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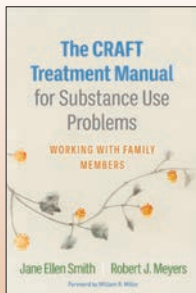
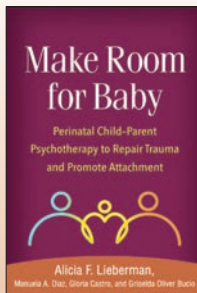
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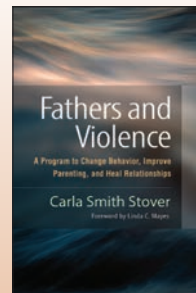
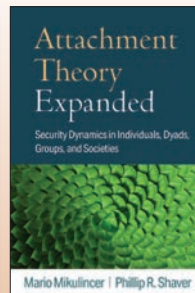
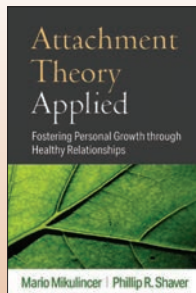
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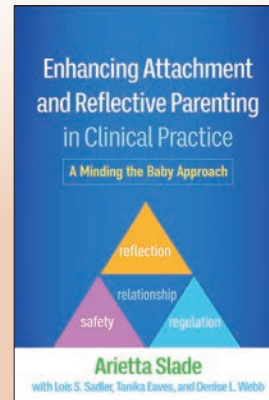
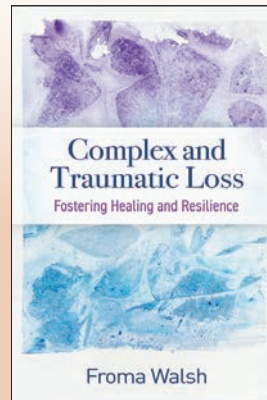
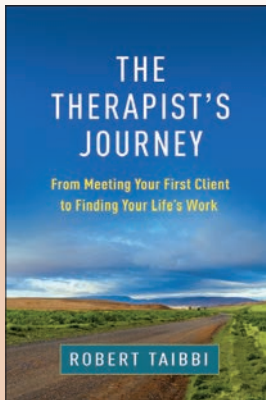
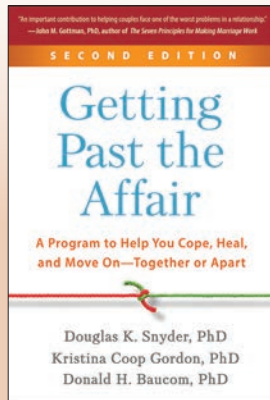
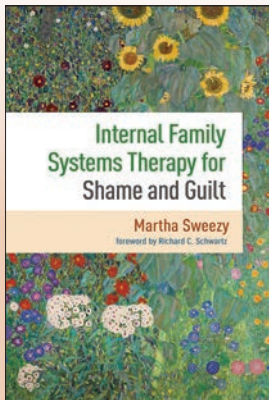
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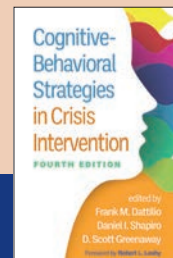
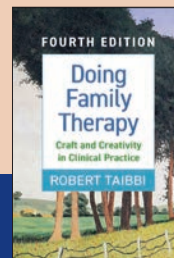
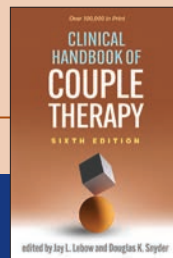
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New

Internal Family Systems Therapy for Shame and Guilt

Martha Sweezy, PhD

Foreword by Richard C. Schwartz, PhD

“Whether or not the reader has a background in internal family systems (IFS) therapy, this book convincingly makes the case for the relevance and power of this approach. I am already finding it extremely useful in my practice with trauma survivors, and am excited to learn even more about this system of thought.”
—Pamela C. Alexander, PhD

“With remarkable clarity and sophistication, the author untangles the inner dynamics of shame and guilt, and shows how to address a client’s unmet needs compassionately in therapy. This book is generous and deep—no reader will be left untouched.”
—Christopher Germer, PhD

“Focuses on what I believe is the most primal, terrifying, toxic, and motivating of all burdens: shame...[The book] offers lucid case examples and experiential exercises that are tailored for resolving guilt and unburdening shame and that add nuance and insight to the basics of IFS.”
—from the Foreword by Richard C. Schwartz, PhD

Rich in clinical examples, this book offers a fresh perspective on the roles of shame and guilt in psychological distress and presents a step-by-step framework for treatment. Martha Sweezy explains how the principles of IFS therapy are ideally suited to helping trauma survivors and other clients who struggle with debilitating shame to understand and heal psychic parts wounded in childhood. Annotated case illustrations show and explain IFS techniques in action. Other useful features include boxed therapeutic exercises, decision trees, and pointers to help therapists avoid or overcome common pitfalls.

