Offers real-world, practical insights that not only enliven therapists' comprehension of this field but invite them to apply these ideas in ways that are inclusive and relevant." —Mary M. McGowan, Executive Director of the Association for Training on Trauma and Attachment in Children (ATTACH).

Attachment theory is all the rage in therapy these days. But what does a therapist do with all the theory? This book presents successful attachment-oriented interventions for clinicians to use with parents, children, and a variety of presenting issues from trauma to depression to anger.

ISBN: 978-0-393-71259-9 • 2018 • 320 pages • Hardcover • \$37.50 / **\$28.13**

LGBTQ CLIENTS IN THERAPY

Clinical Issues and Treatment Strategies

JOE KORT

A therapist who treats LGBTQ clients often must be more than "gay friendly." Gay, lesbian, bisexual, and transgender clients have specific needs that require their own knowledge base. This book offers up-to-date information for clinicians treating LGBTQ clients, including new chapters on transgender, sexually fluid, and gender non-conforming clients.

ISBN: 978-1-324-00048-8 • 2018 • 480 pages • \$27.95 / **\$20.96**

Previously published in hardcover as *Gay Affirmative Therapy for the Straight Clinician*.

THE UPSIDE OF SHAME

Therapeutic Interventions Using the Positive Aspects of a "Negative" Emotion

VERNON C. KELLY JR. and MARY LAMIA

There is much more to shame than its reputation as a negative emotional state. This clinical book delves into the role of shame in many complex issues such as personality disorders, anxiety, depression, and addictions. In each example, the authors show how an understanding of the positive side of shame can be translated into practical therapeutic interventions.

ISBN: 978-0-393-71194-3 • 2018 • 272 pages • Hardcover • \$28.95 / **\$21.71**

A CLINICAL INTRODUCTION TO FREUD

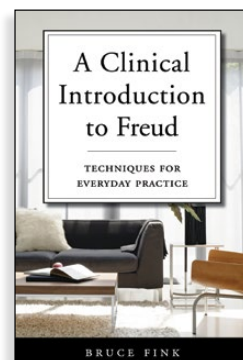
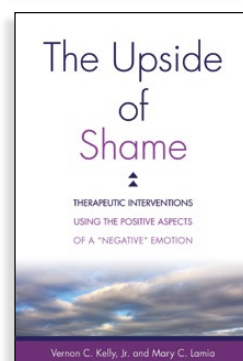
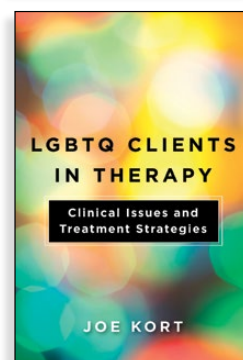
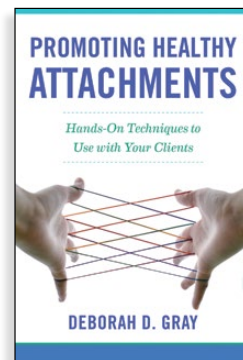
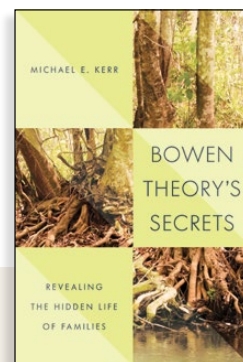
Techniques for Everyday Practice

BRUCE FINK

Having taught Freud to undergraduate and graduate students alike for twenty years, as well as being a practicing psychoanalyst, Bruce Fink provides a highly readable introduction to Freud's work that emphasizes Freud's enduring clinical relevance and usefulness to practitioners of many persuasions, not just to those who are psychoanalytically trained. With reference to topics as varied as Star Trek, The Moody Blues, and unicorns, as well as covering expected topics such as repression, symptom formation, and the unconscious, this book is essential reading for all therapists who are open to learning about theories that may help their clients.

ISBN: 978-0-393-71196-7 • 2017 • 320 pages • Hardcover • \$45.00 / **\$33.75**

See page 41 for *Fundamentals of Psychoanalytic Technique* by Bruce Fink.



THE SELF-COMPASSION SKILLS WORKBOOK

A 14-Day Plan to Transform Your Relationship with Yourself

TIM DESMOND

"With its engaging discussions and powerful techniques, anyone who wants to know how to get to a point of more happiness and life satisfaction will find [*The Self-Compassion Skills Workbook*] both accessible and satisfyingly specific. Very highly recommended!" —*Midwest Book Review*

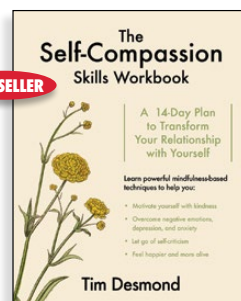
Cutting-edge research shows that self-compassion is not only a skill anyone can strengthen through practice but also one of the strongest predictors of mental health and wellness. The practices in this book have been specially formulated to target and fortify what neuroscientists call the "care circuit" of the brain.

Devoting thirty minutes a day for just fourteen days to these simple practices can have life-changing results. Tim Desmond's "Map to Self Compassion" will engage your mind, heart, and spirit. It will empower you to:

- Improve your ability to motivate yourself with kindness
- Regulate and defuse intense emotions, anxiety, and depression
- Be resilient during life's challenges
- Let go of self-criticism and destructive behavior
- Heal painful experiences and be more present and compassionate with others

Experience the benefits firsthand! This book also features downloadable audio recordings for on-the-go practice.

ISBN: 978-0-393-71218-6 • 2017 • 224 pages • Paperback • \$19.95 / **\$14.96**



SELF-COMPASSION IN PSYCHOTHERAPY

Mindfulness-Based Practices for Healing and Transformation

TIM DESMOND, Foreword by RICHARD J. DAVIDSON

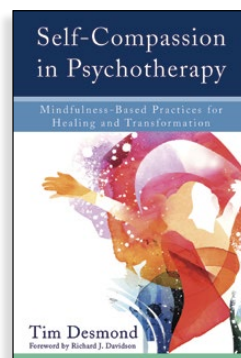
"[A] very practical guide for therapists on why and how to include working with their self-compassion, and that of their clients, in therapy. . . . I expect that this book will appeal to a wide range of therapists, including those who already use mindfulness in their practice." —*Private Practice*

"I heartily recommend it both for clinicians and also as a valuable tool for classroom use to facilitate discussions for any classes in clinical psychology." —*Metapsychology*

This logically written guide integrates cutting-edge neuroscience with mindfulness and traditional Buddhist practices to show mental health professionals how they can help clients develop a more loving, kind, and forgiving attitude toward themselves.

Contents: 1. Self-Compassion: What Is It and Why Is It Useful in Therapy? 2. The Science of Self-Compassion 3. Basic Clinical Principles 4. Mindfulness of the Body: Techniques for Building Affect Tolerance and Regulation 5. Mindfulness of Thoughts: Techniques for Building Cognitive Flexibility 6. Unlocking a Client's Natural Compassion 7. Using Compassion to Heal and Transform Suffering in the Past and Present 8. Working with Stubborn Self-Criticism and Self-Sabotage 9. Treating Trauma, Addiction, and Psychosis 10. Overcoming Common Clinical Roadblocks 11. Self-Compassion Practices for the Therapist

ISBN: 978-0-393-71100-4 • 2016 • 256 pages • Hardcover • \$26.95 / **\$20.21**



THE ROAD TO CALM WORKBOOK

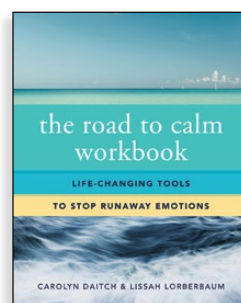
Life-Changing Tools to Stop Runaway Emotions

CAROLYN DAITCH and LISSAH LORBERBAUM

Carolyn Daitch, author of the award-winning *Affect Regulation Toolbox* (page 55), makes her expertise accessible to psychotherapy clients and anyone suffering from emotional overwhelm. Written with psychotherapist Lissah Lorberbaum, this workbook is a ready-to-use guide to regulating emotional flooding and finding calm in your daily life. It includes the STOP Solution for calming emotional flooding, "daily stress inoculations," guided imagery exercises, opportunities for journaling and reflection, mindfulness practices, and matching audio exercises on the accompanying CD. **A complimentary companion app also enhances readers' ability to take these exercises on the go.**

ISBN: 978-0-393-70841-7 • 2016 • 224 pages • Paperback w/CD • \$27.50 / **\$20.63**

See page 41 for Carolyn Daitch's *Anxiety Disorders*.



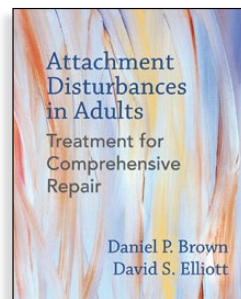
ATTACHMENT DISTURBANCES IN ADULTS

Treatment for Comprehensive Repair

DANIEL P. BROWN and DAVID S. ELLIOTT, WITH CONTRIBUTIONS BY PAULA MORGAN-JOHNSON, PAULA SACKS, CAROLINE R. BALTZER, JAMES HICKEY, ANDREA COLE, JAN BLOOM, and DEIRDRE FAY

This book offers an innovative therapeutic model and set of methods for treating adult patients with dismissing, anxious-preoccupied, or disorganized attachment. With rich detail, it integrates historical and leading-edge attachment research into practical, effective treatment protocols for each type of insecure attachment. Case transcripts and many sample therapist phrasings illustrate how to apply the methods in practice.

ISBN: 978-0-393-71152-3 • 2016 • 560 pages • Hardcover • \$55.00 / **\$41.25**



EASY EGO STATE INTERVENTIONS

Strategies for Working with Parts

ROBIN SHAPIRO

Most of us have different aspects, "parts," or "ego states" of ourselves, which manifest as particular moods, behaviors, and reactions depending on the demands of our external and internal environments. "Ego state therapy" refers to a powerful, flexible therapy that helps clients integrate and reconcile these distinct aspects of themselves. This book offers practical techniques that any therapist can incorporate in his or her practice to address garden-variety developmental issues like self-care challenges, grief, anxiety, and differentiation from families and peer groups, as well as to support clients across the dissociation spectrum, including those who suffer from complex trauma.

Contents: **Part I: Getting Started with Ego State Work** 1. Defining and Diagnosing Ego States 2. Foundational Intervention: Accessing Positive States 3. Foundational Intervention: Creating Safe Places and Internal Caregivers 4. Foundational Intervention: Working with Infant and Child States • **Part II: Problem-Specific Interventions** 5. Trauma 6. Relationship Challenges 7. Personality Disorders 8. Suicidal Clients 9. Cultural, Familial, and Abuse-Related Introjects

BESTSELLER

EASY
EGO STATE
INTERVENTIONS
STRATEGIES
FOR WORKING
WITH PARTS

ROBIN SHAPIRO

ISBN: 978-0-393-70927-8 • 2016 • 224 pages • Hardcover • \$26.95 / **\$20.21**

See pages 28, 33, and 72 for more books by Robin Shapiro.

HAKOMI MINDFULNESS-CENTERED SOMATIC PSYCHOTHERAPY

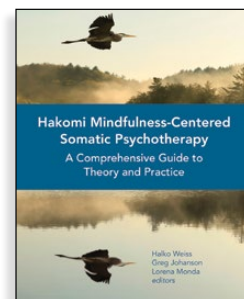
A Comprehensive Guide to Theory and Practice

HALKO WEISS, GREG JOHANSON, and LORENA MONDA, Editors

This book is the authoritative text on the history, theory, and methods of Hakomi therapy today. The authors detail Hakomi's unique integration of body psychotherapy, mindfulness, and the Eastern philosophical principle of non-violence, grounding leading-edge therapeutic technique in an attentiveness to the whole person and their capacity for transformation.

Contributors include: Richard C. Schwartz • Maci Daye • Rob Fisher • Halko Weiss • Ron Kurtz • Marilyn Morgan • Greg Johanson • T. Flink Sparks • Anne Fischer • Jon Eisman • Julie Murphy • John Perrin • Carol Ladas Gaskin • David Cole • Cedar Barstow • Donna Martin • Shai Lavie • Jaci Hull • Manuela Mischke Reeds • Maya Shaw Gale • Lorena Monda • Uta Günter • Karen A. Baikie • Phil Del Prince

ISBN: 978-0-393-71072-4 • 2015 • 384 pages • Paperback • \$45.00 / **\$33.75**



THE FEELING BRAIN

The Biology and Psychology of Emotions

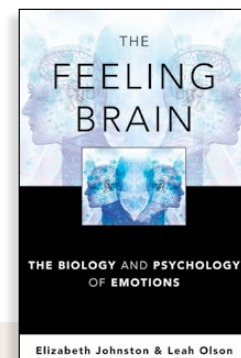
ELIZABETH JOHNSTON and LEAH OLSON

"This book offers a comprehensive, detailed and referenced, synthetic and analytic insight into emotional experience and its physiological substrate. . . . [T]he complexity and history of neurosciences and biological theories of emotions are told in a very accessible way." —*Metapsychology*

Delving into the personal yet scholarly study of the neuroscience of emotions, authors Olson and Johnston consider William James' famous question, still unanswered, "What is an emotion?" The authors move from a consideration of basic emotions and the early brain areas that have been associated with them to the more complex social emotions and their involvement of higher brain areas, using myriad case examples to illustrate the essential concepts.

Contents: Introduction: What is an Emotion? 1. The Early Work on Defining Emotion: From William James to Appraisal Theory 2. The Limbic System Version of the Emotional Brain 3. The Functions of Emotions: Basic Emotional Systems 4. The Neural Substrates of Fear and Anxiety 5. The Role of the Body in Emotions and Decision Making 6. Reward: Liking, Wanting, and Learning 7. Body and Mind: The Linkage of Interoception and Emotion 8. Emotion & Memory of Memory 9. Feelings-as-Information: How Affect Influences Thought and Judgment 10. Emotion-Cognition Interactions: Attention, Perception & Neuroeconomics 11. Emotion Regulation • Concluding Comments: What is an Emotion-Now?

ISBN: 978-0-393-70665-9 • 2015 • 256 pages • Hardcover • \$27.50 / **\$20.63**



NEURO-PHILOSOPHY AND THE HEALTHY MIND

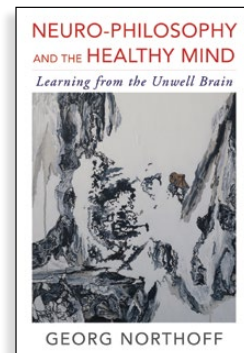
Learning from the Unwell Brain

GEORG NORTHOFF

"[A] game changer. . . . Northoff presents a fascinating model of who we are and just where we and our emotions exist. It is a model that has important implications for clinicians." —*Psych Central*

Georg Northoff investigates consciousness through its absence in vegetative states and examines instances of distorted self-recognition in people with psychiatric disorders like schizophrenia, in order to understand how the experience of "self" is established in a stable brain. The result is a groundbreaking, integrative approach to understanding the self, consciousness, and what it means to be mentally healthy.

ISBN: 978-0-393-70938-4 • 2016 • 256 pages • Paperback w/flaps • \$22.95 / **\$17.21**



THE STOP PROGRAM: FOR WOMEN WHO ABUSE

Group Leader's Manual

THE STOP PROGRAM FOR WOMEN

Handouts and Homework

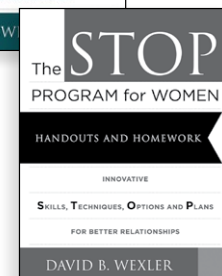
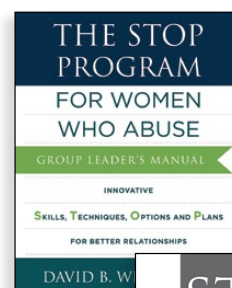
DAVID B. WEXLER

This is the most innovative and comprehensive manual to address domestic violence treatment specifically to female offenders, with a program targeted to engage women in their own healing process. Developed and field-tested for over twenty-five years among military and civilian populations, the skill-building program is presented in a 26-week or 52-week psychoeducational format. The group leader's manual is packed with teaching methods, skills-training exercises, articles, video clips, and other resources. Accompanying handouts and homework for participants (sold separately) provide structure for recovery both within the sessions and at home. Packaged as loose-leaf sheets, they can be added, removed, or rearranged to suit the needs of any leader administering the program.

Group Leader's Manual: ISBN: 978-0-393-71148-6 • 2016 • 240 pages • Paperback • \$32.00 / **\$24.00**

Handouts and Homework: ISBN: 978-0-393-71150-9 • 2016 • 128 pages • Loose Sheets • \$12.00 / **\$9.00**

See pages 42, 56, and 69 for more books by David B. Wexler.



8 KEYS TO RECOVERY FROM AN EATING DISORDER

CAROLYN COSTIN and GWEN SCHUBERT GRABB

"Carolyn Costin was my eating disorder therapist, and I credit her with my recovery. 8 Keys to Recovery from an Eating Disorder gives the reader the same insight, inspiration, and tools that Carolyn gave to me. It's straightforward, well-written, and allows the reader to actively participate in her own recovery."

—Portia de Rossi, actress

ISBN: 978-0-393-70695-6 • 2011 • 296 pages • Paperback • \$22.95 / **\$17.21** • See page 48 for the full listing.

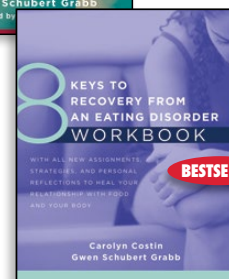
8 KEYS TO RECOVERY FROM AN EATING DISORDER WORKBOOK

CAROLYN COSTIN and GWEN SCHUBERT GRABB

"The authors speak from the heart to those at every stage of recovery—expertly tuning in to both the eating disorder voice and the healthy voice to help you motivate change. For anyone who's even considering walking the path of recovery, this workbook will be a game changer." —Kristina Saffran, co-founder of Project HEAL

ISBN: 978-0-393-71128-8 • March 2017 • 288 pages • Paperback • \$24.95 / **\$18.71** • See page 48 for the full listing.

Discounted Two-Book Set: 8 Keys to Recovery from an Eating Disorder Workbook and 8 Keys to Recovery from an Eating Disorder ISBN: 978-0-393-71277-3 • Paperback • \$43.00 / **\$32.25**



THE THERAPIST'S ULTIMATE SOLUTION BOOK

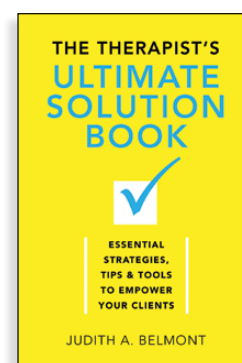
Essential Strategies, Tips & Tools to Empower Your Clients

JUDITH A. BELMONT

This book delivers an array of basic "solutions" in the form of handouts, worksheets, exercises, quizzes, mini-lessons, and visualizations—to use with your clients and tailor to fit their needs. No matter your preferred course of therapy—whether it's CBT, DBT, EMDR, or EFT—having at your disposal a variety of easy-to-learn and easy-to-teach techniques for a host of common therapy issues goes a long way in keeping your clients on track, both during and in between sessions.

ISBN: 978-0-393-70988-9 • 2015 • 288 pages • Hardcover • \$34.95 / **\$26.21**

Watch a book trailer at bit.ly/UlimateSol



WORKING WITH PARENTS OF ANXIOUS CHILDREN

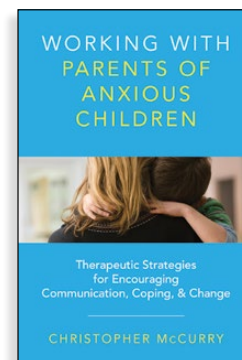
Therapeutic Strategies for Encouraging Communication, Coping & Change

CHRISTOPHER MCCURRY

"McCurry helps clinicians think about how biology and environment work together to either support or work against a child with an anxiety disorder [and] facilitate greater understanding in parents, highlighting therapeutic tools the therapist can use to help educate families." —Psych Central

This book explores the critical parent-child "dance" at the center of child development and uncovers how therapists can guide parents in changing their dynamic so anxious outbursts are reduced and a child's confidence and growth are better supported. Parent management training and parent-child interaction training strategies are also provided.

