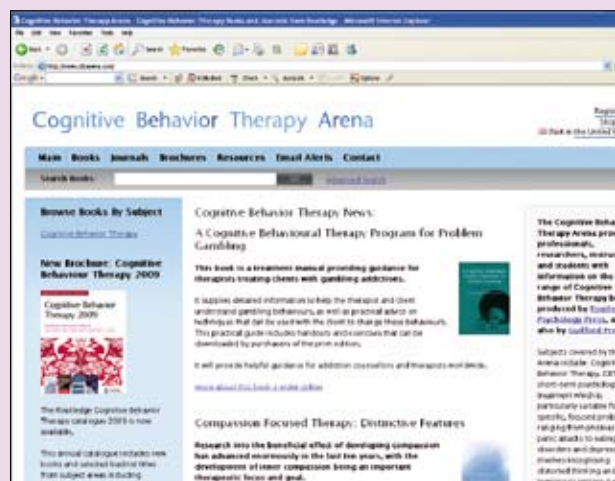




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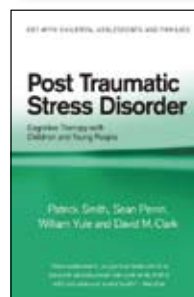
# Read and Recommend



## Schema Therapy Distinctive Features

**Eshkol Rafaeli, David P. Bernstein and Jeffrey Young**

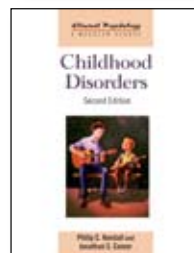
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## CBT with Children, Adolescents and Families Series

Series Editor: **Paul Stallard**

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## Childhood Disorders Second Edition

**Philip C. Kendall and Jonathan S. Corner**

Page 8



## My Kid is Back

**Empowering Parents to Beat Anorexia Nervosa**

**June Alexander, with Professor Daniel Le Grange**

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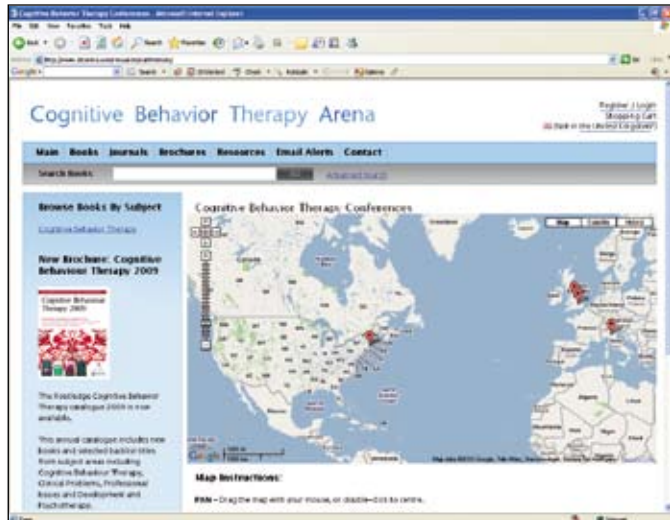
To listen to our latest podcast, an interview with June Alexander about *My Kid is Back*, please visit [www.routledgejournalmentalhealth.com/podcast](http://www.routledgejournalmentalhealth.com/podcast)

## Invitation to authors

If you would like to submit or discuss your book proposal with our Publisher, **George Zimmar**, please email [George.Zimmar@taylorandfrancis.com](mailto:George.Zimmar@taylorandfrancis.com)

# Conferences

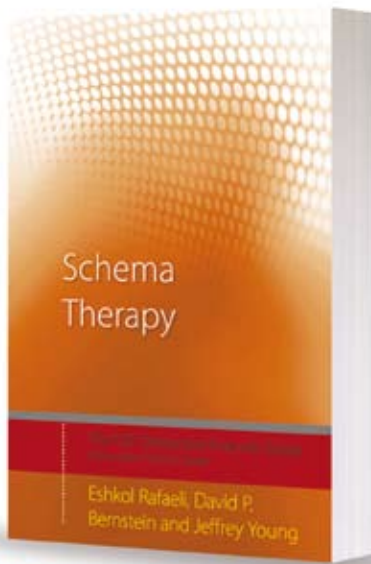
Routledge Mental Health ensures its books are represented at all major conferences. The calendar of events for 2010 is listed below. Routledge will be exhibiting all recent and relevant key books at these meetings. Please visit the Routledge stand where all books will be available for sale at a **20%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



- Association for Coaching 4th International Conference 2010**  
 11-12 March 2010, London, UK  
*Going Global 2010* will expand our thinking and build upon the principles and cornerstone of coaching.
- Padesky Workshops**  
 26-27 April 2010, London, UK  
*CBT Boot Camp: Building Core Clinical Competencies*  
*CBT Boot Camp* is especially designed for therapists who want to build and strengthen core CBT clinical competencies.  
 14-15 May 2010, London, UK  
*Anxiety Traps! CBT Antidotes*  
*Anxiety Traps!* is aimed at novice to intermediate therapists familiar with anxiety treatments and yet often uncertain their therapy is on the best track.
- 6th World Congress of Behavioral and Cognitive Therapies (WCBCT)**  
 2-5 June 2010, Boston, USA  
*Translating Science into Practice*  
 The scientific program is being assembled by an international panel of experts and will cover a diverse range of themes.
- British Association for Behavioural and Cognitive Psychotherapies (BABCP) 38th Annual Conference**  
 20-23 July 2010, Manchester, UK  
 Key themes for the conference programme this year include: advances in understanding and treating psychosis; self regulation and control; and innovations in parent training.
- 40th Annual Congress of European Association for Behavioural and Cognitive Therapies (EABCT)**  
 7-10 October 2010, Milan, Italy  
 The aim is to strengthen personal LINKS between experts, professionals and students belonging to different countries and cultural roots.
- BPS: 1st International Congress of Coaching Psychology 2010**  
 14-15 December 2010, London, UK  
 This will be the first in a series of events, forming part of an international congress held around the world.

# Top 10

- Crane:** *Mindfulness-Based Cognitive Therapy: Distinctive Features*  
 Hb: 978-0-415-44501-6: 2008: 200pp. £52.50/\$95.00  
 Pb: 978-0-415-44502-3: 2008: 200pp. £9.99/\$18.00  
 Series: *CBT Distinctive Features*
- Dugas/Robichaud:** *Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice*  
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 Series: *Practical Clinical Guidebooks*
- Mennuti et al., Eds.:** *Cognitive-Behavioral Interventions in Educational Settings: A Handbook for Practice*  
 Hb: 978-0-415-95039-8: 2005: 480pp. £37.50/\$59.95
- Ramsay/Rostain:** *Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*  
 Hb: 978-0-415-95500-3: 2007: 252pp. £60.00/\$90.00  
 Pb: 978-0-415-95501-0: 2007: 252pp. £18.95/\$29.95  
 Series: *Practical Clinical Guidebooks*
- Swales/Heard:** *Dialectical Behaviour Therapy: Distinctive Features*  
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 Series: *CBT Distinctive Features*
- Kanter et al.:** *Behavioral Activation: Distinctive Features*  
 Hb: 978-0-415-44653-2: 2009: 200pp. £50.00/\$90.00  
 Pb: 978-0-415-44654-9: 2009: 200pp. £9.99/\$17.95  
 Series: *CBT Distinctive Features*
- Perkins et al.:** *Cognitive-Behavioral Therapy for Smoking Cessation: A Practical Guidebook to the Most Effective Treatments*  
 Hb: 978-0-415-95462-4: 2007: 224pp. £60.00/\$90.00  
 Pb: 978-0-415-95463-1: 2007: 224pp. £18.50/\$29.95  
 Series: *Practical Clinical Guidebooks*
- Neenan:** *Developing Resilience: A Cognitive-Behavioural Approach*  
 Pb: 978-0-415-48068-0: 2009: 208pp. £12.99/\$21.95
- Sperry:** *Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders: Highly Effective Interventions for the Most Common Personality Disorders, Second Edition*  
 Hb: 978-0-415-95075-6: 2006: 248pp. £32.50/\$49.95
- Smith et al.:** *Post Traumatic Stress Disorder: Cognitive Therapy with Children and Young People*  
 Hb: 978-0-415-39163-4: 2009: 224pp. £55.00/\$95.00  
 Pb: 978-0-415-39164-1: 2009: 224pp. £19.99/\$34.95  
 Series: *CBT with Children, Adolescents and Families*

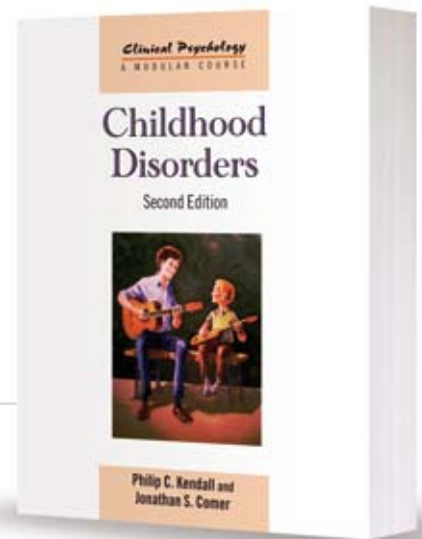


In this book, Jeffrey Young, Eshkol Rafaeli, and David Bernstein – pioneers of the schema therapy approach – indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum.

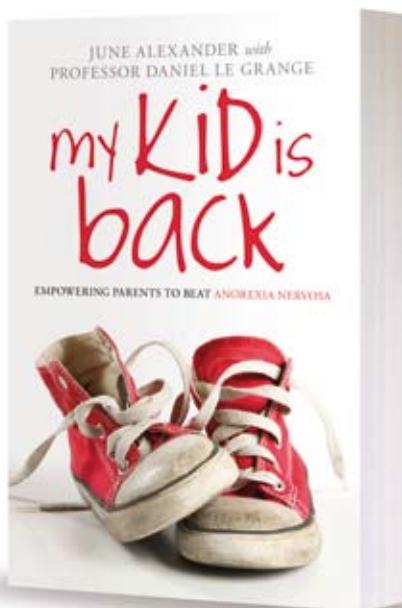
Divided into two sections *The Distinctive Theoretical Features of Schema Therapy* and *The Distinctive Practical Features of Schema Therapy*, this book will provide a concise introduction for those new to the technique, as well as a discussion of how it differs from the other cognitive behavioural therapies for those experienced in the field.

**Schema Therapy**  
**Distinctive Features**  
**Eshkol Rafaeli, David P. Bernstein and Jeffrey Young**  
September 2010: 184pp.  
Hb: 978-0-415-46298-3: £50.00/\$90.00  
Pb: 978-0-415-46299-0: £9.99/\$17.95  
*Series: CBT Distinctive Features*  
**Page 4**

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



**Childhood Disorders**  
*Second Edition*  
**Philip C. Kendall and Jonathan S. Comer**  
May 2010: 304pp.  
Hb: 978-0-415-48641-5: £47.50/\$85.00  
Pb: 978-0-415-48642-2: £16.50/\$29.95  
*Series: Clinical Psychology: A Modular Course*  
Published by Psychology Press  
**Page 8**



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

In this book ten families share their experiences of living with anorexia. Parents describe their frustrations in seeking help for their child and dealing with their behaviour and sufferers discuss how the illness gets into their mind and takes over their personality.

**My Kid is Back**  
**Empowering Parents to Beat Anorexia Nervosa**  
**June Alexander, with Professor Daniel Le Grange**  
February 2010: 272pp.  
Pb: 978-0-415-58115-8: £9.99/\$17.95  
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[www.routledgementalhealth.com/my-kid-is-back](http://www.routledgementalhealth.com/my-kid-is-back)



## Practical Clinical Guidebooks Series

The *Practical Clinical Guidebooks Series* provides clinicians, students, and trainees with clear descriptions of practical, empirically supported treatments for specific disorders and their sequelae. **Page 4**  
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## The CBT Distinctive Features Series

Series Editor: Windy Dryden

This exciting new series asks leading practitioners and theorists of the main CBT therapies to write simply and briefly on what constitutes the main features of their particular approach. Each *Distinctive Features* book highlights the thirty main features – practical and theoretical – of its respective approach. **Page 4**  
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## CBT with Children, Adolescents and Families Series

Series Editor: Paul Stallard

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[www.psypress.com/clinicalmodular](http://www.psypress.com/clinicalmodular)



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

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**Michael E. Metz**, in private practice, Minneapolis, USA, and **Norman B. Epstein**, University of Maryland, College Park, USA

This book provides clinicians and clinical graduate students with a comprehensive description of readily useful, practical, and empirically-based treatments for specific sexual dysfunctions that are most commonly encountered in clinical practice with couples and individuals. It emphasizes the cognitive-behavioral treatments and incorporates scientific evidence about sexual dysfunctions and sex therapy interventions in providing guidelines for best clinical practices.

July 2011: 224pp.  
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Series: *Practical Clinical Guidebooks*

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**Frank Gardner**, Kean University, New Jersey, USA, and **Zella Moore**, Manhattan College, New York, USA

Intended to fill a gap in the existing counseling literature, this text describes the integrative and innovative approach developed by the authors for use in the treatment of clinical anger, Anger Regulation Therapy (ART). This model consists of nine modules that guide the therapist through the treatment of a client dealing with anger and related issues.

March 2011: 240pp.  
Hb: 978-0-415-87297-3: £50.00/\$95.00  
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# The CBT Distinctive Features Series

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## Acceptance and Commitment Therapy Distinctive Features

**Paul E. Flaxman**, City University, London, UK, and **J. T. Blackledge**, Morehead State University, Kentucky, USA, and **Frank W. Bond**, Goldsmiths College, University of London, UK

Acceptance and commitment therapy (ACT) incorporates acceptance and mindfulness strategies, encouraging the client to observe their experience without judgement and then work with this experience rather than against it, to bring about psychological change. Divided into two sections, *The Distinctive Theoretical Features of ACT* and the *Distinctive Practical Features of ACT* this book summarises the key features of the approach in 30 concise points.

