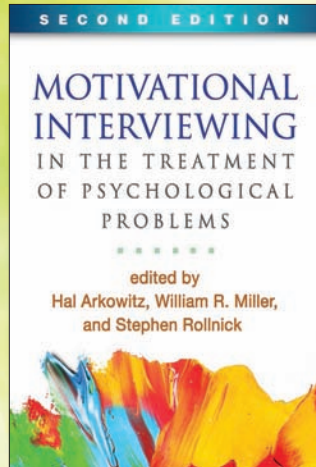
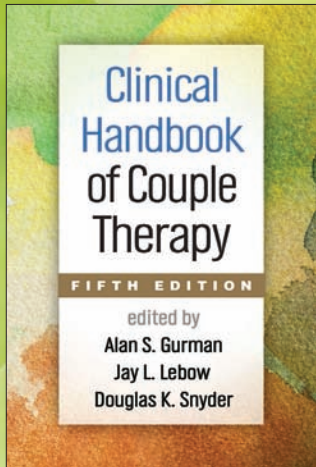


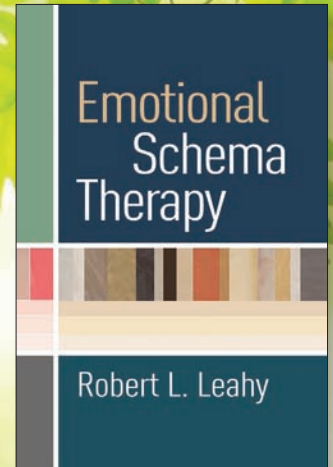
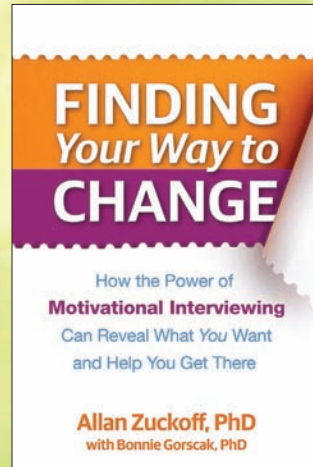
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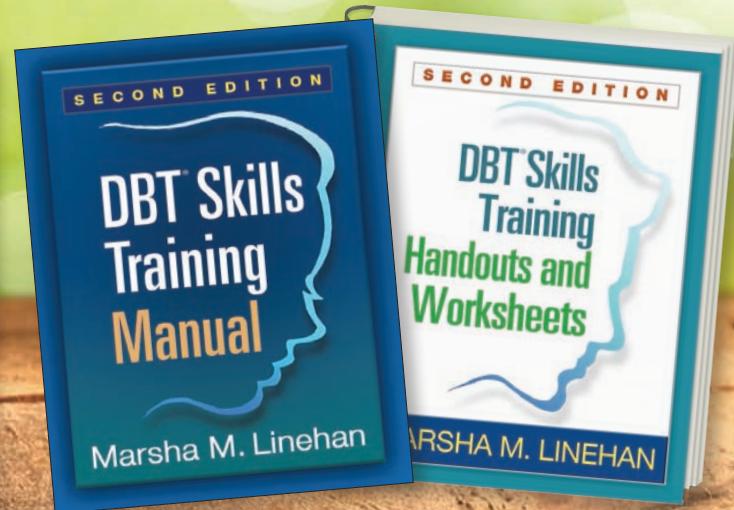
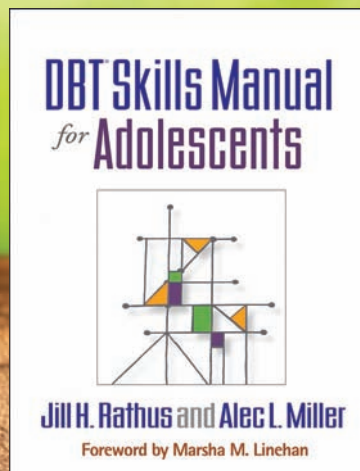
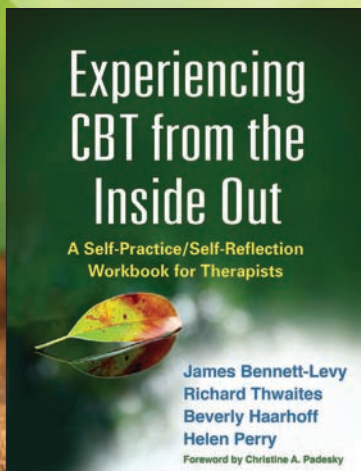
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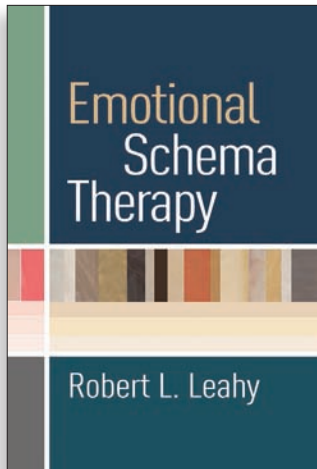


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THE AUTHOR**

Robert L. Leahy, PhD, is Director of the American Institute for Cognitive Therapy in New York and Clinical Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College. His research focuses on individual differences of emotion regulation. Dr. Leahy is Associate Editor of the *International Journal of Cognitive Therapy* and is past president of the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the Academy of Cognitive Therapy. He is the 2014 recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy.

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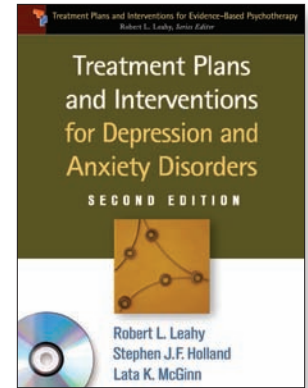
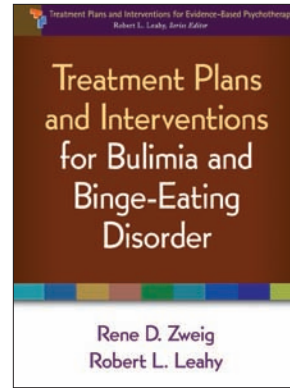
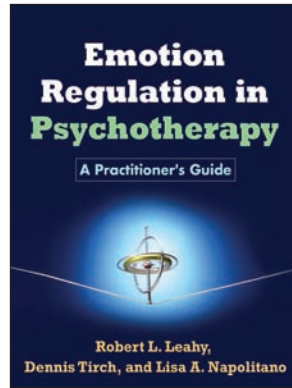
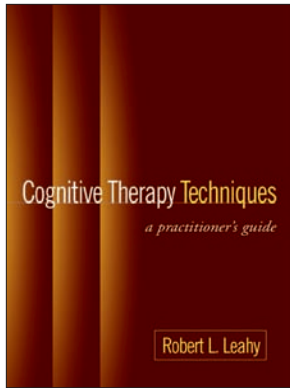
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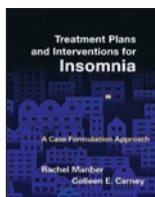
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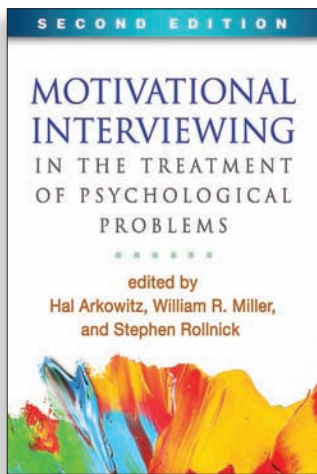


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Hal Arkowitz, PhD, is Emeritus Associate Professor of Psychology at the University of Arizona. Dr. Arkowitz has published

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William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. He introduced the concept of MI as a clinical

method in a 1983 article. With over 50 published books and 400 articles and chapters, he is listed by the Institute for Scientific Information as one of the world's most highly cited scientists.



Stephen Rollnick, PhD, is a clinical psychologist and Professor of Health Care Communication in the Department of Primary Care and Public Health, Cardiff University,

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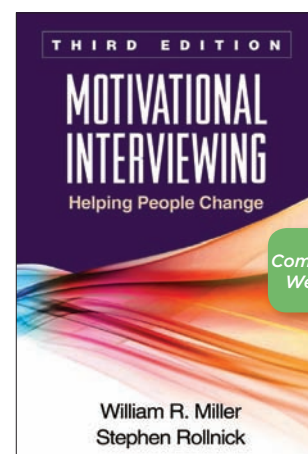
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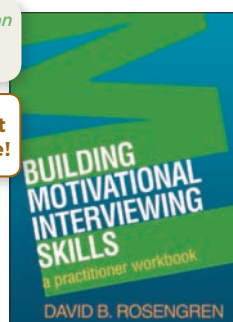


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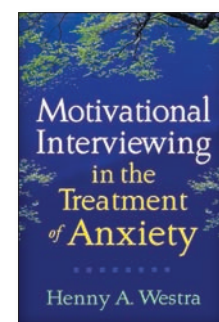
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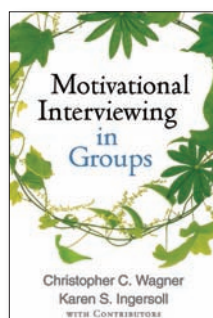
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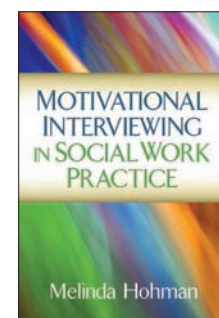
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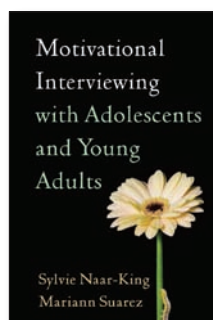


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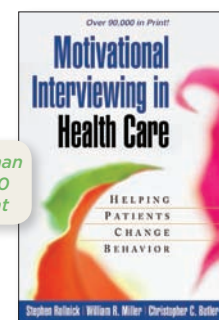
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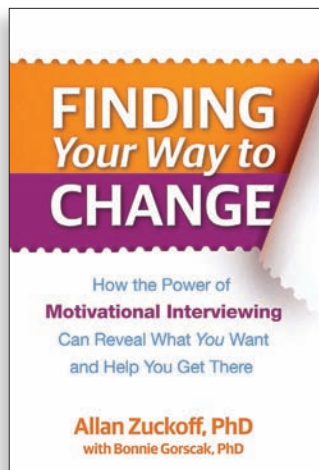
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ABOUT THE AUTHORS

Allan Zuckoff, PhD, conducts professional training in MI throughout the United States and internationally.

He also develops new applications of MI for people facing a variety of personal challenges and life issues. Dr. Zuckoff is a member of the Motivational Interviewing Network of Trainers (MINT) and a faculty member in the Department of Psychology at the University of Pittsburgh.



Bonnie Gorscak, PhD, is a psychologist and MI practitioner who has worked in the field of mental health treatment for 30 years.

New—Ideal for Client Recommendation

Finding Your Way to Change

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Allan Zuckoff, PhD

with Bonnie Gorscak, PhD

Foreword by William R. Miller, PhD and Stephen Rollnick, PhD

This unique book translates motivational interviewing (MI) into powerful self-help strategies and practical tools. It is an ideal recommendation for any client who has repeatedly tried to make desired changes or feels stuck in a major life dilemma. Readers learn how to deal with unhelpful pressure to change, both from others and from within; overcome self-judgment and shame; discover what they really want to do; and build confidence for developing a workable change plan. Vivid stories and sample worksheets illustrate MI techniques in action with marital problems, weight concerns, anger management issues, and other challenges. **Purchasers can download and print more than 60 worksheets in a convenient 8½" x 11" size (and have the option to fill in forms on-screen before printing and/or saving).**

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—Carlo DiClemente, PhD

“Zuckoff gives readers practical, scientifically grounded tools to help them understand why they’re spinning their wheels and how to productively work through it. This book is indispensable reading for therapy clients and also enormously valuable for clinicians looking to help others examine and build their motivation for change.”

