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Welcome to the 2023 Norton Mental Health Catalog. We are featuring new titles to be published through September 2023, representing a spectrum of new books in mental health and wellness, as well as many older titles too. We would be pleased to hear from you and welcome your thoughts and comments on our books. Email us at nmh@wwnorton.com.

CONTENTS

New Titles 1
The Norton Series on Interpersonal Neurobiology . . 10
Neuroscience & Neuropsychology 30
Psychopharmacology 31
Psychiatry & Psychopathology 32
Trauma 33
Coaching 38
Professional Practice 39
Psychotherapy & Counseling 42
Anxiety & Depression 58
Eating Disorders 59
Parenting 61
Self-Help/Personal Growth 63
Autism Spectrum Disorders 70
Hypnosis 72
Brief & Solution-Focused Therapies 73
Couples & Family Therapy 74
Narrative & Strategic Therapies 78
Yoga/Mindfulness/Integrative Therapies 80
Children & Adolescents 86
Addictions & Recovery 92
EMDR 94
Index 98

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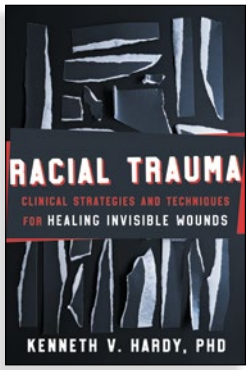
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RACIAL TRAUMA

Clinical Strategies and Techniques for Healing Invisible Wounds

KENNETH V. HARDY



"Dr. Hardy's *Racial Trauma* is a long overdue and deeply important guide to an essential topic, and to the effects of racialized trauma on our individual bodyminds, our relationships, our communities, and our collective consciousness. Every—and I mean every—clinician needs to read, reflect on, and make use of this book." —Resmaa Menakem, MSW, LICSW, SEP, author of *My Grandmother's Hands, The Quaking of America, and Monsters in Love*

"Dr. Hardy charts a hopeful path toward healing the hidden wounds of racial trauma and he paves the way for engagement across race to create a new voice for healers and organizations. **A must-read for anyone seeking to heal, or help others heal, from racial trauma."** —John A. Rich, MD, MPH, director, RUSH BMO Institute for Health Equity, and author of *Wrong Place Wrong Time: Trauma and Violence in the Lives of Young Black Men*

This book provides a unique and comprehensive examination of racial trauma, described by author Kenneth V. Hardy as a life-altering and debilitating emotional, psychological, and behavioral condition that affects countless People of Color over multiple generations. Racially sensitive trauma-informed interventions and strategies that centralize race and racial oppression in every facet of the therapeutic process and relationship are meticulously highlighted, making this a must-read resource for all practicing and aspiring clinicians.

Topics include: the dynamics of oppression and the roots of racial trauma; the seven invisible wounds of trauma, including internalized devaluation, assaulted sense of self, learned voicelessness, psychological homelessness, and rage; the process of therapy and racially sensitive, trauma-informed therapeutic principles.

About the Author



Kenneth V. Hardy, PhD, is the President of the Eikenberg Academy for Social Justice, and Director of the Eikenberg Institute for Relationships in New York City. He provides racially focused trauma informed training, executive coaching, and consultation throughout the country and abroad. Dr. Hardy is a frequent contributor to publications like *USA Today, Good Housekeeping*, and *Psychotherapy Networker*, and has appeared on *The Oprah Winfrey Show, Dateline NBC, PBS, The Discovery Health Channel*, and *ABC's 20/20*. He is also the editor of *The Enduring, Invisible, and Ubiquitous Centrality of Whiteness* (see page 43).



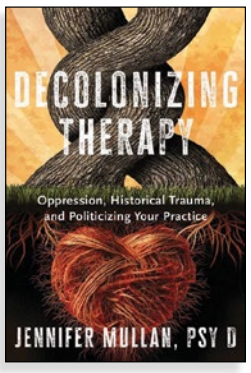
ISBN: 978-1-324-03043-0 • 2023 • 336 pages • Paperback • $36.99 **/ $27.74**

DECOLONIZING THERAPY

Oppression, Historical Trauma, and Politicizing Your Practice

JENNIFER MULLAN

A call to action for therapists to politicize their practice through an emotional decolonial lens.



"Jennifer Mullan offers a fiery provocation to all of us—especially those called to serve as therapists, practitioners, and healers. The call is to grasp at the root that which really harms us, those oppressive practices of our training that do more to dehumanize and disconnect than we've known. . . . What Mullan leaves us with, somehow, is everything, each other, and the beautiful and challenging project of creating decolonized spaces of healing and repair." —**Prentis Hemphill**, the Embodiment Institute

An essential work that centers colonial and historical trauma in a framework for healing, *Decolonizing Therapy* illuminates that all therapy is—and always has been—inherently political. To better understand the mental health oppression and institutional violence that exists today, we must become familiar with the root of disembodiment from our histories, homelands, and healing practices. Only then will readers see how colonial, historical, and intergenerational legacies have always played a role in the treatment of mental health. This book is the emotional companion and guide to decolonization. It is an invitation for Eurocentrically trained clinicians to acknowledge privileged and oppressed parts while relearning what we thought we knew.

About the Author



Jennifer Mullan (she/her), PsyD, is educated as a clinical psychologist and is founder of Decolonizing Therapy, LLC, where she teaches her "Politicizing Your Practice" series. She is also the creator of the popular Instagram account @decolonizingtherapy. Recipient of *Essence magazine*'s 2020 Essential Hero Award in the category of Mental Health, she lives in Montclair, New Jersey.

ISBN: 978-1-324-01916-9 • **September 2023** • 464 pages • Hardcover • $43.99 **/ $32.99**

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POLYVAGAL CARD DECK

58 Practices for Calm and Change

DEB DANA

New BESTSELLER in the Norton Series on Interpersonal Neurobiology (IPNB)



A card deck to enhance your understanding of your nervous system as well as guide you through a process of tuning into it.

Grouped into four areas representing three sections of the autonomic hierarchy—ventral, sympathetic, and dorsal—as well as a bonus section exploring play, stillness, and change, the cards provide nervous system support . . . in your pocket. Ideal for you, your clients, and in-session practice.

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POLYVAGAL PRACTICES

Anchoring the Self in Safety

DEB DANA

New in the IPNB series



The first book by acclaimed polyvagal writer Deb Dana to provide readers with at-home, do-it-yourself exercises.

"Deb Dana brilliantly crafts accessible and poignantly effective practices of self-exploration." —**Stephen W. Porges, PhD**, creator of Polyvagal Theory, distinguished university scientist, Kinsey Institute, Indiana University

"Highly recommended for anyone wanting to understand, befriend, and learn to regulate their nervous system and thereby find inner peace." —**Gabor Maté, MD**, author of *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*

Polyvagal Practices explores how one's autonomic nervous system is both creator of and witness to one's lived experience. The strategies and exercises in this book guide the reader towards "befriending" their nervous system and achieving a state of autonomic regulation that brings a sense of safety, connection, and joy. This book is for anyone who wishes to build and strengthen their connection to the biological state of safety, and for anyone who has been wondering what benefits of the Polyvagal Theory can be brought home.

Topics include: a personal profile map of your autonomic nervous system; mapping your regulated and unregulated system; moving from protection to connection; from solitude to social; feeling and being safe enough to listen; noticing neuroception; recognizing autonomic invitations and warnings; changing the safety/danger equation; four pathways of connection; nourishing soundscapes; breathing into safety; developing a resource menu; and more!

About the Author

Deb Dana, LCSW, is a clinician, consultant, author, and speaker specializing in complex trauma. She's the leading translator of the Polyvagal Theory for clinicians and author of *The Polyvagal Flip Chart, Polyvagal Exercises for Safety and Connection*, and *The Polyvagal Theory in Therapy*, and co-editor with Stephen Porges of *Clinical Applications of the Polyvagal Theory* (see pages 10-11).



ISBN: 978-1-324-05227-2 • **March 2023** • 112 pages • Paperback • $17.00 **/ $12.75**

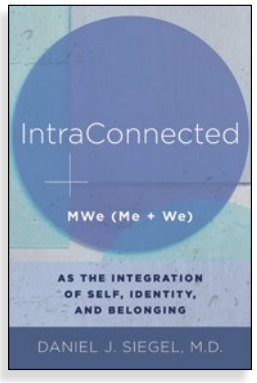
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INTRACONNECTED

MWe (Me + We) as the Integration of Self, Identity, and Belonging

DANIEL J. SIEGEL

New BESTSELLER in the IPNB series



Exploring the nature of how our experience of what we call "self" emerges across the lifespan.

"In this personally engaging and philosophically illuminating work, Dr. Dan Siegel takes his unique explorations of the human experience of self and mind to a yet deeper level. . . . Eloquently and expertly, he guides us back towards our true nature: intra- and inter-being with all others and all that is." —**Gabor Maté, MD**, author of *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*

"Dr. Siegel's work is a love letter to humanity—both a road map and an appeal for us to understand the strength, basis, and innate connection that we all have and must become aware of in order to move beyond survival mode and into thriving mode. . . . *IntraConnected* is a revelation, an awakening" —**Shelly Tygielski**, author of *Sit Down to Rise Up,* and founder of Pandemic of Love

"In an amazing dance of intellectual brilliance, heartfelt caring, and wise embrace, Dan Siegel invites us into the depth of his and our human story of development in order to examine, reflect, and melt the nature of the separate self. A new possibility of humanity arises when we authentically allow the possibility of intraconnectedness into our lives." —**Thomas Hübl, PhD**, founder, Academy of Inner Science, and author of *Healing Collective Trauma*

Consistent with the wisdom teachings of Indigenous cultures and contemplative practices from around the globe, science can now join in the message of opening our sense of who we are to address the major challenges of our time. In this book, Dr. Siegel shows how we are linked to one another as a relational We while being interconnected from the perspective of the individual part, the Me. The integration of Me plus We as a MWe cultivates the experience of being *intra*connected with the system as a whole, enabling us to live with a more inclusive sense of self that promotes well-being throughout our individual and collective lives.

About the Author



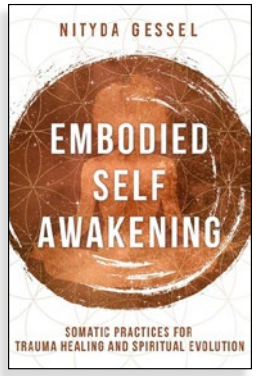
Noted neuropsychiatrist and New York Times best-selling author **Daniel J. Siegel, MD**, is clinical professor of psychiatry at the University of California–Los Angeles School of Medicine, and executive director of the Mindsight Institute. He is founding editor of the Norton Series on Interpersonal Neurobiology (IPNB) (see page 10), a world-renowned workshop presenter, and author of *Aware, Mind, Mindsight, The Mindful Brain, The Mindful Therapist*, and co-author of *The Whole-Brain Child*, among many others. See pages 17-19, 25, and 26 for more books by Dr. Siegel.

ISBN: 978-0-393-71169-1 • 2023 • 320 pages • Paperback • $29.99 **/ $22.49**

EMBODIED SELF AWAKENING

Somatic Practices for Trauma Healing and Spiritual Evolution

NITYDA GESSEL

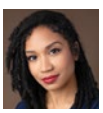


"In *Embodied Self Awakening*, Nityda Gessel extends her invaluable knowledge to you, the reader. She offers actionable steps for understanding and processing trauma that appreciate the very important connection between the body and the mind. I highly recommend this book." —**Gregory Scott Brown, MD**, psychiatrist, mental health writer, and author of *The Self-Healing Mind*

"Nityda Gessel has creatively and intelligently woven insights from Buddhist psychology, trauma theory, and Indigenous wisdom into an accessible guide. Anyone looking to deepen their spiritual path while engaging their psychological journey will find *Embodied Self Awakening* both practical and inspiring." —**Kimberly Ann Johnson**, author of *Call of the Wild: How We Heal Trauma, Awaken Our Own Power, and Use it For Good*

Rejecting our suffering is not a sustainable solution because trauma is held in the body. In this book, Nityda Gessel invites readers on a journey toward lasting freedom, with insights and experiential practices that marry the wisdom of Buddhist psychology, yogic teachings, and Indigenous understanding with somatic psychotherapy and neuroscience. When we heal, our actions and attitudes are not hijacked by our nervous systems as easily. We begin to feel more comfortable in our bodies; more at peace, awake, and free. With Gessel's invitation, readers will learn to look out into the world, and see more than their own trauma reflected back.

About the Author



Nityda Gessel, LCSW, E-RYT, is a somatic psychotherapist, trauma specialist, yoga teacher, speaker, writer, and heart-centered activist, residing in Virginia Beach. Gessel has devoted her life to uplifting others, working at the intersection of Eastern spirituality, holistic mental health, and embodied activism.

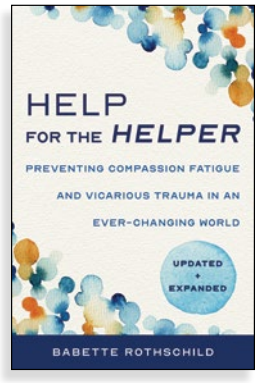
ISBN: 978-1-324-02005-9 • **July 2023** • 288 pages • Paperback • $26.99 **/ $20.24**

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HELP FOR THE HELPER

Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World, Updated + Expanded

BABETTE ROTHSCHILD



"Written with a lot of common sense, it is easy to read and will be helpful to all therapists, whether they work with trauma and disaster victims or not." —***International Review of Psychiatry***

"This book should be very useful to practicing psychotherapists, social workers, nurses, psychiatrists, and especially those in training for these fields. The variety of skill-building exercises offers help for many issues that arise during training and practice." —***Bulletin of the Menninger Clinic***

"The book is written from a pragmatic, non-spiritual perspective and is a great reminder of the fact that we do need to look after ourselves, as well as giving us a variety of useful strategies to help survive the ups and downs of therapeutic life." —***The Fulcrum Text***

The world has changed significantly since the the first edition of Help for the Helper was published in 2006. To address these unique challenges, this revised and expanded edition now includes guidance for helping clients while maintaining therapists' own safety and sanity in crisis situations, managing the usual stresses and challenges during normal times, and tips for dealing with trauma when that is not a therapist's specialty. Topics include the neurophysiology and regulation of arousal, self-care during shared community/world crises, maintaining balance and strength, countertransference, somatic empathy, mirroring and mimicry.

To address the unique challenges of our current time, this revised and expanded edition now includes guidance for helping clients while maintaining therapists' own safety and sanity in crisis situations, and managing the usual stresses and challenges during normal times, as well as tips for dealing with trauma when that is not a therapist's specialty. With strategies and support for therapists to help their clients while also maintaining their own safety and sanity in crisis situations, this book is sure to be an essential reference for clinicians worldwide.

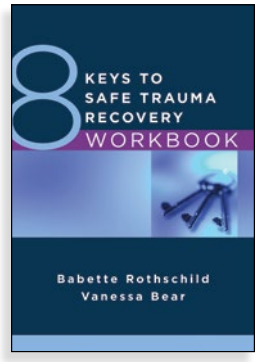
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8 KEYS TO SAFE TRAUMA RECOVERY WORKBOOK

BABETTE ROTHSCHILD AND VANESSA BEAR

Exercises of healing and transformation for trauma survivors.



This workbook helps readers identify, assess, and celebrate the resources they already have as well as offering new strategies to add to their personal toolbox. The wealth of activities are developed from, and informed by, the authors' clinical experience and are supported by neuroscience, psychology, and somatic psychology. The variety of exercises within each of the eight keys differ in their approach, offering explorations of creativity, movement, mindful awareness, nature connection, visualization, and writing.

The workbook is both a useful stand-alone volume and a companion to the best-selling *8 Keys to Safe Trauma Recovery* (see page 33). In both books, the eight keys that are integral to safe trauma recovery are explored through various activities aimed at helping readers feel safe, stable, and in control of their mind, body, and life in the aftermath of trauma. While the original book focuses more on theory, this workbook brings the concepts to life with actionable, practical exercises.

THE 8 KEYS: **KEY 1:** Plotting Your Course with Mindfulness **KEY 2:** Begin With Your Epilogue **KEY 3:** Remembering Is Not Required **KEY 4:** Stop Flashbacks **KEY 5:** Reconcile Forgiveness and Shame **KEY 6:** Take Smaller Steps for Bigger Leaps **KEY 7:** Get Moving **KEY 8:** Make Lemonade

About the Authors

Babette Rothschild, MSW, is a world-renown speaker and best-selling author of seven books translated into more than eighteen languages, including the classic *The Body Remembers*. She is also the Series Editor of the 8 Keys to Mental Health Series (see page 63). See page 33 for more books by Rothschild.



Vanessa Bear, a psychotherapeutic counselor and well-being coach, integrates yoga, somatic trauma therapy, creativity, image-work, relationship, and nature-connection in helping children, teens, and adults to recover from trauma.



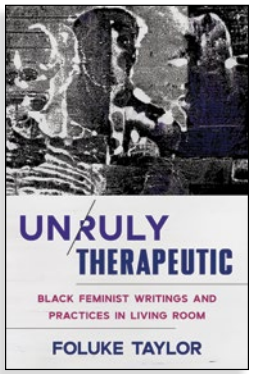
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UNRULY THERAPEUTIC

Black Feminist Writings and Practices in Living Room

FOLUKE TAYLOR



"*Unruly:* the way that a therapeutic moves when it understands the need for undoing and for unsettling assumptions about the nature of the problem that requires relief."

"Genuinely refreshing and liberating. As you read, what emerges is a sense of adventure, a sense of soul connection, and a deep appreciation for other ways of knowing." —**Eugene Ellis**, founder and director of the Black, African, and Asian Therapy Network

"A decolonial, black feminist tour de force that we should all be grateful reverberates in and through our world . . . a love letter to being." —**Lara Sheehi**, coauthor of *Psychoanalysis Under Occupation: Practicing Resistance in Palestine*

"I trust Foluke Taylor as a guide, or maybe more a companion in the good work of getting lost, recognizing my loss as a pathway, and finding new ways of being. I love this book as a curated labyrinth of experiences, references, and experimental approaches to writing. Taylor offers us an embrace that is strong in its vulnerability and sure in its imperative to question everything." —**Alexis Pauline Gumbs**, author of *Dub: Finding Ceremony*

Therapist and writer Foluke Taylor explores how centering black feminisms in therapeutic scholarship allows for greater space—for wandering, for wondering, and for deepening narratives—in every therapeutic relationship. Part thesis, part memoir, and part poetry, this book offers unruly companionship to other therapeutic texts. Beginning with the book's poetic structuring, Taylor rejects the need for a streamlined solution and invites the reader instead to take a different path through her crucial research—one that is nonlinear, and celebratory of the richer, fuller narratives allowed for by black feminisms.

About the Author

Foluke Taylor is a psychotherapist, writer, teacher, and parent living in the histories and fluid geographies of black diaspora and currently based in London.



ISBN: 978-1-324-03050-8 • 2023 • 240 pages • Paperback • $26.99 **/ $20.24**

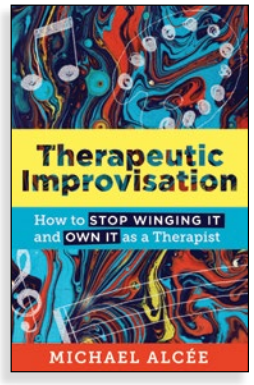
THERAPEUTIC IMPROVISATION

How to Stop Winging It and Own It as a Therapist

Winner of the 2022 Health – Psychology Goody Business Book Award

New in the IPNB series

MICHAEL ALCÉE



"This smart, accessible book will help therapists everywhere do better by their clients. And it might even help them transform their own lives along the way." —**Daniel H. Pink**, *New York Times* bestselling author of *When, Drive*, and *A Whole New Mind*

"Many people believe creativity can't be taught, but in *Therapeutic Improvisation*, Alcée deftly pulls it off, illuminating the artistry that inspires the work we do as therapists." —**Lori Gottlieb**, *New York Times* bestselling author of *Maybe You Should Talk To Someone: A Therapist, HER Therapist, and Our Lives Revealed*

"This is the book I wish I had as a young therapist.... Having this book in one's library is like having a big brother, private tutor, coach, and cheerleader all in one place and always available." —**Nancy McWilliams, PhD**, Rutgers Graduate School of Applied & Professional Psychology, author of *Psychoanalytic Diagnosis and Psychoanalytic Supervision*

As a new therapist, it's hard to make transformational moments out of all that's being thrown at you in sessions. You're just winging it, but deep down you know there's a way to make your sessions more dynamic and intentionally responsive. This book shows how to develop a keen ear and sharp eye for the many changes coming your way. Examples from music, movies, and literature illustrate how the scientific principles of interpersonal neurobiology can help you claim your artistry as a therapist. Supervisors and new clinicians alike will be refreshed by the innovative vision of mental health practice as having a flexible and creative capacity.

About the Author

Michael Alcée, PhD, is a clinical psychologist and mental health educator at Manhattan School of Music. He won the American Psychological Association's 2019 Schillinger Memorial Prize for his essay on the link between jazz and psychoanalysis.



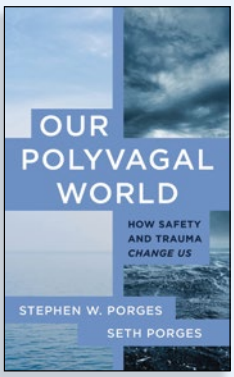
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NEW from STEPHEN W. PORGES — Coming in September 2023

OUR POLYVAGAL WORLD

How Safety and Trauma Change Us

SETH PORGES and STEPHEN W. PORGES



The creator of the Polyvagal Theory explains the principles in simple terms that are accessible to all.

Since Stephen Porges first proposed the Polyvagal Theory in 1994, its basic idea—that the level of safety we feel impacts our health and happiness—has radically shifted how researchers and clinicians approach trauma interventions and therapeutic interactions. Yet despite its wide acceptance, most of the writing on the topic has been obscured behind clinical texts and scientific jargon.

Our Polyvagal World definitively presents that Polyvagal Theory can be understandable to all and demonstrates how its practical principles are applicable to anyone looking to live their safest, best, healthiest, and happiest life. What emerges is a worldview filled with optimism and hope, and an understanding as to why our bodies sometimes act in ways our brains wish they didn't.

Filled with actionable advice and real-world examples, this book will change the way you think about your brain, body, and ability to stay calm in a world that feels increasingly overwhelming and stressful.

About the Authors

Stephen W. Porges, PhD, is the originator of the Polyvagal Theory and author of bestsellers *The Polyvagal Theory, The Pocket Guide to Polyvagal Theory, Polyvagal Safety*, and co-editor with Deb Dana of *Clinical Applications of The Polyvagal Theory* (see pages 11 and 12). **Seth Porges** co-directed the documentary *Class Action Park* (HBO Max) and is a regular contributor to *Bloomberg News, Forbes, InStyle, Entrepreneur, New York* magazine, *Departures, Mashable*, and *Men's Journal*.

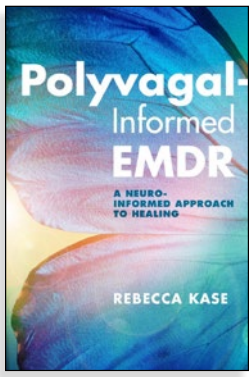


ISBN: 978-1-324-03025-6 • **September 2023** • 256 pages • Paperback • $22.00 **/ $16.50**

POLYVAGAL-INFORMED EMDR

A Neuro-Informed Approach to Healing

REBECCA KASE



Linking two cutting-edge approaches to form a robust healing model.

"Every EMDR trainer, consultant, and practitioner should read Polyvagal-Informed EMDR. This clearly-written book brings somatic and attachment lenses and procedures to every part of the EMDR protocol. It reminds us that clients' needs for connection, safety, and safe presence supersede the therapists' needs for immediate trauma processing. It gives us specific language and actions to create and keep the all-important dual attention that allows trauma processing to work. After 29 years in the EMDR world, I see this as the best new lens through which to see and do our good work." —**Robin Shapiro**, EMDRIA approved consultant, trainer, and practitioner

"Polyvagal-Informed EMDR makes perfect sense.... Rebecca Kase provides a clear description of Polyvagal Theory and specific interventions to apply directly to the eight phases of the EMDR Standard Protocol. She explores the linkages between autonomic responses, the storage of memory, and a variety of clinical presentations. Using PVT interventions, EMDR clinicians can optimize healthy biological responses and utilize them intentionally throughout EMDR therapy." —**Rosalie Thomas, PhD**, senior faculty, EMDR Institute, past president, EMDR International Association

Polyvagal Theory and EMDR are two well-respected theoretical and practical models with immense implications for therapeutic practice. Polyvagal-Informed EMDR outlines a comprehensive approach for integrating Polyvagal Theory into EMDR Therapy. Individually, each model offers powerful pathways to healing. Combined, these models supercharge therapy and the recovery process.

The integration of Polyvagal Theory within the eight phases of EMDR Therapy offers the psychotherapist a robust, dynamic, neuro-informed framework for case conceptualization, treatment planning, and client transformation. The approach applies not only to work with trauma and PTSD, but also in the treatment of addictions, anxiety, depression, grief, chronic pain, and adjustment disorders.

About the Author

Rebecca Kase, LCSW, is a licensed clinical social worker in Washington state. She is an EMDR consultant and trainer, who has been practicing EMDR since 2006. She owns Rebecca Kase & CO, Training and Consultation, and has an online counseling practice.



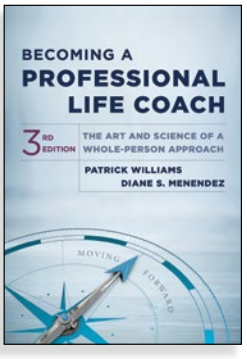
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BECOMING A PROFESSIONAL LIFE COACH, Third Edition

The Art and Science of a Whole-Person Approach

PATRICK WILLIAMS and DIANE S. MENENDEZ



An update to the coach training bestseller.

"This is simply a fabulous book, wise and beautifully written. It is deceptively simple as Pat presents complex ideas in a remarkably accessible way and is able to articulate both the basics and the subtleties of coaching. It's an orientation, an operating system, and a playbook. It will help you think through how to coach and empower you to a great one. I found it inspiring and made me glad to be a coach. . . . It is equally powerful for leadership coaching and a pathway to just being a better human." —**Carol Kauffman PhD, Founder, Institute of Coaching, Assistant Professor, Harvard Medical School**

"This third edition of *Becoming a Professional Life Coach* really does focus on the art and science of a whole-person approach. Patrick Williams and Diane Menendez are to be congratulated for authoring a comprehensive book on the multifaceted aspects of life coaching— from the fundamentals and basics to facilitating the client in achieving their goals and attaining personal fulfilment. Many coaches will find the techniques very useful for themselves, too!" —**Stephen Palmer, PhD, president of the International Society for Coaching Psychology**

An update to the 2015 edition of this bestseller, the third edition explores new information on the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. One-stop-shopping for beginner and advanced coaches alike.

About the Authors

Patrick Williams, EdD, is founder of the Institute for Life Coach Training and the coauthor of the highly acclaimed *Therapist as Life Coach* and *Total Life Coaching* (see page 38).

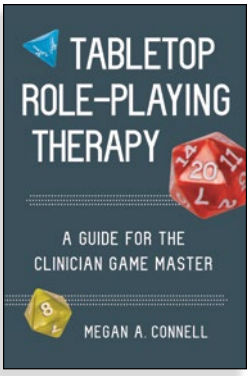
Diane S. Menendez, PhD, is a master certified coach and has coached leaders, teams, and organizations for more than twenty-five years. She specializes in executive coaching, leadership development, and culture change in large organizations.

ISBN: 978-1-324-03093-5 • **April 2023** • 528 pages • Cloth • $49.99 **/ $37.49**

TABLETOP ROLE-PLAYING THERAPY

A Guide for the Clinician Game Master

MEGAN A. CONNELL



Across the globe, therapists are using Tabletop Role-Playing Games (TTRPG) such as Dungeons & Dragons as a part of their practice.

"Dr. Megan Connell has masterfully crafted one of the best books for anyone who wants to know about applied tabletop gaming. Her ability to easily explain the nuances and complexities into digestible nuggets is fantastic (and well-needed) for new and old Game Masters alike. If you play tabletop RPGs, you need to own this book." —Dr. Anthony Bean, licensed clinical psychologist, executive director of Geek Therapeutics, and author of *Integrating Geek Culture Into Therapeutic Practice*

"Extremely well-organized, well-researched, and thorough, this book is **a must-have for any therapist interested in using tabletop role-playing games in therapy. Whether you're a D&D expert, or have never played it, this book is a brilliant guide to help you utilize these games in treatment."** —Janina Scarlet, PhD, author of *Superhero Therapy*

By examining research on gaming, flow, immersion, and role-play, readers will gain an understanding of the theoretical underpinnings that make TTRPGs such effective and powerful therapeutic tools and how they can skillfully and ethically use TTRPGs in their own practices. The book will also look at this history of TTRPGs, specifically focusing on issues of diversity and representation, to help providers understand some possible pitfalls that exist within the medium. Finally, the book utilizes an example group to walk through everything from conception, planning, running, documentation, and termination of the group.

Topics include: choosing a gaming system; planning your group; ethics; diversity; session zero and safety tools; goal setting; building therapeutic encounters; documentation; and a full dialogue from documentation session example.

About the Author

Megan A. Connell, PsyD, ABPP, is a licensed psychologist and therapeutic dungeon master.



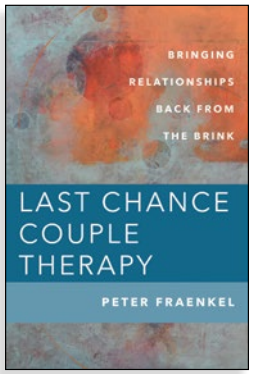
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LAST CHANCE COUPLE THERAPY

Bringing Relationships Back from the Brink

PETER FRAENKEL



"With great mastery, Peter Fraenkel pulls back the curtain to reveal the inner workings of his three-decade-long practice with the most precarious couples. *Last Chance Couple Therapy* is a curious and illuminating read for therapists, coaches, and clinicians." —**Esther Perel**, psychotherapist, author and host of *Where Should We Begin?*

"Filled with poignant clinical vignettes and workable guidance for practice and drawing from Fraenkel's highly innovative toolkit for intervention that includes music and art, this clearly is the definitive book on this subject and the book that couple therapists should read this year." —**Jay L. Lebow, PhD, ABPP**, senior scholar and clinical professor, the Family Institute at Northwestern and Northwestern University, Evanston IL, USA

In this book, award-winning, internationally renowned couple therapist Peter Fraenkel provides a detailed guide to forming a therapeutic alliance with couples, engaging them in therapy without making them feel trapped in an unhappy future. This therapeutic relationship forms the basis for "experiment in possibility"—activities designed to help partners experience each other in ways that evade their accustomed destructive interactions, negative beliefs, and emotions. Drawing integratively from the wide range of couple therapy theories and practices, and firmly based on the science of couple interaction and empirically supported techniques, Fraenkel describes an effective approach for couples on the brink.

About the Author

Peter Fraenkel, PhD, is associate professor in the Department of Psychology at The City College of New York, and former faculty member of the Ackerman Institute for the Family. He has published extensively and presented worldwide, and is the recipient of AFTA's 2012 award for Distinguished Contributions to Family Therapy.



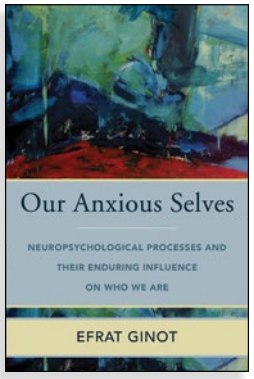
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OUR ANXIOUS SELVES

New in the IPNB series

Neuropsychological Processes and their Enduring Influence on Who We Are

EFRAT GINOT



There are no other emotions as central to our psychological and physical health as fear and anxiety

"*Our Anxious Selves* masterfully distills the latest research in psychology and neuroscience, making it accessible to a wide audience. **Ginot's book has deepened my understanding of the anxiety and trauma I see in my clients and has altered the ways we work together.** It has helped me to process and heal my own family dynamics. This book should be read by every practitioner in psychology's allied fields—coaches, chaplains, clergy, spiritual directors, and healers." —**Gretchen Martens**, Ontological Coach, Spiritual Companion, and Reiki Master

"In her inimitable, engaging style, Ginot combines neuroscientific research with clinical material, illustrating how, while fear-reactions and anxiety are inevitable parts of life, we can live our lives to the fullest despite anxiety's presence. With rates of anxiety having risen dramatically across the globe during the COVID-19 pandemic, this is a tremendously timely and valuable book for therapists, educators, and anyone who wishes to successfully and adaptively ease the grip of anxiety." —**Irit Felsen**, Professor, Columbia University and clinical psychologist, private practice

What has emerged from an advanced understanding of the fear system and of how integrated our brains, minds, and bodies are is the realization that none of us can fully escape the injurious effects of one of evolution's most remarkable legacies. We all are vulnerable to a quick fear system that is easily activated by a wide range of normative stresses and not only by traumata. But, as the chapters of Efrat Ginot's new book indicate, the more we understand our propensity for developing and anxious self-states, the more we can coexist with them without losing ourselves in them.

About the Author

Efrat Ginot, PhD, a graduate of the NYU Postdoctoral Program for Psychotherapy and Psychoanalysis, is a psychologist and a supervisor in private practice in NYC. Her book *The Neuropsychology of the Unconscious* (see page 21) received the 2016 Gradiva Award. She has lectured and conducted workshops both in the US and abroad. Dr. Ginot is also a visual artist.

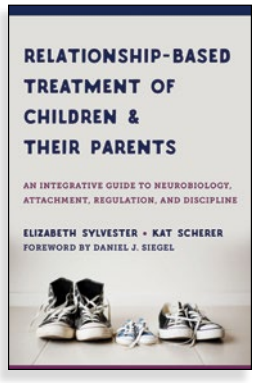


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RELATIONSHIP-BASED TREATMENT OF CHILDREN AND THEIR PARENTS

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An Integrative Guide to Neurobiology, Attachment, Regulation, and Discipline Elizabeth Sylvester and Kat Scherer

ELIZABETH SYLVESTER and KAT SCHERER

Offering an integrated framework utilizing the science of neurobiology, attachment, regulation, and discipline for clinical work with parents and children

"Elizabeth Sylvester and Kat Scherer have created a readable gem for anyone helping families flourish. It teaches how to integrate neurobiology, attachment theory, emotional regulation, and relationship-based discipline into powerful, helpful interventions to support and guide families. . . . It's a book that will help you be a better therapist." —**Kirke Olson, PsyD**, psychologist, school psychologist, and author of *The Invisible Classroom: Relationships, Neuroscience & Mindfulness in School*

Harnessing the rich potential of the parent–child relationship, this book addresses the most common clinical work seen by child and family therapists with uncommon clarity and hope. The authors offer concrete steps to quickly impact the budding attachment relationship, shifting patterns to be more attuned, affirming, and trustworthy. Filled with practical tools to guide clinical work, the approach detailed in this book offers an informed, purposeful, and effective way of moving families toward greater stability and connection. Therapists will appreciate this accessible and universally applicable method.