*Acceptance and Commitment Therapy: Distinctive Features* provides an excellent guide to ACT and explains how the technique differs from traditional cognitive behaviour therapy. Its straightforward format will appeal to those who are new to the field, and it will be a handy reference tool for more experienced clinicians.

**CONTENTS: Part I: Theory.** Developments Within CBT. The History of ACT. ACT's View on Human Suffering. ACT's Underlying Philosophy: Functional Contextualism. ACT's Underlying Theory: Relational Frame Theory. Psychological Flexibility. Acceptance. Defusion. Self-as-context. Contact with the Present Moment. Values. Committed Action. Measuring Psychological Flexibility: The Acceptance and Action Questionnaire (AAQ). **Part II: Practice.** ACT Case Formulation. Core Clinical Goals and Examples of Associated Intervention Techniques. The Technical Flexibility of ACT. ACT and the Therapeutic Relationship. ACT in Groups. ACT in Non-clinical Contexts. ACT: The Evidence.

April 2011: 160pp.  
Hb: 978-0-415-45065-2: £50.00/\$90.00  
Pb: 978-0-415-45066-9: £9.99/\$17.95

Series: *CBT Distinctive Features*

Forthcoming!



## Schema Therapy Distinctive Features

**Eshkol Rafaeli**, Columbia University, New York, USA, and Bar-Ilan University, Israel, **David P. Bernstein**, Maastricht University, The Netherlands, and **Jeffrey Young**, Columbia University, New York, USA

"This book provides an excellent overview of schema therapy and covers all the key areas of new development in schema therapy with authority and brevity." - **George Lockwood**, Director, Schema Therapy Institute Midwest, USA

In this book, Jeffrey Young, Eshkol Rafaeli, and David Bernstein – pioneers of the schema therapy approach – indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum.

Divided into two sections *The Distinctive Theoretical Features of Schema Therapy* and *The Distinctive Practical Features of Schema Therapy*, this book will provide a concise introduction for those new to the technique, as well as a discussion of how it differs from the other cognitive behavioural therapies for those experienced in the field.

**CONTENTS: Part I: Theoretical Points.** Universal Core Emotional Needs. Early Maladaptive Schema Development as a Consequence of Unmet Needs. A Taxonomy of Early Maladaptive Schemas. Coping Styles and Responses. Coping Styles: Surrender Responses. Coping Styles: Avoidance Responses. Coping Styles: Overcompensation Responses. Schema Modes as States (The State vs. Trait Distinction). The Wounded Core: Vulnerable Child Mode. Angry and Impulsive Child Modes. Maladaptive Coping Modes. Internalized Parental Modes. Healthy Modes: Healthy Adult, Contented Child. Limited Reparenting. Empathic Confrontation. **Part II: Practical Points.** The Assessment Process: Focused Life History Interview, Schema Inventories, and Self-monitoring. The Assessment Process: Guided Imagery. The Assessment Process: In-session Behaviours and the Therapy Relationship. Educating the Patient About the Schema and Mode Models, and Using the Schema Case Conceptualization Form. Toolbox 1: Relational Techniques. Toolbox 2: Cognitive Techniques. Toolbox 3: Emotion-focused Techniques. Toolbox 4: Behavioral Pattern Breaking. Mode Dialogues and Imagery. Specific Points for Working with Borderline Personality Disorder. Specific Points for Working with Narcissistic Personality Disorder and Antisocial Personality Disorder. Specific Points for Working with Couples. Interplay Between Schema Therapy for Axis II and CBT for Axis I. The Therapeutic Relationship: Limited Reparenting. Therapists' Own Schemas.

September 2010: 184pp.

Hb: 978-0-415-46298-3: £50.00/\$90.00

Pb: 978-0-415-46299-0: £9.99/\$17.95

Series: CBT Distinctive Features



New!

## Compassion Focused Therapy Distinctive Features

Paul Gilbert, Kingsway Hospital Mental Health Research Unit, Derby, UK

This book explains how Compassion Focused Therapy (CFT) – a process of developing compassion for the self and others to increase well-being and

aid recovery – varies from other forms of Cognitive Behaviour Therapy.

Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts – *Theory* and *Compassion Practice* – this concise book provides a clear guide to the distinctive characteristics of CFT.

*Compassion Focused Therapy* will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

**CONTENTS: Part I: Theory: Understanding the Model.** Some Basics. A Personal Journey. The Evolved Mind and Compassion Focused Therapy. Multi-mind. Attachment and the Importance of Affection. Affect Regulation: The Three Affect-regulation Systems, Caring and CFT. Affiliation, Warmth and Affection. Clarifying the CFT Approach. Formulation. Shame. Self-criticism. Distinguishing Shame, Guilt and Humiliation: Responsibility vs. Self-critical Blaming. Distinguishing Compassionate Self-correction from Shame-based, Self-attacking. Threat and the Compensations of Achievement. **Part II: Compassion Practice.** Understanding Soothing: The Wider Context of Balancing Affect-regulation Systems. The Nature of Compassion. Preparing and Training One's Mind: Mindfulness and Soothing Breathing Rhythm. Introducing Imagery. Creating a Safe Place. Varieties of Compassion Focused Imagery. Developing the Compassionate Self. Compassionate Chair Work. Focusing

of the Compassionate Self. Compassion Flowing Out. Compassion Flowing into Oneself: Using Memory. Compassion Flowing into Oneself: Compassionate Images. Compassionate Letter Writing. Compassion and Well-being Enhancing. Fear of Compassion. Last Thoughts.

April 2010: 248pp.

Hb: 978-0-415-44806-2: £50.00/\$90.00

Pb: 978-0-415-44807-9: £9.99/\$17.95

Series: CBT Distinctive Features

for a further book by Paul Gilbert please see page 11



## Behavioral Activation Distinctive Features

Jonathan W. Kanter, University of Wisconsin-Milwaukee, USA, Andrew M. Busch, Alpert Medical School of Brown University, Rhode Island, USA, and Laura C. Rusch, University of Wisconsin-Milwaukee, USA

*"This book gives us new voices in the literature on behavioral activation. It is to be commended for its practicality as well as*

*its well articulated treatment of basic behavioral theory... Behavioral Activation is an outstanding work, and will be a welcomed addition to the libraries of beginning and seasoned clinicians."* - Christopher Martell, University of Washington, USA

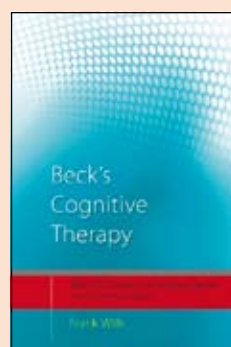
*Behavioral Activation: Distinctive Features* clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach.

2009: 200pp.

Hb: 978-0-415-44653-2: £50.00/\$90.00

Pb: 978-0-415-44654-9: £9.99/\$17.95

Series: CBT Distinctive Features



## Beck's Cognitive Therapy Distinctive Features

Frank Wills, Independent Practitioner and Researcher, UK

*Beck's Cognitive Therapy: Distinctive Features* explores the key contributions made by Aaron T. Beck to the development of cognitive behaviour therapy.

This book provides a concise account of Beck's work against a background of his personal and professional history. The author, Frank Wills, considers the theory and practice of Beck's cognitive therapy by firstly examining his contribution to the understanding of psychopathology, and going on to explore Beck's suggestions about the best methods of treatment. Throughout the book a commentary of how Beck's thinking differs from other approaches to CBT is provided.

2009: 192pp.

Hb: 978-0-415-43951-0: £50.00/\$90.00

Pb: 978-0-415-43952-7: £9.99/\$17.95

Series: CBT Distinctive Features



## Constructivist Psychotherapy

### Distinctive Features

**Robert A. Neimeyer**, University of Memphis, Tennessee, USA

*Constructivist Psychotherapy: Distinctive Features* concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives. Divided into two sections – *Theory* and *Practice* – this

straightforward book is illustrated throughout with case material and recent research findings.

Neimeyer provides us with a fresh perspective on familiar material, together with a clear, concise introduction to material that the reader may be less familiar with.

**2009: 168pp.**

**Hb: 978-0-415-44233-6: £50.00/\$90.00**

**Pb: 978-0-415-44234-3: £9.99/\$17.95**

Series: CBT Distinctive Features



## Metacognitive Therapy

### Distinctive Features

**Peter Fisher**, University of Liverpool, UK, and **Adrian Wells**, University of Manchester, UK

*"This book provides a skilful mix of theory and practice that should be essential reading for all wanting to learn more about MCT... I highly recommend it."* - **Hans M. Nordahl**, Norwegian University of Science and Technology, Trondheim, Norway

**Nordahl**, Norwegian University of Science and Technology, Trondheim, Norway

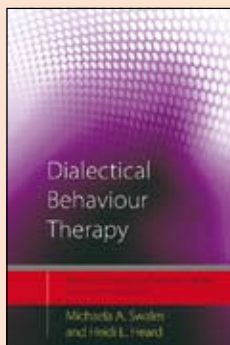
*Metacognitive Therapy: Distinctive Features* is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy. Divided into two sections, *Theory* and *Practice* and using thirty key points, the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress.

**2009: 152pp.**

**Hb: 978-0-415-43498-0: £50.00/\$90.00**

**Pb: 978-0-415-43499-7: £9.99/\$17.95**

Series: CBT Distinctive Features



## Dialectical Behaviour Therapy

### Distinctive Features

**Michaela A. Swales**, University of Wales, Bangor, UK, and **Heidi L. Heard**, Consultant and Supervisor, St. Louis, USA

*Dialectical Behaviour Therapy* highlights 30 distinctive features of the treatment and uses extensive clinical examples to demonstrate how the theory translates into practice. In *Part I: The Distinctive*

*Theoretical Features of DBT*, the authors introduce us to the three foundations on which the treatment rests – behaviourism, Zen

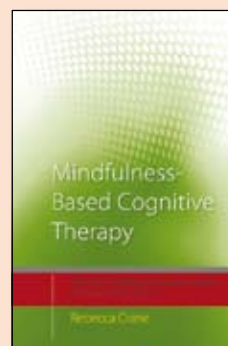
and dialectics – and how these integrate. In *Part II: The Distinctive Practical Features of DBT*, Swales and Heard describe both how the therapy applies these principles to the treatment of clients with borderline personality disorder and elucidate the distinctive conceptual twists in the application of cognitive and behavioural procedures within the treatment.

**2008: 184pp.**

**Hb: 978-0-415-44457-6: £52.50/\$95.00**

**Pb: 978-0-415-44458-3: £9.99/\$18.00**

Series: CBT Distinctive Features



## Mindfulness-Based Cognitive Therapy

### Distinctive Features

**Rebecca Crane**, University of Wales, Bangor, UK

*"A clear account of what MBCT is, both in its theoretical perspectives and its actual practices. Written in accessible language, it is an extraordinary achievement that will be highly valued by both participants in mindfulness classes and their teachers."*

- **Mark Williams**, From the Foreword

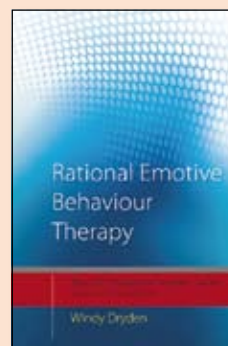
This book provides a basis for understanding the key theoretical and practical features of MBCT. Focusing on a mindfulness-based cognitive therapy programme that is offered in a group context to those who are vulnerable to depressive relapses, the text is divided into 30 distinctive features that characterise the approach.

**2008: 200pp.**

**Hb: 978-0-415-44501-6: £52.50/\$95.00**

**Pb: 978-0-415-44502-3: £9.99/\$18.00**

Series: CBT Distinctive Features



## Rational Emotive Behaviour Therapy

### Distinctive Features

**Windy Dryden**, Goldsmiths College, University of London, UK

This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum. Divided into two sections; *The Distinctive*

*Theoretical Features of REBT* and *The Distinctive Practical Features of REBT*, this book presents concise, straightforward information in 30 key points derived from the author's own experience in the field.

*Rational Emotive Behaviour Therapy: Distinctive Features* will be invaluable to both experienced clinicians, and those new to the field.

**2008: 160pp.**

**Hb: 978-0-415-43085-2: £52.50/\$95.00**

**Pb: 978-0-415-43086-9: £9.99/\$18.00**

Series: CBT Distinctive Features

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# CBT with Children, Adolescents and Families Series



a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy.

*Depression* includes case examples and practical tips to prepare the practitioner for working with young people. Information is presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services.

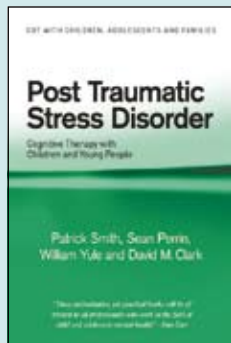
**CONTENTS:** Depression in Adolescence. Cognitive Behaviour Therapy. Cognitive Behavioural Assessment and Formulation. Starting Therapy. Early Stages of Therapy. Cognitive Techniques. General Cognitive Behavioural Techniques. Ending Therapy. Working with the Wider System. Special Issues. Common Problems.

