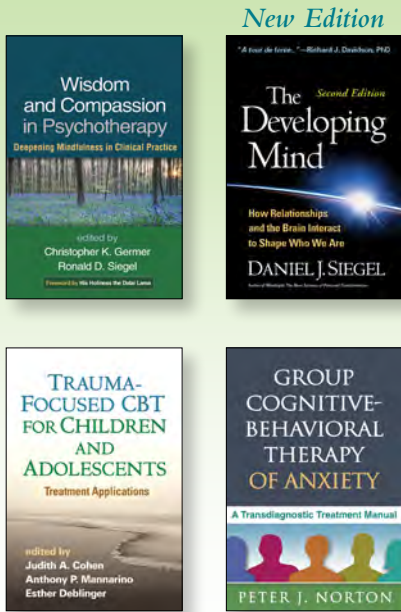


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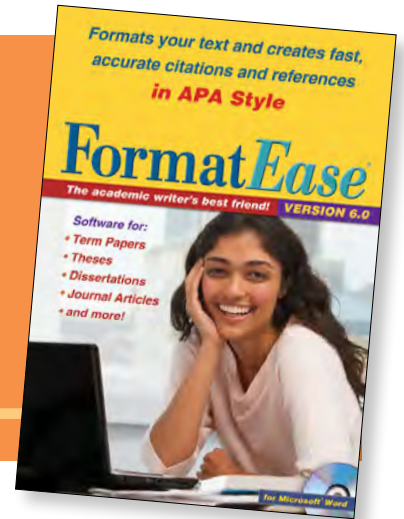


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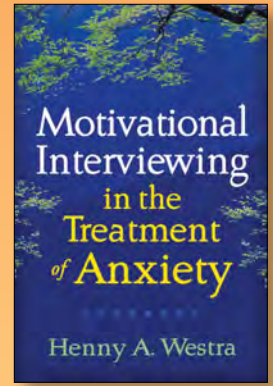
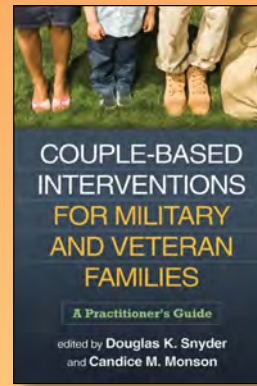
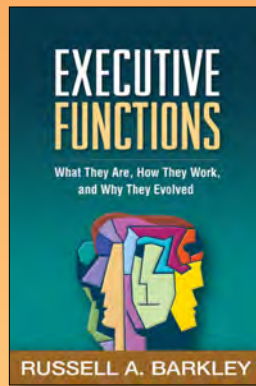
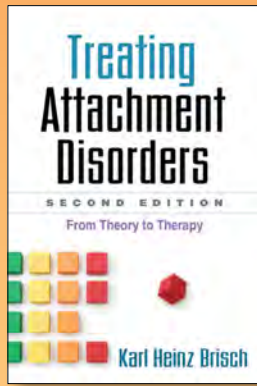
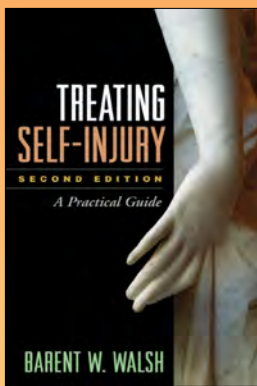
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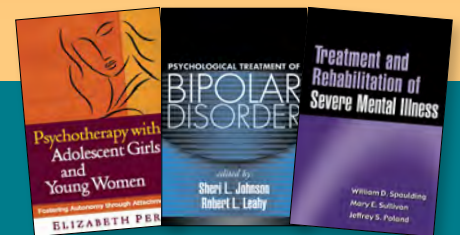
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NEW

# Motivational Interviewing in the Treatment of Anxiety

Henny A. Westra, PhD

“A practical and compassionate guide to effective treatment for clients who present with anxiety and related clinical concerns. Compelling descriptions—coupled with rich clinical illustrations—show therapists how to flexibly apply motivational interviewing (MI) and access clients’ full potential and wisdom. Westra’s sensitive and skilled instruction in combining ‘ways of being’ with ‘ways of doing’ makes this book a much-needed, extremely valuable contribution to the therapy literature. It should be read by all beginning clinicians and their supervisors, as well as by experienced clinicians looking to refresh and improve their practice.”

—Lizabeth Roemer, PhD

“Westra masterfully communicates the conceptual basis of MI and its application to anxiety. While maintaining a strong commitment to empirical evidence, the volume is steeped in clear, compelling clinical illustrations and explanations. It provides original insights into how MI can be used to address difficult treatment issues in anxiety, including resistance and noncompliance. This is one of those few clinical manuals that I consider ‘must reads’ for all practicing clinicians, regardless of level of experience or therapeutic orientation. It is a substantial and noteworthy contribution that will enhance the treatment of anxiety.”

—David A. Clark, PhD

This wise and practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of MI into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur. Vivid clinical material—including a chapter-length case example of a client presenting with anxiety and depression—enhances the utility of this accessible guide.

## CONTENTS

### I. Integrating Motivational Interviewing into the Treatment of Anxiety and Related Problems

1. Where and Why Motivational Interviewing Fits
2. The Spirit of Motivational Interviewing

### II. Assessing Readiness for Change

3. Observing Resistance
4. Asking About Readiness

### III. Understanding Ambivalence and Building Resolve

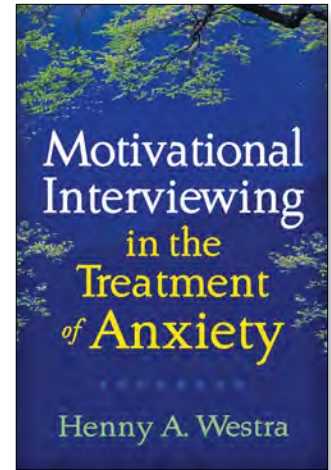
5. Introduction to Working with Ambivalence
6. Understanding and Reframing Resistance to Change
7. Evoking and Elaborating Change Talk
8. Developing Discrepancy

### IV. Extending Motivational Interviewing into the Action Phase

9. Evoking and Elaborating Client Expertise
10. Sharing Your Expertise
11. Listening Reflectively
12. Rolling with Resistance

### V. Putting It All Together

13. Integrated Case Illustration
- Epilogue. Training and Future Directions  
Appendix. Resources and Recommended Readings



May 2012

Hardcover, 274 Pages

ISBN 978-1-4625-0481-7, \$40.00



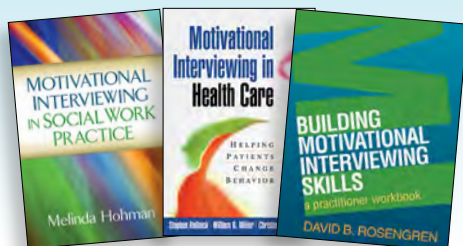
E-book Coming Soon (see p. 8)

## ABOUT THE AUTHOR



**Henny A. Westra, PhD,** is Associate Professor of Psychology at York University in Toronto, Ontario, Canada. She has nearly two decades

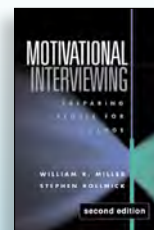
of clinical and research experience and has worked as a front-line clinician, clinical director, professor, and trainer.



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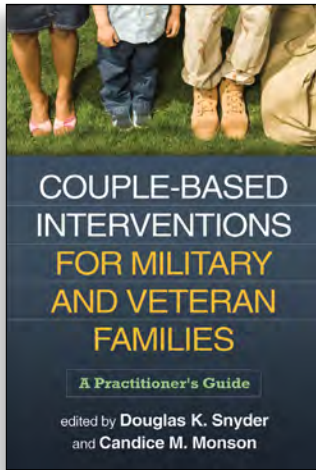
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#### ABOUT THE EDITORS



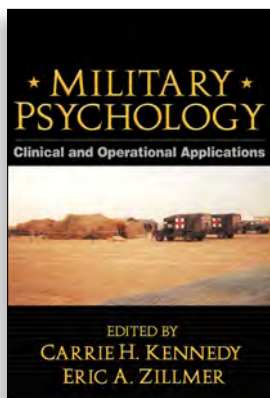
**Douglas K. Snyder, PhD**, is Professor of Psychology and Director of Clinical Training at Texas A&M University.

Dr. Snyder's research and publications focus on couple- and family-based interventions.



**Candice M. Monson, PhD**, is Professor of Psychology and Director of Clinical Training at Ryerson University in Toronto, Ontario, Canada. She is

also an Affiliate of the Women's Health Sciences Division of the U.S. Veterans Affairs National Center for PTSD, where she previously served as Deputy Director.



