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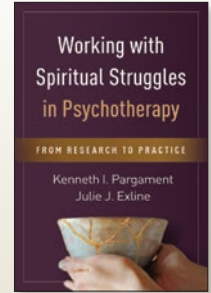
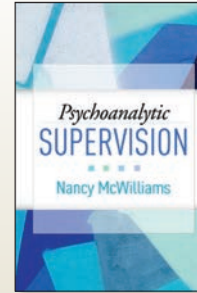
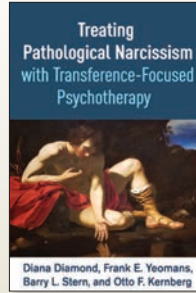
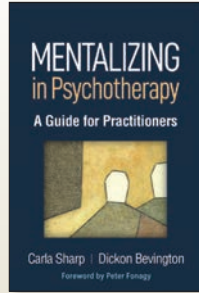
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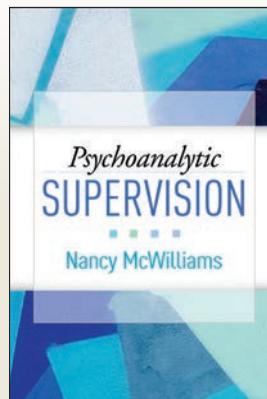
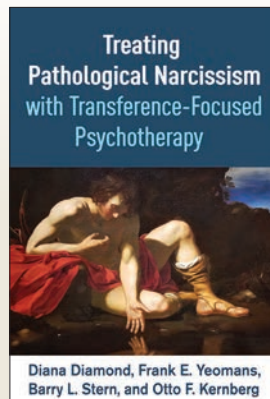
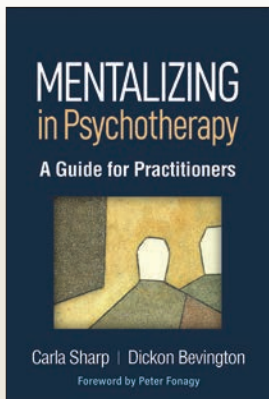
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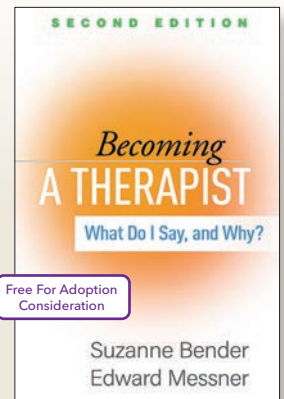
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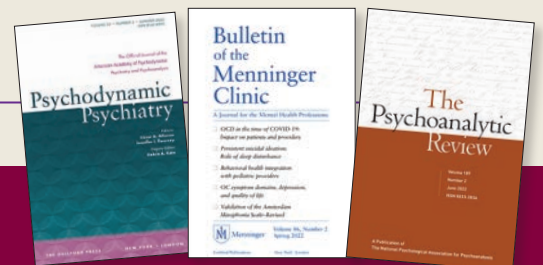
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Psychoanalysis and Psychological Science

Elliot Jurist, PhD, Series Editor • www.guilford.com/pps

While psychoanalysis rests on a foundation of theory and clinical knowledge, the time is now right to embrace research and to explore and deepen links to other fields. Books in this series bridge science and practice and elucidate the relationship between them,

highlighting empirical findings and their impact on treatment and presenting substantive clinical work that might inspire and direct research. The aim of the series is to show that psychoanalysis is too compelling to be of interest only to psychoanalysts.

New

Mentalizing in Psychotherapy

A Guide for Practitioners

Carla Sharp, PhD

Dickon Bevington, MA, MBBS, MRCPsych

Foreword by **Peter Fonagy, OBE, FMedSci, FBA, FAcSS**

How can therapists help clients reflect more deeply on their own—and other people's—thoughts and emotions? How can the therapeutic relationship be leveraged effectively to create change? This concise book guides therapists of any orientation to incorporate innovative mentalization-based strategies into assessment and intervention. Complex ideas are clearly explained and illustrated with extensive session transcripts and vignettes. Ways to help clients struggling with dysregulated emotions and behavior are highlighted. Compelling topics include the role of mentalization difficulties in personality disorders, special concerns in working with adolescents, and how clinicians can improve their own mentalizing capacities.

CRITICAL ACCLAIM

“Undoubtedly the most clearly written and most easily accessible depiction of MBT that is available to date.... This book could, just could, be a game changer. I very much hope that its lively style, its compassionate language, and its genuine human interest provide the foundations on which a new generation of psychologically informed, trauma-sensitive, humane, generous, and competent practitioners will emerge.”

—from the Foreword by Peter Fonagy, OBE, FMedSci, FBA, FAcSS

“In everyday language, the authors explain the concept of mentalizing, how it develops, and how to change your clinical practice to enhance mentalizing in your clients and yourself. The authors use research findings to underpin recommendations for clinical practice and provide simple take-home messages for effective mentalizing treatment in the consulting room. Abundant clinical examples and a carefully constructed dictionary of key terms and concepts help transform academic discourse into clinical reality.”