ISBN: 978-0-393-73401-0 • 2015 • 368 pages • Hardcover • \$29.95 / **\$22.46**



THE THERAPEUTIC "AHA!"

10 Strategies for Getting Your Clients Unstuck

COURTNEY ARMSTRONG

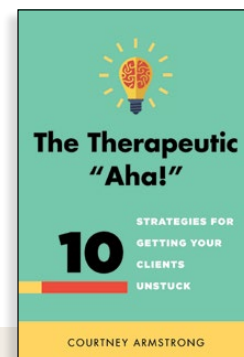
"A wealth of options for inspiring therapists to think outside of the proverbial box... By being open to bringing new ideas into the practice of psychotherapy, we avoid becoming stuck ourselves, which can only serve to benefit our clients."
—*Metapsychology*

Drawing on basic neuroscience concepts and showing how they can be put into practice, this book delivers 10 practical, creative strategies that therapists can use with clients to help spark their "emotional brain" and create new neural pathways that engage and advance the healing process. It's a concise guide to shaking things up in therapy, for both therapist and client.

Contents: Introduction: Creating Transformative Emotional Experiences • **Part I: Awakening a Session** 1. The Power of Emotion 2. Engaging the Emotional Brain 3. Enlivening The Therapeutic Alliance 4. Eliciting Exciting Goals • **Part II: Healing Emotional Wounds** 5. Locating the Root of an Emotional Pattern 6. Erasing the Negative Impact of Trauma • **Part III: Activating Experiential Change** 7. Invoking Inspirational Imagery 8. Conjuring Up Outrageous Stories 9. Summoning Quick Humor and Association Games 10. Rousing Rhythm, Music, and Movement 11. Mastering the Emotional Dance (Therapy as Lived Experience) • Acknowledgments • References

ISBN: 978-0-393-70840-0 • 2015 • 240 pages • Hardcover • \$27.95 / **\$20.96**

See page 27 for more *Rethinking Trauma Treatment* by Courtney Armstrong.



RESTORING RESILIENCE

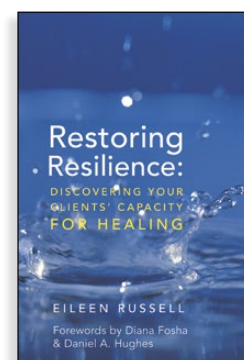
Discovering Your Clients' Capacity for Healing

EILEEN RUSSELL, Forewords by DIANA FOSHA and DANIEL A. HUGHES

"Dr. Russell's approach and methods are clear and concise, and would benefit anyone who needs to discover the capacity for rekindling their inner light." —*Psychology Today*

This book lays out the tools and background for any therapist interested in engaging in change-oriented therapy. The author draws on interpersonal neurobiology and affect regulation research to accomplish this, as well as a number of theoretical orientations including Accelerated Experiential Dynamic Psychotherapy, attachment theory, and EMDR. The book concludes with a number of exercises to help clinicians cultivate their own personal resilience, because a resilient clinician is better equipped to foster resilience in his or her clients.

ISBN: 978-0-393-70571-3 • 2015 • 256 pages • Hardcover • \$29.95 / **\$22.46**



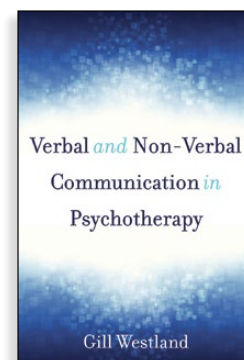
VERBAL & NON-VERBAL COMMUNICATION IN PSYCHOTHERAPY

GILL WESTLAND

"[A] marvelous and useful book... [S]he is clearly teaching an approach that can turbo charge psychotherapy."
—*The Milton H. Erickson Foundation Newsletter*

This book brings together insights from a range of psychotherapies for therapists who want to expand their communication abilities and embrace more effective ways of communicating. Therapists will learn skills to respond with language to clients' nonverbal communication, as well as mindfulness practices and 'right brain to right brain communication,' enabling therapists to reach clients when there are no words.

ISBN: 978-0-393-70924-7 • 2015 • 320 pages • Hardcover • \$34.00 / **\$25.50**



TRANSFORMING NEGATIVE SELF-TALK

Practical, Effective Exercises

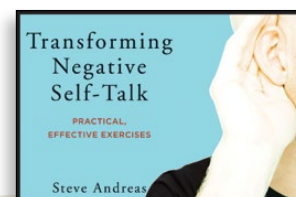
STEVE ANDREAS

"[A] winner. I strongly recommend it!... I have used some of these exercises both on myself and with clients and they worked well and quickly." —*Milton H. Erickson Foundation Newsletter*

In this user-friendly guide, an experienced clinician presents an array of original, take-charge strategies to help you and your clients gain control of the downbeat voices and use them to your advantage.

Contents: 1. Changing Location 2. Changing Tempo & Tonality 3. Adding Music or a Song 4. Talking to Yourself Positively 5. Adding a Voice 6. Auditory Perspective 7. Starting Your Day 8. Generalizations, Evaluations, Presuppositions, & Deletions 9. Negative Messages & Positive Outcomes 10. Asking Questions 11. Transforming a Message

ISBN: 978-0-393-70789-2 • 2012 • 128 pages • Paperback • \$17.50 / **\$13.13**



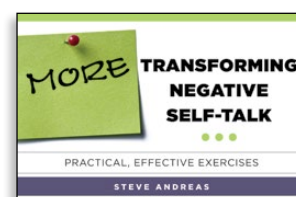
MORE TRANSFORMING NEGATIVE SELF-TALK

Practical, Effective Exercises

STEVE ANDREAS

"[H]elpful viewpoints and exercises... [A] useful alternative and supplemental approach to countering and reframing what is normally potentially difficult and damaging affect work." —*Somatic Psychotherapy Today*

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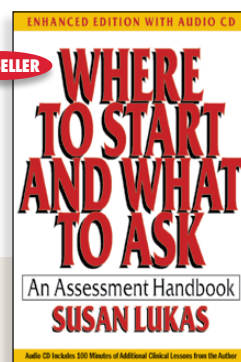
WHERE TO START AND WHAT TO ASK

An Assessment Handbook, Enhanced Edition with Audio CDs

SUSAN LUKAS

This indispensable book helps therapeutic neophytes organize their approach to the initial phase of treatment and navigate even rough clinical waters with competence and assurance. The enhanced edition is packaged together with two companion CDs filled with lessons and exercises on the clinical interview. Sit back, relax, and think along with Susan Lukas about the many questions that you need to ask about yourself and your client before, during, and after the interview. Doing so will not only improve your clinical skills but also increase your confidence and self-awareness as a practitioner.

Contents: 1. How To Conduct the First Interview With An Adult 2. Looking, Listening, and Feeling: the Mental Status Examination 3. How To Think About Your Client's Health: The Medical History 4. How To Conduct the First Interview With A Family 5. How To Conduct the First Interview With A Child 6. How To Take A Developmental History 7. How To Conduct the First Interview With A Couple 8. How To Determine Whether A Client Might Hurt Somebody-Including You 9. How To Determine Whether A Client Might Hurt Herself 10. How To Determine Whether A Client Is A Substance Abuser 11. How To Assess Children For Neglect, Abuse, and Sexual Abuse 12. What Psychological Testing Is and When You Might Ask For It 13. How To Write An Assessment 14. Where You Go From Here



ISBN: 978-0-393-70784-7 • 2012 • 200 Pages • Paperback w/Two Audio CDs • \$29.95 / **\$22.46**

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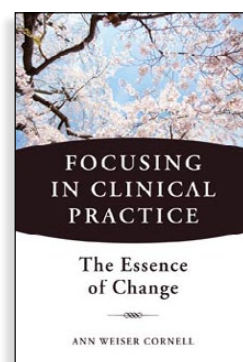
FOCUSING IN CLINICAL PRACTICE

The Essence of Change

ANN WEISER CORNELL

"Focusing" is a particular process of attention that supports therapeutic change, a process that has been linked in more than 50 research studies with successful outcomes in psychotherapy. In this book, Ann Weiser Cornell, a Focusing teacher and trainer for more than 30 years, guides readers in its facilitation and use with clients: how to help clients get felt senses and nurture them when they appear, how to work with clients who have difficulty feeling in the body, how to facilitate a "felt shift," how to support clients who experience dysregulating emotional states, how to incorporate Focusing into any type of therapy work, and much more.

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PSYCHOTHERAPY ESSENTIALS TO GO

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PAULA RAVITZ and ROBERT MAUNDER, Editors

Rigorously field-tested by on-the-ground clinicians, these practical guidebooks—sold separately or as a set—provide easy-to-use, evidence-based summaries of five core therapy techniques. Filled with self-test questionnaires, case studies, diagrams, exercises, and role play transcripts, they are ideal teaching and learning resources. **Accompanying each guide is a DVD featuring an hour-long video of sample therapy sessions and clinical explications**, as well as a handy practice-reminder card that summarizes key information about the therapy technique.

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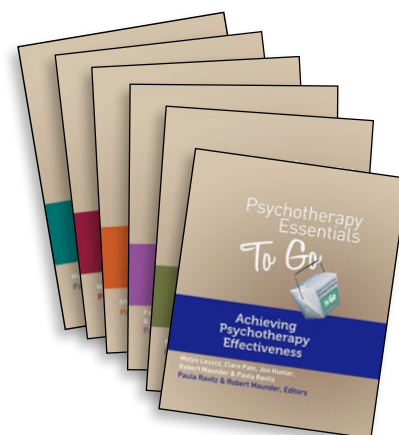
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RELATIONAL SUICIDE ASSESSMENT

Risks, Resources, and Possibilities for Safety

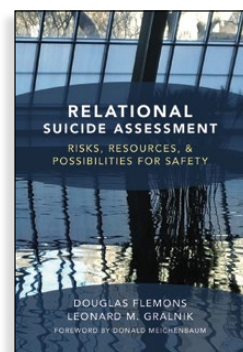
DOUGLAS FLEMONS and LEONARD M. GRALNIK, Foreword by DONALD MEICHENBAUM

"[G]ives an account of essential steps that constitute a complete assessment of suicidal behaviors and provides guidance for the novice clinician starting a career in mental health. Experienced clinicians may appreciate the authors' poignancy, practical suggestions, and empathic perspective central to improving the care required by suicidal individuals."

—*The Journal of Nervous and Mental Disease*

ISBN: 978-0-393-70652-9 • 2013 • 272 pages • Hardcover • \$35.00 / **\$26.25**

See pages 54 and 57 for more books by Douglas Flemons.



OUT OF THE BLUE

Six Non-Medication Ways to Relieve Depression

BILL O'HANLON

Psychotherapist and internationally recognized expert Bill O'Hanlon gives therapists and their clients a set of essential strategies for getting "unstuck" from patterns of depression. Antidepressant medication doesn't help everyone, and often offers only partial relief. This book introduces a new, medication-free approach to managing one of the most commonly encountered problems in psychotherapy, providing simple cognitive solutions for mastering depression's thorniest symptoms.

ISBN: 978-0-393-70916-2 • 2014 • 208 pages • Hardcover • \$29.95 / **\$22.46**



CHILD TEMPERAMENT

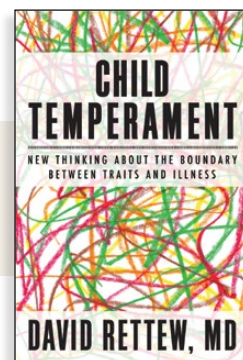
New Thinking About the Boundary Between Traits and Illness

DAVID RETTEW

From depression to ADHD to autism, temperament can play a definite role, but how, and to what degree? This book provides a synthesized update on what has been learned and how temperament affects the development of mental illness.

Contents: Part I: Temperament and Its Links With Psychiatric Illness 1. A Brief History 2. The Basics of Child Temperament 3. Features of Temperament 4. Neurobiology: the Brains Behind Temperament 5. Temperament and Psychopathology 6. Spectrums, Risk Factors, and Scars • **Part II: Applications** 7. Clinical Settings 8. Temperament and Parenting, Part I 9. Temperament and Parenting, Part II 10. Temperament in Educational Settings 11. Medications • Credits • References • Index

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THE HEALING POWER OF WRITING

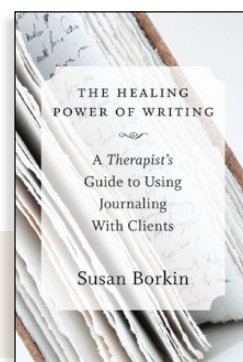
A Therapist's Guide to Using Journaling with Clients

SUSAN BORKIN

Therapeutic journaling—any type of writing or related expressive process used for the purpose of psychological healing or growth—can be an extremely helpful adjunctive therapy. When integrated into an overall treatment plan, regardless of the therapist's clinical orientation, journaling can become a dynamic tool for personal growth and healing. This book is filled with case studies, step-by-step exercises, and clear and practical guidelines for mental health professionals who want to incorporate journaling into their clients' treatment.

Topics include: Journaling and the Clinical Process • Keeping Track / A.T.T.E.N.D.D. • W.R.I.T.E. to Change Beliefs • Adjustment Disorders and Stress • Anxiety Disorders • Depression and Mood Disorders • Grief and Mourning • Low Self-Esteem • Distressed Couples and Families • Cravings and Addictions • Disordered Eating • Trauma and PTSD • Journaling Road Blocks and Building Blocks • Helping Our Clients, Helping Ourselves

ISBN: 978-0-393-70821-9 • 2014 • 224 pages • Hardcover • \$24.95 / **\$18.71**



CHANGE

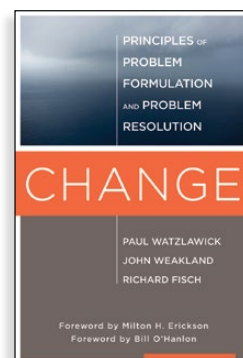
Principles of Problem Formation and Problem Resolution

PAUL WATZLAWICK, JOHN WEAKLAND, and RICHARD FISCH, Foreword by MILTON H. ERICKSON,

Preface to the paperback edition by BILL O'HANLON

This classic book deals with the age-old questions of persistence and change. It asks how problems arise and are perpetuated in some instances, but in other instances are resolved. It examines how, paradoxically, common sense and logical approaches often fail, while seemingly "illogical" and "unreasonable" actions succeed in producing the desired change. The book incorporates ideas about human communication, marital and family therapy, and the therapeutic effects of paradoxes and of action-oriented techniques of problem resolution. It is an outgrowth of the authors' work at the Brief Therapy Center of the Mental Research Institute.

ISBN: 978-0-393-70706-3 • 2011 • 176 pages • Paperback • \$19.95 / **\$14.96**



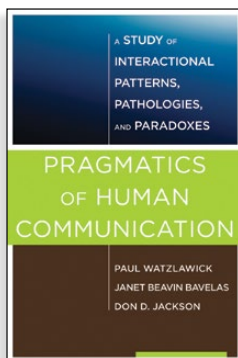
PRAGMATICS OF HUMAN COMMUNICATION

A Study of Interactional Patterns, Pathologies, and Paradoxes

PAUL WATZLAWICK, JANET BEAVIN BAVELAS, and DON D. JACKSON

One of the "best books ever about human communication," this book has formed the foundation of much research into interpersonal communication. The authors identify simple properties or axioms of human communication and demonstrate how all communications are a function of their contexts. Topics covered in this wide-ranging book include: the origins of communication; the idea that all behavior is communication; metacommunication; the properties of an open system; the family as a system of communication; the nature of paradox in psychotherapy; existentialism and human communication.

ISBN: 978-0-393-71059-5 • 2011 • 304 pages • Paperback • \$24.95 / **\$18.71**



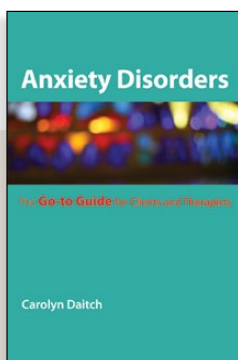
ANXIETY DISORDERS

The Go-To Guide for Clients and Therapists

CAROLYN DAITCH

Topics include: Genes, Perinatal and Early Childhood Experience, and Attachment • Interventions Commonly used: Cognitive Therapy, Hypnosis, Mindfulness-Based Modalities • Relaxation Techniques to Combat Generalized Anxiety Disorder, Panic Disorder, Specific Phobias, Social Anxiety Disorder, and Obsessive Compulsive Disorder • Vivid Clinical Case Examples • Recovery Stories of the Clients Described in the Book • Adjunctive Approaches: Medications and Herbal or Neutraceutical Approaches, Diet and Exercise, and At-Home Practice, Outside of the Therapy Room

ISBN: 978-0-393-70628-4 • 2011 • 256 pages • Paperback • \$25.95 / **\$19.46**



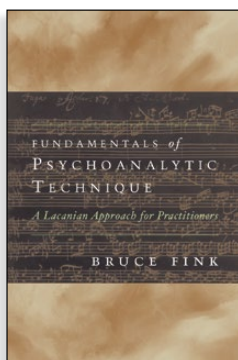
FUNDAMENTALS OF PSYCHOANALYTIC TECHNIQUE

A Lacanian Approach for Practitioners

BRUCE FINK

Unlike any other writer on Lacan to date, Fink illustrates his Lacanian approach to listening, questioning, punctuating, and interpreting with dozens of actual clinical examples. He clearly outlines the fundamentals of working with dreams, daydreams, and fantasies, discussing the numerous anxiety dreams, nightmares, and fantasies told to him by his own patients. By examining transference and countertransference in detail through the use of clinical vignettes, Fink lays out the major differences between mainstream psychoanalytic practice and Lacanian practice. Designed for a wide range of practitioners and requiring no previous knowledge of Lacan's work, this primer is accessible to therapists of many different persuasions.

ISBN 978-0-393-70725-0 • 2011 • 320 pages • Paperback • \$26.00 / **\$19.50**



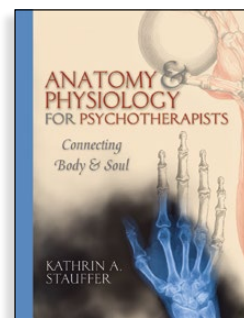
ANATOMY AND PHYSIOLOGY FOR PSYCHOTHERAPISTS

Connecting Body & Soul

KATHRIN A. STAUFFER

Beginning with a discussion of the basic building blocks of the body, cells and molecules, Stauffer works through the body system by system, showing through clinical case examples that an understanding of each system can greatly enhance the art of psychotherapy.

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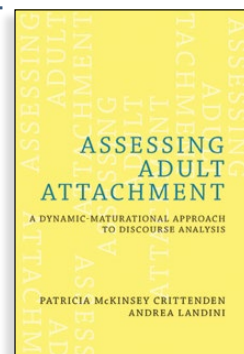
ASSESSING ADULT ATTACHMENT

A Dynamic-Maturational Approach to Discourse Analysis

PATRICIA MCKINSEY CRITTENDEN and ANDREA LANDINI

This book describes a method for identifying the psychological and interpersonal self-protective attachment strategies of adults by applying discourse analysis to semi-structured interviews. Analyzing methods such as the Adult Attachment Interview and the Parents Interview, Crittenden and Landini present the Dynamic-Maturational Model of Attachment and Adaptation. Whether used as a guide to treatment formulation or a basis for gathering empirical data, *Assessing Adult Attachment* is a must for clinicians and researchers alike.