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—Holly A. Swartz, MD

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—Nancy K. Grote, PhD

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Foreword, Miller & Rollnick

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I. You Don’t Have to Change

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3. The Other Side of the Pressure Paradox

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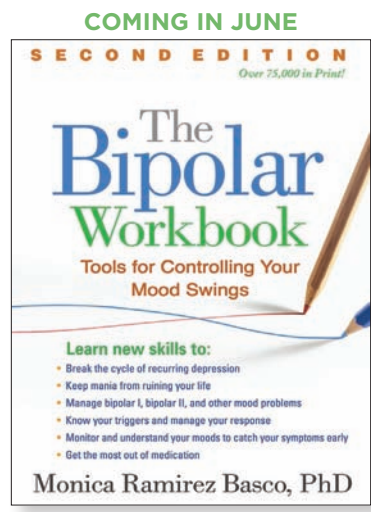
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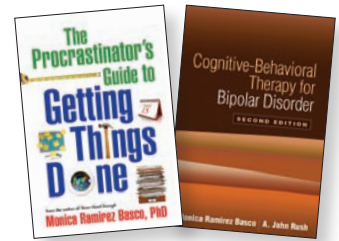
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**ABOUT
 THE AUTHOR**

Monica Ramirez Basco, PhD, is a clinical psychologist, author, and researcher at the National Institutes of Health. She currently serves as Assistant Director for Neuroscience, Mental Health, and Broadening Participation at the White House Office of Science and Technology Policy. Dr. Basco is an internationally recognized expert in cognitive-behavioral therapy and a founding fellow of the Academy of Cognitive Therapy.

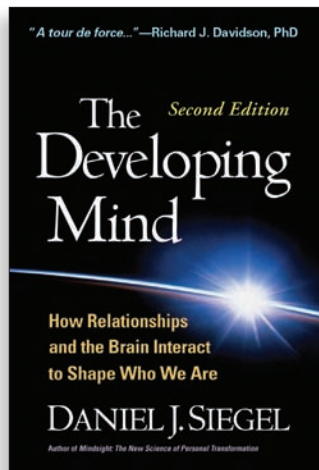
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ABOUT THE AUTHOR

Daniel J. Siegel, MD, is an internationally acclaimed author, award-winning educator, and child psychiatrist. He is Clinical Professor of Psychiatry at the School of Medicine of the University of California, Los Angeles, where he serves as Co-Investigator at the Center for Culture, Brain, and Development, and Codirector of the Mindful Awareness Research Center. He is also the Executive Director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities.

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Daniel J. Siegel, MD

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"Fulfilled my wildest expectations. Instead of laboriously struggling to learn about neurobiology, I found myself fairly effortlessly assimilating information because 1) the author is able to present his material in the context of interpersonal relationships in general and the treatment dyad in particular, and 2) the author is a master of lucidity, avoids pedantry, and succeeds in making his data clinically useful."
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"Siegel describes his book as 'a journey into the developing mind,' and no one is better equipped to invite psychotherapists and other students of human impulses to share this remarkable adventure. In clear and inspired prose, he reviews facts and theories about the human brain that can be difficult to grasp. He explains how the brain differentiates and enables the creative and passionate mind of a child to share meaningful intentions, experiences, imaginative beliefs, relationships, community, culture, and language. He puts this understanding in the service of a humane and respectful psychotherapy that can give integrity to young lives that have become anxious, chaotic, and rigid."
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"A tour de force of synthesis and integration. Siegel has woven a rich tapestry that provides a compelling account of how our interpersonal worlds and neural systems form two important pillars of the mind...A 'must read' for any student or professional interested in mental health, child development, and the brain."
—*Richard J. Davidson, PhD*

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The Interpersonal Neurobiology Perspective | 6. Representations: Modes of Processing
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| 2. Memory | 7. Self-Regulation |
| 3. Attachment | 8. Interpersonal Connection |
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—Wendy K. Silverman, PhD

Widely regarded as the definitive practitioner reference and teaching text, this book provides a complete introduction to doing CBT with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child’s or adolescent’s unique developmental and clinical needs. Coverage includes how to orient children and families to cognitive therapy, structure each session, and implement a wide range of CBT techniques. Rich case material illustrates ways that CBT can help children struggling with specific emotional and behavioral problems. **Reproducible forms and handouts can be downloaded and printed in a convenient 8½" x 11" size.**

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✓ Pull-out boxes throughout that summarize key points. ✓ Epilogue on developing clinical wisdom.

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| 2. Case Conceptualization | 11. Working with Depressed Children and Adolescents |
| 3. Collaborative Empiricism and Guided Discovery | 12. Working with Anxious Children and Adolescents |
| 4. Session Structure | 13. Working with Disruptive Children and Adolescents |
| 5. Introducing the Treatment Model and Identifying Problems | 14. Working with Youth Diagnosed with Autism Spectrum Disorders |
| 6. Identifying and Connecting Feelings and Thoughts | 15. Working with Parents |
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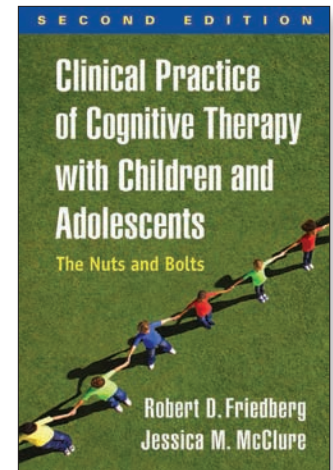
“One of those rare books that therapists can open at any page to find creative ideas that are immediately useful. If you work with children, adolescents, or families, keep this book on your desk; I predict it will become your most well-thumbed reference.”
—Christine A. Padesky, PhD

This invaluable book helps child clinicians expand their CBT toolkits. Going beyond the basics, the authors provide effective ways to engage hard-to-reach clients, address challenging problems, and target particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail.

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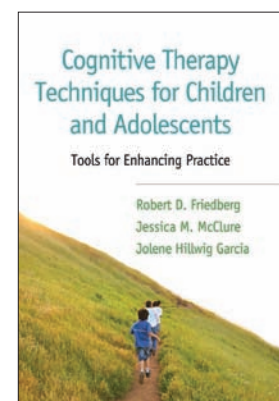


ABOUT THE AUTHORS

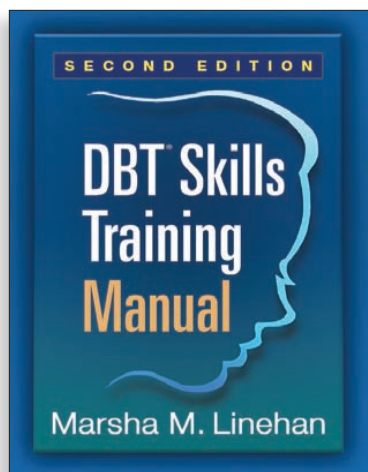
Robert D. Friedberg, PhD, ABPP, is Full Professor and Director of the Center for the Study and Treatment of Anxious Youth at Palo Alto University. Previously, he directed the Cognitive Behavioral Therapy Clinic for Children and Adolescents and the Psychology Postdoctoral Fellowship program at Penn State Milton Hershey Medical Center.



Jessica M. McClure, PsyD, is a clinical psychologist and the Clinical Director for the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center.



Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition, provides an authoritative introduction to CBT with young patients. *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice* presents creative ways to address challenging problems.



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DBT® Skills Training Manual SECOND EDITION

Marsha M. Linehan, PhD

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From Marsha M. Linehan—the developer of dialectical behavior therapy (DBT)—this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes and handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting clients to DBT, plus teaching notes for the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. **Handouts and worksheets are not included in the book; purchasers get access to a Web page where they can download and print all the handouts and worksheets discussed, as well as the teaching notes. The companion volume is available separately (see next page).**

NEW TO THIS EDITION

✓ Convenient 8½" x 11" format for easy photocopying. ✓ Handouts and worksheets (available online and in the companion volume) have been completely revised and dozens more added—more than 225 in all. ✓ Each module has been expanded with additional skills. ✓ Multiple alternative worksheets to tailor treatment to each client. ✓ More extensive reproducible teaching notes (provided in the book and online), with numerous clinical examples. ✓ Curricula for running skills training groups of different durations and with specific populations, such as adolescents and clients with substance use problems. ✓ Linehan provides a concise overview of “How to Use This Book.”

CRITICAL ACCLAIM

“Mental health professionals—whether or not they use DBT as their major therapeutic orientation—will find the second edition of Linehan’s skills training manual and its companion volume of client worksheets and handouts invaluable.”
—Judith S. Beck, PhD

“Linehan’s pioneering work has guided many—myself included—to incorporate mindfulness into compassionate clinical care in a structured format. The second edition of Linehan’s DBT skills training manual and the companion volume of handouts and worksheets reflect two additional decades of wisdom and innovation, further bolstering these indispensable resources.”
—Zindel V. Segal, PhD

“Along with Marsha Linehan’s customary and distinctive authority, zeal, and wisdom, her new editions offer more detail and specificity, and new clinical pearls. Even those who are already familiar with DBT will be impressed by the evidence of its maturation and expansion.”
—John Gunderson, MD

“New, improved, expanded, and much clearer skills—they’re all here!...Providing a solid evidence-based foundation for core clinical training curricula, the manual and accompanying volume of handouts and worksheets will be essential across the mental health disciplines.”

—André Ivanoff, PhD

“These outstanding second editions offer guidance on how to implement DBT skills training, while providing the tools needed to deliver this state-of-the-art treatment. They will stand as the authoritative guides for teaching DBT skills.”

—Joan Rosenbaum Asarnow, PhD

CONTENTS

I. An Introduction to DBT Skills Training

1. Rationale for Dialectical Behavior Therapy Skills Training
2. Planning to Conduct DBT Skills Training
3. Structuring Skills Training Sessions
4. Skills Training Treatment Targets and Procedures
5. Application of Fundamental DBT Strategies in Behavioral Skills Training

Part I Appendices

II. Teaching Notes for DBT Skills Modules

6. General Skills: Orientation and Analyzing Behavior
7. Mindfulness Skills
8. Interpersonal Effectiveness Skills
9. Emotion Regulation Skills
10. Distress Tolerance Skills

DBT Skills Training Manual, Second Edition, provides vital information for implementing DBT skills training and provides online access to more than 225 reproducible handouts and worksheets, along with extensive reproducible teaching notes. *DBT Skills Training Handouts and Worksheets, Second Edition*, compiles the handouts and worksheets, plus brief introductions to each module, in a convenient spiral-bound volume ideal for client assignment.

Companion Volume

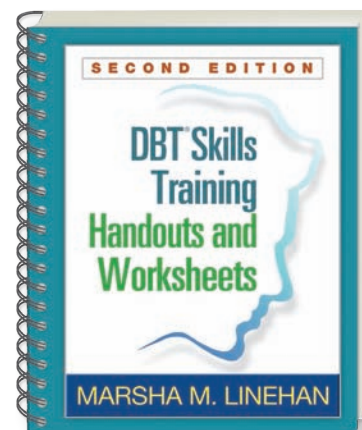
DBT® Skills Training Handouts and Worksheets
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Marsha M. Linehan, PhD

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning DBT skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's *DBT Skills Training Manual, Second Edition*, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs.

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ABOUT THE AUTHOR

Marsha M. Linehan, PhD, ABPP, is the developer of dialectical behavior therapy (DBT) and Professor of Psychology and of Psychiatry and Behavioral Sciences and Director of the Behavioral Research and Therapy Clinics at the University of Washington. Her primary research interest is in the development and evaluation of evidence-based treatments for populations with high suicide risk and multiple, severe mental disorders. Dr. Linehan's contributions to suicide research and clinical psychology research have been recognized with numerous awards. She is a Zen master and teaches mindfulness and contemplative practices via workshops and retreats for health care providers.

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General Handouts	• Goals and Factors That Interfere	Emotion Regulation Worksheets
• Orientation	• Obtaining Objectives Skillfully	• Understanding and Naming Emotions
• Analyzing Behavior	• Building Relationships and Ending Destructive Ones	• Changing Emotional Responses
General Worksheets	• Walking the Middle Path	• Reducing Vulnerability to Emotion Mind
• Orientation	Interpersonal Effectiveness Worksheets	• Managing Really Difficult Emotions
• Analyzing Behavior	• Goals and Factors That Interfere	DISTRESS TOLERANCE SKILLS
MINDFULNESS SKILLS	• Obtaining Objectives Skillfully	Distress Tolerance Handouts
Mindfulness Handouts	• Building Relationships and Ending Destructive Ones	• Crisis Survival Skills
• Goals and Definitions	• Walking the Middle Path	• Reality Acceptance Skills
• Core Mindfulness Skills	EMOTION REGULATION SKILLS	• Skills When the Crisis Is Addiction
• Other Perspectives on Mindfulness Skills	Emotion Regulation Handouts	Distress Tolerance Worksheets
Mindfulness Worksheets	• Understanding and Naming Emotions	• Crisis Survival Skills
• Core Mindfulness Skills	• Changing Emotional Responses	• Reality Acceptance Skills
• Other Perspectives on Mindfulness Skills		• Skills When the Crisis Is Addiction

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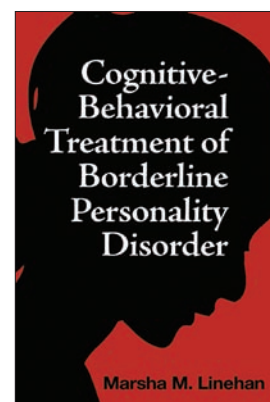
Marsha M. Linehan, PhD

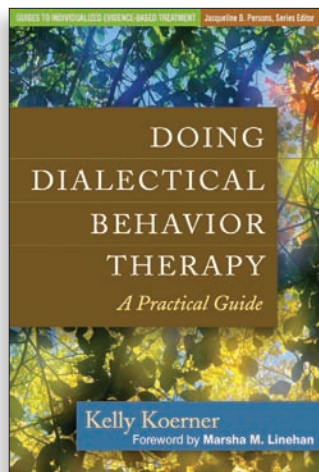
“The bible of DBT. Over two decades later, Linehan’s comprehensive treatment manual still stands without peer as the complete and lucid introduction to DBT as well as the in-depth text for the advanced practitioner. DBT’s skills are effective and potent if delivered in the context of the theory, principles, protocols, and strategies of the treatment, all of which are presented in this book. It is essential reading for therapists delivering the significantly upgraded skills in *DBT Skills Training Manual, Second Edition*.”