—Anthony Bateman, MA, FRCPsych

“This essential book is written by leaders in the scientific investigation and real-world implementation of mentalization-based treatment. In an encouraging, down-to-earth style, the authors render mentalizing accessible and use clinical vignettes to illustrate common pitfalls and effective interventions. The book is well contextualized in the current atmosphere of change toward dimensional understandings of mental illness. It offers needed, practical guidance about how to reach clients who feel chronically alienated and misunderstood.”

—Lois W. Choi-Kain, MD, MEd

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Foreword, Fonagy

1. Setting the Stage for Mentalizing

2. What Is Mentalizing?

3. How Does Mentalizing Develop?

4. Difficulties in Mentalizing...and Difficulties in Learning

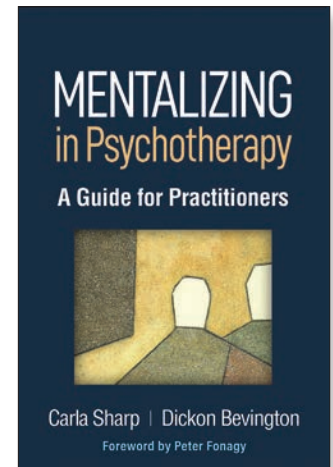
5. Mentalizing Assessment and Formulation

6. MBT Structure

7. The Mentalizing Stance

8. Mentalizing Interventions

9. Going Further with the Mentalizing Stance
Key Terms and Concepts



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ABOUT THE AUTHORS



Carla Sharp, PhD, is Professor in the Clinical Psychology Doctoral Program and Associate Dean for Faculty and Research at the University of Houston, where she is also

Director of the Adolescent Diagnosis Assessment Prevention and Treatment (ADAPT) Center and the Developmental Psychopathology Lab.



Dickon Bevington, MA, MBBS, MRCPsych, is a consultant in child and adolescent psychiatry, Cambridge and Peterborough NHS Foundation Trust, and

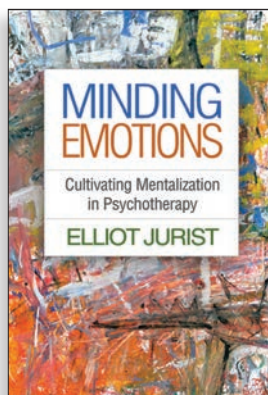
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Minding Emotions

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Elliot Jurist, PhD,

City University of New York

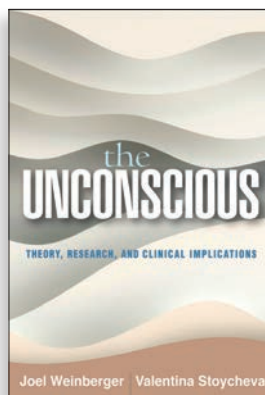
“*Minding Emotions* is not only a lucid, highly intelligent, and compassionate explication of what it means to identify and mentalize emotions in clinical practice, it is that rare work that deftly integrates research from neurobiology and empirical psychology with philosophy, psychoanalytic theory, case histories, and memoir. Rather than isolating science from the therapeutic dyad and the art of narrative, Jurist makes an astute argument for their unification in this important book.” —**Siri Hustvedt, PhD**

This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. Elliot Jurist integrates cognitive science research and psychoanalytic theory to break down “mentalized affectivity” into discrete processes that therapists can cultivate in session. The book interweaves clinical vignettes with discussions of memoirs by comedian Sarah Silverman, poet Tracy Smith, filmmaker Ingmar Bergman, and neurologist Oliver Sacks.

■ Winner—American Board and Academy of Psychoanalysis Book Prize (Theory)

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The Unconscious

Theory, Research, and Clinical Implications

Joel Weinberger, PhD,

Adelphi University

Valentina Stoycheva, PhD, Stress and Trauma Evaluation and Psychological Services (STEPS), Huntington, NY

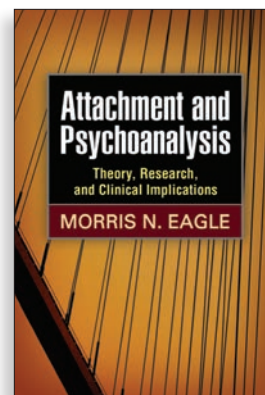
“A ‘must read’ for anyone who wants to know how our minds and brains really work when we’re not looking....The authors glide effortlessly from philosophical thought on the nature of consciousness, to complex experiments in cognitive neuroscience, to provocative ideas from contemporary psychoanalysis.”

—**Drew Westen, PhD**

Weaving together state-of-the-art research, theory, and clinical insights, this book provides a new understanding of the unconscious and its centrality in human functioning. The authors review heuristics, implicit memory, implicit learning, attribution theory, implicit motivation, automaticity, affective versus cognitive salience, embodied cognition, and clinical theories of unconscious functioning. They integrate this work with cognitive neuroscience views of the mind to create an empirically supported model of the unconscious.

■ Winner—American Board and Academy of Psychoanalysis Book Prize (Theory)

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Attachment and Psychoanalysis

Theory, Research, and Clinical Implications

Morris N. Eagle, PhD, ABPP,

California Lutheran University

“Eagle, one of the foremost scholars in both psychoanalysis *and* attachment theory, has given us a wonderful gift. In this cogent, original account, he unravels the intricate relationship between these influential theories and brings their history and complexity to life in a most accessible way....His remarkably broad, deep knowledge and rich clinical wisdom leap off every page.”