**2009: 224pp.**

**Hb: 978-0-415-39977-7: £55.00/\$95.00**

**Pb: 978-0-415-39978-4: £19.99/\$34.95**

*Series: CBT with Children, Adolescents and Families*



## Post Traumatic Stress Disorder Cognitive Therapy with Children and Young People

**Patrick Smith, Sean Perrin, William Yule, and David M. Clark**, all at the Institute of Psychiatry, King's College, London, UK

*"Post Traumatic Stress Disorder is an excellent resource for mental health*

*professionals who work with traumatized children and adolescents. It offers practical, evidence-based advice on the assessment and treatment of PTSD from a CBT perspective." - Alan Carr, University College Dublin, Ireland*

Post traumatic stress disorder (PTSD) develops after exposure to one or more terrifying events that have caused, or threatened to cause the sufferer grave physical harm. This book discusses how trauma-focused cognitive therapy can be used to help children and adolescents who suffer from post traumatic stress disorder.

Cognitive therapy is frequently used to treat adults who suffer from PTSD with proven results. *Post Traumatic Stress Disorder* provides the therapist with instructions on how CT models can be used with children and young people to combat the disorder.

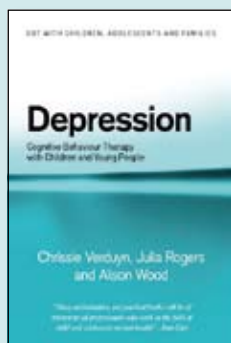
**CONTENTS:** Introduction to Cognitive Therapy for PTSD with Children and Adolescents. Post Traumatic Stress Disorder. Assessment. Formulation and Treatment Planning. CT for PTSD Methods. CT for PTSD with Adolescents. CT for PTSD with Young Children. Common Hurdles in Treatment. Comorbidity. Future Issues. Appendices.

**2009: 224pp.**

**Hb: 978-0-415-39163-4: £55.00/\$95.00**

**Pb: 978-0-415-39164-1: £19.99/\$34.95**

*Series: CBT with Children, Adolescents and Families*



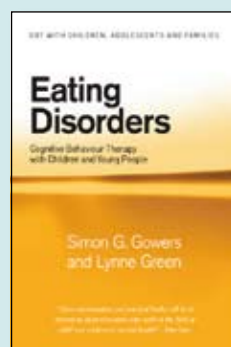
## Depression Cognitive Behaviour Therapy with Children and Young People

**Chrissie Verduyn**, Central Manchester & Manchester Children's University Hospitals NHS Trust, UK, **Julia Rogers**, Berkshire Healthcare NHS Foundation Trust, UK, and **Alison Wood**, in private practice, Manchester, UK

*"This is a well-written, well-researched and clearly presented book. If you are training or trained in CBT and working in the area of depression with children or adolescents, this is the book for you."*

*- Caroline Anstiss, Counselling Children and Young People*

*Depression: Cognitive Behaviour Therapy with Children and Young People* provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of



## Eating Disorders Cognitive Behaviour Therapy with Children and Young People

**Simon G. Gowers**, University of Liverpool, UK, and **Lynne Green**, Cheshire and Merseyside Eating Disorders Service for Adolescents, UK

*"An excellent description of how to apply CBT for use with children and adolescents.*

*Eating Disorders offers the reader a wealth of information on how children and adolescents develop an eating disorder and how to treat it. It is an excellent book for both the novice and the seasoned clinician and would make good reading for any graduate student. It is clearly written, with excellent resources."*

*- Wayne A. Bowers, in PsycCRITIQUES*

Eating disorders comprise a range of physical, psychological and behavioural features that often have an impact on social functioning and can invade most areas of the sufferer's life. Although eating and weight disorders are common in children and adolescents, there is a scarcity of practical guidance on treatment methods for eating disorders in young people.

In this book, Simon Gowers and Lynne Green bring together up-to-date research, clinical examples and useful tips to guide practitioners in working with young people, as well as helping families of children and adolescents to deal with their difficulties. *Eating Disorders* provides the clinician with an introduction about how CBT can be used to challenge beliefs about control, restraint, weight and shape, allowing young people to manage their eating disorder.

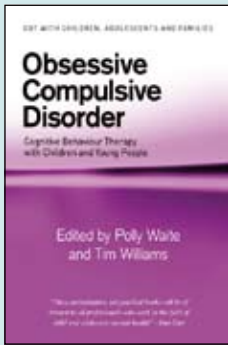
**CONTENTS: Part I: Introduction.** Eating Disorders and their Management. The Role of CBT in the Treatment of Eating Disorders in Children and Adolescents. **Part II: Preparing for Therapy.** Assessment and Formulation. Engaging and Motivating Young People. The Role of the Family. **Part III: A CBT Treatment Programme.** Stage 1: Planning and Establishing Principles and Embarking on Change. Stage 2: Tackling Problem Eating, Challenging Compensatory Behaviours. Stage 3: Treatment Monitoring and Review. Stage 4: Addressing Unhelpful Cognitions and Solving Problems Maintaining the Eating Disorder. Stage 5: Relapse Prevention and Discharge Planning. **Part IV: Applications and Challenges.** Inpatient Management, Groups and Self-Help. Future Challenges. List of Handouts.

**2009: 200pp.**

**Hb: 978-0-415-44462-0: £55.00/\$95.00**

**Pb: 978-0-415-44463-7: £19.99/\$34.95**

*Series: CBT with Children, Adolescents and Families*



## Obsessive Compulsive Disorder

### Cognitive Behaviour Therapy with Children and Young People

Edited by **Polly Waite**, and **Tim Williams**, both at University of Reading, UK

In this concise, accessible book experienced contributors provide detailed guidance on carrying out assessments and treatment for children and young people with OCD from a cognitive behavioural perspective. This approach has been developed from extensive research and clinical work with young people with OCD and associated problems.

This straightforward text provides essential direction for practitioners and trainees in a range of professions including psychiatry, psychotherapy, counselling, nursing, education and social work.

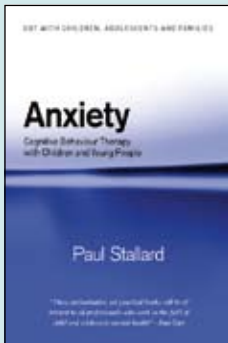
**CONTENTS:** *Waite, Williams*, Introduction to Obsessive Compulsive Disorder. *Creswell, Waite*, The Use of CBT with Children and Adolescents. *Gallop*, Cognitive Behavioural Assessment of OCD in Children and Adolescents. *Waite, Gallop, Atkinson*, Planning and Carrying Out Treatment. *Atkinson*, CBT with Younger Children. *Waite*, CBT with Adolescents. *Stobie*, Working with Families. *Salkovskis, Waite, Williams*, Issues and Future Directions in Childhood OCD. Appendices.

**2009: 208pp.**

**Hb: 978-0-415-40388-7: £55.00/\$95.00**

**Pb: 978-0-415-40389-4: £19.99/\$34.95**

*Series: CBT with Children, Adolescents and Families*



## Anxiety

### Cognitive Behaviour Therapy with Children and Young People

**Paul Stallard**, Consultant Clinical Psychologist, Avon, and Wiltshire Mental Health Partnership NHS Trust, UK

In *Anxiety: Cognitive Behaviour Therapy with Children and Young People* Paul Stallard describes the nature and extent of anxiety problems that are suffered

in childhood and discusses evidence for the effectiveness of the cognitive behavioural model as a method of treatment.

This concise and accessible book, written specifically for the clinician, provides a clear outline of how CBT can be used with children suffering from anxiety disorders in an easy to follow format. The book provides many ideas that can be incorporated into everyday practice, as well as clinical vignettes, case examples, and worksheets for use with the client.

**2008: 224pp.**

**Hb: 978-0-415-37256-5: £60.00/\$110.00**

**Pb: 978-0-415-37255-8: £19.99/\$37.50**

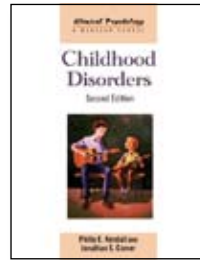
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for further books on Child and Adolescent CBT see page 13



# Clinical Psychology: A Modular Course Series



Read and Recommend!

## Childhood Disorders

### Second Edition

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

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

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

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

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

**May 2010: 304pp.**

**Hb: 978-0-415-48641-5: £47.50/\$85.00**

**Pb: 978-0-415-48642-2: £16.50/\$29.95**

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### **Hammen/Watkins: Depression** *Second Edition*

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**Pb: 978-0-415-41973-4: 2007: 272pp. £16.50/\$29.95**

### **Emmelkamp/Kamphuis: Personality Disorders**

**Hb: 978-0-415-38518-3: 2007: 272pp. £47.50/\$85.00**

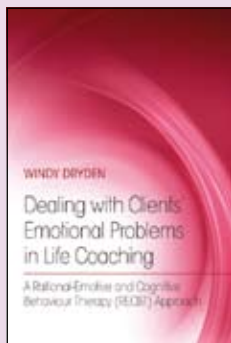
**Pb: 978-0-415-38519-0: 2007: 272pp. £16.50/\$29.95**

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## Cognitive Behavior Therapy

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



**Forthcoming!**

### Dealing with Clients' Emotional Problems in Life Coaching

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

**Windy Dryden**

*"Windy Dryden gives a clear and detailed explanation of how a life coach can safely explore deeper issues like irrational beliefs and the emotional problems attached to them. The ABC framework gives a step-by-step process that once learnt thoroughly can be adapted and improvised to use in many different coaching scenarios."* - **Angela Dunbar**, Life and Performance Coach and Managing Director of her own training and development consultancy, UK

This book is a comprehensive guide for life coaches on how to react and adapt when emotional problems get in the way of coaching. Windy Dryden uses rational-emotive cognitive behaviour therapy techniques to offer advice on:

- when it is and is not appropriate to work on emotional problems
- when the coach should refer the client to someone else, such as a psychotherapist or counsellor
- how to use RECBT to help clients with their emotional problems within a life coaching context
- at what point it is sensible to begin coaching again.

*Dealing with Clients' Emotional Problems in Life Coaching* will be a valuable resource for all those involved in life coaching.

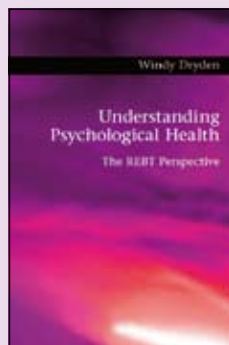
**CONTENTS:** Introduction. Part I: The Central Role Played by Beliefs in Understanding Your Clients' Problematic and Constructive Negative Emotions. Part II: Understanding Your Clients' Common Emotional Problems and their Healthy Alternatives. Part III: A Step-by-Step Guide to Dealing with Your Clients' Emotional Problems. Part IV: Case Study – Linda. Part V: Epilogue.

**September 2010: 184pp.**

**Hb: 978-0-415-58684-9: £55.00/\$95.00**

**Pb: 978-0-415-58685-6: £16.99/\$30.95**

**for further books on Coaching please see page 22**



**Forthcoming!**

### Understanding Psychological Health

#### The REBT Perspective

**Windy Dryden**

This book draws on rational emotive behaviour therapy (REBT), which focuses on resolving emotional and behavioural problems and disturbances and enables people to lead happier and more fulfilling lives, to provide an understanding of psychological health. Each chapter looks at an important aspect of psychological health and then discusses it in relation to the REBT approach.

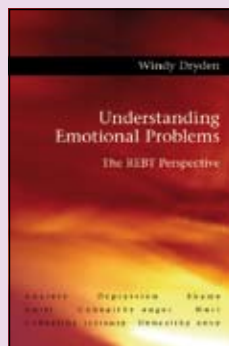
Divided into two parts the book looks firstly at how people can remain psychologically healthy in the face of adversity and then goes on to discuss how these healthy philosophies underpin certain key areas of psychological health.

**CONTENTS:** Psychological Health: From Disturbance to Dissatisfaction and Development. **Part I: The Basics of Psychological Health: Being Healthy in the Face of Adversity.** Flexibility. Non-awfulising. Discomfort Tolerance. Acceptance. **Part II: Psychological Health: Beyond the Basics.** Self-motivation. Self-discipline. Resilience. Tolerance of Uncertainty. Self-control.

**October 2010: 176pp.**

**Hb: 978-0-415-56634-6: £55.00/\$95.00**

**Pb: 978-0-415-56635-3: £19.99/\$31.95**



### Understanding Emotional Problems

#### The REBT Perspective

**Windy Dryden**

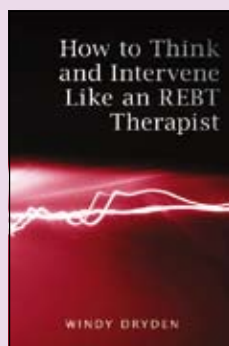
*"Windy Dryden has written a concise and informative book... an excellent reference book or something to dip into."* - **Kate Lacy**, *The Independent Practitioner*

*Understanding Emotional Problems* provides an accurate understanding of the REBT perspective on eight major emotional problems for which help is sought: anxiety, depression, shame, guilt, unhealthy anger, hurt, unhealthy jealousy, and unhealthy envy.

**2008: 152pp.**

**Hb: 978-0-415-48196-0: £52.50/\$95.00**

**Pb: 978-0-415-48197-7: £18.50/\$32.50**



### How to Think and Intervene Like an REBT Therapist

**Windy Dryden**

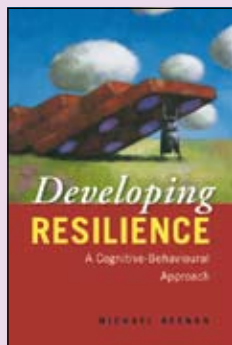
Trainee therapists often stick rigidly to the therapeutic guidelines that are taught to them on their training course, or adopted from a book, regardless of their approach. *How to Think and Intervene Like an REBT Therapist* provides the trainee with an opportunity to discover how experienced therapists think, and how their thoughts influence their interventions when using REBT.