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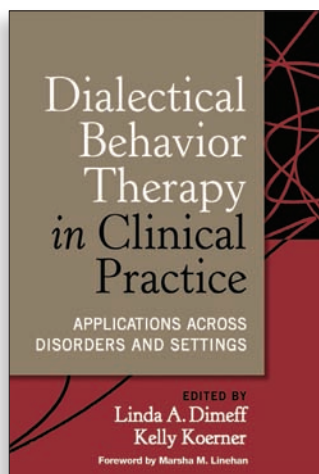
Doing Dialectical Behavior Therapy A Practical Guide

Kelly Koerner, PhD, Evidence-Based Practice Institute, LLC, Seattle, WA
Foreword by **Marsha M. Linehan, PhD, ABPP**

“A must read for anyone wanting to master the techniques of individual therapy in dialectical behavior therapy (DBT)...It is full of clear, straightforward information about how to initiate DBT, motivate clients, and use effective strategies to help emotionally and behaviorally dysregulated clients reduce their vulnerability and gain mastery in their lives.”
—*PsycCRITIQUES*

“This superb book finds the true dialectic between sophisticated writing and a ‘how-to’ approach. It is a ‘must’ for the shelves of every DBT therapist and those interested in the approach.”
—**Perry D. Hoffman, PhD**

Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of DBT. The book provides an accessible introduction to DBT while enabling therapists of any orientation to integrate elements of this evidence-based approach into their work with emotionally dysregulated clients. Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skillfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies.



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Dialectical Behavior Therapy in Clinical Practice Applications across Disorders and Settings

Edited by **Linda A. Dimeff, PhD** and **Kelly Koerner, PhD**
—Both at the Evidence-Based Practice Institute, LLC, Seattle, WA
Foreword by **Marsha M. Linehan, PhD, ABPP**

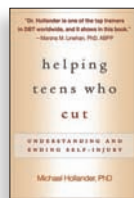
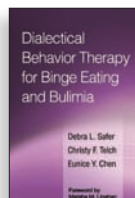
“Each chapter is written by individuals who have extensive first hand experience implementing and operating DBT successfully in the setting about which they are writing, and the experience shows.”
—*Psychiatric Services*

“Learning DBT changed my life. DBT concepts and skills take my clinical work to a completely new level. I urge clinicians who are eager to learn more about DBT, and how to adapt it to their clinical setting, to read this book.”
—**Jacqueline B. Persons, PhD**

This practical book presents exemplary DBT treatment programs for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex problems. Leading contributors describe clinical techniques and examine issues in implementing DBT with adults, adolescents, couples and families, and forensic clients.

Doing Dialectical Behavior Therapy: A Practical Guide demonstrates DBT techniques in detail. *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings* presents exemplary DBT programs for specific clinical problems and populations.

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DBT® Skills Manual for Adolescents

Jill H. Rathus, PhD and Alec L. Miller, PsyD

Foreword by Marsha M. Linehan, PhD, ABPP

Student Favorite!

“Make no mistake: Rathus and Miller are the experts on adolescent dialectical behavior therapy (DBT)... This volume reveals in fine detail how to deliver this treatment to teens and their families in a way that will engage them, reach them, and offer them hope.” —from the Foreword by Marsha M. Linehan, PhD

“Practical in a way that helps clinicians speak to adolescents with compassion and work with them effectively. Accessible instruction is provided for applying DBT skills to a broad range of complex and maladaptive adolescent behaviors...For anyone working with adolescents, this is the most comprehensive DBT manual yet.” —Blaise Aguirre, MD

“Written by the world’s leading authorities on this topic, this manual outlines the state of the art in adolescent DBT, and does so in a way that is clear, accessible, and easy to implement. This is one of those rare books that every clinician should own—and use.” —Matthew K. Nock, PhD

From leading experts who have trained thousands of professionals in DBT, this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. **Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.**

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Foreword, Marsha M. Linehan

I. Dialectical Behavior Therapy Skills Training Structure and Strategies

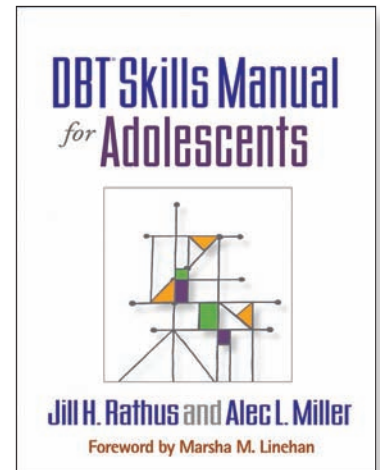
1. An Introduction to Dialectical Behavior Therapy and Skills Training
2. Structure of DBT Skills Training
3. Managing Skills Training Group Sessions
4. The Art of Conducting DBT Skills Training: Balancing DBT Strategies and Managing Dialectical Tensions

II. Skills Training Modules

5. Orientation to the Multifamily Skills Training Group
6. Mindfulness Skills
7. Distress Tolerance
8. Walking the Middle Path
9. Emotion Regulation Skills
10. Interpersonal Effectiveness Skills

III. Skills Training Handouts: Orientation •

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- Walking the Middle Path • Emotion Regulation
- Interpersonal Effectiveness



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ABOUT THE AUTHORS

Jill H. Rathus, PhD, is Professor of Psychology at Long Island University—C. W. Post Campus, where she

directs the DBT scientist-practitioner training program within the clinical psychology doctoral program. She is also Co-Director and Co-Founder of Cognitive Behavioral Associates, a group private practice in Great Neck, New York, specializing in DBT and CBT.



Alec L. Miller, PsyD, is Professor of Clinical Psychiatry and Behavioral Sciences, Chief of Child and Adolescent Psychology, and Director of the Adolescent

Depression and Suicide Program at Montefiore Medical Center of the Albert Einstein College of Medicine. He is also Co-Founder of Cognitive and Behavioral Consultants of Westchester and Manhattan.

☆ *Bestseller*

Dialectical Behavior Therapy with Suicidal Adolescents

Alec L. Miller, PsyD, Jill H. Rathus, PhD, and Marsha M. Linehan, PhD, ABPP

Foreword by Charles R. Swenson, MD

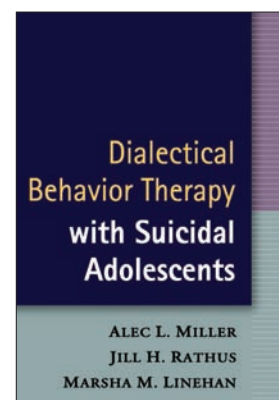
“A remarkably well-written, comprehensive, theoretically grounded, integrated treatment manual. It is excellent for researchers and clinicians alike as the most comprehensive and empirically informed approach to treating suicidal adolescents developed by experts with this population.”

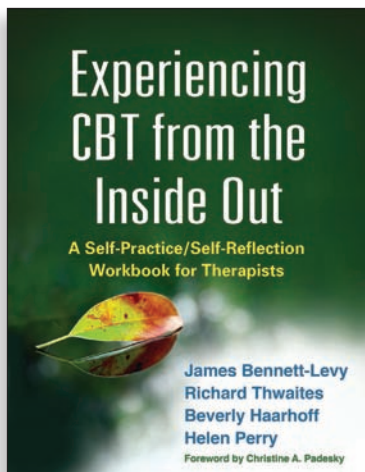
—Cognitive Behavioral Therapy Book Reviews

This highly practical book adapts the proven techniques of DBT to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions.

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ABOUT THE AUTHORS

James Bennett-Levy, PhD, is Associate Professor at the University Center for Rural Health, University of Sydney, Australia. He has pioneered self-experiential CBT training since his first self-practice/self-reflection (SP/SR) paper in 2001, and has made a significant contribution to the CBT training literature with over 25 training publications.

Richard Thwaites, DClInPsy, is a consultant clinical psychologist and CBT therapist who serves as Clinical Lead for a large National Health Service psychological therapies service in the UK. In addition to delivering therapy, he provides clinical leadership, supervision, training, and consultancy around the implementation of SP/SR programs.

Beverly Haarhoff, PhD, a clinical psychologist, is Senior Lecturer in the School of Psychology at Massey University, Auckland, New Zealand, where she was instrumental in setting up the first Postgraduate Diploma in CBT in the southern hemisphere. For the past 14 years, she has trained and supervised both CBT and clinical psychology trainees.

Helen Perry, MA, is Adjunct Senior Lecturer at the University of Sydney and a clinical psychologist in private practice. She played a key role in creating the CBT Diploma program at Massey University and is an active CBT trainer and supervisor.

New

Experiencing CBT from the Inside Out *A Self-Practice/Self-Reflection Workbook for Therapists*

James Bennett-Levy, PhD
Richard Thwaites, DClInPsy
Beverly Haarhoff, PhD
Helen Perry, MA

Foreword by **Christine A. Padesky, PhD**

Engaging and authoritative, this unique workbook enables therapists and students to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills. Self-practice/self-reflection (SP/SR), an evidence-based training strategy, is presented in 12 carefully sequenced modules. Therapists are guided to enhance their skills by identifying, formulating, and addressing a professional or personal problem using CBT, and reflecting on the experience. **The book's large-size format makes it easy to use the 34 reproducible worksheets and forms.** Purchasers also get access to a **Web page** where they can download and print the reproducible materials.

CRITICAL ACCLAIM

"The exercises, worksheets, and instructive text are all road-tested and designed to help you have the best experience possible using CBT for self-practice...Along the way, your efforts are likely to kindle new depths of meaning and new ways of being to help you become a better therapist and a happier person."
—**from the Foreword by Christine A. Padesky, PhD**

"Encouraging us to apply CBT concepts and methods to ourselves, the book highlights our common humanity—because we and our patients have the same imperfect human minds, and we too can liberate ourselves from unhelpful old patterns in just the same way. A radical and refreshing approach!"
—**Melanie Fennell, PhD**

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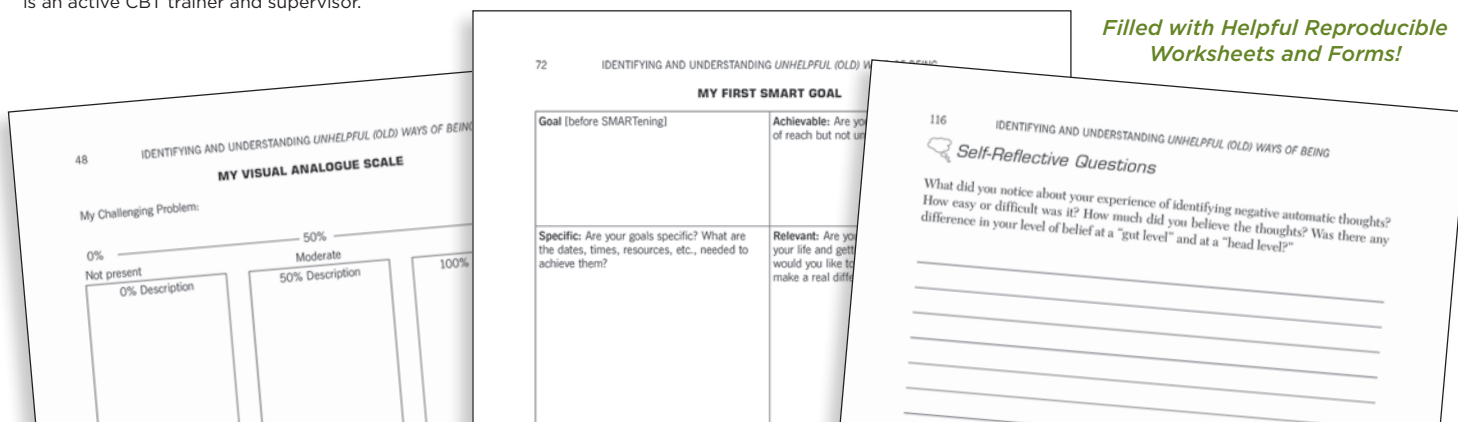
Foreword, *Christine A. Padesky*