About the Authors

Elizabeth Sylvester, PhD, is a psychologist and Nurtured Heart Approach advanced trainer treating children, teens, and families. She specializes in work with emotionally and behaviorally intense children. Additionally, she offers supervision and training to pediatric psychotherapists in Austin, Texas.



Kat Scherer, PhD, MFT, is a psychologist, educator, and speaker working in Austin, Texas. She is a cofounder of Austin IN Connection (nonprofit organization), cohost of Heart and Work blogs on mental health and parenting, and a former Brazelton Touchpoints trainer.



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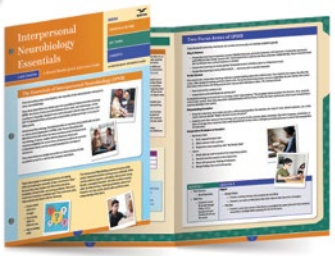
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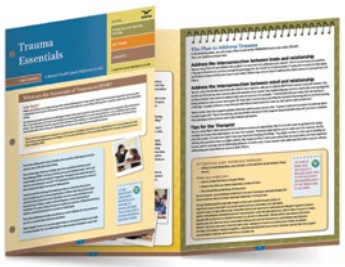
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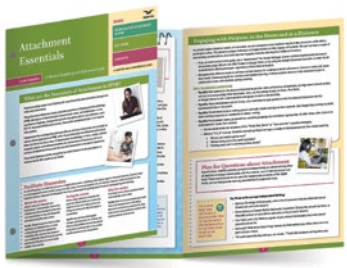
TRAUMA ESSENTIALS: A MENTAL HEALTH QUICK REFERENCE GUIDE

ATTACHMENT ESSENTIALS: A MENTAL HEALTH QUICK REFERENCE GUIDE

LOUIS COZOLINO







These three Quick Reference Guides place the essentials of Interpersonal Neurobiology (IPNB)—the theory of interconnection between brain, mind, and relationships—at the practitioner's fingertips. Designed to be at the therapist's side for easy reference, each 8.5"×11" laminated, trifold card presents a facet of this important topic in six easy-to-follow panels. *Interpersonal Neurobiology Essentials* provides an overview of key terms and concepts as well as clinical applications of IPNB, while *Trauma Essentials* and *Attachment Essentials* delve into these two focus areas of interpersonal neurobiology. In these, readers will find diagnosis criteria and treatment modalities for various forms of trauma as well as an overview of attachment theory and the essential neuroscience concepts of attachment. Perfect as a brief refresher for the practitioner as well as a tool for their students and clients.

About the Author

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and maintains a clinical and consulting practice in Los Angeles, California. He is the editor of The Norton Series on Interpersonal Neuorbiology, and author of best-selling books like *Making of a Therapist, The Neuroscience of Psychotherapy*, and *The Neuroscience of Human Relationships* (see pages 13 and 19).



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THE NORTON SERIES on INTERPERSONAL NEUROBIOLOGY

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Regards,

Dan Siegel

Daniel J. Siegel

THE POLYVAGAL BOOKSHELF



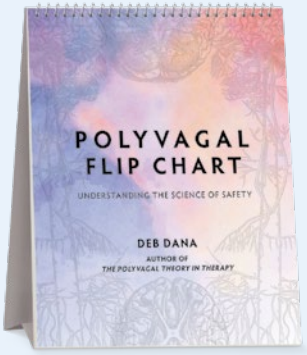
Dr. Stephen Porges' Polyvagal Theory has had a seismic impact on how mental health clinicians understand the nervous system and help their clients regulate, and Deb Dana, LCSW, is the leading translator of this scientific work for mental health professionals and the public. These best-selling resources by Porges, Dana, and others combine theory and practice for clinicians to best incorporate polyvagal-informed principles to their therapeutic toolkit. Learn more at wwnorton.com/polyvagaltheory.

POLYVAGAL FLIP CHART

Understanding the Science of Safety

DEB DANA

BESTSELLER



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

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

With a flip chart visible during sessions, the therapist can: remind clients of the ways the autonomic nervous system has been shaped and is active in their daily living experience; display a page corresponding to the present moment, thus anchoring that experience in the theory; keep a page of the hierarchy visible when working with a client's habitual response pattern.

Deb Dana, LCSW, is a clinician, consultant, lecturer, Coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute, and developer of the Rhythm of Regulation clinical training series. She is the author of bestsellers *The Polyvagal Theory in Therapy, Polyvagal Exercises for Safety and Connection*, and co-editor with Stephen Porges of *Clinical Applications of The Polyvagal Theory* (see next page). See her new *Polyvagal Card Deck* and *Polyvagal Practices* on page 2.

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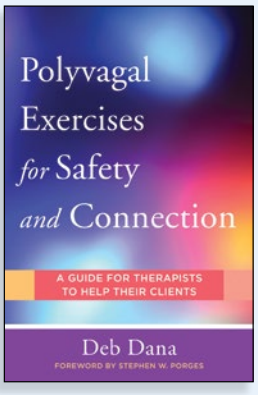
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POLYVAGAL EXERCISES FOR SAFETY AND CONNECTION

A Guide for Therapists to Help Their Clients

BESTSELLER

DEB DANA, Foreword by STEPHEN W. PORGES



"Deb Dana lucidly guides you to travel deep inside of yourself to become aware of how your internal surveillance system—the safety settings of your autonomic nervous system—is the foundation of the way we feel, act, and think." —Bessel A. van der Kolk, MD, President, Trauma Research Foundation, Professor of Psychiatry, Boston University School of Medicine

Deb Dana is the foremost translator of polyvagal theory into clinical practice. In her third book on this groundbreaking theory, she provides therapists with a grab-bag of polyvagal-informed exercises for their clients, to use both within and between sessions. These exercises offer readily understandable explanations of the ways the autonomic nervous system directs daily living.

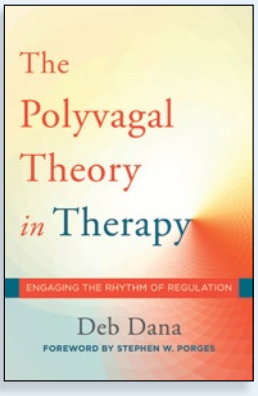
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THE POLYVAGAL THEORY IN THERAPY

Engaging the Rhythm of Regulation

BESTSELLER

DEB DANA, Foreword by STEPHEN W. PORGES



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

Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of mobilization and collapse and resource experiences of connection.

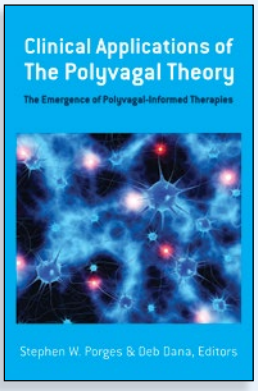
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CLINICAL APPLICATIONS OF THE POLYVAGAL THEORY

The Emergence of Polyvagal-Informed Therapies

BESTSELLER

STEPHEN W. PORGES and DEB DANA, Editors



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

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

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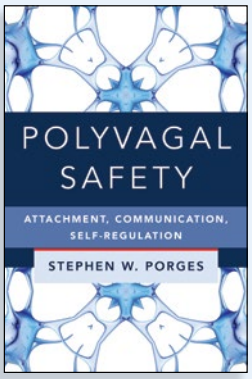
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POLYVAGAL SAFETY

Attachment, Communication, Self-Regulation

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STEPHEN W. PORGES



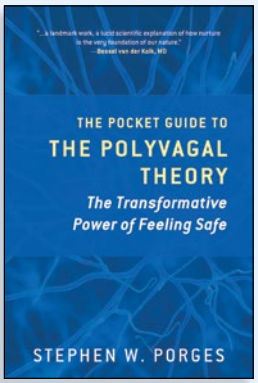
Ever since publication of *The Polyvagal Theory* in 2011, demand for information about this innovative perspective has been constant. In this book, Stephen W. Porges brings together his most important writings since the publication of that seminal work. Polyvagal theory is about safety; it provides an understanding that feeling safe is dependent on autonomic states, and that our cognitive evaluations of risk in the environment play a secondary role to our visceral reactions to people and places. These ideas, and more, are outlined in chapters on therapeutic presence, group psychotherapy, yoga and music therapy, autism, trauma, date rape, medical trauma, and COVID-19.

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THE POCKET GUIDE TO THE POLYVAGAL THEORY

BESTSELLER

STEPHEN W. PORGES



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

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

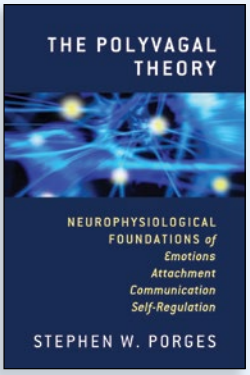
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THE POLYVAGAL THEORY

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

BESTSELLER

STEPHEN W. PORGES



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

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

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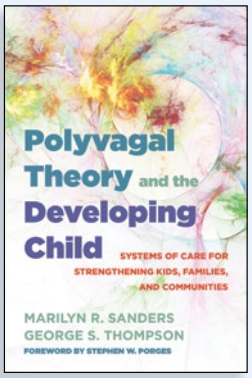
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POLYVAGAL THEORY AND THE DEVELOPING CHILD

Systems of Care for Strengthening Kids, Families, and Communities

MARILYN R. SANDERS and GEORGE S. THOMPSON, Foreword by STEPHEN W. PORGES



How sustained disruptions to children's safety have physical, behavioral, and mental health impacts that follow them into adulthood.

Pediatrician and neonatologist Marilyn R. Sanders and child psychiatrist George S. Thompson offer readers both a meditation on caregiving and a call to action for physicians, educators, and mental health providers. By attending to the lessons of polyvagal theory—that adult caregivers must be aware of children's unconscious processing of sensory information—the authors show how professionals can play a critical role in establishing a sense of safety even in the face of dangerous situations.

MARILYN R. SANDERS, MD, is a pediatrician/neonatologist and professor of pediatrics at Connecticut Children's Medical Center in Hartford, Connecticut. **GEORGE S. THOMPSON, MD**, is a child psychiatrist who assists healthcare organizations in building emotionally safe, curious, and collaborative cultures.





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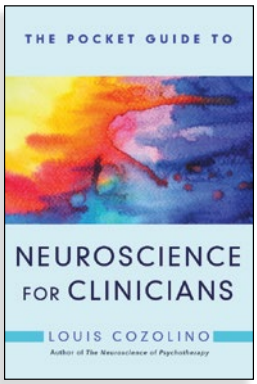


LOUIS COZOLINO, PhD, is a professor of psychology at Pepperdine University, a clinician in private practice, an international speaker, and Series Editor of the Norton Series on Interpersonal Neurobiology. See pages 9 and 19 for more books by Louis Cozolino, and visit his website at **drloucozolino.com**.

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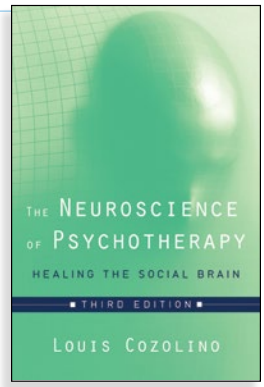
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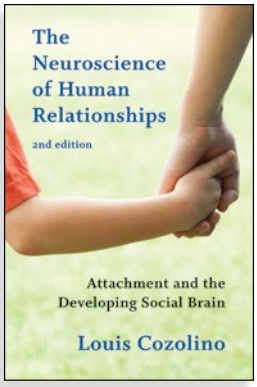
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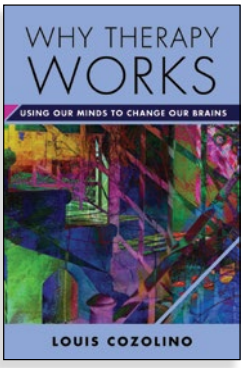


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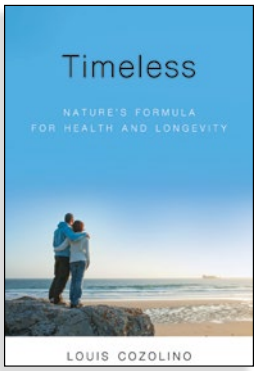


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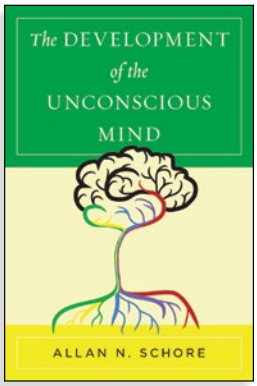


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ALLAN N. SCHORE, PhD, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and Development. See page 25 for Schore's co-edited collection with Daniel Siegel and Louis Cozolino, *Interpersonal Neurobiology and Clinical Practice*.

THE DEVELOPMENT OF THE UNCONSCIOUS MIND

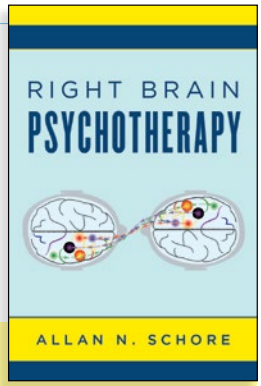


"His authentic and original contributions... have contributed to refine and reshape our understanding of the mechanisms underpinning psychopathology and thus my clinical practice." —Dr. George Halasz, *ESTD Newsletter*

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

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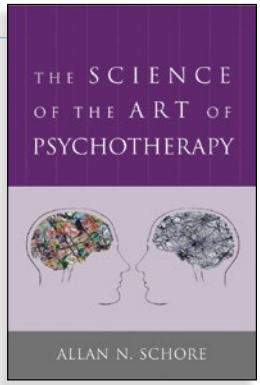


An exploration into the adaptive functions of the emotional right brain, which describes not only affect and affect regulation *within* minds and brains, but also the communication and interactive regulation of affects *between* minds and brains. This book offers evidence that emotional interactions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

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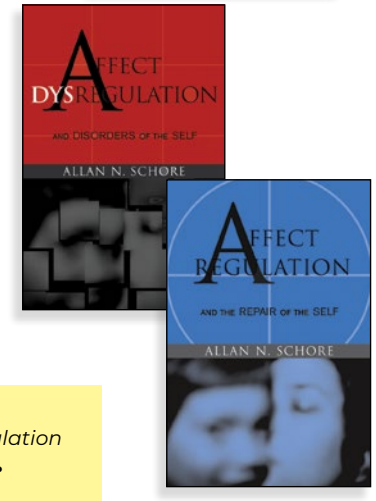
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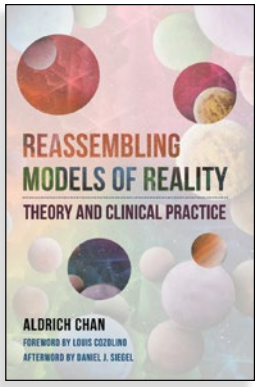
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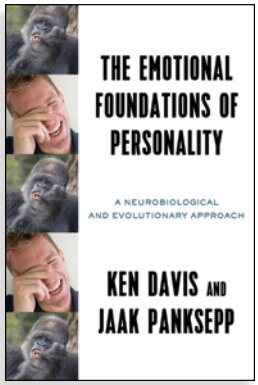
Aldrich Chan, PSYD, is a clinical and research neuropsychologist practicing in Miami, Florida, and an adjunct professor at Pepperdine University.

ISBN: 978-1-324-01597-0 • 2021 • 264 pages • Hardcover • $42.50 **/ $31.88**

THE EMOTIONAL FOUNDATIONS OF PERSONALITY

A Neurobiological and Evolutionary Approach

KEN DAVIS and JAAK PANKSEPP



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

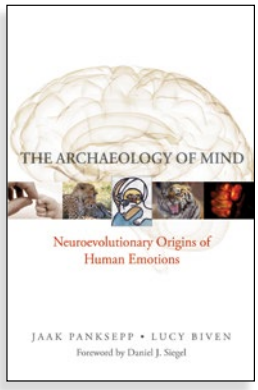
Jaak Panksepp, famously known for discovering laughter in rats and creating the field of affective neuroscience, died in April 2017. This book forms a part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand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

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



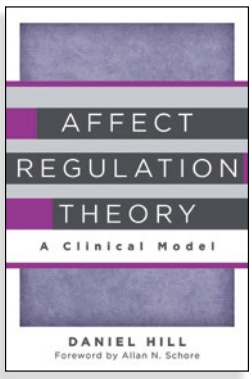
"Jaak Panksepp is the most important theorist of mental life that I have read since Freud. The impact of his scientific contributions will be felt for decades to come." —Mark Solms, Editor, *Freud's Complete Works*

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

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AFFECT REGULATION THEORY

DANIEL HILL, Foreword by ALLAN N. SCHORE



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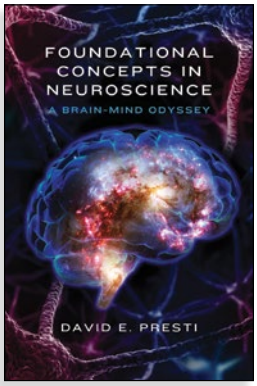
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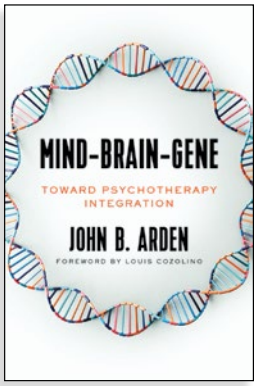
Based on the author's popular UC Berkeley course, this book provides a complete overview of brain structure and function. Comprehensive enough to use as a text in an introductory course on neuroscience, but fundamental enough to be read by anyone interested in learning how the brain works, the chapters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

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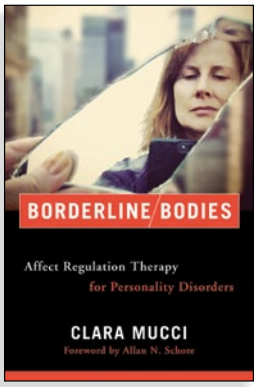
Psychoneuroimmunology is a field that links the mind, brain, body, and genes and shows us how the fields of medicine and psychology are completely intertwined. This book explains the connections and offers readers an understanding of how the environment can impact gene expression, which, in turn, impacts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

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Affect Regulation Therapy for Personality Disorders

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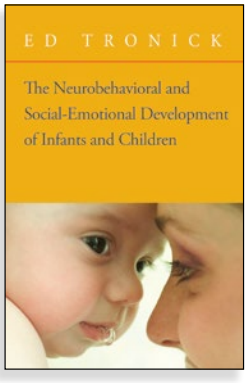
"[A] revolutionary way to understand how personality disorders develop, and importantly, that their symptomatology can be remedied. Drawing on psychanalytic theory, it bridges epigenetics, attachment theory, and relationships—particularly the healing relationship that ensues between the clinician and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

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

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THE NEUROBEHAVIORAL AND SOCIAL-EMOTIONAL DEVELOPMENT OF INFANTS AND CHILDREN

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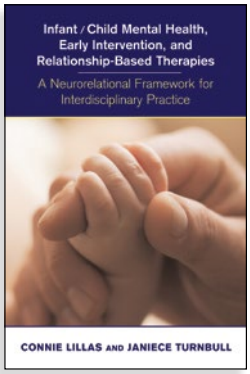
Organized into five parts—Neurobehavior, Culture, Infant Social-Emotional Interaction, Perturbations: Natural and Experimental, and Dyadic Expansion of Consciousness and Meaning Making—this book represents all of Tronick's landmark ideas and studies regarding infant-adult interactions, developmental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

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A Neurorelational Framework for Interdisciplinary Practice

CONNIE LILLAS and JANIECE TURNBULL



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

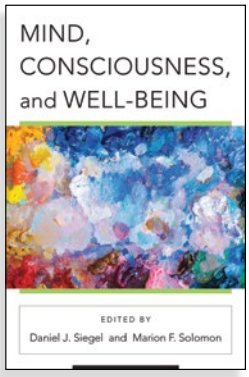
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MIND, CONSCIOUSNESS, AND WELL-BEING

DANIEL J. SIEGEL and MARION F. SOLOMON, Editors



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DANIEL J. SIEGEL, MD, see page 3 for bio.

MARION SOLOMON, PhD, is a lecturer at the David Geffen School of Medicine, Department of Psychiatry at UCLA. She is the co-author of *Love and War in Intimate Relationships*, and co-editor with Daniel Siegel of *How People Change, Healing Moments in Psychotherapy, Play and Creativity in Psychotherapy, The Healing Power of Emotion,* and *Healing Trauma* (see pages 18, 19, 26, 29, 73, and 76 for more from Solomon).

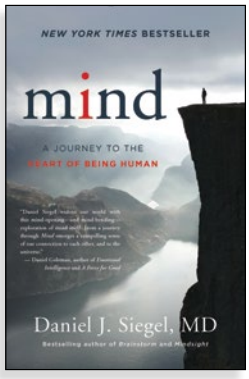
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MIND

A Journey to the Heart of Being Human

A NEW YORK TIMES BESTSELLER

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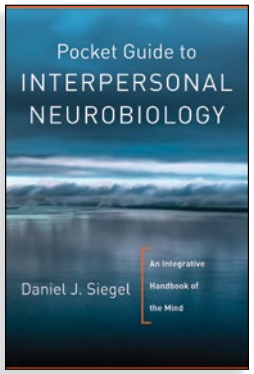
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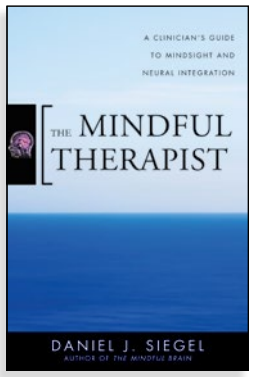
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DANIEL J. SIEGEL



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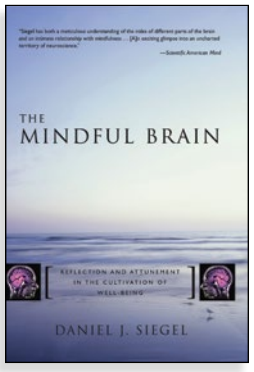
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THE MINDFUL BRAIN

BESTSELLER

Reflection and Attunement in the Cultivation of Well-Being

DANIEL J. SIEGEL



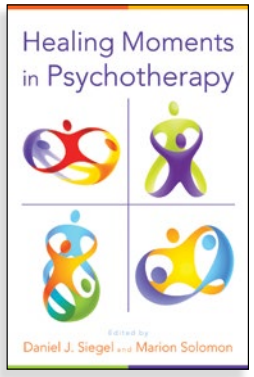
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HEALING MOMENTS IN PSYCHOTHERAPY

DANIEL J. SIEGEL and MARION F. SOLOMON, Editors



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

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

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THE MAKING OF A THERAPIST

LOUIS COZOLINO

BESTSELLER, NOW IN PAPERBACK



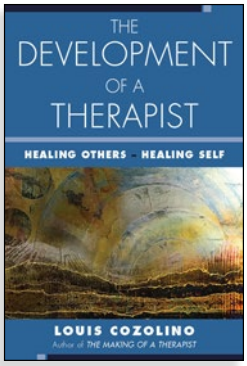
Veteran therapist and mental health writer Louis Cozolino's classic text contains all of the things he wished someone had told him during the first weeks and months of his clinical training. Now available in paperback, the book includes guidance about working with your clients, such as how to cope with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

ISBN: 978-0-393-71394-7 • 2021 • 264 pages • Paperback • $28.99 **/ $21.74** Previously published in hardcover.

THE DEVELOPMENT OF A THERAPIST

Healing Others - Healing Self

LOUIS COZOLINO



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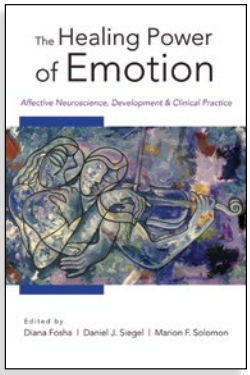
More than just theoretical commentary, the book offers concrete clinical advice for the experienced therapist and brings a fresh perspective to some of the most current clinical challenges including the complexities of executive functioning; treating clients with internet addiction; and taking responsibility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

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

THE HEALING POWER OF EMOTION

Affective Neuroscience, Development & Clinical Practice

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



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

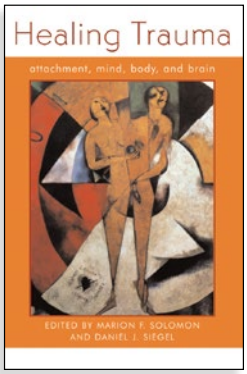
Contributors include: Diana Fosha • Daniel J. Siegel • Jack Panksepp • Stephen W. Porges • Susan Johnson • Allan N. Schore • Marion F. Solomon • Dan Hughes

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HEALING TRAUMA

Attachment, Mind, Body, and Brain

MARION F. SOLOMON and DANIEL J. SIEGEL, Editors



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

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

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

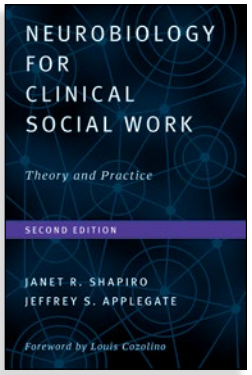
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NEUROBIOLOGY FOR CLINICAL SOCIAL WORK, Second Edition

Theory and Practice

JANET R. SHAPIRO and JEFFREY S. APPLEGATE, Foreword by LOUIS COZOLINO



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

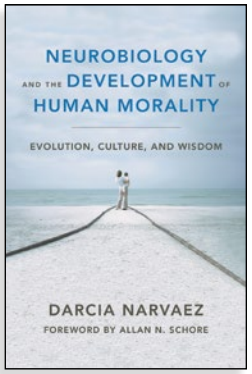
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NEUROBIOLOGY AND THE DEVELOPMENT OF HUMAN MORALITY

Evolution, Culture, and Wisdom

DARCIA NARVAEZ, Foreword by ALLAN N. SCHORE

Winner of the American Psychological Association's 2015 William James Book Award and Winner of the 2017 Expanded Reason Award



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

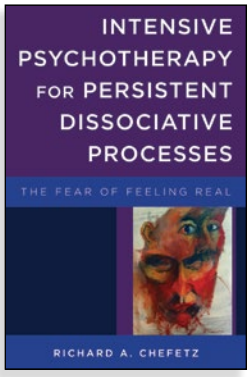
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INTENSIVE PSYCHOTHERAPY FOR PERSISTENT DISSOCIATIVE PROCESSES

The Fear of Feeling Real

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

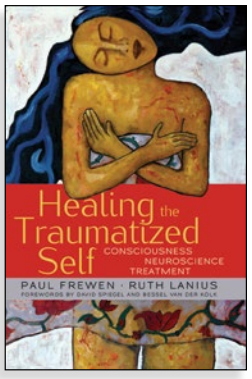
"[A] goldmine for anyone struggling to understand this most perplexing and important of fields." —*Psychodynamic Psychiatry*

ISBN: 978-0-393-70752-6 • 2015 • 496 pages • Hardcover • **POD** • $52.95 **/ $39.71**

HEALING THE TRAUMATIZED SELF

Consciousness, Neuroscience, Treatment

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



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

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

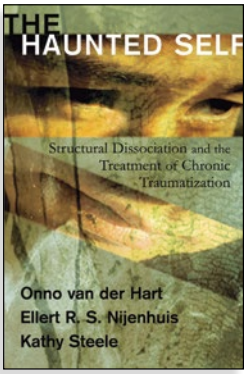
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THE HAUNTED SELF

Structural Dissociation and the Treatment of Chronic Traumatization

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



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

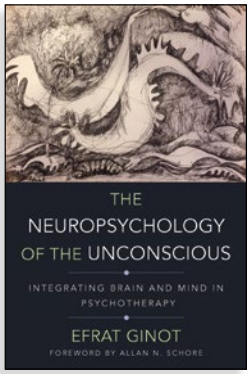
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See page 28 for more books by van der Hart and Steele.

THE NEUROPSYCHOLOGY OF THE UNCONSCIOUS

Integrating Brain and Mind in Psychotherapy

EFRAT GINOT, Foreword by ALLAN N. SCHORE



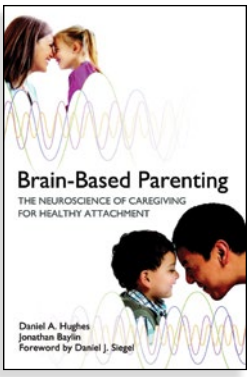
"[A] persuasive argument for delving into the unconscious, so that clients can make enduring change. By citing recent research, developing cohesive theories, and providing exemplary cases, this book lights up the darkest recesses of the unconscious to improve our therapeutic perception. . . . **[A] compelling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

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BRAIN-BASED PARENTING

The Neuroscience of Caregiving for Healthy Attachment

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



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

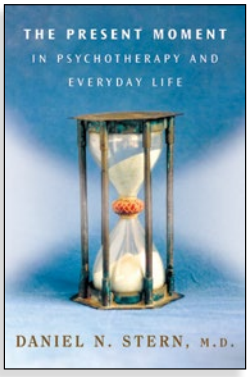
Renowned attachment specialist Daniel Hughes and clinical psychologist Jonathan Baylin reveal what happens neurochemically when caregiving skills are strong—leading to healthy attachment—and when they're impaired, potentially leading to a host of behavioral and emotional problems in kids. In doing so, they provide parents, and the family therapists and clinicians who may work with them, with a roadmap for a stronger and more meaningful parent-child connection.

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

See page 29 for another book by Daniel Hughes and Jonathan Baylin.

THE PRESENT MOMENT IN PSYCHOTHERAPY AND EVERYDAY LIFE

DANIEL N. STERN



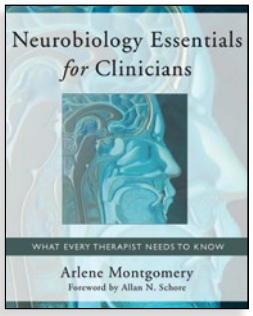
"Immensely important, indisputably major . . . authoritatively straddling the spectrum encompassing psychoanalysis and psychotherapy, adult and child, neuroscience and phenomenological philosophy, and much else . . . in a most lucid, concise, and comprehensive way." —*International Journal of Psychotherapy*

ISBN: 978-0-393-70429-7 • 2004 • 320 pages • Hardcover • $45.00 **/ $33.75**

NEUROBIOLOGY ESSENTIALS FOR CLINICIANS

What Every Therapist Needs to Know

ARLENE MONTGOMERY, Foreword by ALLAN N. SCHORE



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

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

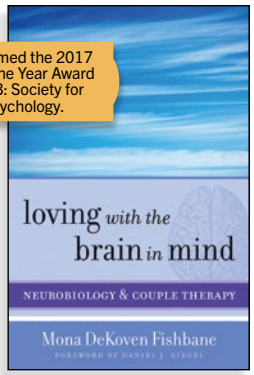
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LOVING WITH THE BRAIN IN MIND

Neurobiology and Couple Therapy

MONA DEKOVEN FISHBANE, Foreword by DANIEL J. SIEGEL



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

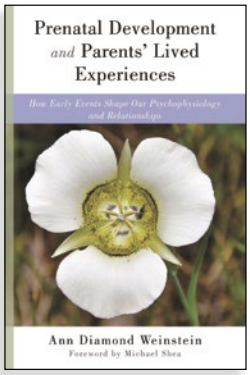
This engaging book explains how partners become reactive and emotionally dysregulated with each other, and what is going on in their brains when this happens. Readers will come to understand the neurobiology of empathy, and how empathy and self-regulation can be learned.

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ANN DIAMOND WEINSTEIN



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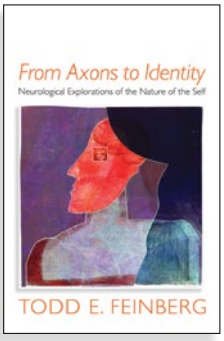
Knowledge drawn from numerous fields highlights the opportunity for parents-to-be and the practitioners who care for them to intentionally support the cultivation of nurturing internal and external environments during the preconception, prenatal, and early parenting periods.

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TODD E. FEINBERG



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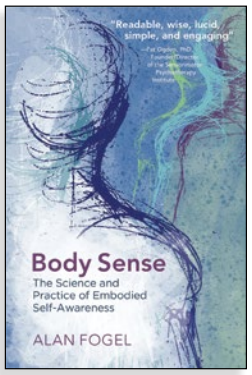
Feinberg presents case studies of individuals with brain pathologies and unusual psychiatric syndromes and then presents a groundbreaking new theory of these conditions that relates them to the normal course of psychological development

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ALAN FOGEL



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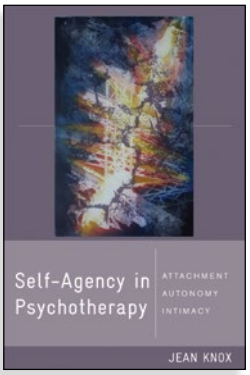
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Previously published in hardcover as *The Psychophysiology of Self-Awareness*

SELF-AGENCY IN PSYCHOTHERAPY

Attachment, Autonomy, Intimacy

JEAN KNOX



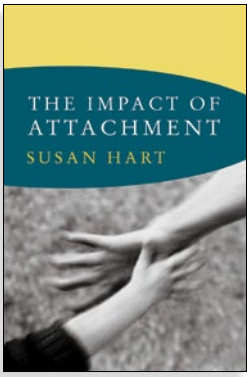
"*Self-Agency in Psychotherapy* is an amazing integration of developmental research and neuroscience with clinical theory and practice. Knox has written a fascinating and important book." —**Beatrice Beebe, PhD**, Clinical Professor of Psychology in Psychiatry, Columbia University

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

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SUSAN HART



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BOOKS BY PAT OGDEN

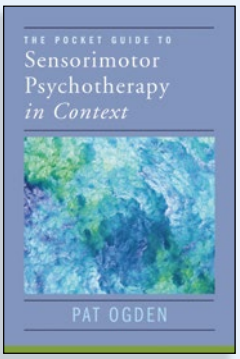


PAT OGDEN, PhD, is a pioneer in somatic psychology, the creator of the Sensorimotor Psychotherapy method, and founder of the Sensorimotor Psychotherapy Insititute. She is a best-selling author, clinician, consultant, and international lecturer. Visit her website at **sensorimotorpsychotherapy.org**.