CONTENTS

Foreword, Schwartz
Introduction

I. The Vulnerable Mind

1. Shame, Guilt, and Psychic Multiplicity
2. The Goal
3. All the Ways We Say No
4. The Shame Cycle
5. Empathy
6. Shame-Based Trauma Bonding
7. Guilt-Based Trauma Bonding

II. Treatment

The First Portion of Therapy

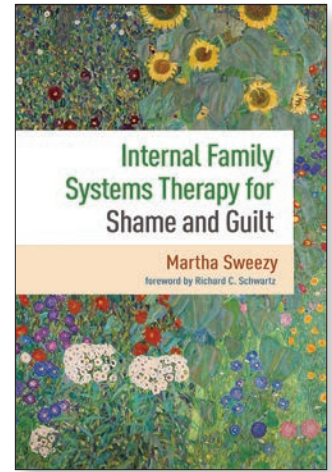
8. Set the Stage
9. Unblend
10. Navigate Obstacles to Unblending

The Second Portion of Therapy

11. Witness and Unburden
12. Common Problems
13. Take a Tip to Avoid Pitfalls

III. Completion

14. How Therapy Ends



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ABOUT THE AUTHOR



Martha Sweezy, PhD, is Assistant Professor in Psychiatry at Harvard Medical School, part-time, and Research, Training, and Curriculum Consultant at the Center for Mindfulness and Compassion, Cambridge Health Alliance, where she consults and supervises in a study using IFS groups to treat PTSD.

★ **Bestseller**

95,000
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Internal Family Systems Therapy

SECOND EDITION

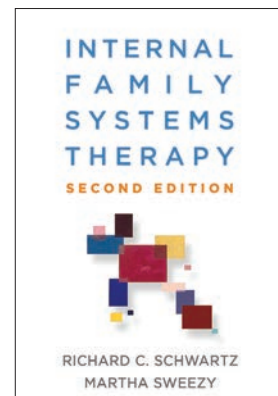
Richard C. Schwartz, PhD

Martha Sweezy, PhD

“A seminal book....This is an invaluable resource for both beginning and experienced practitioners who seek self-integration for their clients—and themselves.”
—Michael C. LaSala, PhD, LCSW

IFS reveals how the subpersonalities or “parts” of each individual’s psyche relate to each other like members of a family, and how—just as in a family—polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems.

2020, 6" x 9" Hardcover, 304 Pages, ISBN 978-1-4625-4146-1, \$49.00



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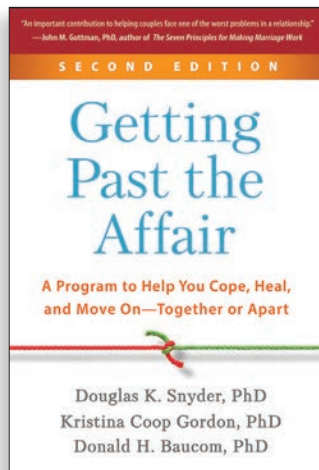
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ABOUT THE AUTHORS

Douglas K. Snyder, PhD, is Professor of Psychological and Brain Sciences at Texas A&M University, where he also served as Director of Clinical Training for 20 years.

Kristina Coop Gordon, PhD, is Associate Dean of Academic Affairs and Engagement in the College of Education, Health, and Human Sciences at the University of Tennessee.

Donald H. Baucom, PhD, is Distinguished Professor of Psychology and Neuroscience at the University of North Carolina at Chapel Hill, where he also served as Director of Clinical Training for more than a decade.

★ **New Edition of a Bestseller—Revised & Updated!**
Ideal for Client Recommendation

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Getting Past the Affair, SECOND EDITION

A Program to Help You Cope, Heal, and Move On—Together or Apart

Douglas K. Snyder, PhD, Kristina Coop Gordon, PhD,
and **Donald H. Baucom, PhD**

“A worthy and important contribution to understanding and helping couples face one of the worst problems in a relationship.”

—John M. Gottman, PhD

“Comprehensive, balanced, and motivating...Clinicians will find the updated second edition to be a valuable book for individuals and couples that they treat.”

—Barry McCarthy, PhD

“The best resource available for people struggling in the aftermath of an affair....I recommend this book to clients and others who ask me how they can navigate the vortex of an affair and come out the other side to a better life.”