1. Introducing *Experiencing CBT from the Inside Out*
2. *Experiencing CBT from the Inside Out*: The Conceptual Framework
3. Guidance for SP/SR Participants
4. Guidance for SP/SR Facilitators

I. Identifying and Understanding Unhelpful (Old) Ways of Being (Modules 1–6)

1. Identifying a Challenging Problem
2. Formulating the Problem and Preparing for Change
3. Using Behavioral Activation to Change Patterns of Behavior
4. Identifying Unhelpful Thinking and Behavior

5. Using Cognitive Techniques to Modify Unhelpful Thinking and Behavior
 6. Reviewing Progress
- #### II. Creating and Strengthening New Ways of Being (Modules 7–12)
7. Identifying Unhelpful Assumptions and Constructing New Alternatives
 8. Using Behavioral Experiments to Test Unhelpful Assumptions against New Alternatives
 9. Constructing *New Ways of Being*
 10. Embodying *New Ways of Being*
 11. Using Behavioral Experiments to Test and Strengthen *New Ways of Being*
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- Module Notes



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Denise D. Davis, PhD, Vanderbilt University
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Student
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“The diversity of the authors leads to a richness that is sometimes lacking when a single narrative perspective is applied to so broad a range of clinical presentations....It is bold and ambitious, and it is necessary reading.”
—*Cognitive Behavioral Therapy Book Reviews*

“Particularly welcome in this third edition is the increased emphasis on connecting cognitive interventions with empirically based, dimensional models of personality disorder, such as the Alternative DSM-5 Model. An indispensable resource.”
—**Robert F. Krueger, PhD**

A widely used practitioner resource and training tool, this is the definitive work on understanding and treating personality disorders from a CBT perspective. The prominent editors and contributors explain the nature of personality disorders and why they are so challenging to treat. Chapters addressing 12 specific disorders are organized around vivid, instructive clinical examples. The book provides up-to-date scientific knowledge about each disorder and describes effective strategies for differential diagnosis, case conceptualization, implementing individualized CBT interventions, and overcoming roadblocks.

NEW TO THIS EDITION: ✓ Incorporates cutting-edge clinical approaches and research; expands the cognitive theory of personality disorder. ✓ Chapters on neural mechanisms, cultural diversity issues, and depressive personality disorder. ✓ Chapters on co-occurring disorders and management of clinical challenges. ✓ Disorder-specific chapters now include sections on key treatment goals, progress and termination, and clinician self-care. ✓ Discusses DSM-5 concepts and diagnostic criteria. ✓ Reviews advances in assessing personality beliefs.

New Edition—Revised & Expanded!

Science and Pseudoscience in Clinical Psychology SECOND EDITION

Edited by **Scott O. Lilienfeld, PhD**, Emory University
Steven Jay Lynn, PhD, ABPP, Binghamton University
Jeffrey M. Lohr, PhD, University of Arkansas-Fayetteville
Foreword by **Carol Tavris, PhD**

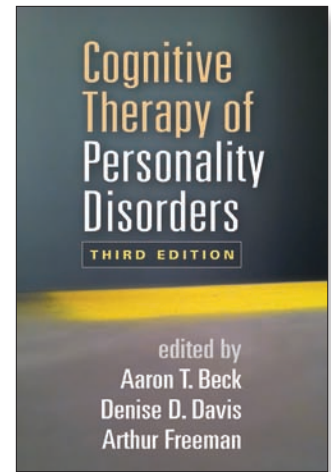
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“Represents a most welcome attempt to separate the wheat from the chaff in mental health practices.... Engaging, incisive, and illuminating.”
—*Journal of the American Medical Association*

“The second edition of this stunningly good book walks us through the major controversies in our field and methodically discerns fact from myth.”
—**David H. Barlow, PhD**

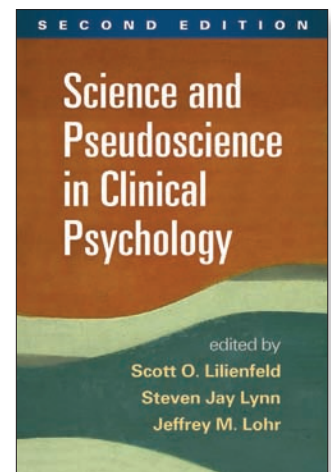
This valued resource helps practitioners and students evaluate the merits of popular yet controversial practices in clinical psychology and allied fields, and base treatment decisions on the best available research. Leading authorities review widely used therapies for a range of child, adolescent, and adult disorders, differentiating between those that can stand up to the rigors of science and those that cannot. Questionable assessment and diagnostic techniques and self-help models are also examined. The volume provides essential skills for thinking critically as a practitioner, evaluating the validity of scientific claims, and steering clear of treatments that are ineffective or even harmful.

NEW TO THIS EDITION: ✓ Reflects the significant growth of evidence-based practices in the last decade. ✓ Updated throughout with the latest treatment research. ✓ Chapter on attachment therapy. ✓ Chapter on controversial interventions for child and adolescent antisocial behavior. ✓ Addresses changes in DSM-5.



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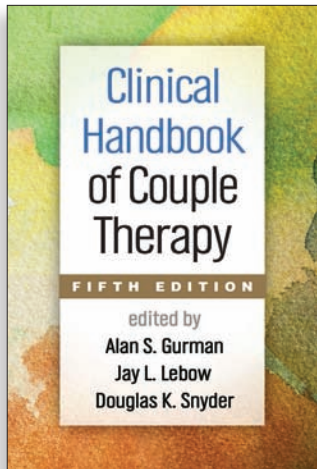


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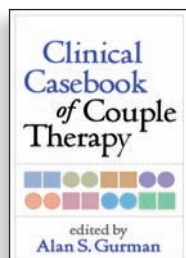
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ABOUT THE EDITORS

Alan S. Gurman, PhD, until his death in 2013, was Emeritus Professor of Psychiatry at the University of Wisconsin School of Medicine and Public Health in Madison. A pioneer in the development of integrative approaches to couple therapy, he edited and wrote many influential books; was a past two-term editor of the *Journal of Marital and Family Therapy*; and was former president of the Society for Psychotherapy Research.

Jay L. Lebow, PhD, is Clinical Professor of Psychology at Northwestern University and a senior therapist at The Family Institute at Northwestern University. He is also editor-in-chief of the journal *Family Process*. He has engaged in clinical practice, supervision, and research on couple and family therapy for over 30 years, and is board certified in family psychology and an approved supervisor and clinical member of AAMFT.

Douglas K. Snyder, PhD, is Professor of Psychology at Texas A&M University, where he also served as Director of Clinical Training for 20 years. Dr. Snyder has served as editor of the *Clinician's Research Digest* and as associate editor of the *Journal of Consulting and Clinical Psychology* and the *Journal of Family Psychology*.



☆ *New Edition of a Bestselling Clinical Guide and Text—
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Student
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Clinical Handbook of Couple Therapy, FIFTH EDITION

Edited by **Alan S. Gurman, PhD, Jay L. Lebow, PhD, and Douglas K. Snyder, PhD**

Regarded as the authoritative reference and text, this handbook presents the most effective, widely studied approaches to couple therapy. The distinguished coeditors bring together other leading experts, many of whom developed the approaches they describe. Adhering closely to a uniform structure to facilitate study and comparison, chapters cover the history, theoretical and empirical underpinnings, and techniques of each model. The volume also describes cutting-edge applications for particular relationship contexts (such as blended families, LGBT couples, those dealing with affairs, and separated couples) and psychological disorders (such as alcohol problems, depression, sexual problems, and PTSD).

NEW TO THIS EDITION: ✓ Chapters on interpersonal neurobiology and intercultural relationships. ✓ Chapters on couple therapy for PTSD, functional analytic couple therapy, and the integrative problem-centered metaframeworks approach. ✓ Many new authors; extensively revised with the latest theory and research.

CRITICAL ACCLAIM

“Clearly the definitive reference book in this field.” —*Journal of Clinical Psychiatry*

“This fifth edition offers both empirical support and practical clinical advice. The volume addresses the many changes in the field, highlights up-to-date research findings, and links them to interventions... Readers will find the book to be brilliantly written and clinically illuminating.” —**Nadine J. Kaslow, PhD**

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1. The Theory and Practice of Couple Therapy, *Gurman*
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- Behavioral Approaches**
2. Cognitive-Behavioral Couple Therapy, *Baucom, Epstein, Kirby, & LaTaillade*
3. Integrative Behavioral Couple Therapy, *Christensen, Dimidjian, & Martell*
- Emotion-Centered Approaches**
4. Emotionally Focused Couple Therapy, *Johnson*
5. Gottman Method Couple Therapy, *J. M. Gottman & J. S. Gottman*
- Psychodynamic and Multigenerational Approaches**
6. Integrative Problem-Centered Metaframeworks Approach, *Pinsof, Breunlin, Chambers, Solomon, & Russell*
7. Functional Analytic Couple Therapy, *Gurman*
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13. Structural Couple Therapy, *Simon*
- II. Applications of Couple Therapy: Special Populations, Problems, and Issues**
- Rupture of Relational Bonds: Violence, Affairs, and Divorce**
14. Couple Therapy for Partner Aggression, *Epstein, Werlinich, & LaTaillade*
15. Couple Therapy and the Treatment of Affairs, *Gordon, Khaddouma, Baucom, & Snyder*
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20. Couple Therapy and Posttraumatic Stress Disorder, *Monson & Fredman*
21. Couple Therapy and Alcohol Problems, *McCrary & Epstein*
22. Couple Therapy and Depression, *Whisman & Beach*
23. Couple Therapy and Borderline Personality Disorder, *Fruzzetti & Payne*
24. Couple Therapy and Sexual Problems, *Weeks & Gambescia*
- Couple Therapy, Medical Issues, and Interpersonal Neurobiology**
25. Couple Therapy and Medical Issues, *Ruddy & McDaniel*
26. Couple Therapy and Interpersonal Neurobiology, *Fishbane*

See www.guilford.com/p/gurman4 for the *Clinical Casebook of Couple Therapy* edited by Alan S. Gurman, which presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns.

New Edition—A Major Revision!

Sexual Dysfunction, THIRD EDITION

A Guide for Assessment and Treatment

John P. Wincze, PhD and **Risa B. Weisberg, PhD**

“A clear, precise, well-written overview of classic concepts integrated with the authors’ own blend of empirically based research and clinical experience....Highly recommended both for professionals who have had experience in treating sexual dysfunction and for beginners who need a concise, readable reference book.”

—Hospital and Community Psychiatry

“With treatment strategies, up-to-the-minute diagnostic information, and biomedical developments, this easy-to-read third edition has it all. Any clinician treating sexual dysfunction in all of its presentations should read this book.”

—David H. Barlow, PhD

Highly regarded as a course text and practitioner resource, this book presents concise intervention guidelines for the most frequently encountered sexual dysfunctions in women and men. Following a consistent format, chapters on each clinical problem cover its description, clinical presentation, prevalence, etiology, and biological and psychosocial factors. Illustrative case examples of diverse individuals and couples are included. The authors provide a state-of-the-art framework for conducting comprehensive assessments, weaving multiple data sources into a coherent case formulation, and planning effective treatment that integrates medical and psychosocial strategies.

NEW TO THIS EDITION: ✓ Incorporates major advances in both sexual medicine and psychotherapy. ✓ Extensively rewritten, with all-new case material throughout. ✓ New chapter organization aligned with DSM-5. ✓ Expanded coverage of biopsychosocial assessment. ✓ Discusses pseudoscientific and sham treatments.

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9. Substance/Medication-Induced Sexual Dysfunction, Other Specified Sexual Dysfunction, and Unspecified Sexual Dysfunction

II. Assessment of Sexual Dysfunction

10. Assessment Model
11. Biomedical Assessment
12. Psychosocial Assessment

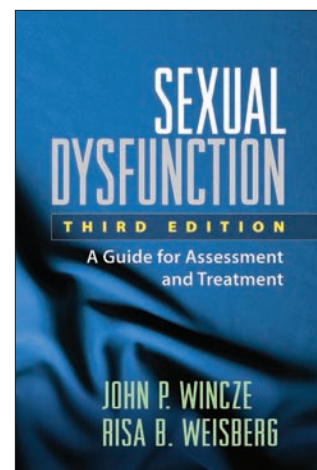
III. Treatment of Sexual Dysfunction

13. Biomedical Treatment
14. Psychosocial Treatment

IV. Other Important Concerns

15. The Placebo Effect and Nonscientific Treatment of Sexual Dysfunction
16. Professional Training and Development

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ABOUT THE AUTHORS



John P. Wincze, PhD, is Associate Director of the Men’s Health Center at the Miriam Hospital in Providence, Rhode Island, and Clinical Professor in the Department of Psychiatry and Human Behavior at the Alpert Medical School of Brown University.