ISBN: 978-0-393-70667-3 • 2011 • 440 pages • Hardcover • **POD** • \$42.50



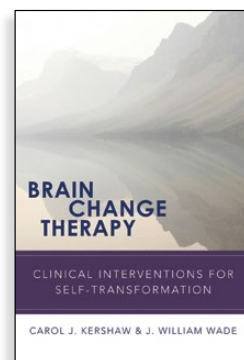
BRAIN CHANGE THERAPY

Clinical Interventions for Self-Transformation

CAROL J. KERSHAW and J. WILLIAM WADE

Drawing on principles from neuroscience, hypnosis, biofeedback, object relations therapy, and cognitive therapy, Kershaw and Wade teach therapists how to use "state change" to stimulate positive emotional patterns and behavioral alterations in their clients, helping them reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive.

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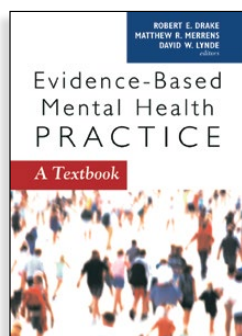
A Textbook

ROBERT E. DRAKE, MATTHEW R. MERRENS, and DAVID W. LYNDE, Editors

"[P]rovides an excellent blueprint for practitioners, clinical leaders, administrators, and students about the implementation of evidence-based practices (EBP). It is organized in a logical, accessible manner and is an excellent compilation of contributions from leaders in the field of mental health."

—*Smith College Studies in Social Work*

ISBN: 978-0-393-70443-3 • 2005 • 496 pages • Paperback • \$55.00 / **\$41.25**



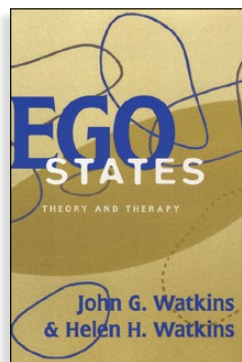
EGO STATES

Theory and Therapy

JOHN G. WATKINS and HELEN H. WATKINS

Ego states are the parts of our personality that cause us to act in different ways in different situations. With clear language and case extracts, the recognized originators of ego state therapy explain this fascinating theory and how to put it into practice.

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ADULT CHILDREN OF PARENTAL ALIENATION SYNDROME

Breaking the Ties that Bind

AMY J. L. BAKER

"Dr. Baker . . . has put PAS on the map as a significant form of emotional abuse afflicting adults long after they leave their childhood years behind. This is a book worth reading, assigning to students, and keeping as a reference."

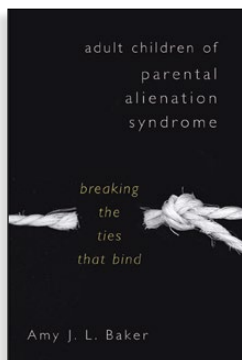
—S. Richard Sauber, PhD, coauthor of *International Handbook of Parental Alienation Syndrome*

"[W]ill become a classic . . . it is a milestone in the field."

—Jayne A. Major, PhD, Stop Parental Alienation of Children (SPAC)

Parental alienation syndrome (PAS) occurs when one parent, often in response to divorce or separation, successfully manipulates a child into turning against the other parent. In this groundbreaking book, Baker describes the long-term impact of PAS, and offers therapists and consumers practical advice for treating it.

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MEN IN THERAPY

New Approaches for Effective Treatment

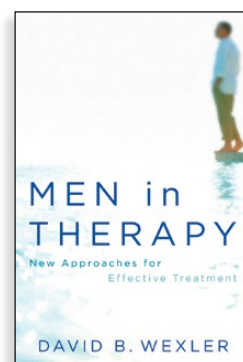
DAVID B. WEXLER

"A wonderful contribution to both the study of men's issues and the larger mental health field... an accessible text for both novice and seasoned professionals." —*The Family Journal*

Therapists are offered a number of methods for countering men's general reluctance to open up emotionally or fully engage in therapy. Individual chapters are devoted to the treatment of men in relationships, men suffering from depression, fathers, men who abuse women, and men of color. In each case, Wexler provides an informative overview of the issues unique to each group, sound advice, and commonsense methods for treating each of these groups effectively, nonjudgmentally, and professionally.

ISBN: 978-0-393-70572-0 • 2010 • 312 pages • Hardcover • \$32.00 / **\$24.00**

See pages 37, 56, and 69 for more books by David B. Wexler.



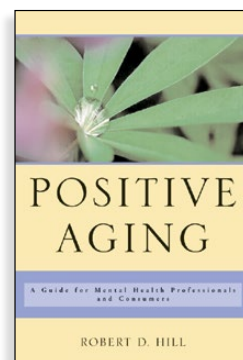
POSITIVE AGING

A Guide for Mental Health Professionals and Consumers

ROBERT D. HILL

By combining a novel approach to human aging in the contemporary world with specific suggestions and ideas to optimize that process, this book promises to help all of us cope with the vicissitudes of growing older to continue to get the most out of living.

ISBN: 978-0-393-70453-2 • 2006 • 256 pages • Hardcover • \$27.95 / **\$20.96**



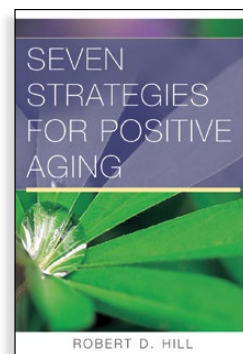
SEVEN STRATEGIES FOR POSITIVE AGING

ROBERT D. HILL

A practical companion to Robert Hill's *Positive Aging*, this book explains how anyone can adopt and develop positive aging skills.

The reader will learn how to apply "meaning-centered" techniques of belonging, altruism, gratitude, and forgiveness in his or her own life, in order to enhance emotional health. These techniques are organized into seven distinct chapters: Learning, Meaning, Wisdom, Belonging, Helping, Gratitude, and Forgiveness.

ISBN: 978-0-393-70523-2 • 2008 • 288 pages • Paperback • \$19.95 / **\$14.96**

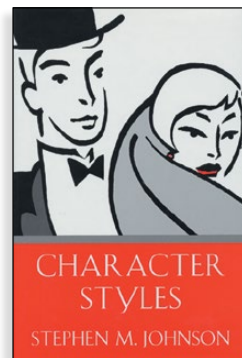


CHARACTER STYLES

STEPHEN M. JOHNSON

Johnson shows how basic life issues underlie the severe pathology of personality disorder, the nagging symptoms of neurosis, and the more functional coping and adaptation of the character styles. Johnson's dimensional model captures the complexity of the human personality while allowing for variability not seen in categorical systems such as DSM-IV. His descriptive names of the character styles not only link childhood experiences to later personality and psychopathology, but also put flesh and bones on psychiatric diagnosis.

ISBN: 978-0-393-70171-5 • 1994 • 336 pages • Hardcover • \$45.00 / **\$33.75**



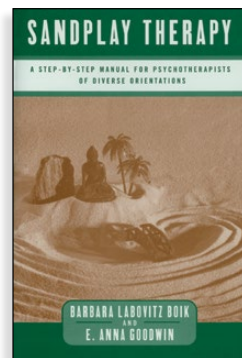
SANDPLAY THERAPY

A Step-by-Step Manual for Psychotherapists of Diverse Orientations

BARBARA LABOVITZ BOIK and E. ANNA GOODWIN

Sandplay allows clients to use nonverbal communication to express their internal and external worlds. The authors illustrate the process with numerous sandplay experiences with clients. They also discuss clients for whom sandplay is contraindicated and some problems that might arise. To encourage the growth of the therapist, they include instructions on personal sandplay work. For therapists interested in exploring the ways that sandplay facilitates growth and healing, this practical handbook will be an invaluable resource.

ISBN: 978-0-393-70319-1 • 2000 • 256 pages • Hardcover • \$45.00 / **\$33.75**



INTEGRATED TREATMENT OF EATING DISORDERS

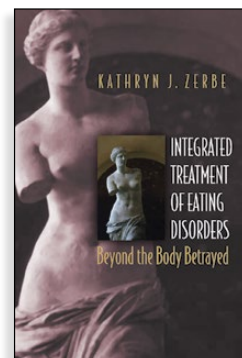
Beyond the Body Betrayed

KATHRYN J. ZERBE

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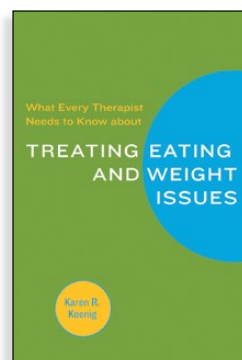


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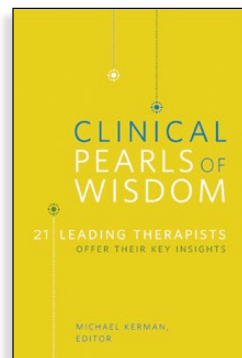
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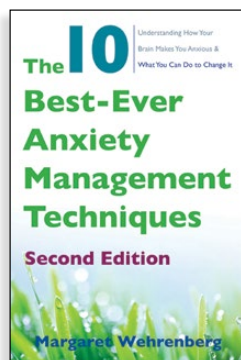
MARGARET WEHRENBURG, PsyD, is a coach and therapist, a best-selling author, and an international trainer and speaker on topics related to psychotherapy for anxiety and depression, stress management and optimizing anxiety for achievement. Learn more about her work at margaretwehrenberg.com.

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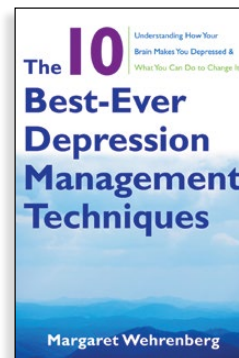


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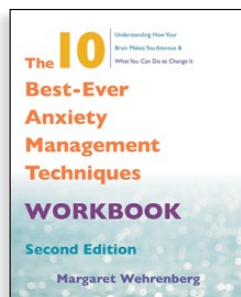
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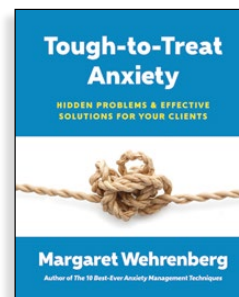
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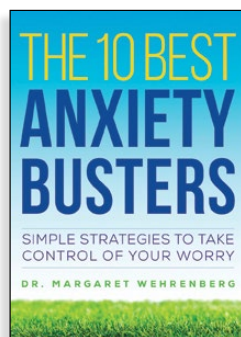
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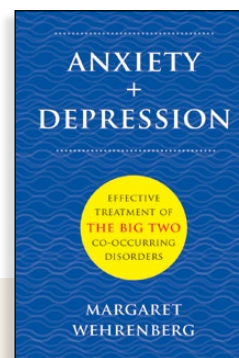
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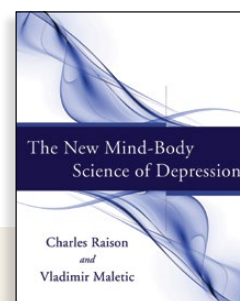


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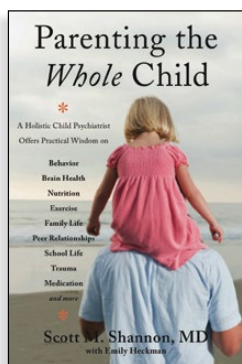


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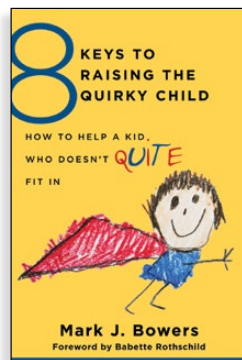
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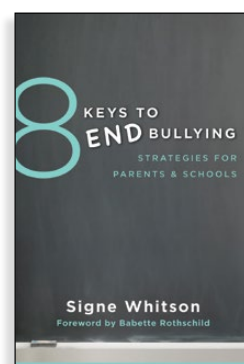
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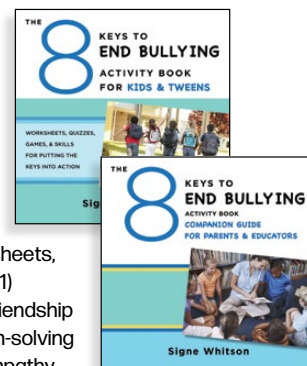
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THE 8 KEYS TO MENTAL HEALTH SERIES, edited by Babette Rothschild, provides readers with brief, high-quality, strategy-filled self-help books on a variety of topics in mental health. Filled with exercises and practical strategies, these books empower readers to help themselves.

8 KEYS TO END EMOTIONAL EATING

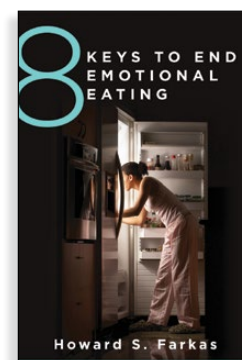
HOWARD S. FARKAS, Foreword by BABETTE ROTHSCHILD

"Filled with useful tips and compassionate expertise, this book could help anyone to become more conscious around their eating, whether you're experiencing issues or not. For those who suffer most, it could mean the end of emotional eating and painful dieting, and hope for a better relationship to food and life." – *Greater Good Magazine*

Traditional diet books focus on meal plans, low-calorie solutions, and quick fixes. But these approaches just treat the symptoms, not the cause—which leads many dieters to return to their bad habits. Howard Farkas, who has more than two decades of professional and teaching experience in clinical psychology, digs deeper by looking at the single greatest cause of overeating: our emotions. Emotional eaters—those who eat in response to feelings rather than hunger—usually understand basic nutrition and how to control their weight. They may take charge of every other aspect of their life, but still feel helpless against the emotional barriers keeping them from healthy eating. This book provides a detailed plan for overcoming these barriers. By exploring the causes that drive the desire to overeat, Farkas develops practical skills to manage this desire on a daily basis.

Contents: 1. Get a Fix on Emotional Eating 2. Break the Diet Mentality 3. Be Strategic About Control 4. Identify What Motivates You 5. Face the Conflicts 6. Upgrade Your Coping Skills 7. Appreciate How You Think 8. Accept, Rebound, and Sustain

ISBN: 978-0-393-71232-2 • 2019 • 256 pages • Paperback • \$19.95 / **\$14.96**



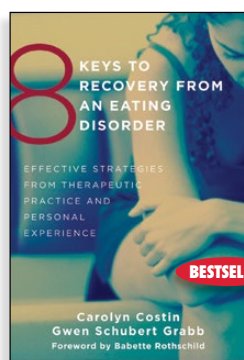
8 KEYS TO RECOVERY FROM AN EATING DISORDER

Effective Strategies from Therapeutic Practice and Personal Experience

CAROLYN COSTIN and GWEN SCHUBERT GRABB, Foreword by BABETTE ROTHSCHILD

Interweaving personal narrative with the perspective of their own therapist-client relationship, the authors bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid.

ISBN: 978-0-393-70695-6 • 2011 • 294 pages • Paperback • \$22.95 / **\$17.21**



8 KEYS TO RECOVERY FROM AN EATING DISORDER WORKBOOK

CAROLYN COSTIN and GWEN SCHUBERT GRABB

8 Keys to Recovery from an Eating Disorder was lauded as a "brave and hopeful book" as well as "remarkably readable." Now, the authors have returned with a companion workbook—offering all new assignments, strategies, and personal reflections to help those who suffer from an eating disorder heal their relationship to food and their bodies. Filled with tried and true practical exercises, goal sheets, food journal forms, clinical anecdotes and stories, readers are guided in exploring their thoughts, feelings, and coping strategies while being encouraged to choose how they want to approach the material.

ISBN: 978-0-393-71128-8 • 2017 • 288 pages • Paperback • \$24.95 / **\$18.71**



Discounted Two-book set: *8 Keys to Recovery from an Eating Disorder Workbook* and *8 Keys to Recovery from an Eating Disorder* ISBN: 978-0-393-71277-3 • Paperback • \$43.00 / **\$32.25**

8 KEYS TO MENTAL HEALTH THROUGH EXERCISE

CHRISTINA HIBBERT, Foreword by BABETTE ROTHSCHILD

Routine exercise alleviates stress and anxiety, moderates depression, relieves chronic pain, and improves self-esteem. Christina Hibbert offers readers step-by-step strategies for maintaining a physically and emotionally healthy exercise regimen. Whether you have worked out periodically in the past, or have never hit the gym, this book will help you get moving, stay moving, and maintain the inspiration you need to reap the mental health benefits of regular exercise.

ISBN: 978-0-393-71122-6 • 2016 • 304 pages • Paperback • \$19.95 / **\$14.96**



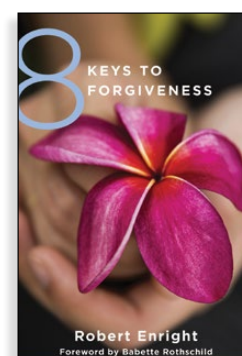
8 KEYS TO FORGIVENESS

ROBERT ENRIGHT, Foreword by BABETTE ROTHSCHILD

"This book has the potential to enrich and improve more lives than any psychology book in decades. Don't give up on forgiveness in your life until you read this book and try its proven strategies." –Frank Farley, PhD, Former President, American Psychological Association (APA)

How can we identify the source of our pain and inner turmoil? How can we find meaning in what we have suffered, or learn to forgive ourselves? What can we do when forgiveness feels like a particularly tall order? All these questions and more are answered in this practical book, leading us to become more tolerant, compassionate, and hopeful human beings.

ISBN: 978-0-393-73405-8 • 2015 • 256 pages • Paperback • \$19.95 / **\$14.96**



8 KEYS TO ELIMINATING PASSIVE-AGGRESSIVENESS

ANDREA BRANDT, Foreword by BABETTE ROTHSCILD

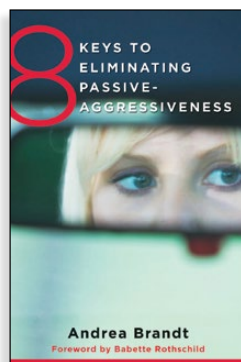
"General readers will gain intimate knowledge of their own behavior and suggestions for eliminating passive-aggressiveness. Likewise, **practicing psychotherapists will be exposed to relevant exercises that can immediately incorporated in the clinical setting.**"

—*International Journal of Psychotherapy*

The book offers effective methods for transforming passive-aggression into healthy assertiveness, featuring hands-on exercises that enable readers to better understand their behavior.

ISBN: 978-0-393-70846-2 • 2013 • 224 pages • Paperback • \$19.95 / **\$14.96**

See page 52 for Andrea Brandt's *Mindful Anger*.



8 KEYS TO PRACTICING MINDFULNESS

Practical Strategies for Emotional Health and Well-Being

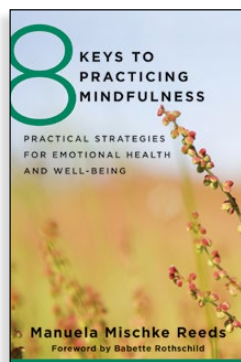
MANUELA MISCHKE REEDS, Foreword by BABETTE ROTHSCILD

"This stands out as firmly anchored to clinical practice as well as being illuminated by the helpful use of anecdotes that don't overwhelm the reader here for practical direction."

—*Booklist*

The 8 keys include: Meet the Present Moment; Start Where You Are; Slow Down; Befriend Your Body; Trust Your Sensations; Trust Your Emotions; Ride Through Tough Times; Cultivate Inner Calm; and Choose Abundance.