—**Arietta Slade, PhD**

This incisive book explores ways in which attachment theory and psychoanalysis have each contributed to understanding key aspects of psychological functioning—including infantile and adult sexuality, aggression, psychopathology, and psychotherapeutic change—and what the two fields can learn from each other. Morris Eagle critically evaluates how psychoanalytic thinking can aid in expanding core attachment concepts, such as the internal working model, and how knowledge about attachment can inform clinical practice and enrich psychoanalytic theory building.

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New

Treating Pathological Narcissism with Transference-Focused Psychotherapy

Diana Diamond, PhD

Frank E. Yeomans, MD, PhD

Barry L. Stern, PhD

Otto F. Kernberg, MD

Filling a crucial gap in the clinical literature, this book provides a contemporary view of pathological narcissism and presents an innovative treatment approach. The preeminent authors explore the special challenges of treating patients—with narcissistic traits or narcissistic personality disorder—who retreat from reality into narcissistic grandiosity, thereby compromising their lives and relationships. Assessment procedures and therapeutic strategies have been adapted from transference-focused psychotherapy (TFP), a manualized, evidence-based treatment for borderline personality disorder. Rich case material illustrates how TFP-N enables the clinician to engage patients more deeply in therapy and help them overcome relationship and behavioral problems at different levels of severity. The volume integrates psychodynamic theory and research with findings from social cognition, attachment, and neurobiology.

CRITICAL ACCLAIM

“Connecting object relations and attachment theory with findings from neuroscience and social cognition, the book offers a much-needed, comprehensive understanding of the complex range of narcissistic personality functioning. The authors are especially attentive to systematic diagnostic assessment, nuances in relatedness between therapist and patient, and flexibility in treatment interventions. This is an outstanding guide.”

—Elsa Ronningstam, PhD

“This extraordinary book is a landmark in our understanding of the development, diagnosis, and treatment of narcissistic pathology. Brilliantly lucid, it presents multiple perspectives and comprehensively reviews the relevant literature....An invaluable resource for experienced clinicians, this book also merits inclusion in all curricula for training in psychoanalytic psychotherapy.”

—Harold P. Blum, MD

“A masterpiece! Building on a wealth of prior work establishing TFP as an evidence-based treatment for borderline personality disorder, the authors have developed TFP-N, which they deliver in depth in this welcome volume. The object relations theoretical basis for TFP-N is well covered, but the home run of the book is the privilege to listen in, step by step, as therapists and patients navigate all stages of treatment.”

—John M. Oldham, MD, MS

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8. TFP-N Later Phases

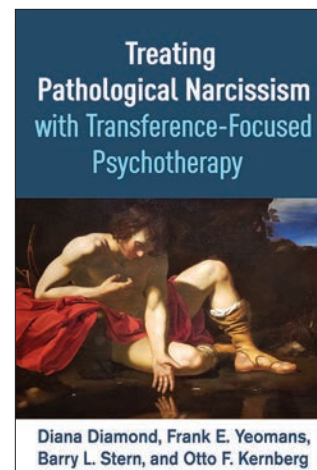
9. TFP-N for Patients with Combined Narcissistic and Borderline Pathology

III. Pathological Narcissism in Intimate Relationships and Society

10. Malignant Narcissism: Clinical and Social Aspects

11. Narcissistic Love Relations

12. Epilogue



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ABOUT THE AUTHORS



Diana Diamond, PhD, is Professor Emerita in the Doctoral Program in Clinical Psychology at the City University of New York and Senior Fellow at the Personality Disorders Institute at New York Presbyterian Hospital-Weill Cornell Medical College. She is also Adjunct Professor at the New School for Social Research and in New York University's Postdoctoral Program in Psychotherapy and Psychoanalysis.



Frank E. Yeomans, MD, PhD, is Clinical Associate Professor of Psychiatry at Weill Cornell Medical College, Director of Training at the Personality Disorders Institute at New York Presbyterian Hospital-Weill Cornell Medical College, and Adjunct Associate Clinical Professor of Psychiatry at the Columbia University Vagelos College of Physicians and Surgeons.



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Otto F. Kernberg, MD, is Professor of Psychiatry and Director of the Personality Disorders Institute at New York Presbyterian Hospital-Weill Cornell Medical College, Training and Supervising Analyst at the Columbia University Center for Psychoanalytic Training and Research, and Distinguished Visiting Professor of Psychiatry at the Albert Einstein College of Medicine.

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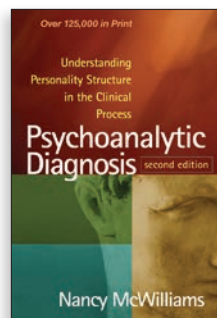
*Understanding Personality
Structure in the Clinical Process*

Nancy McWilliams, PhD

"A delectable read. There is no doubt that the goal of 'enhancing practice' has been achieved. This book is highly recommended to any clinician-in-training as a foundation for psychoanalytic thinking and also to any practicing therapist as a well-structured and comprehensive resource." —*Journal of Clinical Psychiatry*

This acclaimed clinical guide and widely adopted text has filled a key need in the field since its original publication. Nancy McWilliams makes psychoanalytic personality theory and its implications for practice accessible to practitioners of all levels of experience. She explains major character types and demonstrates specific ways that understanding the patient's individual personality structure can influence the therapist's focus and style of intervention. Guidelines are provided for developing a systematic yet flexible diagnostic formulation and using it to inform treatment.