**NEW**

## Couple-Based Interventions for Military and Veteran Families

*A Practitioner's Guide*

Edited by **Douglas K. Snyder, PhD** and **Candice M. Monson, PhD**

"Snyder and Monson have made a crucial contribution with this much-needed treatment resource, which not only presents state-of-the-art couple-based interventions for service members and veterans, but also 'socializes' the therapist to the military milieu."  
—David H. Barlow, PhD

"The seamless integration of theory, empirical support, and practice recommendations makes this an ideal resource and training tool for the full spectrum of mental health professionals who work with active-duty military personnel, veterans, and their families."  
—M. David Rudd, PhD

Presenting couple-based interventions uniquely tailored to the mental health needs of military and veteran couples and families, this book is current, practical, and authoritative. Chapters describe evidence-based interventions for specific disorders—such as posttraumatic stress, depression, and substance abuse—and related clinical challenges, including physical aggression, infidelity, bereavement, and parenting concerns. Clear guidelines for assessment and treatment are illustrated with helpful case examples; **18 reproducible handouts can be downloaded and printed in a convenient 8½" x 11" size**. The book also provides essential knowledge on the culture of military families and the normative transitions and adjustments they face.

#### CONTENTS

##### I. Empirical and Conceptual Foundations

1. Couple-Based Interventions for Military and Veteran Families: Evidence and Rationale, *Monson & Snyder*
2. Understanding the Effects of Military Life and Deployment on Couples and Families, *Martin & Sherman*
3. A Framework for Accessing Resources for Military and Veteran Couples and Families, *Slone et al.*
4. Transitioning to and from Deployment, *Beasley et al.*

##### II. Evidence-Based Interventions

5. Enhancing Parenting in Military and Veteran Families, *DeVoe et al.*
6. Infidelity and Other Relationship Betrayals, *Snyder et al.*
7. Intimate Partner Violence, *Heyman et al.*

8. Posttraumatic Stress Disorder and Its Comorbidities, *Monson et al.*

9. Depression, *Whisman & Sayers*

10. Substance Use Disorders, *Schumm & O'Farrell*

11. Combat-Related Traumatic Brain Injury, *Glynn*

12. Grief and Loss, *Scheider et al.*

##### III. Integration and Implications

13. Integration and Implications for Clinical Practice and Research, *Snyder & Monson*

Appendices, *Shnaider et al.*

Resources for Military and Veteran Couples and Families • United States Military Ranks • Military Structure and Unit Sizes • Department of Veterans Affairs Organizational Structure • Common Terms and Acronyms

## Military Psychology

*Clinical and Operational Applications*

Edited by **LCDR. Carrie H. Kennedy, PhD**, University of Virginia  
**Eric A. Zillmer, PsyD**, Drexel University

"A straightforward and succinct guide into the assessment and treatment of modern service members.... Useful not only to practitioners of psychology in today's armed forces, but also to clinicians and leaders in a variety of circumstances whose work brings them into contact with service members. The book covers clinical and operational psychology in rich detail but without relinquishing its survey-like coverage of individually focused topics....It is a handy reference on historic and present-day issues alike."  
—*The Military Psychologist: The Official Newsletter of Division 19 of the APA*

2006, Hardcover, 400 Pages, ISBN 978-1-57230-724-7, \$60.00

NEW

# Wisdom and Compassion in Psychotherapy

*Deepening Mindfulness in Clinical Practice*

Edited by **Christopher K. Germer, PhD** and **Ronald D. Siegel, PsyD**

Foreword by **His Holiness the Dalai Lama**

“Aby guided by the contributors to this important volume, therapists are invited to peer beyond therapeutic tools and techniques and glimpse the vast potential that compassion and wisdom hold for healing and self-transformation.”  
—Zindel V. Segal, PhD, CPsych

“With this enlightening volume, Germer and Siegel bring the dialogue between contemporary psychotherapy and Buddhist psychology to a new level.... This book illuminates fresh directions and resources for psychotherapy, bringing an inspiring sense of possibility to the ‘impossible profession.’”  
—David J. Wallin, PhD

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical exercises and rich clinical examples.

## CONTENTS

Foreword, *His Holiness the Dalai Lama*

Introduction, *Germer & Siegel*

### I. What Are Wisdom and Compassion? Why Should We Care?

1. Wisdom and Compassion: Two Wings of a Bird, *Siegel & Germer*
2. Mindful Presence: A Foundation for Compassion and Wisdom, *Brach*
3. Building Lives of Compassion and Wisdom, *Fredrickson*

### II. The Meaning of Compassion

4. Compassion in Buddhist Psychology, *Makransky*
5. The Compassionate Therapist, *Ely*
6. The Science of Self-Compassion, *Neff*
7. Cultivating Compassion in Psychotherapy, *Germer*
8. The Neurobiology of Compassion, *Davidson*

### III. The Meaning of Wisdom

9. Wisdom in Buddhist Psychology, *Oleznick*
10. The Wise Psychotherapist, *Siegel*
11. The Science of Wisdom: Implications for Psychotherapy, *Sternberg*
12. The Wisdom of Connection, *Surrey & Jordan*

13. Self and No-Self in Psychotherapy, *Engler & Fulton*

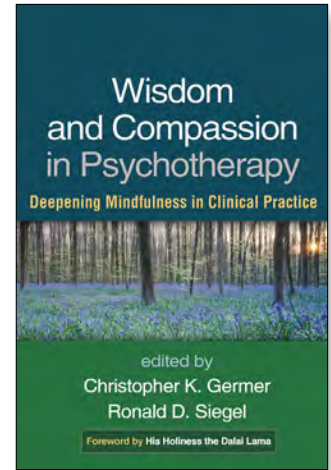
14. Neurobiological Foundations of Wisdom, *Meeks, Cahn, & Jeste*

### IV. Clinical Applications


15. Wisdom, Compassion, and Suicidal Patients, *Linehan & Lungu*
16. Substance Abuse and Relapse Prevention, *Marlatt, Bowen, & Lustyk*
17. Anxiety Disorders: Acceptance, Compassion, and Wisdom, *Roemer & Orsillo*
18. Depression: Suffering in the Flow of Life, *Gilbert*
19. Working with Trauma: Mindfulness and Compassion, *Briere*
20. The Heart of Couple Therapy, *R. Borofsky & A. Borofsky*

### V. In and Around the Consultation Room

21. Mindful Parenting as a Path to Wisdom and Compassion, *Goodman, Greenland, & Siegel*
22. Drawing on the Wisdom of Religious Traditions in Psychotherapy, *Pargament & Faigin*
23. Compassion and Wisdom: Growing through Ethics, *Morgan*



2012, Hardcover, 407 Pages  
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 E-book Available (see p. 8)

## ABOUT THE EDITORS



**Christopher K. Germer, PhD**, is a clinical psychologist in private practice, specializing in mindfulness, acceptance, and compassion-based treatment.

Dr. Germer is Clinical Instructor in Psychology at Harvard Medical School and a founding member of the Institute for Meditation and Psychotherapy.



**Ronald D. Siegel, PsyD**, is Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for more than 25 years.

Dr. Siegel teaches internationally about mindfulness and psychotherapy and mind/body treatment, while maintaining a private clinical practice in Lincoln, Massachusetts.

NEW IN PAPER  **Bestseller**

# Mindfulness and Acceptance

*Expanding the Cognitive-Behavioral Tradition*


Edited by **Steven C. Hayes, PhD**, University of Nevada, Reno

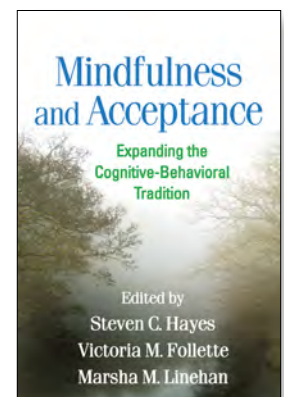
**Victoria M. Follette, PhD**, University of Nevada, Reno

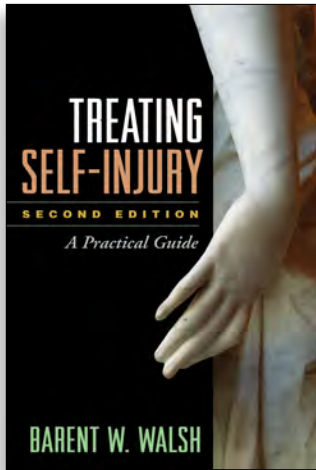
**Marsha M. Linehan, PhD**, University of Washington, Seattle

“The book is a well-organized, visionary, and pragmatic presentation of multiple new concepts.... It is one not only to read but also to keep on the shelf for reopening by psychiatrists, psychologists, social workers, nurses, and other mental health clinicians who treat, teach, and just enjoy a good adventure of expanding the mind.”  
—*Psychiatric Services*

2011, Paperback (© 2004), 319 Pages, ISBN 978-1-60918-989-1, \$25.00

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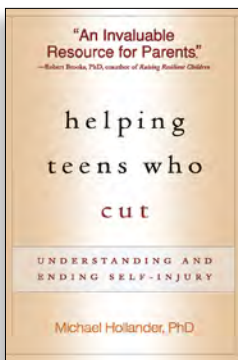
#### ABOUT THE AUTHOR



**Barent W. Walsh, PhD**, is Executive Director of The Bridge of Central Massachusetts, headquartered in Worcester, Massachusetts. Dr.