Risa B. Weisberg, PhD, is Associate Professor (Research) in the Department of Psychiatry and Human Behavior and the Department of Family Medicine at the Alpert Medical School of Brown University. She is also a psychologist at the VA Boston Healthcare System.

☆ **Bestseller**

Principles and Practice of Sex Therapy, FIFTH EDITION

Edited by **Yitzchak M. Binik, PhD**, McGill University
Kathryn S. K. Hall, PhD, private practice, Princeton, NJ

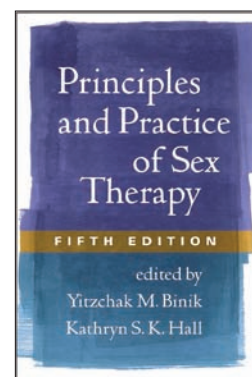
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“Experienced clinicians will use this as a reference book, and it should be required reading in all postgraduate clinical psychology programs.”

—R. Taylor Segraves, MD, PhD

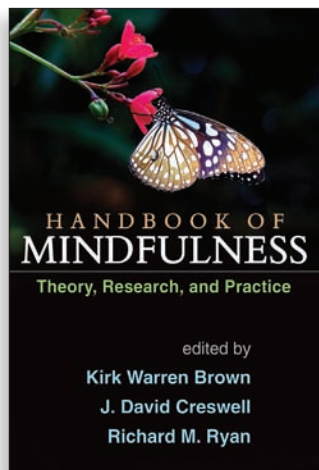
Originally developed by the late Sandra Leiblum, this volume addresses the full range of sexual problems and concerns that lead men, women, and couples to seek help. Prominent experts describe cutting-edge assessment and treatment approaches that draw on psychological, interpersonal, and medical interventions.

2014, 6 1/8" x 9 1/4" Hardcover, 576 Pages, ISBN 978-1-4625-1367-3, \$75.00



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New

Handbook of Mindfulness
Theory, Research, and Practice

Edited by **Kirk Warren Brown, PhD**, Virginia Commonwealth University
J. David Creswell, PhD, Carnegie Mellon University
Richard M. Ryan, PhD, Institute for Positive Psychology and Education,
Australian Catholic University

“The mindfulness literature is growing so fast that keeping up can seem impossible. This volume helps tremendously... This is an outstanding volume from a distinguished group of contributors.”

—**Ruth A. Baer, PhD**

“A welcome and needed addition to the burgeoning literature of mindfulness. Readers get a solid grasp of the historical roots and current applications of mindfulness and are introduced to psychological models—both well established and more recent—that provide a context for understanding the effects of contemplative practices on body, brain, and mind.”

—**Tony Toneatto, PhD**

An authoritative handbook, this volume offers both a comprehensive review of the current science of mindfulness and a guide to its ongoing evolution. Leading scholars explore mindfulness in the context of contemporary psychological theories of attention, perceptual processing, motivation, and behavior, as well as within a rich cross-disciplinary dialogue with the contemplative traditions. After surveying basic research from neurobiological, cognitive, emotion/affective, and interpersonal perspectives, the book delves into applications of mindfulness practice in healthy and clinical populations, reviewing a growing evidence base. Examined are interventions for behavioral and emotion dysregulation disorders, depression, anxiety, and addictions, and for physical health conditions.

New

Mindfulness-Oriented Interventions for Trauma
Integrating Contemplative Practices

Edited by **Victoria M. Follette, PhD**, University of Nevada, Reno
John Briere, PhD, University of Southern California
Deborah Rozelle, PsyD, private practice, Lexington, MA
James W. Hopper, PhD, Harvard University
David I. Rome, Founder, Mindful Focusing, Louisville, CO

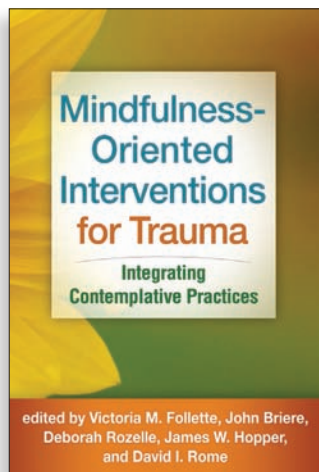
“Provides a wealth of resources. This book shares the broad scope of mindfulness-based interventions for trauma. Follette et al. bring many wise voices into one room.”

—**Sharon Salzberg**

“Follette et al. have produced a pioneering volume of innovative and integrative techniques that help survivors resolve the effects of the past in order to live self-fulfilling, positive lives in the present and future. A major advance in the trauma treatment literature.”

—**Christine A. Courtois, PhD**

Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors. The volume showcases treatment approaches that can be tailored to this population’s needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others. Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.



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Mindfulness-Based Cognitive Therapy for Bipolar Disorder

Thilo Deckersbach, PhD
Britta Hölzel, PhD
Lori Eisner, PhD
Sara W. Lazar, PhD
Andrew A. Nierenberg, MD

“This outstanding book provides innovative mindfulness tools for the treatment of bipolar disorder. Clinicians will learn how to expand their repertoire of therapeutic skills to more effectively treat this challenging disorder.”

—Noreen A. Reilly-Harrington, PhD

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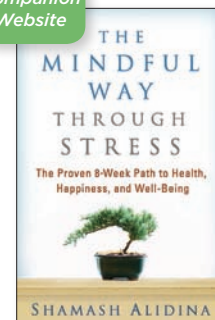
The Mindful Way through Stress

The Proven 8-Week Path to Health, Happiness, and Well-Being
Shamash Alidina, MEng, MA

“A very practical and engaging guide!... For those who don't have the opportunity (or time) to take the full program in person, following the wisdom of this fun-to-read guide can jump-start the integration of mindfulness into today's hectic and fast-paced lifestyles.”

—Steven D. Hickman, PsyD

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Sitting Together

Essential Skills for Mindfulness-Based Psychotherapy

Susan M. Pollak, MTS, EdD
Thomas Pedulla, LICSW
Ronald D. Siegel, PsyD

“The book is full of clinical examples as well as detailed directions on how to use mindfulness in different therapeutic situations with different kinds of patients. If you are a therapist interested in incorporating mindfulness into your own life or into the work you do with patients, I highly recommend this thorough, thoughtful book.”

—Greater Good: The Science of a Meaningful Life

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Mindfulness-Based Cognitive Therapy for Depression

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Zindel Segal, PhD
Mark Williams, DPhil
John Teasdale, PhD

Foreword by Jon Kabat-Zinn, PhD

“A seminal book. Segal, Williams, and Teasdale have made a unique and enormous contribution to the field and have sparked a new generation of research in mindfulness-based approaches to emotional and physical conditions. This is a ‘must read’ book for anyone working in our field.”

—Cognitive Behavioral Therapy Book Reviews

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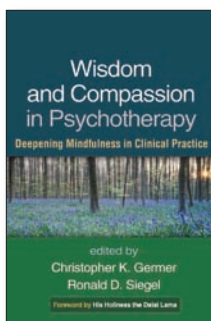
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Ronald D. Siegel, PsyD

Foreword by His Holiness the Dalai Lama

“The deep message of the movement toward acceptance- and mindfulness-based methods is that the world without and the world within are interlinked.... This book explores profound issues and describes powerful new methods for clinical practice that will carry far beyond the doors of our consulting rooms.”

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An 8-Week Program to Free Yourself from Depression and Emotional Distress

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Mark Williams, DPhil
Zindel Segal, PhD

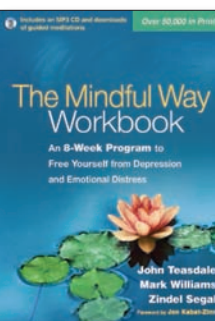
Foreword by Jon Kabat-Zinn, PhD

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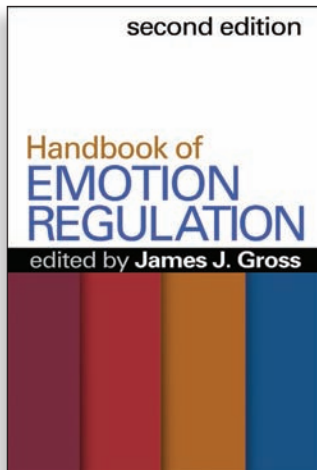
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New in Paperback

Handbook of Emotion Regulation, SECOND EDITION

Edited by **James J. Gross, PhD**, Stanford University

“Presents impressive multidisciplinary research addressing one of the most interesting conundrums of the human condition; i.e., how we can simultaneously control and be controlled by our emotions.... This volume is a valuable reference for researchers and clinicians interested in either healthy or unhealthy management of emotions.”
—*Journal of the American Medical Association*

“Gross presents exciting theories, methodological approaches, and applications for clinical intervention.... The writing is uniformly very good, making this the kind of book that people will find themselves reading more of than perhaps they originally intended.”
—**Ann M. Kring, PhD**

Reviewing the state of the science in a dynamic, thriving field, this influential handbook integrates knowledge from multiple psychological subdisciplines. Foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan. The social context of emotion regulation is explored, as are personality processes and individual differences. Critical implications are discussed for psychopathology, psychosocial interventions, and health. Including helpful cross-referencing among chapters, the volume describes cutting-edge methods and identifies promising directions for future investigation.

As a special bonus, purchasers of the second edition can download a supplemental e-book featuring several highly cited chapters from the first edition.

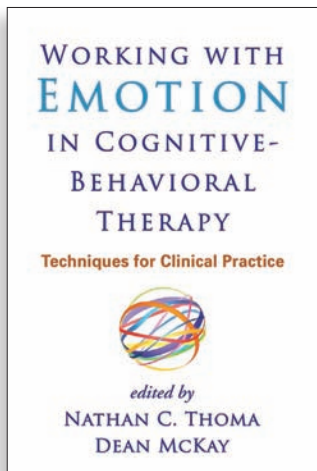
New

Working with Emotion in Cognitive-Behavioral Therapy *Techniques for Clinical Practice*

Edited by **Nathan C. Thoma, PhD**, Weill Cornell Medical College
Dean McKay, PhD, ABPP, Fordham University

“Outstanding....The contributors are the leading clinical scientists in the areas of emotion acceptance and compassion, emotion during exposure therapy, imagery rescripting, innovative ways of managing emotion in therapy sessions, and relational techniques. The chapters are brimming with useful dialogue and examples of how to apply these techniques.”
—**Michelle Craske, PhD**

“This book will be seen as an important step toward the creation of what will be called ‘cognitive affective behavior therapy.’ With its emphasis on affect and experience, it will be of interest to practitioners and advanced graduate students thirsty for a more complex view of human suffering and its solution.”
—**Jacques P. Barber, PhD**



2015, 6" x 9" Hardcover, 416 Pages
ISBN 978-1-4625-1774-9, \$55.00

MORE INFO www.guilford.com/p/thoma

Working actively with emotion has been empirically shown to be of central importance in psychotherapy, yet has been underemphasized in much of the writing on CBT. This state-of-the-art volume brings together leading authorities to describe ways to work with emotion to enrich therapy and achieve more robust outcomes that go beyond symptom reduction. Highlighting experiential techniques that are grounded in evidence, the book demonstrates clinical applications with vivid case material. Coverage includes mindfulness- and acceptance-based strategies, compassion-focused techniques, new variations on exposure-based interventions, the use of imagery to rework underlying schemas, and methods for addressing emotional aspects of the therapeutic relationship.

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New—Ideal for Client Recommendation

Invisible Chains

Overcoming Coercive Control in Your Intimate Relationship

Lisa Aronson Fontes, PhD

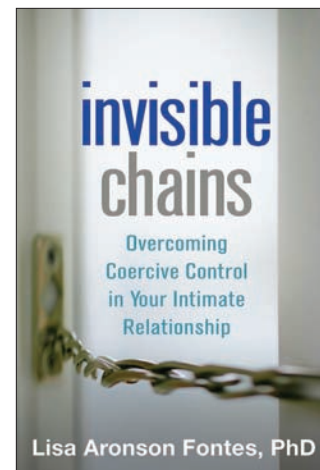
Lisa Aronson Fontes draws on both professional expertise and personal experience to provide practical guidance and support for readers who find themselves dominated by a spouse or partner. This book is an invaluable client recommendation and also provides useful insights and resources for clinicians. Fontes offers vivid examples of relationships marked by jealousy, threats, micromanaging, and sometimes physical violence. She explains how to recognize coercive control, why it occurs, and how to repair or end a relationship that has become toxic. Readers get vital tools for determining if they are in danger and if their partner can change—and for getting their freedom back. Special topics include coercive control in LGBT relationships and among teens.