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Psychoanalytic Psychotherapy

A Practitioner's Guide

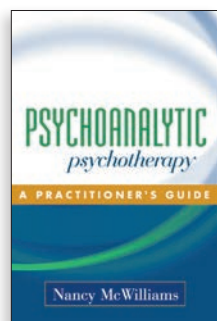
Nancy McWilliams, PhD

"McWilliams has a rare ability to celebrate the pluralities in our practices, despite deep division in theory and so-called techniques, while emphasizing the fundamental similarities in practice necessary to create and foster therapeutic relationships....McWilliams' style is accessible, candid, and humorous."


—*American Journal of Psychoanalysis*

Addressing the art and science of psychodynamic treatment, Nancy McWilliams distills the essential principles of clinical practice, including effective listening and talking; transference and countertransference; emotional safety; and an empathic, attuned attitude toward the patient. The book describes the values, assumptions, and clinical and research findings that guide the psychoanalytic enterprise, and shows how to integrate elements of other theoretical perspectives.

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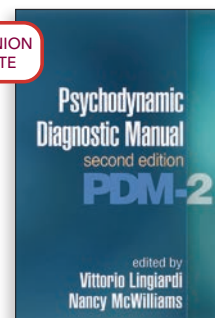
"This heroically ambitious book is a startlingly successful synthesis of the confusing babel of different psychoanalytic tongues. It will improve the daily practice of psychodynamic clinicians, enliven teaching in the field, and contribute to the infant field of psychodynamic research. A labor of love and erudition."

—**Allen Frances, MD**

Explicitly oriented toward case formulation and treatment planning, PDM-2 offers practitioners an empirically based, clinically useful alternative or supplement to DSM and ICD categorical diagnoses. Leading international authorities systematically address personality functioning and psychological problems of infancy, childhood, adolescence, adulthood, and old age, including clear conceptualizations and illustrative case examples.

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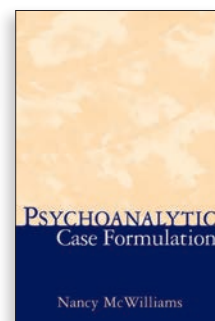
Psychoanalytic Case Formulation Nancy McWilliams, PhD

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"[McWilliams's] straightforward language, as illustrated in her title choices, makes the book user-friendly for even the most junior student. Her introductory chapter, with its excellent overview of the goals of psychoanalytic therapy, could be a very useful section for teachers, particularly of psychiatric residents." —*Journal of the American Psychoanalytic Association (JAPA)*

This book takes clinicians step-by-step through developing an understanding of each client's unique psychology and using this information to guide and inform treatment decisions. McWilliams shows that while seasoned practitioners rely upon established diagnostic categories for record-keeping and insurance purposes, their actual clinical concepts and practices reflect more inferential, subjective, and intuitive processes.

■ Winner—Gradiva Award, National Association for the Advancement of Psychoanalysis



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Psychoanalytic Supervision

Nancy McWilliams, PhD

Drawing on deep reserves of experience and theoretical and research knowledge, Nancy McWilliams presents a fresh perspective on psychodynamic supervision in this highly instructive work. McWilliams examines the role of the supervisor in developing the therapist's clinical skills, giving support, helping to formulate and monitor treatment goals, and providing input on ethical dilemmas. Filled with candid clinical examples, the book addresses both individual and group supervision. Special attention is given to navigating personality dynamics, power imbalances, and various dimensions of diversity in the supervisory dyad. McWilliams guides mentors and mentees alike to optimize this unique relationship as a resource for lifelong professional learning and growth.

CRITICAL ACCLAIM

"A 'must read' for all mental health professionals. This is the most valuable book on the subject that I have ever read. McWilliams is a master teacher. She seems to have read and thoroughly mastered every source on psychoanalytically oriented supervision. Without ever condescending to the reader, she shares complex ideas that will be highly compelling to both beginners and experienced therapists. This book is a gem—don't miss it!"

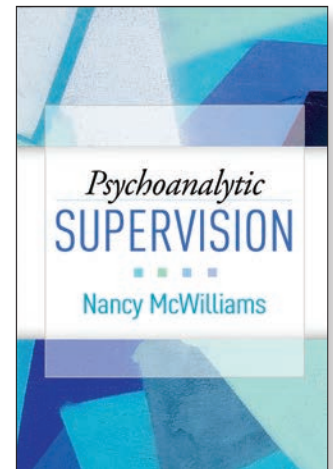
—Glen O. Gabbard, MD

"This is far and away the best discussion of clinical supervision I have ever seen. McWilliams distills a lifetime of clinical understanding and wisdom into lucid, gorgeous, and remarkably accessible prose. I recommend this book to clinicians of any level of experience who provide supervision to others, to clinicians receiving it, and, for that matter, to anyone seeking a deeper understanding of what truly meaningful psychotherapy looks like at its very best. A masterpiece."

