

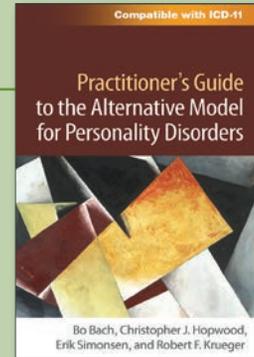
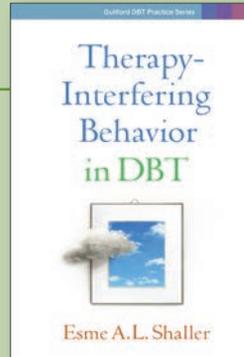
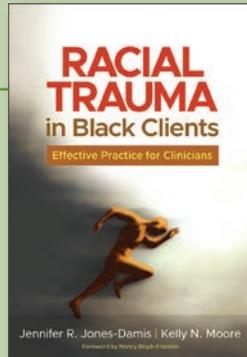
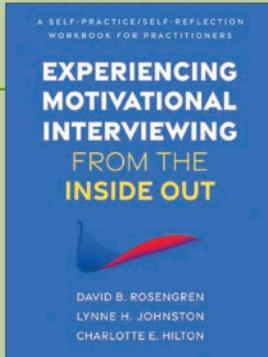
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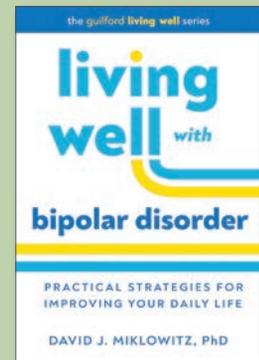
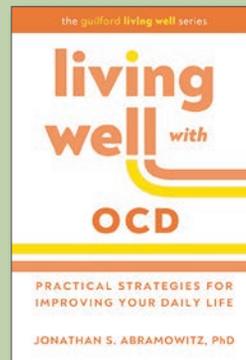
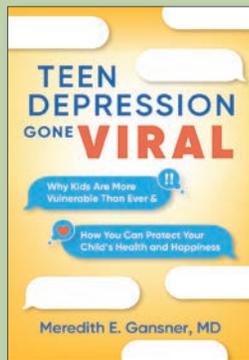
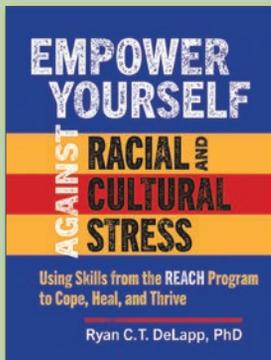
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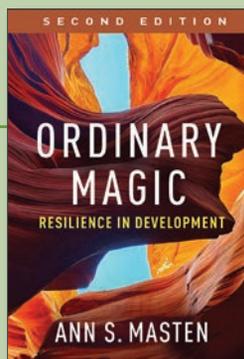
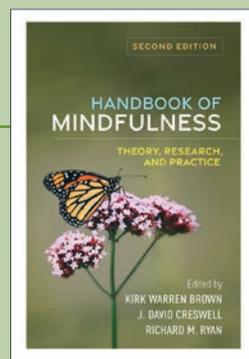
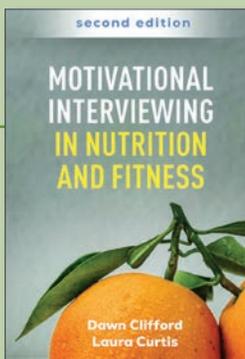


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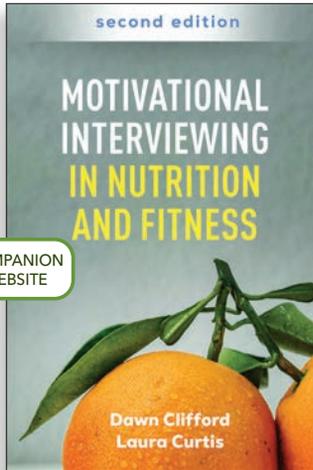
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ABOUT THE AUTHORS

Dawn Clifford, PhD, RD, is Professor in the Department of Health Sciences at Northern Arizona University and a member of the Motivational Interviewing Network of Trainers (MINT).