Walsh has worked with self-injuring persons since the 1970s and has conducted research, written extensively, and presented internationally on self-injury. He is currently a Teaching Associate in Psychiatry at Harvard Medical School.

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**Barent W. Walsh, PhD**

“An extremely practical guide.... This book anticipates and guides the reader through the complicated multisystemic disasters that this symptom can set off.” —*Journal of Trauma and Dissociation*

“Walsh and his collaborators are clinical experts who are also versed in the research literature.... Absolutely essential for mental health professionals who treat any form of self-injury.” —**Thomas Joiner, PhD**

This trusted practitioner resource is acclaimed for its clear, compassionate, and hopeful approach to working with clients who self-injure. Barent Walsh and his associates provide 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. Illustrated with detailed case examples, chapters review a wide range of cognitive-behavioral interventions. Essential guidance is provided on tailoring the intensity of intervention to each client’s unique needs. **Reproducible assessment tools and handouts can be downloaded and printed in a convenient 8½" x 11" size.**

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#### CONTENTS

##### I. Definition and Contexts for Self-Injury

1. Definition and Differentiation from Suicide
2. The Relationship between Self-Injury and Suicide
3. An Overview of Direct and Indirect Self-Harm
4. Major Groups in Which Self-Injury Occurs
5. Body Piercing, Tattooing, Branding, Scarification, and Other Forms of Body Modification
6. A Biopsychosocial Model for Self-Injury

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- Treatment: Step One*
7. Initial Therapeutic Responses
  8. Formal Assessment of Self-Injury, *Muehlenkamp*
  9. Cognitive-Behavioral Assessment
  10. Contingency Management

##### *Treatment: Step Two*

11. Replacement Skills Training
12. Cognitive Treatment
13. Family Therapy, *Hollander*
14. Psychopharmacological Treatment, *Harper*

##### *Treatment: Step Three*

15. Body Image Work
16. Prolonged Exposure or Cognitive Restructuring for Treating PTSD and Related Self-Injury

##### *Treatment: Step Four*

17. Treating Persons with Multiple Self-Harm Behaviors
18. Residential Treatment Targeting Self-Injury and Suicidal Behavior in Adolescents, *Walsh, Doerfler, & Perry*

##### III. Specialized Topics

19. Managing Reactions to Self-Injury: A Guide for Therapists and Other Caregivers
20. Social Contagion and Self-Injury
21. A Protocol for Managing Self-Injury in School Settings
22. Asphyxial Risk Taking (The Choking Game), *Brausch*
23. Understanding, Managing, and Treating Foreign Body Ingestion, *Walsh & Perry*
24. Self-Injury in Correctional Settings, *Appelbaum*
25. Treating Major Self-Injury

**Appendices:** A. Breathing Manual  
B. Body Attitudes Scale  
C. Clinical Scales to Assess Self-Injury  
D. Websites Related to Self-Injury  
E. Bill of Rights for People Who Self-Harm



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**NEW**

# Trauma-Focused CBT for Children and Adolescents

## Treatment Applications

Edited by **Judith A. Cohen, MD, Anthony P. Mannarino, PhD,** and **Esther Deblinger, PhD**

“Edited and written by expert clinicians, this book presents state-of-the-art treatments....A vital addition to the libraries of practicing clinicians, the book will also be of great benefit to students and trainees. I recommend it most highly.”  
—Terence M. Keane, PhD

“The trauma-focused cognitive-behavioral therapy (TF-CBT) developers compile the wisdom of expert clinicians and trainers in this valuable book. They share innovative strategies for applying TF-CBT to serve children across varying settings, developmental issues, and special populations.”  
—Lisa Amaya-Jackson, MD, MPH

This is an ideal complement to Cohen et al.'s authoritative *Treating Trauma and Traumatic Grief in Children and Adolescents* (below), which shows clinicians how to do TF-CBT. This new volume—featuring a wealth of clinical examples—describes promising applications of TF-CBT in diverse contexts and with specific populations. Experienced clinicians provide recommendations for effectively implementing the approach in schools, foster care, and residential and international settings; incorporating play strategically; and tailoring TF-CBT for adolescents with complex trauma, children with developmental challenges, military families, and Latino and Native American children.

### CONTENTS

Introduction to TF-CBT Treatment, *Deblinger, Cohen, & Mannarino*

#### I. TF-CBT Setting Applications

1. Schools, *Rivera*
2. Children in Foster Care, *Dorsey & Deblinger*
3. Residential Treatment, *Cohen, Mannarino, & Navarro*

#### II. TF-CBT Developmental Applications

4. Play Applications and Skills Components, *Drewes & Cavett*
5. Play Applications and Trauma-Specific Components, *Cavett & Drewes*

6. Children with Developmental Disabilities, *Grosso*
7. Adolescents with Complex Trauma, *Kliethermes & Wamser*

#### III. TF-CBT Applications for Special Populations

8. Children in Military Families, *Cohen & Cozza*
9. International Settings, *Murray & Skavenski*
10. Children of Latino Descent: Culturally Modified TF-CBT, *de Arellano, Danielson, & Felton*
11. American Indian and Alaska Native Children: Honoring Children—Mending the Circle, *BigFoot & Schmidt*



## Treating Trauma and Traumatic Grief in Children and Adolescents

Judith A. Cohen, MD, Anthony P. Mannarino, PhD, and Esther Deblinger, PhD

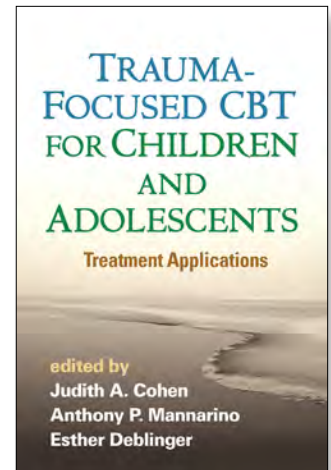
“The authors provide a treatment structure in which the connection between theory and practice is purposeful, apparent, and meaningful....Practitioners at all levels can use the information presented in this book.”  
—Best Practices in Mental Health

An essential practitioner resource, this is the authoritative guide to TF-CBT. Each of the trauma-focused and grief-focused components of the treatment is described in detail, including sample scripts, case examples, and troubleshooting tips. The authors provide a comprehensive framework for assessing traumatized children and implementing an individualized treatment plan.

#### Includes Reproducible Handouts

2006, Hardcover, 256 Pages, ISBN 978-1-59385-308-2, \$40.00

E-book Available (see p. 8)



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E-book Coming Soon (see p. 8)

### ABOUT THE EDITORS



**Judith A. Cohen, MD,** is a board-certified child and adolescent psychiatrist and Medical Director of the Center for Traumatic Stress in

Children and Adolescents, Allegheny General Hospital, Pittsburgh.



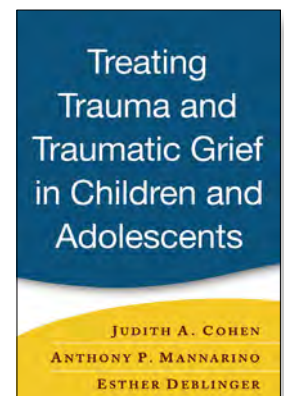
**Anthony P. Mannarino, PhD,** is Director of the Center for Traumatic Stress in Children and Adolescents and Vice Chair, Department of

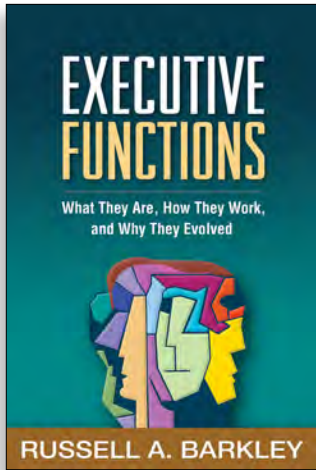
Psychiatry, Allegheny General Hospital. He is also Professor of Psychiatry at the Drexel University College of Medicine.