**CONTENTS:** Introduction. Thinking and Intervening Related to Engaging Clients in REBT. Thinking and Intervening Related to Placing Client Problems in Context. Thinking and Intervening Related to Emotional "C's". Thinking and Intervening Related to "A". Thinking and Intervening Related to "B". Thinking and Intervening Related to Disturbance. Thinking and Intervening Related to Goals. Thinking and Intervening Related to Explaining the Process of Change. Thinking and Intervening Related to Disputing. Thinking and Intervening Related to Homework Assignments. Thinking and Intervening Related to Dealing with Obstacles to Change. Thinking and Intervening Related to Maintaining Change.

2009: 224pp.

Hb: 978-0-415-48793-1: £55.00/\$95.00

Pb: 978-0-415-48795-5: £18.99/\$32.95



## Developing Resilience A Cognitive-Behavioural Approach

Michael Neenan

Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate. In this book, Michael Neenan suggests that it is the meanings that we attach to events, and not the events themselves, that determine our reactions to them;

this is why different people can react to the same event in a variety of ways.

*Developing Resilience* shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity.

**CONTENTS:** What is Resilience? Attitude: The Heart of Resilience. Attitudes That Undermine Resilience Building. Developing Resilience. Strengths Underpinning Resilience. Resilience in the Workplace. Resilience in Relationships. Resilience in Dealing with Difficult People. Maintaining Resilience. An Overview of Resilience.

2009: 208pp.

Pb: 978-0-415-48068-0: £12.99/\$21.95



### Dryden: Getting Started with REBT: A Concise Guide for Clients

Hb: 978-1-58391-938-5: 2006: 136pp. £47.50/\$85.00

Pb: 978-1-58391-939-2: 2006: 136pp. £9.99/\$23.95

### Dryden/Neenan: Rational Emotive Behaviour Therapy: 100 Key Points and Techniques

Hb: 978-1-58391-740-4: 2006: 288pp. £49.95/\$90.00

Pb: 978-1-58391-741-1: 2006: 288pp. £13.50/\$24.95

Series: 100 Key Points

### Neenan/Dryden: Cognitive Therapy: 100 Key Points and Techniques

Pb: 978-1-58391-858-6: 2004: 280pp. £12.99/\$24.95

Series: 100 Key Points

### Dryden, Ed.: Rational Emotive Behaviour Therapy: Theoretical Developments

Pb: 978-1-58391-273-7: 2003: 272pp. £19.99/\$37.50

Series: *Advancing Theory in Therapy*

### Neenan/Dryden: Life Coaching: A Cognitive-Behavioural Approach

Pb: 978-1-58391-138-9: 2001: 200pp. £13.50/\$24.95

### Dryden: Reason to Change: A Rational Emotive Behaviour Therapy (REBT) Workbook

Pb: 978-0-415-22980-7: 2001: 280pp. £19.99/\$37.50



## Simply Effective Cognitive Behaviour Therapy

### A Practitioner's Guide

Michael J. Scott, University of Manchester, UK

"This book manages to balance and structure theory, research and practical detail in a guide which helps the reader to understand how to conduct cognitive

behaviour therapy (CBT)." - Paul Salkovskis, Clinical Director of the Centre for Anxiety Disorders and Trauma, Maudsley Hospital, UK

Research shows that cognitive behaviour therapy (CBT) is an effective treatment for common mental health disorders of mild to moderate severity. *Simply Effective Cognitive Behaviour Therapy* guides the therapist in treating clients effectively in a simple, structured, time-limited way, as well as indicating where additional treatment or referral is required, thus widening access to CBT.

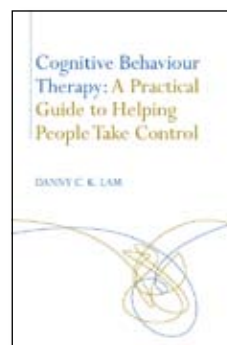
*Simply Effective CBT* is illustrated throughout with transcripts of sessions which serve as models for putting theory into practice. It provides the therapist with sufficient understanding of the cognitive theory of a disorder, enabling them to tailor the protocols provided to the needs of the individual.

**CONTENTS:** Simple CBT – Strengths and Limitations. Getting Started – Diagnosis and Beyond. The First Interview. Depression. Panic Disorder and Agoraphobia. Posttraumatic Stress Disorder. Social Phobia. Obsessive Compulsive Disorder. Generalised Anxiety Disorder. Putting It All Together. Appendices.

2009: 200pp.

Hb: 978-0-415-46676-9: £55.00/\$95.00

Pb: 978-0-415-46677-6: £19.99/\$34.95



## Cognitive Behaviour Therapy: A Practical Guide to Helping People Take Control

Danny C. K. Lam, Kingston University and St George's Medical School, UK

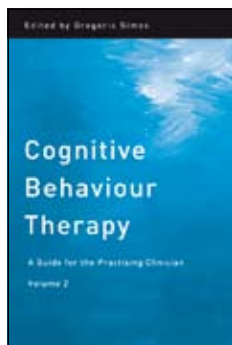
"This book is the first to consider the practicalities of helping people to change using CBT from the perspective of stigma, self stigma and labelling." - Paul Salkovskis, From the Foreword

*Cognitive Behaviour Therapy: A Practical Guide to Helping People Take Control* explores the premise that negative beliefs play an important role in the development and continuation of mental health problems. The book offers a new integrative model of causality for instigating change, based on giving clients control and choice over these beliefs, and therefore over their mood and behaviour.

2008: 256pp.

Hb: 978-0-415-39811-4: £60.00/\$110.00

Pb: 978-0-415-39812-1: £19.99/\$37.50



## Cognitive Behaviour Therapy

### A Guide for the Practising Clinician

#### Volume 2

Edited by **Gregoris Simos**, Aristotelian University of Thessaloniki, Greece

*"This is an impressive work providing accounts of difficult to treat conditions and of state of the art conceptualisations*

*in the practise of CBT... This book will be of great value to clinicians, researchers and students at all levels."* - **Adrian Wells**, University of Manchester, UK

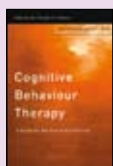
CBT: A Guide for the Practising Clinician, Volume 2 brings the practising clinician up to date with recent developments in the continuously expanding field of cognitive behaviour therapy (CBT). As with the first volume, this book is a clinically orientated and techniques-focused CBT manual, dealing with specific clinical conditions, skilfully blending guiding theories, focused techniques and clinical flexibility.

2008: 248pp.

Hb: 978-0-415-44963-2: £60.00/\$110.00

Pb: 978-0-415-44964-9: £19.99/\$37.50

## Volume 1

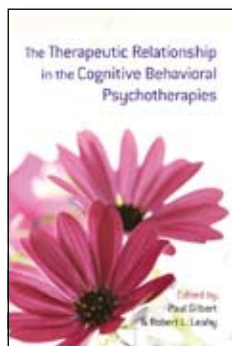


## Cognitive Behaviour Therapy

### A Guide for the Practising Clinician

Edited by **Gregoris Simos**

Pb: 978-1-58391-105-1: 2002: 352pp. £19.99/\$37.50



## The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies

Edited by **Paul Gilbert**, Kingsway Hospital Mental Health Research Unit, Derby, UK, and **Robert L. Leahy**, Weill-Cornell University Medical School, USA

*"This book will be useful to all psychotherapists who want to deepen*

*their knowledge and understanding, and especially those who are following cognitive-behavioural approaches."* - **Francine Brett**, Therapy Today

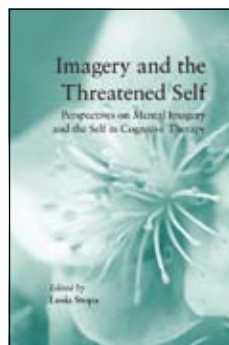
*The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies* covers new research on basic models of the process of the therapeutic relationship, and explores key issues related to developing emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship.

2009: 312pp.

Pb: 978-0-415-48542-5: £19.99/\$33.95

.....  
for a further book by **Paul Gilbert** please see page 5

.....  
for a further book by **Robert L. Leahy** please see page 15



## Imagery and the Threatened Self

### Perspectives on Mental Imagery and the Self in Cognitive Therapy

Edited by **Lusía Stopa**, University of Southampton, UK

*"Imagery and psychological disorders is said to be a "hot topic". Lusía Stopa and co-authors do justice to this claim and provide an excellent overview of*

*research and theory within this exciting new area... The book is illustrated throughout with highly accessible and clinically relevant case material and it should be required reading for researchers and practitioners alike."* - **Professor Graham Turpin**, University of Sheffield, UK

Imagery is important in cognitive therapy because images often trigger strong emotions, and imagery techniques such as imaginal reliving and imaginal rescripting are increasingly used in therapeutic treatments. *Imagery and the Threatened Self* considers the role that images of the self play in a number of common mental health problems and how these images can be used to help people to recover.

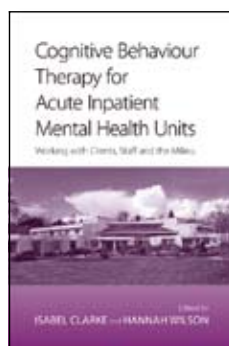
Stopa and her contributors focus specifically on images of the self which are often negative and distorted and can contribute to both the cause and the progression of clinical disorders. The book includes chapters on current theories of the self and on imagery techniques used in therapy, alongside chapters that examine the role of self-images and how images can be used in the treatment of disorders.

**CONTENTS:** *Stopa*, Imagery and the Threatened Self: An Introduction. *Luke, Stopa*, Psychological Theories of the Self and their Application. *Stopa*, How to Use Imagery in Cognitive-Behavioural Therapy. *Wild*, Imagery and the Self in Social Phobia. *Hackmann, Day, Holmes*, Agoraphobia: Imagery and the Threatened Self. *Grey*, Imagery and Psychological Threat to the Self in PTSD. *Butler, Holmes*, Imagery and the Self Following Childhood Trauma: Observations Concerning the Use of Drawings and External Images. *Cooper*, Imagery and the Negative Self in Eating Disorders. *Gilbert*, Evolved Minds and Compassion Focused Imagery in Depression. *Mansell, Hodson*, Imagery and Memories of the Social Self in People with Bipolar Disorders: Empirical Evidence, Phenomenology, Theory and Therapy.

2009: 280pp.

Hb: 978-0-415-40759-5: £65.00/\$110.00

Pb: 978-0-415-49430-4: £24.99/\$42.95



## Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units

### Working with Clients, Staff and the Milieu

Edited by **Isabel Clarke**, and **Hannah Wilson**, both at Hampshire Partnership NHS Trust, UK

*"This book will be an invaluable tool for mental health professionals working in inpatient settings, and will hopefully inspire people to increase access to such approaches and conduct the research required to firmly establish the evidence base."* - **Anthony P. Morrison**, From the Foreword

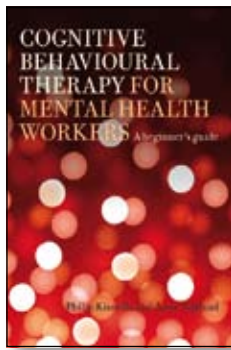
*Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units* presents innovative ways of delivering CBT within the inpatient setting and applying CBT principles to inform and enhance inpatient care.

Maintaining staff morale and creating a culture of therapy in the acute inpatient unit is essential for a well-functioning institution. This book shows how this challenge can be addressed, along with introducing and evaluating an important advance in the practice of individual CBT for working with crisis, suited to inpatient work and crisis teams.

2008: 248pp.

Hb: 978-0-415-42211-6: £60.00/\$110.00

Pb: 978-0-415-42212-3: £25.95/\$47.50



## Cognitive Behavioural Therapy for Mental Health Workers

### A Beginner's Guide

**Philip Kinsella**, Nottinghamshire Health Care Trust, UK, and **Anne Garland**, Nottingham Psychotherapy Unit, UK

*"Warm, compassionate, structured, yet flexible, CBT for Mental Health Workers provides a comprehensive overview of the key CBT interventions."* - **Dr. Chris Williams**

*Cognitive Behavioural Therapy for Mental Health Workers* offers the reader a good overview of CBT, allowing them to develop an understanding of the patient's problems, utilise the approach effectively, prepare for supervision, and integrate CBT skills into everyday practice.

This clear, comprehensive introduction written by experienced clinicians, describes how to use CBT within the busy clinical environment.

2008: 264pp.

Hb: 978-1-58391-869-2: £65.00/\$120.00

Pb: 978-1-58391-870-8: £19.99/\$37.50

60-day examination copy available

## Also by Philip Kinsella



### Cognitive Behavioural Therapy for Chronic Fatigue Syndrome

#### A Guide for Clinicians

Hb: 978-1-58391-737-4: 2007: 184pp. £60.00/\$110.00

Pb: 978-0-415-43612-0: 2007: 184pp. £25.95/\$47.50

## Backlist Books



### Zarb: Developmental Cognitive Behavioral Therapy with Adults

Pb: 978-0-415-95600-0: 2007: 216pp. £23.95/\$37.50

### Tarrier, Ed.: Case Formulation in Cognitive Behaviour Therapy: The Treatment of Challenging and Complex Cases

Pb: 978-1-58391-841-8: 2006: 400pp. £25.95/\$47.50

 **Routledge**  
Taylor & Francis Group



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University of Regina Regina, Canada

**Per Carlbring** (European Office),  
Linköping University, Sweden

# Cognitive Behaviour Therapy

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

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

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- treatment
- theoretical issues pertinent to behavioural, cognitive and combined cognitive behavioural therapies

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# Child and Adolescent Cognitive Behavior Therapy

Forthcoming!