THE POCKET GUIDE TO SENSORIMOTOR PSYCHOTHERAPY IN CONTEXT

PAT OGDEN

BESTSELLER



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A guide to this groundbreaking somatic-cognitive approach to PTSD and attachment disturbances treatment, Pat Ogden presents Sensorimotor Psychotherapy with an updated vision for her work that advocates for an anti-racist, anti-oppression lens throughout the book.

This book will inspire practitioners to develop a deeper sensitivity to the issues and legacy of oppression and marginalization as they impact the field of psychology, as well as present topics of trauma and early attachment injuries, dissociation, dysregulation, and mindfulness through a Sensorimotor Psychotherapy lens. Numerous composite cases with a variety of diverse clients bring the approach to life.

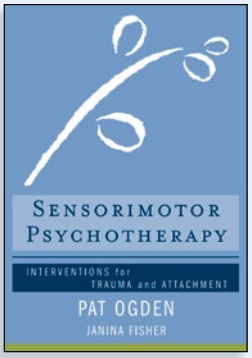
ISBN: 978-0-393-71402-9 • 2021 • 368 pages • Paperback • $29.95 **/ $22.46**

SENSORIMOTOR PSYCHOTHERAPY

Interventions for Trauma and Attachment

PAT OGDEN and JANINA FISHER

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

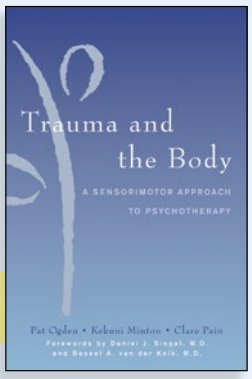
The body's intelligence is largely an untapped resource in psychotherapy, and the story told by the "somatic narrative" is arguably more significant than the story told by words. Written for therapists and clients to explore together in therapy, this book is a companion to *Trauma and the Body*. Each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

ISBN: 978-0-393-70613-0 • 2015 • 832 pages • Hardcover • $55.00 **/ $41.25**

TRAUMA AND THE BODY

PAT OGDEN, KEKUNI MINTON, and CLARE PAIN

BESTSELLER



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BOOKS BY JOHN AND JULIE GOTTMAN



John M. Gottman, PhD, is William Mifflin Professor of Psychology at the University of Washington in Seattle. He has conducted 40 years of breakthrough research with thousands of couples and is the author of over two dozen books, including *The Science of Trust* and *The Marriage Clinic* (see pages 74 and 75).

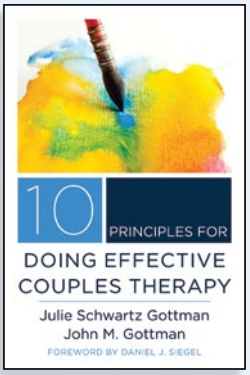


Julie Schwartz Gottman, PhD, is the Co-Founder and President of The Gottman Institute and the co-creator of the immensely popular The Art and Science of Love weekend workshop for couples. She also co-designed the national clinical training program in Gottman Method Couples Therapy. She is the editor of *The Marriage Clinic Casebook* (page 75).

10 PRINCIPLES FOR DOING EFFECTIVE COUPLES THERAPY

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

BESTSELLER



"Filled with clinical insight, coherent theory, case illustrations, various data gathering forms, and a treatment plan, this book should increase the competence and confidence of any clinician who is wise enough to read it." —**Harville Hendrix, PhD** and **Helen LaKelly Hunt, PhD**, co-creators of Imago Relationship Therapy and authors of *Doing Imago Relationship Therapy in the Space-Between*

"This book lays out in an eminently readable and accessible way the basic steps of effective couple therapy. It is a great contribution to the field and will guide numerous therapists onto the path of successful intervention." —**Sue Johnson, EdD,** author of *Hold Me Tight* and *Love Sense*; Founding Director of The International Center for Excellence in Emotionally Focused Therapy (ICEEFT)

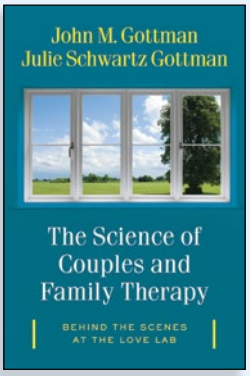
In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning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

ISBN: 978-0-393-70835-6 • 2015 • 288 pages • Hardcover • $29.95 **/ $22.46**

THE SCIENCE OF COUPLES AND FAMILY THERAPY

Behind the Scenes at the "Love Lab"

JOHN M. GOTTMAN and JULIE SCHWARTZ GOTTMAN



"It integrates all their previous work, intriguingly, by endowing with new meaning the concept out of which family therapy originated: homeostasis. John has been able to transfer his charismatic speaking style—the wit and pizzaz—to the printed page as he and Julie recount the twists and turns of their discoveries." —**Daniel Wile**, author of *After the Honeymoon, Revised Edition*

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

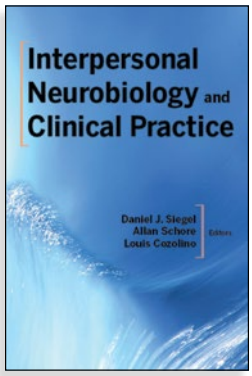
In this highly conversational and readable book, John and Julie Gottman offer the fulfillment of the original general systems theory first presented by biologist Ludwig von Bertalanffy in 1968. The Gottmans present a new, viable general systems theory, with precise, measurable, and easy-to-understand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

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

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INTERPERSONAL NEUROBIOLOGY AND CLINICAL PRACTICE

Edited by DANIEL J. SIEGEL, ALLAN N. SCHORE, and LOUIS COZOLINO



Books in the Norton Series on Interpersonal Neurobiology (IPNB) have collectively sold over 1 million copies and contributed to a revolution in cutting-edge mental health care. In this book, the three series editors have enlisted some of the most widely read IPNB authors to reflect on the impact of IPNB on their clinical practice and offer words of wisdom to the hundreds of thousands of IPNB-informed clinicians around the world. Contributors include: Dan Hill, Bonnie Badenoch, Kathy Steele, Stephen Porges, Richard Chefetz, Pat Ogden, Oliver Morgan, Terry Marks-Tarlow, Daniel Hughes, Carly Samuelson, and Chloe Drulis.

About the Editors

DANIEL J. SIEGEL, MD, is clinical professor of psychiatry at the University of California–Los Angeles School of Medicine, and executive director of the Mindsight Institute. See pages 3, 17-19, and 26 for more books by Daniel J. Siegel. **ALLAN N. SCHORE, PhD**, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences and UCLA David Geffen School of Medicine. at UCLA. See page 14 for more books by Allan N. Schore. **LOUIS COZOLINO, PhD**, is a professor of psychology at Pepperdine University and maintains a clinical and consulting practice in Los Angeles, California. See pages 9, 13, and 19 for more books by Louis Cozolino.

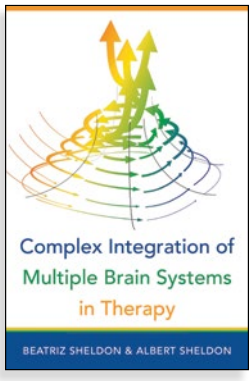




ISBN: 978-0-393-71457-9 • 2021 • 368 pages • Paperback • $35.00 **/ $26.25**

COMPLEX INTEGRATION OF MULTIPLE BRAIN SYSTEMS IN THERAPY

BEATRIZ SHELDON and ALBERT SHELDON



Integrating groundbreaking research on neuroplasticity, brain development, and therapeutic change, this book details a novel neurobiological and psychotherapeutic paradigm—and reveals how therapists can use this paradigm for more successful treatment. Clients arrive to therapy troubled by deeply ingrained neural circuits and emotional habits. The authors illustrate how integrating self-affirming, nonconscious emotional resources changes rigid, maladaptive neural circuits. This allows the emergence of more complex and flexible mental functioning and produces more successful psychotherapeutic outcomes.

About the Authors

BEATRIZ SHELDON, MEd, has practiced psychotherapy for forty years. She works in Seattle, Washington**. ALBERT SHELDON, MD**, a clinical professor of psychiatry at the University of Washington, Seattle, has been conducting research and teaching psychotherapy for twenty-five years.



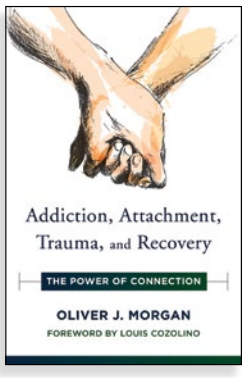

ISBN: 978-0-393-71428-9 • 2021 • 288 pages • Hardcover • $42.00 **/ $31.50**

ADDICTION, ATTACHMENT, TRAUMA, AND RECOVERY

The Power of Connection

OLIVER J. MORGAN, Foreword by LOUIS COZOLINO

2020 Independent Press Award Winner, Addiction & Recovery Category



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

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

About the Author

Oliver J. Morgan, PhD, is Professor of Counseling & Human Services at the University of Scranton. He has spent thirty years researching, teaching, and writing about mental health and addiction.



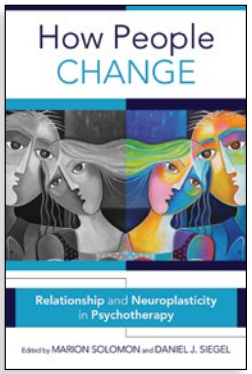
ISBN: 978-0-393-71317-6 • 2019 • 384 pages • Hardcover • $45.00 **/ $33.75**

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HOW PEOPLE CHANGE

Relationship and Neuroplasticity in Psychotherapy

Edited by MARION SOLOMON and DANIEL J. SIEGEL



"In language that can be understood by all levels of psychologist, from those in graduate programs up through experienced clinicians, *How People Change* offers practical theories for accomplishing psychological change. . . . **[A] great way to succinctly gather new perspectives on how to approach the process of change in therapy."** —*Journal of Contemporary Psychotherapy*

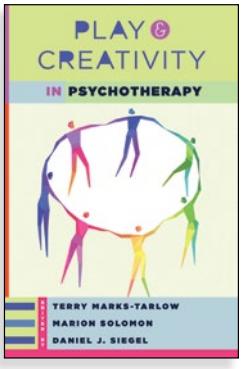
This book explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain.

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

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

PLAY AND CREATIVITY IN PSYCHOTHERAPY

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



"The impressive list of contributors touch on a wide range of topics. The extensive coverage should not come as a surprise, given that play and creativity are such enormously important topics for individuals at all ages and in all cultures. Indeed, this book will fascinate psychotherapists." —Mark A. Runco, PhD, Editor-in-Chief, *Creativity Research Journal*

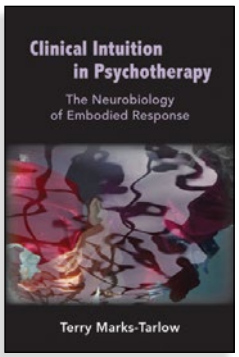
Through play, as children, we learn the rules and relationships of culture and expand our tolerance of emotions—areas of life 'training' that overlap with psychotherapy. Distinguished clinicians including **Mihaly Csikszentmihalyi, Daniel J. Siegel, Jaak Panksepp, Allan Schore, Pat Ogden,** and **Louis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

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

CLINICAL INTUITION IN PSYCHOTHERAPY

The Neurobiology of Embodied Response

TERRY MARKS-TARLOW, Foreword by ALLAN N. SCHORE



"I would recommend this book to any seasoned or emerging clinicians and also to students who are just beginning or are continuing their studies the field. . . . [R]eading this book provided me with the biological background and clinical examples needed for me to feel more secure to go beyond (but not abandon) the theories and to trust my natural capabilities." —*CTAMFT.org*

Drawing from 30 years of clinical experience, Marks-Tarlow explores the central— yet neglected—topic of intuition in psychotherapy, sharing clinical insights and intuitions that can help transform traumatized brains into healthy minds.

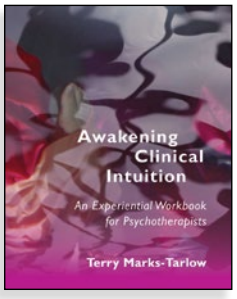
ISBN: 978-0-393-70703-8 • 2012 • 288 pages • Hardcover • $35.00 **/ $26.25**

AWAKENING CLINICAL INTUITION

An Experiential Workbook for Clinicians

2015 Gradiva Award Nomination for Best Book

TERRY MARKS-TARLOW



"I am delighted to see a book which endeavours to demystify such an intangible, evasive yet crucial concept in psychotherapy by linking it to the empirically grounded science of neurobiology and some increasingly popular eastern philosophical concepts." —*Journal of Mental Health*

With exercises in breathing, mindfulness, meditation, play, perspective-building, and much more, this is a practical workbook for eliminating mental clutter, getting in touch with right-brain, embodied responses to psychotherapy, and cultivating a unique, intuitive style.

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

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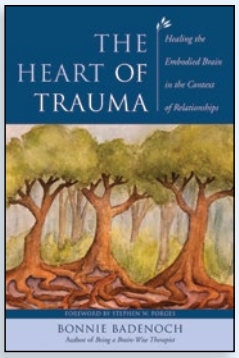
BOOKS BY BONNIE BADENOCH

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

THE HEART OF TRAUMA

Healing the Embodied Brain in the Context of Relationships

BESTSELLER



"Deepening our understanding of the inherent desire for connection, our capacity to experience the traumatic events that disrupt it, and the relational presence that heals it, **Badenoch's book should be required reading for all therapists."** —*Psych Central*

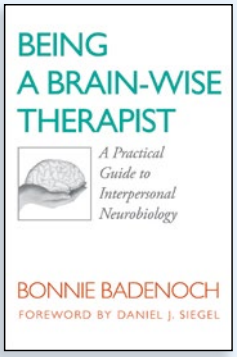
The ability to offer the safe sanctuary of presence is central to treating trauma and therapeutic practice. This book offers brain- and body-based insights and skills for the reader to heal not only clients but also themselves.

ISBN: 978-0-393-71048-9 • 2017 • 340 pages • Hardcover • $35.00 **/ $26.25**

BEING A BRAIN-WISE THERAPIST

A Practical Guide to Interpersonal Neurobiology

Foreword by DANIEL J. SIEGEL



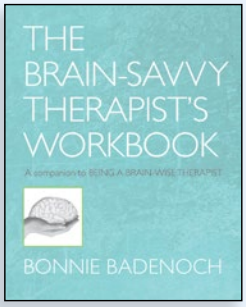
"Badenoch's sophisticated, but practical, text is an excellent example of how neurobiology can fundamentally alter one's clinical practice." —*Clinical Social Work Journal*

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

ISBN: 978-0-393-70554-6 • 2008 • 384 pages • Paperback • $32.00 **/ $24.00**

THE BRAIN-SAVVY THERAPIST'S WORKBOOK

A Companion to Being a Brain-Wise Therapist



"Client-centered exercises that accompany the concepts put forward in Being a Brain-Wise Therapist and make the theoretical practical. This workbook is a must-read." —Marco Iacoboni, neuroscientist, University of California at Los Angeles, and author of *Mirroring People: The Science of Empathy and How We Connect with Others*

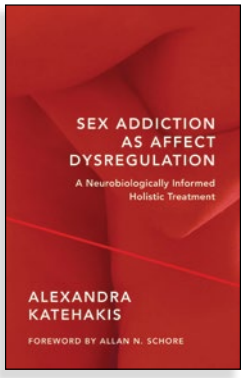
Client-centered exercises that accompany the concepts put forward in *Being a Brain-Wise Therapist* and make the theoretical practical.

ISBN: 978-0-393-70639-0 • 2011 • 336 pages • Paperback • $35.00 **/ $26.25**

SEX ADDICTION AS AFFECT DYSREGULATION

A Neurobiologically Informed Holistic Treatment

ALEXANDRA KATEHAKIS, Foreword by ALLAN N. SCHORE



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

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

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

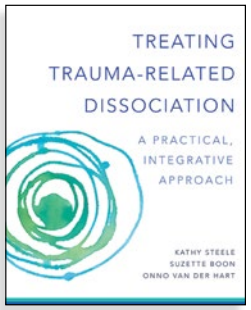
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TREATING TRAUMA-RELATED DISSOCIATION

A Practical, Integrative Approach

KATHY STEELE, SUZETTE BOON, and ONNO VAN DER HART

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



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

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

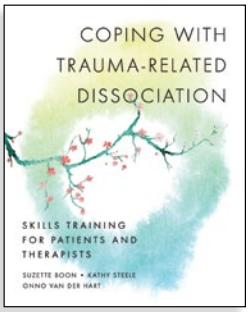
ISBN: 978-0-393-70759-5 • 2016 • 560 pages • Hardcover • $55.00 **/ $41.25**

COPING WITH TRAUMA-RELATED DISSOCIATION

Skills Training for Patients and Therapists

BESTSELLER

SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART



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

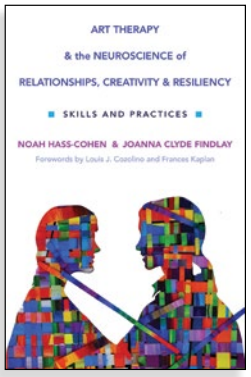
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Discounted Two-Book Set: *Treating Trauma-Related Dissociation* and *Coping With Trauma-Related Dissociation* ISBN: 978-0-393-71268-1, $80.00 **/ $60.00**

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

Skills and Practices

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



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

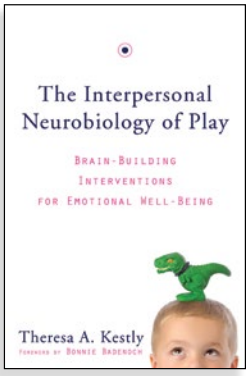
"[A]s helpful for learning about the brain and its various functions as it is for learning about art therapy. . . . **[F]or those studying or practicing art therapy, or for a well-informed reader with a particular interest, it is difficult to imagine a more comprehensive text."** —*Psych Central*

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THE INTERPERSONAL NEUROBIOLOGY OF PLAY

Brain-Building Interventions for Emotional Well-Being

THERESA A. KESTLY, Foreword by BONNIE BADENOCH



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

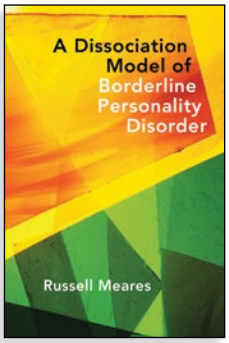
Theresa Kestly explains the benefits of play interventions to achieve attunement, neural integration, healthy attachment, and the development of resilience.

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

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A DISSOCIATION MODEL OF BORDERLINE PERSONALITY DISORDER

RUSSELL MEARES



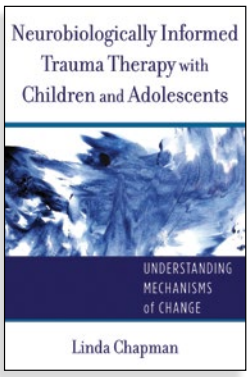
Exploring dissociation from developmental, neurobiological, and behavioral perspectives, Russell Meares presents an original theory of BPD, offering new insights into this debilitating disorder and hope for recovery. Mental health professionals working with patients suffering from symptoms of BPD will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

ISBN: 978-0-393-70585-0 • 2012 • 416 pgs • Hardcover
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NEUROBIOLOGICALLY INFORMED TRAUMA THERAPY WITH CHILDREN AND ADOLESCENTS

Understanding Mechanisms of Change

LINDA CHAPMAN



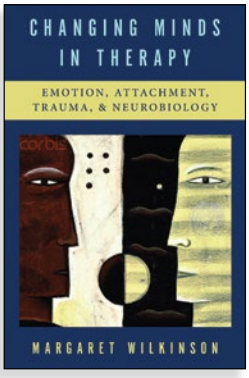
This approach to treatment utilizes the integrative capacity of the brain to create a self, foster insight, and produce change. Treatment strategies are based on cutting-edge understanding of neurobiology, the development of the brain, and the storage and retrieval of traumatic memory. Case vignettes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

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$39.95 / **$29.96**

CHANGING MINDS IN THERAPY

Emotion, Attachment, Trauma, & Neurobiology

MARGARET WILKINSON



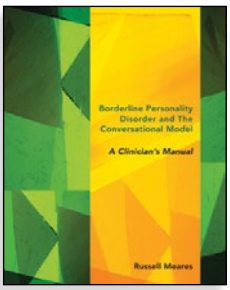
Drawing from a wide range of clinical approaches and deftly integrating the scholarly with the practical, Margaret Wilkinson presents contemporary neuroscience, as well as attachment and trauma theories, in an accessible way, illuminating the many ways in which cutting-edge research may inform clinical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

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

BORDERLINE PERSONALITY DISORDER AND THE CONVERSATIONAL MODEL

A Clinician's Manual

RUSSELL MEARES



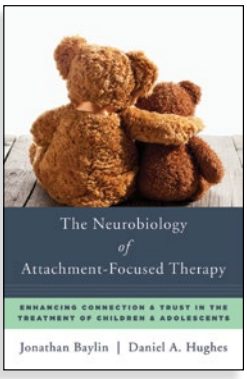
In this accompanying manual to *A Dissociation Model of Borderline Personality Disorder*, Meares and contributors offer therapists and patients a user-friendly guide to general principles of treatment via case examples, therapeutic conversations, and common comorbid problems.

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

THE NEUROBIOLOGY OF ATTACHMENT-FOCUSED THERAPY

Enhancing Connection & Trust in the Treatment of Children & Adolescents

JONATHAN BAYLIN and DANIEL A. HUGHES



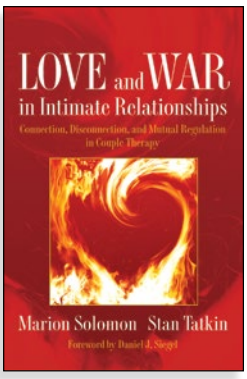
This groundbreaking book explores how the attachment-focused family therapy model works at a neural level. Investigation of the brain science of early childhood and developmental trauma offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a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

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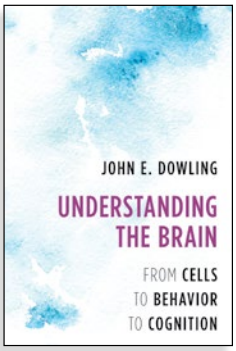
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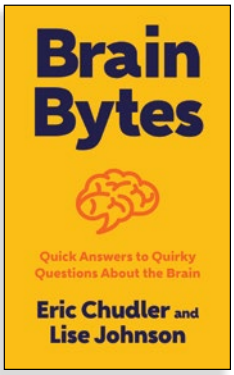
In this up-to-date revision of his 1998 book *Creating Mind*, Dowling conveys the essence and vitality of the field of neuroscience—examining the progress we've made in understanding how brains work, and shedding light on discoveries having to do with aging, mental illness, and brain health. Beautifully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

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BRAIN BYTES

Quick Answers to Quirky Questions about the Brain

ERIC CHUDLER and LISE JOHNSON



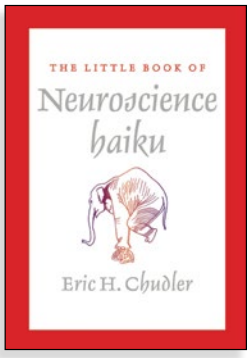
Neuroscience educators Eric Chudler and Lise Johnson get right to it, asking and answering more than one hundred questions about the brain. Questions include: Does size matter (do humans have the largest brains)? Can foods make people smarter? Does surfing online kill brain cells? Why do we dream? Why can't I tickle myself? Why do cats like catnip? Why do we yawn and why are yawns contagious? What can I do to keep my brain healthy?

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See page 67 for *Worried?* by Johnson and Chudler.

THE LITTLE BOOK OF NEUROSCIENCE HAIKU

ERIC H. CHUDLER



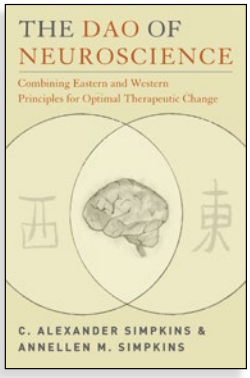
Chudler turns his talents towards poetry in this whimsical yet educational book of haiku poems about the brain. The poems are grouped into three themes: *Places* (such as the frontal lobe and the cerebellum); *Things* (like brain scanners and animals); and *People* (including Eric Kandel and other neuroscientists).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

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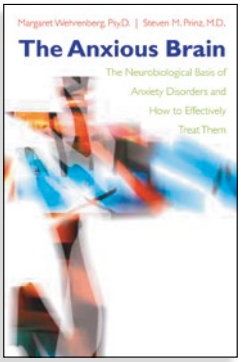
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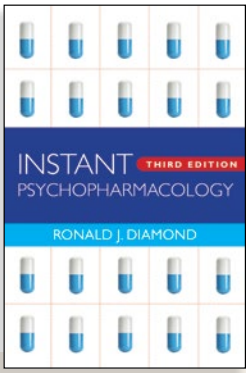
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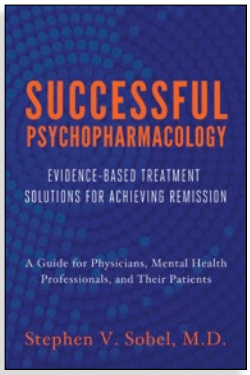
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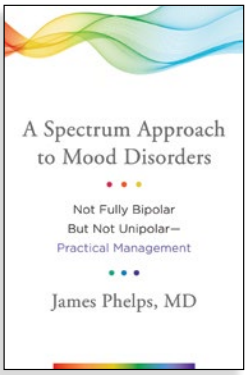
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Not Fully Bipolar but Not Unipolar—Practical Management

JAMES PHELPS



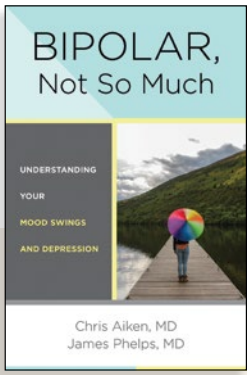
Is it trauma, or is it bipolar? Borderline? Both? In this book, nationally recognized expert James Phelps provides an in-depth exploration of the signs, symptoms, and nuanced presentations of the mood disorder spectrum, focusing on the broad gray area between Major Depression and Bipolar I. Combining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

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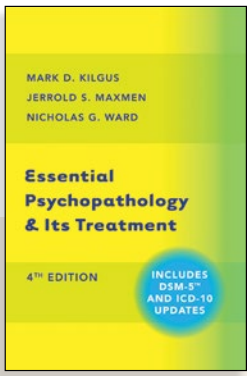
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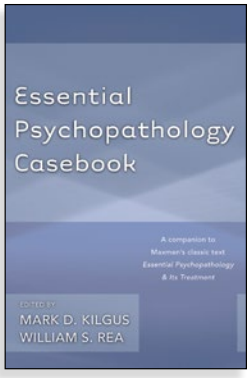
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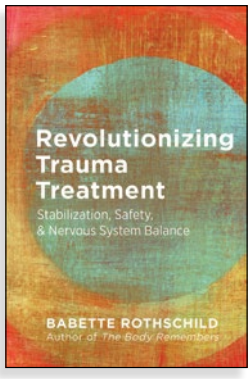


Best-selling author BABETTE ROTHSCHILD, MSW, LCSW, is the editor of the **8 Keys to Mental Health Series** (see pages 63-64), and a member of the International Society for Traumatic Stress Studies (ISTSS). She gives lectures and professional trainings around the world. Her books have been translated into 18 different languages.

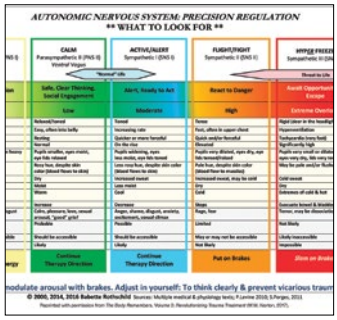
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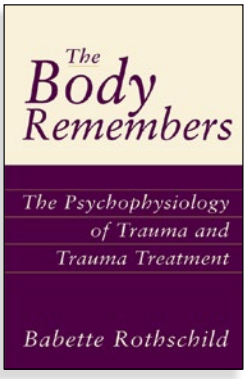
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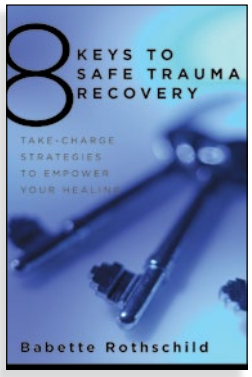
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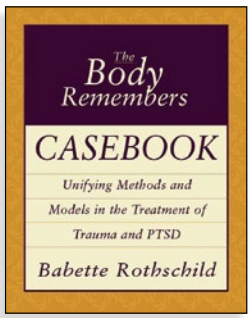
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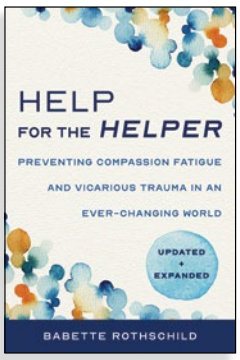
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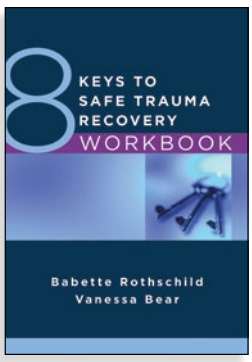
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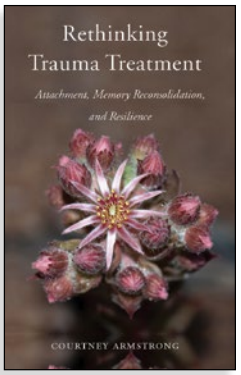
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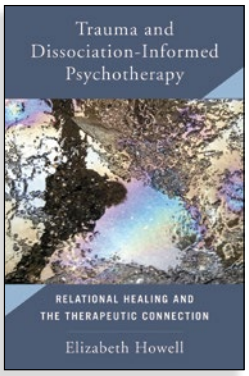
See page 49 for Courtney Armstrong's *The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck.*

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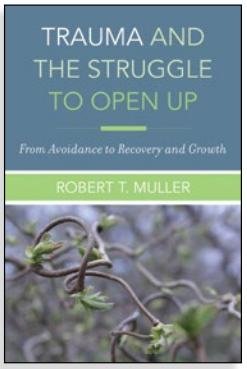
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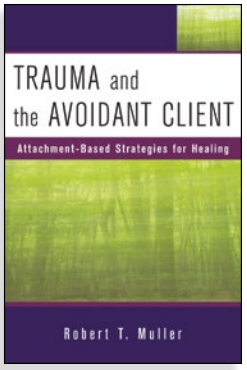
ISBN: 978-0-393-71226-1 • 2018 • 224 pages • Hardcover • $35.00 **/ $26.25**

TRAUMA AND THE AVOIDANT CLIENT

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ROBERT T. MULLER



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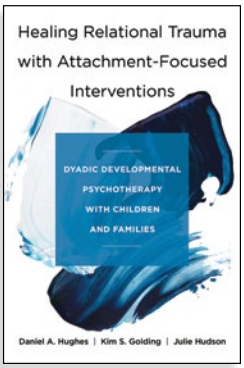
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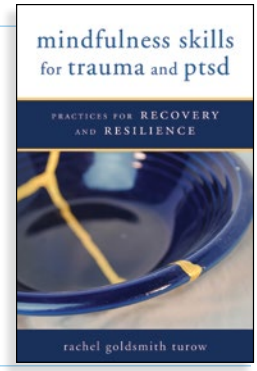
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See pages 21, 29, 64, 76, and 86 for more books by Daniel A. Hughes.

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Practices for Recovery and Resilience

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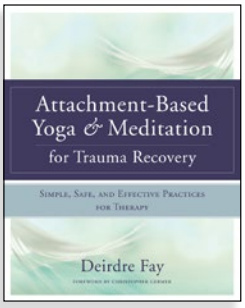
This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking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

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Simple, Safe, and Effective Practices for Therapy

DEIRDRE FAY



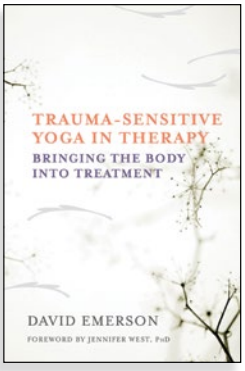
Organized around key trauma issues and symptoms, this book offers clinicians a practical and far-reaching look at mind-body skills and techniques for helping trauma clients access their individual wisdom, develop secure internal attachment, and find the path home to the Self.