ISBN: 978-0-393-70795-3 • 2015 • 224 pages • Paperback • \$19.95 / **\$14.96**



8 KEYS TO BUILDING YOUR BEST RELATIONSHIPS

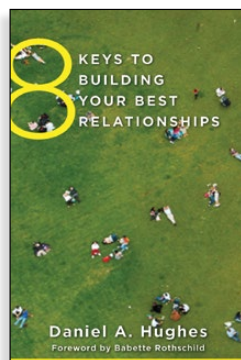
DANIEL A. HUGHES, Foreword by BABETTE ROTHSCILD

"[A] self-help book useful not just for those who are having problems in their primary relationships but who would like a better understanding of themselves or an up-to-date account of the usefulness of attachment theory written in a clear and authoritative manner." —*Psychologist (UK)*

Veteran therapist and specialist in attachment disorders Daniel Hughes skillfully reveals how we can become better friends, spouses, siblings, and children. For anyone interested in how to develop meaningful new relationships, or how to deepen and enrich their current ones, this book will make sense of it all.

ISBN: 978-0-393-70820-2 • 2013 • 224 pages • Paperback • \$19.95 / **\$14.96**

See pages 4, 15, 21, 27, 58 for more books by Daniel Hughes



8 KEYS TO PARENTING CHILDREN WITH ADHD

CINDY GOLDRICH, Foreword by BABETTE ROTHSCILD

ISBN: 978-0-393-71067-0 • 2015 • 240 pages • Paperback • \$19.95 / **\$14.96**

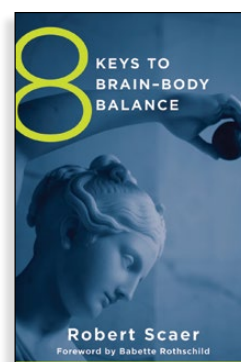
8 KEYS TO BRAIN-BODY BALANCE

ROBERT SCAER, Foreword by BABETTE ROTHSCILD

Robert Scaer outlines the core neurobiological concepts underlying the brain-body interface and explains how and why both physical and emotional symptoms of stress and trauma occur. He also offers practical, easy-to-implement strategies for strengthening motor skills, learning to listen to our gut to gauge our feelings, attuning to the present, and restoring personal boundaries to relieve symptoms and navigate a path to recovery.

ISBN: 978-0-393-70747-2 • 2012 • 176 pages • Paperback • \$24.95 / **\$16.46**

See page 29 for Robert Scaer's *The Trauma Spectrum*.



8 KEYS TO STRESS MANAGEMENT

ELIZABETH ANNE SCOTT, Foreword by BABETTE ROTHSCILD

"[W]ritten in an easy how-to format that provides excellent resources for the average person in managing stress... [A]lso an excellent tool for counselors in both individual and group counseling sessions... [P]rovides excellent references and a useful index for researching specific topics... I highly recommend the book." —*Activities, Adaptation, and Aging*

ISBN: 978-0-393-70809-7 • 2013 • 192 Pages • Paperback • \$19.95 / **\$14.96**



8 KEYS TO RAISING THE QUIRKY CHILD

How to Help a Kid Who Doesn't (Quite) Fit In

MARK BOWERS, Foreword by BABETTE ROTHSCILD

ISBN: 978-0-393-70920-9 • 2015 • 256 pages • Paperback • \$19.95 / **\$14.96**

8 KEYS TO OLD SCHOOL PARENTING FOR MODERN-DAY FAMILIES

MICHAEL MASCOLO, Foreword by BABETTE ROTHSCILD

ISBN: 978-0-393-70936-0 • 2015 • 302 pages • Paperback • \$19.95 / **\$14.96**

8 KEYS TO END BULLYING

Strategies for Parents & Schools

SIGNE WHITSON, Foreword by BABETTE ROTHSCILD

ISBN: 978-0-393-70928-5 • 2014 • 240 pages • Paperback • \$19.95 / **\$14.96**

THE 8 KEYS TO END BULLYING ACTIVITY PROGRAM FOR KIDS & TWEENS

Putting the Keys Into Action at Home & School

SIGNE WHITSON

Available individually or as a set.

The 8 Keys to End Bullying Activity Book for Kids & Tweens

ISBN: 978-0-393-71180-6 • 2016 • 272 pages • Paperback • \$19.95 / **\$14.96**

Companion Guide for Parents & Educators

ISBN: 978-0-393-71182-0 • 2016 • 304 pages • Paperback • \$19.95 / **\$14.96**

See page 47 for full descriptions.

Discounted Two-book set: *The 8 Keys to End Bullying Activity Program for Kids & Tweens* and *Companion Guide for Parents & Educators*
ISBN: 978-0-393-71212-4 • Paperback • \$36.00 / **\$27.00**

THE BRAIN HEALTH BOOK

Using the Power of Neuroscience to Improve Your Life

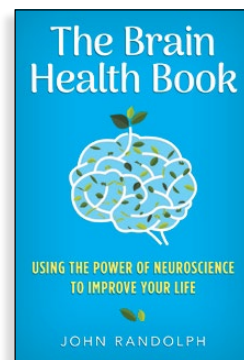
JOHN RANDOLPH

"Dr. Randolph has created an accessible practical guide to improving brain health. Quizzes, case examples, myth-busting, and a user-friendly dive into relevant neuroscience make this an enjoyable, life-altering read." —Karen Postal, PhD, ABPP, Neuropsychologist, Clinical Instructor, Harvard Medical School

Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Due to worries about declining brain health, some seek out dubious products or supplements purportedly designed to improve memory and other cognitive abilities. Fortunately, scientific research has clarified a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. This book translates this science in an engaging and accessible way, including the brain-boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology, social and clinical psychology, and habit formation research are powerful self-coaching exercises designed to help the reader incorporate new lifestyle changes that promote brain health.

John Randolph, PhD, is a board-certified clinical neuropsychologist, brain-health coach and consultant, and member of the adjunct faculty at the Geisel School of Medicine at Dartmouth.

ISBN: 978-0-393-71287-2 • 2019 • 288 pages • Hardcover • \$24.95 / **\$18.71**



MORNING MEDITATIONS

Awaken Your Power to Change

Edited by A. DEBORAH MALMUD

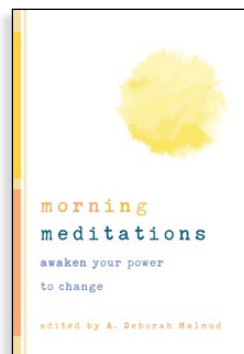
"Chock full of experiences, inviting you to grow with facts, images, and truths – all offered in a poetic way, so that you are stimulated by the concise wisdom born from shared life experiences." —*The Milton H. Erickson Foundation Newsletter*

Do you ever wish you could take a moment from your busy day to reflect on life's larger questions? Do you wonder how you could experience your relationships differently? Or how to prioritize your goals? It can be challenging to reflect on our own experiences, to lean on the wisdom of others, and to draw inspiration from the world around us.

Now you can... without a big commitment of time. *Morning Meditations* is filled with more than 150 bite-sized entries about some of life's most important questions about the nature of change, stress, mindfulness, gratitude, relationships, self-esteem, and health. Carefully curated from the writings of some of the world's leading mental health practitioners, the passages offer insight and comfort, as well as prompts for further thought. Whether you read one entry each morning, or pick it up as needed, *Morning Meditations* offers expert life advice—all in the convenience of a pocket-sized book.

ISBN 978-0-393-71451-7 • 2020 • 336 pages • Paperback • \$14.95 / **\$11.21**

Previously published in hardcover.



THE WOMEN'S GUIDE TO OVERCOMING INSOMNIA

Get a Good Night's Sleep Without Relying on Medication

SHELBY HARRIS

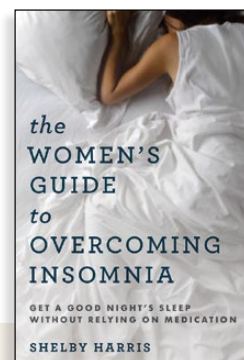
"Easy to read, comprehensive, and full of useful information, this book gives helpful advice on practical lifestyle changes and sleep-specific techniques." —Michael Thorpy, MD, Director, Sleep-Wake Disorders Center, Montefiore Medical Center

More than 60 percent of American women have trouble sleeping. But addressing this issue is more nuanced for women than for men; pregnancy and menopause are just two factors that add complexity to an already difficult problem. At the risk of jeopardizing work, parenting, relationships, or overall health, no woman can afford to deal with sleep deprivation on her own. This roadmap is for those who experience anything from occasional restless nights to chronic insomnia. It outlines several methods to overcome these issues and improve physical and emotional well-being.

Contents: 1. Why a Book on Sleep Only for Women? 2. The Nuts and Bolts of Sleep 3. What Is Insomnia? 4. As Your Hormones Change, So Will Your Sleep 5. Other Sleep or Mood Disorders That Might Look Like Insomnia 6. Cognitive Behavioral Therapy for Insomnia 7. Track Your Sleep 8. Stomp Out the Sleep Stealers 9. Learn to Love Your Bed Again 10. Spend Less Time in Bed to Sleep More 11. Change Your Thoughts for Better Sleep 12. Tips for Productive and Unproductive Worries 13. Mindfulness 14. What If CBT-1 Isn't Enough? *By guest author* Dr. Katherine Takayasu 15. What to Do When Life Gets in the Way of Sleep 16. Appendix of Resources

Shelby Harris, PsyD, is a licensed clinical psychologist who specializes in behavioral sleep medicine. Before going into private practice, Dr. Harris was the longstanding director of the Behavioral Sleep Medicine Program at the Sleep-Wake Disorders Center at Montefiore Medical Center.

ISBN 978-0-393-71161-5 • 2019 • 288 pages • Paperback • \$18.95 / **\$14.21**



YOUR RESONANT SELF

Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing

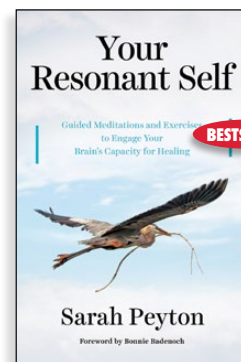
SARAH PEYTON, Foreword by BONNIE BADENCOCH

Neurobiology and mindfulness science have recently proved that the human brain is capable of being distraught (scared, anxious, depressed), while simultaneously observing ourselves with compassion, as a loving parent or partner would. This ability to be both experiencing and holding the experience is the key to maintaining inner calm in the face of life's challenges.

In *Your Resonant Self*, Sarah Peyton helps readers learn how to read the signs of their body and understand how physiology can be signaling to them that something is amiss. With clarity and easy-to-follow exercises, it synthesizes the latest developments in neuroscience, trauma treatment, and the power of empathy into an effective healing method that literally rewires our brain and restores our capacity for self-love, emotional regulation and well-being.

ISBN: 978-0-393-71224-7 • 2017 • 384 pages • Hardcover • \$24.95 / **\$18.71**

Watch a book trailer narrated by Sarah Peyton at bit.ly/yrstrailer and see *Your Resonant Self Workbook* on page 4.



BIOFEEDBACK AND MINDFULNESS IN EVERYDAY LIFE

Practical Solutions for Improving Your Health and Performance

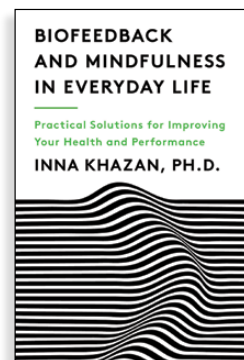
INNA KHAZAN

"The concepts offered in this text have changed the way I approach my practice and opened new ways of understanding the body in relation to emotion." —Milton H. Erickson Foundation Newsletter

Biofeedback is the process of training your body to control its involuntary actions, such as breathing and heart rate. Minor changes to these actions can significantly improve physical and emotional well-being. In *Biofeedback and Mindfulness in Everyday Life*, Harvard Medical School faculty member Inna Khazan pairs biofeedback techniques with mindfulness practice to address some of life's most common ailments—from anxiety and fear to stress and insomnia. Khazan's approach outlines simple solutions for readers who want to improve the way they respond to challenges.

Inna Khazan, PhD, holds a faculty position in the Department of Psychiatry at Harvard Medical School and trains professionals in biofeedback.

ISBN: 978-0-393-71293-3 • 2019 • 288 pages • Paperback • \$22.95 / **\$17.21**



WORRIED?

An Evidence-based Investigation of Some of Life's Common Concerns

LISE JOHNSON and ERIC CHUDLER

In this witty investigation of worry, Chudler and Johnson get to the root of our fears, all the while using rigorous science to help tame the anxiety beast. Each topic in this wide-ranging study is subjected to scientific scrutiny and assigned its place on the "worry index."

Contents: Introduction 1. Aluminum 2. Flame Retardants 3. Fluoride 4. Formaldehyde 5. Lead 6. Mercury 7. BPA 8. DEET 9. Caffeine 10. Dietary Supplements 11. Food Additives 12. Fair Trade 13. Gluten 14. GMOs 15. Organic Produce 16. Pasteurized Milk 17. Salt 18. Sugar 19. Teflon 20. Alcohol 21. Meat 22. Food Safety 23. Fat 24. Antibiotics in Food Animals 25. Mobile Phones 26. Mold 27. Microwaves 28. Asbestos 29. Oral Contraception 30. Giving Birth in a Hospital 31. Ebola 32. Medical Imaging 33. Medical Errors 34. Acetaminophen 35. Anesthesia 36. Brain-eating Amoebas 37. Flesh-eating Infection 38. Hospital-acquired Infections 39. Snakes 40. Cats 41. Bears 42. Bees 43. Dogs 44. Sharks 45. Spiders 46. Ticks 47. Mosquitos 48. Elevators 49. Public Restrooms 50. Public Transport 51. Public Swimming Pools 52. Airport Body Scanners 53. Bedbugs 54. Cruises 55. Amusement Park Rides 56. Pirates 57. Toys from China 58. Asteroid Strike

Lise Johnson, PhD, is a neural engineer at the Colorado Neurological Institute. **Eric Chudler, PhD**, is a research neuroscientist at the University of Washington. See page 23 for *Brain Bytes* by Chudler and Johnson.

ISBN: 978-0-393-71289-6 • 2019 • 312 pages • Hardcover • \$25.95 / **\$19.46**



SUSTAINABLE HEALTH

Simple Habits to Transform Your Life

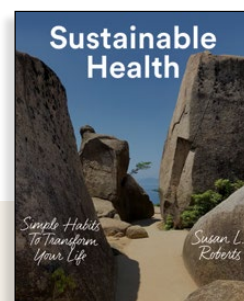
SUSAN L. ROBERTS

Occupational therapist Susan L. Roberts—who also has a degree from Harvard divinity school—provides tools for self-care based on the five-element theory of traditional Chinese medicine. Through focus on these elements, readers will learn how to impact tangible experiences of living.

Contents: 1. Introduction to Sustainable Health: Using a Healing Compass 2. Wood Energies: Have Fun and Play 3. Water Energies: Imagine! The Healing Power of Sleep and Dreams 4. Earth Energies: Eat What You Love! Don't Worry. Feel Better 5. Metal Energies: Learn! Find Inspiration in Work 6. Fire Energies: Make Friends! Passion and Process in Relationship

Susan L. Roberts, MDiv, OTRL, is an occupational therapist, nutritionist, and sustainable health coach.

ISBN: 978-0-393-71283-4 • 2018 • 192 pages • Paperback • \$17.95 / **\$13.46**

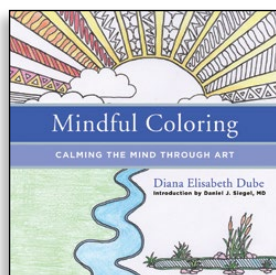


MINDFUL COLORING

Calming the Mind Through Art

DIANA ELISABETH DUBE,
INTRODUCTION BY DANIEL J. SIEGEL

"[W]hat I really love about this book is the variety. . . . Mindful Coloring **has the greatest assortment of drawings in any book that I have seen so far, and as such, I would highly recommend it.** . . . [T]here is clearly something for everyone here." —*Metapsychology*



Coloring is not only calming and rejuvenating but also therapeutic. An introduction by *New York Times* best-selling author Daniel J. Siegel, Clinical Professor of Psychiatry at the best UCLA School of Medicine, sets the stage for understanding the mental and emotional benefits of coloring. Hand-drawn by expert illustrator and teacher Diana Elisabeth Dube, the artworks in this book are both representative and abstract. Each page offers a unique opportunity for self-expression and reaching a peaceful state of mindful awareness.

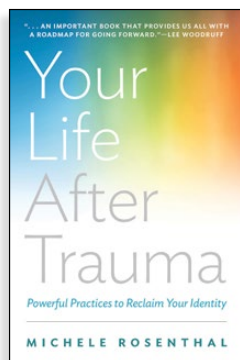
ISBN: 978-0-393-71178-3 • 2016 • 240 pages • 100 Illustrations • Paperback, with perforated pages • \$14.95 / **\$11.21**

YOUR LIFE AFTER TRAUMA

Powerful Practices to Reclaim Your Identity

MICHELE ROSENTHAL

"**This book is fantastic. . . . I can say with certainty that [it] does live up to its promise and more.** Readers will gain an understanding of how trauma affects their identity through moving, true-life stories." —*Psychology Today*



Michele Rosenthal applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular, the loss of sense of self that often accompanies it. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing.

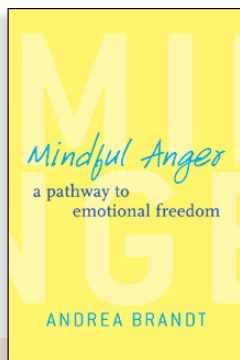
ISBN: 978-0-393-70900-1 • 2015 • 272 pages • Hardcover • \$24.95 / **\$18.71**

MINDFUL ANGER

A Pathway to Emotional Freedom

ANDREA BRANDT

This book urges readers to practice mindfulness—deliberately allowing physical sensations and emotions to surface so they can be examined and released. This sort of processing of anger—fully felt in the body as it happens, moved out through appropriate expression, and let go—will allow readers to process anger before it becomes unhealthy.



Contents: 1. The Anatomy of Anger 2. The Key Role of Anger in Emotional Freedom 3. Mindfulness as a Strategy 4. Anger: How It Feels 5. Anger: Catching It in the Act 6. Anger: the Role of Our Thoughts 7. Anger and Childhood Wounds 8. The Five Steps to Mindfully Releasing Your Anger 9. Moving on to Forgiveness and Gratitude 10. Mindfulness and the Emotional Freedom to Connect

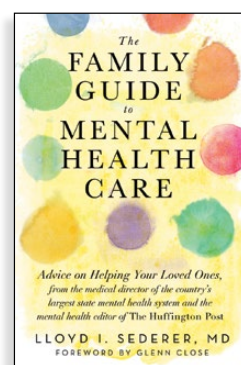
ISBN: 978-0-393-70894-3 • 2014 • 224 pages • Hardcover • \$22.95 / **\$17.21**

THE FAMILY GUIDE TO MENTAL HEALTH CARE

Advice on Helping Your Loved Ones

LLOYD I. SEDERER, MD, Foreword by
GLENN CLOSE

"**If your practice or your advocacy efforts place you anywhere near people encountering the mental health system for the first time, please have a look at this book. Piles of them—the books, not the patients—should be sitting in the waiting area of every mental health center and emergency department.**" —*Psychiatric Times*



Filled with real-life scenarios and helpful checklists to bring to a doctor's appointment, this comprehensive print resource offers hope and a path forward to families struggling with mental illness.