—William J. Doherty, PhD

From renowned couple therapists, this compassionate guide can be used by couples on their own or as a complement to therapy or counseling. **Updated throughout, the second edition draws on the latest research** and is filled with vivid stories of diverse couples struggling with infidelity in all its forms. By exploring the factors that might have made the relationship vulnerable to an affair, both the involved and injured partners can begin to consider what needs to change. The book offers exercises and tips for processing what happened, coping with painful emotions, and mapping a way to move forward, whether separately or together.

CONTENTS: Introduction **I. How Do We Stop Hurting?** 1. What’s Happening to Us? 2. How Do We Get Through the Day? 3. How Do We Talk with Each Other? 4. How Do We Deal with Others? 5. How Do We Care for Ourselves? **II. How Did This Happen?** 6. Was Our Relationship to Blame? 7. Was It the World around Us? 8. How Could My Partner Have Done This? 9. What Was My Role? 10. How Do I Make Sense of It All? **III. How Can We Move Forward?** 11. How Do I Get Past the Hurt? 12. Can This Relationship Be Saved? 13. What Lies Ahead? • Additional Resources

New—Ideal for Client Recommendation

Compassion for Couples

Building the Skills of Loving Connection

Michelle Becker, LMFT, University of California at San Diego Center for Mindfulness

Foreword by **Christopher Germer, PhD**



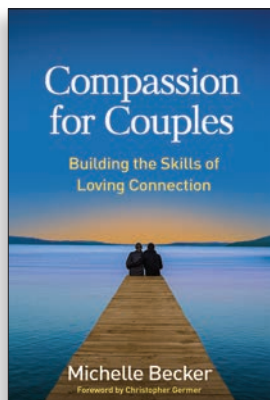
“From her vast experience as a therapist and teacher, Becker has written a masterpiece for any couple, whether they are seeking greater intimacy or help with serious conflicts. Her advice is grounded in science, with lots of examples and many simple, powerful exercises. She guides the reader step by step, and she is a kind and wise presence all along the way. Beautiful, timely, and important.”

—Rick Hanson, PhD

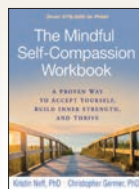
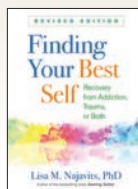
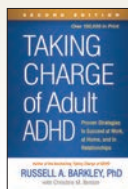
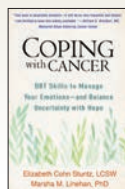
This invaluable work gives couples the tools to feel more loved and connected even as they navigate the inevitable strains of relationships. Michelle Becker’s *Compassion for Couples* program, based on Mindful Self-Compassion, has been taken by thousands of couples around the world.

Includes Downloadable Audio

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New

Complex and Traumatic Loss*Fostering Healing and Resilience***Froma Walsh, MSW, PhD**

“This book is a triumph. Walsh is a wise guide for clinicians working with individuals, couples, and families suffering from the death of loved ones....Walsh’s conviction that resilience is possible gleams on every page. The book is a gem; it will be a go-to resource for years to come.”

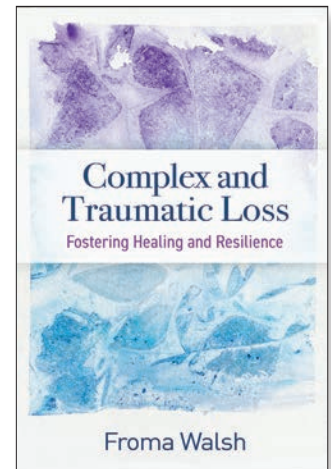
—Kaethe Weingarten, PhD

“It seems strange to call a book uplifting when the topic is loss and excruciating grief—but this stunning book shines new possibilities of hope and healing on the heaviness of suffering. In this brilliant, beautifully crafted, and sensitive work, Walsh empowers the reader with crucial concepts and essential practice applications....Professionals will return to it again and again for guidance.”

—Celia Jaes Falicov, PhD

In this needed practice and training guide for all mental health professionals, Froma Walsh presents a research-informed, resilience-oriented approach to help individuals, couples, and families who experience profound loss. Walsh guides therapists to understand and address the impact of complicated and traumatic deaths in relational systems and social contexts. She provides core principles and illustrative examples to foster healing and adaptation; help clients mobilize vital social, cultural, and spiritual resources; and find pathways forward to live and love beyond loss. Essential topics include death of a spouse, parent, child, or sibling; ambiguous and disenfranchised losses; death by violence, suicide, or overdose; collective trauma; and reverberations of past loss in life pursuits, other relationships, and across generations.