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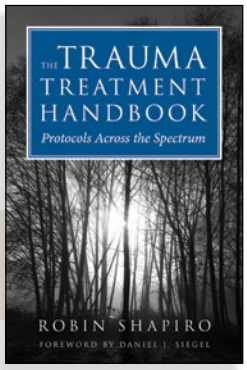
Based on studies conducted at the Trauma Center in Brookline, MA, this book presents Trauma-Sensitive Yoga (TSY), an evidence-based program that helps traumatized clients reconnect to their bodies in a safe, deliberate way. Unlike traditional, mat-based yoga, TSY can be practiced without one, in a therapist's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

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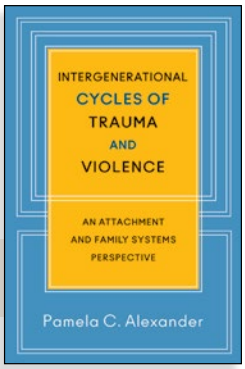
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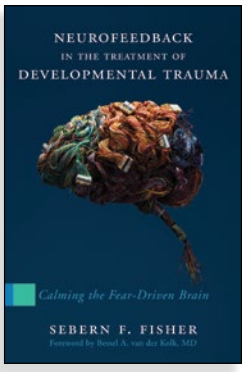
Topics include: The parent-child attachment relationship • Family context of attachment relationships • Neurobiology and genetics • Peer victimization and partner violence • Child sexual abuse • Special populations

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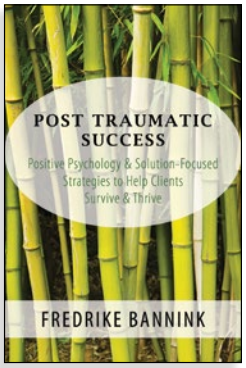
Sebern F. Fisher explores the complexities of attachment trauma and self-regulation, showing how neurofeedback training—a therapeutic protocol that teaches the brain to operate at different, more tranquil frequencies—can transform the circuitry of a brain seized by the fear and rage of early attachment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

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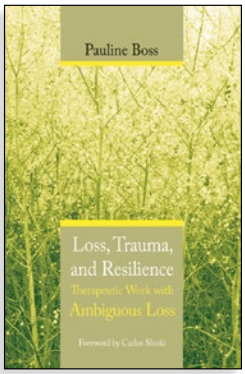
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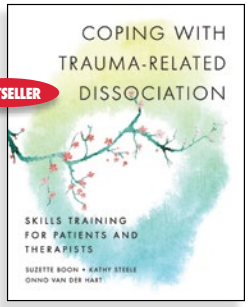
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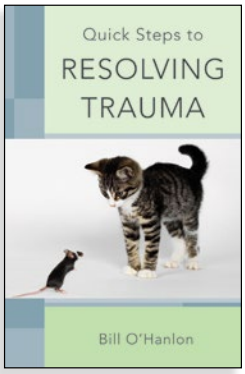
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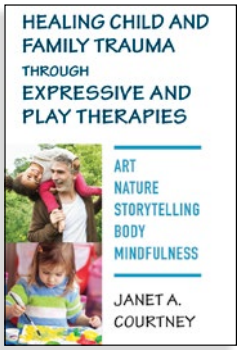


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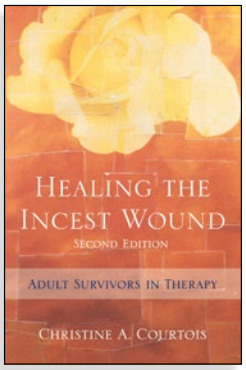
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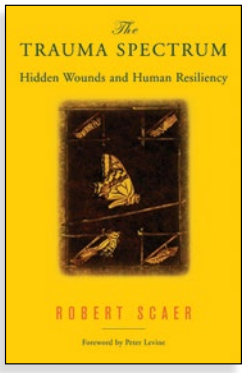
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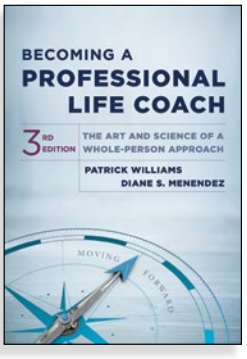
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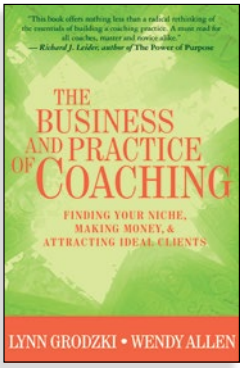
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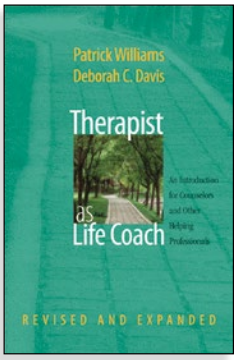
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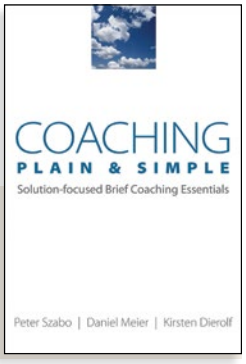
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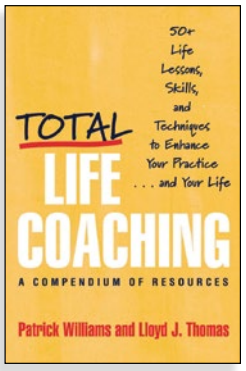
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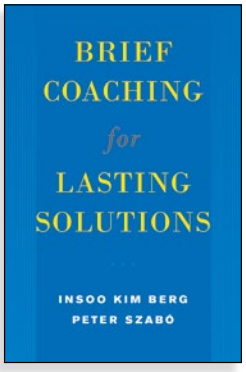
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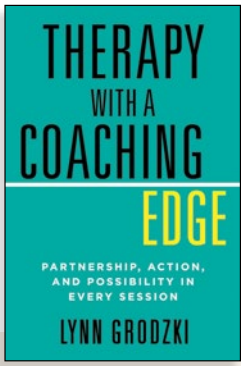
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LYNN GRODZKI, LCSW, MCC, is a psychotherapist in full-time private practice, a former business executive, and one of the leading business coaches in the US for small business owners. She specializes in working with change-agents: therapists, coaches, healers, and other service-oriented consultants who help others make change in their lives. She is also the author of *The Business and Practice of Coaching* (page 38) and editor of *The New Private Practice* (page 41).

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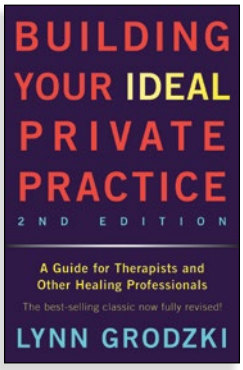
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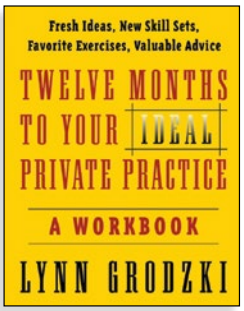
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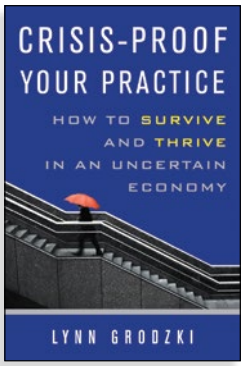


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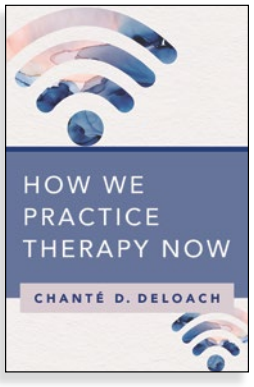
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"This volume uses a conversational tone, examples, and personal experiences to present technical aspects of virtual and teletherapy, making the content accessible to both novices and experts. **Every practitioner should have this book on their shelf."** —Eric Holmes, Associate Program Chair, Director: Psychological Trauma Studies Specialization, Antioch University, Los Angeles

Psychotherapy is not confined to the office: it can be online, virtual, wellness-oriented, flexible, and in service of public wellness. COVID-19 has forever changed the landscape of psychotherapy in these ways, and in ways we have yet to discover. Practicing psychologist Chanté D. DeLoach invites readers to reflect on the state of psychotherapy and emerging potentialities forged through crisis. She presents key concepts of telemental health, concierge therapy, and other out-of-office approaches to psychological well-being. Important discussions of race, intersectionality, and justice in teletherapy round out the book. Readers will be invited to critically reflect on their own identities and comfort in integrating the challenging issues of race, power, and privilege in clinical work.

About the Author

CHANTÉ D. DELOACH, PsyD, is professor of psychology at Santa Monica College. She maintains a boutique clinical and consulting practice in Los Angeles, California.



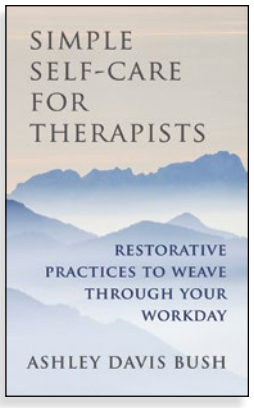
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SIMPLE SELF-CARE FOR THERAPISTS

BESTSELLER

Restorative Practices to Weave Through Your Workday

ASHLEY DAVIS BUSH



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

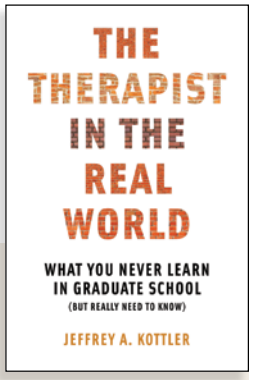
This pocket-size book provides a host of practical self-care strategies that any therapist can easily implement before and after sessions, and anytime in between: short nuggets of self-compassion that speak to the mind, body, and spirit of the clinician. The 70 strategies or "tools" include a range of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

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THE THERAPIST IN THE REAL WORLD

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

JEFFREY A. KOTTLER



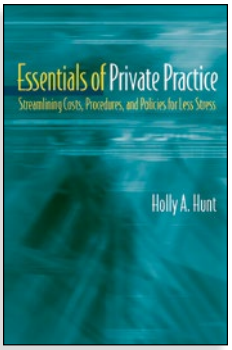
With warmth, wisdom, and expertise, Jeffrey A. Kottler offers therapists, counselors, and social workers illuminating advice on important issues often overlooked during training years, and also delves into areas in which even the most experienced therapists can continue to hone their talents and maximize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

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

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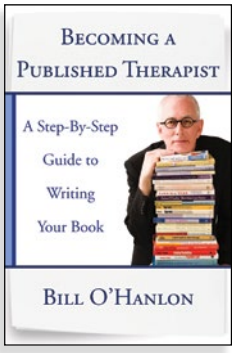
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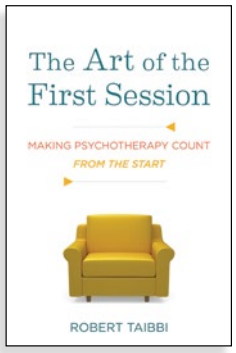
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Making Psychotherapy Count from the Start

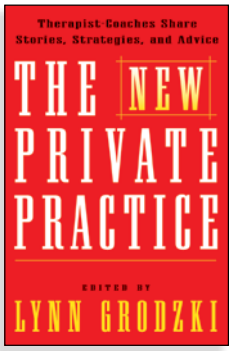
ROBERT TAIBBI

Short, practical, and applicable to all therapeutic modalities, this book walks readers through all the first-session essentials, including preparation for the first session, action-steps for each stage of the session, techniques for changing the emotional climate, and "closing the deal," to make sure that clients come back for more. Packed with case examples, vignettes, tools, and techniques, this book prepares clinicians with critical skills to cut through performance anxiety, feel and convey confidence with clients, and hit the ground running in therapy with new clients.

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See page 57 for Robert Taibbi's *Boot Camp Therapy*.

THE NEW PRIVATE PRACTICE



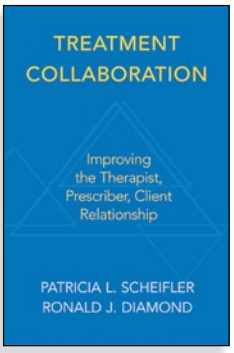
Therapist-Coaches Share Stories, Strategies, and Advice

LYNN GRODZKI, Editor

A compilation of essays from successful therapist-coaches working in the field, this book offers personal narratives, trade secrets, honest discussions about what to charge and how to find clients, as well as clear-cut, how-to-get-started advice.

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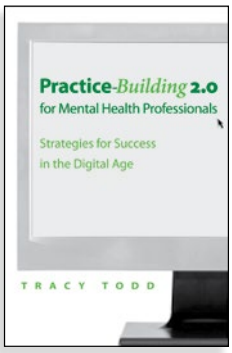
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RONALD J. DIAMOND and PATRICIA L. SCHEIFLER

This book is a guide for three groups of people: the psychologists and social workers who send clients to psychiatrists; the psychiatrists who prescribe the drugs; and the clients who are often caught in the middle. Topics include: setting goals with clients; managing conflicts that arise; helping clients with medication side effects; changing medications; focusing on recovery as a goal and not just medication management.

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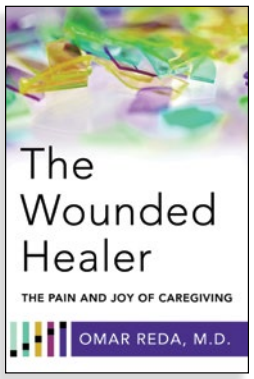
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THE WOUNDED HEALER

The Pain and Joy of Caregiving

OMAR REDA



"With the recent increase in burnout among healing professionals, Reda provides us with a timely and welcome book. His detailed recommendations for avoiding burnout are clear and practical. I particularly like his insistence on prioritizing self-care, as health care workers often feel that they have to put themselves last. The book will also help readers deal with their own traumas—within themselves, their families, and workplaces that have become toxic." —David M. Allen, M.D., author of *Coping With Critical, Demanding, and Dysfunctional Patients*

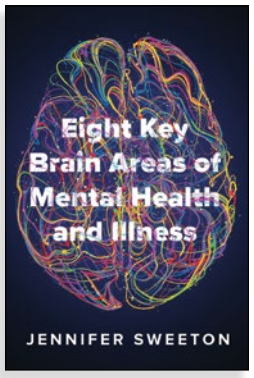
Though rewarding, the act of caregiving is also physically exhausting and emotionally draining. Many care providers believe that their feelings do not matter, that they should ignore their pain, brush off their trauma, wipe away their tears, and just "suck it up." Here, trauma counselor Omar Reda calls upon other healers to break free from cycles of secrecy, toxic stress, and silent suffering so they can continue to empower and inspire those in their care.

Omar Reda, MD, is a board-certified psychiatrist, a Harvard-trained trauma expert, an author, and a family advocate—but, most importantly, a dreamer and strong believer in the potential of finding beauty in all human encounters.

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EIGHT KEY BRAIN AREAS OF MENTAL HEALTH AND ILLNESS

JENNIFER SWEETON



"Sweeton distills neuroscience into engaging, comprehensible information for the everyday clinical psychologist, making it significantly easier to incorporate it into our therapeutic work. **I've used this with my toughest trauma clients with measurable success."** —Gricelda Fragoso, PsyD, Clinical Psychologist, Owner of Mind Body Soul Psychology

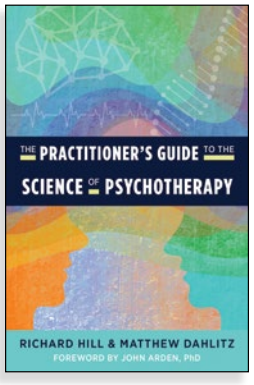
In this handbook, clinical psychologist and best-selling author Jennifer Sweeton details the eight main areas of the brain affected by mental illness, how brain changes show up in the therapy room as symptoms and behaviors, and the types of therapies and psychotherapeutic techniques research has shown can heal the brain. After reading this book, clinicians will feel confident and excited about their ability to take a client-centered, strategic, brain-based approach to treatment planning.

Dr. Jennifer Sweeton is a clinical psychologist, best-selling author, and internationally recognized expert on trauma, anxiety, and neuroscience. Based in Kansas City, Kansas, she has trained more than 15,000 clinicians in all fifty US states, and in over twenty countries.

ISBN: 978-0-393-71413-5 • 2021 • 264 pages • Paperback • $29.95 **/ $22.46**

THE PRACTITIONER'S GUIDE TO THE SCIENCE OF PSYCHOTHERAPY

RICHARD HILL and MATTHEW DAHLITZ, Foreword by JOHN B. ARDEN



"[A] goldmine of information for not only psychotherapists but also medical professionals. . . . Hopefully, this book will be compulsory reading for all aspiring mental health professionals." —Gunnel Minett, psychologist and author of *Exhale: An Overview of Breathwork*

"[Hill & Dahlitz] are excellent writers. . . . These two talented authors address the complexities of therapy and ways to use new research findings and methodologies to enhance clinical practice. I highly recommend it!" —**Michael Yapko**, author of *Process-Oriented Hypnosis*, SCEH's 2021 Arthur Shapiro Award Winner for best book on hypnosis

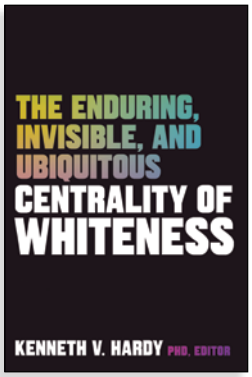
The 21st Century psychotherapist can no longer be constrained by specific schools of practice or limited reservoirs of knowledge. But this new "era of information" needs to be integrated and made manageable for every practitioner. This book helps therapists know more about this new knowledge and how to apply it effectively. From basic neuroscience to body-brain systems and genetic processes, here therapists learn how to become more "response-able" to their clients.

RICHARD HILL is Managing Editor of *The Science of Psychotherapy* magazine. He holds workshops around the world based on his book *Mirroring Hands*, co-authored with Ernest Rossi. **MATTHEW DAHLITZ** is an author, psychotherapist, and Editor-in-Chief of *The Science of Psychotherapy* magazine (which he founded as *The Neuropsychotherapist* in 2013).

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THE ENDURING, INVISIBLE, AND UBIQUITOUS CENTRALITY OF WHITENESS



Implications for Clinical Practice and Beyond

Edited by KENNETH V. HARDY

A comprehensive collection of writers from the field of mental health and activism on the topic of whiteness.

"Whiteness is the socio-political default. To disrupt whiteness, it must be exposed. This collection, curated by visionary Dr. Ken Hardy, brilliantly and accessibly takes up this weighty task. **This is a revelatory and essential new work, clear-eyed and instructive, yet also deeply personal and eloquent. Oh, that it may be required reading for anyone in human services!"** —**Robin DiAngelo, PhD**, author of *White Fragility* and *Nice Racism*

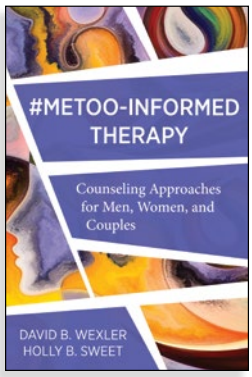
Whiteness is a pervasive ideology that is rarely overtly identified or examined despite its profound effects on race relationships in therapy and beyond. Being intentional about naming, deconstructing, and dismantling whiteness is a precursor to responding effectively to the racial reckoning of our society and improving race relationships, addressing systemic bias, and moving towards the creation of a more racially just world. Contributors to the volume are from all different backgrounds and trainings.

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See page 1 for Dr. Hardy's *Racial Trauma: Clinical Strategies and Techniques for Healing Invisble Wounds*..

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#METOO-INFORMED THERAPY



Counseling Approaches for Men, Women, and Couples

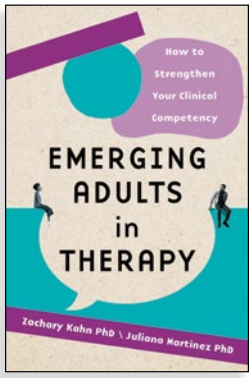
DAVID B. WEXLER and HOLLY B. SWEET

#MeToo-Informed Therapy guides therapists in finding effective ways to help men who offend, empowering women to find their voices, exploring ways for men to be allies, and helping couples whose relationships can be enhanced by understanding #MeToo issues. Traditional gender roles and how they may contribute to sexual misconduct are discussed. Importantly, the book also takes a look at how intersectional factors around race, sexual orientation, and socioeconomic status further complicates these questions.

DAVID B. WEXLER, PhD, is a clinical psychologist and executive director of the nonprofit Relationship Training Institute. See pages 41, 48, 65, and 81 for more books by David B. Wexler. **HOLLY B. SWEET, PhD**, is a counseling psychologist and cofounder of the Cambridge Center for Gender Relations.

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EMERGING ADULTS IN THERAPY



How to Strengthen Your Clinical Competency

Edited by ZACHARY AARON KAHN and JULIANA MARTINEZ

"In this timely book, Juliana Martinez and Zachary Kahn have assembled a profoundly diverse group of voices in an astonishingly coherent fashion. . . . [E]ach essay boasts its own insights, but it is, ironically, their multitude of juxtapositions that reveal their commonalities. In responding to recent social experiences and movements—from COVID-19 to Black Lives Matter—**these invaluable pages offer a guide that could transform the work of therapists and parents alike. Its theories and ideas plead to be applied in the real world."** —**Andrew Solomon, PhD**, Professor of Clinical Psychology, Columbia University, National Book Award-winning author of *The Noonday Demon* and *Far from the Tree*

"Emerging adulthood" (EA) describes a developmental period between adolescence and adulthood, typically spanning ages 18-29. It's a rough time for most people--perhaps now more than ever. This book is written by various psychologists and psychiatrists (many of whom are on the younger side), with diverse backgrounds and specialties related to EA. Much of the focus of the book is on the psychological impacts of the Covid-19 pandemic and the reckoning on racial injustice.

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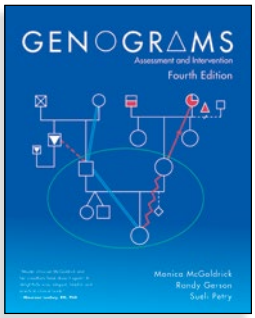
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Assessment and Treatment

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MONICA MCGOLDRICK, RANDY GERSON, SUELI PETRY



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

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

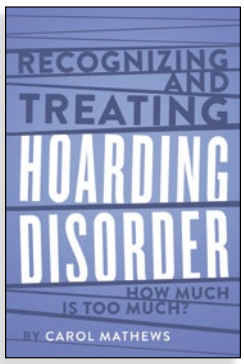
ISBN: 978-0-393-71404-3 • 2020 • 384 pages • Paperback • $45.00 / **$33.75**

See pages 75 and 77 for more books by Monica McGoldrick.

RECOGNIZING AND TREATING HOARDING DISORDER

How Much Is Too Much?

CAROL MATHEWS



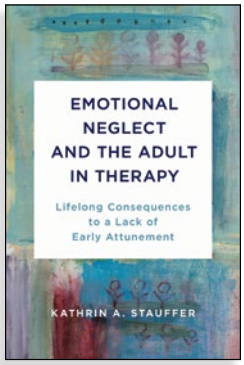
Pathological hoarding was first formally conceptualized as a syndrome separate from OCD in the early 1990s, yet it wasn't until 2013 that hoarding received formal psychiatric diagnostic criteria in the DSM. How can a mental health professional who sees clients in an office determine if hoarding is a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

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EMOTIONAL NEGLECT AND THE ADULT IN THERAPY

Lifelong Consequences to a Lack of Early Attunement

KATHRIN A. STAUFFER



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

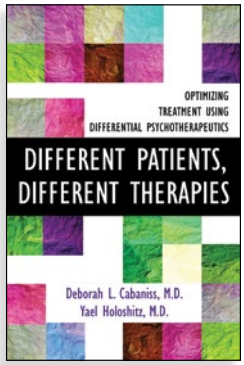
ISBN: 978-0-393-71441-8 • 2020 • 240 pages • Hardcover • $35.00 / **$26.25**

See page 53 for Kathrin Stauffer's *Anatomy and Physiology for Psychotherapists*.

DIFFERENT PATIENTS, DIFFERENT THERAPIES

Optimizing Treatment Using Differential Psychotherapeutics

DEBORAH L. CABANISS and YAEL HOLOSHITZ



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

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

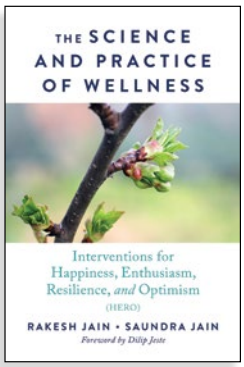
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THE SCIENCE AND PRACTICE OF WELLNESS

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

RAKESH JAIN, SAUNDRA JAIN, Foreword by DILIP JESTE



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

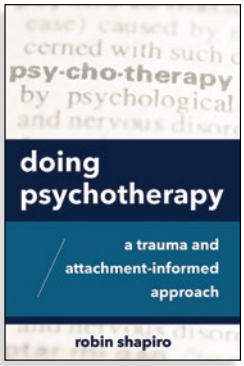
Wellness-centric clinicians look to improve various traits known to be beneficial to patients—traits such as happiness, enthusiasm, resilience, and optimism (referred to as the HERO traits). All of these not only improve global mental wellness, but also offer resilience against stress, depression, and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

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DOING PSYCHOTHERAPY

A Trauma and Attachment-Informed Approach

ROBIN SHAPIRO



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

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

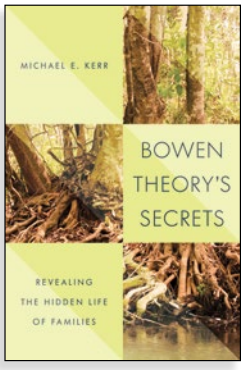
Robin Shapiro, LICSW, is a psychotherapist and clinical consultant in Seattle, Washington. She is the author of *The Trauma Treatment Handbook* (page 35), *Easy Ego State Interventions* (page 48), and *EMDR Solutions I* and *II* (page 95).

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

BOWEN THEORY'S SECRETS

Revealing the Hidden Life of Families

MICHAEL E. KERR



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

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

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

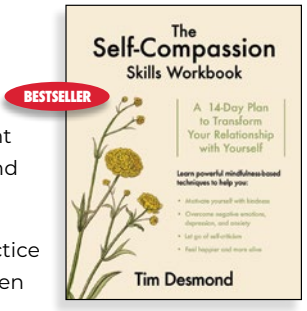
ISBN: 978-0-393-70812-7 • 2019 • 446 pages • Paperback • $47.99 **/ $35.99**

See page 77 for Michael E. Kerr's *Family Evaluation*.

THE SELF-COMPASSION SKILLS WORKBOOK

A 14-Day Plan to Transform Your Relationship with Yourself

TIM DESMOND



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

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

Devoting thirty minutes a day for just fourteen days to these simple practices can have life-changing results.

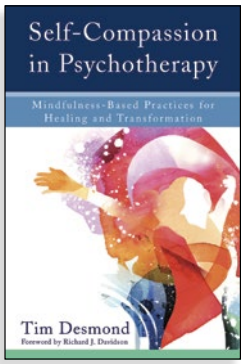
This book also features downloadable audio recordings for on-the-go practice.

ISBN: 978-0-393-71218-6 • 2017 • 224 pages • Paperback • $22.95 **/ $17.21**

SELF-COMPASSION IN PSYCHOTHERAPY

Mindfulness-Based Practices for Healing and Transformation

TIM DESMOND, Foreword by RICHARD J. DAVIDSON



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

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

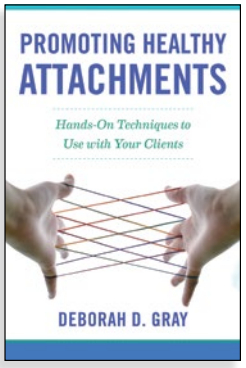
This logically written guide integrates cutting-edge neuroscience with mindfulness and traditional Buddhist practices to show mental health professionals how they can help clients develop a more loving, kind, and forgiving attitude toward themselves.

ISBN: 978-0-393-71100-4 • 2016 • 256 pages • Hardcover • $27.95 **/ $20.96**

PROMOTING HEALTHY ATTACHMENTS

Hands-on Techniques to Use with Your Clients

DEBORAH D. GRAY



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

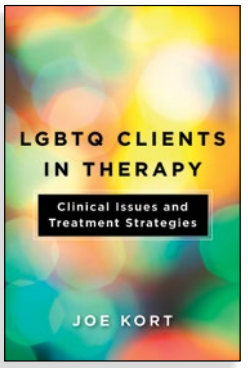
Attachment theory is all the rage in therapy these days. But what does a therapist do with all the theory? This book presents successful attachment-oriented interventions for clinicians to use with parents, children, and a variety of presenting issues from trauma to depression to anger.

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

LGBTQ CLIENTS IN THERAPY

Clinical Issues and Treatment Strategies

JOE KORT



"Calls upon all clinicians, gay or straight, to move past their ignorance, look deeper, and do better work. His book should be required reading for any clinician interested in expanding their consciousness." —*Psych Central*

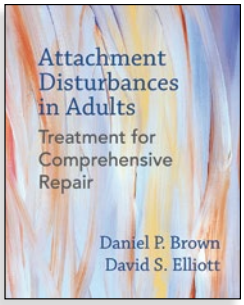
A therapist who treats LGBTQ clients often must be more than "gay friendly." Gay, lesbian, bisexual, and transgender clients have specific needs that require their own knowledge base. This book offers up-to-date information for clinicians treating LGBTQ clients, including new chapters on transgender,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

ISBN: 978-1-324-00048-8 • 2018 • 480 pages • Paperback • $29.95 **/ $22.46**

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

ATTACHMENT DISTURBANCES IN ADULTS

BESTSELLER



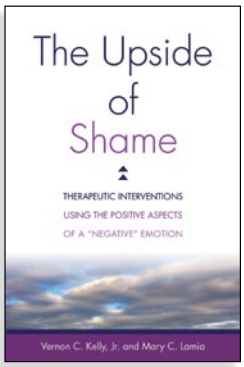
Treatment for Comprehensive Repair

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

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

ISBN: 978-0-393-71152-3 • 2016 • 560 pages • Hardcover • $65.00 **/ $48.75**

THE UPSIDE OF SHAME



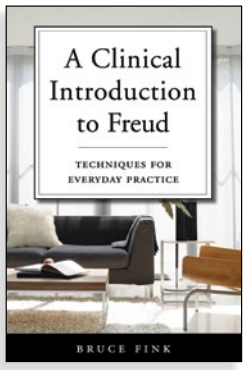
Therapeutic Interventions Using the Positive Aspects of a "Negative" Emotion

VERNON C. KELLY Jr. and MARY LAMIA

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

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

A CLINICAL INTRODUCTION TO FREUD



Techniques for Everyday Practice

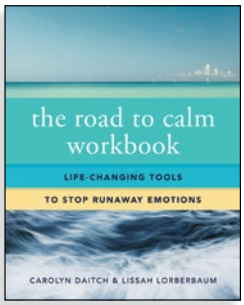
BRUCE FINK

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

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

See page 53 for *Fundamentals of Psychoanalytic Technique* by Bruce Fink.

THE ROAD TO CALM WORKBOOK



Life-Changing Tools to Stop Runaway Emotions

CAROLYN DAITCH and LISSAH LORBERBAUM

"With elegant and detailed exercises, this manual will help you STOP emotional flooding. And if you are a clinician, your clients can use it too. We recommend it to everyone as an essential tool to keep handy. You never know when you will be triggered!" —Harville Hendrix, PhD and Helen LaKelly Hunt, PhD, co-creators of Imago Relationship Therapy and authors of *Getting the Love You Want* and *Doing Imago Relationship Therapy in the Space-Between*

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

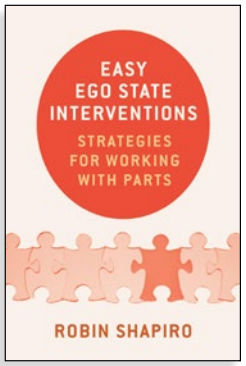
ISBN: 978-0-393-70841-7 • 2016 • 224 pages • Paperback w/CD • $24.95 **/ $18.71**

See pages 53 and 72 for more books by Carolyn Daitch.

EASY EGO STATE INTERVENTIONS

Strategies for Working with Parts

BESTSELLER



ROBIN SHAPIRO

"[P]articularly useful for therapists who have patients with post-traumatic stress disorder (PTSD) or find that their patients seem untreatable. Ego state work serves as another tool in the box a therapist can use in tough situations, and Shapiro does a great job in making ego state work compelling and understandable both for the layman and the professional." —*Somatic Psychotherapy Today*

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

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

ISBN: 978-0-393-70927-8 • 2016 • 224 pages • Hardcover • $27.50 **/ $20.63**

See pages 35, 45, and 95 for more books by Robin Shapiro.

THE STOP PROGRAM: FOR WOMEN WHO ABUSE

Group Leader's Manual

THE STOP PROGRAM FOR WOMEN

Handouts and Homework

DAVID B. WEXLER



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

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

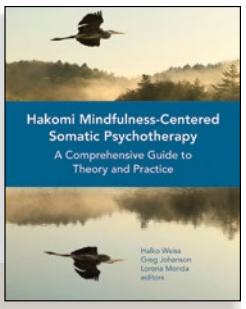
Handouts and Homework: ISBN: 978-0-393-71150-9 • 2016 • 128 pages • Loose Sheets • $14.99 **/ $11.24**

See pages 43, 55, 74, and 91 for more books by David B. Wexler.

HAKOMI MINDFULNESS-CENTERED SOMATIC PSYCHOTHERAPY

A Comprehensive Guide to Theory and Practice

HALKO WEISS, GREG JOHANSON, and LORENA MONDA, Editors



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

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

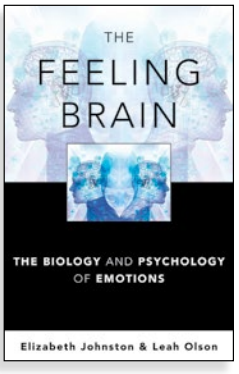
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THE FEELING BRAIN

The Biology and Psychology of Emotions

ELIZABETH JOHNSTON and LEAH OLSON



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

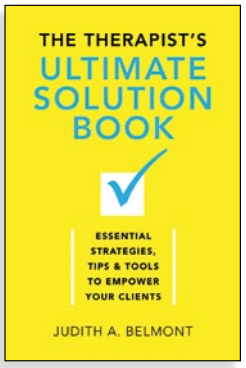
Delving into the personal yet scholarly study of the neuroscience of emotions, authors Olson and Johnston consider William James' famous question, still unanswered, "What is an emotion?" The authors move from a consideration of basic emotions and the early brain areas that have been associated with them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

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

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Essential Strategies, Tips & Tools to Empower Your Clients

JUDITH A. BELMONT



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

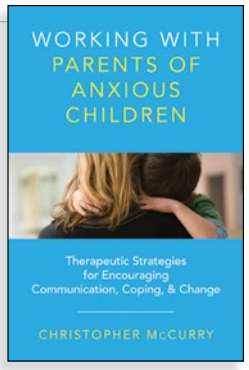
ISBN: 978-0-393-70988-9 • 2015 • 288 pages • Hardcover • $34.95 **/ $26.21**

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WORKING WITH PARENTS OF ANXIOUS CHILDREN

Therapeutic Strategies for Encouraging Communication, Coping & Change

CHRISTOPHER McCURRY



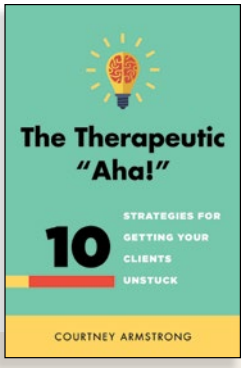
"McCurry helps clinicians think about how biology and environment work together to either support or work against a child with an anxiety disorder [and] facilitate greater understanding in parents, highlighting therapeutic tools the therapist can use to help educate families." —*Psych Central*

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THE THERAPEUTIC "AHA!"

10 Strategies for Getting Your Clients Unstuck

COURTNEY ARMSTRONG



"A wealth of options for inspiring therapists to think outside of the proverbial box." —*Metapsychology*

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

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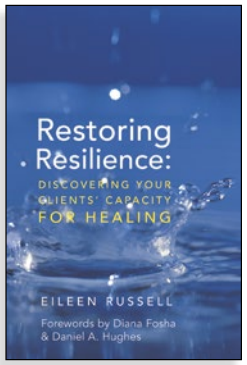
See page 34 for *Rethinking Trauma Treatment* by Courtney Armstrong.