CRITICAL ACCLAIM

“Fontes’s writing is clear and vividly illustrated with real-life stories from her decades of work helping abuse victims become survivors....A hopeful book that shows a way out of coercive control relationships and illustrates the promise of healing and recovery for survivors and their children. Therapists, social workers, and advocates will want to recommend this essential book to clients.” —Jeffrey L. Edleson, PhD

“As a therapist with decades of experience, and a person who has been in coercive relationships, I learned a great deal about how to identify, work with, and help clients change and break free from controlling situations. The stories of women and men from wide-ranging backgrounds pull the reader in deeply. Complex, profound ideas are expressed in easy-to-read language. A ‘must-have’ resource!” —Janine Roberts, EdD

“The first comprehensive guide to overcoming coercive control. Fontes maps the tactics used by perpetrators of this type of abuse and provides readers with simple tools to assess the status of their own relationships. She offers practical steps to getting free, illustrated with real-life stories. The writing is sharp and evocative and the research is impeccable. This is a pathbreaking work for victims of coercive control relationships. Professionals will want to give this book to clients and read it for themselves.” —Evan Stark, PhD, MSW



April 2015
5½" x 8¼" Paperback, 220 Pages
ISBN 978-1-4625-2024-4, \$14.95
Hardcover: ISBN 978-1-4625-2035-0, \$50.00



ABOUT THE AUTHOR

Lisa Aronson Fontes, PhD, has a doctorate in counseling psychology and has worked in the areas of child abuse, violence against women, and challenging family issues for over 25 years. A professor, researcher, and popular conference speaker, she teaches at the University of Massachusetts Amherst. She survived a relationship that included coercive control and stalking.

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II. Why Coercive Control Happens

3. Why Some Men Control Their Partners in This Way
4. Why Some Women Get and Stay Involved

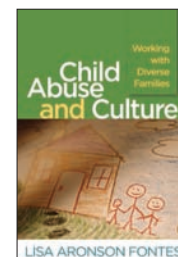
III. Coercive Control in Specific Populations

5. Different Gender Arrangements and Coercive Control
6. Teenage Victims of Coercive Control

IV. Ending Coercive Control

7. Are You Being Victimized?
 8. Are You Staying? Expecting Change?
 9. Ending the Relationship
 10. Feeling Like Yourself Again: Recovering from Coercive Control
 11. If Someone You Care About Is Being Victimized by Coercive Control
 12. Conclusion
- Resources

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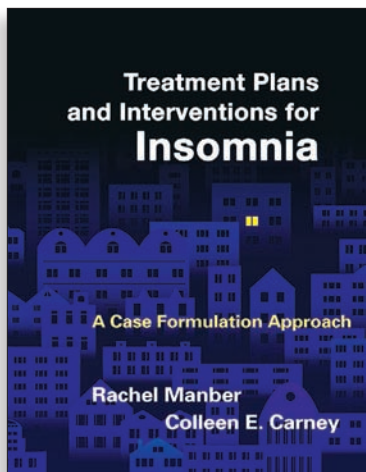
For professionals, this book provides an accessible framework for culturally competent practice with children and families in child maltreatment cases.

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ABOUT THE AUTHORS

Rachel Manber, PhD, CBSM, is Professor in the Department of Psychiatry and Behavioral Sciences and Director of the

Insomnia and Behavioral Sleep Medicine Training Program at Stanford University. Dr. Manber has led the development and implementation of a nationwide CBT-I training initiative by the Department of Veterans Affairs.



Colleen E. Carney, PhD, is Associate Professor in the Department of Psychology and Director of the Sleep and Depression Laboratory at Ryerson University in Toronto. She is President

of the Behavioral Sleep Medicine Special Interest Group of the Association for Behavioral and Cognitive Therapies.

New

**Treatment Plans and Interventions for Insomnia
A Case Formulation Approach**

**Rachel Manber, PhD
Colleen E. Carney, PhD**

“This manual is destined to become a prime tool in the provision of cognitive-behavioral therapy for insomnia (CBT-I)....This book is a ‘must’ for all clinicians who are new to CBT-I, but even seasoned behavioral sleep medicine specialists will greatly benefit from the experience and wisdom of these two gifted authors.”

—Donn Posner, PhD, CBSM

“This excellent treatment manual provides a step-by-step approach to treating insomnia, whether it is the main problem or a condition coexisting with another medical or psychiatric disorder. The book is practical, up to date, and evidence based. It provides all the ‘nuts and bolts’ for efficient and effective intervention.”

—Charles M. Morin, PhD

Poor sleep is a significant source of distress and is also a symptom of other problems, such as anxiety and depressive disorders. From leading experts in CBT-I, this state-of-the-art book provides a framework for tailoring treatment for clients with an array of sleep difficulties. Clinicians are guided to make important decisions about what treatment components to use and how to optimize their effectiveness. Two chapter-length clinical examples vividly illustrate case conceptualization, treatment planning, and session-by-session implementation. **In a convenient large-size format, the book includes reproducible forms and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.**

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Handbook of Depression, THIRD EDITION

Edited by **Ian H. Gotlib, PhD**, Stanford University
Constance L. Hammen, PhD, University of California, Los Angeles

“A valuable sourcebook not only for practitioners and researchers but also for graduate students, interns, and residents.”

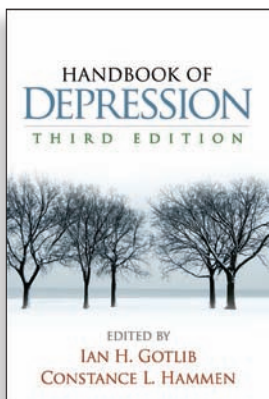
—Psychiatric Services

“Leading authorities in the field cover the entire body of depression research, including diagnosis, assessment, treatment, and the biological and psychological components....I highly recommend this volume to clinicians and researchers who want to keep up with exciting developments in the field.”

—Aaron T. Beck, MD

Contributors review what is known about depression in specific populations, exploring developmental issues across the lifespan as well as gender and cultural variables. Effective psychosocial and biological treatments are described in detail.

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Gary J. Kennedy, MD

“A timely and practical resource written by an experienced geriatric psychiatrist who has been involved in teaching and training for several decades. This book is appropriate for any mental health provider working with older adults suffering from depression. I also recommend it as a text in geriatric mental health courses. Kennedy helps practitioners and graduate students increase their knowledge and skills related to etiology, pharmacotherapy, suicide risk, evidence-based psychotherapies and other psychosocial interventions, and collaborative care models for treating depression in older adults.”

—Zvi D. Gellis, PhD

“Kennedy has used his long experience as a clinician, investigator, and teacher to produce a book that is both intellectually stimulating and practical. He has a unique ability to clarify complex concepts related to biological interactions, comorbidity, and psychosocial context, and to arrive at a synthesis that informs evidence-based clinical practice. I expect this book to guide the understanding and care of geriatric depression for many years.”

—George S. Alexopoulos, MD

Written for a broad range of mental health professionals, this book explains why depression can be challenging to treat in older adults and describes the most effective interventions. Noted geriatric psychiatrist Gary J. Kennedy draws on extensive clinical experience and research to present current best practices in pharmacotherapy, psychotherapy, other psychosocial and lifestyle interventions, and electroconvulsive therapy. Depressive disorders complicated by psychosis, mania, dementia, and bereavement are addressed in detail, as is suicide prevention. Kennedy emphasizes the importance of integrating care across service settings and building strong partnerships with patients and their families. Quick-reference tables throughout the book distill critical elements of intervention.

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Geriatric Mental Health Care

A Treatment Guide for Health Professionals

Gary J. Kennedy, MD, ABPN

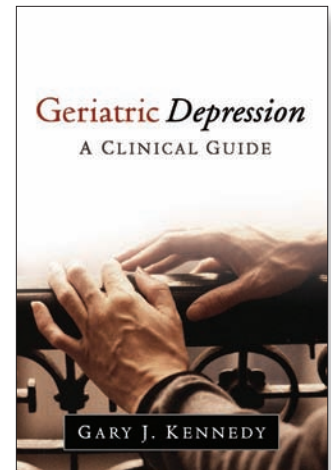
“The breadth of topics covered in this book makes it a unique contribution to the field...Highly recommended to any clinician or caretaker seeking comprehensive and easily accessible information about geriatric mental health care.”

—*Psychiatric Services*

This essential guide is designed for mental health practitioners and primary care providers without advanced training in geriatric psychiatry. Clear guidelines are delineated for assessing and treating such conditions as depression and anxiety, dementia, psychosis and mania, sleep disturbances, personality and somatoform disorders, substance abuse, and suicidality.

Winner—American Journal of Nursing Book of the Year Award (2000)

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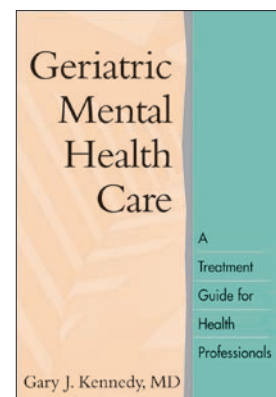
2015, 6" x 9" Hardcover, 234 Pages
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ABOUT THE AUTHOR

Gary J. Kennedy, MD, ABPN, is Director of the Division of Geriatric Psychiatry and of the Fellowship Training

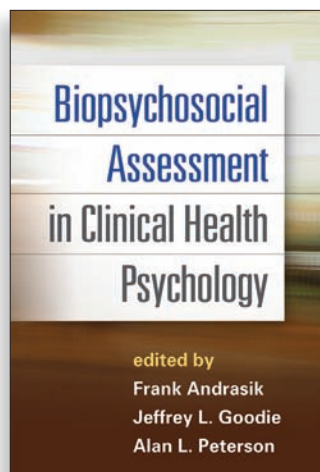
Program at Montefiore Medical Center and Professor of Psychiatry and Behavioral Sciences at Albert Einstein College of Medicine, Bronx, New York. Dr. Kennedy is board certified in Geriatric Psychiatry and Psychosomatic Medicine. He is a past president of the American Association for Geriatric Psychiatry and a past chair of the Geriatric Mental Health Foundation. Dr. Kennedy is a recipient of multiple awards.



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New

Biopsychosocial Assessment in Clinical Health Psychology

Edited by **Frank Andrasik, PhD**
Jeffrey L. Goodie, PhD
Alan L. Peterson, PhD

Filling a key need, this practical volume provides state-of-the-art approaches and tools for evaluating both health-related behaviors and psychosocial aspects of medical illness. The book begins by presenting a comprehensive biopsychosocial assessment framework. Evidence-based strategies are described for assessing such key lifestyle factors as tobacco use, alcohol and other drugs, physical activity, and social support. Behavioral, cognitive, and emotional issues associated with a range of specific medical conditions—including cancer, cardiovascular disease, diabetes, chronic pain, and others—are addressed. Chapters on assessment of specific populations cover pediatric patients, older adults, ethnic/racial minority groups, organ transplant and bariatric surgery patients, and primary care.

CRITICAL ACCLAIM

“This is an important and unique book that will become essential reading for clinicians, researchers, and students in clinical health psychology and behavioral medicine. Chapters written by an impressive collection of leaders in the field are both current and comprehensive, yet easily accessible to the reader.”

—David S. Krantz, PhD

“Informative science and effective service both begin with sound assessment. Andrasik, Goodie, and Peterson have assembled an exceptional team of clinical scientists and practitioners....A valuable resource for researchers and clinicians, especially those who increasingly find themselves drawn from traditional domains of psychological practice to the rapidly evolving interface with medical care.”

—Timothy W. Smith, PhD

ABOUT THE EDITORS



Frank Andrasik, PhD, is Distinguished Professor and Chair of Psychology at the University of Memphis. He is Editor-in-Chief of *Applied Psychophysiology and Biofeedback*, Associate Editor of *Cephalalgia*, and past Editor-in-Chief of *Behavior Therapy*. Dr. Andrasik is a past president of the Association for Behavioral and Cognitive Therapies and the Association for Applied Psychophysiology and Biofeedback.

Jeffrey L. Goodie, PhD, ABPP, is Associate Professor in the Department of Family Medicine and the Department of Medical and Clinical Psychology at the Uniformed Services University of the Health Sciences.