CONTENTS: I. Overview 1. Facing Death and Loss 2. Working with Complex and Traumatic Loss 3. Cultural and Spiritual Influences in Suffering, Healing, and Resilience **II. Death, Dying, and Loss** 4. Approaching the End of Life 5. In the Wake of Loss 6. Loss Across the Family Life Cycle **III. Complex and Traumatic Loss Situations** 7. Ambiguous, Unacknowledged, and Stigmatized Losses 8. Loss of a Cherished Companion Animal 9. Violent and Traumatic Deaths 10. Addressing Complex Relational and Transgenerational Dynamics 11. Collective Trauma and Loss 12. The Shared Human Experience of Loss **Appendix.** Suggested Resources and Readings



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ABOUT THE AUTHOR

Froma Walsh, MSW, PhD, is the Mose and Sylvia Firestone Professor Emerita in the Crown Family School of Social Work, Policy, and Practice and the Department of Psychiatry, Pritzker School of Medicine, University of Chicago. She is also Co-Founder and Co-Director of the Chicago Center for Family Health.

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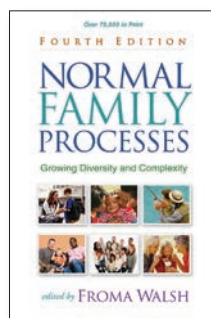
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*Growing Diversity and Complexity*Edited by **Froma Walsh, MSW, PhD**

“This volume takes another step forward on the trail that Walsh has blazed in the field of family therapy. It captures the breadth and depth of family life like no other book. This is a great text for graduate courses and a joy to read for experienced professionals.”

—William M. Pinsof, PhD



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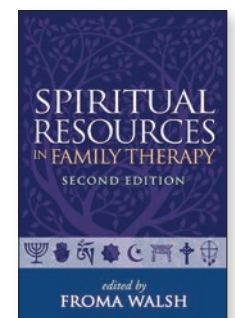
**Spiritual Resources
in Family Therapy**

SECOND EDITION

Edited by **Froma Walsh, MSW, PhD**

“Highly accessible and beautifully written, this volume is filled with case examples, author reflections, and information that therapists need to develop greater spiritual self-awareness and professional effectiveness. A ‘must read’ for... graduate students in family studies, mental health, and pastoral counseling.”

—Marsha Pravder Mirkin, PhD



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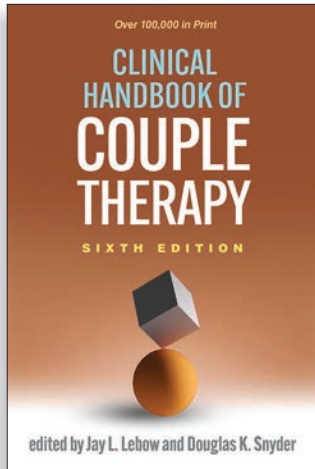
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★ *New Edition of a Bestselling Clinical Guide and Text—A Major Revision!*

Clinical Handbook of Couple Therapy SIXTH EDITION

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Edited by **Jay L. Lebow, PhD, ABPP, LMFT**,
The Family Institute at Northwestern University
Douglas K. Snyder, PhD, Texas A&M University

“The *Handbook* does an excellent job of presenting each approach, including core concepts, the science and the art of implementation, and how to tailor treatment for common couple and individual problems....A ‘must-have’ resource for graduate students and professionals.”

—Shalonda Kelly, PhD

Now in a significantly revised sixth edition with 70% new material, this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today. Prominent experts present effective ways to reduce couple distress, improve overall relationship satisfaction, and address specific relational or individual problems.

NEW TO THIS EDITION

- ✓ Chapters on additional clinical approaches: acceptance and commitment therapy, mentalization-based therapy, intergenerational therapy, socioculturally attuned therapy, and the therapeutic palette approach.
- ✓ Chapters on assessment and common factors in couple therapy.
- ✓ Chapters on sexuality, older adult couples, and parents of youth with disruptive behavior problems.
- ✓ Chapters on cutting-edge special topics: relationship enhancement, telehealth interventions, and ethical issues in couple therapy.

New

Fathers and Violence

A Program to Change Behavior, Improve Parenting, and Heal Relationships

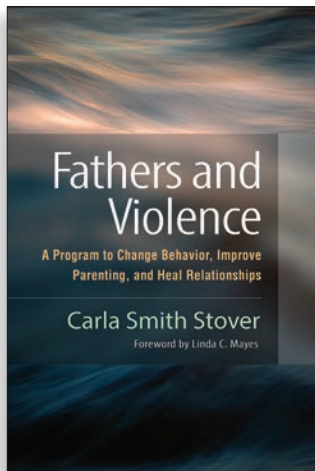
Carla Smith Stover, PhD, Yale Child Study Center
Foreword by **Linda C. Mayes, MD**

“The book includes a detailed description of the Fathers for Change (F4C) program, helpful examples of therapist–client dialogue, and multiple case studies. It provides a roadmap of the knowledge, skills, and strategies that mental health service providers need for critical conversations with fathers who have used violence in their families.”