—Jonathan Shedler, PhD

"McWilliams offers a visionary framework for contemporary psychoanalytic supervision, compelling the reader toward wisdom and compassion as guiding forces. This book centers the humanity of the supervisee and the supervisor, honoring their resilience even while bearing suffering and the unknown. Riveting illustrations of supervisor–supervisee dynamics are used to engage a more complex and vibrant understanding of teaching and mentoring. This is a critical read for therapists and supervisors of any theoretical orientation who are dedicated to collaborative training and practice."

—Pratyusha Tummala-Narra, PhD



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Nancy McWilliams, PhD, ABPP, teaches in the Graduate School of Applied and Professional Psychology at Rutgers, The State University of New Jersey, and has a private practice in Lambertville, New Jersey. She is a past president of the Society for Psychoanalysis and Psychoanalytic Psychology, Division 39 of the American Psychological Association (APA), and is on the editorial board of *Psychoanalytic Psychology*.

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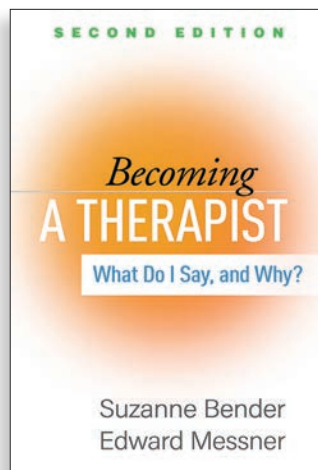
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Becoming a Therapist, SECOND EDITION

What Do I Say, and Why?

Suzanne Bender, MD, Massachusetts General Hospital and Harvard Medical School
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Foreword by **Nhi-Ha Trinh, MD, MPH**

"In *Becoming a Therapist*, we meet two warm and down-to-earth teachers who humanize the psychotherapy process and make it feel accessible to all of us. It's like having a trusted supervisor close at hand when you need expert help and thoughtful encouragement. The second edition combines decades of clinical wisdom with vivid examples to offer us a resource that's both rich in theoretical understanding and highly practical. This book is an invaluable companion for beginners and veterans alike."

—Robert J. Waldinger, MD

"For years, I've recommended *Becoming a Therapist* to trainees seeking a thoughtful, accessible approach to learning psychotherapy, as well as to faculty supervising them. The second edition is even better than the first, expanding its reach to so many topics relevant for 21st-century practice." —Donna T. Chen, MD, MPH

Revised and expanded for the digital age, this trusted guidebook and text helps novice psychotherapists of any orientation bridge the gap between coursework and clinical practice. It offers a window into what works and what doesn't work in interactions with patients, the ins and outs of the therapeutic relationship, and how to manage common clinical dilemmas. Featuring rich case examples, the book speaks directly to the questions, concerns, and insecurities of novice clinicians. **Reproducible forms to aid in treatment planning can be downloaded and printed in a convenient 8½" x 11" size.**

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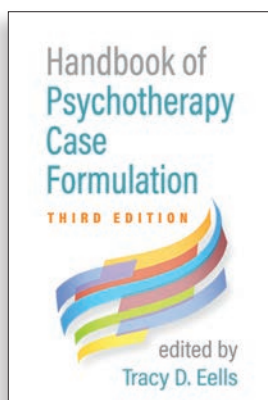
—Marvin R. Goldfried, PhD

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★ **Bestselling Clinical Guide and Text**

Essential Psychotherapies
FOURTH EDITION

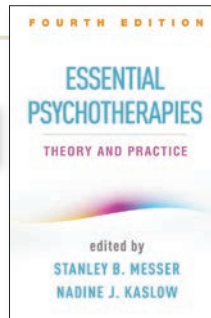
Theory and Practice

Edited by

Stanley B. Messer, PhD
Nadine J. Kaslow, PhD

“Shows the remarkable progress we have made in psychotherapy over the last several decades. The distinguished chapter authors cover the waterfront—from the various psychodynamic and CBT approaches to group, couple, and family therapies.” —**Richard F. Summers, MD**

Acclaimed for its clear writing and stellar contributors, this authoritative text explains the history, assessment approach, techniques, and research base of each of the 12 most important psychotherapies practiced today. Every chapter includes engaging clinical vignettes and an extended case example that bring key concepts to life, as well as suggested resources for further learning. The fourth edition has been updated with important developments in clinical practice and research; and entirely new chapters on CBT, third-wave CBT, couple therapies, and interpersonal and brief psychodynamic therapies; among other changes.



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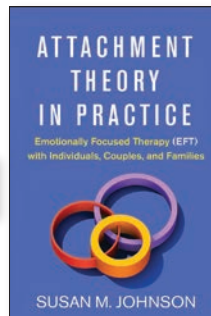
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★ **Bestseller**

Attachment Theory in Practice
*Emotionally Focused Therapy (EFT)
with Individuals, Couples, and Families*
Susan M. Johnson, EdD

“Comprehensive and scholarly yet eminently readable, the book is illustrated with compelling clinical material. . . . This volume is sure to stand as the pinnacle of Johnson’s superb theoretical and clinical work—I highly recommend it for practitioners at every level.” —**Peter Mezan, PhD**

Drawing on cutting-edge research on adult attachment—and providing an innovative roadmap for clinical practice—Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Susan M. Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems.