Laura Curtis, MS, RDN, is Lecturer in Nutrition and Food Science and Director of the Didactic Program in Dietetics at California State University, Chico.

NEW TO THIS EDITION: ✓ Chapters on medical nutrition therapy, health coaching, follow-up sessions, and counselor health and boundaries. ✓ Restructured to reflect developments in MI and the authors' training approach; includes new and revised sample dialogues. ✓ Increased attention to weight stigma and social determinants of health, such as racism and unequal access to health care. ✓ Expanded companion website, now including resource links and an online-only chapter, "What to Do When There's Little Time," in addition to 21 handouts.

"The book challenges readers to reflect on their own growth while offering strategies to enhance client autonomy, confidence, and engagement for both individual and group sessions. If you want to truly support your clients in meaningful ways, this book is essential." —Joyce Faraj-Ardura, PhD, MS, RDN, LDN

CONTENTS: Introduction **I. MI Basics** 1. The Complexities of Change 2. The Spirit of MI **II. Mastering the Skills of MI** 3. Open Questions 4. Reflective Practice 5. Affirmations **III. The Four Tasks of MI** 6. Engaging 7. Focusing 8. Evoking 9. Planning for Change 10. When Clients Aren't So Sure about Change **IV. Putting MI to Work** 11. MI in Medical Nutrition Therapy 12. MI in Nutrition Counseling 13. MI to Address Weight Concerns 14. MI in Fitness Counseling 15. MI in Health Coaching **V. Beyond the Basics** 16. Follow-Up Sessions 17. Counselor Health and Boundaries

New

Motivational Interviewing in Life and Health Coaching

A Guide to Effective Practice

Cecilia H. Lanier, MEd, private practice, Madison, AL

Patty Bean, private practice, Eustis, NE

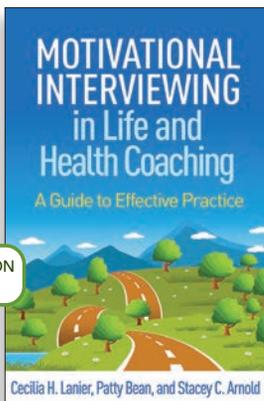
Stacey C. Arnold, private practice, Jasper, GA

Written by and for coaches—with a focus on health and wellness and life coaching—this book provides vital tools for using MI to help clients clarify and achieve their goals. The authors concisely explain how the MI spirit, method, and skills mesh perfectly with professional coaching standards and core competencies. The book is packed with concrete examples, annotated sample dialogues, and learning questions and activities.

"The authors show how coaches can authentically engage and guide individuals to create a path toward a healthier self by evoking intrinsic motivation, supporting client autonomy, and cultivating sustainable growth toward transformational change." —Ruth Q. Wolever, PhD

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New

Experiencing Motivational Interviewing from the Inside Out

A Self-Practice/Self-Reflection Workbook for Practitioners

David B. Rosengren, PhD, Lynne H. Johnston, PhD, DClInPsych, and Charlotte E. Hilton, PhD

This cutting-edge experiential workbook invites practitioners to deepen MI skills through self-practice/self-reflection (SPSR), a proven training method. From leading MI researchers and trainers, step-by-step modules guide readers to apply MI to a personal or professional challenge and systematically reflect on the experience. Instructions are given for working through the book independently, with peer partners, or in groups. Stories and examples of three traveling companions on the SP/SR journey bring the learning process to life. **In a large-size format, the book includes a number of fill-in worksheets. The companion website offers a range of helpful resources.**