—Katreena Scott, PhD, CPsych

“Stover presents a much-needed, encouraging clinical approach that contrasts with more stigmatizing traditional interventions....Rich case examples, sample scripts for introducing interventions, and client handouts make this an invaluable guide for graduate classes and internship training settings, as well as for experienced clinicians.”

—Norman B. Epstein, PhD



Includes Reproducible Forms, Worksheets, & Handouts

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This highly accessible book presents a new approach to treating men who use violence against their partners and/or children. The F4C program has a unique focus on fostering fathers’ accountability and reflective functioning, and repairing father–child relationships. Grounded in theory and research, it addresses a key need for parents who want to stay together or coparent successfully in the aftermath of violence, while prioritizing all family members’ safety. Clinicians learn how to implement each component of F4C, from assessment to individual-focused work to coparent and family sessions, if appropriate. Illustrative case vignettes are featured throughout. **An appendix provides 32 reproducible forms, worksheets, and handouts that can be downloaded (many in a fillable format) and printed as needed.**



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New

The Therapist's Journey

From Meeting Your First Client to Finding Your Life's Work

Robert Taibbi, LCSW

Psychotherapists just starting out in the field often have more questions than answers: "Am I really cut out for this job?" "Where do I want my career to be heading?" "How do I deal with my reactions to clients, or theirs to me?" In this empathic book, seasoned therapist and supervisor Robert Taibbi speaks directly to new clinicians about the world of work and the workplace, the arc of careers, and the keys to staying creative and energized. The book can be read sequentially or readers can dip into any of the 59 concise chapters on such topics as honing clinical skills, first aid when sessions go off the rails, supervision problems, transitioning into private practice, and how to be wise. Insightful reflection questions are woven throughout.

CRITICAL ACCLAIM

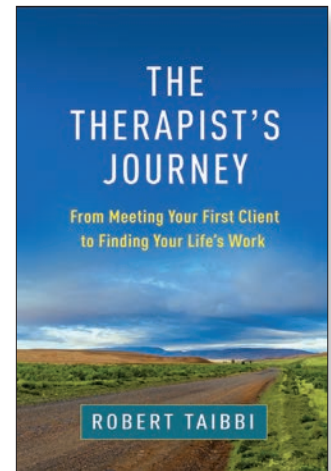
"Simultaneously wise and playful, and full of honest, real-life examples, this is a 'must read' for beginning therapists and their mentors alike."

—Ronald D. Siegel, PsyD

"This book distills deep clinical wisdom, gained over a lifetime, into a collection of absolute gems.... A gift to beginning therapists."

—Patricia L. Papernow, EdD

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ABOUT THE AUTHOR



Robert Taibbi, LCSW, is an experienced clinician, supervisor, and clinical director who has been practicing almost 50 years.

► **Also from Robert Taibbi—**
Doing Couple Therapy, Second Edition: Craft and Creativity in Work with Intimate Partners (p. 10)

★ Bestselling Clinical Guide and Text

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Craft and Creativity in Clinical Practice

Robert Taibbi, LCSW

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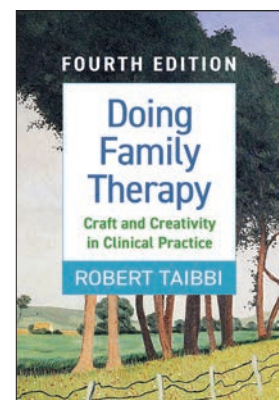
—Sean D. Davis, PhD, LMFT

Engaging, practical, and infused with clinical wisdom, this widely used text and practitioner guide helps therapists working with families to hit the ground running. The revised and updated fourth edition brings fresh insights into the issues families bring to therapy and the therapist's moment-to-moment decision making.

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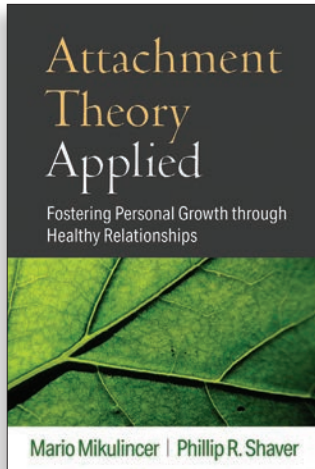


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New

Attachment Theory Applied

Fostering Personal Growth through Healthy Relationships

Mario Mikulincer, PhD, Reichman University, Israel

Phillip R. Shaver, PhD, University of California, Davis (Emeritus)

“In recent years, attachment-based applications and interventions have grown to include domains as diverse as individual psychotherapy, couple counseling, parent–child support, elementary education, organizational management, and medical care....Thought provoking, inspiring, clearly written, and extremely useful, the volume is likely to be of interest to many different kinds of professionals, as well as students. Highly recommended!”