**Esther Deblinger, PhD,** is Co-Founder and Co-Director of the CARES (Child Abuse Research Education and Service) Institute and Professor of

Psychiatry at the University of Medicine and Dentistry of New Jersey—School of Osteopathic Medicine.






May 2012

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### ABOUT THE AUTHOR



**Russell A. Barkley, PhD, ABPP, ABCN**, is Clinical Professor of Psychiatry and Pediatrics at the Medical University of South Carolina. He has

published numerous books and five assessment scales, plus more than 260 scientific articles and book chapters on ADHD and executive functioning. Dr. Barkley is a frequent conference presenter and speaker who is widely cited in the national media. His website is [www.russellbarkley.org](http://www.russellbarkley.org).

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## NEW

# Executive Functions

*What They Are, How They Work, and Why They Evolved*

Russell A. Barkley, PhD

This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF that is rooted in meaningful activities of daily life. He describes how abilities such as emotion regulation, self-motivation, planning, and working memory enable people to pursue both personal and collective goals that are critical to survival. Key stages of EF development are identified and the far-reaching individual and social costs of EF deficits detailed. Barkley explains specific ways that his model may support much-needed advances in assessment and treatment.

## CRITICAL ACCLAIM

“With this seminal work, Barkley single-handedly initiates a paradigm shift in our understanding of executive functioning (EF). Drawing on fields as diverse as neuropsychology, neurobiology, evolutionary biology, behavioral genetics, anthropology, and philosophy, he achieves a masterful synthesis, culminating in a hierarchical model of EF development through eight stages. Of particular value, the model gives rise to ecologically valid strategies for management of EF deficits and clearly enhances our understanding of ADHD and other conditions in which executive dysfunction is prominent. Highly readable, interesting, even exciting to read, this volume will undoubtedly stimulate and guide EF research and clinical applications for decades to come.”

—Mary V. Solanto, PhD

“Barkley has never been one to shy away from new theories and ideas. He is perhaps one of the foremost critical thinkers of our time. *Executive Functions* is a tour de force of creativity and wide-ranging thinking. Barkley offers a reasoned and reasonable theory to understand the emerging field of EF and its related disorders. The chapter on clinical implications is particularly important for practitioners. This book is essential reading for researchers, clinicians, and students interested in the complexities of brain-behavior relationships and human adaptation.”

—Sam Goldstein, PhD

“Barkley presents the best and most comprehensive and systematic overview of the field of EF to date. His coherent theory of EF has the potential to profoundly change the way EF is studied and assessed in clinical populations. In outlining the problems of how to conceptualize and assess EF—and providing compelling evidence for an extended phenotype model—he offers a desperately needed roadmap for future research. This volume is a ‘must read’.”

—Ellen B. Braaten, PhD

## CONTENTS

1. Problems with the Concept of Executive Functioning
2. The Extended Phenotype: A Foundation for Modeling Executive Functioning
3. Executive Functioning as an Extended Phenotype
4. The Instrumental–Self-Directed Level
5. The Methodical–Self-Reliant Level
6. The Tactical–Reciprocal Level
7. The Strategic–Cooperative Level
8. The Extended Utilitarian Zone
9. Implications for Understanding Executive Functioning and Its Disorders
10. Implications for the Assessment and Clinical Management of Deficits in Executive Functioning

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## Barkley Deficits in Executive Functioning Scale—Children and Adolescents (BDEFS-CA)

Russell A. Barkley, PhD

“This instrument is an invaluable tool....It is unique in that it is theoretically and empirically based and focuses on EF in daily living, rather than lab-based performance tasks. The scale is psychometrically sound and provides a summary score as well as specific domain scores that will aid clinicians in developing and monitoring interventions.”

—Lisa Weyandt, PhD

The BDEFS-CA is an empirically based tool for evaluating clinically significant dimensions of child and adolescent executive functioning. Evidence indicates that the BDEFS-CA is far more predictive of impairments in daily life activities than more time-consuming and costly traditional EF tests. The BDEFS-CA offers an ecologically valid snapshot of the capacities involved in time management, organization and problem solving, self-restraint, self-motivation, and self-regulation of emotions.

Provided are both a long form (10–15 minutes) and a short form (3–5 minutes) for parents to complete. There is also a short clinical interview form based on the short-form rating scale, for use in unusual circumstances where a parent is unable to complete a rating scale. Special features include an ADHD risk index in the long form.

Enhancing the convenience and value of the BDEFS-CA, the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales. The large format and sturdy wire binding facilitate photocopying.

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## Barkley Deficits in Executive Functioning Scale (BDEFS for Adults)

Russell A. Barkley, PhD

“A much-needed, clinically relevant tool....The limited photocopy license clearly enhances the clinical utility of the BDEFS. All professionals responsible for assessing and understanding adults suffering the burden of executive dysfunction will find this scale highly useful and beneficial.”

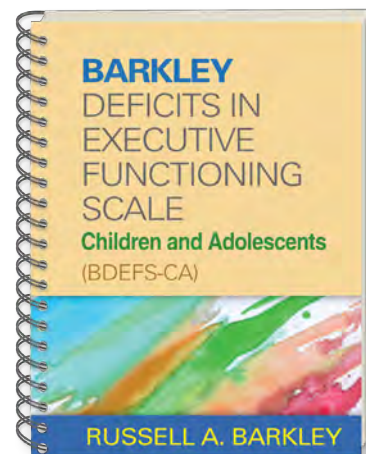
—Rosemary Tannock, PhD

The BDEFS is an empirically based tool for evaluating dimensions of adult executive functioning in daily life. Evidence indicates that the BDEFS is far more predictive of impairments in major life activities than more time-consuming and costly traditional EF tests. The BDEFS offers an ecologically valid snapshot of the capacities involved in time management, organization and problem solving, self-restraint, self-motivation, and self-regulation of emotions.

Provided are both self- and other-reports in a long form (15–20 minutes) and a short form (4–5 minutes). Special features include an adult ADHD risk index in the long form.

Enhancing the convenience and value of the BDEFS, the limited photocopy license allows purchasers to reproduce the forms and score sheets and yields considerable cost savings over other available scales. The large format and sturdy wire binding facilitate photocopying.

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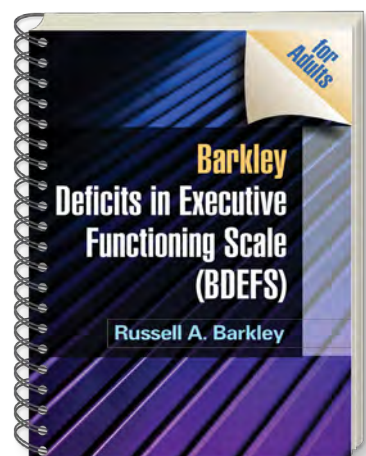
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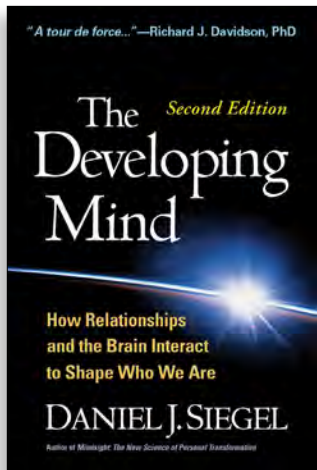
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### ABOUT THE AUTHOR



**Daniel J. Siegel, MD,** is an internationally acclaimed author, award-winning educator, and renowned 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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## The Developing Mind

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*How Relationships and the Brain Interact to Shape Who We Are*

Daniel J. Siegel, MD

This bestselling book put the field of interpersonal neurobiology on the map for many tens of thousands of readers. Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal experiences in forging key connections in the brain. He presents a groundbreaking integrative framework for understanding the emergence of the growing, feeling, communicating mind. Illuminating how and why interpersonal neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in promoting healthy development and resilience across the lifespan.

### CRITICAL ACCLAIM

“The author is a master of lucidity, avoids pedantry, and succeeds in making his data clinically useful.”

—*American Journal of Psychiatry*

“A remarkable book.... *The Developing Mind* boldly transcends the reductionism that characterizes so much of contemporary psychiatry.”

—*Psychiatric Times*

“With the original publication of *The Developing Mind*, the field of interpersonal neurobiology was born. Siegel’s genius for synthesizing and humanizing neuroscience, attachment, and developmental theory made the book a bestseller and attracted thousands to this new field. The second edition benefits from over a decade’s worth of additional findings, reflections, ideas, and insights. I encourage you to take Siegel up on his offer to share this fascinating journey, whether for the first time or for a return trip. You won’t be disappointed.”