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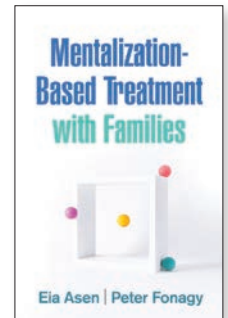
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**Mentalization-Based
Treatment with Families**

Eia Asen, MD, FRCPsych
**Peter Fonagy, OBE, FMedSci,
FBA, FAcSS**

“Mentalization can be a challenging concept to grasp, yet the authors are able to break down the theory and practice into bite-sized nuggets that are not only easy to digest, but also clever and playful. This is the most integrative clinical book about mentalization yet. It brings the topic into the modern era by addressing how the application of mentalization intersects with culture and technology.” —**Tina Adkins, PhD**

Examining clinical practice with families through a mentalizing lens, this innovative book is filled with practical therapeutic strategies and in-depth case illustrations. The expert authors focus on ways to help parents, children, and adolescents to overcome blocks in how they relate to one another by gaining a deeper understanding of—and openness to—each other’s experiences and points of view. The volume draws on the empirically supported mentalization-based treatment model and interweaves it with systemic concepts and interventions.



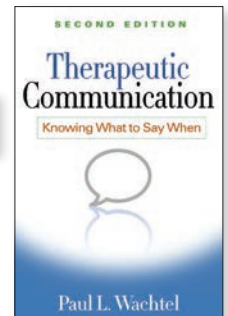
2021 • 226 Pages
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Therapeutic Communication
SECOND EDITION

Knowing What to Say When
Paul L. Wachtel, PhD

“Paul Wachtel is among the very few teachers and theorists of psychotherapy whose writing has an immediate, direct, and powerful impact on my clinical practice. . . . Wachtel does not speak in generalities or abstractions; rather, he moves easily among theoretical formulations, research findings, and their practical application, illustrating his principles with numerous recognizable examples.” —**Lewis Aron, PhD**

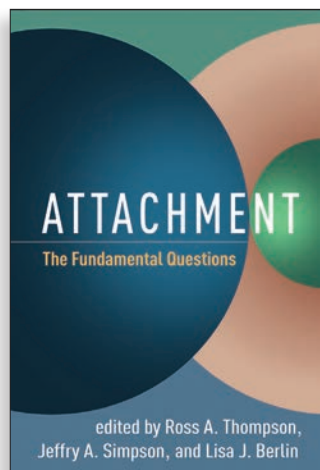
A uniquely practical guide and widely adopted text, this book shows precisely what therapists can say at key moments to enhance the process of healing and change. Paul Wachtel explains why some communications in therapy are particularly effective, while others that address essentially the same content may actually be countertherapeutic. Illustrated with vivid case examples, the book is grounded in an integrative theory that draws from features of psychodynamic, cognitive-behavioral, systemic, and experiential approaches.



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2021, 6 1/8" x 9 1/4" Hardcover, 448 Pages
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Attachment

The Fundamental Questions

Edited by **Ross A. Thompson, PhD**, University of California, Davis
Jeffrey A. Simpson, PhD, University of Minnesota, Minneapolis
Lisa J. Berlin, PhD, Duke University

"This book will prove richly rewarding to those already deeply steeped in attachment theory, research, clinical intervention, and even public policy, as well as those new to the subject. It could serve as a primary text for a graduate psychology class....Classical and cutting-edge research is masterfully reported and evaluated in an effort to move the field in an interdisciplinary lifespan direction. This volume is an intellectual feast—enjoy the meal!"

—Jay Belsky, PhD

"Thompson, Simpson, and Berlin, together with their excellent contributors, have produced a volume of immeasurable significance. Chapters assess where the field of attachment currently stands and consider perspectives for the future. I highly recommend this comprehensive work."

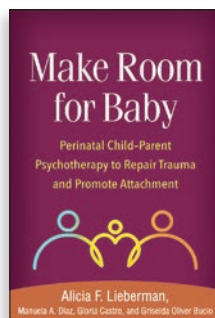
—Joy D. Osofsky, PhD

The ongoing growth of attachment research has given rise to new perspectives on classic theoretical questions as well as fruitful new debates. This unique book identifies nine central questions facing the field and invites leading authorities to address them in 46 succinct chapters. Multiple perspectives are presented on what constitutes an attachment relationship, the best ways to measure attachment security, how internal working models operate, the importance of early attachment relationships for later behavior, challenges in cross-cultural research, how attachment-based interventions work, and more. The concluding chapter by the editors delineates points of convergence and divergence among the contributions and distills important implications for future theory and research.

Make Room for Baby

Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment

Alicia F. Lieberman, PhD
Manuela A. Diaz, PhD
Gloria Castro, PsyD
Griselda Oliver Bucio, LMFT



2020 • 366 Pages
6" x 9" Hardcover
ISBN 978-1-4625-4347-2
\$42.00

"This highly efficacious approach, which includes identifying traumatic experiences and a supportive approach to 'speaking the unspeakable,' has been scientifically shown to improve parent-child relationships and to promote safety and hope. A 'must read' for all of us working with traumatized children and families."