—Jude Cassidy, PhD

“This magnificent book demonstrates the powerful effects of secure attachments throughout the life cycle and across essential domains. With academic virtuosity, the authors, leading scholars in the field, summarize a tremendous body of work in accessible and actionable terms....This is the definitive book on the application of attachment theory to the most important areas of life.”

—Isaac Prilleltensky, PhD

In this compelling book, prominent investigators Mario Mikulincer and Phillip R. Shaver review the state of the science of attachment-based interventions in psychotherapy and beyond. They critically evaluate a range of programs that aim to strengthen parent–child, couple, and therapist–client relationships. The theoretical and empirical underpinnings of each intervention are examined, as are specific techniques used to enhance felt security and foster personal growth. The book also looks at evidence-based interventions outside the mental health domain, including programs that target teacher–student relationships and academic performance. Looking to the future, the authors discuss emerging applications of attachment theory in medicine and health care, management and organizational behavior, and group and intergroup processes.

New

Attachment Theory Expanded

Security Dynamics in Individuals, Dyads, Groups, and Societies

Mario Mikulincer, PhD

Phillip R. Shaver, PhD

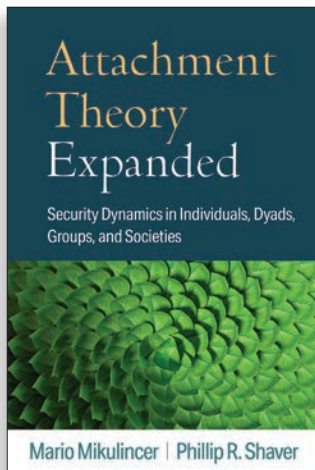
“Mikulincer and Shaver, two of our leading and most creative attachment theorists, have written an outstanding book that elevates attachment theory and future research to new levels. Their ambitious expansion of the theory to explain security dynamics beyond individuals to dyads, groups, and societal units is one of the boldest and most important extensions of the theory since Bowlby’s original formulations. This book is a ‘must read’ for anyone interested in attachment processes and dynamics.”

—Jeffry A. Simpson, PhD

“Mikulincer and Shaver move attachment theory beyond a focus on security and safety, revealing the importance of a secure base in fostering learning, growth, friendship, intimacy, and psychological wellness....Destined to become a classic.”

—Richard M. Ryan, PhD

This book takes an expansive look at the nature and functions of security dynamics in personal and social relationships. Mario Mikulincer and Phillip R. Shaver examine how attachment operates not only in close dyadic relationships (parent–child, romantic partners), but also between teachers and students, therapists and clients, physicians and patients, leaders and followers, and within organizations. Also considered is the nature of “attachments” to objects; commercial brands; substances, such as foods and drugs; and places. The book highlights ways to integrate attachment theory with other influential social and psychological theories concerning factors that enable individuals, groups, and societies to flourish despite inevitable threats, conflicts, and losses.



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A Minding the Baby Approach

Arietta Slade, PhD, Yale University School of Medicine

with **Lois S. Sadler, PhD, RN, FAAN, Tanika Eaves, PhD, LCSW,**
and **Denise L. Webb, MSN, APRN**

“This outstanding, beautifully written book gives clinicians an understanding of how to apply Minding the Baby (MTB) principles with parents of infants and young children. It is by far the very best description of applied attachment theory and the concept of mentalizing available for a clinical audience.”

—Ruth Paris, PhD

“This is an intervention that carries the souls and hearts of the families and professionals who have helped to create it...What you will feel most strongly as you take in the principles and ideas of this program are the arms holding you up until you are ready to hold up others.”

—Jessica Borelli, PhD

This book provides a flexible framework for promoting reflective parenting “from the ground up.” Described are effective ways to support safety and self-regulation in parents with histories of trauma and adversity, giving them a stronger foundation for seeing, hearing, and connecting to their children. The book distills principles of the influential MTB home visiting program, as well as contemporary attachment and mentalization research. Vivid case material illustrates therapeutic strategies that can be used with parents and children in any clinical context.

New in Paperback

Make Room for Baby

Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment

Alicia F. Lieberman, PhD, University of California, San Francisco

Manuela A. Diaz, PhD, private practice, Berkeley, CA

Gloria Castro, PsyD, University of California, San Francisco

Griselda Oliver Bucio, LMFT, private practice, Walnut Creek, CA

“Lieberman and her colleagues have decades of clinical experience, and extensive clinical research studies show the effectiveness of Perinatal Child-Parent Psychotherapy (P-CPP), which focuses on mitigating how parents’ own trauma histories get in the way of effective parenting...A ‘must read’ for all of us working with traumatized children and families.”