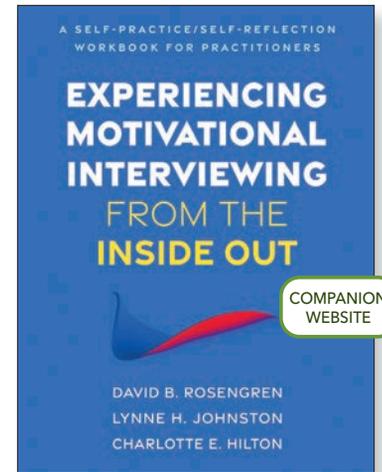
“Through innovative SP/SR methods, this transformative guide empowers readers to internalize motivational interviewing (MI) skills and concepts in a profoundly personal way...It is an indispensable tool for both novice and seasoned practitioners in health care, coaching, and beyond.”

—Jacinta M. Jiménez, PsyD

“Rosengren and colleagues have opened up the black box of expert therapists. Through clear explanations and practical exercises, this powerful book provides an impactful roadmap for anyone looking to deepen their MI skills.”

—David Atkins, PhD

CONTENTS: I. The Journey Ahead 1. Introducing *Experiencing MI from the Inside Out* 2. The Conceptual Framework 3. MI and SP/SR 4. Guidance for Participants 5. Guidance for Facilitators 6. MI Companions for SP/SR Travel **II. MI from the Inside Out** Modules 1–22: Identifying and Formulating an Area for Growth • Four Tasks of MI • Partnership • Acceptance • Compassion • Envisioning • Creating Safety • Seeing the Big Picture • Being Understood • Opening Possibility • Exploring Values • Routes of Travel • Discovering Strengths and Capacities • Pulling the Pieces Together • Beyond Tipping the Balance • Sharing Information • Evolving Focus • Reasons for Changing • Staying Where We Are • Strengthening Our Reasons • Committing (or Not) • Building My Plan



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ABOUT THE AUTHORS

David B. Rosengren, PhD, is President and CEO of the Prevention Research Institute, a private nonprofit organization in Lexington, Kentucky.

Lynne H. Johnston, PhD, DClInPsych, is a consultant clinical psychologist in the National Health Service and in private practice in the United Kingdom.

Charlotte E. Hilton, PhD, is a Chartered Psychologist in the United Kingdom with expertise across health, social care, and high-performance sport settings.

★ *Bestseller from David B. Rosengren*

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Building Motivational Interviewing Skills

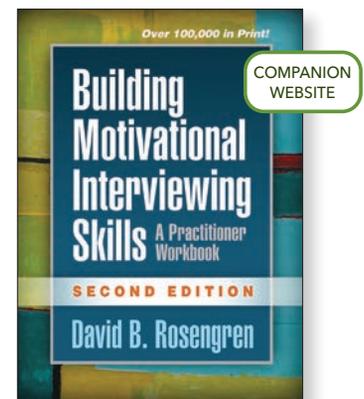
SECOND EDITION

A Practitioner Workbook

David B. Rosengren, PhD

Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. Readers build proficiency for moving through the four processes of MI—engaging, focusing, evoking, and planning—using open-ended questions, affirmations, reflective listening, and summaries (OARS), plus information exchange. **In a large-size format for easy photocopying, the volume includes more than 80 reproducible worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials.**

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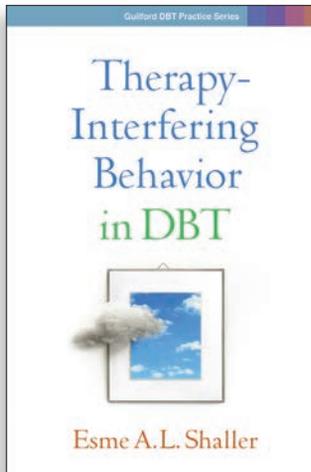
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ABOUT THE AUTHOR



Esme A. L. Shaller, PhD, is Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the University of California, San Francisco (UCSF), which she joined in 2007. At UCSF, she helped build the Wavefront Dialectical Behavior Therapy (DBT) Clinic, for which she serves as Clinical Director. Both Dr. Shaller and the Wavefront DBT Clinic are certified by the DBT-Linehan Board of Certification.