—**Louis Cozolino, PhD**

“When I first read *The Developing Mind*, I thought it was an amazing and unique book that provided enormous insight into children and their development. I had no idea why a second edition would be needed. But now that I have read this second edition, I realize that the book has reached perfection. Its conceptual integration of mind, brain, and relationships is magnificent.”

—**John M. Gottman, PhD**


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- ✓ Useful pedagogical features, such as diagrams and an extensive glossary.

### CONTENTS

1. Mind, Brain, and Relationships: The Interpersonal Neurobiology Perspective
  2. Memory
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  4. Emotion
  5. States of Mind: Cohesion, Subjective Experience, and Complex Systems
  6. Representations: Modes of Processing and the Construction of Reality
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# Collaborative Case Conceptualization

*Working Effectively with Clients in Cognitive-Behavioral Therapy*

**Willem Kuyken, PhD**, Mood Disorders Centre, University of Exeter, UK

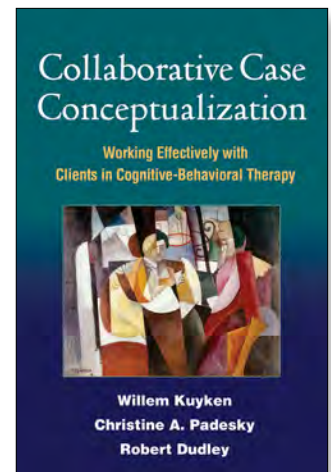
**Christine A. Padesky, PhD**, Center for Cognitive Therapy, Huntington Beach, CA

**Robert Dudley, PhD**, Newcastle University, Newcastle upon Tyne, UK

“A book which makes case conceptualization immediately accessible to clinicians....Readers can tell they are in the presence of gifted clinicians and teachers when reading the book. There is a palpable intimacy in the words, case examples, and teaching tools.” —*Journal of Contemporary Psychotherapy*


“Sets a gold standard for how to develop individualized case conceptualizations with our clients. While cognitive therapy has always emphasized partnership between therapist and client, Kuyken, Padesky, and Dudley demonstrate a radical commitment to collaboration that brings new insights into how the client can be at the center of every therapy....This book is destined to be one of the most important and widely used works on case conceptualization for many years to come.” —**Aaron T. Beck, MD**

Presenting an innovative framework for tailoring cognitive-behavioral interventions to each client's needs, this accessible book is packed with practical pointers and sample dialogues. Step by step, the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems, and that deepen in explanatory power as treatment progresses. An extended case illustration demonstrates the three-stage conceptualization process over the entire course of therapy with a multiproblem client. The approach emphasizes building resilience and coping while decreasing psychological distress. **Special features include self-assessment checklists and learning exercises to help therapists build their conceptualization skills.**



2011, Paperback, 366 Pages  
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## NEW IN PAPER *Bestseller*

# Handbook of Assessment and Treatment Planning for Psychological Disorders

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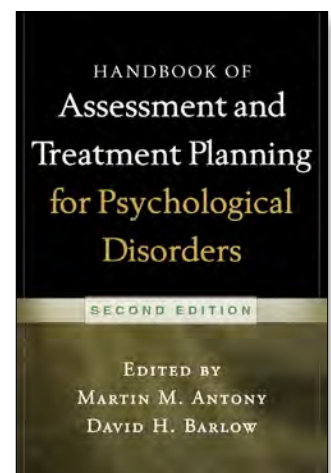
Edited by **Martin M. Antony, PhD, ABPP**, Ryerson University

**David H. Barlow, PhD, ABPP**, Boston University

“A hugely successful endeavor. It is highly recommended as a reference for psychologists, psychiatrists, and nurses, especially those engaged in research or whose practices call for formal assessment. The handbook would also be an outstanding training resource in graduate-level courses in abnormal psychology or psychological assessment.” —*Psychiatric Services*

“This book has no equal. It should be required reading for all clinical psychology graduate students and professionals. With new chapter topics including evidence-based practice and psychometrics, this book sets the standard.” —**Howard N. Garb, PhD**

Widely regarded as a premier clinical reference, this book provides state-of-the-science tools for conducting effective assessments and using the results to plan and monitor evidence-based interventions. Leading authorities present proven approaches to screening and assessment for specific psychological problems. They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes. Recommended instruments and procedures are described, including applications for managed care and primary care settings. Many of the chapters feature detailed tables that compare and contrast relevant measures.



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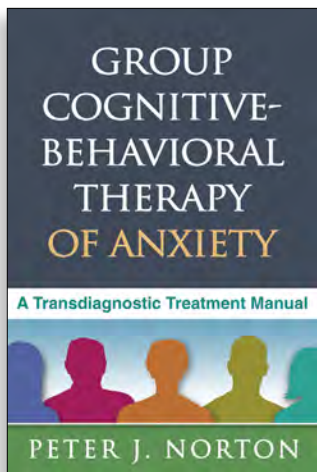
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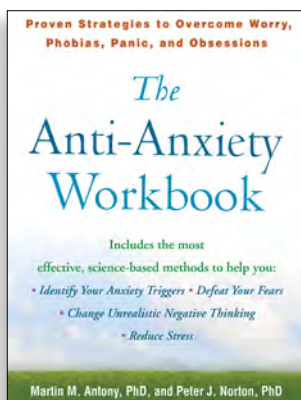
### ABOUT THE AUTHOR



**Peter J. Norton, PhD**, is Associate Professor of Psychology at the University of Houston and Director of the University of Houston

Anxiety Disorder Clinic. He has authored more than 90 research papers on such topics as anxiety disorders, cognitive-behavioral therapy, and chronic pain; has delivered many presentations and workshops for the scientific community, therapists, and the general public; and serves on the editorial boards of two scientific journals.

### Also from Peter Norton



## NEW

# Group Cognitive-Behavioral Therapy of Anxiety

*A Transdiagnostic Treatment Manual*

**Peter J. Norton, PhD**

“This book has sufficient detail for CBT beginners, yet the transdiagnostic perspective offers new insights even for readers with advanced skills....Norton incorporates traditional interventions (exposure, response prevention, and cognitive restructuring) as well as newer approaches, such as motivation enhancement and mindfulness. For each element of treatment, Norton provides a compelling rationale, structured guidance for the therapist, and frank discussion of common problems encountered.” —**Sheila R. Woody, PhD**

“What if there were a treatment model that allowed you to apply one set of principles across all of the anxiety disorders? After years of research, Norton can confidently show you a simple protocol that succeeds in challenging the thoughts, feelings, and actions that maintain all anxiety—and that is specially designed for groups.” —**Reid Wilson, PhD**

Cognitive-behavioral therapy is highly effective in the treatment of anxiety disorders, regardless of the specific type of fear that is causing difficulties. This practical, hands-on clinical resource presents a proven group treatment protocol for patients with any anxiety diagnosis. Step-by-step guidelines are provided for setting up transdiagnostic groups, using comprehensive assessment to plan and monitor treatment, and implementing carefully sequenced cognitive and behavioral techniques. Clinical examples illustrate the nuts and bolts of intervention across different anxiety disorder presentations. **Special features include 19 reproducible handouts and forms that can be downloaded and printed in a convenient 8½" x 11" size.**

### CONTENTS

#### Introduction

1. Anxiety Disorders and the Transdiagnostic Perspective
2. Cognitive-Behavioral Therapy within a Transdiagnostic Framework
3. Getting Ready for Treatment: Assessing the Client
4. Session 1: Introduction and Education
5. Session 2: More on Anxiety and the Importance of Thoughts

#### 6. Session 3: Challenging Anxious Thoughts

7. Prior to Session 4: Planning to Confront the Fears
8. Sessions 4 through 9: Exposure
9. Session 10: Getting Back to Thoughts
10. Session 11: Softening Negative Affective Styles
11. Session 12: Relapse Prevention and Moving Forward
12. After Treatment: Assessing Improvement and Moving Forward

### IDEAL FOR CLIENT RECOMMENDATION

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## The Anti-Anxiety Workbook

*Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions*

**Martin M. Antony, PhD** and **Peter J. Norton, PhD**

“The book will be of great use to all patients with anxiety disorders. It is informative, written in a highly readable style, and contains a lot of useful and practical strategies, including many tables/diaries for patients’ use. I believe that a clinician treating patients with anxiety disorders could/should recommend this book to his or her patients. It would be a great complement to treatment.”