—Bessel A. van der Kolk, MD

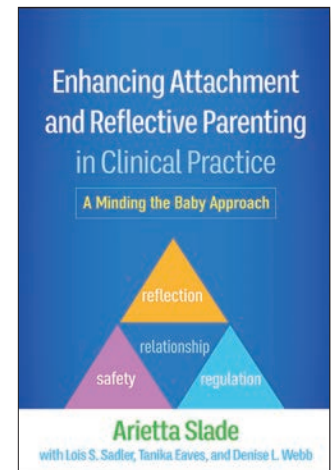
“Poignant and powerful—often breathtaking...Destined to be a classic...This book is essential reading for all therapists who work with parents in this critical period and will be of interest to everyone concerned about the impact of early experience on the developing child.”

—Paula Doyle Zeanah, PhD, MSN, RN

This state-of-the-art clinician’s guide describes P-CPP, a treatment for pregnant women and their partners whose readiness to nurture a baby is compromised by traumatic stress and adverse life experiences. P-CPP, an application to pregnancy of the widely disseminated, evidence-based Child-Parent Psychotherapy, spans the prenatal period through the first 6 months of life. Extended cases illustrate ways to help mothers and fathers understand how trauma has affected them, navigate the physical and emotional challenges of becoming parents, build essential caregiving competencies, and ensure the safety of their babies and themselves. Cultural considerations in working with diverse families are addressed through specific intervention examples.

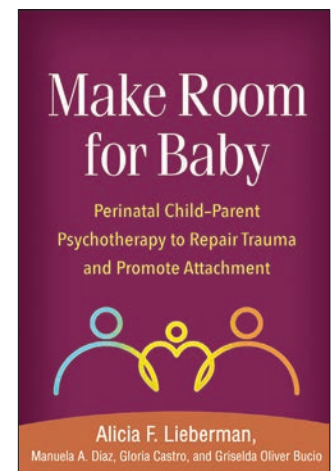
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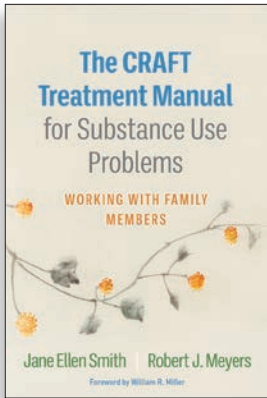
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Working with Family Members

Jane Ellen Smith, PhD and Robert J. Meyers, PhD

—both at University of New Mexico

Foreword by William R. Miller, PhD

“Community Reinforcement and Family Training (CRAFT) is menu-driven but flexible and client centered...Smith and Meyers provide a host of tools and strategies, as well as realistic therapist–client dialogues that highlight key concepts. This manual will be very useful for any practitioner who works with family and friends of individuals experiencing substance use disorders.”

—Carlo C. DiClemente, PhD

Packed with practical tools, this authoritative manual offers a complete guide to implementing the evidence-based CRAFT program. Structured yet flexible, CRAFT teaches loved ones to change their behavior with the identified patient to encourage treatment entry and enhance their own well-being.

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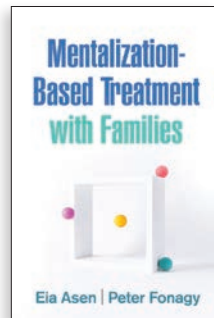
Mentalization-Based Treatment with Families

Eia Asen, MD, FRCPSych

Peter Fonagy, OBE, FMedSci, FBA, FAcSS

“This outstanding volume expands both mentalization-based and family systems therapies by integrating their concepts and practices for use by therapists of any orientation. With vivid, often very moving clinical illustrations, the book provides hands-on and delightfully creative ways of enhancing mentalizing capacity in families and individuals. Its accessibility and relevance across therapeutic settings makes it a ‘must read’ for clinicians at all levels of training.”

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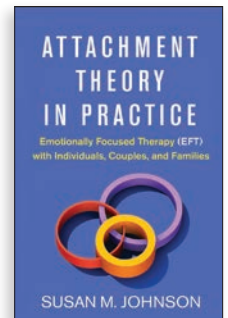
Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

Susan M. Johnson, EdD

“This book is a magnum opus that finally gives therapists a practical and very readable guide to using EFT principles across psychotherapy modalities.