New

Therapy-Interfering Behavior in DBT

Esme A. L. Shaller, PhD

Therapy-interfering behavior (TIB) is a key treatment target in dialectical behavior therapy (DBT), second only to suicidal thinking and self-harm. This wise, engaging book gives clinicians everything they need to assess, understand, and address TIB both in clients and in themselves. Therapists learn how to orient clients to TIB and work with it effectively whenever it shows up, using a combination of validation, contingency management, and dialectics. Packed with clinical examples, dialogues, and practical tips, the book discusses the full range of DBT contexts, from individual therapy to skills class, phone coaching, and consultation teams.

CRITICAL ACCLAIM

“This book has reinvigorated my motivation and confidence to approach TIB. Shaller offers a shame-reducing, humility-increasing framework for what to do when—not *if*—TIB occurs, including subtle, often-overlooked provider TIBs due to differences in race, status, or other identities. Rich with clinical examples and accessible language, this book is straightforward, genuine, and funny.”

—Ashley Maliken, PhD

“Shaller brings to light the importance of compassionately and directly targeting TIB in order to help therapy progress and, ultimately, to change and save lives. Shaller expands on Marsha Linehan’s brilliant ideas about TIBs, outlining principles and guidelines that help the DBT therapist effectively address these behaviors in individual and family DBT, skills groups, and telephone coaching. I will recommend this book to every DBT therapist I train.”

—Alec L. Miller, PsyD

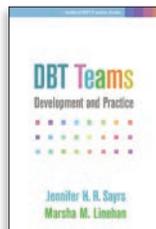
“Dr. Shaller expertly captures this nuanced topic in an engaging and inviting manner. Her conversational, humorous style makes this (often uncomfortable!) topic accessible for all clinicians. Dr. Shaller has provided a wonderful resource to help DBT therapists and teams improve their practice and better serve their clients.”

—Aditi Vijay, PhD

CONTENTS

- | | |
|--|--|
| 1. Destigmatizing and Demystifying TIB: Guiding Principles | 5. How to Address TIB in Your Client |
| 2. What Behaviors Are TIBs? | 6. Addressing TIB in Skills Class, Coaching Calls, and Family Sessions |
| 3. The Skills and Principles Needed to Address TIB | 7. Using Contingency Management to Address TIB |
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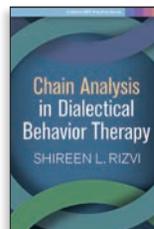


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Jennifer H. R. Sayrs, PhD
Marsha M. Linehan, PhD

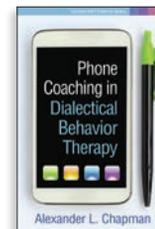
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New—Ideal for Client Recommendation

Living Well with OCD

Practical Strategies for Improving Your Daily Life

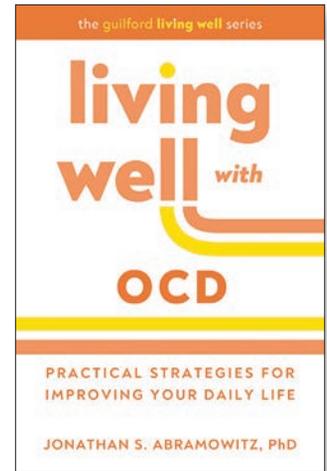
Jonathan S. Abramowitz, PhD, University of North Carolina at Chapel Hill

For anyone recovering from obsessive-compulsive disorder (OCD)—even if they are getting the best treatment—some days are harder than others. In this empathic client recommendation, OCD authority Jonathan S. Abramowitz gives readers vital support and problem-solving strategies to navigate the rough patches when OCD symptoms arise. Abramowitz provides step-by-step ideas and **downloadable practical tools** for coping with intrusive thoughts and urges, staying on track at work or in school, strengthening relationships, and cultivating self-compassion. This engaging resource is an ideal stand-alone guide or companion to Abramowitz's comprehensive self-help treatment workbook, *Getting Over OCD, Second Edition*.