Alan L. Peterson, PhD, ABPP, is Professor and Chief of the Division of Behavioral Medicine in the Department of Psychiatry at the University of Texas Health Science Center at San Antonio. He is Director of the STRONG STAR Consortium and the Consortium to Alleviate PTSD.



Center at San Antonio. He is Director of the STRONG STAR Consortium and the Consortium to Alleviate PTSD.

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New

Psychological Assessment

A Problem-Solving Approach

Julie A. Suhr, PhD, Ohio University

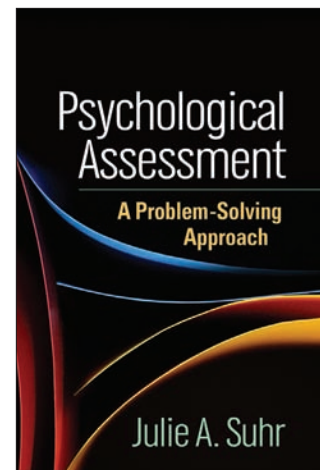
“Unlike most assessment texts, this book focuses on the entire assessment process rather than just providing information about various psychological tests. This is a welcome change that will be particularly useful to students and professionals who want to think more broadly about assessment. Suhr approaches assessment like a detective. Her book provides countless insights into everything from formulating initial impressions and incorporating psychological test data to writing reports and providing feedback.”

—Dustin B. Wygant, PhD

“By providing a model of psychological assessment that bridges research, clinical skill, and careful reasoning, this book moves assessment training forward. The mental health care system will increasingly focus on outcomes, specialization, and integration. Suhr places efficient, focused assessment practice in the context of a deep clinical sensibility to help students apply psychological science to clinical care in a manner that transcends questionable diagnostic categories or narrow theoretical orientations.”

—Christopher J. Hopwood, PhD

An authoritative clinical reference and text, this work provides a complete guide to conducting empirically based assessments to support accurate diagnoses and better clinical care. The book builds crucial skills for gathering and interpreting data for specific assessment purposes. It also presents more advanced ways to integrate information from tests, interviews, observations, and other sources, within a biopsychosocial framework that fully addresses the needs of each client. Particular attention is given to accounting for potential biases that affect every stage of the decision-making process. User-friendly features include case examples, advice on writing reports and giving feedback to clients, and a detailed sample report.



2015, 6" x 9" Hardcover, 308 Pages
ISBN 978-1-4625-1958-3, \$55.00

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New

Assessment in Cognitive Therapy

Edited by Gary P. Brown, PhD, Royal Holloway University of London, UK

David A. Clark, PhD, University of New Brunswick, Canada

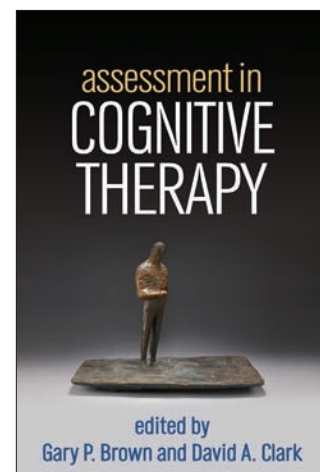
“This volume charts a new course for the models and applications of assessment in CBT...The editors have purposefully attended to assessment from diverse perspectives, giving the book a unique place in the field. It will be of interest to a wide variety of practitioners, researchers, and students.”

—Keith S. Dobson, PhD

“With cognitive-behavioral treatment covering such a variety of mental health conditions, the need is greater than ever for careful evaluation beyond the standard history. This book demonstrates the value of a multipronged approach. Remarkably comprehensive, it will help guide clinicians, researchers, and students in a quest to better serve those who seek care. I know something about evaluating patients, and I learned a lot from reading this book.”

—James Morrison, MD

This volume brings together leading experts to explore the state of the art of cognitive clinical assessment and identify cutting-edge approaches of interest to clinicians and researchers. The book highlights fundamental problems concerning the validity of assessments that are widely used in CBT. Key directions for further research and development are identified. Updated cognitive assessment methods are described in detail, with particular attention to transdiagnostic treatment, evidence-based practice, cognitive case formulation, and imagery-based techniques.

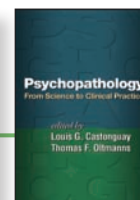
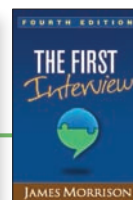
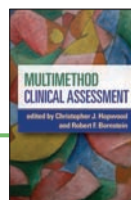


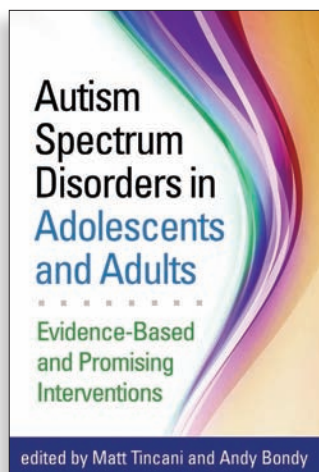
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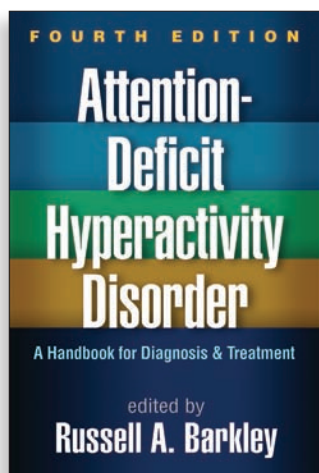
New

Autism Spectrum Disorders in Adolescents and Adults
Evidence-Based and Promising Interventions

Edited by **Matt Tincani, PhD**, Temple University
Andy Bondy, PhD, Pyramid Educational Consultants, Inc., Newark, DE

“At last! A one-stop shop for those interested in the issues affecting adolescents and adults with autism spectrum disorders (ASD). As someone who has worked with this population for over 45 years, I know how truly important these issues are to individuals and families. This volume provides state-of-the-art knowledge from many of the field’s leading researchers and practitioners...I am impressed by the accessibility of the volume; the chapters are well organized and clearly written. This book is a ‘must have’ for clinicians, educators, and students entering the field.”
—**Laura Schreiber, PhD**

Bringing together leading experts, this book presents effective practices for helping people with ASD to thrive in adulthood. As individuals with ASD mature, their needs change as well. The book reviews the growing research base and describes ways to support adolescents and adults in succeeding in higher education and work, living independently, enjoying leisure activities, navigating meaningful personal relationships, and more. Specific behavioral and instructional interventions—such as functional communication training, positive behavior support, and applied behavior analysis—are discussed. Case examples illustrate practical aspects of applying the strategies in real-world school and community settings.



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—**PsycCRITIQUES**

“A virtual encyclopedia of ADHD...The fourth edition is remarkable for its wide-ranging scope and depth and its unique perspective that will be appreciated by both scientists and clinicians.”
—**Mark A. Stein, PhD**

Widely regarded as the standard clinical reference, this volume provides the best current knowledge about ADHD in children, adolescents, and adults. The field’s leading authorities address all aspects of assessment, diagnosis, and treatment, including psychological therapies and pharmacotherapy. Core components of ADHD are elucidated. The volume explores the impact of the disorder across a wide range of functional domains—behavior, learning, psychological adjustment, school and vocational outcomes, and health. All chapters conclude with user-friendly Key Clinical Points.

NEW TO THIS EDITION: ✓ Reflects significant advances in research and clinical practice.
✓ Expanded with many new authors and new topics. ✓ Chapters on cutting-edge interventions: social skills training, dietary management, executive function training, driving risk interventions, complementary/alternative medicine, and therapies for adults. ✓ Chapters on the nature of the disorder: neuropsychological aspects, emotional dysregulation, peer relationships, child- and adult-specific domains of impairment, sluggish cognitive tempo, and more.

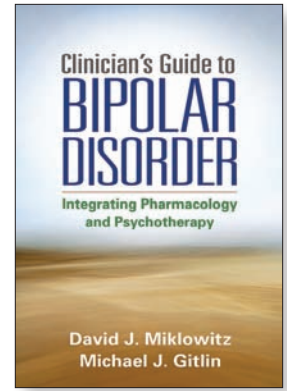
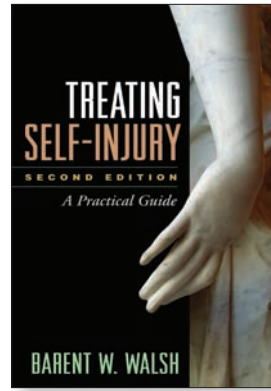
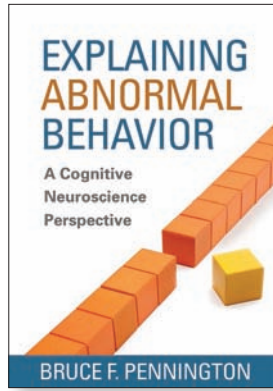
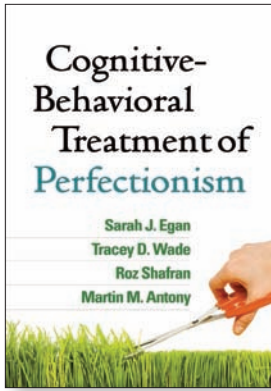
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New

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Tracey D. Wade, PhD, Flinders University, Adelaide, Australia
Roz Shafran, PhD, University College London, UK
Martin M. Antony, PhD, ABPP, Ryerson University, Toronto, Canada, and St. Joseph's Healthcare, Hamilton, ON, Canada

"At last, an authoritative guide to the understanding and treatment of severe perfectionism. Well written, comprehensive, and with many clinical illustrations. Highly recommended."

-Christopher G. Fairburn, DM, FMedSci, FRCPsych

This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as a main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder.

Includes Reproducible Assessment Scales and Handouts
2014, 6" x 9" Hardcover, 402 Pages, ISBN 978-1-4625-1698-8, \$50.00

Explaining Abnormal Behavior
A Cognitive Neuroscience Perspective

Bruce F. Pennington, PhD, University of Denver

"A remarkable book... Erudite, lucid, and engagingly written, the text brims with sparkling insights derived from Pennington's vast experience as a clinician and researcher. Rarely indeed can one find such breadth of knowledge combined with such clarity of exposition."

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A Practical Guide

Barent W. Walsh, PhD, The Bridge, Worcester, MA, and Harvard Medical School

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This trusted practitioner resource provides current, evidence-based knowledge about the variety and causes of self-injurious behavior, its relationship to suicidality, and how to assess and treat it effectively.

Includes Reproducible Assessment Tools and Handouts
2014, 6" x 9" Paperback (© 2012), 413 Pages, ISBN 978-1-4625-1887-6, \$28.00

Clinician's Guide to Bipolar Disorder
Integrating Pharmacology and Psychotherapy

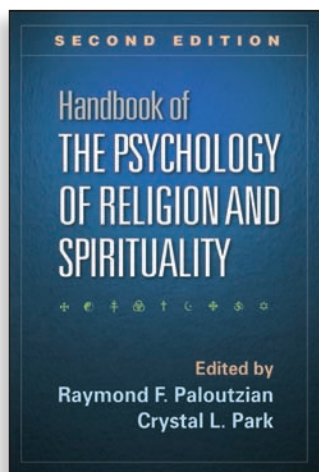
David J. Miklowitz, PhD and Michael J. Gitlin, MD
-Both at the David Geffen School of Medicine at UCLA

"An excellent guide to the treatment of a complicated, common, and potentially lethal illness. The authors' deep understanding of depression and mania is obvious on every page and their clinical recommendations are sophisticated and practical."

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This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs.

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Edited by **Raymond F. Paloutzian, PhD**, Westmont College, Santa Barbara, CA
Crystal L. Park, PhD, University of Connecticut, Storrs, CT

“This comprehensive, up-to-date volume offers compelling concepts and evidence on a broad spectrum of topics. As a text, it would be ideal in graduate courses in psychology, religious studies, and public health. The coverage of links between spirituality, religion, and health and disease issues is especially exciting.”

—**Carl E. Thoresen, PhD**

“The second edition brings this evolving field fully up to date, with chapters from a ‘who’s who’ of leading scholars. All serious researchers, teachers, and clinicians who are engaged with the psychology of religion and spirituality must have this volume on their shelves. It also will be of great value as a graduate course text. I know my own copy will become well worn.”

—**Thomas G. Plante, PhD**

Widely regarded as the definitive reference, this volume comprehensively examines the psychological processes associated with religion and spirituality. Leading scholars from multiple psychological subdisciplines present developmental, cognitive, social psychological, cultural, and clinical perspectives on this core aspect of human experience. The forms and functions of religious practices and rituals, conversion experiences, and spiritual struggles are explored. Other key topics include religion as a meaning system, religious influences on prosocial and antisocial behavior, and connections to health, coping, and psychotherapy.