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RESTORING RESILIENCE

Discovering Your Clients' Capacity for Healing

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



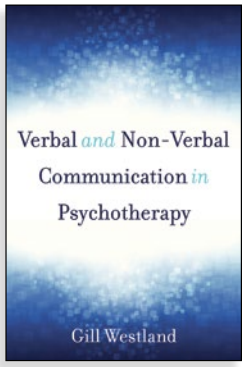
"Dr. Russell's approach and methods are clear and concise, and would benefit anyone who needs to discover the capacity for rekindling their inner light." —*Psychology Today*

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

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Practical, Effective Exercises

STEVE ANDREAS



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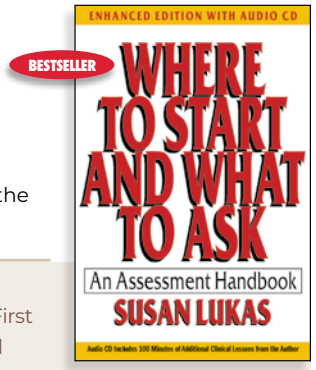
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An Assessment Handbook, Enhanced Edition with Audio CDs

SUSAN LUKAS



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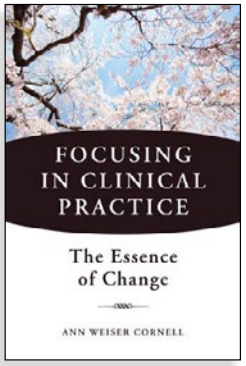
Contents: 1. How To Conduct the First Interview With An Adult 2. Looking, Listening, and Feeling: the Mental Status Examination 3. How To Think About Your Client's Health: The Medical History 4. How To Conduct the First Interview With A Family 5. How To Conduct the First Interview With A Child 6. How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

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FOCUSING IN CLINICAL PRACTICE

The Essence of Change

ANN WEISER CORNELL



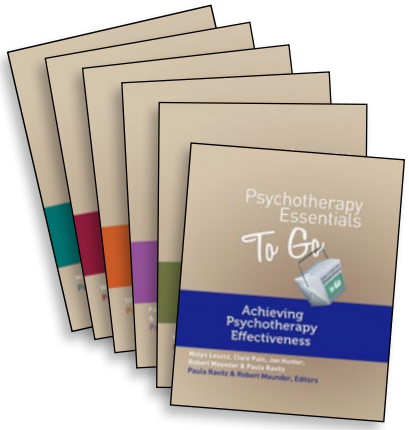
"Focusing" is a particular process of attention that supports therapeutic change, a process that has been linked in more than 50 research studies with successful outcomes in psychotherapy. In this book, Ann Weiser Cornell, a Focusing teacher and trainer for more than 30 years, guides readers in its facilitation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

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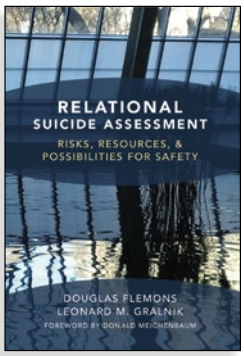
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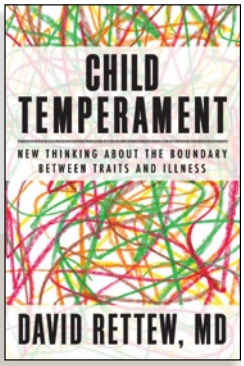
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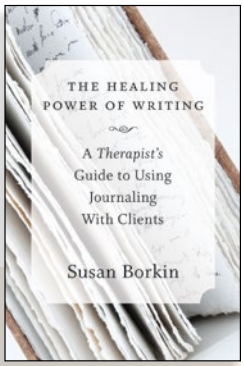
Contents: Part I: Temperament and Its Links With Psychiatric Illness 1. A Brief History 2. The Basics of Child Temperament 3. Features of Temperament 4. Neurobiology: the Brains Behind Temperament 5. Temperament and Psychopathology 6. Spectrums, Risk Factors, and Scars • **Part II: Applications** 7.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

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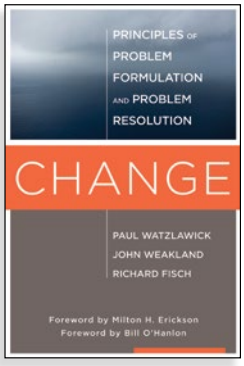
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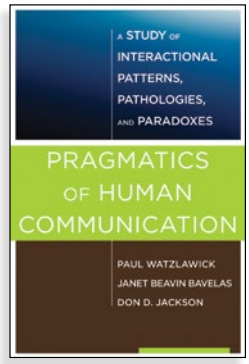
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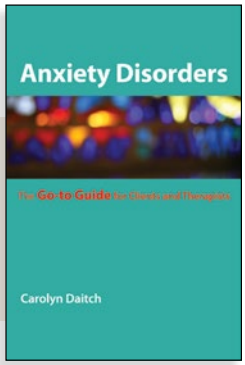
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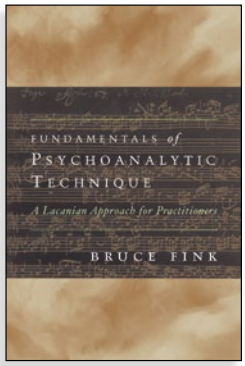
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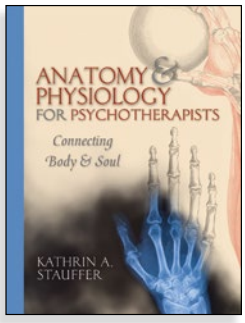
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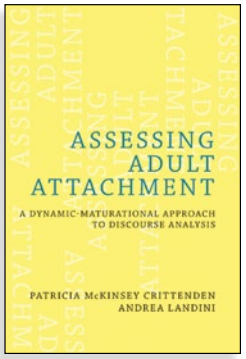
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A Dynamic-Maturational Approach to Discourse Analysis

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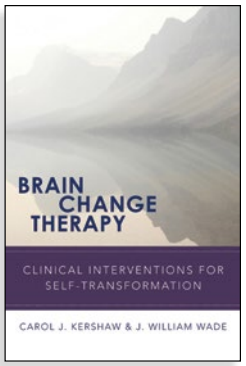
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Clinical Interventions for Self-Transformation

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

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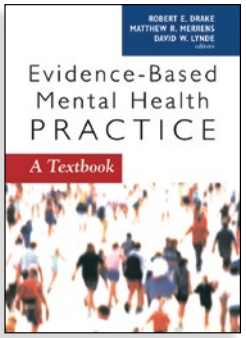
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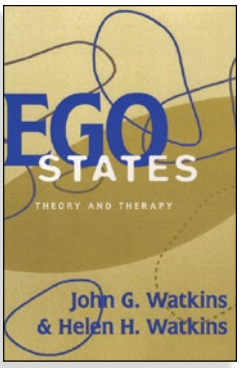
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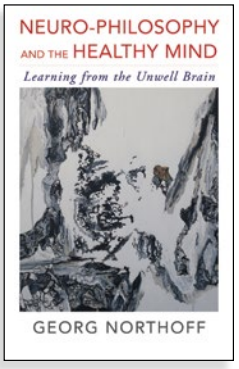
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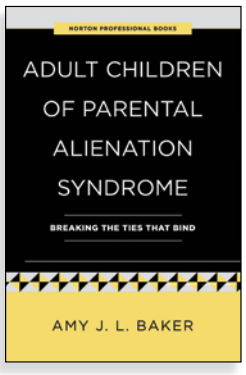
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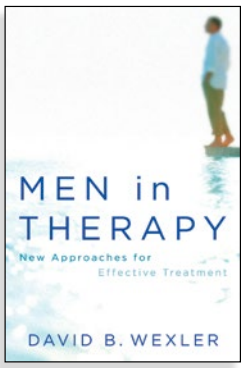
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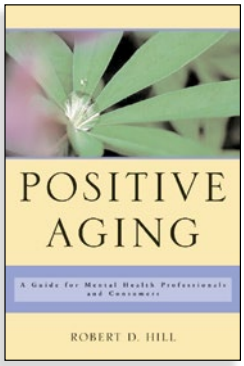
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A Guide for Mental Health Professionals and Consumers

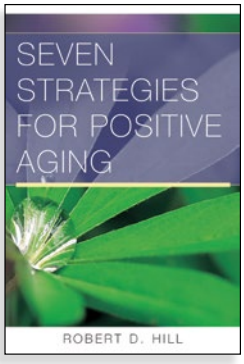
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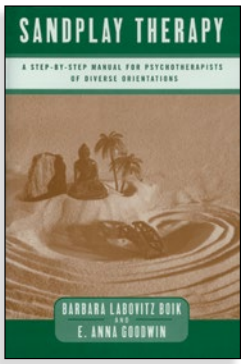
Johnson shows how basic life issues underlie the severe pathology of personality disorder, the nagging symptoms of neurosis, and the more functional coping and adaptation of the character styles. Johnson's dimensional model captures the complexity of the human personality while allowing for variability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

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BARBARA LABOVITZ BOIK and E. ANNA GOODWIN



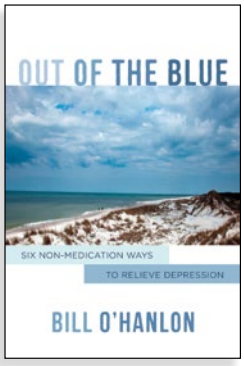
Sandplay allows clients to use nonverbal communication to express their internal and external worlds. The authors illustrate the process with numerous sandplay experiences with clients. They also discuss clients for whom sandplay is contraindicated and some problems that might arise. To encourage the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

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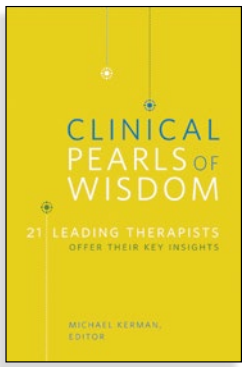
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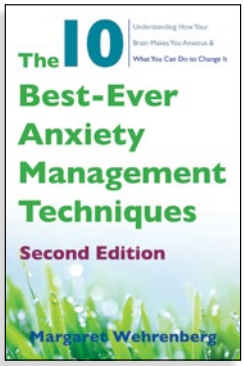
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See page 31 for *The Anxious Brain*, coauthored by Wehrenberg.

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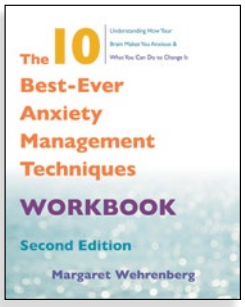


Understanding How Your Brain Makes You Anxious and What You Can Do to Change It

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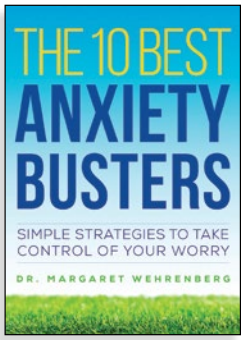


Brimming with exercises, worksheets, tips, and tools, this how-to workbook expands on the top 10 anxiety-busting strategies from *The 10 Best-Ever Anxiety Management Techniques*. Step-by-step, it demonstrates how to put the best targeted methods and brain-based skills to work to alleviate our symptoms and manage our day-to-day anxiety.

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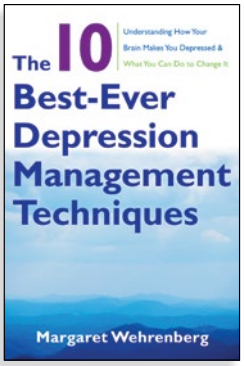
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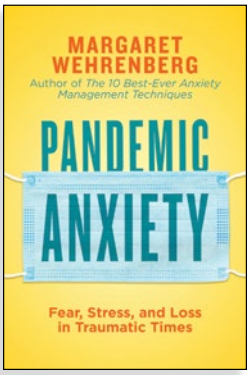


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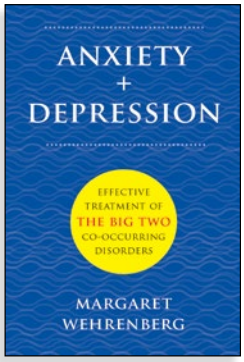
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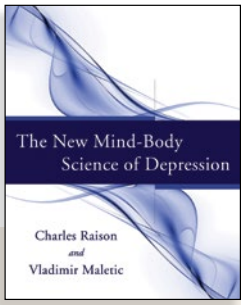
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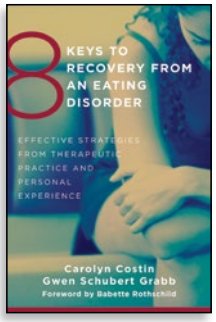
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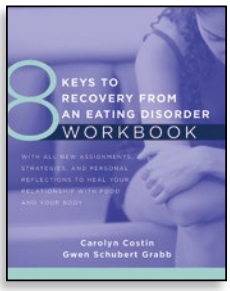
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Interweaving personal narrative with the perspective of their own therapist-client relationship, the authors bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue.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

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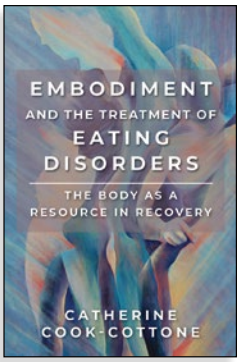
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The Body as a Resource in Recovery

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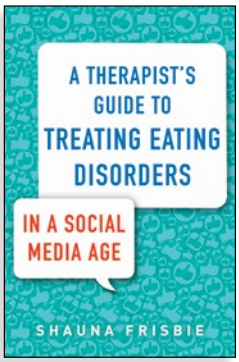


Cook-Cottone, a licensed psychologist and registered yoga teacher, explores embodiment and its crucial role in treating eating disorders. Embodiment involves being with and working with all of the sensations, emotions, and experiences life offers. Disordered eating is disordered embodiment, but, with the positive embodiment practices explained and demonstrated in this book, the body can become a resource for recovery.

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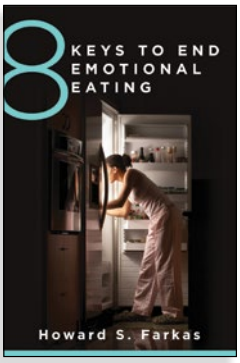


For those with body dissatisfaction and/or eating disorders, living in today's world can be especially challenging, and viewing images on social media and other online formats can be devastating. Shauna Frisbee, a certified eating disorders specialist, integrates concepts of healing narratives, neuroscience, and phototherapy to help therapists promote self-compassion, self-reflection, and healing in their clients.

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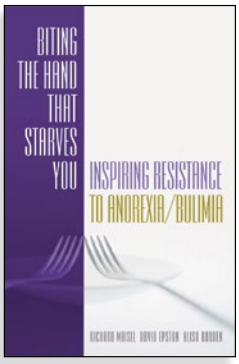
Emotional eaters—those who eat in response to feelings rather than hunger—may take charge of every other aspect of their life, but still feel helpless against the emotional barriers keeping them from healthy eating. This book provides a detailed plan for overcoming these barriers. By exploring the causes that drive the desire to overeat, Howard Farkas, who has more than two decades of professional and teaching experience in clinical psychology, develops practical skills to manage this desire on a daily basis.

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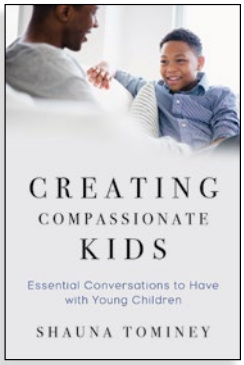
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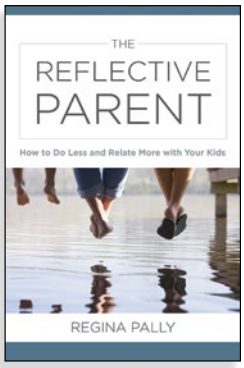
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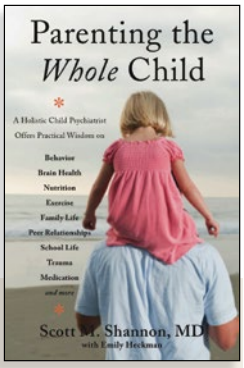
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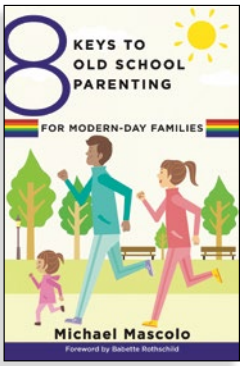
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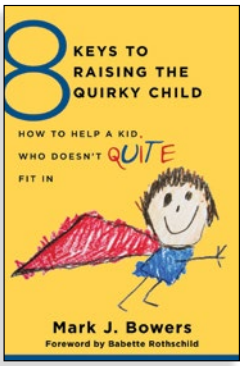
MICHAEL MASCOLO, Foreword by BABETTE ROTHSCHILD

"As an academic psychologist, a parent, and a consumer of trade press books on parenting, I found Mascolo's text timely and insightful, and I am happy to have it on my shelf. . . . **[T]he author has distilled highly regarded contemporary parenting theory and research and tied them to clear examples that most any reader could follow."** —*PsycCRITIQUES*

The 8 keys presented in this book will help parents raise self-directed children who are active learners, feel good about themselves, take initiative, and have a strong moral compass.

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

8 KEYS TO RAISING THE QUIRKY CHILD



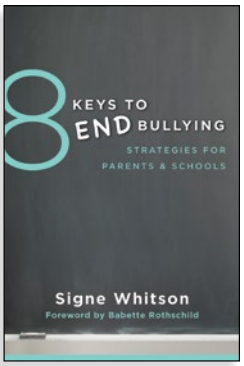
How to Help a Kid Who Doesn't (Quite) Fit In

MARK BOWERS, Foreword by BABETTE ROTHSCHILD

"[D]eeply insightful and refreshingly practical. . . . Frustrated parents who believe their child is well-described by the 'quirky' profile will find Bowers' attitude supportive, his psychological explanations of their child's motivations satisfying, and his specific strategies for helping these kids accept breadth of experience and build social competency usable and encouraging." —*Publishers Weekly*

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

8 KEYS TO END BULLYING



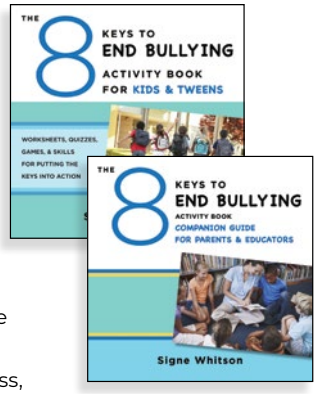
Strategies for Parents & Schools

SIGNE WHITSON, Foreword by BABETTE ROTHSCHILD

Signe Whitson equips readers with practical strategies to tackle bullying head-on. Readers can learn and implement all sorts of quick and easy techniques that can make a huge difference in the lives of kids—from establishing meaningful connections with kids, to creating a positive school climate, addressing cyberbullying, building social emotional competence, reaching out to bullies, empowering bystanders, and so much more.

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

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



Putting the Keys Into Action at Home & School

SIGNE WHITSON

Available individually or as a set.

This resource offers dozens of simple worksheets, games, and targeted resources to cultivate (1) assertiveness, emotion management, and friendship skills in kids vulnerable to bullying, (2) problem-solving skills for kids who witness bullying, and (3) empathy and kindness skills in kids who are likely to bully their peers.

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

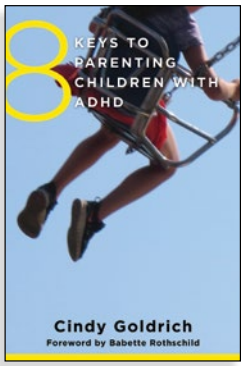
COMPANION GUIDE FOR PARENTS & EDUCATORS

This "leader's manual" for the Activity Book, provides helpful guidelines and vital background information for leading kids through each lesson.

ISBN: 978-0-393-71182-0 • 2016 • 304 pgs • PB • $19.95 **/ $14.96**

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ISBN: 978-0-393-71212-4 • Paperback • $36.00 **/ $27.00**

8 KEYS TO PARENTING CHILDREN WITH ADHD



CINDY GOLDRICH, Foreword by BABETTE ROTHSCHILD

Children with ADHD can learn practice, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the 8 keys here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy.

Contents: Key 1. Get Educated: How ADHD Impacts Behavior, Academics, and Social Skills · Key 2. Create Calm: It Really Matters! · Key 3. Strengthen Connection: It's Their Survival Rope · Key 4. Cultivate Good Communication: The Road to Cooperation, Compliance, and Positive Action · Key 5. Teach Collaboration: The Power of Shared Power · Key 6. Be Clear and Consistent: Predictability Really Helps · Key 7. Establish Meaningful Consequences: Create Value and Impact · Key 8. Choices: Yours and Theirs

ISBN: 978-0-393-71067-0 • 2015 • 240 pgs • PB • $19.95 **/ $14.96**

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THE 8 KEYS TO MENTAL HEALTH SERIES, edited by Babette Rothschild, provides readers with brief, high-quality, strategy-filled self-help books on a variety of topics in mental health. Filled with exercises and practical strategies, these books empower readers to help themselves. See page 33 for more books by Rothschild, and page 4 for the new companion workbook to the best-selling *8 Keys to Safe Trauma Recovery*.

8 KEYS TO MENTAL HEALTH THROUGH EXERCISE

CHRISTINA HIBBERT, Foreword by BABETTE ROTHSCHILD

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

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



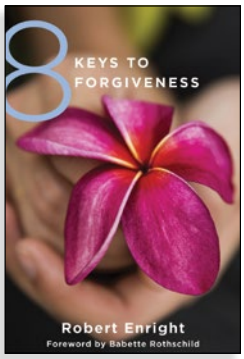
8 KEYS TO FORGIVENESS

ROBERT ENRIGHT, Foreword by BABETTE ROTHSCHILD

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

How can we identify the source of our pain and inner turmoil? How can we find meaning in what we have suffered, or learn to forgive ourselves? What can we do when forgiveness feels like a particularly tall order? All these questions and more are answered in this practical book, leading us to become more tolerant, compassionate, and hopeful human beings. Author Robert Enright, PhD, was awarded the 2022 Gold Medal for Impact in Psychology from the American Psychological Foundation (APF).

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



8 KEYS TO ELIMINATING PASSIVE-AGGRESSIVENESS

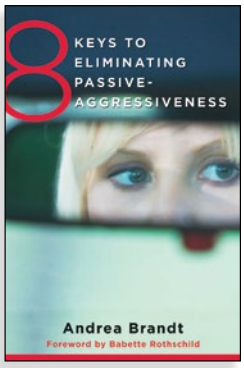
ANDREA BRANDT, Foreword by BABETTE ROTHSCHILD

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

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

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

See page 68 for Andrea Brandt's *Mindful Anger*.



8 KEYS TO PRACTICING MINDFULNESS

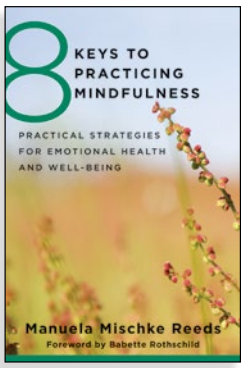
Practical Strategies for Emotional Health and Well-Being

MANUELA MISCHKE REEDS, Foreword by BABETTE ROTHSCHILD

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

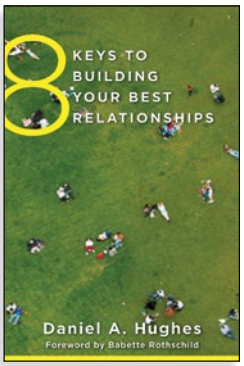
The 8 keys include: Meet the Present Moment; Start Where You Are; Slow Down; Befriend Your Body; Trust Your Sensations, Trust Your Emotions; Ride Through Tough Times; Cultivate Inner Calm; and Choose Abundance.

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



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8 KEYS TO BUILDING YOUR BEST RELATIONSHIPS



DANIEL A. HUGHES, Foreword by BABETTE ROTHSCHILD

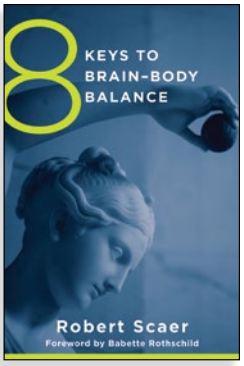
"[A] self-help book useful not just for those who are having problems in their primary relationships but who would like a better understanding of themselves or an up-to-date account of the usefulness of attachment theory written in a clear and authoritative manner." —*Psychologist (UK)*

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

ISBN: 978-0-393-70820-2 • 2013 • 224 pgs • PB • $19.95 **/ $14.96**

See pages 21, 29, 35, 76, and 86 for more books by Daniel Hughes.

8 KEYS TO BRAIN-BODY BALANCE



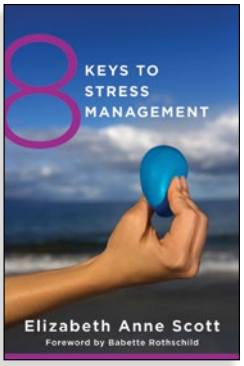
ROBERT SCAER, Foreword by BABETTE ROTHSCHILD

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

ISBN: 978-0-393-70747-2 • 2012 • 176 pgs • PB • $21.95 **/ $16.46**

See page 37 for Robert Scaer's *The Trauma Spectrum*.

8 KEYS TO STRESS MANAGEMENT



ELIZABETH ANNE SCOTT, Foreword by BABETTE ROTHSCHILD

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

ISBN: 978-0-393-70809-7 • 2013 • 192 pgs • PB • $19.95 **/ $14.96**

8 KEYS TO END EMOTIONAL EATING

HOWARD S. FARKAS, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-71232-2 • 2019 • 256 pgs • PB • $19.95 **/ $14.96**

See page 60 for the full description.

8 KEYS TO RECOVERY FROM AN EATING DISORDER

Effective Strategies from Therapeutic Practice and Personal Experience

CAROLYN COSTIN and GWEN SCHUBERT GRABB, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-70695-6 • 2011 • 294 pgs • PB • $24.95 **/ $18.71**

8 KEYS TO RECOVERY FROM AN EATING DISORDER WORKBOOK

CAROLYN COSTIN and GWEN SCHUBERT GRABB

ISBN: 978-0-393-71128-8 • 2017 • 288 pgs • PB • $26.95 **/ $20.21**

See page 59 for full Costin descriptions.

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CINDY GOLDRICH, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-71067-0 • 2015 • 240 pgs • PB • $19.95 **/ $14.96**

8 KEYS TO RAISING THE QUIRKY CHILD

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

MARK BOWERS, Foreword by BABETTE ROTHSCHILD

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8 KEYS TO END BULLYING

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

Putting the Keys Into Action at Home & School

SIGNE WHITSON

Available individually or as a set.

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

ISBN: 978-0-393-71180-6 • 2016 • 272 pgs • PB • $19.95 **/ $14.96**

Companion Guide for Parents & Educators

ISBN: 978-0-393-71182-0 • 2016 • 304 pgs • PB • $19.95 **/ $14.96**

See page 62 for full descriptions.

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SARAH PEYTON is a neuroscience educator, Certified Trainer of Nonviolent Communication, and constellation facilitator. She lives with two cats and a dog in a multigenerational family household in Vancouver, Washington. Visit her website at **sarahpeyton.com**.

AFFIRMATIONS FOR TURBULENT TIMES

Resonant Words to Soothe Body and Mind

SARAH PEYTON



More than 100 themes of affirmations grounded in neuroscience.

Rooted in the neuroscience of affirmations, and covering more than 100 themes (including health, self-care, and connection with loved ones and the planet), this book is a companion for daily life. With the help of questions about what may be important for readers, the book gently encourages acceptance of what is. The affirmation for each theme reminds readers of their own strengths and reservoirs of calm, and helps them to reclaim their innate gifts and resources.

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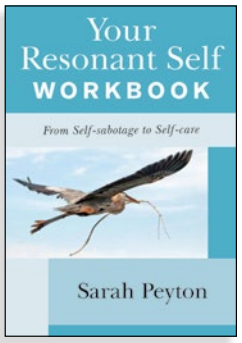
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BESTSELLER

From Self-sabotage to Self-care

SARAH PEYTON



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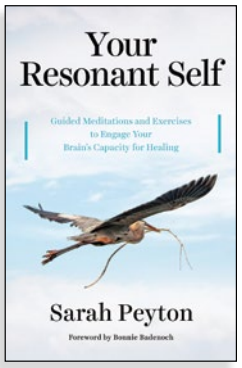
ISBN: 978-0-393-71464-7• 2021 • 336 pages • Paperback • $19.95 **/ $14.96**

YOUR RESONANT SELF

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

SARAH PEYTON, Foreword by BONNIE BADENOCH



"Peyton bridges the gap between neuroscience and daily practice, offering meditations that change the way our brains function, help us integrate past painful experiences, and see ourselves with a newfound tenderness and compassion. **I would recommend this book to anyone seeking to heal pain and find a more enriching life."** *—Psych Central*

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

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

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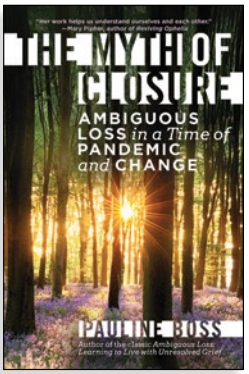
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THE MYTH OF CLOSURE

Ambiguous Loss in a Time of Pandemic and Change

PAULINE BOSS

BESTSELLER



"[Boss] writes beautifully and with great emotion as she tackles one of our most difficult challenges—how to grow through pain and suffering. Boss is a cultural therapist whose work helps us understand ourselves and each other." —**Mary Pipher**, psychologist and author of *Women Rowing North* and *Reviving Ophelia*

"This book is packed with observation and stories, and imbued with understanding, compassion, wisdom and permission to be human. **I unreservedly recommend it to anyone who is not quite knowing where they find themselves after the events of the past two years."** —*Therapy Today*

"[A]n inspired and much-needed framework for living through the pandemic. . . . **[A] beautiful melding of Boss' 80+ years of personal experience with life and loss with her 40+ years of professional work as a family therapist, professor, clinician, and grief expert."** —*Coalition News*, a publication of the Minnesota Coalition for Death Education and Support

The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. Pioneering therapist Pauline Boss identifies these vague feelings of distress as ambiguous loss—what we experience when a loss remains unclear and undefined, and thus lingers indefinitely. In this book, you will find you will find guidance for coping with this lingering distress, and learn how the pandemic has taught us to tolerate ambiguity, build resilience, and emerge from crises stronger than we were before.

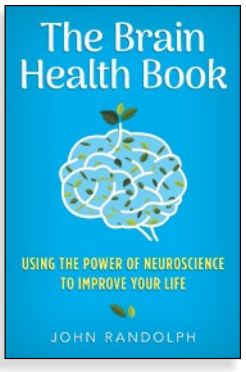
PAULINE BOSS, PhD, is emeritus professor at University of Minnesota. She is known worldwide for developing the theory of ambiguous loss and as a pioneer in the interdisciplinary study of family stress. Pauline is also the author of *Loss, Trauma, and Resilience* (page 36).

ISBN: 978-1-324-01681-6 • 2021 • 192 pages • Hardcover • $21.95 **/ $16.46**

THE BRAIN HEALTH BOOK

Using the Power of Neuroscience to Improve Your Life

JOHN RANDOLPH



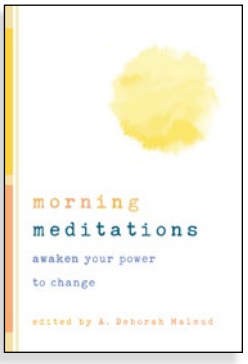
Scientific research has clarified a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. This book translates this science in an engaging and accessible way, including the brain-boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology, social and clinical psychology, and habit formation research are powerful self-coaching exercises designed to help the reader incorporate new lifestyle changes that promote brain health.

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MORNING MEDITATIONS

Awaken Your Power to Change

Edited by A. DEBORAH MALMUD



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Morning Meditations is filled with more than 150 bite-sized entries about some of life's most important questions about the nature of change, stress, mindfulness, gratitude, relationships, self-esteem, and health. Carefully curated from the writings of some of the world's leading mental health practitioners, the passages offer insight and comfort, as well as prompts for further thought. Whether you read one entry each morning, or pick it up as needed, *Morning Meditations* offers expert life advice—all in the convenience of a pocket-sized book.

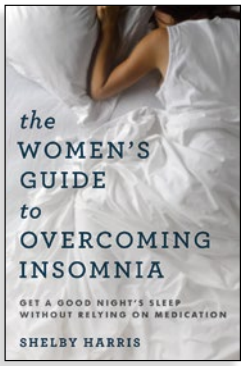
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THE WOMEN'S GUIDE TO OVERCOMING INSOMNIA

Get a Good Night's Sleep Without Relying on Medication

SHELBY HARRIS



"Easy to read, comprehensive, and full of useful information, this book gives helpful advice on practical lifestyle changes and sleep-specific techniques. Often used by sleep specialists, techniques such as sleep restriction therapy, stimulus control, cognitive therapy, and mindfulness can easily be performed by the patient. **This is a book that every woman should read to understand good sleep practices, not only those with sleep difficulties."** —Michael Thorpy, MD, Director, Sleep-Wake Disorders Center, Montefiore Medical Center

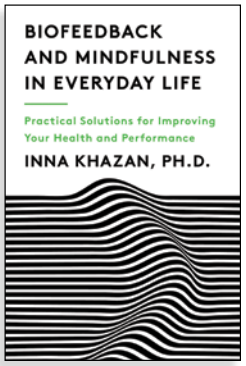
More than 60 percent of American women have trouble sleeping. But addressing this issue is more nuanced for women than for men; pregnancy and menopause are just two factors that add complexity to an already difficult problem. At the risk of jeopardizing work, parenting, relationships, or overall health,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

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BIOFEEDBACK AND MINDFULNESS IN EVERYDAY LIFE

Practical Solutions for Improving Your Health and Performance

INNA KHAZAN



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

"This book is simply brilliant! Inna Khazan is the world's leading expert on mindfulness and biofeedback. She combines these fields in a remarkably clear and insightful manner, grounding all she writes in solid science and clinical wisdom. . . . Highly recommended!" —Christopher Germer, PhD, Lecturer on Psychiatry, Harvard Medical School

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

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

WORRIED?