“This book gives consumers a clear understanding and a step-by-step approach for addressing any OCD triggers that come up, even unexpected ones. I couldn't recommend this book more!”

—Elizabeth McIngvale, PhD, LCSW

CONTENTS: Introduction 1. Charting a Path to Living Well 2. Replacing Shame and Guilt with Self-Compassion 3. Quieting Obsessional Fears and Doubts 4. Riding Out Compulsive Urges 5. Taking Control of Your Time 6. Finding a Balance between Privacy and Disclosure 7. Getting the Healthy Support You Deserve 8. Maintaining Family Harmony 9. Thriving in Romantic Relationships 10. Navigating Work and School 11. Surviving a Crisis 12. Rethinking Treatment



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New—Ideal for Client Recommendation

Living Well with Bipolar Disorder

Practical Strategies for Improving Your Daily Life

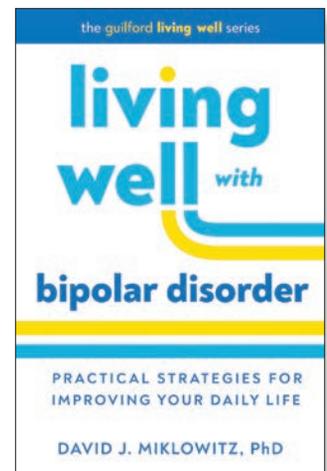
David J. Miklowitz, PhD, UCLA School of Medicine and Semel Institute for Neuroscience and Human Behavior; University of Oxford, UK

From a renowned, trusted expert, this essential volume addresses the everyday challenges of building a full life with bipolar disorder (BD). Short, clearly formatted chapters offer keys to effective self-care that readers can turn to whenever they need. David J. Miklowitz targets the most common problems that people with BD face in managing daily routines, maintaining a healthy lifestyle, and navigating important relationships, and offers proactive advice and troubleshooting tips. **Featuring practical tools that can be downloaded and printed**, this quick-reference guide is an ideal companion to the *Bipolar Disorder Survival Guide* (see p. 16), which takes a deeper dive into diagnosis and treatment.

“This is an excellent book—a very practical guide to living with bipolar disorder. Dr. Miklowitz, an acclaimed authority in the treatment of mood disorders, provides clear and valuable suggestions for how to navigate a seemingly unnavigable condition.”

—Kay Redfield Jamison, PhD

CONTENTS: Introduction **I. Psychological Challenges** 1. Depression 2. Mania 3. Coping with Anxiety and Worry 4. Dealing with Irritability and Anger 5. Protecting Yourself from Suicidality and Self-Harm **II. Domains of Life** 6. Strategies for Healthy Sleep 7. Effective Communication with Family Members 8. Thriving with a Partner 9. Making the Best Use of Your Skills at Work and School 10. Staying Healthy: Physical Activity 11. Staying Healthy: Eating and Nutrition 12. Managing Alcohol and Substance Use **III. Your Treatments** 13. Taking Charge of Your Medications 14. Psychosocial Treatment

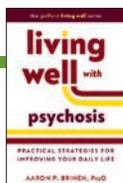


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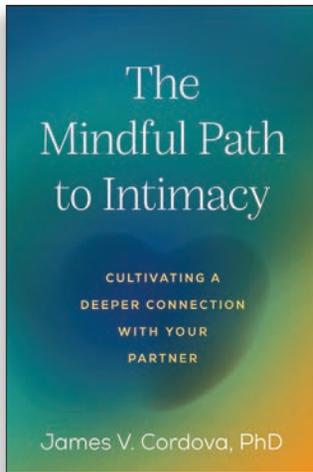
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New—Ideal for Client Recommendation

The Mindful Path to Intimacy

Cultivating a Deeper Connection with Your Partner

James V. Cordova, PhD, Clark University

Psychologist James Cordova knows that in a world filled with distractions and busy schedules, many couples struggle to maintain genuine closeness and understanding. In this empathic guide, he reveals how the transformative power of mindfulness can support stronger, more vibrant intimate relationships. Through guided exercises, journaling prompts, and heartfelt stories, readers learn how to be truly present with their partner, resolve conflicts, and connect on a deeper level—both physically and emotionally.