—**Annals of Clinical Psychiatry**

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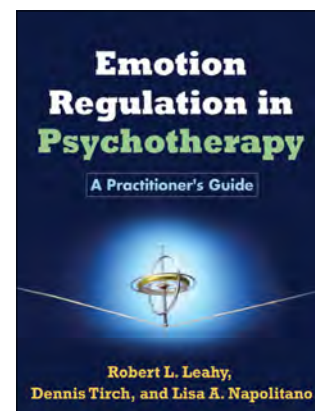
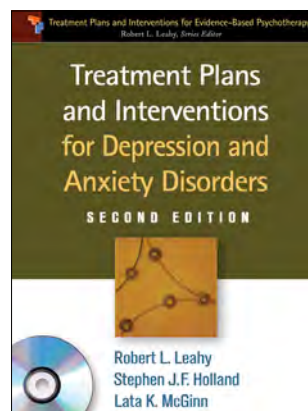
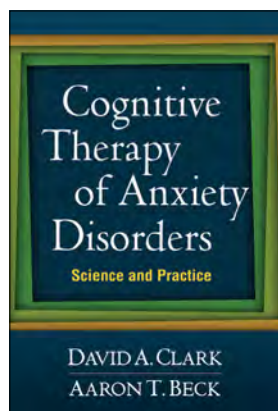
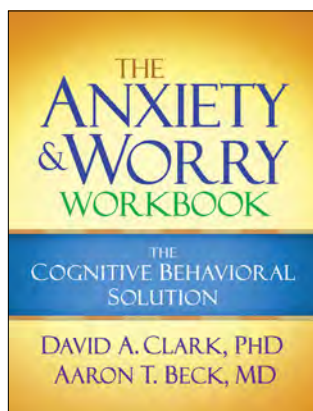
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## The Anxiety and Worry Workbook


*The Cognitive Behavioral Solution*

David A. Clark, PhD and Aaron T. Beck, MD

“A valuable resource for the millions of people around the world who suffer from anxiety, especially those who have panic attacks, fear social situations, or are tormented by constant worry. The book is easily accessible to readers who wish to work through the steps on their own or with the help of a therapist.” —Richard G. Heimberg, PhD

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*A Practitioner's Guide*


Robert L. Leahy, PhD, Dennis Tirsch, PhD, and Lisa A. Napolitano, JD, PhD

“This book is a unique contribution to the literature; one that is particularly important given the pervasiveness of emotion regulation problems across multiple disorders. I highly recommend it.”

—Marsha M. Linehan, PhD

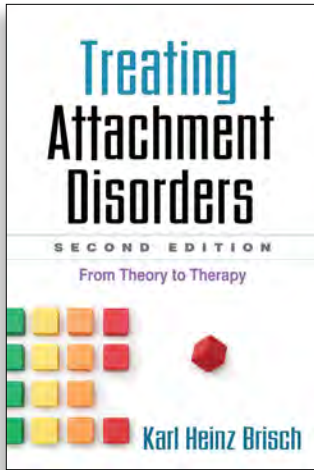
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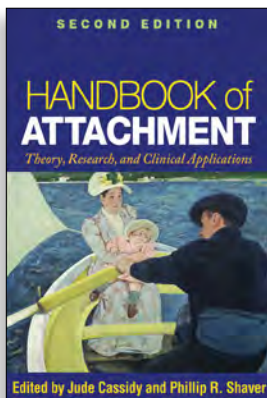
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#### ABOUT THE AUTHOR



**Karl Heinz Brisch, MD,** is a child and adolescent psychiatrist and psychotherapist, as well as an adult psychiatrist and neurologist and a specialist in psychosomatic medicine. He is also a training psychoanalyst at the Psychoanalytic Institute in Stuttgart, Germany, and head of the Department of Pediatric Psychosomatic Medicine and Psychotherapy at the Dr. von Hauner Children's Hospital at the Ludwig-Maximilians-University of Munich, Germany.



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## Treating Attachment Disorders

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*From Theory to Therapy*

**Karl Heinz Brisch, MD**

Translated by **Kenneth Kronenberg**

Foreword by **Lotte Köhler, PhD** & Afterword by **Inge Bretherton, PhD**

“An exceptionally rich account of how attachment theory may be used to guide treatment methods.”

—**Michael Rutter, MD**

“This second edition is an essential resource... Brisch wisely agrees with other leading authorities that ‘holding therapy’ is wrongheaded and irreconcilable with attachment theory. But how then should the serious emotional and behavioral troubles that typify the notion of attachment disorders be treated? For what is arguably the best and most comprehensive, research-based, and sensitive answer to date, read Brisch!”

—**Howard Steele, PhD**

Organized around extended case illustrations—and grounded in cutting-edge theory and research—this highly regarded book shows how an attachment perspective can inform psychotherapeutic practice with patients of all ages. Karl Heinz Brisch explores the links between early experiences of separation, loss, and trauma and a range of psychological, behavioral, and psychosomatic problems. He demonstrates the basic techniques of attachment-based assessment and intervention, emphasizing the healing power of the therapeutic relationship. With a primary focus on treating infants and young children and their caregivers, the book discusses applications of attachment-based psychotherapy over the entire life course.

**NEW TO THIS EDITION:** Incorporates advances in research on neurobiology, genetics, and psychotraumatology. ✓ Expanded with a section on inpatient treatment for traumatized children, including in-depth cases. ✓ Describes two promising prevention programs for expectant couples, families, and young children. ✓ The latest knowledge on disorganized attachment, attachment disorders, and assessments.

#### CONTENTS

Foreword, *Lotte Köhler*

Introduction

I. Attachment Theory and Its Basic Concepts

II. Attachment Disorders

III. Attachment-Based Psychotherapy

IV. Treatment Cases from Clinical Practice

V. Treatment of Early Childhood Developmental Disorders in an Inpatient Intensive Psychotherapy Unit: A New Model of Treatment

VI. Prospects for Further Application

Afterword, *Inge Bretherton*

Appendix: Brief Précis of the Adult Attachment Interview Protocol

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## The Construction of the Self

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*Developmental and Sociocultural Foundations*

Susan Harter, PhD, University of Denver

Foreword by William M. Bukowski, PhD

“This book has a sophistication, empirical grounding, and clinical savvy that make it an essential book for therapists interested in individual construction of the self.” —*Journal of Cognitive Psychotherapy*

“On topics from motivation to mindfulness, this second edition offers both solid wisdom and new insights.”  
—Richard M. Ryan, PhD

An important work from a leading scholar, this book explores self-development from early childhood to adulthood. Susan Harter traces the normative stages that define the emergence of many self-processes, including self-esteem. She also addresses individual differences and societal influences on self-development. Presenting pioneering empirical research, Harter shows that increasingly mature features of the self have both benefits and liabilities for psychological adjustment. The book highlights the causes and consequences of different types of self-representations, including those that are unrealistically negative or positive.

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**NEW**

## The Adult Attachment Projective Picture System

*Attachment Theory and Assessment in Adults*

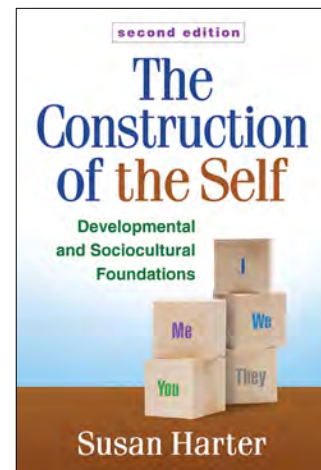
Carol George, PhD, Mills College, Oakland, CA

Malcolm L. West, PhD, University of Calgary, Canada


“The Adult Attachment Projective Picture System (AAP) is an exciting and useful tool for research and clinical practice.... This book is appropriate for researchers and clinicians—both experts and novices—and for graduate students. I eagerly anticipate using it in training clinicians in Therapeutic Assessment.”

—Stephen E. Finn, PhD

This book presents cutting-edge research on adult attachment together with a complete overview of the Adult Attachment Projective Picture System (AAP), the authors' validated developmental assessment. In addition to identifying attachment classification groups, the AAP yields important information about dimensions—including defensive processes—not evaluated by other available measures. Detailed case illustrations show what the AAP looks like “in action” and what it reveals about individuals' early experiences, sense of self, and capacity to engage in close, protective relationships. The AAP can be used in clinical or research settings; the concluding chapter discusses promising applications to studying the neurobiology of attachment.