## Teaching Child Psychiatrists Cognitive Behavioral Therapy

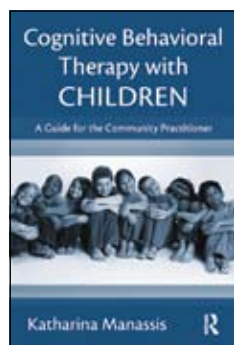
### Rudiments and Rubrics

**Robert D. Friedberg, Laura Hollar-Wilt, Adam Biuckians, and Michael Murray**, all at Pennsylvania State University Hershey Medical Center, USA, and **Angela A. Gorman**, Drexel University, Philadelphia, USA

*Teaching Child Psychiatrists Cognitive Behavioral Therapy* is an essential resource for clinical child psychologists, psychiatrists and psychotherapists, and mental health professionals. Since 2001, psychiatry residency programs have required resident competency in five specific psychotherapies, including cognitive-behavioral therapy. This unique text is a guidebook for instructors and outlines fundamental principles, while offering creative applications of technique to ensure that residency training programs are better equipped to train their staff.

February 2011: 256pp.

Hb: 978-0-415-99127-8: £22.00/\$39.95



## Cognitive Behavioral Therapy with Children

### A Guide for the Community Practitioner

**Katharina Manassis**, University  
of Toronto, Canada

*"This book addresses some of the toughest challenges facing practicing clinicians – the treatment of anxious and*

*depressed children who don't 'fit the mould.' Dr. Manassis' experience shines through with a strong blend of scientific rigor and practical application... this book will give you a myriad of new ideas."*

- **Ronald M. Rapee**, Macquarie University, Sydney, Australia

This book aims to bridge the gap between child cognitive behavioral therapy (CBT) as practiced in academic centers and its use in community settings. Because CBT is considered the 'gold standard' in the treatment of a variety of child mental health conditions and has been evaluated in numerous randomized controlled trials, practitioners often face pressure to "do CBT" for children meeting criteria for certain disorders, especially anxiety and depression. This book uses a step-by-step, practical approach to spell out child CBT assessment and treatment considerations that are often not detailed in treatment manuals.

**CONTENTS:** Why the Gap Between Efficacy and Effectiveness? Leveling the Playing Field. Priorities and Timing of Therapy. Treatment Expectations. Using Manuals Appropriately. How Child CBT Differs from Adult CBT. Working with Challenging Children. Working with Challenging Families. Group-based and School-based Child CBT. Overcoming Therapeutic Obstacles. Concluding Therapy. Appendices.

2009: 288pp.

Pb: 978-0-415-99670-9: £22.50/\$39.95

60-day examination copy available

New Edition!

## Child Anxiety Disorders

### A Guide to Research and Treatment

#### Second Edition

**Deborah C. Beidel**, University of Central Florida, USA, and **Candice Alfano**, Children's National Medical Center, The George Washington University School of Medicine, Washington D.C., USA

Childhood anxiety disorders represent one of the most common psychological disorders found among the general population. They can be serious, distressful, and functionally impairing, so much so that there has been an explosion of interest in their treatment, primarily from pharmacological and cognitive-behavioral perspectives. Addressing these perspectives is the revised second edition of *Childhood Anxiety Disorders*, by Beidel and Alfano. They pay close attention to new pharmacological and psychological interventions as well as multi-center trials that compare single and combined treatment modalities. Additionally, they devote new sections to racial, ethnic, and cultural factors in the area of childhood anxiety disorders and sleep and anxiety disorders. Written on the cusp of newly published information and studies, *Childhood Anxiety Disorders* is relevant, informative, and indispensable.

**CONTENTS: Part I: Overview of Childhood Fears and Anxiety.** An Introduction to Children's Fears. An Introduction to Childhood Anxiety Disorders. Developmental Considerations. Sleep and Anxiety Disorders. Etiological Factors in the Development of Anxiety Disorders. **Part II: Anxiety Disorders in Children.** Dental Fears, Medical Fears, and Chronic Medical Illnesses. Excessive Worry and Generalized Anxiety Disorder. Specific Phobias. School Refusal. Separation Anxiety Disorder. Social Phobia and Selective Mutism. Obsessive-Compulsive Disorder and Trichotillomania. Panic Disorder. Posttraumatic Stress Disorder.

November 2010: 257pp.

Hb: 978-0-415-87373-4: £27.95/\$49.95

for further books on Child and Adolescent CBT see page 7

## Backlist Book



### Cognitive-Behavioral Interventions in Educational Settings

#### A Handbook for Practice

Edited by **Rosemary B. Mennuti, Arthur Freeman,**  
and **Ray W. Christner**

Hb: 978-0-415-95039-8: 2005: 480pp. £37.50/\$59.95

## Cognitive Behavior Therapy Arena

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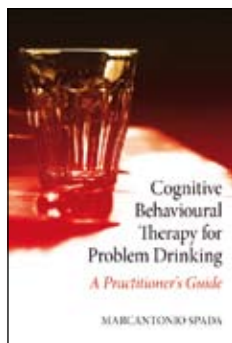


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# Clinical Problems

## Addictions



**Forthcoming!**

### Cognitive Behavioural Therapy for Problem Drinking

#### A Practitioner's Guide

**Marcantonio Spada**, London South Bank University, UK

"CBT for Problem Drinking provides a sound introduction to the theory and

practice of Cognitive-Behavioural Therapy and is presented in such a way as to be of practical use to those wishing to enhance their knowledge and skills in this area." - **Bill Reading**, Addictions Psychotherapist, Canterbury, UK

This book serves as a concise and practical guide on the application of Cognitive Behavioural Therapy (CBT) to problem drinking. Divided into five chapters it provides:

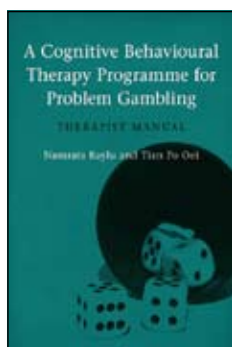
- a detailed account of the cognitive and behavioural processes involved in the development and maintenance of problem drinking
- in-depth coverage of assessment and case formulation and their role in planning and sequencing CBT interventions
- concise and practical illustrations of the application of CBT interventions in preparing, implementing and maintaining change
- diaries and worksheets for use with the client.

*Cognitive Behavioural Therapy for Problem Drinking* is essential reading for all mental health practitioners in the field of alcohol misuse, as well as being a useful resource for those in training.

**CONTENTS:** The Cognitive-Behavioural Therapy Approach to Problem Drinking. Preparing for Change. Implementing Change. Maintaining Change. Practitioner Training and Clinical Supervision. Appendix.

**August 2010: 160pp.**

**Pb: 978-0-415-40876-9: £24.99/\$42.95**



**New!**

### A Cognitive Behavioural Therapy Programme for Problem Gambling

#### Therapist Manual

**Namrata Raylu**, University of Queensland, Australia, and **Tian Po Oei**, The University of Queensland & Toowong Private Hospital, Australia

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

In this book the authors use a cognitive behavioural approach and provide a session by session guide for overcoming problem gambling. Essential topics covered include:

- assessment and psychoeducation
- cognitive behavioural strategies to stabilize gambling
- identifying and challenging thinking errors
- relaxation and imaginal exposure
- problem solving and goal setting
- managing negative emotions
- relapse prevention: maintaining a balanced lifestyle and coping with high risk situations.

*A Cognitive Behavioural Therapy Programme for Problem Gambling* supplies detailed information to help the therapist and client understand gambling behaviours, as well as practical advice on techniques that can be used with the client to change these behaviours.

**CONTENTS:** Overview. Review of the Problem Gambling Treatment Literature. Session One: Assessment. Session Two: Psychoeducation and Self-management Strategies to Stabilize Gambling. Session Three: Cognitive-restructuring I: Identifying Gambling Specific Thinking Errors. Session Four: Cognitive-restructuring II: Challenging Gambling Specific Thinking Errors. Session Five: Cognitive-restructuring III: Identifying and Challenging Other/General Thinking Errors. Session Six: Relaxation and Imaginal Exposure. Session Seven: Problem Solving and Goal Setting Skills Training. Session Eight: Management of Negative Emotions. Session Nine: Relapse Prevention and Maintenance of Therapeutic Gains I: Balanced Lifestyle. Session Ten: Relapse Prevention and Maintenance of Therapeutic Gains II: Coping with High Risk Situations. Elective Session: Assertiveness Skills Training. Elective Session: Getting Out of Debt. Elective Session: Teaching Significant Others Strategies to Cope/Deal with the Gambler's Behaviors. Appendices.

**May 2010: 272pp.**

**Pb: 978-0-415-54816-8: £29.99/\$51.95**

**Forthcoming!**

### Compulsive Buying

#### Clinical Foundations and Treatment

Edited by **Astrid Muller**, University of Erlangen-Nuremberg, Germany, and **James E. Mitchell**, Neuropsychiatric Research, Fargo, North Dakota, USA

Rooted in research and clinical practice, *Compulsive Buying* examines the drive that compels people to compulsively purchase and hoard their acquisitions. The authors and contributors cover the entire scope of this behavior and discuss what clinicians need to know in order to better understand and treat their clients. Among the key subjects examined are case reports, correct diagnosis, assessment and instruments, comorbidity, treatment, research, and directions for future research. The book ends with a useful guide for therapists, which includes data and research; and a treatment manual, which includes questionnaires and exercises for clinician and client alike.

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

**October 2010: 208pp.**

**Hb: 978-0-415-88463-1: £50.00/\$90.00**

**Pb: 978-0-415-87642-1: £38.95/\$69.95**



## Treatment Resistant Anxiety Disorders Resolving Impasses to Symptom Remission

Edited by **Debbie Sookman**, McGill University Health Center, Montreal, Canada, and **Robert L. Leahy**, Weill-Cornell University Medical School, USA

*Treatment Resistant Anxiety Disorders: Resolving Impasses to Symptom Remission* brings together leading cognitive

behavioral therapists from major theoretical orientations to provide clinicians with a greatly needed source of information, skills, and strategies from a wide range of CBT approaches.

It describes how to combine empirically based findings, broad based and disorder specific theoretical models, and individualized case conceptualization to formulate and apply specific strategies for varied aspects of resistance during treatment of anxiety disorders.

**CONTENTS:** *Sookman*, Introduction. *Wells*, Metacognitive Therapy: Application to Generalized Anxiety Disorder. *Sookman, Steketee*, Specialized Cognitive Behavior Therapy for Treatment Resistant Obsessive Compulsive Disorder. *Jackson, Nissenson, Cloitre*, Treatment for Complex PTSD. *Bruce, Sanderson*, Understanding and Managing Treatment-resistant Panic Disorder: Perspectives from the Clinical Experience of Several Expert Therapists. *Leahy*, Emotional Schemas in Treatment-resistant Anxiety. *Welch, Osburne, Pryzgod*, Augmenting Exposure-based Treatment for Anxiety Disorders with Principles and Skills for Dialectical Behavior Therapy. *Westra, Arkowitz*, Combining Motivational Interviewing and Cognitive-Behavioral Therapy to Increase Treatment Efficacy for Generalized Anxiety Disorder. *Lee*, Using a Compassionate Mind to Enhance the Effectiveness of Cognitive Therapy for Individuals who Suffer from Shame and Self-criticism. *Twohig, Plumb, Mukherjee, Hayes*, Suggestions from Acceptance and Commitment Therapy for Dealing with Treatment-resistant Obsessive-Compulsive Disorder. *Stewart, O'Connor*, Treating Anxiety Disorders in the Context of Concurrent Substance Misuse. *Kolivakis, Margolese, Ducharme*, The Pharmacotherapy of Treatment-resistant Anxiety Disorders in Adults in the Setting of Cognitive-Behavior Therapy. *Leahy*, Conclusions.

2009: 387pp.

Hb: 978-0-415-98891-9: £28.00/\$49.95

for a further book by Robert L. Leahy please see page 11



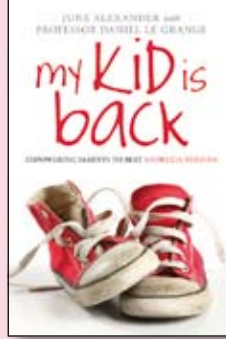
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Read and Recommend!

## My Kid is Back

Empowering Parents to Beat Anorexia Nervosa

June Alexander, Writer, Australia, with Daniel Le Grange, University of Chicago, Illinois, USA

"My Kid is Back is packed with practical, helpful and inspiring information. It gives parents a

powerful message of hope – that recovery from an eating disorder is possible. Parents can feel overwhelmed when their child develops this most challenging illness. Knowing that there are ways they can help their child, and can play an active part in their recovery is so important." - **Susan Ringwood**, Chief Executive, Beat, UK

"Alexander and Le Grange have combined heart, history and healing in this thoughtful book. My Kid is Back should be required reading for any parent with the slightest suspicion that an eating disorder may be developing in their child. June Alexander's own testimonial should be a warning enough that families need to take action early and head on." - **Lynn S. Grefe**, Chief Executive Officer, National Eating Disorders Association (NEDA), USA

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

In this book ten families share their experiences of living with anorexia. Parents describe their frustrations in seeking help for their child and dealing with their behaviour and sufferers discuss how the illness gets into their mind and takes over their personality.

By focusing on the Maudsley family approach and expert advice from Professor Daniel Le Grange, and including clear lists of illness symptoms, strategies for parents and carers to follow, and information on getting further treatment and support, this book proves an essential resource for families who want to win the battle with anorexia nervosa.

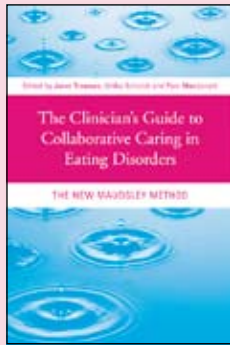
**CONTENTS:** Introduction. *Le Grange*, Family-Based Treatment of Adolescent Anorexia Nervosa: The Maudsley Approach. **Family Case Studies.** Chloe. Matthew. Kelly. Kristen. Hayley. Claire. Kylie. Billie. Annabelle. Alice. What Are Parents to Do? *Le Grange*, How to Tell if Your Child Has Anorexia Nervosa. Navigating the Search for Family-based Treatment. Appendix: Listing of Providers and Support Services.