—Bessel A. van der Kolk, MD

This state-of-the-art clinician's guide describes Perinatal Child-Parent Psychotherapy (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. An application to pregnancy of the widely disseminated, evidence-based Child-Parent Psychotherapy, P-CPP spans the prenatal period through the first 6 months of life. Extended cases illustrate ways to help parents understand how trauma has affected them, navigate the challenges of becoming parents, build caregiving competencies, and ensure the safety of their babies and themselves.

★ Bestseller

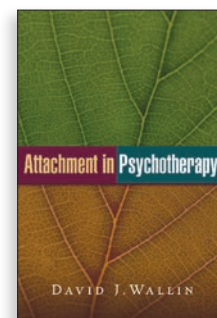
Attachment in Psychotherapy

David J. Wallin, PhD

65,000
In Print

"Wallin's understanding of attachment work and his integration of attachment theory with other modern relational perspectives are quite impressive. People are always asking me what they can read about the clinical implications of attachment work, and now I know what to tell them. This book is an amazing accomplishment. It is definitely my favorite book on this topic."

—L. Alan Sroufe, PhD



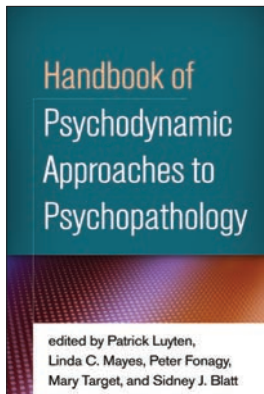
2015 • 366 Pages
6" x 9" Paperback (© 2007)
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\$38.00

Translating attachment research and theory for clinicians, this eloquent book describes an innovative framework for adult psychotherapy that is grounded in what we know about childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation.

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Handbook of Psychodynamic Approaches to Psychopathology

Edited by **Patrick Luyten, PhD**,
University of Leuven, Belgium;
University College London, UK

Linda C. Mayes, MD,
Yale University School of Medicine

Peter Fonagy, OBE, FMedSci, FBA, FAcSS, University College London;
Anna Freud Centre, UK

Mary Target, PhD,
University College London

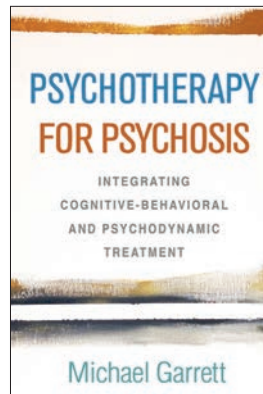
Sidney J. Blatt, PhD

“This magnificent handbook not only demonstrates the tremendous richness of psychodynamic thinking about psychopathology, but also links it to empirical research and to neighboring disciplines like personality and social psychology, psychiatry, and neuroscience. I highly recommend this unique volume to anyone interested in the empirical validation of contemporary psychodynamic concepts.”

—**Stephan Doering, MD**

Authoritative and comprehensive, this volume provides a contemporary psychodynamic perspective on frequently encountered psychological disorders in adults, children, and adolescents. Leading international authorities review the growing evidence base for psychoanalytic theories and therapeutic models. Chapters examine the etiology and psychological mechanisms of each disorder and thoroughly describe effective treatment strategies. Highly accessible, the book is richly illustrated with clinical case material.

2017, 7" x 10" Paperback (© 2015), 578 Pages
ISBN 978-1-4625-3142-4, \$57.00



Psychotherapy for Psychosis

Integrating Cognitive-Behavioral and Psychodynamic Treatment

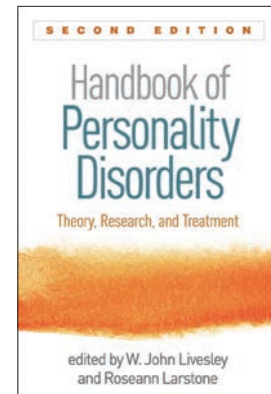
Michael Garrett, MD, State University of
New York Downstate Medical Center

“This is the unique and definitive work on integrating psychodynamic therapy and CBT in the psychotherapy of psychosis—there is no other book like it....Explaining complicated ideas in a straightforward manner, this book can be used by a wide range of mental health practitioners. I teach medical students, psychiatry residents, psychoanalytic candidates, and postgraduate analysts, and I would use this book with all of them.”

—**Eric R. Marcus, MD**

In this innovative book, master clinician Michael Garrett shows how to weave together CBT and psychodynamic therapy to support the recovery of persons suffering from psychosis. This integrated framework builds on the strengths of both methods to achieve lasting gains, even for patients with severe, chronic mental illness. The therapist is guided to use CBT to help the patient recognize the literal falsity of delusions, while employing psychodynamic strategies to explore the figurative truth and personal meaning of psychotic symptoms. Extended case presentations and numerous clinical vignettes illustrate Garrett's compassionate, empowering approach.