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

LISE JOHNSON and ERIC CHUDLER



"[A] cleverly conceived and well-executed examination of a host of common sources of worry. . . . [T]he open-minded will find a resource that is both useful and enjoyable." —***Publishers Weekly***

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

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

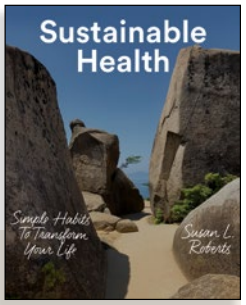
ISBN: 978-0-393-71289-6 • 2019 • 312 pages • Hardcover • $25.95 **/ $19.46**

See page 30 for *Brain Bytes* by Chudler and Johnson.

SUSTAINABLE HEALTH

Simple Habits to Transform Your Life

SUSAN L. ROBERTS



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

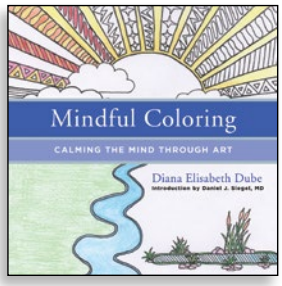
Contents: 1. Introduction to Sustainable Health: Using a Healing Compass 2. Wood Energies: Have Fun and Play 3. Water Energies: Imagine! The Healing Power of Sleep and Dreams 4. Earth Energies: Eat What You Love! Don't Worry. Feel Better 5. Metal Energies: Learn! Find Inspiration in Work 6. Fire Energies: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

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

MINDFUL COLORING

Calming the Mind Through Art

DIANA ELISABETH DUBE, Introduction by DANIEL J. SIEGEL



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

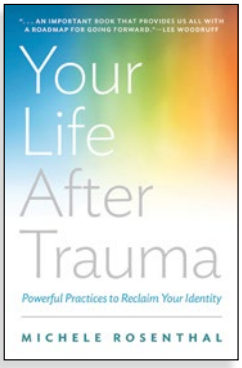
Coloring is not only calming and rejuvenating but also therapeutic. An introduction by *New York Times* best-selling author Daniel J. Siegel, clinical professor of psychiatry at the UCLA School of Medicine, sets the stage for understanding the mental and emotional benefits of coloring.

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

YOUR LIFE AFTER TRAUMA

Powerful Practices to Reclaim Your Identity

MICHELE ROSENTHAL



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

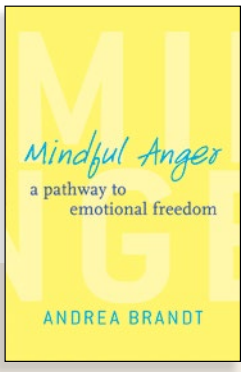
Michele Rosenthal applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular, the loss of sense of self that often accompanies it. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful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

ISBN: 978-0-393-70900-1 • 2015 • 272 pgs • HC • $24.95 **/ $18.71**

MINDFUL ANGER

A Pathway to Emotional Freedom

ANDREA BRANDT



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

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

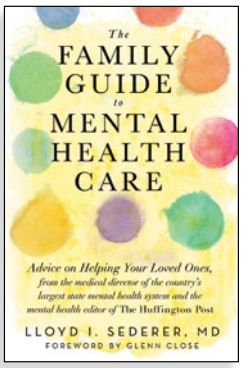
ISBN: 978-0-393-70894-3 • 2014 • 224 pages • Hardcover • $22.95 **/ $17.21**

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THE FAMILY GUIDE TO MENTAL HEALTH CARE

Advice on Helping Your Loved Ones

LLOYD I. SEDERER, MD, Foreword by GLENN CLOSE



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

Filled with real-life scenarios and helpful checklists to bring to a doctor's appointment, this comprehensive print resource offers hope and a path forward to families struggling with mental illness. As one of the nation's leading voices on quality care in mental health, Dr. Lloyd Sederer has played a singular role in advancing services for those with mental illness. Now, the wealth of his expertise and clear guidance is at your disposal.

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

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

ANGER ANTIDOTES

How Not to Lose Your S#&!

IAN BRENNAN

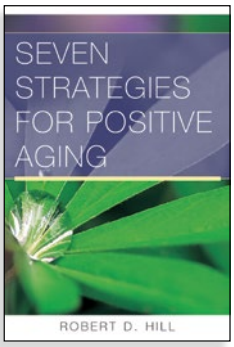


Topics covered include emotional immaturity, the absence of thought, extremes, inertia, reactor bait, and argument traps.

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SEVEN STRATEGIES FOR POSITIVE AGING

ROBERT D. HILL



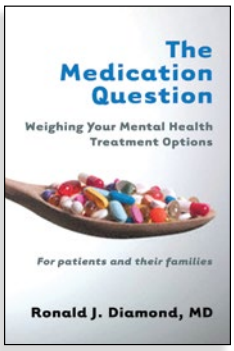
Practical and effective strategies are organized into seven distinct chapters: Learning, Meaning, Wisdom, Belonging, Helping, Gratitude, and Forgiveness.

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THE MEDICATION QUESTION

Weighing Your Mental Health Treatment Options

RONALD J. DIAMOND



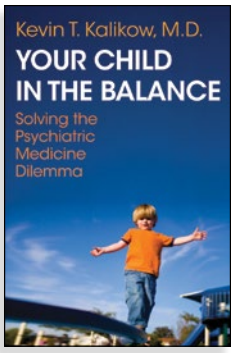
Learn about various medications and interventions, and how to foster a strong alliance between family, patient, and clinician.

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YOUR CHILD IN THE BALANCE

Solving the Psychiatric Medicine Dilemma

KEVIN T. KALIKOW



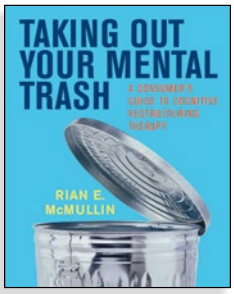
"This book is an excellent tool for parents to consult when they are faced with the decision of medicating their child. . . . The advice given in the book and guidelines for weighing risks and benefits are priceless for parents needing a practical way to make a decision."
—Journal of Child and Family Studies

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

TAKING OUT YOUR MENTAL TRASH

A Consumer's Guide to Cognitive Restructuring Therapy

RIAN E. MCMULLIN



Packed with problem-tackling strategies on how to use McMullin's own Cognitive Restructuring Therapy to overcome phobias, social anxiety, stress, relationship difficulties, and more, this invaluable workbook helps you adopt fresh beliefs and, in doing so, reclaim meaning and control over your life.

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

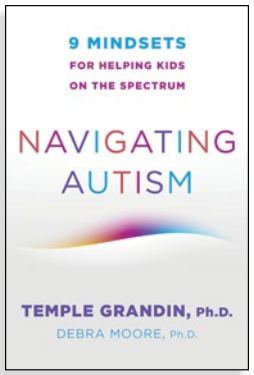
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NAVIGATING AUTISM

BESTSELLER

9 Mindsets for Helping Kids on the Spectrum

TEMPLE GRANDIN and DEBRA MOORE



"From assessment that considers social-emotional, sensory, motor, medical conditions, and psychiatric co-morbidities, to intervention that draws on a strength-based approach, **this is an invaluable book for optimizing interventions to help clients feel and function at their best."** —Lindsey Biel, Occupational Therapist and Author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens*

International best-selling writer and autist Temple Grandin joins psychologist Debra Moore in presenting nine strengths-based mindsets necessary to successfully work with young people on the autism spectrum. Examples and stories bring the approaches to life, and detailed suggestions and checklists help readers put them to practical use. Grandin shares her own personal experiences and anecdotes from parents and professionals who have sought her advice, while Debra Moore draws on more than three decades of work as a psychologist with kids on the spectrum and their families.





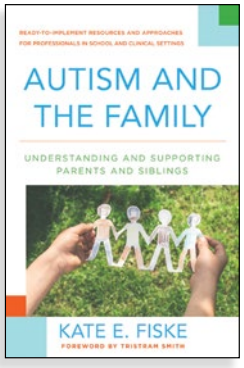
TEMPLE GRANDIN, PhD, is a professor of animal science at Colorado State University. She has autism and is author of the best-selling *Thinking in Pictures*. **DEBRA MOORE, PhD**, is a psychologist and the coauthor of *The Loving Push*. She was the Founder and Director of Fall Creek Counseling Associates, a practice that served the greater Sacramento area and was an approved teaching site for psychologists in training.

ISBN: 978-0-393-71484-5 • 2021 • 384 pages • Paperback • $16.95 **/ $12.71**

AUTISM AND THE FAMILY

Understanding and Supporting Parents and Siblings

KATE E. FISKE, Foreword by TRISTRAM SMITH



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

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

BEHAVIORAL CHALLENGES IN CHILDREN WITH AUTISM AND OTHER SPECIAL NEEDS

The Developmental Approach

DIANE CULLINANE

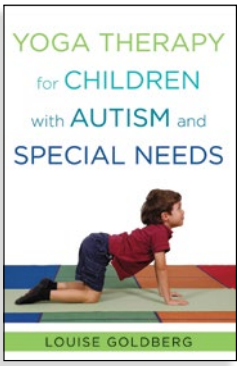


"**This book is valuable, compelling, and easy to read. It provides the in-depth answers parents and therapists have been looking for."** —Dr. Serena Wieder, Profectum Foundation, Co-Developer of the DIR Model

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

YOGA THERAPY FOR CHILDREN WITH AUTISM AND SPECIAL NEEDS

LOUISE GOLDBERG



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

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

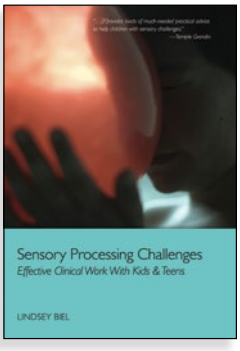
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SENSORY PROCESSING CHALLENGES

Effective Clinical Work with Kids & Teens

LINDSEY BIEL



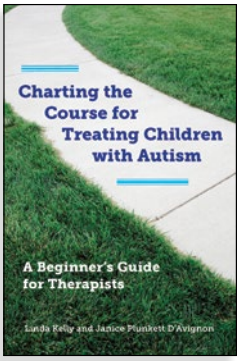
"*Sensory Processing Challenges* clearly explains the often unrecognized connection between many behavior problems and sensitivity to sensory stimuli that the child simply cannot tolerate. When I was a child, some fabrics felt like sandpaper scraping against my skin and sudden loud noises hurt so much they made me scream. I know firsthand how distracting, disruptive, and painful sensory issues can be. Lindsey Biel provides loads of much-needed practical advice to help children with sensory challenges."
—**Temple Grandin**, co-author of *Navigating Autism* (see previous page)

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CHARTING THE COURSE FOR TREATING CHILDREN WITH AUTISM

A Beginner's Guide for Therapists

LINDA KELLY and JANICE PLUNKETT D'AVIGNON



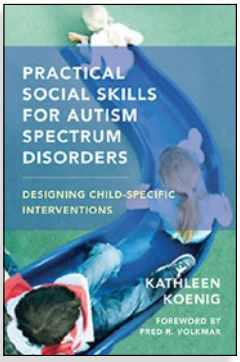
"If you are a therapist who needs help with interviewing the family, conducting a sound assessment, developing a treatment plan, interviewing the child, and setting boundaries, objectives, and future goals, this book is for you. Working with children on the spectrum takes a lot of patience and experience, and Kelly and Plunkett D'Avignon can help you prepare." —*Psych Central*

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PRACTICAL SOCIAL SKILLS FOR AUTISM SPECTRUM DISORDERS

Designing Child-Specific Interventions

KATHLEEN KOENIG, Foreword by FRED R. VOLKMAR

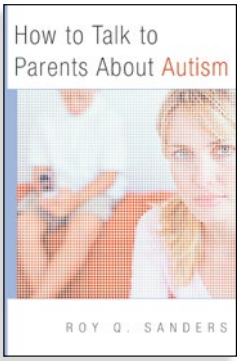


"This book is a must-read for anyone engaged in clinical interventions for social skills in autism and related neurodevelopmental disorders. Koenig provides beautiful case descriptions and thorough, insightful analyses of how and when social skill interventions work. Her approach is developmentally grounded, a must for any comprehensive understanding of these disorders." —Robert Schultz, PhD, Director, Center for Autism Research, Children's Hospital of Philadelphia, and Professor, University of Pennslyvania

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HOW TO TALK TO PARENTS ABOUT AUTISM

ROY Q. SANDERS



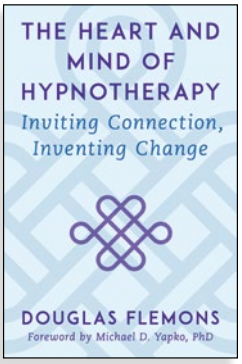
"[D]elightful book. . . . Although the book is written for therapists, parents of children with autism spectrum disorders might want to read this book themselves. . . . It provides therapists with guidelines of what they should be discussing with parents, and when." —***Bulletin of the Menninger Clinic***

"[A] most unique and valuable book. . . . While books about the subject matter of autism are common, practical advice on the role of the professional as advisor, with its demands, is much harder to find. . . . Professionals and parents will benefit from [Sanders'] expertise." —***Journal of Canadian Academy of Child and Adolescent Psychiatry***

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THE HEART AND MIND OF HYPNOTHERAPY



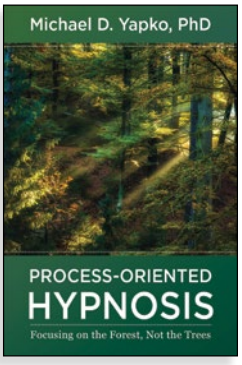
Inviting Connection, Inventing Change

DOUGLAS FLEMONS, Foreword by MICHAEL D. YAPKO

In his characteristically casual and concise way, Flemons explains and illustrates how hypnosis, like meditation, is invited, not induced. The therapist gets in sync with clients so they can, together, extemporaneously facilitate changes to undesired thoughts, urges, emotions, sensations, or behaviors. This book takes you to the heart of hypnotherapy, to the respectful, playful practice of utilizing clients' flow experience to collaboratively discover and create opportunities for embodied learning and therapeutic change.

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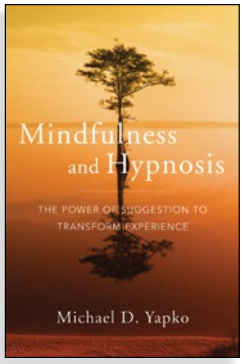
MICHAEL D. YAPKO, Foreword by JEFFREY K. ZEIG

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

Internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers highly practical information and specific examples for integrating this innovative perspective into clinical work, along with ten richly structured hypnosis session transcripts for clinicians to insightfully adapt to their clients' needs.

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MINDFULNESS AND HYPNOSIS



The Power of Suggestion to Transform Experience

MICHAEL D. YAPKO

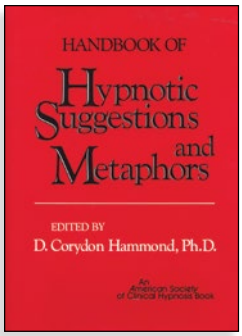
Winner of the Society for Clinical and Experimental Hypnosis (SCEH) Arthur Shapiro Award for Best Book on Hypnosis

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

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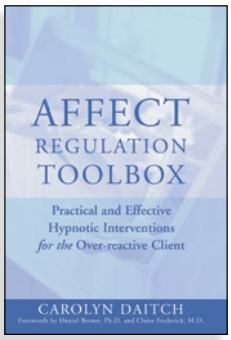


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Reparenting Adult Children of Dysfunctional Families Using Hypnotic Stories in Psychotherapy

LEE WALLAS

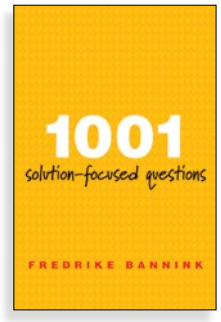
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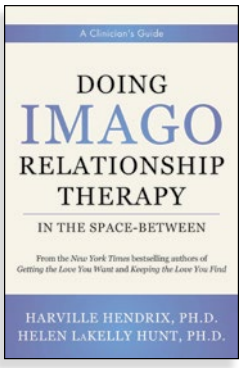
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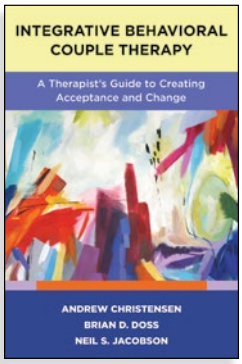
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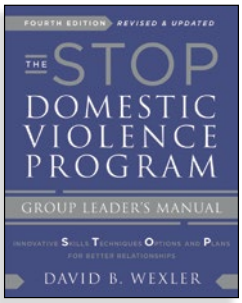
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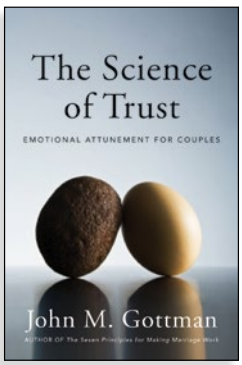
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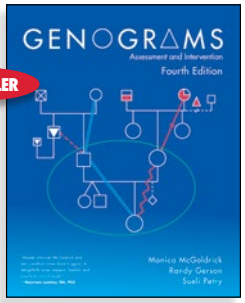


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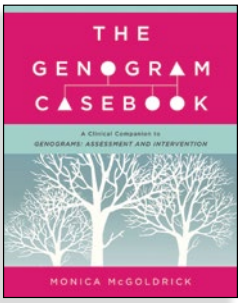
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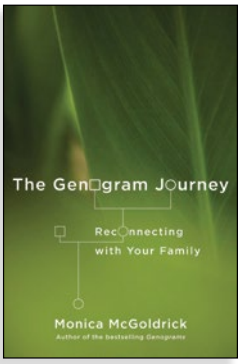
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THE GENOGRAM JOURNEY



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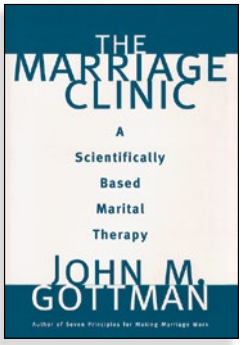
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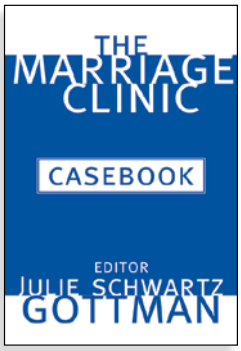
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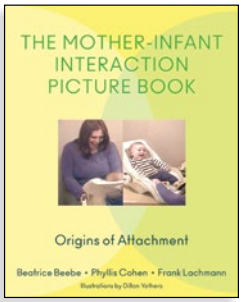
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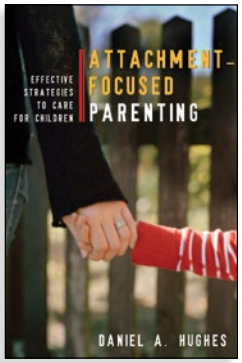
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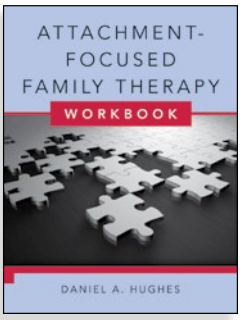


This book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable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

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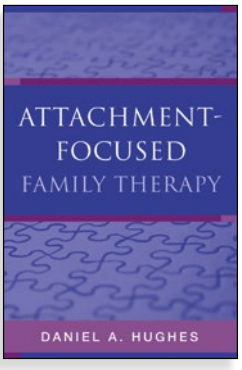
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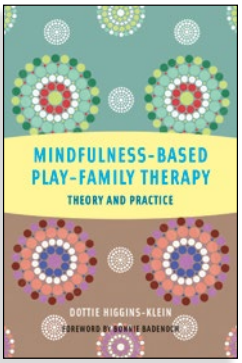
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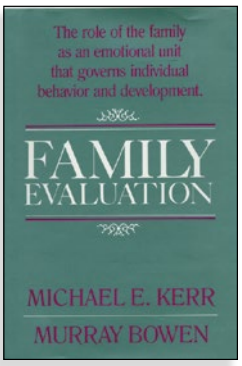
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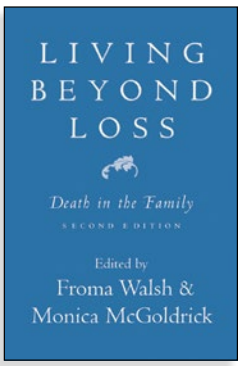
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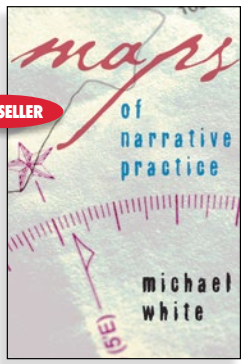
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MICHAEL WHITE

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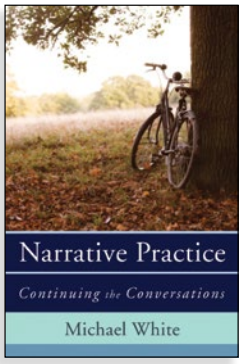
Provides practical and accessible accounts of the major areas of narrative practice that White developed and taught over the years. The book covers each of the five main areas of narrative practice-reauthoring conversations, remembering conversations, scaffolding conversations, definitional ceremony, externalizing conversations, and rite of passage maps-to provide readers with an explanation of the practical implications of these conversations for therapeutic growth. The book is filled with transcripts and commentary, skills training exercises for the reader, and charts that outline the conversations in diagrammatic form.

ISBN: 978-0-393-70516-4 • 2007 • 304 pages • Hardcover • $39.95 **/ $29.96**

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MICHAEL WHITE and DAVID EPSTON



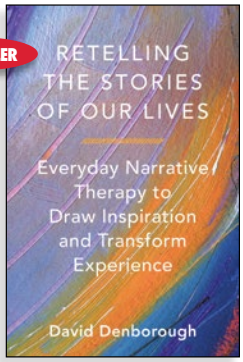
"The best workshops are those where clinicians can show you new and creative ways of working with clients and also tell you how they have come up with those ideas. . . . Reading this book is like having such a workshop in your living room." —*Journal of Marital and Family Therapy*

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RETELLING THE STORIES OF OUR LIVES

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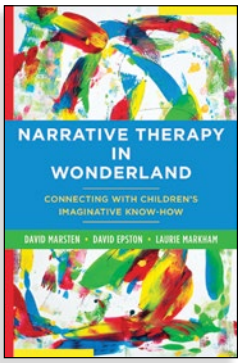
Written in collaboration with the Dulwich Centre, the birthplace of narrative therapy, this book gives therapy clients and self-help readers the means to transform their lives through storytelling and writing. Part 1 introduces the key ideas of narrative practice like the Charter of Storytelling Rights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

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Connecting with Children's Imaginative Know-How

DAVID MARSTEN, DAVID EPSTON, and LAURIE MARKHAM



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

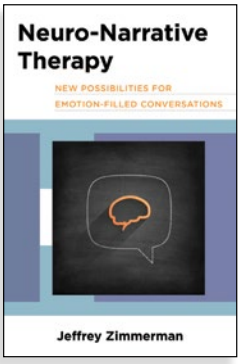
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JEFFREY ZIMMERMAN



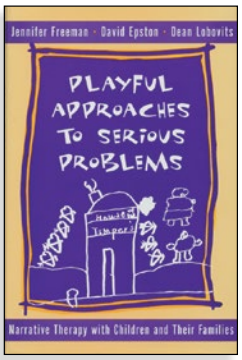
This book brings ideas from Interpersonal Neurobiology into Narrative Therapy, showing how brain science contributes to understanding emotion. This journey in deconstructing and reimagining Narrative Therapy accounts for the needs of clients in today's world, and in an effort to contribute to Narrative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

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Narrative Therapy with Children and Their Families

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JIM DUVALL and LAURA BÉRES

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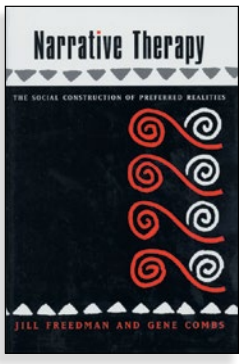
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NARRATIVE THERAPY

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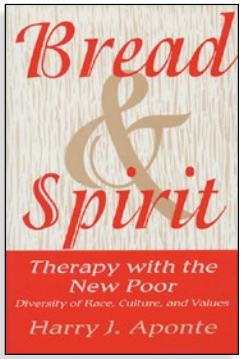
"Freedman and Combs have incorporated the feedback of the people they worked with into their practice and theory. This is not only a theory-informing practice but more critically also a practice-informing-theory book. . . . Overall, the text is **stimulating, thought-provoking, and a joy to read."** —*Journal of Marital and Family Therapy*

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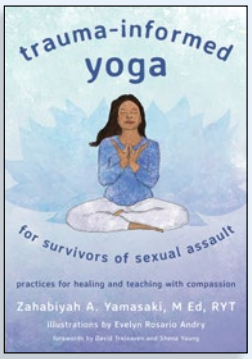
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Practices for Healing and Teaching with Compassion

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This book provides a comprehensive overview of how to offer yoga to survivors of sexual assault in a safe, effective, evidence-based, and healing way. Zahabiyah A. Yamasaki, program director of Trauma Informed Programs at UCLA and founder of Transcending Sexual Trauma through Yoga, draws on the framework of trauma-informed care and trauma-informed yoga program development and curriculum, while also weaving in personal narrative and inspiring survivor stories.

About *the* Author

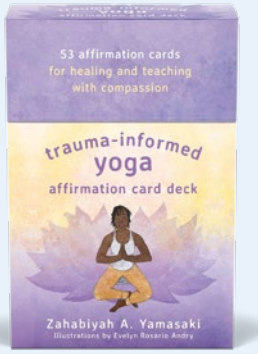
ZAHABIYAH A. YAMASAKI, MEd, RYT, is the founder of Transcending Sexual Trauma through Yoga. Her trauma-informed yoga curriculum is implemented widely across the country. Visit her website at **zabieyamasaki.com**.



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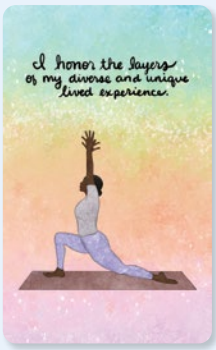
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Supportive and compassionate guidance for survivors of sexual assault can be found in this beautiful deck of affirmation cards that acts as a companion to Zahabiyah A. Yamasaki's *Trauma-Informed Yoga for Survivors of Sexual Assault*. Trauma-informed yoga practices are coupled with each affirmation to foster a holistic healing process for survivors. This is a powerful resource for yoga instructors, educators, and mental health and healing professionals to share with survivors in classes, workshops, and clinical practice.

About *the* Illustrator

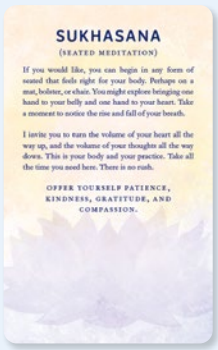
EVELYN ROSARIO ANDRY is an artist who has passionately shared her gifts of therapeutic art facilitation for eight years.

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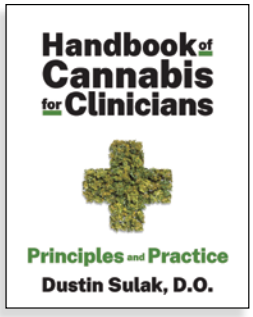


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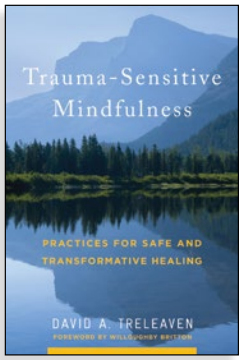
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TRAUMA-SENSITIVE MINDFULNESS

Practices for Safe and Transformative Healing

DAVID A. TRELEAVEN, Foreword by WILLOUGHY BRITTON

BESTSELLER



"Treleaven has carried out both academic research and clinical investigations over decades into how to make mindfulness safe for trauma survivors, and this is the fruit of his work...This as an informative and readable book, which is evidence based, full of scholarly research as well as lively illustrative case stories and important, practical therapeutic wisdom." —*Human Givens Journal*

"**As soon as I finished reading this book, I began suggesting it to friends who are counselors as well as yoga teachers. . . . This book is an exceptional resource for therapists that includes case examples which offer an excellent overview of trauma and its effects**. . . . I am grateful for the work that Treleaven is doing and that he has shared this insightful, caring, and valuable book." —*Psych Central*

While mindfulness and meditation can be very effective tools for healing, these tools can also provide situations that unwittingly encourage trauma sufferers to dissociate and retraumatize themselves. This book provides a review of the reasons why meditative practice can be harmful and offers solutions to this conundrum.

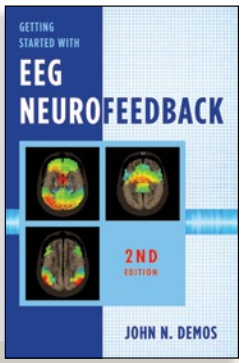
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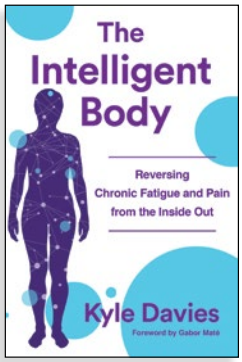
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KYLE DAVIES



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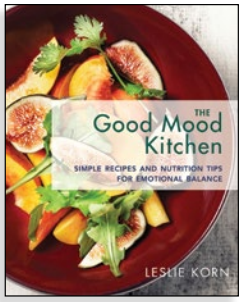
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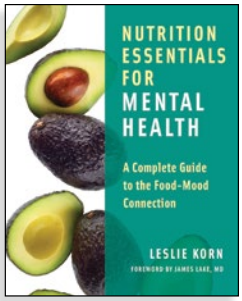
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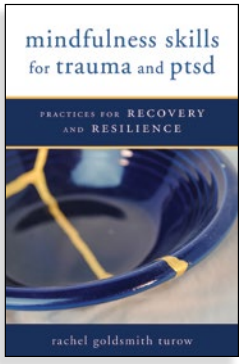
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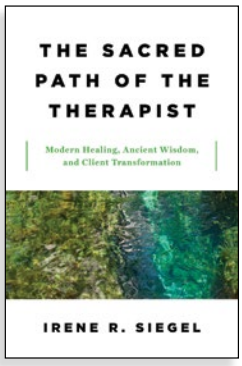
This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking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

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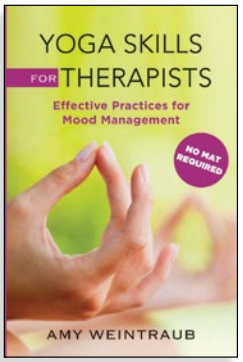
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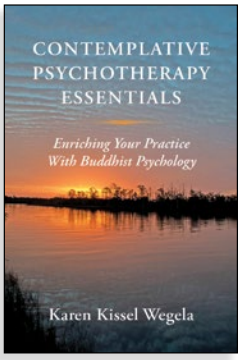
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Enriching Your Practice with Buddhist Psychology

KAREN KISSEL WEGELA



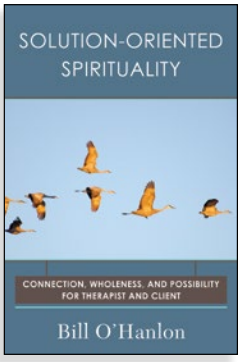
This book makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for the average clinician. Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, this book explores the nuances of contemplative therapy practice, beginning with creating genuine therapeutic relationships and learning how to recognize "brilliant sanity"—not only psychopathology—in our clients, and goes on to consider sowing the seeds of mindfulness, making skillful use of mindlessness practices, investigating emotions, cultivating compassion, and working with anger.

ISBN: 978-0-393-70867-7 • 2014 • 302 pages • Hardcover • $32.95 **/ $24.71**

SOLUTION-ORIENTED SPIRITUALITY

Connection, Wholeness, and Possibility for Therapist and Client

BILL O'HANLON



"[E]specially useful for clinicians who want to address spirituality but are afraid to offend, or who have a spiritual or religious client but are unsure how to integrate their faith into the work." *—Psych Central*

Best-selling author Bill O'Hanlon offers a pioneering foray into the uses and pitfalls of spiritualities—both secular and religious—in a therapeutic setting. Spirituality is defined by its three integral components: a feeling of *connection* to something beyond oneself, a capacity for *compassion* or "feeling with," and a sense of responsibility to make a *contribution* to others and to the world.

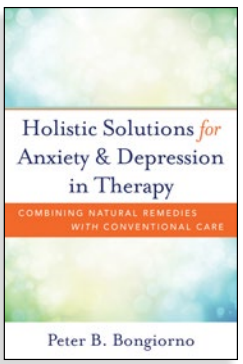
ISBN: 978-0-393-71062-5 • 2015 • 160 pages • Paperback • $17.95 **/ $13.46**

Previous edition published in hardcover as *Pathways to Spirituality*.

HOLISTIC SOLUTIONS FOR ANXIETY & DEPRESSION IN THERAPY

Combining Natural Remedies with Conventional Care

PETER B. BONGIORNO



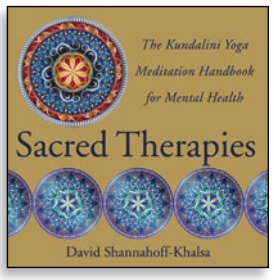
Bongiorno lays out the basic principles of holistic care, the most salient CAM research to date as well as its safety concerns, and steps to take to determine if it's appropriate to introduce a CAM modality to your client's treatment. Readers are taught how to assess lifestyle and physiological factors that can contribute to a client's anxiety and depression, such as sleep, diet, caffeine intake, and exercise, as well as the most effective vitamins, minerals, botanicals, and mind-body therapies for anxiety and depression-from amino acids to zinc, acupuncture to Qi gong, and everything in between.

ISBN: 978-0-393-70934-6 • 2015 • 256 pages • Hardcover • $37.50 **/ $28.13**

SACRED THERAPIES

The Kundalini Yoga Meditation Handbook for Mental Health

DAVID SHANNAHOFF-KHALSA



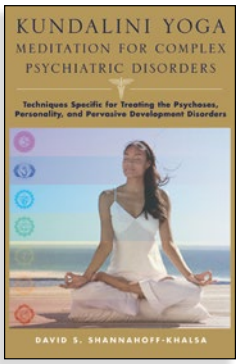
This handbook presents Kundalini yoga protocols that cover all of the major and common psychiatric disorders. In addition, critical definitions, diagnostic criteria, diagnostic features, and associated features and disorders are included to give a clearer and more in-depth perspective on each disorder.