February 2010: 272pp.

Pb: 978-0-415-58115-8: £9.99/\$17.95

[www.routledge.com/mentalhealth.com/my-kid-is-back](http://www.routledge.com/mentalhealth.com/my-kid-is-back)

## Books by Janet Treasure



### The Clinician's Guide to Collaborative Caring in Eating Disorders

#### The New Maudsley Method

Edited by **Janet Treasure**, psychiatrist, Maudsley Hospital and King's College London, UK, **Ulrike Schmidt**, Maudsley Hospital and Institute of Psychiatry, London, UK, and **Pam Macdonald**,

Institute of Psychiatry, King's College, University of London, UK

*"This book is a valuable companion piece to Treasure et al.'s existing volume, providing useful information, resources and skills for clinicians. However, this book's biggest contribution is the way in which it stresses that clinicians should see the family as a resource (rather than a nuisance or an irrelevance)." - Professor Glenn Waller, Consultant Clinical Psychologist, Vincent Square Eating Disorders Service, CNWL NHS Foundation Trust, UK*

*The Clinician's Guide to Collaborative Caring in Eating Disorders* shows how active collaboration between professional and non-professional carers can maximise the quality of life for both the sufferer and all other family members.

The book provides straightforward guidance for clinicians who work with families and carers. It suggests ways of ensuring that interpersonal elements that can maintain eating disorders are minimised and indicates skills and knowledge that can be taught to the carer for both managing their personal reaction to the illness, and for providing a practically and emotionally supportive environment that is conducive to change. The appendices of the book contain a *Toolkit for Carers*, a series of worksheets designed to help carers recognise their own unique caring styles.

**SELECTED CONTENTS:** Part I: Introduction to Collaborative Care Between Carers of People with Eating Disorders and Professional Services. Part II: Introduction to the Theoretical Underpinning. Part III: Different Forms of Intervention. Part IV: Special Cases. Part V: Conclusion and Appendices.

2009: 304pp.

Hb: 978-0-415-48424-4: £65.00/\$110.00

Pb: 978-0-415-48425-1: £24.99/\$42.95



#### Treasure et al.: Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

Pb: 978-0-415-43158-3: 2007: 248pp. £13.50/\$24.95

#### Treasure: Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers

Pb: 978-0-86377-760-8: 1997: 176pp. £13.50/\$24.95

#### Treasure/Schmidt: Clinician's Guide: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Hb: 978-0-86377-730-1: 1997: 240pp. £25.95/\$47.50

#### Schmidt/Treasure: Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Pb: 978-0-86377-322-8: 1993: 160pp. £13.50/\$26.95

## New Edition!

### Nutrition Counseling in the Treatment of Eating Disorders

#### Second Edition

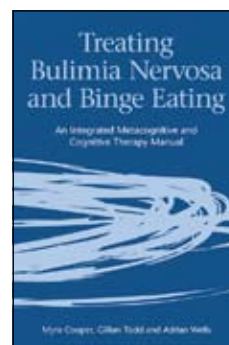
**Marcia Herrin**, Dartmouth Medical School, New Hampshire, USA

In the first edition of *Nutrition Counseling in the Treatment of Eating Disorders*, Marcia Herrin educated nutritionists, psychotherapists, cognitive behaviorists, psychiatrists, physicians, and primary care providers about clinically-sound nutrition treatment and provided the opportunity to expand their treatment approaches.

In this second edition, Herrin still devotes sections to nutrition counseling, nutrition interventions and food, exercise, and weight management while detailing relevant nutritional and biological facts, assessment and counseling techniques, and prescription of a food plan. Included in this revised edition is the incorporation of the new Maudsley-inspired nutrition treatment techniques she has pioneered for the last ten years. Using this approach, Herrin teaches families to take charge of their child's eating through a "coached family meal," and provides professionals with the skills to completely manage a coached meal and other Maudsley techniques. Other new chapters discuss CBT and DBT techniques in the nutrition treatment of eating disorders and how nutritionists can use these techniques in their counseling sessions.

May 2011: 256pp.

Hb: 978-0-415-87103-7: £23.50/\$42.50



### Treating Bulimia Nervosa and Binge Eating

#### An Integrated Metacognitive and Cognitive Therapy Manual

**Myra Cooper**, University of Oxford, UK, **Gillian Todd**, University of Cambridge, UK, and **Adrian Wells**, University of Manchester, UK

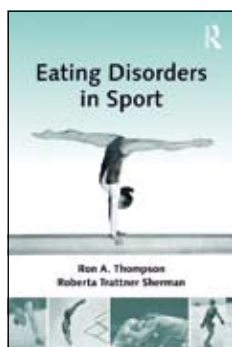
*"Treating Bulimia Nervosa and Binge Eating is an excellent, practical handbook for clinicians in helping their patients overcome bulimia nervosa... This book is filled with clinical vignettes, behavioral experiments, metacognitive exercises, treatment tips, self report forms and informative schematics that will be immensely valuable in the real-world setting that clinicians encounter... The authors should be congratulated for providing us with a break-through in how to conceptualize and treat this problem." - Robert L. Leahy, Director, American Institute for Cognitive Therapy, USA*

*Treating Bulimia Nervosa and Binge Eating* explains how cognitive therapy can be used to treat those suffering from bulimia nervosa. The manual provides a step-by-step treatment guide, incorporating a number of case examples offering detailed explanations of the treatment process, questionnaires, worksheets and practical exercises for the client, which will provide a framework and focus for therapy.

2008: 264pp.

Hb: 978-1-58391-944-6: £65.00/\$120.00

Pb: 978-1-58391-945-3: £23.95/\$42.50

**New!**

## Eating Disorders in Sport

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

*"Thompson and Sherman have crafted the definitive opus on eating disorders and sport. Their review of the field is comprehensive, scholarly, and accessible. The wisdom they have earned through*

*decades of clinical experience is reflected in their deep respect for professionals in both the sports and health arenas."* - **Cynthia M. Bulik**, University of North Carolina at Chapel Hill, USA

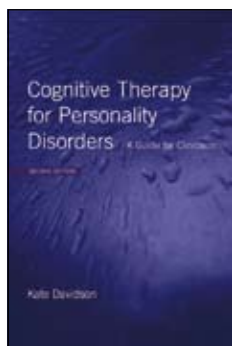
In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders, and a review of the relevant literature.

**CONTENTS:** Introduction. Eating Disorders: Clinical and Subclinical Conditions. Eating Disorders and Disordered Eating in Sport: A Review of the Literature. Risk Factors for the Development of Problem Eating. Identification of Eating Disorders and Related Conditions. Management of Eating Problems in the Sport Environment. Treatment Issues. Medical Considerations. Prevention and Education.

January 2010: 300pp.

Hb: 978-0-415-99836-9: £28.00/\$49.95

## Personality Disorders



## Cognitive Therapy for Personality Disorders

### A Guide for Clinicians

#### Second Edition

**Kate Davidson**, Glasgow Institute of Psychosocial Interventions, UK

*"Kate Davidson brings a wealth of clinical experience to this concise guide, which conveys a sense of clarity and sound, practical advice."* - **Ken Gordon**, Hampshire Partnership Trust, UK

This book provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat; those with borderline personality disorders and with antisocial personality disorders.

2007: 208pp.

Hb: 978-0-415-41557-6: £65.00/\$120.00

Pb: 978-0-415-41558-3: £25.95/\$47.50

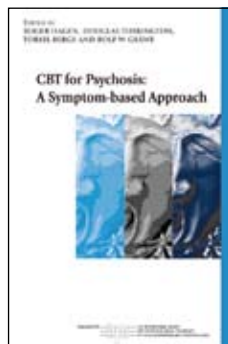
## Backlist Book



**Sperry: Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders: Highly Effective Interventions for the Most Common Personality Disorders, Second Edition**

Hb: 978-0-415-95075-6: 2006: 248pp. £32.50/\$49.95

## Schizophrenia and Psychosis

**Forthcoming!**

## CBT for Psychosis

### A Symptom-Based Approach

Edited by **Roger Hagen**, Norwegian University of Science and Technology, Norway, **Douglas Turkington**, Newcastle University, UK, **Torkil Berge**, Vinderen Community Mental Health Centre, Oslo, Norway, and **Rolf W. Gräwe**, Head of R & D Unit, Drug and Alcohol Treatment, Norway

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

Stressing the important connection between mental illness and mental health, further topics of discussion include:

- the assessment and formulation of psychotic symptoms
- how to treat psychotic symptoms using CBT
- CBT for specific and co-morbid conditions
- CBT of bipolar disorders.

This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

**CONTENTS: Part I: Cognitive Models of Psychosis and their Assessment.** Introduction. Auditory Hallucinations. Cognitive Models for Delusions. Assessment in Psychosis. **Part II: Treating Psychotic Symptoms Using CBT.** The Therapeutic Alliance in Cognitive Behavioral Therapy for Psychosis. Normalisation. Cognitive Behaviour Therapy and Early Intervention. Command Hallucinations: Theory and Psychological Interventions. Cognitive Characterization and Therapy of Negative Symptoms and Formal Thought Disorder. Staying Well After Psychosis. Implementing Cognitive Behaviour Therapy for Psychosis: Issues and Solutions. **Part III: CBT and Co-morbid Problems.** The Treatment of Substance Misuse in People with Serious Mental Disorders. Treating Trauma in People with First Episode Psychosis Using Cognitive Behavioural Therapy. Integrating the Family in the Treatment of Psychotic Disorders. Psychological Interventions to Improve Work Outcomes for People with Psychiatric Disabilities. **Part IV: CBT and Bipolar Disorders.** The Psychology of Bipolar Disorders. Cognitive Theory and Therapy of Bipolar Disorder.

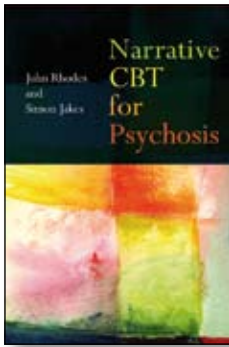
November 2010: 288pp.

Hb: 978-0-415-54946-2: £60.00/\$90.00

Pb: 978-0-415-54947-9: £19.99/\$34.95

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## Narrative CBT for Psychosis

**John Rhodes**, Consultant Psychologist, Brent, CNWL Trust, UK, and **Simon Jakes**, Consultant Clinical Psychologist, Campbelltown Hospital, South West Sydney, Australia

*"Narrative CBT for Psychosis is a clearly written text describing the potential for integrating solution-focused and narrative-based approaches with CBT for psychosis.*

*It provides practical examples from the authors' experiences with this novel approach."* - **David Kingdon**, University of Southampton, UK

Designed to meet the complex needs of patients with psychosis, *Narrative CBT for Psychosis* combines narrative and solution-focused therapy with established techniques from CBT (cognitive behaviour therapy) into one integrated flexible approach.

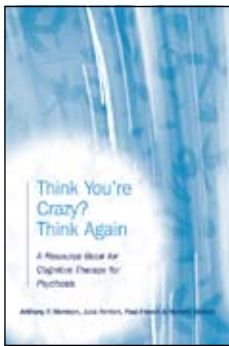
In this book John Rhodes and Simon Jakes bring the practitioner up-to-date, as treatment and practice evolve to draw on other therapeutic approaches, creating an approach which is client centred and non-confrontational. The book contains many tried and tested practical ideas for helping clients, with several chapters including detailed and illuminating case studies.

**CONTENTS:** Narrative CBT for Psychosis. Understanding Psychosis and Implications for Therapy. Assessment, Engagement and Case-conceptualisation. Finding Solutions. Working with Personal Meaning. Narrative and Trauma. Alternative Perspectives. Voices and Visions. Movement to Recovery and Ending Therapy.

2009: 240pp.

Hb: 978-0-415-40730-4: £60.00/\$100.00

Pb: 978-0-415-47572-3: £24.99/\$43.95



## Think You're Crazy? Think Again

### A Resource Book for Cognitive Therapy for Psychosis

**Anthony P. Morrison**, University of Manchester, UK, **Julia Renton**, Bedfordshire and Luton Partnership Trust, UK, **Paul French**, Bolton, Salford and Trafford Mental Health Trust, UK, and **Richard Bentall**, University of Manchester, UK

*"Morrison and colleagues have produced the ideal book on CBT for psychosis. It destigmatises and energises people with psychosis instilling hope and insight. Every chapter is a gem of understanding and opportunity. All mental health professionals, users and carers should have access to this book."* - **Douglas Turkington**, Newcastle University, UK

Are you troubled by hearing voices or seeing visions that others do not? Do you believe that other people are trying to harm you or control you? Do you feel that something odd is going on that you can't explain or that things are happening around you with a special meaning? Do you worry that other people can read your mind or that thoughts are being put in your head?

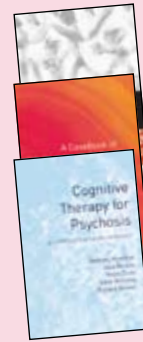
*Think You're Crazy? Think Again* provides an effective step-by-step aid to understanding your problems, making positive changes and promoting recovery.

2008: 160pp.