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Teaching Self-Compassion to Teens

Lorraine Hobbs, MA

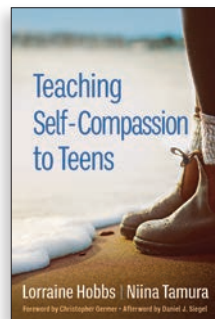
Niina Tamura, PhD

Foreword by Christopher Germer, PhD

Afterword by Daniel J. Siegel, MD

“What an incredible gift to adolescents and those who work with them! This book is chock-full of practices that cultivate not only self-compassion, but also connection, creativity, and fun. Teens (and adults) will go back to these lessons again and again.”

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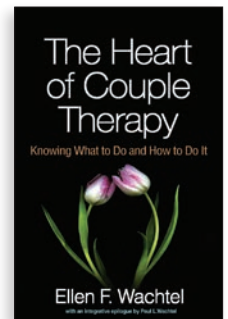
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Knowing What to Do and How to Do It

Ellen F. Wachtel, PhD, JD

“The author describes the moment-to-moment decisions a therapist is called upon to make from the first moment of the first session. I know of no better first book for beginning students wanting to know how to do couple therapy and for experienced therapists seeking new ideas....I kept thinking, ‘Yes, that’s exactly what happens in a session—and, hey, Ellen Wachtel has come up with a great way to deal with it.’”

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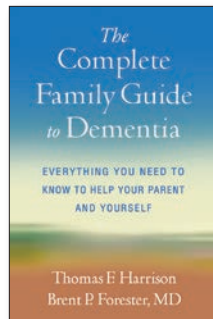
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Everything You Need to Know to Help Your Parent and Yourself

Thomas F. Harrison
Brent P. Forester, MD

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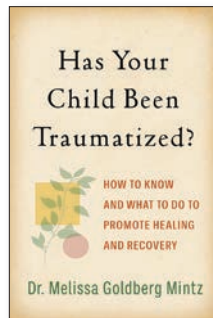
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Melissa Goldberg Mintz, PsyD

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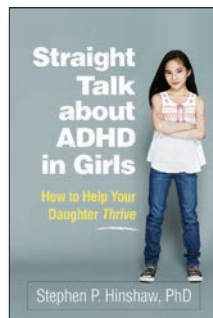
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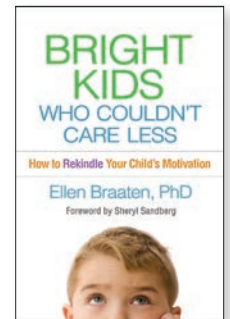
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Ellen Braaten, PhD

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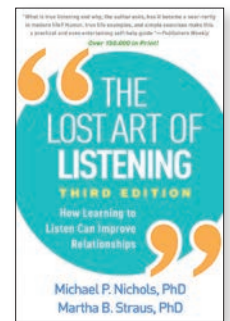
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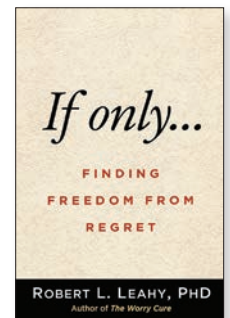
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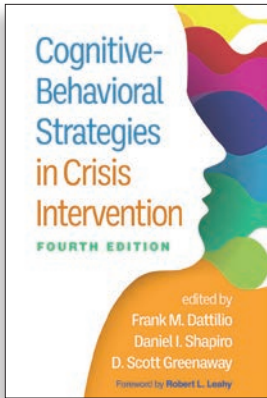
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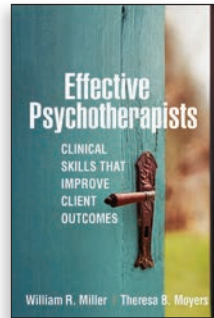
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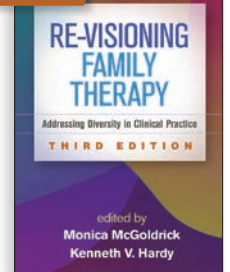
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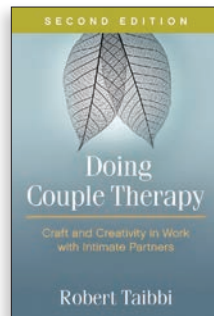
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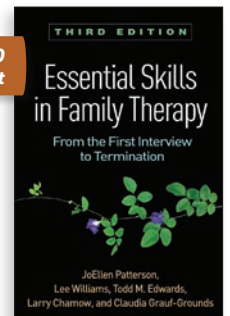
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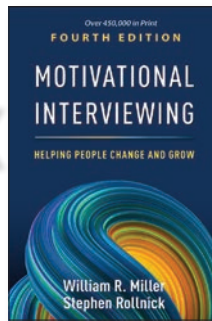
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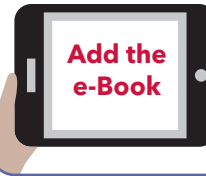


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