ISBN: 978-0-393-70702-1 • 2012 • 354 pages • Paperback • $37.50 **/ $28.13**

KUNDALINI YOGA MEDITATION FOR COMPLEX PSYCHIATRIC DISORDERS

Techniques Specific for Treating the Psychoses, Personality, and Pervasive Development Disorders

DAVID S. SHANNAHOFF-KHALSA



This comprehensive resource explains the yogic approach to treating psychiatric disorders that are not covered in Shannahoff-Khalsa's first book, *Kundalini Yoga Meditation* below.

ISBN: 978-0-393-70568-3 • 2010 • 416 pages • Hardcover • $44.95 **/ $33.71**

KUNDALINI YOGA MEDITATION

Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth

DAVID SHANNAHOFF-KHALSA

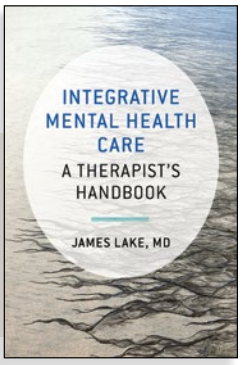
Shannahoff-Khalsa weaves scientific insights, clinical trials, case histories, and disorder-specific techniques to explain how the ancient science of Kundalini yoga can be a useful stand-alone or supplemental treatment for psychiatric disorders.

ISBN: 978-0-393-70475-4 • 2007 • 384 pages • Hardcover • $47.50 **/ $35.63**

INTEGRATIVE MENTAL HEALTH CARE

A Therapist's Handbook

JAMES LAKE, MD

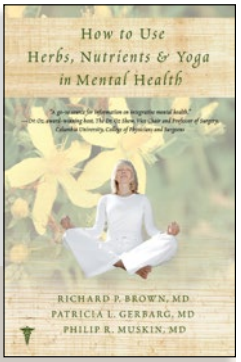


Contents: Part I: Foundations 1. The Context of Integrative Mental Health Care 2. Evaluating a Client from an Integrative Perspective 3. Recommending Treatment and Making Referrals • **Part II: Clinical Problem Solving** 4. Moderate and Severe Depressed Mood 5. Cyclic Mood Swings and Mania 6. Generalized Anxiety, Panic Attacks, and Obsessions and Compulsions 7. Hyperactivity and Distractibility 8. Psychotic Symptoms and Schizophrenia 9. Mild Cognitive Impairment and Dementia 10. Alcohol and Substance Abuse 11. Insomnia and Daytime Sleepiness • Appendix A: Suggested Reading • Appendix B: Web Resources • References

ISBN: 978-0-393-71061-8 • 2015 • 382 pages • Paperback • $26.95 **/ $20.21**

HOW TO USE HERBS, NUTRIENTS & YOGA IN MENTAL HEALTH

RICHARD P. BROWN, PATRICIA L. GERBARG, and PHILIP R. MUSKIN



Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the complementary and alternative medicine (CAM) methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

Contents: 1. Basic Principles of Integrative Mental Health Care 2. Mood Disorders 3. Anxiety Disorders 4. Disorgers of Cognition and Memory 5. Attention-Deficit Disorder and Learning Disabilities 6. Sexual Enhancement and Other Life Stage Issues 7. Schizophrenia and Other Psychotic Disorders 8. Medical Illnesses 9. Substance Abuse 10. CAM to Counteract Medication Side Effects • Appendix A: Guide to Quality Products • Appendix B: Useful Resources for Integrative Mental Health Care • Appendix C: Glossary of Medications

ISBN: 978-0-393-70744-1 • 2012 • 464 pages • Paperback • **POD** • $49.95 **/ $37.46**

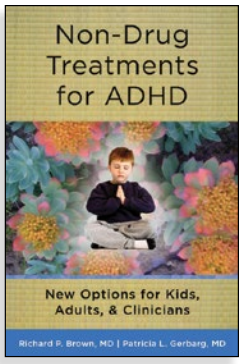
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NON-DRUG TREATMENTS FOR ADHD

New Options for Kids, Adults, and Clinicians

RICHARD P. BROWN and PATRICIA L. GERBARG

Winner of a 2013 Nautilus Gold Award



"This book is a treasure for both healthcare professionals and the general public. The easily-read text provides a careful review of the research investigating complementary and alternative treatments for ADHD. More importantly, the authors share their wealth of clinical experience in the diagnosis and treatment of this common and disabling disorder." —Philip R. Muskin, MD, Professor of Clinical Psychiatry & Chief of Service, Consultation-Liaison Psychiatry, Columbia University Medical Center

The prolific use of stimulants to treat ADD/ADHD is a controversial topic in therapy. This handbook—for practitioners and parents alike—guides readers through an array of safe and effective alternatives: herbs, vitamins, nutrients, nootropics, neurotherapy, meditation, and more. Filled with case vignettes and interviews with leaders in alternative therapy fields, this accessible, practical guide is one both clinicians and parents won't want to be without.

ISBN: 978-0-393-70622-2 • 2012 • 276 pages • Hardcover • $37.50 **/ $28.13**

NEUROFEEDBACK IN THE TREATMENT OF DEVELOPMENTAL TRAUMA

Calming the Fear-Driven Brain

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

ISBN: 978-0-393-70786-1 • 2014 • 382 pgs • Hardcover • $48.99 **/ $36.74**

See page 36 for full listing.

BODY-MIND PSYCHOTHERAPY

Principles, Techniques, and Practical Applications

SUSAN APOSHYAN

ISBN: 978-0-393-70441-9 • 2004 • 304 pgs • Hardcover • $48.99 **/ $36.74**

MEDITATION FOR THERAPISTS AND THEIR CLIENTS

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

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THE PSYCHOBIOLOGY OF MIND-BODY HEALING

New Concepts of Therapeutic Hypnosis, Revised Edition

ERNEST L. ROSSI

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EVOLVING THOUGHT FIELD THERAPY

The Clinician's Handbook of Diagnoses, Treatment, and Theory

JOHN H. DIEPOLD, JR., VICTORIA BRITT, and SHEILA S. BENDER

ISBN: 978-0-393-70405-1 • 2004 • 400 pgs • Hardcover • **POD** • $49.95 **/ $37.46**

ENERGY PSYCHOLOGY AND EMDR

Combining Forces for Increased Treatment Efficacy

JOHN G. HARTUNG and MICHAEL D. GALVIN

ISBN: 978-0-393-70378-8 • 2002 • 336 pgs • Hardcover • $40.00 **/ $30.00**

ENERGY PSYCHOLOGY IN PSYCHOTHERAPY

A Comprehensive Source Book

FRED P. GALLO, Editor

ISBN: 978-0-393-70346-7 • 2002 • 544 pgs • Hardcover • $65.00 **/ $48.75**

Unavailable outside the US and UK.

CREATIVE ENERGIES

Integrative Energy Psychotherapy for Self-Expression and Healing

DOROTHEA HOVER-KRAMER, Forewords by FRED GALLO and DAVID GRODERMEYER

ISBN: 978-0-393-70384-9 • 2002 • 288 pgs • Hardcover • $32.00 **/ $24.00**

ENERGY DIAGNOSTIC AND TREATMENT METHODS

FRED P. GALLO

ISBN: 978-0-393-70312-2 • 2000 • 240 pgs • Hardcover • $35.00 **/ $26.25**

Order online at wwnorton.com/promo/psych23 or call **1-800-233-4830** **25% off**

A COLLABORATIVE PROBLEM SOLVING APPROACH FOR MENTAL HEALTH PROFESSIONALS

J. STUART ABLON and ALISHA R. POLLASTRI



An essential guide to the Collaborative Problem Solving approach for anyone working with children outside of a school setting.

J. Stuart Ablon and Alisha R. Pollastri, authors of *The School Discipline Fix*, present this Quick Reference Guide to their Collaborative Problem Solving (CPS) approach for changing child behavior in mental health and home settings. This must-have resource distills the multistep approach into six easy-to-follow panels for in-the-moment reference.

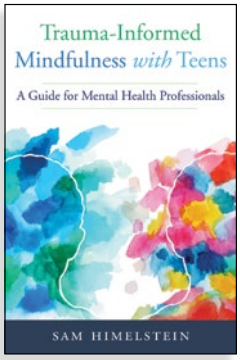
J. STUART ABLON, PhD, is an associate professor at Harvard Medical School and founder and director of Think:Kids at Massachusetts General Hospital. **ALISHA R. POLLASTRI, PhD**, is a clinical psychologist and researcher, the director of research and evaluation at Think:Kids, and a faculty member at Harvard Medical School.

ISBN: 978-1-324-01955-8 • 2021 • 6 pages • 8.5×11 laminated card • $12.99 **/ $9.74**

TRAUMA-INFORMED MINDFULNESS WITH TEENS

A Guide for Mental Health Professionals

SAM HIMELSTEIN



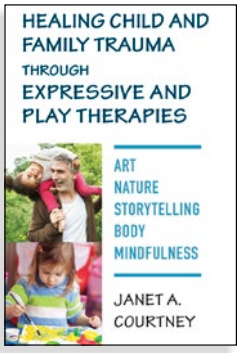
Through practical methods along with real world examples, this book offers a clear conceptual understanding for why mindfulness may help youth impacted by trauma, understanding about when and how to adapt mindfulness meditations, and practical "mini-modules" for presenting and teaching mindfulness with a trauma-informed lens. Specific guidelines for how to teach mindfulness will be presented within a relationship-based framework for building the therapeutic alliance and aiding to other psychotherapy interventions. Case examples illuminate the common experiences that arise with trauma-impacted youth and detailed descriptions of exercises and curricula will be presented. This book is a must for therapists sharing mindfulness with trauma-impacted youth.

ISBN: 978-0-393-71344-2 • 2019 • 288 pages • Paperback • $24.95 **/ $18.71**

HEALING CHILD AND FAMILY TRAUMA THROUGH EXPRESSIVE AND PLAY THERAPIES

Art, Nature, Storytelling, Body, Mindfulness

JANET A. COURTNEY



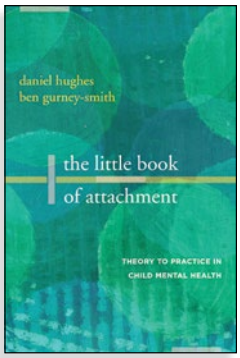
Leaning on our ancestral wisdom of healing through play, art, nature, storytelling, body, touch, imagination, and mindfulness practice, Janet Courtney helps the clinician bring a variety of practices into the therapy room. This book identifies seven stages of therapy that provide a framework for working with client's emotional, cognitive, somatic, and sensory experiences to heal from trauma. Practice exercises interspersed throughout guide practitioners to personally engage in the creative expressive and play therapy techniques presented in each chapter, augmenting professional self-awareness and skill-building competencies.

ISBN: 978-0-393-71375-6 • 2020 • 224 pages • Hardcover • $28.95 **/ $21.71**

THE LITTLE BOOK OF ATTACHMENT

Theory to Practice in Child Mental Health with Dyadic Developmental Psychotherapy

DANIEL A. HUGHES and BEN GURNEY-SMITH



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

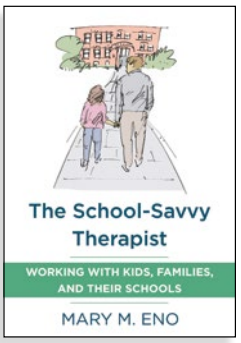
ISBN: 978-0-393-71435-7 • 2020 • 288 pages • Paperback • $27.50 **/ $20.63**

See pages 21, 29, 35, 64, and 76 for more books by Daniel Hughes.

THE SCHOOL-SAVVY THERAPIST

Working with Kids, Families, and their Schools

MARY M. ENO



"[An] authoritative handbook on how to effectively collaborate with school systems and personnel to foster a truly supportive family–child–school dynamic." —Eleanor DiMarino-Linnen, PhD, Superintendent of Schools, Rose Tree Media School District, Licensed Psychologist, Certified School Psychologist

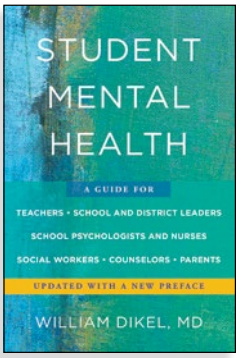
Drawing on research, case examples, and in-depth interviews, this practical resource describes what therapists need to know about schools and how they can effectively foster a supportive family-child-school dynamic. From reviewing test results, conducting school observations, and attending IEP meetings to helping parents advocate for their kids, the book provides the tools and guidance needed in every situation and at every stage to collaborate with schools and families for positive therapeutic outcomes.

ISBN: 978-0-393-71190-5 • 2019 • 272 pages • Paperback • $29.95 **/ $22.46**

STUDENT MENTAL HEALTH

A Guide for Teachers, School and District Leaders, School Psychologists and Nurses, Social Workers, Counselors, and Parents

WILLIAM DIKEL



"The wealth of knowledge captured in each section exemplifies the significance of school-based mental health service and support. **This guide should be a permanent reference in the public and personal libraries of practitioners and parents** who seek an extensive review of evidence-based techniques to effectively address factors associated with school mental health. . . . Highly recommended." —*CHOICE*

William Dikel demystifies the most common child and adolescent mental health issues, describes how they affect students' ability to learn, and provides practical, evidence-based interventions. This updated and expanded edition incorporates the most current research, providing a comprehensive reference on identifying and responding to the mental health needs of students with a full continuum of school-based services.

Topics include: Why School Mental Health? • Mood Disorders • Attention-Deficit/Hyperactivity Disorder • Psychotic Disorders • Working with Students Who Have Mental Health Disorders • General Education, Special Education, and 504 Plan Students • Overview of Psychotherapy for Children and Adolescents

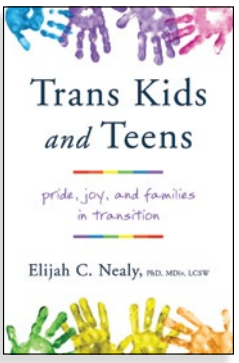
William Dikel, MD, is a child and adolescent psychiatrist who assists school districts nationwide.

ISBN: 978-1-324-05214-2 • 2019 • 384 pages • Paperback • $34.95 **/ $26.21**

TRANS KIDS AND TEENS

Pride, Joy, and Families in Transition

ELIJAH C. NEALY



"[A] critical volume for anyone involved with schools or working or volunteering with children and teens. . . . Nealy powerfully makes the case for what can be done to ease the pain of these children. **A must-read for anyone who wants to help trans youth.**" —*Booklist*, starred review

"Here's the book that caregivers and family members of transgender children have been waiting for. With equal measures sound scientific reasoning and genuine human compassion, Elijah Nealy provides a thoughtful roadmap for anyone trying to support our precious—and endangered—trans youth. An invaluable resource." —**Jennifer Finney Boylan**, author of *She's Not There* and *Long Black Veil*

Transgender life has made its way into mainstream consciousness and kids are coming out as trans at younger and younger ages. Elijah Nealy (1958-2021)—a therapist, pastor, former deputy director of NYC's LGBT Community Center, and himself a trans man—covers all aspects of family, school, and mental health issues, as well as physical, social, and emotional transitions. This edition contains a new preface by the author detailing the latest information on the physical, social, and emotional aspects of transition.

ISBN: 978-0-393-71399-2 • 2019 • 448 pages • Paperback • $25.00 **/ $18.75**

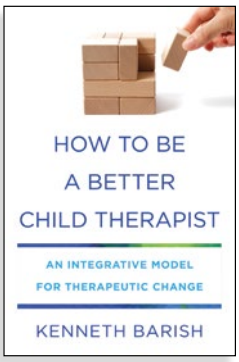
Previously published in hardcover as *Transgender Children and Youth.*

Order online at wwnorton.com/promo/psych23 or call 1-800-233-4830 **25% off**

HOW TO BE A BETTER CHILD THERAPIST

An Integrative Model for Therapeutic Change

KENNETH BARISH



"Ken Barish has once more demonstrated the quintessence of the evidence-based practitioner. This book should be required reading for every professional working with troubled children. It is wisdom, pure and simple." —Marshal P. Duke, PhD, Charles Howard Candler Professor of Psychology, Senior Faculty Fellow, Emory Center for Ethics, Interdisciplinary Faculty Fellow, Institute for Liberal Arts, Department of Psychology, Emory University

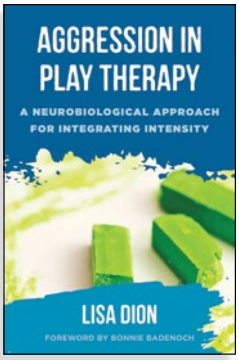
Drawing on several decades of experience working with children and parents, Kenneth Barish presents a comprehensive, multi-faceted approach to therapeutic work with children and families, based on a contemporary understanding of children's emotions and emotional needs. This book offers a wealth of practical recommendations to help child therapists solve the varied issues that come up in daily clinical work.

ISBN: 978-0-393-71234-6 • 2018 • 320 pages • Hardcover • $35.00 **/ $26.25**

AGGRESSION IN PLAY THERAPY

A Neurobiological Approach for Integrating Intensity

LISA DION, Foreword by BONNIE BADENOCH



"Dion's approach to this complex and rarely explored subject is comprehensive, the use of uncomplicated language makes the text accessible to many. . . . **An excellent introduction to working therapeutically with aggression in play therapy.** It may also be helpful to signpost to social workers and clinicians doing direct work—particularly for the chapters on the Nervous System and Basics on Regulating." —*British Journal of Play Therapy*

This book offers a way to work with aggressive play that allows children to learn how to integrate the intensity they are experiencing from their thoughts, emotions, and sensations while simultaneously supporting regulation in the therapist's nervous system. These will help therapists understand the neurobiological processes that lead kids to dysregulation and help them facilitate emotional healing in their clients.

Contents: 1. Aggression in the Playroom 2. Exploring a New Perspective: Embracing Aggression 3. Understanding the Nervous System 4. What Regulation Really Means 5. Developing Yourself as the External Regulator 6. The Basics of Regulating 7. The Setup 8. Authentic Expression 9. Setting Boundaries 10. It Is Too Intense: Working with Emotional Flooding 11. Observing Aggressive Play 12. Hyper-Aroused Play 13. Hypo-Aroused Play 14. Supporting Parents During Aggressive Play

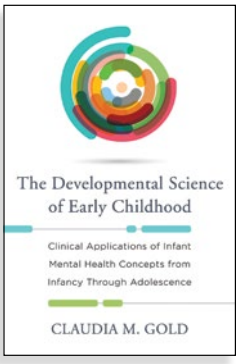
Lisa Dion, LPC, RPT-S, is the founder and President of the Play Therapy Institute of Colorado and the creator of "Synergetic Play Therapy," a model of play therapy that bridges the gap between neuroscience and psychology. Lisa is the recipient of the Association for Play Therapy's 2015 Professional Education and Training Award.

ISBN: 978-0-393-71319-0 • 2018 • 288 pages • Hardcover • $27.50 **/ $20.63**

THE DEVELOPMENTAL SCIENCE OF EARLY CHILDHOOD

Clinical Applications of Infant Mental Health Concepts From Infancy Through Adolescence

CLAUDIA M. GOLD



"Particularly helpful for child therapists, who will regularly encounter many of the examples that Gold uses. . . . [T]he book could also be used to increase parents' understanding of their child . . ." –*BACP Children & Young People*

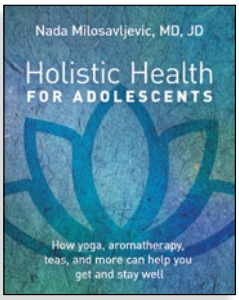
This friendly guide distills developmental science into key ideas and clinical scenarios that practitioners can make sense of and use in their day-to-day work. Gold reviews the newest science, exploring the way relationships change the brain, breakthrough attachment theory, epigenetics, the polyvagal theory of emotional development, the role of stress response systems, and many other illuminating concepts.

ISBN: 978-0-393-70962-9 • 2017 • 256 pages • Hardcover • **POD** • $45.00 **/ $33.75**

HOLISTIC HEALTH FOR ADOLESCENTS

NADA MILOSAVLJEVIC

"Dr. M. provides a valuable toolbox of interventions to empower teenagers with complementary and alternative self-care skills." —Nancy Rappaport, Associate Professor of Psychiatry, Harvard Medical School



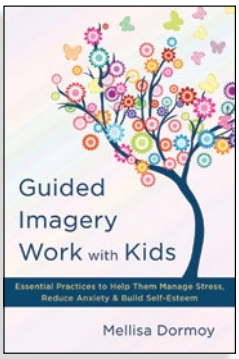
Stress. Fatigue. Depression. Sleeping problems. Issues with focus and concentration. Headaches. Substance abuse. These problems are all too common for people during their teenage years. This book presents therapies based around the five senses—including aromatherapy, yoga, sound and music therapy—to provide teens with holistic options for healing and regular care of their mental health. Each chapter includes case examples and the signs and symptoms of a potential health concern. Dr. Milosavljevic offers the versatile treatment protocols and supportive therapies that can be useful for treatment and management of symptoms

ISBN: 978-0-393-71114-1 • 2016 • 256 pages • Paperback • $21.95 **/ $16.46**

GUIDED IMAGERY WORK WITH KIDS

Essential Practices to Help Them Manage Stress, Reduce Anxiety, & Build Self-Esteem

MELLISA DORMOY



Guided imagery has been shown to alleviate a host of common emotional issues in kids, from anxiety and insecurity to stress, anger, and the effects of bullying. Easier to practice than meditation or hypnosis, it allows kids to quickly focus, integrate their thoughts, emotions, and feelings, and practice self-compassion, all without the need for extraordinary discipline or time investment. This short, practical book lays out all the guidelines for using guided imagery in therapy, counseling, and any type of helping work with children. It provides dozens of detailed guided imagery scripts that can immediately be put to use to address a variety of particular emotional challenges.

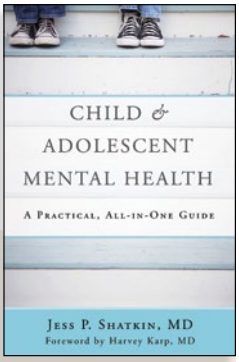
ISBN: 978-0-393-71070-0 • 2016 • 192 pages • Hardcover • $23.95 **/ $17.96**

CHILD & ADOLESCENT MENTAL HEALTH

A Practical, All-in-One Guide

JESS P. SHATKIN, MD, Foreword by HARVEY KARP, MD

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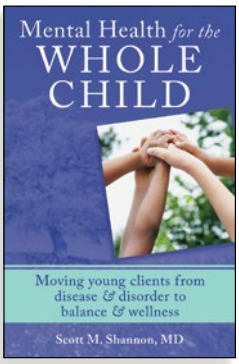
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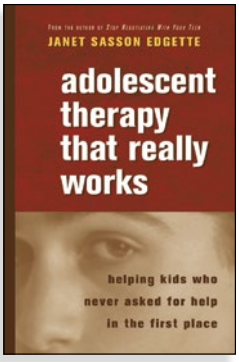
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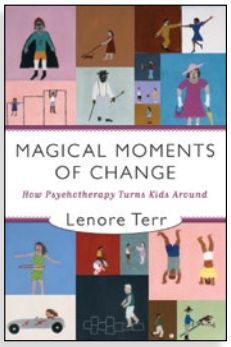
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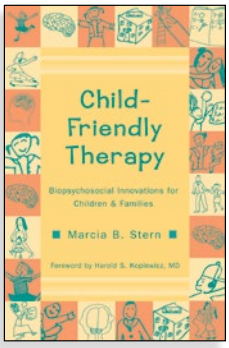
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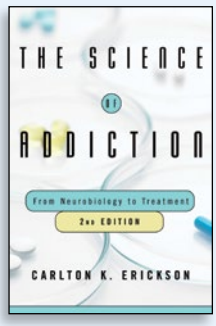
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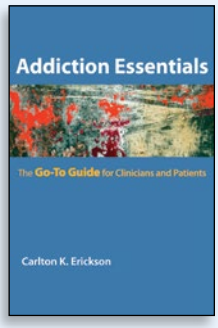
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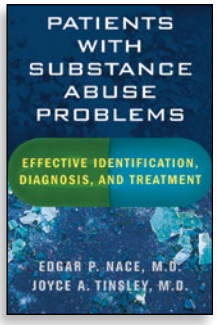
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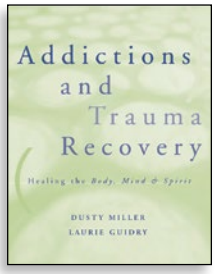
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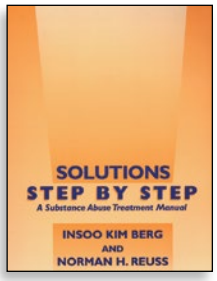
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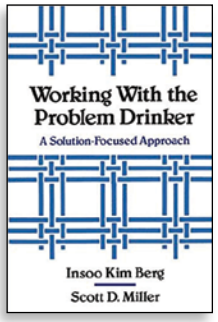
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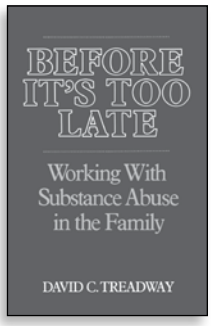
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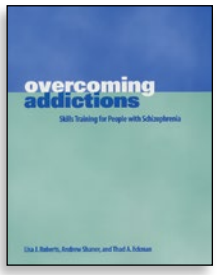
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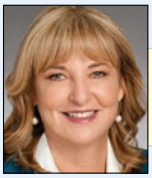
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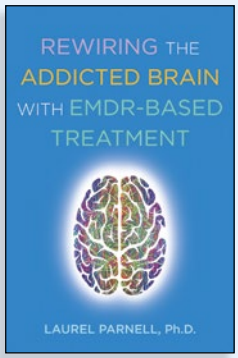
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REWIRING THE ADDICTED BRAIN WITH EMDR-BASED TREATMENT



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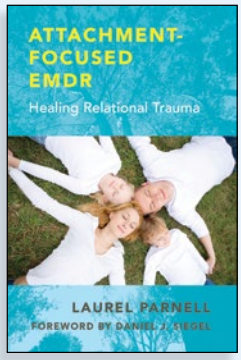
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Foreword by DANIEL J. SIEGEL

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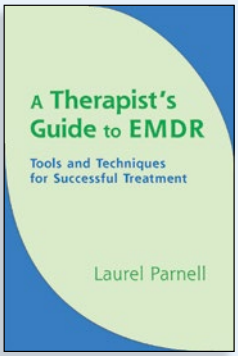
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Tools and Techniques for Successful Treatment



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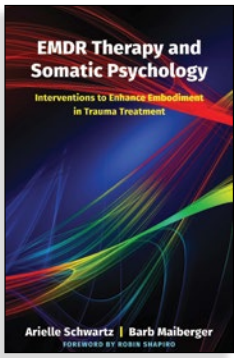
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Interventions to Enhance Embodiment in Trauma Treatment

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EMDR therapists must meet the growing demand for an integration of somatic psychology interventions into the eight-phase treatment model. This book offers an integrative model of treatment that teaches therapists how to increase the client's capacity to sense and feel the body, work through traumatic memories in a safe and regulated manner, and facilitate lasting integration.

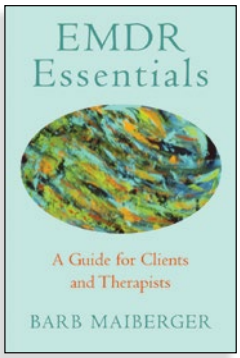
Contents: 1. Embodiment in Trauma Treatment 2. The Science of Embodiment 3. The Seven Principles of EMDR Therapy and Somatic Psychology for Trauma Treatment 4. Interventions to Enhance Embodiment in Trauma Treatment 5. Complex PTSD and Attachment Trauma 6. Chronic Pain and Illness 7. A Cultural Context 8. Tools for Therapist Self-Care

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Also by Barb Maiberger

EMDR ESSENTIALS

A Guide for Clients and Therapists



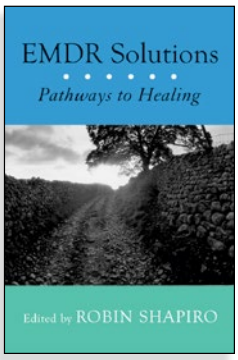
This concise handbook, written by a veteran EMDR practitioner, explains EMDR in a simple, straightforward way so that readers will know what to expect and how to prepare themselves for treatment. Many books on the subject delve into the theory or technical aspects of EMDR. This book does just the opposite. Maiberger focuses on the basics in an easy-to-read way so consumers and therapists alike can quickly understand what it's all about.

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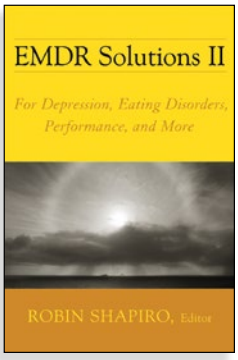
Contributors include: **Robin Shapiro, Maureen Kitchur, Roy Kiessling, Sandra Wilson, Robert Tinker, A. J. Popky, Carole Lovell, Andrew Seubert, Jim Cole,** and **Susan Schulherr**.

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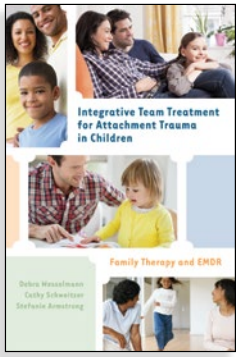
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Family Therapy and EMDR

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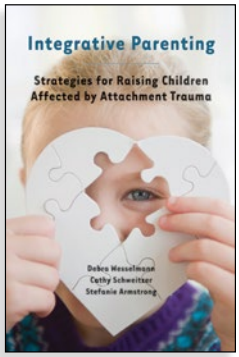
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Strategies for Raising Children Affected by Attachment Trauma

DEBRA WESSELMANN, CATHY SCHWEITZER, STEFANIE ARMSTRONG



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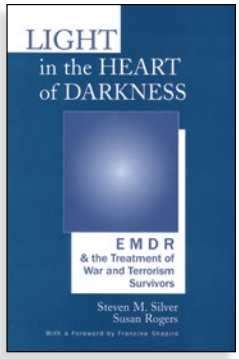
Designed as a manual to complement the *Integrative Team Treatment for Attachment Trauma in Children* clinician's guide, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma.

ISBN: 978-0-393-70817-2 • 2014 • 224 pages • Paperback • **POD** • $39.95 **/ $29.96**

LIGHT IN THE HEART OF DARKNESS

EMDR and the Treatment of War and Terrorism Survivors

STEVEN M. SILVER and SUSAN ROGERS, Forewords by FRANCINE SHAPIRO and HOWARD LIPKE



Drawing on many years of personal experience and that of numerous peers from around the world, the authors of *Light in the Heart of Darkness* address issues confronted by all clinicians attempting to respond to the psychological aftermath of man's inhumanity to man.

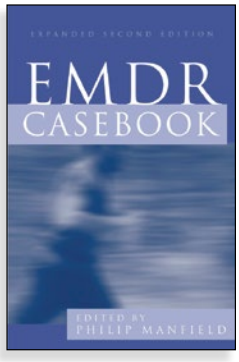
Focusing on the application of EMDR to survivors' traumatic experiences, this book covers a wide range of subject matter including school violence, 'near-war' experiences, refugees, combat soldiers, children, and emergency service workers. The book also includes extensive case histories as well as a 'consumer's report' from a war medic whose chronic PTSD was successfully treated with EMDR.

ISBN: 978-0-393-70366-5 • 2001 • 240 pages • Hardcover • $32.00 **/ $24.00**

EMDR CASEBOOK

A Casebook of Innovative Applications

PHILIP MANFIELD, Editor



The broad range of EMDR is explored via case examples addressing complex emotional problems such as postpartum depression, survivor guilt, and the effects of child abuse. A new chapter on PTSD, written in the wake of September 11, is featured in this paperback edition of Manfield's acclaimed work.

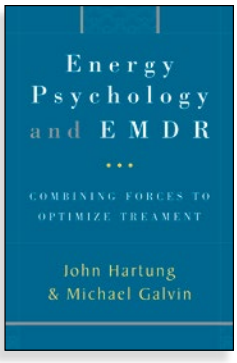
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Combining Forces for Increased Treatment Efficacy

JOHN G. HARTUNG and MICHAEL D. GALVIN



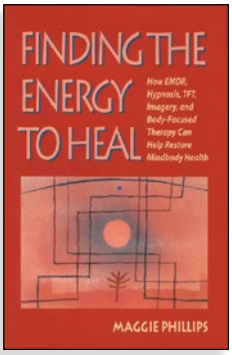
Using case studies from their clinical practices, the authors demonstrate how EMDR and EP in combination can be used with greater impact to meet various therapy challenges: transference and countertransference, severe trauma, abreactions, dissociation, dilemmas, looping and blocking, so-called client resistance, and the problem of maintaining treatment effects.

ISBN: 978-0-393-70378-8 • 2002 • 336 pages • Hardcover • $40.00 **/ $30.00**

FINDING THE ENERGY TO HEAL

How EMDR, Hypnosis, TFT, Imagery, and Body-Focused Therapy Can Help Restore Mindbody Health

MAGGIE PHILLIPS



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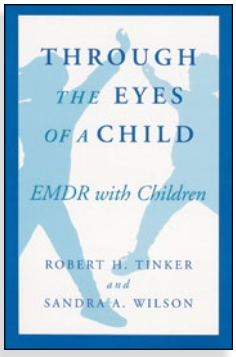
In the first four sections, vivid, intriguing stories illustrate how EMDR, hypnosis, imagery, TFT, and body-focused therapy can be used to solve the mysteries of health crises triggered by general stresses and anxiety, posttraumatic stress, and the challenges of organic conditions such as cancer, head injury, arthritis, and cardiac disease. The final section presents three creative models for combining and integrating energy therapies to increase healing possibilities for individuals with complex health situations that do not respond to any one approach.

ISBN: 978-0-393-70326-9 • 2000 • 272 pages • Paperback, Flexibound • $35.00 **/ $26.25**

THROUGH THE EYES OF A CHILD

EMDR with Children

ROBERT H. TINKER and SANDRA A. WILSON



This book demystifies the application of EMDR for children, from the first session with the parents to later sessions with children at all developmental stages. Case illustrations show how EMDR can be used with children with ADHD, anxiety, depressive, or reactive attachment disorders, or learning, eating, or somatoform disorders.