Contents: 1. Mental Illness: What Families Can Do 2. The Facts About Diagnosis and Treatment 3. Principles of Good Care 4. Getting Help: The Referral, the Doctor, the Meeting 5. The Places You May Go 6. A World of Hurt: The Faces of Mental Illness Section I: Depression and Anxiety Disorders Section II: Eating and Personality Disorders Section III: Schizophrenia, Acute Psychotic Disorder, and Bipolar Disorder 7. Medications: What to Know, What to Ask 8. Psychotherapy and Rehabilitation 9. The Buck Never Seems to Stop: Paying for Mental Health Care 10. Mental Health and the Law 11. Recovery: Why Believe? Appendix A. Three "Walk-Throughs": An Urban Emergency Room, a Peer-Run Recovery Program, and Supportive Housing Appendix B. Books and Websites Appendix C. Mental Health Assessment Scales

ISBN: 978-0-393-71063-2 • 2015 • 328 pages • Paperback • \$18.95 / **\$14.21**

ANGER ANTIDOTES

How Not to Lose Your S#&!

IAN BRENNAN

ISBN: 978-0-393-70705-2 • 2011 • 192 pages • Paperback • \$15.95 / **\$11.96**

SEVEN STRATEGIES FOR POSITIVE AGING

ROBERT D. HILL

ISBN: 978-0-393-70523-2 • 2008 • 288 pages • Paperback • \$19.95 / **\$14.96**

THE MEDICATION QUESTION

Weighing Your Mental Health Treatment Options

RONALD J. DIAMOND

ISBN: 978-0-393-70630-7 • 2011 • 318 pages • Paperback • \$19.95 / **\$14.96**

YOUR CHILD IN THE BALANCE

Solving the Psychiatric Medicine Dilemma

KEVIN T. KALIKOW

ISBN: 978-0-393-70660-4 • 2012 • 346 pages • Paperback • \$21.95 / **\$16.46**

TAKING OUT YOUR MENTAL TRASH

A Consumer's Guide to Cognitive Restructuring Therapy

RIAN E. MCMULLIN

ISBN: 978-0-393-70487-7 • 2005 • 336 pages • Paperback • \$29.95 / **\$22.46**

AUTISM AND THE FAMILY

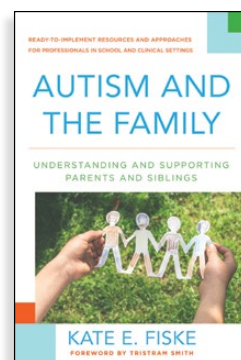
Understanding and Supporting Parents and Siblings

KATE E. FISKE, Foreword by TRISTRAM SMITH

"Through powerful insights, Fiske takes readers into the worlds of autistic families with unparalleled tenderness, clinical wisdom and a powerful message: children with ASD exist within a family that is as much in need of treatment as the child himself." —*Psych Central*

Drawing upon clinical research and firsthand family interviews, this book helps clinicians understand the experiences of parents and siblings of a child with ASD from the time of diagnosis through adulthood. It provides clear recommendations for sensitive, informed professional support.

ISBN: 978-0-393-71055-7 • 2017 • 336 pages • Hardcover • \$34.95 / **\$26.21**



BEHAVIORAL CHALLENGES IN CHILDREN WITH AUTISM AND OTHER SPECIAL NEEDS

The Developmental Approach

DIANE CULLINANE

"This book is valuable, compelling, and easy to read. It provides the in-depth answers parents and therapists have been looking for." —Dr. Serena Wieder, Profectum Foundation, Co-Developer of the DIR Model

The DIRFloortime® Model is based on universal developmental principles and offers a structured, efficacy-proven model to responding when a child with a disability has a behavioral challenge: attune, help and recover. Clinicians will learn how to use the Developmental Approach to understand the many variables involved in the behavior of a child with special needs, effectively respond to a challenging behavior in the moment, and create a long-term milestone plan to support developmental and behavioral progress.

ISBN: 978-0-393-70925-4 • 2016 • 368 pages • Hardcover • \$37.95 / **\$28.46**



YOGA THERAPY FOR CHILDREN WITH AUTISM AND SPECIAL NEEDS

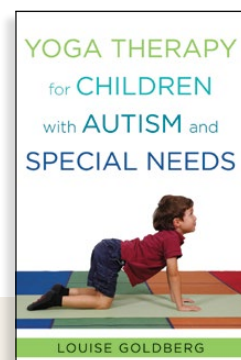
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"This book will absolutely be among the seminal texts for relatively experienced and competent yoga therapists beginning to practice in this field.... [T]imely, empirically sound, and very much needed." —*Yoga Therapy Today*

Featuring 60 illustrated poses and 65 yoga "lessons," including songs and games, child-friendly instructions are provided for posture, breathing, and mindfulness exercises. All poses and routines include suggested adaptations and precautions for use, and are organized to address specific sensory skills. Current research on the benefits of yoga for health and learning are summarized, and readers learn, through yoga practice, how the brain's response to stress can be effectively mitigated.

Contents: Overview: Before You Begin Yoga Therapy 1. Yoga and Yoga Therapy 2. Assessment Process 3. Special Needs 4. Benefits of Yoga Therapy for Children With Special Needs 5. Ten Golden Rules • **Part I Rationale: the Brain, Learning, and Relaxation** 6. Stress and the Brain 7. Benefits of Exercise 8. Yoga for Stress Relief 9. the Process of Relaxation • **Part II Process: Principles of Creative Relaxation** 10. Create a Sacred Space 11. Engage the Child 12. Provide Tools for Success 13. Develop Opportunities for Independence • **Part III Application: Postures, Lessons, and Activities** 14. Guidelines for Instruction 15. Catalog of Postures 16. Yoga Therapy for Classrooms and Schools 17. Curriculum for Yoga Therapy: Challenges and Capabilities 18. Postures and Lessons for Specific Benefits 19. Breathing Lessons 20. Chants, Songs, and Games

ISBN: 978-0-393-70785-4 • 2013 • 240 pages, and 60 photos • Hardcover • \$29.95 / **\$22.46**



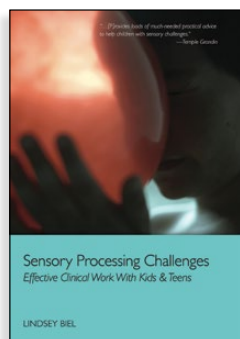
SENSORY PROCESSING CHALLENGES

Effective Clinical Work with Kids & Teens

LINDSEY BIEL

This book equips clinicians with all the information they need to accurately identify sensory sensitivities in their child clients: how to pay attention to sensory issues and recognize when a client is struggling; how these issues factor into the behavioral problems at hand; and how best to partner with the right professionals to help kids at home and in school.

ISBN: 978-0-393-70834-9 • 2014 • 272 pages • Hardcover • \$32.95 / **\$24.71**



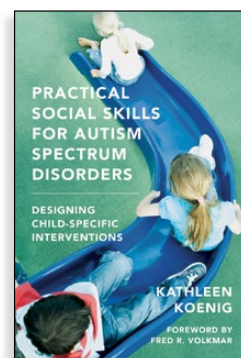
PRACTICAL SOCIAL SKILLS FOR AUTISM SPECTRUM DISORDERS

Designing Child-Specific Interventions

KATHLEEN KOENIG, Foreword by FRED R. VOLKMAR

Koenig presents a unique, multi-faceted autism treatment manual that emphasizes tailoring interventions to each child's personality and strengths. Case vignettes illustrate how each intervention can be implemented, and what trouble-shooting techniques can be used when a child isn't responding well.

ISBN: 978-0-393-70698-7 • 2012 • 256 pages • Hardcover • \$32.95 / **\$24.71**



CHARTING THE COURSE FOR TREATING CHILDREN WITH AUTISM

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ROY Q. SANDERS

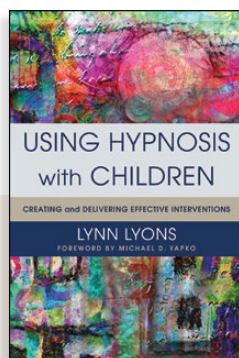
ISBN: 978-0-393-70529-4 • 2008 • 292 pages • Paperback • \$21.95 / **\$16.46**

USING HYPNOSIS WITH CHILDREN

Creating and Delivering Effective Interventions

LYNN LYONS, Foreword by
MICHAEL D. YAPKO

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ISBN: 978-0-393-70899-8 • 2015 • 386 pages • Hardcover • \$35.00 / **\$26.25**

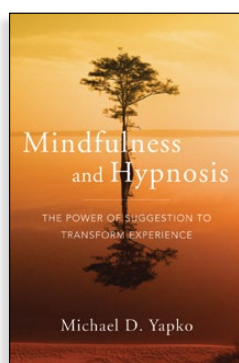
MINDFULNESS AND HYPNOSIS

The Power of Suggestion to Transform Experience

MICHAEL D. YAPKO

Winner of the Society for Clinical and Experimental Hypnosis (SCEH) Arthur Shapiro Award for Best Book on Hypnosis

Drawing from real-life case examples, Yapko investigates the role of focused attention in empowering clients to transform their sensory awareness and physiological and emotional states, as well as their reactions to their life experiences. He lays out guidelines for bringing hypnotic suggestions into therapy, and explains how guided mindfulness meditation and hypnosis provide a structured means for extending key insights and skills across different contexts, ranging from relationships to breathing to emotional self-regulation.



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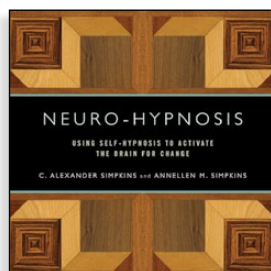
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ANNELLEN SIMPKINS

Deftly balancing theory and practice, this book provides the tools you need to open yourself to self-hypnosis, experience the vast potential of your mind, and activate your brain for growth, development, and lasting change. For clinicians, the authors provide evidence and practical considerations that therapists need to incorporate hypnosis into their practice.

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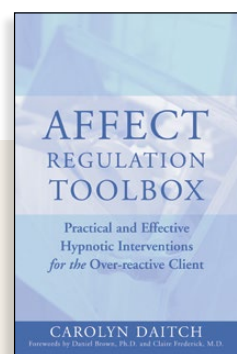


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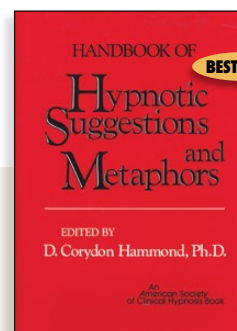
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BILL O'HANLON

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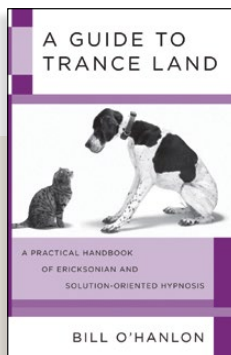
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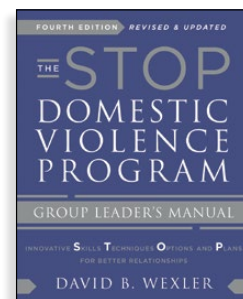
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David B. Wexler, PhD, is a clinical psychologist in San Diego, California, and executive director of the Relationship Training Institute. He trains professionals internationally in the STOP model and is the author of many books and articles about men's issues. Visit him at www.RTIprojects.org. See page 37 for Wexler's *The STOP Program: For Women Who Abuse*.

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Also available – *The STOP Program: Handouts and Homework, 4th Edition* • 978-0-393-71459-3 • 2020 • 240 pages • Paperback • \$12.00 / **\$9.00**

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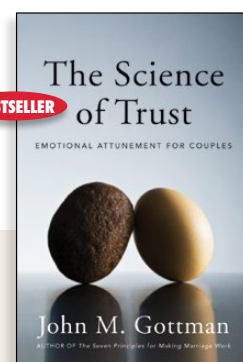
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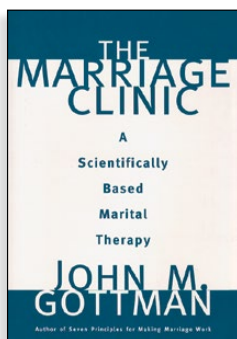
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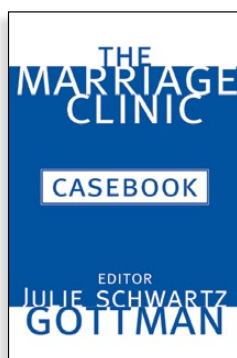
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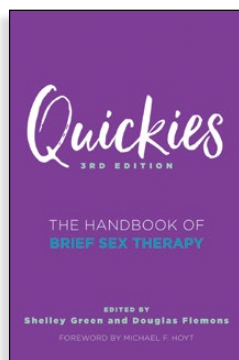
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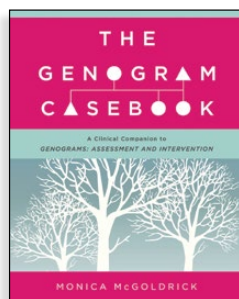
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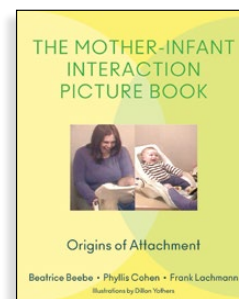
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Love and Marriage in an Age of Confusion

MARION F. SOLOMON

ISBN: 978-0-393-30916-4 • 1992 • 224 pages • Paperback • **POD** • \$18.95

Originally published in Hardcover as *The Crowded Bed*. Unavailable outside the US.

EMOTIONAL INTELLIGENCE IN COUPLES THERAPY

Advances from Neurobiology and the Science of Intimate Relationships

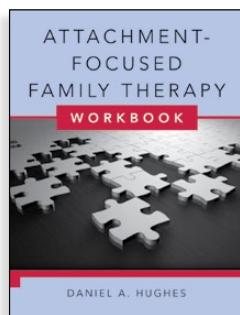
BRENT J. ATKINSON

ISBN: 978-0-393-70386-3 • 2005 • 384 pages • Hardcover • \$37.95 / **\$28.46**

ATTACHMENT-FOCUSED FAMILY THERAPY WORKBOOK

DANIEL A. HUGHES

"I would highly recommend this book for all clinicians and trainees working with children and youth... it has enabled me to have breakthroughs with families in situations where I have previously been stuck and struggling." —*Journal of the Canadian Academy of Child & Adolescent Psychiatry*



A practical workbook companion to *Attachment-Focused Family Therapy*—the best-selling text that brought attachment into the realm of family therapy—this book arms therapists with the training exercises, core skills, and interventions to apply the AFFT treatment model effectively.

Hughes carefully outlines the ways in which therapists can facilitate the intersubjective communication between parent and child—how to incorporate affective-reflective dialogue, the core process of AFFT; how to achieve PACE (playfulness, acceptance, curiosity, and empathy) in working with parents and their children; how to teach parents to develop an attachment perspective; how to consider the sequential elements of AFFT and put together a treatment program; how to repair relationship breaks; and much, much more. Sample dialogues, worksheets, and question-and-answer scenarios demonstrate all the clinical strategies.

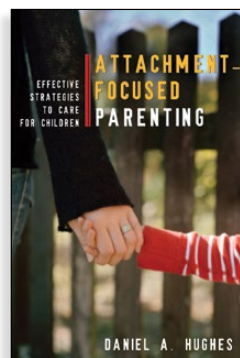
ISBN: 978-0-393-70649-9 • 2011 • 256 pages • Paperback • \$29.95 / **\$22.46**

ATTACHMENT-FOCUSED PARENTING

Effective Strategies to Care for Children

DANIEL A. HUGHES

A guide for all parents and a resource for all mental health clinicians and parent-educators, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.



ISBN: 978-0-393-70555-3 • 2009 • 272 pages • Hardcover • \$32.00 / **\$24.00**

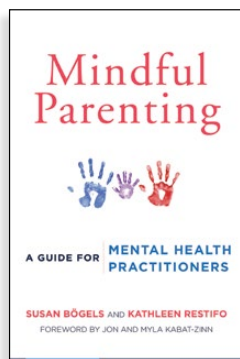
MINDFUL PARENTING

A Guide for Mental Health Professionals

SUSAN BÖGELS and KATHLEEN RESTIFO, Foreword by JON and MYLA KABAT-ZINN

"This book and the program it offers are a pioneering effort to bring mindfulness into the domain of parenting and the mental health care of stressed families, for the benefit of both the children and their parents... Such a curriculum is long overdue... it builds on other mindfulness-based clinical approaches such as MBSR (mindfulness-based stress reduction) and MBCT (mindfulness-based cognitive therapy)." —**Jon and Myla Kabat-Zinn**

ISBN: 978-0-393-70992-6 • 2015 • 320 pages • Paperback • \$27.95 / **\$20.96**

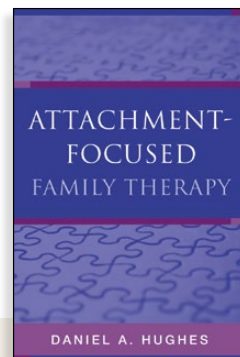


ATTACHMENT-FOCUSED FAMILY THERAPY

DANIEL A. HUGHES

"[A] book that will change how family therapy is practiced ... Whether you work with families, or individuals young or not-so-young, your work will not be quite the same after reading this book. I know mine won't."

—Diana Fosha, PhD, Director of the AEDP Institute in New York City



Contents: Introduction: Individuals, Families, and the Therapeutic Relationship—The Interplay of Attachments Part I: Theory 1. Attachment and Intersubjectivity Part II: Application 2. Family Treatment: An Overview 3. Developing Playfulness, Acceptance, Curiosity, and Empathy (PACE): The Central Therapeutic Stance 4. Fostering Affective/Reflective Dialogue 5. Treatment Onset: Meetings with Parents 6. Being with Children 7. Managing Shame 8. Breaks and Repair 9. Exploring and Resolving Childhood Trauma • Epilogue • Appendix 1: Case Study 1, Shameful Traumas • Appendix 2: Case Study 2, Robert's Anger • Appendix 3: Case Study 3, Safe Enough to Be a Mother

ISBN: 978-0-393-70526-3 • 2007 • 288 pages • Hardcover • \$35.00 / **\$26.25**

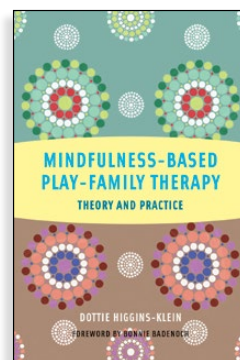
See pages 4, 15, 21, 27 and 49 for more books by Daniel A. Hughes.

MINDFULNESS-BASED PLAY-FAMILY THERAPY

Theory and Practice

DOTTIE HIGGINS-KLEIN, Foreword by BONNIE BADENOCH

"[A] gem of a book! Using a step-by-step approach, she walks readers through the world of play and family therapy, utilizing a strength-based early attachment and developmental lens. Rich with detailed session examples, resources, and an in-depth case study that helps to weave it all into a practical guide, MBPFT is a must-have book for both beginners and seasoned clinicians." —Athena A. Drewes, PsyD, RPT-S, Director of Clinical Training at Astor Services for Children & Families in New York; Founder and Past President of the New York Association for Play Therapy



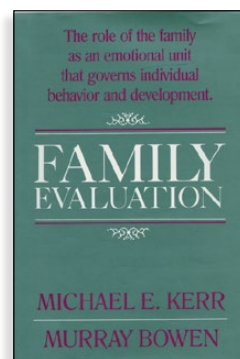
ISBN: 978-0-393-70863-9 • 2013 • 384 pages • Hardcover • \$37.50 / **\$28.13**

FAMILY EVALUATION

An Approach Based on the Bowen Theory

MICHAEL E. KERR and MURRAY BOWEN

Michael Kerr, who worked with Murray Bowen for many years, and Bowen propose that the enormously complex task of evaluating a clinical family can be an orderly task when it is grounded in family systems theory. Using family diagrams as graphic illustrations, as well as numerous short case examples, Kerr methodically explains Bowen's concepts: individuality and togetherness, differentiation of self, chronic anxiety, triangles, the nuclear family emotional system, and symptom development. A special bonus for the reader is Bowen's epilogue on his personal and professional odyssey of more than four decades, from early work at the Menninger Foundation in the 1940s to the Georgetown University Family Center in Washington.