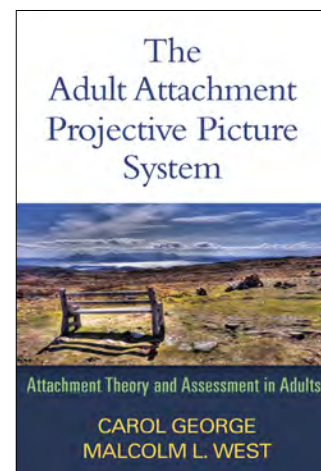


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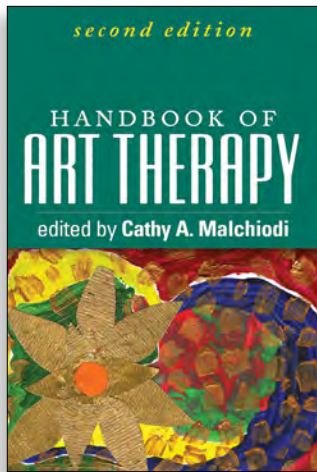
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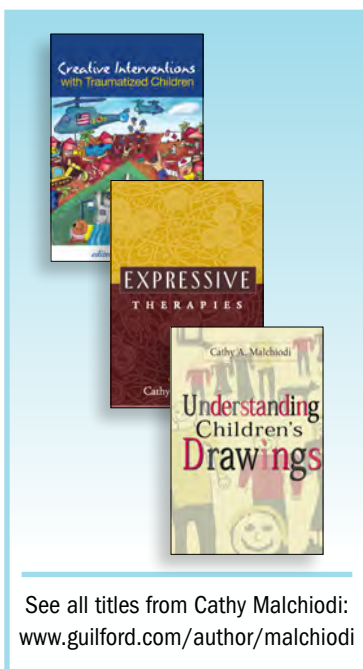
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### ABOUT THE EDITOR



**Cathy A. Malchiodi, PhD, ATR-BC, LPAT, LPCC**, is an art therapist, expressive arts therapist, and clinical mental health counselor,

as well as a recognized authority on art therapy with children, adults, and families. Dr. Malchiodi is on the faculty of Lesley University and is a visiting professor to universities in the United States and internationally.



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# Handbook of Art Therapy

## SECOND EDITION

Edited by **Cathy A. Malchiodi, PhD**

“A welcome addition to the art therapy literature....A useful reference and a readable, interesting book.”  
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“This is one of those rare second editions that achieve much more than an update of the literature, expanding and enriching a work that already has proven to be a classic. The *Handbook* is not only a wonderful introduction for students and novice practitioners, it is also an important tool for seasoned therapists. Malchiodi and other luminaries in the field generously share their research findings, practical expertise, and clinical wisdom.”  
—**Lennis G. Echterling, PhD**

**P**roviding a complete overview of art therapy, from theory and research to practical applications, this is the definitive handbook in the field. Leading practitioners demonstrate the nuts and bolts of arts-based intervention with children, adults, families, couples, and groups dealing with a wide range of clinical issues. Rich with illustrative case material, the volume features 110 drawings and other artwork. The inclusion of diverse theoretical approaches and practice settings makes the *Handbook* eminently useful for all mental health professionals interested in using art in evaluation and treatment.

**NEW TO THIS EDITION:** Incorporates the latest clinical applications, methods, and research.

✓ Chapter on art materials and media (including uses of new technologies). ✓ Chapters on intervening with domestic violence survivors, bereaved children, and military personnel. ✓ Expanded coverage of neuroscience, cultural diversity, and ethics.

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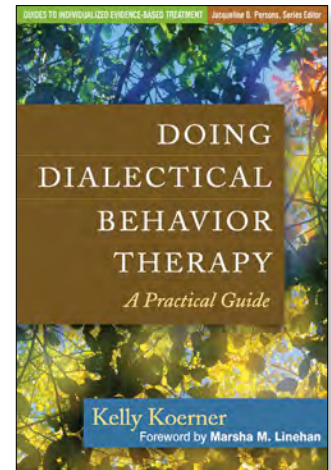
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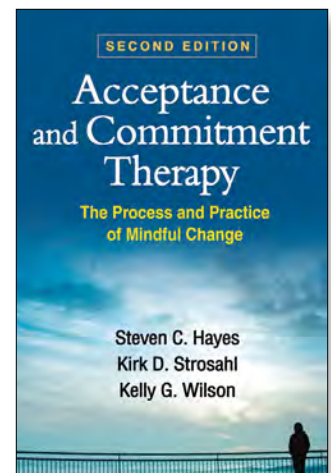
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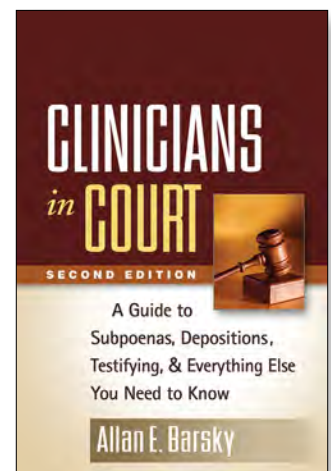
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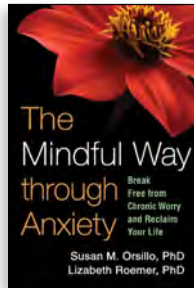
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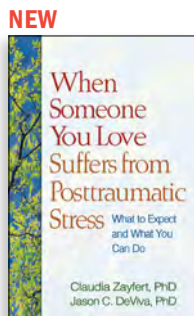
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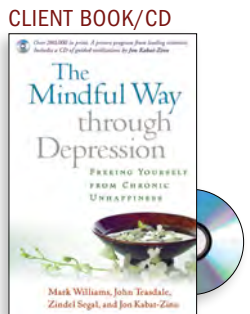
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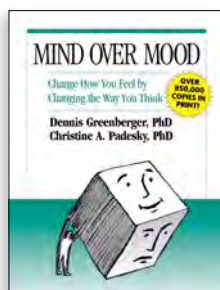
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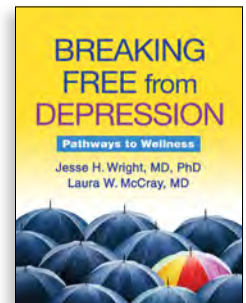
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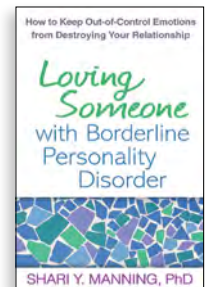
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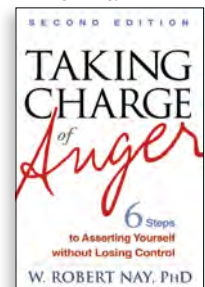
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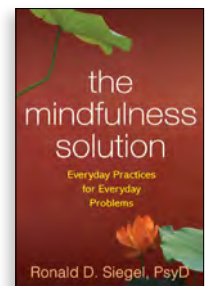
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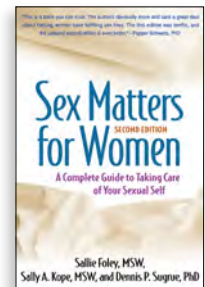
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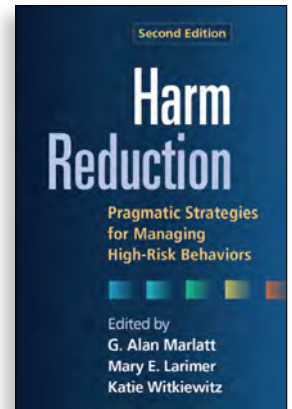
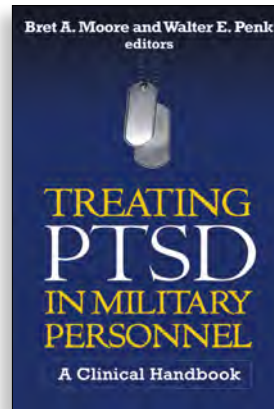
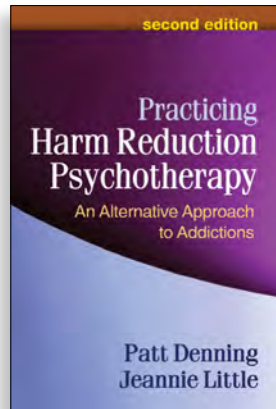
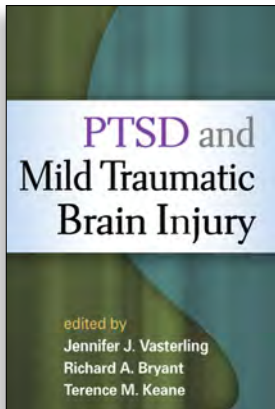