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INDEX

#Metoo-Informed Therapy 43
10 Best Anxiety Busters, The 58
10 Best-Ever Anxiety Management Techniques Workbook, 2nd Edition, The 58
10 Best-Ever Anxiety Management Techniques, 2nd Edition, The 58
10 Best-Ever Depression Management Techniques, The 58
10 Principles for Doing Effective Couples Therapy 24
101 Solution-Focused Questions for Help with Anxiety 73
101 Solution-Focused Questions for Help with Depression 73
101 Solution-Focused Questions for Help with Trauma 73
8 Keys to Brain-Body Balance 64
8 Keys to Building Your Best Relationships 64
8 Keys to Eliminating Passive-Aggressiveness 63
8 Keys to End Bullying 62, 64
8 Keys to End Bullying Activity Program for Kids & Tweens, The 62, 64
8 Keys to End Emotional Eating 60, 64
8 Keys to Forgiveness 63
8 Keys to Mental Health Through Exercise 63
8 Keys to Old School Parenting for Modern-Day Families 62, 64
8 Keys to Parenting Children with Adhd 62, 64
8 Keys to Practicing Mindfulness 63
8 Keys to Raising the Quirky Child 62, 64
8 Keys to Recovery from an Eating Disorder 59, 64
8 Keys to Recovery from an Eating Disorder Workbook 59, 64
8 Keys to Safe Trauma Recovery 33
8 Keys to Safe Trauma Recovery Workbook 4
8 Keys to Stress Management 64
A Clinical Introduction to Freud 47
A Clinician's Guide to 12-Step Recovery 92
A Collaborative Problem Solving Approach for Mental Health Professionals 86
A Dissociation Model of Borderline Personality Disorder 29
A Guide to Trance Land 73
A Spectrum Approach to Mood Disorders 32
A Therapist's Guide to EMDR 94
A Therapist's Guide to Treating Eating Disorders in a Social Media Age 60
Abblett, Mitch 57
Ablon, J. Stuart 86
Addiction Essentials 92
Addiction, Attachment, Trauma, and Recovery 25, 92
Addictions and Trauma Recovery 37, 93
Addis, Michael E. 57
Adolescent & Young Adult Self- Harming Treatment Manual, The 90
Adolescent Girls in Crisis 90
Adolescent Self, The 91
Adolescent Therapy That Really Works 90
Adult Children of Parental Alienation Syndrome 55
Advanced Prism Workbook, The 91
Affect Regulation and the Repair of the Self & Affect Dysregulation and Disorders of the Self 14
Affect Regulation Theory 15
Affect Regulation Toolbox 72
Affirmations for Turbulent Times 65
Aggression in Play Therapy 88
Agronin, Marc 57
Aiken, Chris 32
Alcée, Michael 5
Alexander, Pamela C. 36
Allen, Wendy 38
Alpert, Michael 73
Anatomy and Physiology for Psychotherapists 53
Andreas, Steve 50
Andry, Evelyn Rosario 80
Anger Antidotes 69
Anxiety + Depression 58
Anxiety Disorders 53
Anxious Brain, The 31
Aponte, Harry J. 79
Aposhyan, Susan 85
Applegate, Jeffrey S. 20
Archaeology of Mind, The 15
Arden, John B. 16
Armstrong, Courtney 34, 49
Armstrong, Stefanie 96
Art of Sex Coaching, The 38
Art of the First Session, The 41
Art Therapy & the Neuroscience of Relationships, Creativity, & Resiliency 28
Assessing Adult Attachment 54
Atkinson, Brent J. 76
Attachment Disturbances in Adults 47
Attachment Essentials: a Mental Health Quick Reference Guide 9
Attachment Therapy Companion, The 77
Attachment-Based Yoga & Meditation for Trauma Recovery 35
Attachment-Focused EMDR 94
Attachment-Focused Family Therapy 76
Attachment-Focused Family Therapy Workbook 76
Attachment-Focused Parenting 76
Austin, Jehannine 77
Autism and the Family 70, 77
Awakening Clinical Intuition 26
Baker, Amy J. L. 55
Bannink, Fredrike 36, 73
Barish, Kenneth 88
Bavelas, Janet Beavin 53
Baylin, Jonathan 21, 29
Beadle, Sandy 73
Bear, Vanessa 4
Becker-Weidman, Arthur 77
Becoming a Professional Life Coach, Third Edition 7, 38
Beebe, Beatrice 75
Before It's Too Late 93
Behavioral Challenges in Children with Autism and Other Special Needs 70
Behavioral Neuroscience of Adolescence, The 31
Being a Brain-Wise Therapist 27
Beitman, Bernard D. 57
Belmont, Judith A. 49
Bender, Sheila S. 85
Benson, Sonja 72
Béres, Laura 79
Berg, Insoo Kim 38, 73, 93
Bergman, Joel S. 73
Bertolino, Bob 73, 91
Biel, Lindsey 71
Biofeedback and Mindfulness in Everyday Life 67
Bipolar, Not So Much 32
Biting the Hand That Starves You 60, 79
Biven, Lucy 15
Bobes, Norman S. 75
Bobes, Toby 75
Bobrow, Joseph 57
Body Remembers Casebook, The 33
Body Remembers, The 33
Body Sense 22
Body-Mind Psychotherapy 85
Bögels, Susan 76
Boik, Barbara Labovitz 56
Bongiorno, Peter B. 59, 83
Boon, Suzette 28, 36
Borden, Alisa 60, 79
Borderline Bodies 16
Borderline Personality Disorder and the Conversational Model 29
Borkin, Susan 52
Boss, Pauline 36, 66
Bowen Theory's Secrets 45
Bowen, Murray 77
Bowers, Mark 62, 64
Brain Bytes 30
Brain Change Therapy 54
Brain Health Book, The 66
Brain Model & Puzzle 16
Brain-Based Parenting 21
Brain-Savvy Therapist's Workbook, The 27
Brandt, Andrea 63, 68
Bread & Spirit 79
Bremner, J. Douglas 37
Brennan, Ian 69
Brief Coaching for Lasting Solutions 38
Britt, Victoria 85
Britton, Patti 38
Bromfield, Richard 90
Brown, Daniel P. 47
Brown, Richard P. 84, 85
Bruun, Elena Lesser 57, 76
Building Your Ideal Private Practice, Second Edition 39
Burke, Lillian 57
Burti, Lorenzo 57
Bush, Ashley Davis 40
Business and Practice of Coaching, The 38
Caby, Andrea 73
Caby, Filip 73
Cashdan, Sheldon 57
Chan, Aldrich 15
Change 52
Change-Oriented Therapy with Adolescents and Young Adults 91
Changing Minds in Therapy 29
Chapman, Linda 29
Character Styles 56
Charting the Course for Treating Children with Autism 71
Chefetz, Richard A. 20
Child & Adolescent Mental Health 89
Child Anxiety Disorders 91
Child Temperament 52
Child-Friendly Therapy 91
Child's Voice in Family Therapy, The 90
Children in Distress 91
Children with Sexual Behavior Problems 91
Children's Solution Work 73
Christensen, Andrew 74
Christner, Ray 91
Chudler, Eric 30, 67
Clinical Applications of the Polyvagal Theory 11
Clinical Intuition in Psychotherapy 26
Clinical Pearls of Wisdom 56
Clyde Findlay, Joanna 28
Coaching Plain & Simple 38
Coaching Starter Kit, The 38
Coachville.com 38
Cocaine and Methamphetamine Addiction 92
Cohen, Phyllis 75
Combs, Gene 79
Complex Integration of Multiple Brain Systems in Therapy 25
Connell, Megan A. 7
Constructing the Sexual Crucible 76
Contemplative Psychotherapy Essentials 83
Cook-Cottone, Catherine 60
Coping with Trauma-Related Dissociation 28, 36
Cornell, Ann Weiser 51
Costin, Carolyn 59, 64
Countertransference in Couples Therapy 76
Couple Is Telling You What You Need to Know, The 75
Courtney, Janet A. 37, 86
Courtois, Christine A. 37
Cozolino, Louis 9, 19, 25
Creating Compassionate Kids 61
Creating Competence from Chaos 77
Creative Energies 85
Crisis-Proof Your Practice 39
Crittenden, Patricia Mckinsey 54
Cullinane, Diane 70
D'avignon, Janice Plunkett 71
Dahlitz, Matthew 42
Daitch, Carolyn 53, 59, 72
Dana, Deb 2, 10, 11
Dao of Neuroscience, The 30
Davies, Kyle 81
Davis, Deborah C. 38
Davis, Ken 15
De Shazer, Steve 73
Decolonizing Therapy 1
Deloach, Chanté D. 40
Demos, John N. 81
Denborough, David 78
Desmond, Tim 46
Development of a Therapist, The 19
Development of the Unconscious Mind, The 14
Developmental Science of Early Childhood, The 88
Diamond, Ronald J. 31, 41, 69
Diepold, Jr., John H. 85
Dierolf, Kirsten 38
Different Patients, Different Therapies 44
Dikel, William 87
Dion, Lisa 88
Does Stress Damage the Brain? 37
Doing Contextual Therapy 79
Doing Imago Relationship Therapy in the Space Between 74
Doing Psychotherapy 45
Dolan, Yvonne M. 37
Dore, Martha Morrison 77
Dormoy, Mellisa 89
Doss, Brian D. 74
Dowling, John E. 30
Drake, Robert E. 54
Dube, Diana Elisabeth 68
Duncan, Barry 57
Durrant, Michael 91
Duvall, Jim 79
Easy Ego State Interventions 48
Edgette, Janet Sasson 90
Edwards, Steve 91
Ego States 54
Ehrenberg, Darlene Bregman 57
Ehrmann, Lois 77
Eight Key Brain Areas of Mental Health and Illness 42
Elliott, David S. 47
Elson, Miriam 57
Embodied Self Awakening 3
Embodiment and the Treatment of Eating Disorders 60
EMDR Casebook 96
EMDR Essentials 95
EMDR in the Treatment of Adults Abused As Children 94
EMDR Solutions 95
EMDR Solutions Ii 95
EMDR Therapy and Somatic Psychology 95
Emerging Adults in Therapy 43
Emerson, David 35
Emotional Foundations of Personality, The 15
Emotional Intelligence in Couples Therapy 76
Emotional Neglect and the Adult in Therapy 44
Enduring, Invisible, and Ubiquitous Centrality of Whiteness, The 43
Energy Diagnostic and Treatment Methods 85
Energy Psychology and EMDR 85, 97
Energy Psychology in Psychotherapy 85
Eno, Mary M. 87
Enright, Robert 63
Epston, David 60, 78, 79
Essential Psychopathology and Its Treatment, 4th Edition 32
Essential Psychopathology Casebook 32
Essentials of Private Practice 41
Ettner, Randi 57
Evaluating Couples 76
Evidence-Based Mental Health Practice 54
Evolving Thought Field Therapy 85
Executive Function & Child Development 90
Family Evaluation 77
Family Guide to Mental Health Care, The 69
Family Wellness Skills 77
Farkas, Howard S. 60, 64
Fay, Deirdre 35
Feeling Brain, The 49
Finding the Energy to Heal 97
Fink, Bruce 47, 53
Fisch, Richard 52
Fish, Linda Stone 91

INDEX

Fisher, Janina ... 23
Fisher, Sebern F. ... 36, 85
Fiske, Kate E. ... 70, 77
Flemons, Douglas ... 52, 72, 75
Focusing in Clinical Practice ... 51
Fosha, Diana ... 19
Foundational Concepts in Neuroscience ... 16
Fraenkel, Peter ... 8
Frederick, Claire ... 37
Freedman, Jill ... 79
Freeman, Arthur ... 91
Freeman, Jennifer ... 79
Frewen, Paul ... 20
Friedrich, William N. ... 91
Frisbie, Shauna ... 60
From Axons to Identity ... 22
Fundamentals of Psychoanalytic Technique ... 53
Gafner, George ... 72
Gallo, Fred P. ... 85
Galvin, Michael D. ... 85, 97
Galynker, Igor ... 57
Gambescia, Nancy ... 76
Gammer, Carole ... 90
Genogram Casebook, The ... 75
Genogram Journey, The ... 75
Genograms, 4th Edition ... 44, 75
Gerbarg, Patricia L. ... 84, 85
Gerson, Randy ... 44, 75
Gessel, Nityda ... 4
Getting Started with Eeg Neurofeedback, Second Edition ... 81
Gilligan, Stephen ... 57
Ginot, Efrat ... 8, 21
Gold, Claudia M. ... 88
Goldberg, Louise ... 70, 90
Goldenthal, Peter ... 79
Golding, Kim S. ... 35
Goldrich, Cindy ... 62, 64
Goldsmith Turow, Rachel ... 35, 82
Good Mood Kitchen, The ... 82
Goodwin, E. Anna ... 56
Gottman, John M. ... 24, 74, 74
Grabb, Gwen Schubert ... 59, 64
Gralnik, Leonard M. ... 52
Grandin, Temple ... 70
Grant, Jon E. ... 57
Gray, Deborah D. ... 46
Green, Ronald L. ... 31
Green, Shelley ... 75
Grodzki, Lynn ... 38, 41
Guide to Early Psychological Evaluation: Children & Adolescents ... 91
Guided Imagery Work with Kids ... 89
Guidry, Laurie ... 37, 93
Gurney-Smith, Ben ... 86
Hakomi Mindfulness-Centered Somatic Psychotherapy ... 48
Hammond, D. Corydon ... 72
Handbook of Cannabis for Clinicians ... 80
Handbook of Hypnotic Suggestions and Metaphors ... 72
Hardin, Milton Edward ... 91
Hardy, Kenneth V. ... 1, 43
Harris, Shelby ... 67
Hart, Susan ... 22
Hartung, John G. ... 85, 97
Harvey, Rebecca G. ... 91
Hass-Cohen, Noah ... 28
Haunted Self, The ... 21
Healing Bond, The ... 93
Healing Child and Family Trauma Through Expressive and Play Therapies ... 37, 86
Healing Moments in Psychotherapy ... 18
Healing Power of Emotion, The ... 19
Healing Power of Writing, The ... 52
Healing Relational Trauma with Attachment-Focused Interventions ... 35
Healing the Divided Self ... 37
Healing the Incest Wound, 2nd Edition ... 37
Healing the Traumatized Self ... 20
Healing Trauma ... 19
Heart and Mind of Hypnotherapy, The ... 72
Heart of Trauma, The ... 27
Heller, Michael ... 57
Help for the Helper ... 4
Hendrix, Harville ... 74
Hernandez, Joseph L. ... 77
Hibbert, Christina ... 63
Higgins-Klein, Dottie ... 77
Hill, Daniel ... 15
Hill, Richard ... 42
Hill, Robert D. ... 55, 69
Hiller, Tobey ... 77
Himelstein, Sam ... 86
Holistic Health for Adolescents ... 89
Holistic Solutions for Anxiety & Depression in Therapy ... 83
Hover-Kramer, Dorothea ... 85
How People Change ... 26
How to Be a Better Child Therapist ... 88
How to Talk to Families About Child and Adolescent Mental Illness ... 77
How to Talk to Parents About Autism ... 71
How to Talk with Families About Genetics and Psychiatric Illness ... 77
How to Use Herbs, Nutrients & Yoga in Mental Health ... 84
How We Practice Therapy Now ... 40
Howell, Elizabeth ... 34
Hubble, Mark ... 57
Hudson, Julie ... 35
Hughes, Daniel A. ... 21, 29, 35, 64, 76, 86
Hunt, Helen Lakelly ... 74
Hunt, Holly A. ... 41
If Only I Had Known ... 76
Imber-Black, Evan ... 77
Impact of Attachment, The ... 22
Infant Research & Neuroscience At Work in Psychotherapy ... 30
Infant/Child Mental Health, Early Intervention, and Relationship-Based Therapies ... 17
Innovations in Narrative Therapy ... 79
Instant Psychopharmacology, 3rd Edition ... 31
Integrated Treatment of Eating Disorders ... 60
Integrative Behavioral Couple Therapy, 2nd Edition ... 74
Integrative Mental Health Care ... 84
Integrative Parenting ... 96
Integrative Team Treatment for Attachment Trauma in Children ... 96
Intelligent Body, The ... 81
Intensive Psychotherapy for Persistent Dissociative Processes ... 20
Intergenerational Cycles of Trauma and Violence ... 36
Interpersonal Neurobiology and Clinical Practice ... 25
Interpersonal Neurobiology Essentials: a Mental Health Quick Reference Guide ... 9
Interpersonal Neurobiology of Play, The ... 28
Intraconnected ... 3
Jackson, Don D. ... 53
Jacobson, Neil S. ... 57, 74
Jain, Rakesh ... 45
Jain, Saundra ... 45
Jenkins, Robert E. ... 76
Johanson, Greg ... 48
Johnson, Lise ... 30, 67
Johnson, Stephen M. ... 56, 57
Johnston, Elizabeth ... 49
Kahn, Zachary Aaron ... 43
Kalikow, Kevin T. ... 69, 90
Karpel, Mark A. ... 76
Kase, Rebecca ... 6
Katehakis, Alexandra ... 27, 92
Kelly Jr., Vernon C. ... 47
Kelly, Linda ... 71
Kelly, Susan ... 73
Kerman, Michael ... 56
Kerr, Michael E. ... 45, 77
Kershaw, Carol J. ... 54
Kestly, Theresa A. ... 28
Khazan, Inna ... 67
Kids On Meds ... 90
Kilgus, Mark D. ... 32
King, Robert ... 57
Koenig, Karen R. ... 60
Koenig, Kathleen ... 71
Kolbasovsky, Andrew ... 57
Korn, Leslie ... 82
Kort, Joe ... 46
Kottler, Jeffrey A. ... 40
Kraly, F. Scott ... 31
Kundalini Yoga Meditation ... 84
Kundalini Yoga Meditation for Complex Psychiatric Disorders ... 84
Lachmann, Frank ... 75
Lake, James ... 84
Lamia, Mary ... 47
Landini, Andrea ... 54
Lanius, Ruth ... 20
Last Chance Couple Therapy ... 8
Learning Disorders and Disorders of the Self in Children and Adolescents ... 91
Lebow, Denise H. ... 77
LGBTQ Clients in Therapy ... 46
Light in the Heart of Darkness ... 96
Lillas, Connie ... 17
Lindblad-Goldberg, Marion ... 77
Little Book of Attachment, The ... 86
Little Book of Neuroscience Haiku, The ... 30
Living Beyond Loss, 2nd Edition ... 77
Lobovitz, Dean ... 79
Loss, Trauma, and Resilience ... 36
Love and War in Intimate Relationships ... 29
Loving with the Brain in Mind ... 22
Lukas, Susan ... 51
Lynde, David W. ... 54
Lyons, Lynn ... 72
Madanes, Cloé ... 37
Magical Moments of Change ... 91
Maiberger, Barb ... 95
Maisel, Richard ... 60, 79
Making of a Therapist, The ... 19
Malan, David ... 73
Maletic, Vladimir ... 59
Malkinson, Ruth ... 57
Malmud, A. Deborah ... 66
Manfield, Philip
Maps of Narrative Practice ... 78
Markham, Laurie ... 78
Marks-Tarlow, Terry ... 26
Marks, Melissa J. ... 77
Marriage Clinic Casebook, The ... 75
Marriage Clinic, The ... 75
Marrying Well ... 76
Marsh, Diane T. ... 77
Marsten, David ... 78
Martell, Christopher R. ... 57
Martin, Michael ... 72
Martinez, Juliana ... 43
Mascolo, Michael ... 62, 64
Mathews, Carol ... 44, 92
Maunder, Robert ... 51
Maxmen, Jerrold S. ... 32
Mccullough, Leigh ... 73
Mccurry, Christopher ... 49, 59
Mcdougall, Joyce ... 57
Mcgoldrick, Monica ... 44, 75, 77
Mcleod, Bryce D. ... 59, 91
Mcmillin, C. Scott ... 93
Mcmullin, Rian E. ... 57, 69
Meares, Russell ... 29
Medication Question, The ... 69
Meditation for Therapists and Their Clients ... 85
Meier, Daniel ... 38
Men in Therapy ... 55
Menendez, Diane S. ... 7, 38
Mental Health for the Whole Child ... 89
Merrens, Matthew R. ... 54
Methven, Susanne ... 76
Michael, Suzanne ... 57
Miller, Dusty ... 37, 93
Miller, Laurence ... 37
Miller, Scott ... 57, 93
Milosavljevic, Nada ... 89
Mind ... 17
Mind-Brain-Gene ... 16
Mind, Consciousness, and Well-Being ... 17
Mindful Anger ... 68
Mindful Brain, The ... 18
Mindful Coloring ... 68
Mindful Parenting ... 76
Mindful Therapist, The ... 18
Mindfulness and Hypnosis ... 72
Mindfulness Skills for Trauma and Ptsd ... 35, 82
Mindfulness-Based Play-Family Therapy ... 77
Minton, Kekuni ... 23
Monda, Lorena ... 48
Montgomery, Arlene ... 21
Moore, Debra ... 70
More Transforming Negative Self-Talk ... 50
Morgan, Oliver J. ... 25, 92
Morning Meditations ... 66
Mosher, Loren R. ... 57
Mother-Infant Interaction Picture Book, The ... 75
Mucci, Clara ... 16
Mullan, Jennifer ... 1
Muller, Robert T. ... 34
Muskin, Philip R. ... 84
Myth of Closure, The ... 66
Nace, Edgar P. ... 93
Narcissism and Intimacy ... 76
Narrative Means to Therapeutic Ends ... 78
Narrative Practice ... 78
Narrative Therapy ... 79
Narrative Therapy in Wonderland ... 78
Narvaez, Darcia ... 20
Navigating Autism ... 70
Nealy, Elijah C. ... 87
Neborsky, Robert J. ... 73
Neuro-Narrative Therapy ... 79
Neuro-Philosophy and the Healthy Mind ... 54
Neuroanatomy for Students of Behavioral Disorders ... 31
Neurobehavioral and Social-Emotional Development of Infants and Children, The ... 17
Neurobiologically Informed Trauma Therapy with Children and Adolescents ... 29
Neurobiology and the Development of Human Morality ... 20
Neurobiology Essentials for Clinicians ... 21
Neurobiology for Clinical Social Work, Second Edition ... 20
Neurobiology of Attachment-Focused Therapy, The ... 29
Neurofeedback in the Treatment of Developmental Trauma ... 36, 85
Neuropsychology of the Unconscious, The ... 21
Neuroscience of Human Relationships, Second Edition, The ... 13
Neuroscience of Psychotherapy, Third Edition, The ... 13
New Mind-Body Science of Depression, The ... 59
New Private Practice, The ... 41
Nicholas, Mary ... 57
Nigro, Corey J.
Nijenhuis, Ellert R. S. ... 21
No-Talk Therapy for Children and Adolescents ... 90
Non-Drug Treatments for Adhd ... 85
Nonverbal Learning Disabilities ... 91
Northoff, Georg ... 54
Nowinski, Joseph ... 93
Nurturing Queer Youth ... 91
Nutrition Essentials for Mental Health ... 82
O'connor, Richard ... 57
O'hanlon, Bill ... 36, 41, 56, 59, 72, 73, 83
O'hanlon, William Hudson ... 72

INDEX

Odell, Mark ... 76
Ogden, Pat ... 23
Olson, Leah ... 49
Ostrander, Robyn L. ... 31
Our Anxious Selves ... 8
Our Polyvagal World ... 6
Out of the Blue ... 56
Overcoming Addictions ... 93
Pain, Clare ... 23
Pally, Regina ... 61
Palombo, Joseph ... 91
Pandemic Anxiety ... 58
Panksepp, Jaak ... 15
Parenting the Whole Child ... 61
Parnell, Laurel ... 92
Patients with Substance Abuse Problems ... 93
Pearlman, Laurie Anne ... 37
Peay, Holly ... 77
Persons, Jacqueline B. ... 57
Peterson, Linda Whitney
Petry, Sueli ... 44, 75
Peyton, Sarah ... 65
Phelps, James ... 32
Phillips, Maggie ... 37, 97
Plakun, Eric M. ... 57
Play and Creativity in Psychotherapy ... 26
Playful Approaches to Serious Problems ... 79
Pocket Guide to Interpersonal Neurobiology ... 18
Pocket Guide to Neuroscience for Clinicians, The ... 13
Pocket Guide to Sensorimotor Psychotherapy in Context, The ... 23
Pocket Guide to the Polyvagal Theory, The ... 12
Pollastri, Alisha R. ... 86
Polyvagal Card Deck ... 2
Polyvagal Exercises for Safety and Connection ... 11
Polyvagal Flip Chart ... 10
Polyvagal Practices ... 2
Polyvagal Safety ... 11
Polyvagal Theory and the Developing Child ... 12
Polyvagal Theory in Therapy, The ... 11
Polyvagal Theory, The ... 12
Polyvagal-Informed EMDR ... 6
Porges, Seth ... 6
Porges, Stephen W. ... 6, 11, 12
Positive Aging ... 55
Post Traumatic Success ... 36
Posttraumatic Stress Disorders in Children and Adolescents ... 91
Posttraumatic Stress Disorders in Children and Adolescents: Handbook ... 37
Practical Social Skills for Autism Spectrum Disorders ... 71
Practice-Building 2.0 for Mental Health Professionals ... 41
Practitioner's Guide to the Science of Psychotherapy, The ... 42
Pragmatics of Human Communication ... 53
Prenatal Development and Parents' Lived Experiences ... 22
Present Moment in Psychotherapy and Everyday Life, The ... 21
Presti, David E. ... 16
Price, Reese E. ... 57
Prinz, Steven M. ... 31, 59
Prism Workbook, The ... 91
Process-Oriented Hypnosis ... 72
Promoting Healthy Attachments ... 46
Psychobiology of Gene Expression, The ... 31
Psychobiology of Mind-Body Healing, The ... 85
Psychotherapy Essentials to Go ... 51
Psychotherapy of the Brain-Injured Patient ... 37
Quick Steps to Resolving Trauma ... 36
Quickies, 3rd Edition ... 75
Racial Trauma ... 1
Raison, Charles ... 59
Randolph, John ... 66
Ravitz, Paula ... 51
Rea, William S. ... 32
Reassembling Models of Reality ... 15
Recognizing and Treating Hoarding Disorder ... 44, 92
Recollections of Sexual Abuse ... 37
Recreating Partnership ... 77
Reda, Omar ... 42
Reeds, Manuela Mischke ... 63
Reflective Parent, The ... 61
Rehearsals for Growth ... 79
Relational Suicide Assessment ... 52
Relationship-Based Treatment of Children and Their Parents ... 9
Residential Treatment ... 91
Resolving Sexual Abuse ... 37
Restifo, Kathleen ... 76
Restoring Resilience ... 50
Retelling the Stories of Our Lives ... 78
Rethinking Trauma Treatment ... 34
Rettew, David ... 52
Reuss, Norman H. ... 93
Revolutionizing Trauma Treatment ... 33
Rewiring the Addicted Brain with EMDR-Based Treatment ... 92, 94
Right Brain Psychotherapy ... 14
Rituals in Families and Family Therapy ... 77
Road to Calm Workbook, The ... 47
Roberts, Janine ... 77
Roberts, Susan L. ... 68
Rogers, Ronald L. ... 93
Rogers, Susan ... 96
Rosenthal, Michele ... 68
Rossi, Ernest L. ... 31, 72, 85
Rothschild, Babette ... 4, 33
Rowan, Tim ... 73
Russell, Eileen ... 50
Rustin, Judith ... 30
Saakvitne, Karen W. ... 37
Sacred Path of the Therapist, The ... 82
Sacred Therapies ... 84
Sanders, Marilyn R. ... 12
Sandplay Therapy ... 56
Santulli, Robert B. ... 57
Sardar, Taymoor ... 91
Saxe, Robert ... 37, 64
Scheifler, Patricia L. ... 41
Schenker, Mark ... 92
Scherer, Kat ... 9
Schnarch, David M. ... 76
School-Savvy Therapist, The ... 87
Schore, Allan N. ... 25
Schuyler, Dean ... 57
Schwartz Gottman, Julie ... 24, 75
Schwartz, Arielle ... 95
Schweitzer, Cathy ... 96
Science and Practice of Wellness, The ... 45
Science of Addiction, Second Edition, The ... 92
Science of Couples and Family Therapy, The ... 24
Science of the Art of Psychotherapy, The ... 14
Science of Trust, The ... 74
Scott, Elizabeth Anne ... 64
Sederer, Lloyd I. ... 69
Selekman, Matthew D. ... 90
Self-Agency in Psychotherapy ... 22
Self-Compassion in Psychotherapy ... 46
Self-Compassion Skills Workbook, The ... 46
Sensorimotor Psychotherapy ... 23
Sensory Processing Challenges ... 71
Seven Strategies for Positive Aging ... 55, 69
Sex Addiction As Affect Dysregulation ... 27, 92
Sex, Love, and Violence ... 37
Shannahoff-Khalsa, David ... 84
Shannon, Scott M. ... 61, 89
Shapiro, Francine ... 73
Shapiro, Janet R. ... 20
Shapiro, Robin ... 35, 45, 95
Shatkin, Jess P. ... 89
Sheldon, Albert ... 25
Sheldon, Beatriz ... 25
Siegel, Daniel J. ... 4, 17, 18, 19, 25, 26
Siegel, Irene R. ... 82
Siegel, Judith P. ... 76
Signs of Safety ... 91
Silva, Raul R. ... 37, 91
Silver, Steven M. ... 96
Simpkins, Annellen M. ... 30, 72, 85
Simpkins, C. Alexander ... 30, 72, 85
Simple Self-Care for Therapists ... 40
Sobel, Stephen V. ... 31
Solomon, Marion F. ... 17, 18, 19, 26, 29, 73, 76
Solution-Oriented Spirituality ... 83
Solutions Step by Step ... 93
Solutions Step by Step Dvd ... 93
Spear, Linda ... 31
Stauffer, Kathrin A. ... 44, 53
Steele, Kathy ... 21, 28, 36
Steiner, Therese ... 73
Stern, Daniel N. ... 21
Stern, Lenora ... 77
Stern, Marcia B. ... 91
Stoddart, Kevin ... 57
Stop Domestic Violence Program, 4th Edition, The ... 74
Stop Program for Women, The ... 48
Stop Program: for Women Who Abuse, The ... 48
Straus, Martha B. ... 90
Student Mental Health ... 87
Substance Abuse in Adolescents and Young Adults ... 93
Successful Psychopharmacology ... 31
Sulak, Dustin ... 80
Sustainable Health ... 68
Sweet, Holly B. ... 43
Sweeton, Jennifer ... 42
Sylvester, Elizabeth ... 9
Szabó, Peter ... 38
Tabletop Role-Playing Therapy ... 7
Taibbi, Robert ... 41, 57, 59
Taking Out Your Mental Trash ... 69
Tatkin, Stan ... 29
Taylor, Foluke ... 5
Teens in Therapy ... 90
Terr, Lenore ... 91
The Boston Change Process Study Group ... 57
Therapeutic "Aha!", The ... 49
Therapeutic Improvisation ... 5
Therapist As Life Coach, 2nd Edition ... 38
Therapist in the Real World, The ... 40
Therapist's Treasure Chest, The ... 73
Therapist's Ultimate Solution Book, The ... 49
Therapy with a Coaching Edge ... 39
Thomas, Lloyd J. ... 38
Thompson, George S. ... 12
Through the Eyes of a Child ... 97
Timeless ... 13
Tinker, Robert H. ... 97
Tinsley, Joyce A. ... 93
Todd, Tracy ... 41
Tominey, Shauna ... 61
Total Life Coaching ... 38
Tough-To-Treat Anxiety ... 58
Trans Kids and Teens ... 87
Transforming Negative Self-Talk ... 50
Transforming the Pain ... 37
Trauma and Dissociation-Informed Psychotherapy ... 34
Trauma and the Avoidant Client ... 34
Trauma and the Body ... 23
Trauma and the Struggle to Open Up ... 34
Trauma and the Therapist ... 37
Trauma Essentials the Go-To Guide ... 33
Trauma Essentials: a Mental Health Quick Reference Guide ... 9
Trauma Spectrum, The ... 37
Trauma Treatment Handbook ... 35
Trauma-Informed Mindfulness with Teens ... 86
Trauma-Informed Yoga Affirmation Card Deck ... 80
Trauma-Informed Yoga for Survivors of Sexual Assault ... 80
Trauma-Sensitive Mindfulness ... 81
Trauma-Sensitive Yoga in Therapy ... 35
Treadway, David C. ... 93
Treating Infidelity ... 76
Treating Trauma-Related Dissociation ... 28
Treatment Collaboration ... 41
Treleaven, David A. ... 81
Tronick, Ed ... 17
Turnbull, Janiece ... 17
Turnell, Andrew ... 91
Twelve Months to Your Ideal Private Practice ... 39
Understanding the Brain ... 30
Unruly Therapeutic ... 5
Unwell Brain, The ... 31
Upside of Shame, The ... 47
Van Der Hart, Onno ... 21, 28, 36
Verbal & Non-Verbal Communication in Psychotherapy ... 50
Wade, J. William ... 54
Wallas, Lee ... 72
Walsh, Froma ... 77
Ward, Nicholas G. ... 32
Washton, Arnold ... 92
Watkins, Helen H. ... 54
Watkins, John G. ... 54
Watzlawick, Paul ... 52, 53
Weakland, John ... 52
Weeks, Gerald R. ... 76
Wegela, Karen Kissel ... 83
Wehrenberg, Margaret ... 31, 59
Weiner-Davis, Michele ... 73
Weintraub, Amy ... 83
Weiss, Halko ... 48
Wesselmann, Debra ... 96
Westland, Gill ... 50
Wexler, David B. ... 43, 48, 55, 74, 91
What Every Therapist Needs to Know About Treating Eating and Weight Issues ... 60
Where to Start and What to Ask ... 51
White, Michael ... 78
Whiting, Richard A. ... 77
Whitson, Signe ... 62, 64
Why Therapy Works ... 13
Wiener, Daniel J. ... 79
Wilkinson, Margaret ... 29
Williams, Patrick ... 7, 38
Wilson, Sandra A. ... 97
Women's Guide to Overcoming Insomnia, The ... 67
Wood, Jeffrey K. ... 59, 91
Working with Parents of Anxious Children ... 49
Working with Self-Harming Adolescents ... 90
Working with the Problem Drinker ... 93
Worried? ... 67
Wounded Healer, The ... 42
Yamasaki, Zahabiyah A. ... 80
Yapko, Michael D. ... 72
Yeager, Daniel ... 90
Yeager, Marcie ... 90
Yoga Skills for Therapists ... 83
Yoga Therapy for Children with Autism and Special Needs ... 70, 90
Your Child in the Balance ... 69
Your Life After Trauma ... 68
Your Resonant Self ... 65
Your Resonant Self Workbook ... 65
Yue, Dongmei ... 57
Zerbe, Kathryn J. ... 60
Ziegler, Phillip ... 77
Ziff, Anne F. ... 76
Zimmerman, Jeffrey ... 79
Zweben, Joan Ellen ... 92