ISBN: 978-0-393-70056-5 • 1988 • 384 pages • Hardcover • \$47.50 / **\$35.63**

AUTISM AND THE FAMILY*Understanding and Supporting Parents and Siblings*

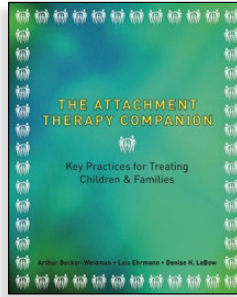
KATE E. FISKE, Foreword by TRISTRAM SMITH

ISBN: 978-0-393-71055-7 • 2017 • 336 pages • Hardcover • \$34.95 / **\$26.21**

See page 53 for full listing.

THE ATTACHMENT THERAPY COMPANION*Key Practices for Treating Children & Families*ARTHUR BECKER-WEIDMAN,
LOIS EHRMANN, DENISE H. LEBOW

Based on the work of the Association for Treatment and Training in the Attachment of Children (ATTACH), a leading organization on attachment in child development, this book supplies all the nuts and bolts a clinician needs to be familiar with to provide effective, informed, attachment-based care to children and families.

ISBN: 978-0-393-70748-9 • 2012 • 240 pages • Paperback • \$27.95 / **\$20.96****FAMILY WELLNESS SKILLS***Quick Assessment and Practical Interventions for the Mental Health Professional*

JOSEPH L. HERNANDEZ

ISBN: 978-0-393-70632-1 • 2013 • 240 pages • Hardcover • \$30.00 / **\$22.50****HOW TO TALK TO FAMILIES ABOUT CHILD AND ADOLESCENT MENTAL ILLNESS**

DIANE T. MARSH and MELISSA J. MARKS

ISBN: 978-0-393-70570-6 • 2009 • 238 pgs • Paperback • \$21.95 / **\$16.46****HOW TO TALK WITH FAMILIES ABOUT GENETICS AND PSYCHIATRIC ILLNESS**

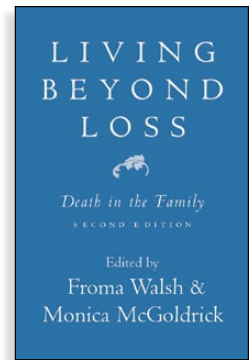
HOLLY PEAY and JEHANINE AUSTIN

ISBN: 978-0-393-70549-2 • 2011 • 304 pgs • Paperback • \$24.95 / **\$18.71****LIVING BEYOND LOSS, Second Edition***Death in the Family*

FROMA WALSH and MONICA MCGOLDRICK, Editors

"This is an important book. Major parts of it are a 'must read' for anyone interested in families dealing with dying and death." —Omega/Journal of Death and Dying

Fully revised and expanded landmark work on the impact of death on the family system. Chapters address spirituality, gender issues, suicide and other traumatic deaths, unacknowledged and stigmatized losses, and resilience-based approaches to family and community recovery from major disaster.

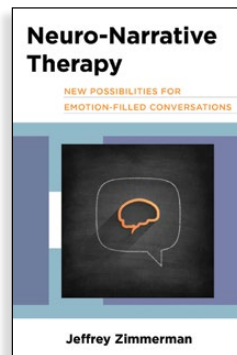
ISBN: 978-0-393-70438-9 • 2004 • 448 pages • Paperback • \$29.95 / **\$22.46****RITUALS IN FAMILIES AND FAMILY THERAPY***Revised Edition*EVAN IMBER-BLACK, JANINE ROBERTS, and
RICHARD A. WHITING, EditorsISBN: 978-0-393-70415-0 • 2003 • 420 pages • Paperback • \$27.50 / **\$20.63****RECREATING PARTNERSHIP***A Solution-Oriented, Collaborative Approach to Couples Therapy*

PHILLIP ZIEGLER and TOBEY HILLER

ISBN: 978-0-393-70349-8 • 2001 • 256 pages • Hardcover • \$32.00 / **\$24.00****CREATING COMPETENCE FROM CHAOS***A Comprehensive Guide to Home-Based Services*MARION LINDBLAD-GOLDBERG, MARTHA MORRISON DORE,
and LENORA STERNISBN: 978-0-393-70264-4 • 1998 • 384 pages • Hardcover • \$39.00 / **\$29.25****NEURO-NARRATIVE THERAPY***New Possibilities for Emotion-Filled Conversations*

JEFFREY ZIMMERMAN

This book brings ideas from Interpersonal Neurobiology into Narrative Therapy, showing how brain science contributes to understanding emotion. This journey in deconstructing and reimagining Narrative Therapy accounts for the needs of clients in today's world, and in an effort to contribute to Narrative Therapy's continued evolution and survival, produces more effective therapeutic results.



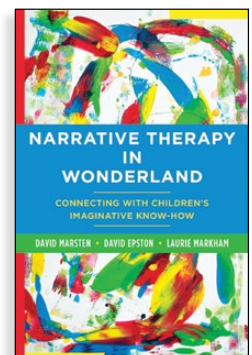
Contents: 1. Toward a Neuro-Narrative Therapy: Histories of the Present Revisited 2. Possibilities in Neuro-Narrative Therapy: Preview and Backstory 3. The Importance of Affect in Narrative Therapy 4. Body/Mindfulness Practices in Narrative Therapy 5. Right-Brain to Right-Brain Communication in Narrative Therapy 6. Nonconscious Influences in Narrative Therapy

Jeffrey Zimmerman, PhD, is Director of Bay Area Family Therapy Training Associates. He has published extensively, given workshops internationally, and trained numerous therapists in Narrative Therapy.

ISBN: 978-0-393-71137-0 • 2017 • 224 pages • Hardcover • \$27.95 / **\$20.96****NARRATIVE THERAPY IN WONDERLAND***Connecting with Children's Imaginative Know-How*DAVID MARSTEN, DAVID EPSTON, and
LAURIE MARKHAM

"This is a book packed with expertise, wisdom, and interventions. . . . It gives a real sense of being written by therapists for therapists." —BACP Children & Young People

This is a guide to recognizing and connecting with the power of children's voices and imagination in narrative therapy. By providing imagination-focused approaches to therapeutic terms and concepts, therapists are able to connect with their young clients' robust imaginations in the healing process. Narrative therapy experts David Marsten, David Epston, and Laurie Markham provide readers with proven methods to help children draw on the potential of their own wonderment, be the protagonists in their own stories, and open new paths to healing and growth.

ISBN: 978-0-393-70874-5 • 2016 • 448 pages • Hardcover • \$35.00 / **\$26.25**

RETELLING THE STORIES OF OUR LIVES

Everyday Narrative Therapy to Draw Inspiration and Transform Experience

DAVID DENBOROUGH

"I have yet to read a text on narrative therapy that so effectively makes itself accessible to both facilitators and service users. Consumers, new and seasoned therapists, and reading and learning groups should all find rich learnings." —*Narrative Therapy Centre of Toronto e-newsletter*



Written in collaboration with the Dulwich Centre, the birthplace of narrative therapy, this book gives therapy clients and self-help readers the means to transform their lives through storytelling and writing. Part 1 introduces the key ideas of narrative practice like the Charter of Storytelling Rights and the concept of "re-membering" one's life, presenting a wealth of clinical examples and exercises to demonstrate how these ideas have helped people overcome intense hardship. Part 2 describes, in depth, the conceptual underpinnings of narrative therapy, outlining practical strategies for reclaiming and celebrating one's experience in the face of trauma, personal failure, grief, and aging.

ISBN: 978-0-393-70815-8 • 2014 • 256 pages • Paperback • \$25.95 / **\$19.46**

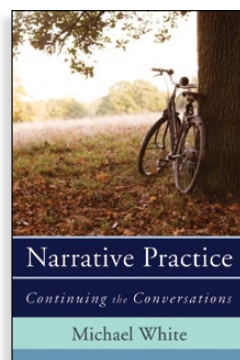
NARRATIVE PRACTICE

Continuing The Conversations

MICHAEL WHITE

One of the founders of narrative therapy, Michael White (1948-2008) made significant contributions to psychotherapy and family therapy. This book expands upon the work he so brilliantly began decades ago by gathering never-before-published papers, interviews, and paragraphs of "thoughts."

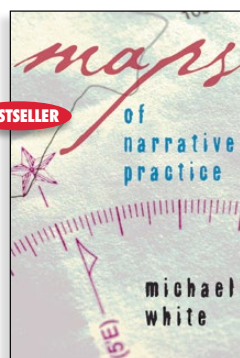
ISBN: 978-0-393-70692-5 • 2011 • 202 pages • Hardcover • \$28.95 / **\$21.71**



MAPS OF NARRATIVE PRACTICE

MICHAEL WHITE

Provides practical and accessible accounts of the major areas of narrative practice that White developed and taught over the years. The book covers each of the five main areas of narrative practice: reauthoring conversations, remembering conversations, scaffolding conversations, definitional ceremony, externalizing conversations, and rite of passage maps—to provide readers with an explanation of the practical implications of these conversations for therapeutic growth. The book is filled with transcripts and commentary, skills training exercises for the reader, and charts that outline the conversations in diagrammatic form.



ISBN: 978-0-393-70516-4 • 2007 • 304 pages • Hardcover • \$39.95 / **\$29.96**

NARRATIVE MEANS TO THERAPEUTIC ENDS

MICHAEL WHITE and DAVID EPSTON

"The best workshops are those where clinicians can show you new and creative ways of working with clients and also tell you how they have come up with those ideas. . . . Reading this book is like having such a workshop in your living room." —*Journal of Marital and Family Therapy*

ISBN: 978-0-393-70098-5 • 1990 • 240 pages • Hardcover • \$36.50 / **\$27.38**

INNOVATIONS IN NARRATIVE THERAPY

Connecting Practice, Training, and Research

JIM DUVALL and LAURA BÉRES

The first book to present a compelling evidence base for narrative therapy. For readers with little previous knowledge on narrative therapy, the authors offer a thorough explanation of its concepts and practices.

ISBN: 978-0-393-70616-1 • 2011 • 256 pages • Hardcover • \$35.00 / **\$26.25**

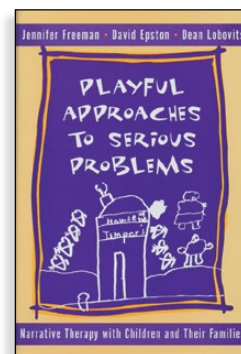
PLAYFUL APPROACHES TO SERIOUS PROBLEMS

Narrative Therapy with Children and Their Families

JENNIFER FREEMAN, DAVID EPSTON, and DEAN LOBOVITZ

This book describes a basic theory of collaborative narrative play that respects children's unique language, problem-solving resources, and views of the world. Compelling case examples draw the reader into the book from the first pages.

ISBN: 978-0-393-70229-3 • 1997 • 352 pages • Hardcover • \$40.00 / **\$30.00**



BITING THE HAND THAT STARVES YOU

Inspiring Resistance to Anorexia/Bulimia

RICHARD MAISEL, DAVID EPSTON, and ALISA BORDEN

"Like all truly useful innovation, the ideas in this book quickly become part of one's therapeutic arsenal. **This is an excellent book for medical students, residents, senior faculty, and, in part or whole, our patients and their families.**" —*Journal of the American Academy of Child & Adolescent Psychiatry*

ISBN: 978-0-393-70337-5 • 2004 • 320 pages • Hardcover • \$37.50 / **\$28.13**

NARRATIVE THERAPY

The Social Construction of Preferred Realities

JILL FREEDMAN and GENE COMBS

"Freedman and Combs have incorporated the feedback of the people they worked with into their practice and theory. This is not only a theory-informing practice but more critically also a practice-informing-theory book Overall, the text is **stimulating, thought-provoking, and a joy to read.**" —*Journal of Marital and Family Therapy*

ISBN: 978-0-393-70207-1 • 1996 • 320 pages • Hardcover • \$42.00 / **\$31.50**

BREAD & SPIRIT

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HARRY J. APONTE

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PETER GOLDENTHAL

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DANIEL J. WIENER

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TRAUMA-SENSITIVE MINDFULNESS

Practices for Safe and Transformative Healing

DAVID A. TRELEAVEN, Foreword by WILLOUGHY BRITTON

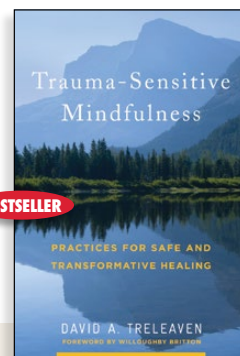
"Treleaven has carried out both academic research and clinical investigations over decades into how to make mindfulness safe for trauma survivors, and this is the fruit of his work...This as an informative and readable book, which is evidence based, full of scholarly research as well as lively illustrative case stories and important, practical therapeutic wisdom."

—*Human Givens Journal*

While mindfulness and meditation can be very effective tools for healing, these tools can also provide situations that unwittingly encourage trauma sufferers to dissociate and retraumatize themselves. This book provides a review of the reasons why meditative practice can be harmful and offers solutions to this conundrum.

Topics include: Introduction: The Need for Trauma-Sensitive Mindfulness • Foundations of Trauma-Sensitive Mindfulness • The Ubiquity of Trauma: Visible and Invisible Forms • Meeting the Moment: Mindfulness and Traumatic Stress • Shaped by the Past: A Brief History of Mindfulness and Trauma • The Brain and Body in Trauma and Mindfulness Part II: The Five Principles of Trauma-Sensitive Mindfulness • Keep the Body in Mind: Working with Dissociation • Practice in Relationship: Supporting Safety and Stability in Survivors

ISBN: 978-0-393-70978-0 • 2018 • 224 pages • Hardcover • \$29.95 / **\$22.46**



GETTING STARTED WITH EEG NEUROFEEDBACK, Second Edition

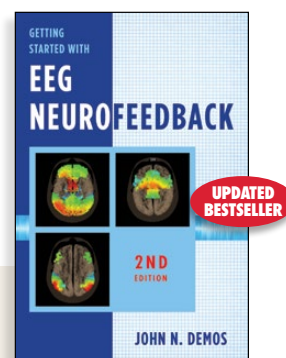
JOHN N. DEMOS

"The use of clear imagery is so necessary, and he doesn't stint at all, with both colour and b&w images abounding. The complex index and addendums help tremendously, and the writing is clear, and flows so that understanding is gained in incrementally meaningful ways." —*Metapsychology*

This long-awaited update to Demos' classic book for the practitioner looking to add neurofeedback provides lucid explanations of the mechanisms underlying neurofeedback as well as the research history that led to its implementation. Essential for all clinicians in this field, this book will guide clinicians through the process of diagnosis and treatment.

Topics include: What Is EEG Neurofeedback? • The EEG: The Brain's Electrical Signals • Bandwidths Measured by Frequency and Amplitude • Electrode Placements • Introduction to 2-D Brain Maps • Introduction to Power and Z-Score Training • Amplifying the EEG • Filtering the EEG Into Bins • Common Filtered Bandwidths • Filtered EEG Components: Asymmetry, Power Ratio, Coherence, and Phase • Matching EEG Signatures to Common Symptoms and Disorders

ISBN: 978-0-393-71253-7 • 2019 • 320 pages • Hardcover • \$35.00 / **\$26.25**



THE INTELLIGENT BODY

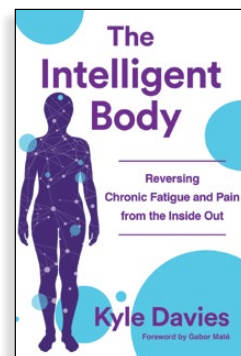
Reversing Chronic Fatigue and Pain From the Inside Out

KYLE DAVIES

"If you are looking for a readable introduction to some principles and coaching tools of mind-body medicine to empower your patients, this book is a great start." —*British Journal of General Practice*

This book explains the origins of chronic symptoms and outlines the road to recovery. Readers are offered life-changing principles and practices to regain harmony in their lives and bodies, whether they suffer from chronic fatigue syndrome, fibromyalgia, adrenal fatigue, trauma, depression, or anxiety. It explains how we can learn to heal ourselves from the inside out by reconceptualizing the relationships among our bodies, minds, and emotions.

ISBN: 978-0-393-71205-6 • 2017 • 304 pages • Hardcover • \$25.95 / **\$19.46**



THE GOOD MOOD KITCHEN

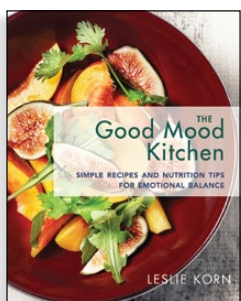
Simple Recipes and Nutrition Tips for Emotional Balance

LESLIE KORN

"Chock full of beneficial tools including shopping lists and a chapter on mood-aiding vitamins and nutrients, this worthwhile guide will convince readers that nutrition is an important influence on mental health." —*Publishers Weekly*

Revolutionize your personal cooking and eating habits for optimal energy, health, and emotional well-being. This book of mood-savvy tips, tools, and delicious recipes guides you step by step through all the essentials. It features dozens of easy-to-understand graphics, lists, and charts to help prioritize choices for maximum benefit.

ISBN: 978-0-393-71222-3 • 2017 • 224 pages • Hardcover • \$24.95 / **\$18.71**



NUTRITION ESSENTIALS FOR MENTAL HEALTH

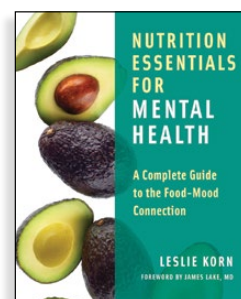
A Complete Guide to the Food-Mood Connection

LESLIE KORN

"Korn enables clinicians to help their patients understand the underlying biological processes driving their mood and behavior and make the necessary changes to restore balance." —James M. Greenblatt, MD, Integrative Psychiatrist, Editor of *Integrative Therapies for Depression*

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MINDFULNESS SKILLS FOR TRAUMA AND PTSD

Practices for Recovery and Resilience

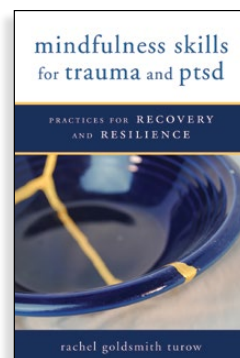
RACHEL GOLDSMITH TUROW

"What a valuable and accessible resource this book offers, not only to clinicians working with trauma survivors, but to trauma survivors themselves. . . . It's one I'll be sharing with the people I train and the people I treat."

—Laura S. Brown, PhD, ABPP, independent practice, Seattle WA, Past President, APA Division of Trauma Psychology

This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking new pathways to recovery and resilience.

ISBN: 978-0-393-71126-4 • 2017 • 320 pages • Paperback • \$27.95 / **\$20.96**



THE SACRED PATH OF THE THERAPIST

Modern Healing, Ancient Wisdom, and Client Transformation

IRENE R. SIEGEL

"I believe Dr. Siegel has tapped into a very large and very promising vein for research in transpersonal psychotherapy and I do hope she and many other will follow up and develop this work. I see many possible benefits in this future research for clients and practitioners of transpersonal psychotherapy and also for EMDR therapists and their clients."

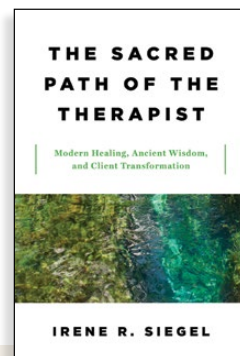
—*The Journal of Transpersonal Psychology*

Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Irene Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness.