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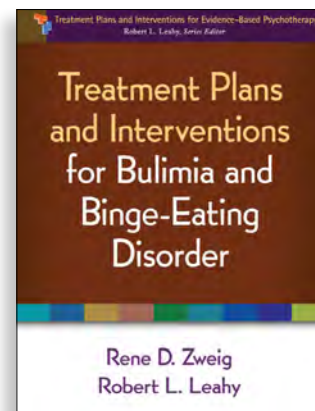
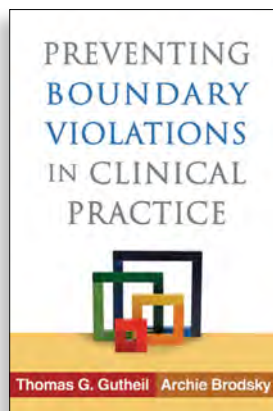
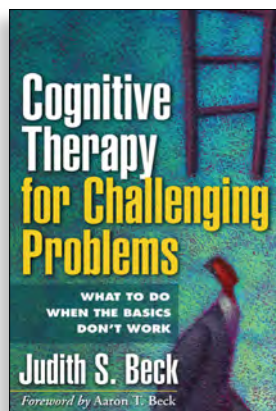
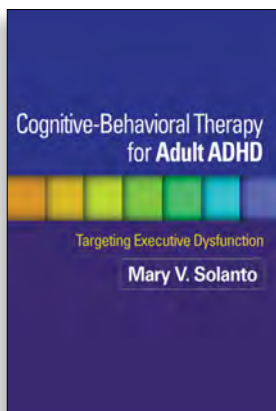
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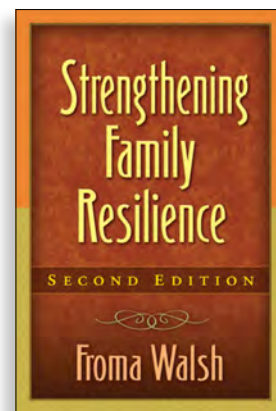
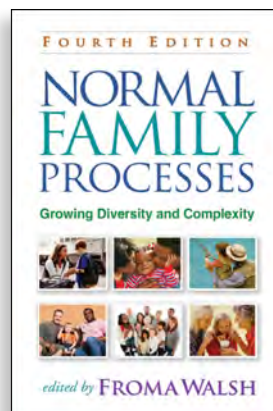
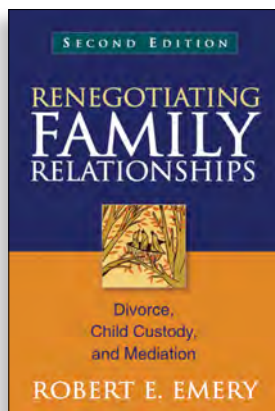
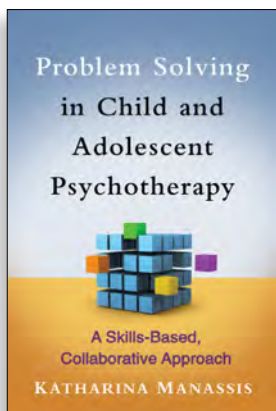
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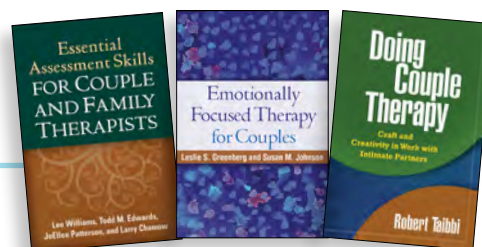
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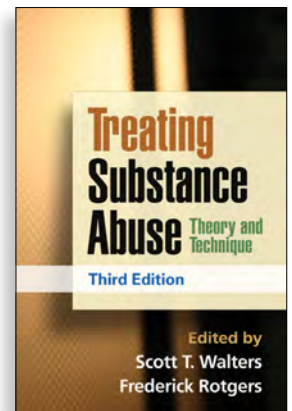
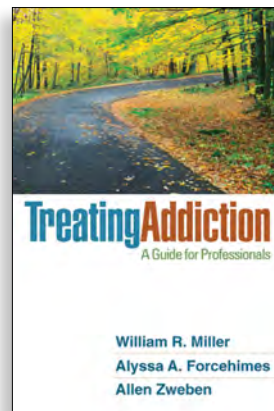
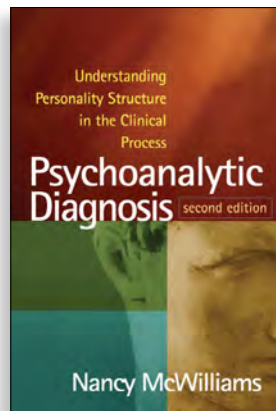
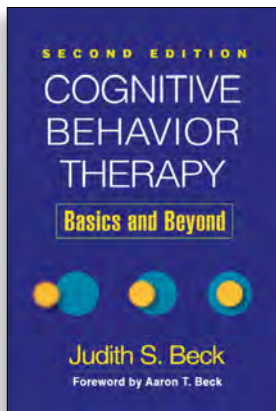
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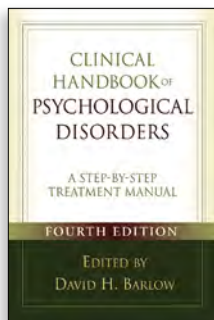
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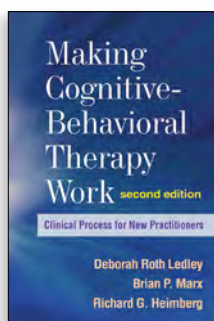
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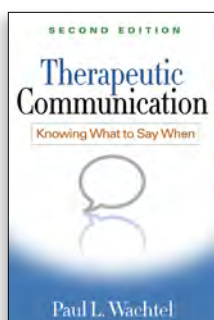
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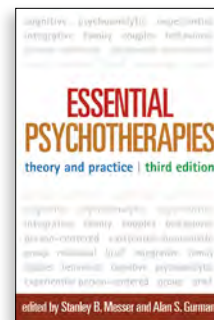
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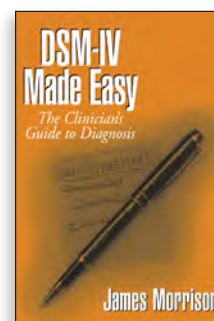
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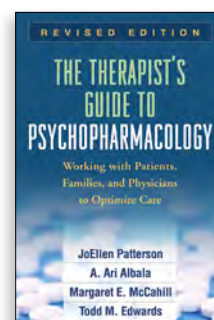
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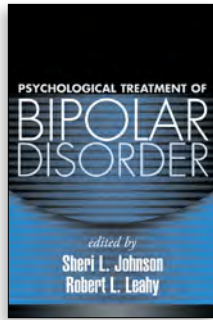
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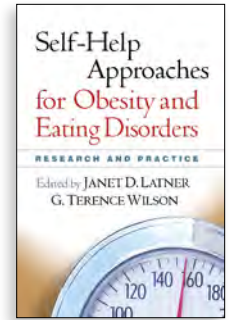


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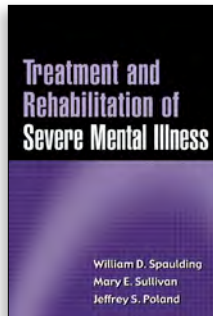
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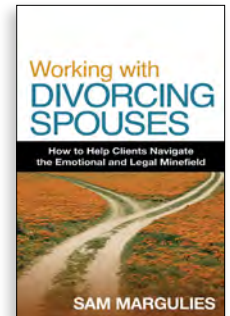


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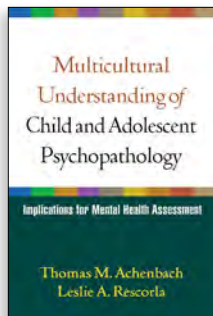


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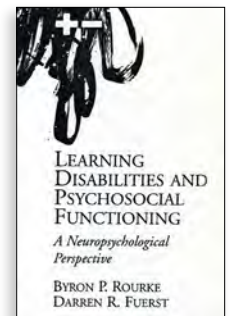


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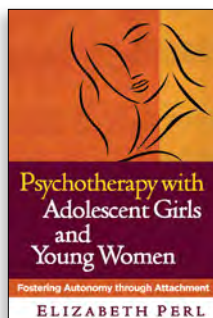


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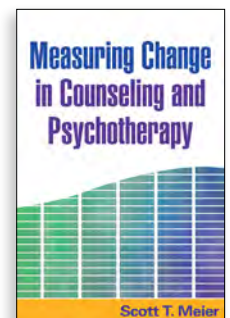
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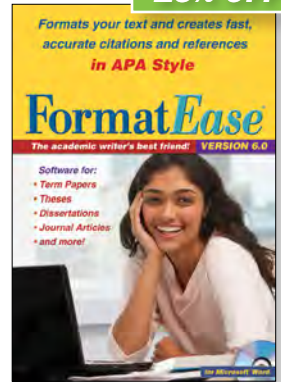
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