2019, 6" x 9" Hardcover, 354 Pages
ISBN 978-1-4625-4056-3, \$47.00



Handbook of Personality Disorders SECOND EDITION

Theory, Research, and Treatment

Edited by **W. John Livesley, MD, PhD**,
University of British Columbia (Emeritus)

Roseann Larstone, PhD,
University of Northern British Columbia

“Elucidating the major models of understanding, diagnosing, and treating personality disorders, this handbook opens up dialogue by offering an integrative but critical perspective that takes us beyond current controversies.... I could see building a course around this book to introduce the range of perspectives in personality disorder research and treatment.”

—**Diana Diamond, PhD**

Preeminent experts provide in-depth coverage of conceptual and taxonomic issues, psychopathology, epidemiology and longitudinal course, etiology and development, and specific diagnoses. Diagnostic issues are explored and available assessment instruments discussed. All available evidence-based treatments are reviewed in consistently organized chapters that cover theoretical and empirical foundations as well as clinical strategies, facilitating comparison of the various approaches. The second edition incorporates more than 15 years of major research advances; includes 21 chapters on new topics; critically examines DSM-5 diagnostic criteria; and features chapters on additional treatments, among other changes.

2020, 7" x 10" Paperback (© 2018), 712 Pages
ISBN 978-1-4625-4592-6, \$52.00

New

Working with Spiritual Struggles in Psychotherapy

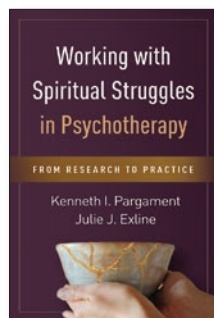
From Research to Practice

Kenneth I. Pargament, PhD
Julie J. Exline, PhD

"Pargament and Exline—two psychology of religion luminaries—provide new insights into people's fork-in-the-road spiritual struggles. This book interweaves compelling cases, stimulating concepts, and scientific evidence. It enables professionals to reflect on their own and others' spirituality, and on how to offer guidance in dark times. A first-rate work that marries scholarship with clinical and pastoral application."

—David G. Myers, PhD

Spiritual trials, doubts, or conflicts are often intertwined with mental health concerns, yet many psychotherapists feel ill equipped to discuss questions of faith. From pioneers in the psychology of religion and spirituality, this book combines state-of-the-art research, clinical insights, and vivid case illustrations. It guides clinicians to understand spiritual struggles as critical crossroads in life that can lead to brokenness and decline—or to greater wholeness and growth. Clinicians learn sensitive, culturally responsive ways to assess different types of spiritual struggles and help clients use them as springboards to change.



2022 • 393 Pages
6 1/8" x 9 1/4" Hardcover
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Attachment in Religion and Spirituality

A Wider View

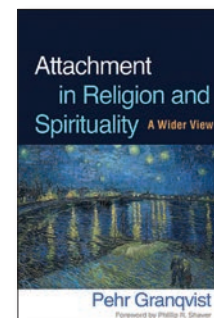
Pehr Granqvist, PhD

Foreword by **Phillip R. Shaver, PhD**

"An intriguing, indeed remarkable book. Drawing on both his own and many others' interview-based and observational studies, Granqvist finds that our attachments to God can be characterized similarly to our attachments to intimate friends, partners, and parents—as secure, avoidant, ambivalent and/or disorganized. Bowlby and Ainsworth would have found great value in this work."

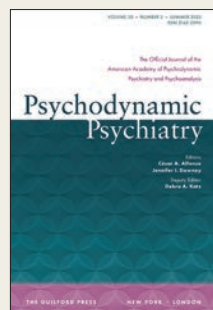
—Mary Main, PhD

Synthesizing diverse strands of theory and research, this compelling book explores the psychology of religion and spirituality through an innovative attachment lens. Pehr Granqvist examines the connections between early caregiving experiences, attachment patterns, and individual differences in religious cognition, experience, and behavior. The function of a deity as an attachment figure is analyzed, as are ways in which attachment facilitates the intergenerational transmission of religion. The book also shows how the attachment perspective can aid in understanding mystical experiences, connections between religion and mental health, and cultural differences between more and less religious societies.



2020 • 424 Pages
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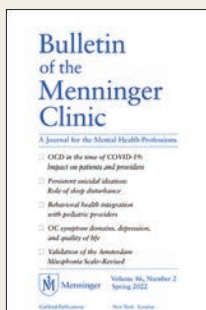
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The Self Explained

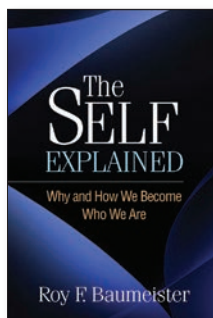
Why and How We Become Who We Are

Roy F. Baumeister, PhD

"Not since William James has anyone contributed more to the study of the self than Roy Baumeister. Trenchant and insightful, this book integrates an enormously broad and interdisciplinary literature to offer a novel take on what makes us who we are."


—Steven J. Heine, PhD

From pioneering researcher Roy F. Baumeister, this volume synthesizes a vast body of knowledge to provide a panoramic view of the human self—how it develops and functions, why it exists, and what problems it encounters on the journey through life. In 28 concise chapters, Baumeister explains complex concepts with clarity and insight. He reveals the central role played by the self in enabling both individuals and cultures to thrive.



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