Contents: 1. Mindfulness, Attunement, and Spiritual Resonance 2. Transpersonal Theory to Practice 3. Elements of Transpersonal Therapy Practice 4. The Human Energy Field 5. Resourcing, Cosmic Interweave, and Ego Integration in EMDR 6. Healing the Wounds of the Past 7. Changing Our Destiny 8. The Marriage of Psychotherapy and Spiritual Initiation

Irene R. Siegel, PhD, LCSW, conducts her integrative psychotherapy practice, and teaches meditation in Huntington, New York. She received her doctorate in Transpersonal Psychology from the Institute of Transpersonal Psychology (now Sofia University), and her masters in Social Work from Columbia University. As an EMDRIA Approved Consultant, Credit Provider, and EMDRIA Conference speaker, she introduces the innovative concept of integrating mindful awareness and spiritual resonance into the EMDR protocol. She studied authentic Incan healing tradition in Peru and Bolivia, has been published in the *Journal of Transpersonal Psychology*, and is the author of *Eyes of the Jaguar*. Visit her website at DrIreneSiegel.com.

ISBN: 978-0-393-71241-4 • 2017 • 240 pages • Hardcover • \$27.50 / **\$20.63**



YOGA SKILLS FOR THERAPISTS

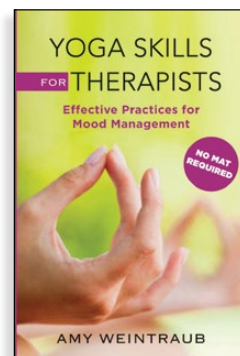
Effective Practices for Mood Management

AMY WEINTRAUB

"[U]seful for anyone wishing to empower him or herself with tools to establish greater emotional resilience and/or relieve anxiety and depression . . . [C]ontains a wonderful compilation of simple mind-body practices that really everyone can benefit from." —*The Huffington Post*

Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required. Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary. With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, This book is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.

ISBN: 978-0-393-70717-5 • 2012 • 240 pages • Hardcover • \$27.95 / **\$20.96**



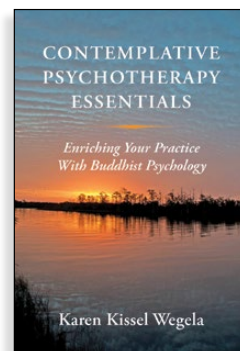
CONTEMPLATIVE PSYCHOTHERAPY ESSENTIALS

Enriching Your Practice with Buddhist Psychology

KAREN KISSEL WEGELA

This book makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for the average clinician. Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, this book explores the nuances of contemplative therapy practice, beginning with creating genuine therapeutic relationships and learning how to recognize "brilliant sanity"—not only psychopathology—in our clients, and goes on to consider sowing the seeds of mindfulness, making skillful use of mindlessness practices, investigating emotions, cultivating compassion, and working with anger.

ISBN: 978-0-393-70867-7 • 2014 • 302 pages • Hardcover • \$32.95 / **\$24.71**



SOLUTION-ORIENTED SPIRITUALITY

Connection, Wholeness, and Possibility for Therapist and Client

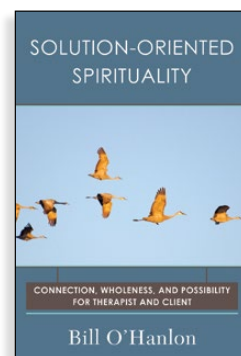
BILL O'HANLON

"[E]specially useful for clinicians who want to address spirituality but are afraid to offend, or who have a spiritual or religious client but are unsure how to integrate their faith into the work." —*Psych Central*

Best-selling author Bill O'Hanlon offers a pioneering foray into the uses and pitfalls of spiritualities—both secular and religious—in a therapeutic setting. Spirituality is defined by its three integral components: a feeling of *connection* to something beyond oneself, a capacity for *compassion* or "feeling with," and a sense of responsibility to make a *contribution* to others and to the world.

ISBN: 978-0-393-71062-5 • 2015 • 160 pages • Paperback • \$17.95 / **\$13.46**

Previous edition published in hardcover as *Pathways to Spirituality*.



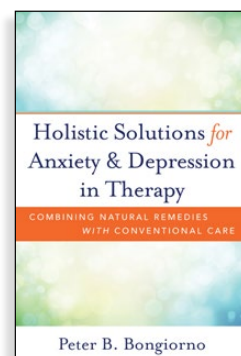
HOLISTIC SOLUTIONS FOR ANXIETY & DEPRESSION IN THERAPY

Combining Natural Remedies with Conventional Care

PETER B. BONGIORNO

Bongiorno lays out the basic principles of holistic care, the most salient CAM research to date as well as its safety concerns, and steps to take to determine if it's appropriate to introduce a CAM modality to your client's treatment. Readers are taught how to assess lifestyle and physiological factors that can contribute to a client's anxiety and depression, such as sleep, diet, caffeine intake, and exercise, as well as the most effective vitamins, minerals, botanicals, and mind-body therapies for anxiety and depression—from amino acids to zinc, acupuncture to Qi gong, and everything in between.

ISBN: 978-0-393-70934-6 • 2015 • 256 pages • Hardcover • \$37.50 / **\$28.13**



SACRED THERAPIES

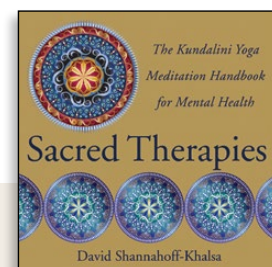
The Kundalini Yoga Meditation Handbook for Mental Health

DAVID SHANNAHOFF-KHALSA

This handbook presents Kundalini yoga protocols that cover all of the major and common psychiatric disorders. In addition, critical definitions, diagnostic criteria, diagnostic features, and associated features and disorders are included to give a clearer and more in-depth perspective on each disorder.

Contents: 1. A Brief Introduction to Kundalini Yoga Meditation 2. Treating Anxiety and Generalized Anxiety Disorder 3. Treating Obsessive-Compulsive Disorder and Obsessive-Compulsive Spectrum Disorders 4. Treating Phobias 5. Treating Panic Attacks and Panic Disorders 6. Treating Acute Stress Disorder 7. Treating Posttraumatic Stress Disorder 8. Treating the Abused and Battered Psyche 9. Treating the Major Depressive Disorders 10. Treating Grief 11. Treating the Bipolar Disorders 12. Treating the Addictive, Impulse Control, and Eating Disorders 13. Treating Insomnia and Other Sleep Disorders 14. Treating Chronic Fatigue Syndrome 15. Treating Attention-Deficit/Hyperactivity and Comorbid Disorders 16. Treating Dyslexia and Other Learning Disorders 17. Treating Schizophrenia and the Psychoses 18. Treating the Personality Disorders 19. Treating Autism and Asperger's Disorder

ISBN: 978-0-393-70702-1 • 2012 • 354 pages • Paperback • \$37.50 / **\$28.13**



KUNDALINI YOGA MEDITATION FOR COMPLEX PSYCHIATRIC DISORDERS

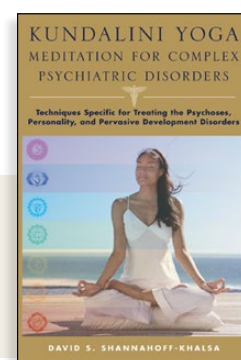
Techniques Specific for Treating the Psychoses, Personality, and Pervasive Development Disorders

DAVID S. SHANNAHOFF-KHALSA

This comprehensive resource explains the yogic approach to treating psychiatric disorders that are not covered in Shannahoff-Khalsa's first book, *Kundalini Yoga Meditation* below.

Contents: Introduction: A Discussion of the Current Needs for Advancing Treatment and the Potential for the Therapeutic Application of Yogic Medicine for Complex and Multimorbid Psychiatric Disorders 1. Treating Schizophrenia and Other Psychotic Disorders 2. Treating the Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, and Obsessive-Compulsive Personality Disorders) 3. Treating the Pervasive Developmental Disorders (Autistic Disorder, Asperger's Disorder, and PDD-NOS) 4. Treating Multimorbidity in Psychiatric Disorders 5. Epilogue: On the Future for the Treatment and Prevention of Psychiatric Disorders

ISBN: 978-0-393-70568-3 • 2010 • 416 pages • Hardcover • \$44.95 / **\$33.71**



KUNDALINI YOGA MEDITATION

Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth

DAVID SHANNAHOFF-KHALSA

Shannahoff-Khalsa weaves scientific insights, clinical trials, case histories, and disorder-specific techniques to explain how the ancient science of Kundalini yoga can be a useful stand-alone or supplemental treatment for psychiatric disorders.

ISBN: 978-0-393-70475-4 • 2007 • 384 pages • Hardcover • \$44.95 / **\$33.71**

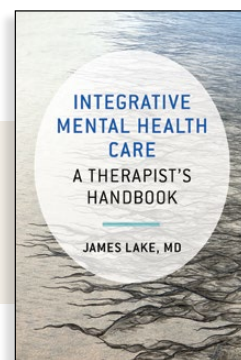
INTEGRATIVE MENTAL HEALTH CARE

A Therapist's Handbook

JAMES LAKE, MD

Contents: Part I: Foundations 1. The Context of Integrative Mental Health Care 2. Evaluating a Client from an Integrative Perspective 3. Recommending Treatment and Making Referrals • **Part II: Clinical Problem Solving** 4. Moderate and Severe Depressed Mood 5. Cyclic Mood Swings and Mania 6. Generalized Anxiety, Panic Attacks, and Obsessions and Compulsions 7. Hyperactivity and Distractibility 8. Psychotic Symptoms and Schizophrenia 9. Mild Cognitive Impairment and Dementia 10. Alcohol and Substance Abuse 11. Insomnia and Daytime Sleepiness • Appendix A: Suggested Reading • Appendix B: Web Resources • References

ISBN: 978-0-393-71061-8 • 2015 • 382 pages • Paperback • \$26.95 / **\$20.21**



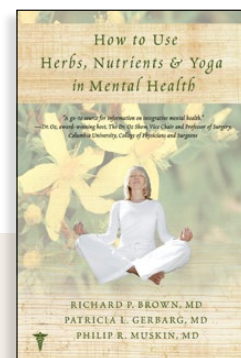
HOW TO USE HERBS, NUTRIENTS & YOGA IN MENTAL HEALTH

RICHARD P. BROWN, PATRICIA L. GERBARG, and PHILIP R. MUSKIN

Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the complementary and alternative medicine (CAM) methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

Contents: 1. Basic Principles of Integrative Mental Health Care 2. Mood Disorders 3. Anxiety Disorders 4. Disorders of Cognition and Memory 5. Attention-Deficit Disorder and Learning Disabilities 6. Sexual Enhancement and Other Life Stage Issues 7. Schizophrenia and Other Psychotic Disorders 8. Medical Illnesses 9. Substance Abuse 10. CAM to Counteract Medication Side Effects • Appendix A: Guide to Quality Products • Appendix B: Useful Resources for Integrative Mental Health Care • Appendix C: Glossary of Medications

ISBN: 978-0-393-70744-1 • 2012 • 464 pages • Paperback • \$24.95 / **\$18.71**



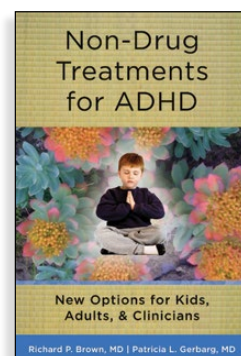
NON-DRUG TREATMENTS FOR ADHD

New Options for Kids, Adults, and Clinicians

RICHARD P. BROWN and PATRICIA L. GERBARG

The prolific use of stimulants to treat ADD/ADHD is a controversial topic in therapy. This handbook—for practitioners and parents alike—guides readers through an array of safe and effective alternatives: herbs, vitamins, nutrients, nootropics, neurotherapy, meditation, and more. Filled with case vignettes and interviews with leaders in alternative therapy fields, this accessible, practical guide is one both clinicians and parents won't want to be without.

ISBN: 978-0-393-70622-2 • 2012 • 276 pages • Hardcover • \$37.50 / **\$28.13**



NEUROFEEDBACK IN THE TREATMENT OF DEVELOPMENTAL TRAUMA

Calming the Fear-Driven Brain

SEBERN F. FISHER, Foreword by BESSEL A. VAN DER KOLK, MD

ISBN: 978-0-393-70786-1 • 2014 • 382 pages • Hardcover • \$45.00 / **\$33.75**

See page 28 for full listing.

BODY-MIND PSYCHOTHERAPY

Principles, Techniques, and Practical Applications

SUSAN APOSHYAN

ISBN: 978-0-393-70441-9 • 2004 • 304 pages • Hardcover • \$35.00 / **\$26.25**

MEDITATION FOR THERAPISTS AND THEIR CLIENTS

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

ISBN: 978-0-393-70565-2 • 2009 • 304 pages • Paperback • \$24.95 / **\$18.71**

THE PSYCHOBIOLOGY OF MIND-BODY HEALING

New Concepts of Therapeutic Hypnosis, Revised Edition

ERNEST L. ROSSI

ISBN: 978-0-393-70168-5 • 1993 • 384 pages • Hardcover • \$39.00 / **\$29.25**

EVOLVING THOUGHT FIELD THERAPY

The Clinician's Handbook of Diagnoses, Treatment, and Theory

JOHN H. DIEPOLD, JR., VICTORIA BRITT, and SHEILA S. BENDER

ISBN: 978-0-393-70405-1 • 2004 • 400 pages • Hardcover • \$37.50 / **\$28.13**

ENERGY PSYCHOLOGY AND EMDR

Combining Forces for Increased Treatment Efficacy

JOHN G. HARTUNG and MICHAEL D. GALVIN

ISBN: 978-0-393-70378-8 • 2002 • 336 pages • Hardcover • \$40.00 / **\$30.00**

ENERGY PSYCHOLOGY IN PSYCHOTHERAPY

A Comprehensive Source Book

FRED P. GALLO, Editor

ISBN: 978-0-393-70346-7 • 2002 • 544 pages • Hardcover • \$65.00 / **\$48.75**

Unavailable outside the US and UK.

CREATIVE ENERGIES

Integrative Energy Psychotherapy for Self-Expression and Healing

DOROTHEA HOVER-KRAMER, Forewords by FRED GALLO and DAVID GRODERMEYER

ISBN: 978-0-393-70384-9 • 2002 • 288 pages • Hardcover • \$32.00 / **\$24.00**

ENERGY DIAGNOSTIC AND TREATMENT METHODS

FRED P. GALLO

ISBN: 978-0-393-70312-2 • 2000 • 240 pages • Hardcover • \$35.00 / **\$26.25**

TRAUMA-INFORMED MINDFULNESS WITH TEENS

A Guide for Mental Health Professionals

SAM HIMELSTEIN

"A valuable, user-friendly addition to the library of any mental health professional who works with adolescents."

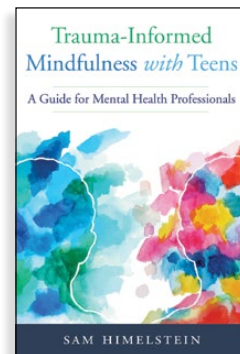
—Randye J. Semple, PhD, Associate Professor of Clinical Psychiatry and Behavioral Sciences, University of Southern California, Director of Programs, USC Adolescent Trauma Training Center

Through practical methods along with real world examples, this book offers a clear conceptual understanding for why mindfulness may help youth impacted by trauma, understanding about when and how to adapt mindfulness meditations, and practical "mini-modules" for presenting and teaching mindfulness with a trauma-informed lens. Specific guidelines for how to teach mindfulness will be presented within a relationship-based framework for building the therapeutic alliance and aiding to other psychotherapy interventions. Case examples illuminate the common experiences that arise with trauma-impacted youth and detailed descriptions of exercises and curricula will be presented. This book is a must for therapists sharing mindfulness with trauma-impacted youth.

Topics include: The Epidemic of Trauma • Fostering Interpersonal Safety • What To Do When Trauma-Impacted Youth Get Triggered • Mindfulness Beyond Meditation • Facilitating Mindfulness-Based Groups • Mindfulness-Based MiniModules • Mindfulness Meditation Samples

Sam Himelstein, PhD, is a licensed psychologist, public speaker, and author who specializes in working with adolescents and their families via private practice, community organizations, and in juvenile justice settings. He travels the world offering workshops on related topics.

ISBN: 978-0-393-71344-2 • 2019 • 288 pages • Paperback • \$24.95 / **\$18.71**



HEALING CHILD AND FAMILY TRAUMA THROUGH EXPRESSIVE AND PLAY THERAPIES

Art, Nature, Storytelling, Body, Mindfulness

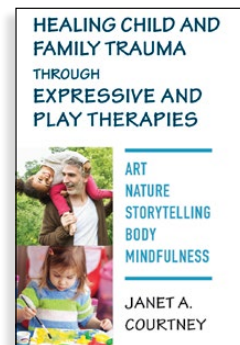
JANET A. COURTNEY

"This volume is an excellent resource for both beginning and experienced therapists for expanding their skills in working with infants, children, adolescents, and families. Highly recommended." —**Charles E. Schaefer, PhD, RPT-S, co-founder and Director Emeritus of the Association for Play Therapy**

Leaning on our ancestral wisdom of healing through play, art, nature, storytelling, body, touch, imagination, and mindfulness practice, Janet Courtney helps the clinician bring a variety of practices into the therapy room. This book identifies seven stages of therapy that provide a framework for working with client's emotional, cognitive, somatic, and sensory experiences to heal from trauma. Practice exercises interspersed throughout guide practitioners to personally engage in the creative expressive and play therapy techniques presented in each chapter, augmenting professional self-awareness and skill-building competencies.

Janet A. Courtney, PhD, RPT-S, is founder of FirstPlay Therapy, in Palm Beach County, Florida. She is chair of the APT Ethics and Practice Committee.

ISBN: 978-0-393-71375-6 • 2020 • 224 pages • Hardcover • \$28.95 / **\$21.71**



THE SCHOOL-SAVVY THERAPIST

Working with Kids, Families, and their Schools

MARY M. ENO

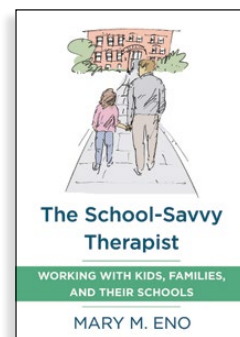
"[An] authoritative handbook on how to effectively collaborate with school systems and personnel to foster a truly supportive family-child-school dynamic." —Eleanor DiMarino-Linnen, PhD, Superintendent of Schools, Rose Tree Media School District, Licensed Psychologist, Certified School Psychologist

Drawing on research, case examples, and in-depth interviews, this practical resource describes what therapists need to know about schools and how they can effectively foster a supportive family-child-school dynamic. From reviewing test results, conducting school observations, and attending IEP meetings to helping parents advocate for their kids, the book provides the tools and guidance needed in every situation and at every stage to collaborate with schools and families for positive therapeutic outcomes.

Contents: 1. What Therapists Need to Know About Schools 2. Conducting School-Savvy Sessions 3. The Case for Contacting the School (and Why You Might Not) 4. Building a Collaborative Relationship with the School 5. Effective Practices for Contacting the School 6. Observing Kids at School 7. Homework, Report Cards, and Testing: Using Other Data to Help Assess Kids 8. Family- School Meetings 9. Common Challenges 10. Navigating Complexity and Crises 11. Parents as Advocates for Kids 12. Helping Families Navigate Special Education Systems

Mary M. Eno, PhD, for several decades a professor of psychology at Bryn Mawr College and the University of Pennsylvania, is a therapist in private practice in Philadelphia. She has served as a consulting psychologist in multiple schools.