Hb: 978-1-58391-836-4: £52.50/\$95.00

Pb: 978-1-58391-837-1: £14.99/\$27.50

## Also by Anthony P. Morrison



**Larkin/Morrison, Eds.: Trauma and Psychosis: New Directions for Theory and Therapy**

Hb: 978-1-58391-820-3: 2006: 328pp. £35.00/\$64.50

**Morrison, Ed.: A Casebook of Cognitive Therapy for Psychosis**

Hb: 978-1-58391-205-8: 2001: 328pp. £39.95/\$74.50

Pb: 978-1-58391-206-5: 2002: 328pp. £19.99/\$37.50

**Morrison et al: Cognitive Therapy for Psychosis: A Formulation-Based Approach**

Hb: 978-1-58391-810-4: 2003: 288pp. £29.95/\$54.95

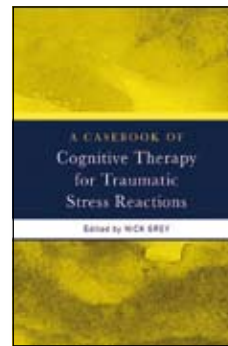
## Backlist Book



**Byrne et al.: A Casebook of Cognitive Behaviour Therapy for Command Hallucinations: A Social Rank Theory Approach**

Hb: 978-1-58391-785-5: 2005: 160pp. £25.95/\$47.50

## Stress and Trauma



## A Casebook of Cognitive Therapy for Traumatic Stress Reactions

Edited by **Nick Grey**, South London and Maudsley Foundation NHS Trust, UK

*"A Casebook of Cognitive Therapy for Traumatic Stress Reactions is the best book to date on this topic... I wholeheartedly recommend this book to*

*every clinician, whether novice or expert, and predict it will quickly become one of the most dog-eared books on your desk from frequent and welcome use."* - **Christine A. Padesky**, Co-Founder, Center for Cognitive Therapy, Huntington Beach, California USA

Many people experience traumatic events and whilst some gradually recover from such experiences, others find it more difficult and may seek professional help for a range of problems. *A Casebook of Cognitive Therapy for Traumatic Stress Reactions* aims to help therapists who may not have an extensive range of clinical experience.

The book includes descriptions and case studies of clinical cases of cognitive behavioural treatments involving people who have experienced traumatic events.

All chapters are written by experts in the field and consider what may be learned from such cases. In addition it is considered how these cases can be applied more generally in cognitive behavioural treatments for traumatic stress reactions.

**CONTENTS:** Ehlers, Foreword. Grey, Cognitive Therapy for Traumatic Stress Reactions: An Introduction. Moulds, Mastrodomenico, Hopwood, Bryant, Cognitive Therapy for Acute Stress Disorder. Handley, Salkovskis, Hackmann, Ehlers, Travel, Trauma and Phobia: Treating the Survivors of Transport Related Trauma. Stott, Tripping into Trauma: Cognitive-Behavioural Treatment for a Traumatic Stress Reaction Following

## Professional Issues and Resources

Forthcoming!

### Core Competencies in Counseling and Psychotherapy Becoming a Highly Competent and Effective Therapist

Len Sperry, Florida Atlantic University, Boca Raton, USA

*Core Competencies in Psychotherapy* addresses the core competencies common to the effective practice of all psychotherapeutic approaches, and includes specific intervention competencies of the three major orientations. The book provides a research-based framework to aid clinicians in applying these competencies in their own practice. It begins by identifying and describing the core competencies and skills of expert therapists, then elaborates six core competencies and related supporting competencies and skill-sets.

**CONTENTS:** Competency in Counseling and Psychotherapy. Competency 1: Establishing a Treatment Frame. Competency 2: Establishing a Therapeutic Relationship. Competency 3: Conceptualizing and Planning and Treatment. Competency 4: Implementing Treatment and Change. Competency 5: Maintaining a Therapeutic Relationship. Competency 6: Maintaining Treatment Gains and Terminating Treatment. Beyond Competency: Becoming and Being a Master Therapist.

September 2010: 240pp.

Hb: 978-0-415-95249-1: £24.95/\$39.95

Series: *Core Competencies in Psychotherapy*



### Highly Effective Therapy

#### Developing Essential Clinical Competencies in Counseling and Psychotherapy

Len Sperry, Florida Atlantic University, Boca Raton, USA

Mental health professionals and accrediting bodies have steadily been embracing competency-focused learning and clinical practice. In contrast to a skill, a competency is a level of sufficiency evaluated against an external standard. Learning to be clinically competent involves considerably more than the current emphasis on skill and micro skill training. While there are now a small number of books that describe the various clinical competencies of counseling and psychotherapy, none of these books focus on how to learn them. *Highly Effective Therapy* emphasizes the process of learning these essential competencies. It illustrates them in action with evidence-based treatment protocols and clinical simulations to foster learning and competency. *Highly Effective Therapy* is a hands-on book that promotes learning of the 20 competencies needed for effective and successful clinical practice.

2009: 304pp.

Hb: 978-0-415-80276-5: £49.99/\$89.95

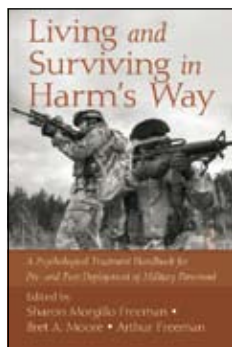
Pb: 978-0-415-80277-2: £24.99/\$44.95

Recreational Drug Use. *Smith, Steel*, 'Suspicion is my Friend': Cognitive Behavioural Therapy for Post-Traumatic Persecutory Delusions. *Wheatley, Hackmann, Brewin*, Imagery Re-scripting for Intrusive Sensory Memories in Major Depression Following Traumatic Experiences. *Kennerley*, Cognitive Therapy for Post-Traumatic Dissociation. *Grey, McManus, Hackmann, Clark, Ehlers*, Intensive Cognitive Therapy for Post-Traumatic Stress Disorder: Case Studies. *Wild*, Cognitive Therapy for Post-Traumatic Stress Disorder with Permanent Physical Injury. *Liness*, Cognitive Therapy for Post-Traumatic Stress Disorder and Panic Disorder. *Stobie*, Cognitive Therapy for Post-Traumatic Stress Disorder and Obsessive-Compulsive Disorder. *Holmes, Butler*, Cognitive Therapy and Suicidality in Post-Traumatic Stress Disorder: And Recent Thoughts on Flashbacks to Trauma versus "Flash-forwards" to Suicide. *Stallworthy*, Cognitive Therapy for People with Post-Traumatic Stress Disorder to Multiple Events: Working Out Where to Start. *Duffy, Gillespie*, Cognitive Therapy for Post-Traumatic Stress Disorder Arising from Terrorist Violence and Civil Conflict. *Lee*, Compassion-focused Cognitive Therapy for Shame-based Trauma Memories and Flashbacks in Post-Traumatic Stress Disorder. *Young*, Cognitive Therapy for Survivors of Torture. *Mueller*, The Role of Narrative Exposure Therapy in Cognitive Therapy for Refugees and Asylum Seekers. *d'Ardenne, Farmer*, Using Interpreters in Trauma Therapy.

2009: 328pp.

Hb: 978-0-415-43802-5: £60.00/\$100.00

Pb: 978-0-415-43803-2: £24.99/\$42.95



### Living and Surviving in Harm's Way

#### A Psychological Treatment Handbook for Pre- and Post-Deployment of Military Personnel

Edited by **Sharon Morgillo Freeman**, Indiana/Purdue University, USA, **Bret A. Moore**, Department of Health and Human Services, Ft. Peck, Montana, USA, and **Arthur Freeman**, Philadelphia College of Osteopathic Medicine, USA

"This is an invaluable reference for students, clinicians, policy makers, and all who seek to understand the complex psychological impacts of war. The authors give voice to the full experience of Warriors in combat, addressing issues such as the psychological costs of killing, and post-combat adjustment." - **Colonel Bruce E. Crow**, Clinical Psychology Consultant to the U.S. Army Surgeon General, USA

In *Living and Surviving in Harm's Way*, experts investigate the psychological impact of how warriors live and survive in combat duty. They address the combat preparation of servicemen and women, their support systems, and their interpersonal and intrapersonal experiences. The text maintains a focus on cognitive-behavioral interventions for treating various combat-related disorders, and addresses psychological health and adjustment after leaving the battlefield.

2009: 543pp.

Hb: 978-0-415-98868-1: £28.00/\$44.95

### Backlist Book

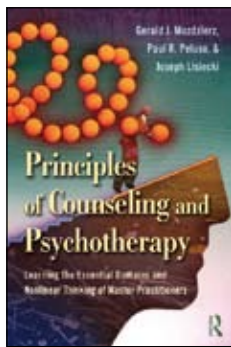


#### CBT for Occupational Stress in Health Professionals Introducing a Schema-Focused Approach

Martin R. Bamber

Hb: 978-1-58391-851-7: 2006: 280pp. £60.00/\$110.00

Pb: 978-1-58391-852-4: 2006: 280pp. £25.95/\$47.50



## Principles of Counseling and Psychotherapy

Learning the Essential Domains and Nonlinear Thinking of Master Practitioners

Gerald J. Mozdierz, Loyola University, Stritch School of Medicine, Illinois, USA, Paul R. Peluso, Florida Atlantic

University, Boca Raton, Florida, USA, and Joseph Lisiecki, Hines V.A. Hospital, Illinois, USA

This text presents a novel approach to teaching and learning the fundamental skills and techniques of counseling and psychotherapy, based on a “non-linear” process of thinking that more accurately reflects the reality of mental health practice. At the core of this text lies the idea that to best prepare students for practice with real clients, they have to learn how to *think* in a new way, the way that research has shown the most effective practitioners think. This non-linear approach to therapy is based on the authoritative research of Tom Skovholt and colleagues, who have studied “master therapists” in action for years, from which these authors have drawn seven core competencies of effective practice.

2009: 470pp.

Hb: 978-0-415-99751-5: £69.00/\$125.00

Pb: 978-0-415-99752-2: £27.95/\$49.95

60-day examination copy available

Forthcoming!

## Duped

Lies and Deception in Psychotherapy

Jeffrey A. Kottler, California State University, USA, and Jon Carlson, Governors State University, University Park, Illinois, USA

In this book, Jeffrey Kottler and Jon Carlson turn their well-polished therapy microscopes onto the subjects of lying, falsehood, deceit, and the loss of trust in the counseling room. What do clients lie about, and why? When do therapists mislead or withhold information from their clients? What does it all mean? In their exploration of this taboo material, the authors interview and share stories from dozens of their peers, of all practice areas and modalities and ranging from neophytes to established master practitioners. Their stories and reflections cast some light on this fascinating topic and will help to start a more honest dialogue about difficult subject matter.

November 2010: 256pp.

Hb: 978-0-415-87623-0: £53.00/\$95.00

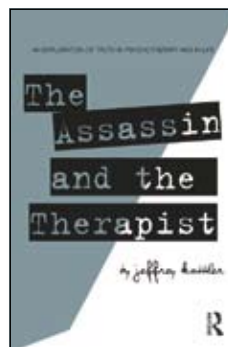
Pb: 978-0-415-87624-7: £19.95/\$34.95

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New!

## The Assassin and the Therapist

An Exploration of Truth in Psychotherapy and in Life

Jeffrey Kottler, California State University, USA

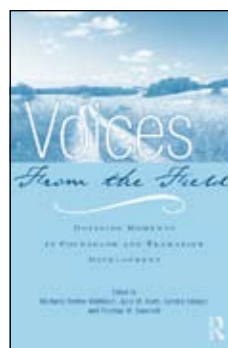
Many therapists have likely worked with a client who has caused the therapist to confront his most cherished beliefs, or has changed the therapist in ways that forever altered the way he performs therapy, looks at the world, and sees himself. The author of this book found himself in just such a situation, causing him to begin his own search for truth. This book is the result of his search; it explores the nature of truth in psychotherapy and in the therapist's life, examining some of the things that are often denied and rarely spoken about.

**CONTENTS:** How this Story Came to be Told. **Part I: An Assassin's Story.** First Mission. The Bronx. Recruitment. Training. Prison. Parade. Truce. Capture. Return. Afterword. **Part II: A Therapist's Story.** A True Story Based on a Lie? Not the End of the Story. What is Truth and What Does it Really Mean? What is Truth in Psychotherapy? What Do We Believe and Whom Do We Trust? Clinical Implications Related to Working with Lying in Therapy. When the Therapist Catches Despair.

January 2010: 275pp.

Hb: 978-0-415-80064-8: £50.00/\$90.00

Pb: 978-0-415-80065-5: £15.95/\$27.95



New!

## Voices from the Field

Defining Moments in Counselor and Therapist Development

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

*"There is much vicarious learning that will result from reading these courageously described defining moments. I certainly resonated to many of their experiences; I laughed at some descriptions, and shed a poignant tear at others. This powerful resource is a must read by all students, psychotherapists, educators, and researchers involved in counseling and psychotherapy."* - Melba J. T. Vasquez, Independent Practice, Austin, Texas, USA

All professional counselors and therapists can identify a number of turning points in their careers – moments, interactions, or processes – that led to key realizations regarding their practice with clients, work with students, or self-understanding. This book is a collection of such turning points, which the editors term defining moments, contributed by professionals in different stages of their counseling careers. You'll find personal stories, lessons learned, and unique insights in their narratives that will impact your own development as a practitioner, regardless of whether you are a graduate student or a senior professional.

**CONTENTS:** Introduction to Defining Moments. The Lay Helper. The Beginning Student. The Advanced Student. The Novice Professional. The Advanced Professional. The Senior Professional. Defining Your Own Journey.

March 2010: 293pp.

Hb: 978-0-415-99574-0: £50.00/\$90.00

Pb: 978-0-415-99575-7: £17.00/\$29.95

From **Howard Rosenthal**,  
St. Louis Community College at  
Florissant Valley, USA

**New Edition!**

## Favorite Counseling and Therapy Techniques

Second Edition

Edited by **Howard Rosenthal**

In the new edition of this highly popular book, Howard Rosenthal once again brings together a group of prominent therapists who share their insightful, pioneering, and favorite therapeutic techniques. These therapists include such well-known figures as Albert Ellis, Arnold Lazarus, William Glasser, Raymond Corsini, and Allen E. Ivey. Many of the classic entries in the previous edition are once again included, some unaltered and others updated, while several new chapters have been added to reflect the newest advancements in the counseling field. For practitioners wondering what methods to use when working with clients and what they can prescribe for them between sessions, or for those who simply are interested in gaining insight into the thoughts and minds of such eminent therapists, the more than 50 entries in this text are sure to be both highly useful and exciting reads.