New Edition—A Major Revision!

Handbook of PTSD, SECOND EDITION *Science and Practice*

Edited by **Matthew J. Friedman, MD, PhD**, Dartmouth Medical School,
and National Center for PTSD

Terence M. Keane, PhD, National Center for PTSD, and Boston University School of Medicine

Patricia A. Resick, PhD, Duke University School of Medicine,
and Boston University School of Medicine

“A scholarly *tour de force*.”

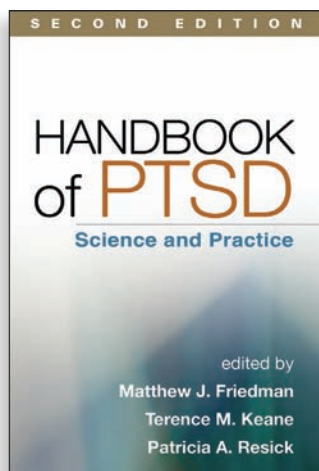
—**PsycCRITIQUES**

“An extraordinary volume filled with nuanced and thoughtful discussions of recent advances in every facet of research on PTSD.”

—**Ronald C. Kessler, PhD**

This handbook brings together foremost authorities on PTSD. Diagnostic, conceptual, and treatment issues are reviewed in depth. The volume examines the causes and mechanisms of PTSD on multiple levels, from psychological processes to genes and neurobiology. Risk and resilience processes are addressed across development and in specific populations. Contributors describe evidence-based assessment and treatment approaches as well as promising emerging interventions.

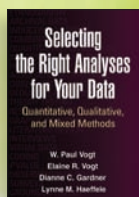
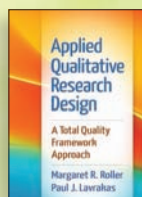
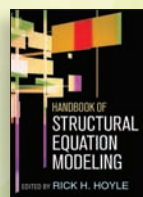
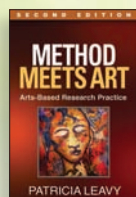
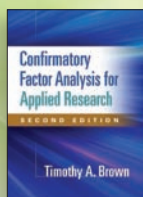
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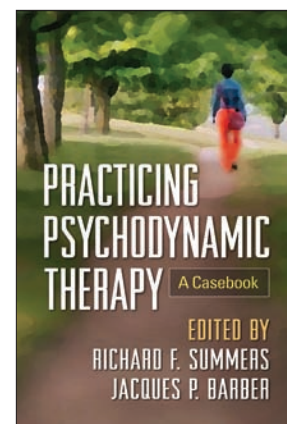
Edited by **Richard F. Summers, MD, ABPN**, University of Pennsylvania School of Medicine
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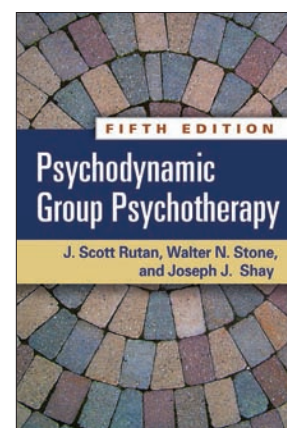
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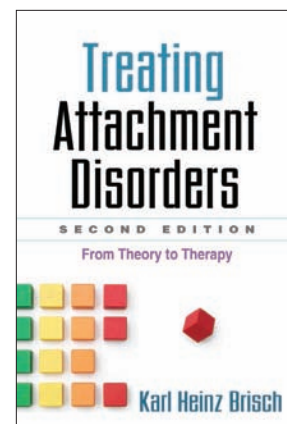
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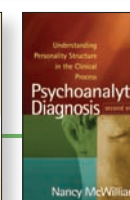
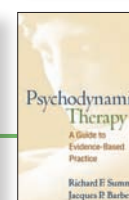
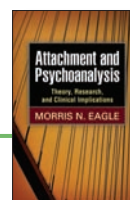
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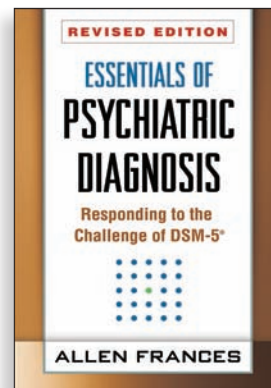
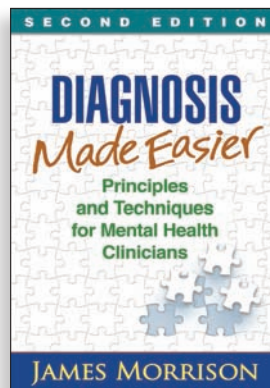
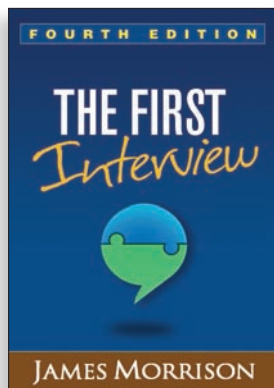
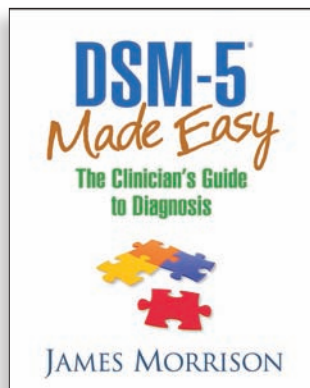
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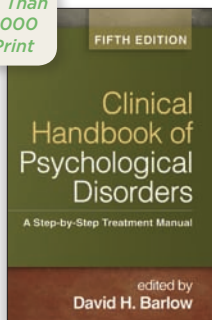
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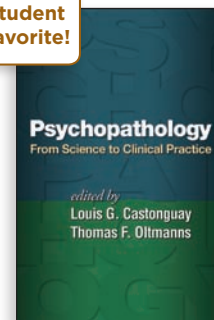


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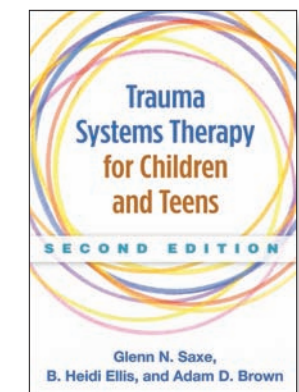
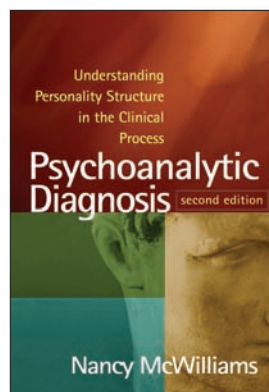
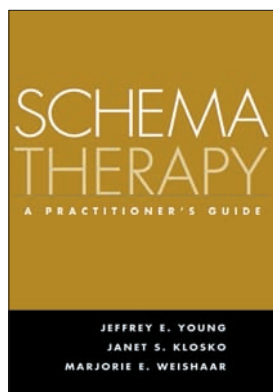
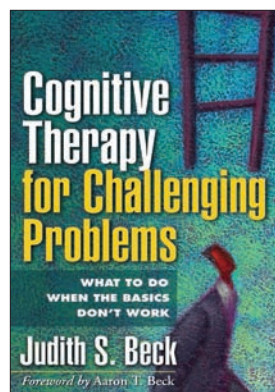
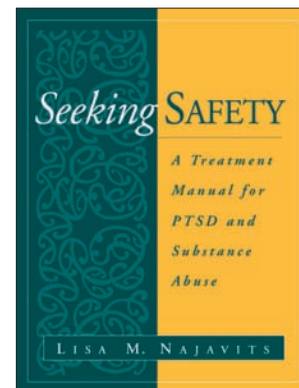
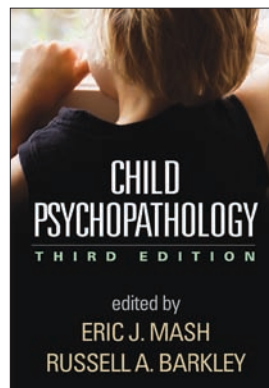
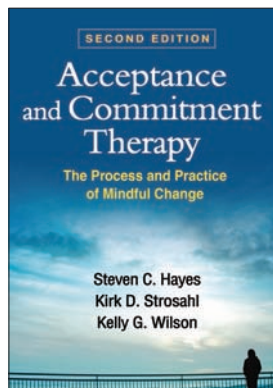
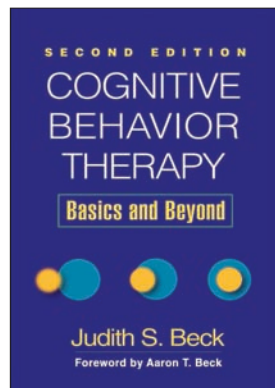
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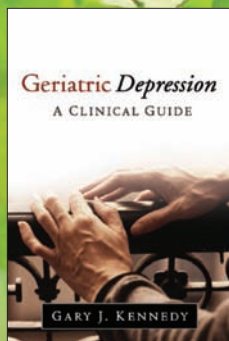
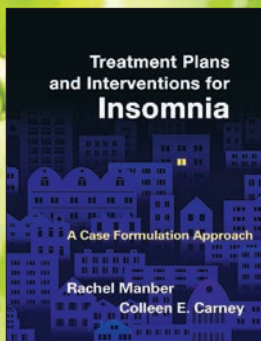
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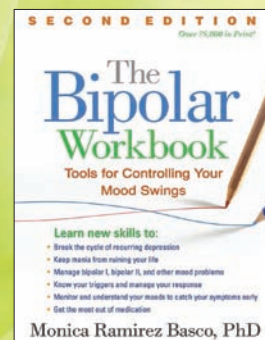
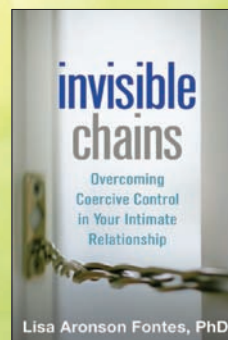
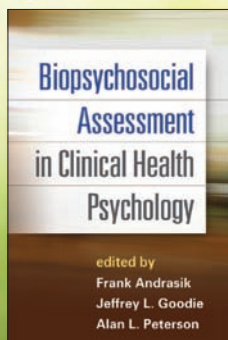
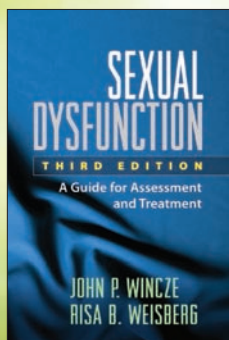
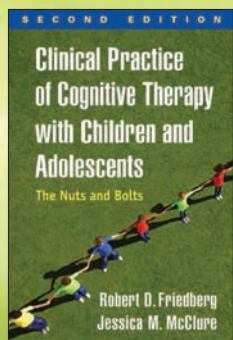
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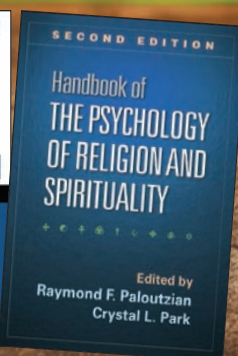
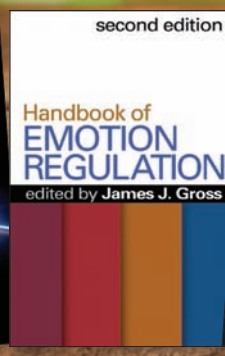
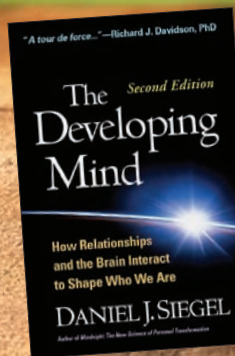
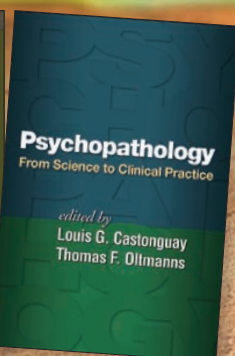
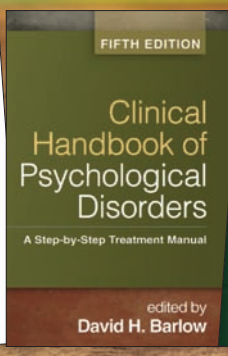
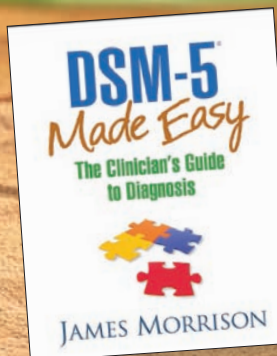


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