ISBN: 978-0-393-71190-5 • 2019 • 272 pages • Paperback • \$29.95 / **\$22.46**



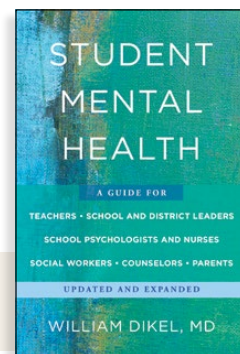
STUDENT MENTAL HEALTH

A Guide for Teachers, School and District Leaders, School Psychologists and Nurses, Social Workers, Counselors, and Parents

WILLIAM DIKEL

William Dikel demystifies the most common child and adolescent mental health issues, describes how they affect students' ability to learn, and provides practical, evidence-based interventions. This updated and expanded edition incorporates the most current research, providing a comprehensive reference on identifying and responding to the mental health needs of students with a full continuum of school-based services.

Topics include: Why School Mental Health? • Mood Disorders • Attention-Deficit/Hyperactivity Disorder • Psychotic Disorders • Working with Students Who Have Mental Health Disorders • General Education, Special Education, and 504 Plan Students • Overview of Psychotherapy for Children and Adolescents



William Dikel, MD, is a child and adolescent psychiatrist who assists school districts nationwide.

ISBN: 978-0-393-71412-8 • 2019 • 384 pages • Paperback • \$34.95 / **\$26.21**

TRANS KIDS AND TEENS

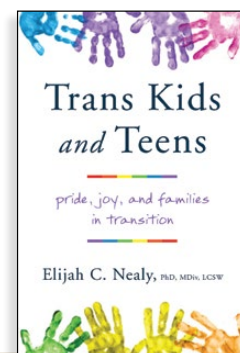
Pride, Joy, and Families in Transition

ELIJAH C. NEALY

"[A] critical volume for anyone involved with schools or working or volunteering with children and teens.... Nealy powerfully makes the case for what can be done to ease the pain of these children. A must-read for anyone who wants to help trans youth." —*Booklist*, starred review

Transgender life has made its way into mainstream consciousness and kids are coming out as trans at younger and younger ages. Elijah Nealy—a therapist, pastor, former deputy director of NYC's LGBT Community Center, and himself a trans man—covers all aspects of family, school, and mental health issues, as well as physical, social, and emotional transitions. This edition contains a new preface by the author detailing the latest information on the physical, social, and emotional aspects of transition.

Contents: 1. Talking Trans: Basic Terms and Vocabulary 2. Gender Diversity and Gender Dysphoria 3. Trans Kids in Therapy 4. When a Young Person Comes Out: Disclosure and Social Transition 5. Medical Transition 6. Transgender Adolescents 7. Helping Families 8. Beyond Help to a Deeper Understanding 9. All About School 10. Beyond Coming Out: Living a Life 11. Preparing for College and Work 12. The Mental Health Professional 13. Top 10 Life-Affirming Practices for Adults in the Lives of Trans Kids Appendix A . Legal Issues Appendix B . Resources Appendix C. Sample Mental Health Letters



Elijah C. Nealy, PhD, MDiv, LCSW, is assistant professor in the Department of Social Work and Equitable Community Practice at University of Saint Joseph. As an out transgender man, he has spent the past twenty-five years working extensively within the lesbian, gay, bisexual, transgender, and queer communities.

ISBN: 978-0-393-71399-2 • 2019 • 448 pages • Paperback • \$16.95 / **\$12.71**

Previously published in hardcover as *Transgender Children and Youth*.

HOW TO BE A BETTER CHILD THERAPIST

An Integrative Model for Therapeutic Change

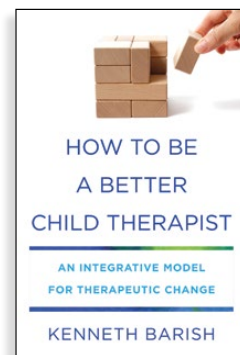
KENNETH BARISH

"Ken Barish has once more demonstrated the quintessence of the evidence-based practitioner. This book should be required reading for every professional working with troubled children. It is wisdom, pure and simple." —Marshal P. Duke, PhD, Charles Howard Candler Professor of Psychology, Senior Faculty Fellow, Emory Center for Ethics, Interdisciplinary Faculty Fellow, Institute for Liberal Arts, Department of Psychology, Emory University

Drawing on several decades of experience working with children and parents, Kenneth Barish presents a comprehensive, multi-faceted approach to therapeutic work with children and families, based on a contemporary understanding of children's emotions and emotional needs. This book offers a wealth of practical recommendations to help child therapists solve the varied issues that come up in daily clinical work.

Kenneth Barish, PhD is Clinical Professor of Psychology at Weill-Cornell Medical College. He is also on the faculty of the Westchester Center for the Study of Psychoanalysis and Psychotherapy and the William Alanson White Institute Child and Adolescent Psychotherapy Training Program.

ISBN: 978-0-393-71234-6 • 2018 • 320 pages • Hardcover • \$35.00 / **\$26.25**



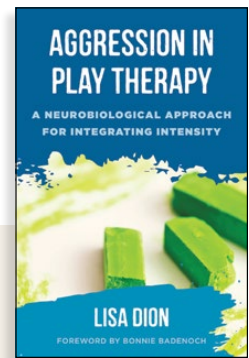
AGGRESSION IN PLAY THERAPY

A Neurobiological Approach for Integrating Intensity

LISA DION, Foreword by BONNIE BADENOCH

This book offers a way to work with aggressive play that allows children to learn how to integrate the intensity they are experiencing from their thoughts, emotions, and sensations while simultaneously supporting regulation in the therapist's nervous system. These will help therapists understand the neurobiological processes that lead kids to dysregulation and help them facilitate emotional healing in their clients.

Contents: 1. Aggression in the Playroom 2. Exploring a New Perspective: Embracing Aggression 3. Understanding the Nervous System 4. What Regulation Really Means 5. Developing Yourself as the External Regulator 6. The Basics of Regulating 7. The Setup 8. Authentic Expression 9. Setting Boundaries 10. It Is Too Intense: Working with Emotional Flooding 11. Observing Aggressive Play 12. Hyper-Aroused Play 13. Hypo-Aroused Play 14. Supporting Parents During Aggressive Play



Lisa Dion, LPC, RPT-S, is the founder and President of the Play Therapy Institute of Colorado and the creator of "Synergetic Play Therapy," a model of play therapy that bridges the gap between neuroscience and psychology. Lisa is the recipient of the Association for Play Therapy's 2015 Professional Education and Training Award.

ISBN: 978-0-393-71319-0 • 2018 • 288 pages • Hardcover • \$25.95 / **\$19.46**

THE DEVELOPMENTAL SCIENCE OF EARLY CHILDHOOD

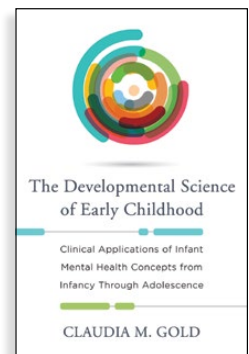
Clinical Applications of Infant Mental Health Concepts From Infancy Through Adolescence

CLAUDIA M. GOLD

"Particularly helpful for child therapists, who will regularly encounter many of the examples that Gold uses.... [T]he book could also be used to increase parents' understanding of their child..." —*BACP Children & Young People*

This friendly guide distills developmental science into key ideas and clinical scenarios that practitioners can make sense of and use in their day-to-day work. Gold reviews the newest science, exploring the way relationships change the brain, breakthrough attachment theory, epigenetics, the polyvagal theory of emotional development, the role of stress response systems, and many other illuminating concepts.

ISBN: 978-0-393-70962-9 • 2017 • 256 pages • Hardcover • \$27.95 / **\$20.96**



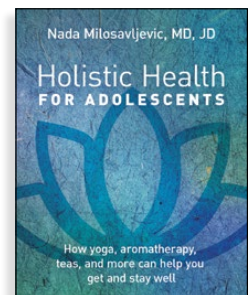
HOLISTIC HEALTH FOR ADOLESCENTS

NADA MILOSAVLJEVIC

"Dr. M. provides a valuable toolbox of interventions to empower teenagers with complementary and alternative self-care skills." —Nancy Rappaport, Associate Professor of Psychiatry, Harvard Medical School

Stress. Fatigue. Depression. Sleeping problems. Issues with focus and concentration. Headaches. Substance abuse. These problems are all too common for people during their teenage years. This book presents therapies based around the five senses—including aromatherapy, yoga, sound and music therapy—to provide teens with holistic options for healing and regular care of their mental health. Each chapter includes case examples and the signs and symptoms of a potential health concern. Dr. Milosavljevic offers the versatile treatment protocols and supportive therapies that can be useful for treatment and management of symptoms

ISBN: 978-0-393-71114-1 • 2016 • 256 pages • Paperback • \$21.95 / **\$16.46**



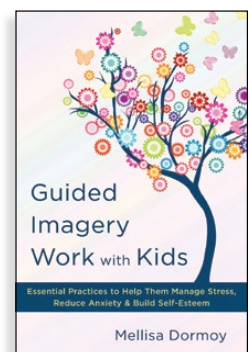
GUIDED IMAGERY WORK WITH KIDS

Essential Practices to Help Them Manage Stress, Reduce Anxiety, & Build Self-Esteem

MELLISA DORMOY

Guided imagery has been shown to alleviate a host of common emotional issues in kids, from anxiety and insecurity to stress, anger, and the effects of bullying. Easier to practice than meditation or hypnosis, it allows kids to quickly focus, integrate their thoughts, emotions, and feelings, and practice self-compassion, all without the need for extraordinary discipline or time investment. This short, practical book lays out all the guidelines for using guided imagery in therapy, counseling, and any type of helping work with children. It provides dozens of detailed guided imagery scripts that can immediately be put to use to address a variety of particular emotional challenges.

ISBN: 978-0-393-71070-0 • 2016 • 192 pages • Hardcover • \$23.95 / **\$17.96**



CHILD & ADOLESCENT MENTAL HEALTH

A Practical, All-in-One Guide

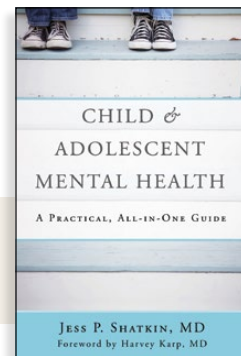
JESS P. SHATKIN, MD, Foreword by HARVEY KARP, MD

"This book is extraordinary . . . Dr. Jess Shatkin has written a book that should be read and mastered by anyone who wishes to provide state-of-the-art mental health care for children, adolescents, and families." —Harold S. Koplewicz, MD, Founding President of the Child Mind Institute

Contents: 1. Introduction 2. Prevention 3. Attention-Deficit/Hyperactivity Disorder 4. Disruptive Behavior Disorders 5. Learning Disorders 6. Communication Disorders 7. Intellectual Disability 8. Autism Spectrum Disorders 9. Tourette's and Tic Disorders 10. Anxiety Disorders 11. Trauma 12. Depression 13. Bipolar Disorder 14. Suicide and Self-Injurious Behavior 15. Schizophrenia and Psychosis 16. Substance Use Disorders 17. Eating Disorders 18. Sleep Disorders

ISBN: 978-0-393-71060-1 • 2015 • 416 pages • Paperback • \$29.95 / **\$22.46**

Previous edition published in Hardcover as *Treating Child & Adolescent Mental Illness: A Practical All-in-One Guide*.



MENTAL HEALTH FOR THE WHOLE CHILD

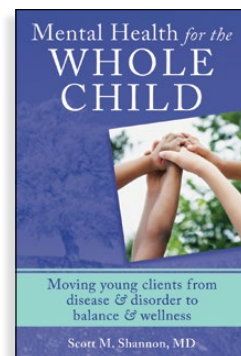
Moving Young Clients from Disease & Disorder to Balance & Wellness

SCOTT M. SHANNON, MD

"[P]ragmatic, wise, well-researched, and expertly practiced methods . . . I strongly recommend it to anyone whose family or patients have been touched by mental health issues in children and who seeks a truly compassionate, rational, and holistic approach to their care and healing." —Explore: The Journal of Science and Healing

Grounded in an integrative approach, Shannon shows clinicians how to achieve a broad, full-spectrum understanding of a child's life, from their diet and social skills to their sleep habits, stress level, family dynamics, and more. From here, he offers step-by-step assessment strategies and treatment plans for a host of common childhood mental health issues, emphasizing a range of cognitive, behavioral, nutritional, and parenting interventions.

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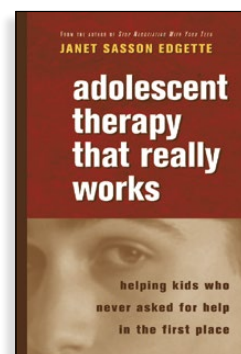
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CARLTON K. ERICKSON is the recipient of the Betty Ford Center Visionary Award, the Pat Fields SECAD Award, the Fred French Award for Educational Achievement, the Nelson J. Bradley Award for Lifetime Achievement, the John P. McGovern Award for Excellence in Medical Education, the Annual Award from the American Society of Addiction Medicine, and the Research Society on Alcoholism Media Award.

THE SCIENCE OF ADDICTION, Second Edition

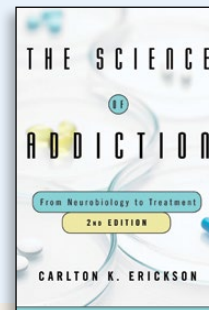
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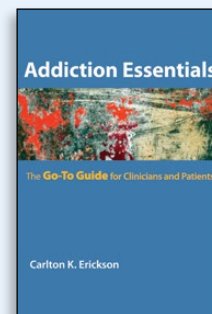
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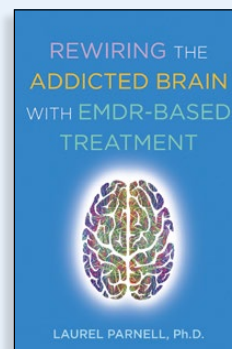
Laurel Parnell, PhD, is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops.

REWIRING THE ADDICTED BRAIN WITH EMDR-BASED TREATMENT

"Parnell's work has provided a clinical framework that functions to reprocess traumas that drive addictive behavior and help the individual stop their addictive behaviors by building stronger internal resources. I recommend it highly." —Roy A. Blankenship, M.A., LPC, LMFT, CSAT, CAADC, Chief Executive Officer, HopeQuest Addiction Recovery Center, Woodstock, GA

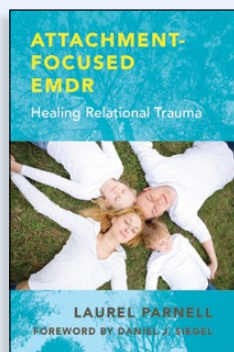
This book presents a brain-wise, compassionate, resilience-supporting approach to the treatment of addictions. Written not only for EMDR therapists but for substance abuse counselors as well, this book presents user-friendly tools to help support clients in recovery with EMDR-based techniques that can be easily integrated into all levels of addiction treatment. Case material is interwoven throughout the text; also included are chapters presenting in-depth cases which illustrate the techniques. Therapists and substance abuse counselors will find this a useful guide to help them navigate the difficult and complex terrain of addiction treatment.

Topics include: Overview of the Rewiring the Addicted Brain Treatment Model • Getting to the Root of the Problem: Reprocessing Traumas with EMDR • Resource Tapping for Addictions: Activating and Integrating Resilience • The Four Foundational Resources • Resource Tapping Tools for Managing Anxiety • Repairing Developmental Deficits

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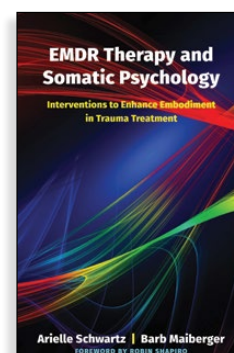
ARIELLE SCHWARTZ and BARB MAIBERGER, Foreword by ROBIN SHAPIRO

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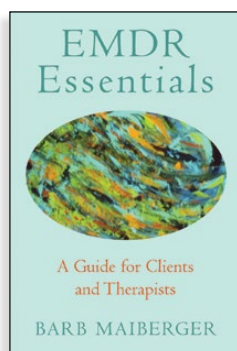
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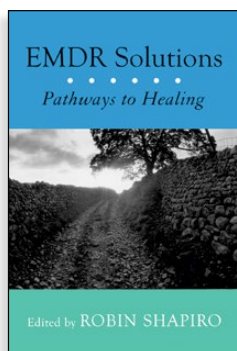
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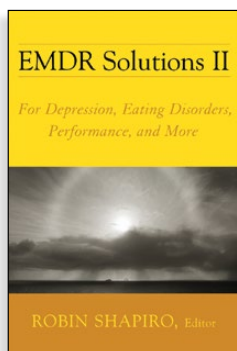
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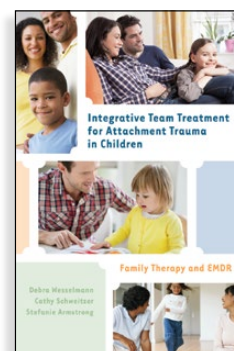
See pages 28, 33, and 36 for more books by Shapiro.

INTEGRATIVE TEAM TREATMENT FOR ATTACHMENT TRAUMA IN CHILDREN

Family Therapy and EMDR

DEBRA WESSELMANN, CATHY SCHWEITZER, and STEFANIE ARMSTRONG

This book, and its accompanying Parent Manual, *Integrative Parenting* (below), serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. With at least one fully trained EMDR practitioner as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma.



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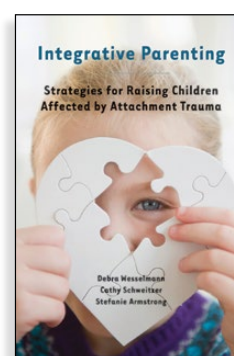
ISBN: 978-0-393-70818-9 • 2014 • 304 pages • Hardcover • \$33.95 / **\$25.46**

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Strategies for Raising Children Affected by Attachment Trauma

DEBRA WESSELMANN, CATHY SCHWEITZER, STEFANIE ARMSTRONG

"A wonderfully supportive supplement to *Integrative Team Treatment*, this book provides a gentle, step-by-step approach to examining oneself and exploring where triggers to past beliefs and traumas impede trauma-sensitive parenting. I can't wait to share the book with my clients." —Kathleen Bush, LCPC Clinical Program Manager



Designed as a manual to complement the *Integrative Team Treatment for Attachment Trauma in Children* clinician's guide, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma.

ISBN: 978-0-393-70817-2 • 2014 • 224 pages • Paperback • \$24.95 / **\$18.71**

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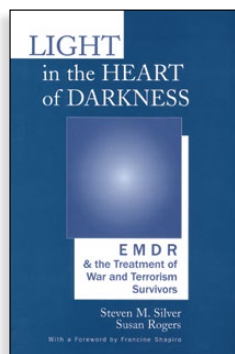
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STEVEN M. SILVER and SUSAN ROGERS,
Forewords by FRANCINE SHAPIRO and
HOWARD LIPKE

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PHILIP MANFIELD, Editor

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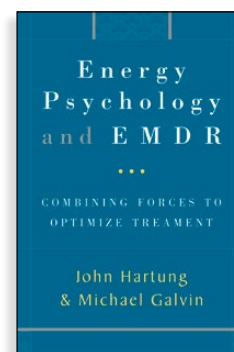
ENERGY PSYCHOLOGY AND EMDR

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JOHN G. HARTUNG and MICHAEL D. GALVIN

Using case studies from their clinical practices, the authors demonstrate how EMDR and EP in combination can be used with greater impact to meet various therapy challenges: transference and countertransference, severe trauma, abreactions, dissociation, dilemmas, looping and blocking, so-called client resistance, and the problem of maintaining treatment effects.

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MAGGIE PHILLIPS

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EMDR with Children

ROBERT H. TINKER and SANDRA A. WILSON

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