**November 2010: 320pp.**  
**Pb: 978-0-415-87104-4: £21.95/\$39.95**

**New Edition!**

## Favorite Counseling and Therapy Homework Assignments

Second Edition

Edited by **Howard Rosenthal**

This companion to *Favorite Counseling and Therapy Techniques* contains more than fifty handouts and homework assignments used by some of the finest and most renowned therapists in the world, such as Albert Ellis, William Glasser, Richard B. Bolles, Alan E. Ivey, Marianne Schneider Corey, Gerald Corey, Maxie C. Maultsby, Jr., and Peter R. Breggin. Several new entries have been added to reflect the newest advancements in the counseling field. This is sure to be a highly useful and insightful read for any practitioner wishing to learn new techniques to benefit their practice and patients.

**November 2010: 320pp.**  
**Pb: 978-0-415-87105-1: £21.95/\$39.95**

## Favorite Counseling and Therapy Techniques & Homework Assignments Package

Edited by **Howard Rosenthal**

Buy both volumes as a set and save 10%  
**Pack: 978-0-415-87106-8: November 2010: £40.00/\$72.00**

**New Edition!**

## The Resilient Practitioner

Second Edition

**Thomas Skovholt**, and **Michelle Trotter-Mathison**,  
both at University of Minnesota, USA

This informative and inspirational volume creates a map for new mental health practitioners – one that provides a positive trinity of validity, clarity, and hope for novices, their teachers, and their supervisors.

**December 2010: 224pp.**  
**Hb: 978-0-415-98938-1: £56.00/\$95.00**  
**Pb: 978-0-415-98939-8: £22.00/\$39.95**

Series: *Counseling and Psychotherapy*

[www.routledgejournalhealth.com/counseling-and-psychotherapy](http://www.routledgejournalhealth.com/counseling-and-psychotherapy)

**Forthcoming!**

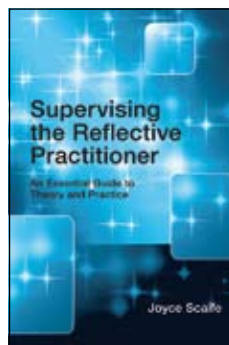
## The Developing Practitioner

### Growth and Stagnation of Therapists and Counselors

**Michael Helge Ronnestad**, University of Oslo, Norway,  
and **Thomas Skovholt**, University of Minnesota, USA

This book provides a comprehensive overview of the professional development of counselors and therapists over the career lifespan. Drawing on their own experiences as psychotherapists, supervisors, teachers, and researchers, as well as from their own extensive study of the topic, the authors provide a synthesis of this knowledge that all counselors and psychotherapists will find valuable and useful.

**August 2011: 288pp.**  
**Hb: 978-0-415-88459-4: £22.95/\$39.95**



**New!**

## Supervising the Reflective Practitioner

### An Essential Guide to Theory and Practice

**Joyce Scaife**, Independent Consultant,  
Clinical Psychologist, UK

*"This book is an excellent example of reflective practice to all practitioners of therapy or training. It is the kind of book that will continue to be an important reference book which practitioners will turn to throughout their career."* - **Wendy Wood**, University of Derby, UK

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

This accessible book will be of great interest to both supervisors and supervisees who practice clinically in a range of professions, including applied psychology, counselling, psychotherapy, psychiatry and nursing.

**June 2010: 328pp.**  
**Hb: 978-0-415-47957-8: £65.00/\$115.00**  
**Pb: 978-0-415-47958-5: £22.99/\$39.95**

New Edition!

## Ethics for Behavior Analysts

Second Edition

Jon Bailey, Florida State University, USA, and Mary Burch, American Society of Journalists and Authors

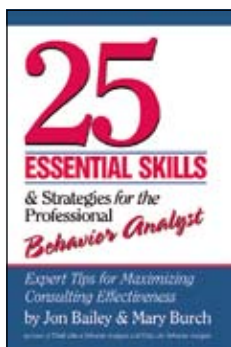
Originally published in 2005, this second, expanded edition of *Ethics for Behavior Analysts* provides readers with a valuable resource in preparing behavior analysts for the difficult task of providing quality services. Specifically, this book is useful to behavior analysts who are working in the clinical, educational, and rehabilitative fields with clients who are developmentally disabled, are on the autistic spectrum, or have a variety of moderate to severe behavior problems that require treatment by experts using the latest evidence-based methods.

November 2010: 346pp.

Hb: 978-0-415-88029-9: £55.00/\$99.00

Pb: 978-0-415-88030-5: £20.00/\$35.95

60-day examination copy available



## 25 Essential Skills and Strategies for the Professional Behavior Analyst

Expert Tips for Maximizing Consulting Effectiveness

Jon Bailey, Florida State University, USA, and Mary Burch, American Society of Journalists and Authors

*25 Essential Skills and Strategies for the Professional Behavior Analyst* is a much needed guidebook for behavior analysts who want to become successful at consulting.

2009: 341pp.

Hb: 978-0-415-80067-9: £44.50/\$80.00

Pb: 978-0-415-80068-6: £19.50/\$34.95

60-day examination copy available



Client Resource!

## Changepower!

37 Secrets to Habit Change Success

Meg Selig, St. Louis Community College, Florissant Valley, USA

*"This book grabs your attention and doesn't let go. The secrets revealed in Changepower! will help you change your life, as well as your habit."* - Bill O'Hanlon, author of *Change 101* and *Do One Thing Different*

In *Changepower! 37 Secrets to Habit Change Success*, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, *Changepower!* provides a springboard for change.

2009: 281pp.

Pb: 978-0-415-80066-2: £9.99/\$19.95

## Coaching

### Essential Coaching Skills and Knowledge Series

Forthcoming!

## Cognitive Behavioural Coaching in Action

Edited by Michael Neenan, Centre for Stress Management, London, UK, and Stephen Palmer, Director, Centre for Coaching, UK

*Cognitive Behavioural Coaching in Action* explores various aspects of coaching from within a CBT framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including: procrastination, perfectionism, goal selection and Socratic questioning.

May 2011: 264pp.

Hb: 978-0-415-47262-3: £50.00/\$84.95

Pb: 978-0-415-47263-0: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*

Forthcoming!

## Coaching for Solutions

Bill O'Connell, Director of Training, Focus on Solutions, UK, and Stephen Palmer, Director, Centre for Coaching, UK

Solution focused therapy is a popular coaching technique that focuses on what clients want to achieve in a session, rather than on any problems that encouraged them to seek help. In this book Bill O'Connell and Stephen Palmer illustrate how solution focused therapy can effectively be used in coaching sessions.

December 2010: 264pp.

Hb: 978-0-415-44706-5: £50.00/\$84.95

Pb: 978-0-415-44707-2: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*

Forthcoming!

## A Guide to NLP Coaching Psychology

### Understanding and Applying NLP and Psychological Principles in Coaching

Ho Law, Managing Director, Empsy Ltd., UK, and Bruce Grimley, Managing Director, Achieving-Lives Ltd., UK

This book provides a step-by-step practical guide to the use of neuro-linguistic programming in a coaching context. In this book Ho Law and Bruce Grimley outline the development of NLP and its psychological principles, and use practical exercises and case studies to provide a grounding in the techniques and skills required for effective practice.

December 2010: 264pp.

Hb: 978-0-415-47467-2: £50.00/\$84.95

Pb: 978-0-415-47468-9: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*

Forthcoming!

## Developmental Coaching

### Life Transitions and Generational Perspectives

Edited by **Stephen Palmer**, Director, Centre for Coaching, UK, and **Sheila Panchal**, JP Morgan, UK

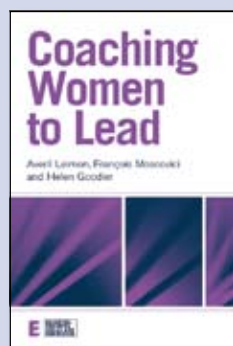
*Developmental Coaching* explores many of the common transition points we experience throughout life, including teenage transitions, becoming a parent, mid-life and retirement. This coaching book sets these transitions in their social context and reviews them in the light of generational factors.

December 2010: 240pp.

Hb: 978-0-415-47359-0: £50.00/\$84.95

Pb: 978-0-415-47360-6: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*



Forthcoming!

### Coaching Women to Lead

Averil Leimon, François Moscovici, and Helen Goodier, all at White Water Strategies, London, UK

*"Coaching Women to Lead is timely, relevant, and hugely inspiring! The authors effortlessly demonstrate an approach that goes beyond conventional wisdom, bringing it to life with real world success*

*stories, and doing so in a true coaching style that harnesses the strengths and rewards that coaching women can bring."* - **Katherine Tulpa**, CEO, Association for Coaching® and Co-founder, Wisdom8.

*Coaching Women to Lead* asks why, in the 21st century, there is still such a disparity in the number of women filling leadership roles, compared with men. It argues that a specific coaching approach for women is not only possible but required to support women throughout their corporate career.

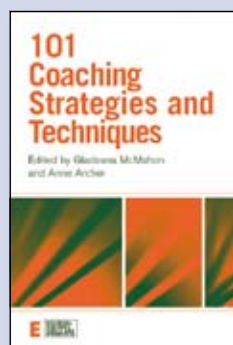
Using case studies and findings from the authors' research, *Coaching Women to Lead* proposes defined areas for coaching women, and offers practical advice for coaches who wish to contribute to the development of excellent women leaders.

October 2010: 272pp.

Hb: 978-0-415-49105-1: £50.00/\$84.95

Pb: 978-0-415-49106-8: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*



New!

### 101 Coaching Strategies and Techniques

Edited by **Gladeana McMahon**, Personal Development and Executive Coach, UK, and **Anne Archer**, Executive Coach, Group Facilitator and Researcher, UK

*101 Coaching Strategies and Techniques* provides focused, practical strategies

to help the coach with their work. Each point provides a detailed explanation of the strategy together with potential pitfalls and solutions.

Contributors from a range of coaching backgrounds are brought together to cover a number of issues faced by professional coaches.

*101 Coaching Strategies and Techniques* will be a handy reference tool for busy coaches; the bite-sized strategies will also provide a useful guide for those in training.

**SELECTED CONTENTS:** Part I: Confidence Building. Part II: Developing as a Coach. Part III: Developing Specific Skills and Strategies. Part IV: Focusing on the Future. Part V: Group Coaching. Part VI: Problem Solving and Creativity. Part VII: Relationships. Part VIII: Self-Awareness. Part IX: When a Client Gets Stuck.

February 2010: 328pp.

Hb: 978-0-415-47333-0: £50.00/\$84.95

Pb: 978-0-415-47334-7: £16.99/\$30.95

Series: *Essential Coaching Skills and Knowledge*



New!

### Group and Team Coaching The Essential Guide

Christine Thornton, Group Analyst & executive coach, UK

*"The Coaching profession needs a book like this to appreciate where group and team coaching has evolved from (like many forms of coaching, from many disciplines)*

*and to put a 'stake in the ground' at this stage of our evolutionary growth."* - **Katherine Tulpa**, From the Foreword

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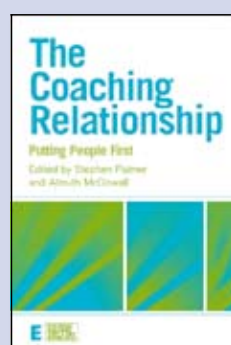
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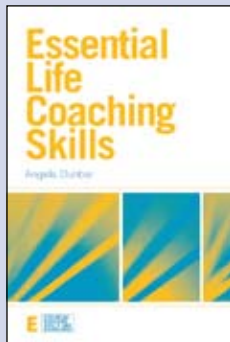
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Edited by **Stephen Palmer** and **Alison Whybrow**

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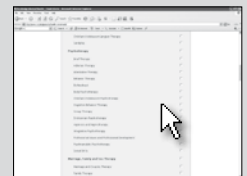
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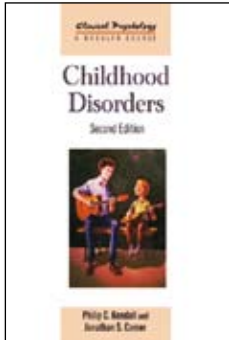
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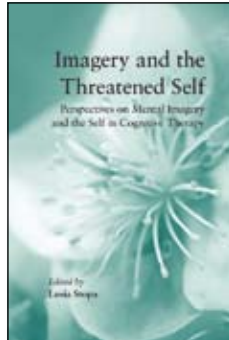
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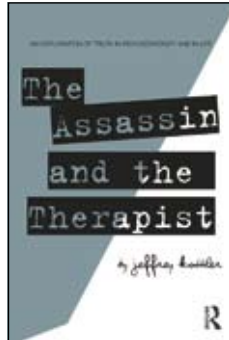
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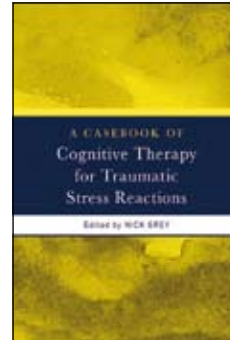
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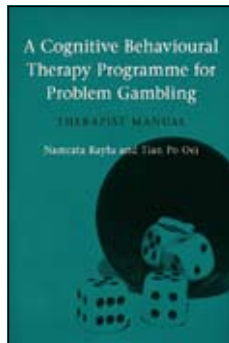
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