“Cordova draws from his clinical, scholarly, and experiential expertise to provide heartfelt guidance in the challenges of honoring ourselves and another in meaningful, intertwined lives...I highly recommend this book for any couple, whether struggling or not. There is wisdom for all of us here.”

—Lizabeth Roemer, PhD

CONTENTS

I. Preparing for the Journey

- Introduction
- 1. Paying Mindful Attention
- 2. Turning Toward Vulnerability

II. Walking the Intimate Path

- 3. Being and Seeking a Safe Harbor
- 4. Acting Intentionally

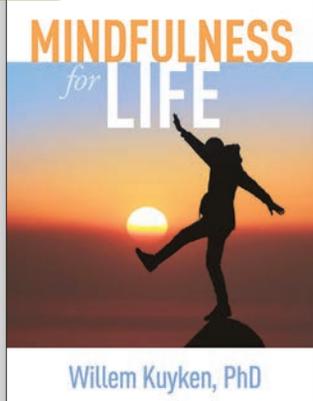
- 5. Listening Deeply
- 6. Waking Up to Interconnectedness
- 7. Loving Your Partner Skillfully
- 8. The Red Thread

III. Overcoming Obstacles on the Path

- 9. Burning Intimacy Bridges

- 10. Awakening to Relationship Patterns
- 11. Encountering the Arising of Conflict
- 12. Repairing Ruptures
- 13. Facing Impermanence
- 14. Walking the Intimate Path

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New—Ideal for Client Recommendation

Mindfulness for Life

Willem Kuyken, PhD, University of Oxford, UK

Mindfulness is exceptionally easy to get started with, and people often experience benefits almost immediately. Why, then, do many initial enthusiasts end up dropping the practice after a short while? According to leading scientist-practitioner Willem Kuyken, it's because traditional mindfulness training is too far removed from how we actually live. This next-generation resource teaches core skills in easy-to-integrate ways that touch directly on life's daily challenges. Interweaving ancient wisdom and modern scientific psychology, the book presents stories, quotations, reflection questions, tips for overcoming hurdles, and compelling guided practices, including audio tracks and video clips at the companion website.

“This book is a trustworthy and user-friendly roadmap for navigating the ups and downs of life with increasing degrees of intentionality, wisdom, and, above all, agency.”

—Jon Kabat-Zinn, PhD

CONTENTS

- Introduction
- 1. Wake Up!
- 2. Pay Attention!
- 3. Coming Home to Our Bodies
- 4. Appreciating the Life We Have

- 5. Our Most Important Natural Resource
- 6. How We React to Stress and Difficulties
- 7. Befriending Our Minds
- 8. Perspective

- 9. Responding Wisely
- 10. Cool Head and Warm Heart
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- 12. A Life Well Lived

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Mindful Self-Compassion for Burnout

Tools to Help You Heal and Recharge When You're Wrung Out by Stress

Kristin Neff, PhD and Christopher Germer, PhD

Over years of developing and teaching their renowned Mindful Self-Compassion (MSC) program, Kristin Neff and Christopher Germer have found MSC to be uniquely helpful for people struggling with the soul-draining depletion of burnout. Mental health clinicians in any setting will want to recommend this book to clients and keep a copy for themselves. Each chapter offers an empathic story of someone stretched to their limits and an easily digestible bite of self-compassion, culminating in a simple anti-burnout tool based on MSC practices. Neff and Germer identify factors that exacerbate burnout—from perfectionism to lack of boundaries to empathy fatigue—and provide tips for overcoming them. Readers learn quick and powerful ways to recharge their batteries, de-stress, and, above all, be kind to themselves, so they can be there for others.

CRITICAL ACCLAIM

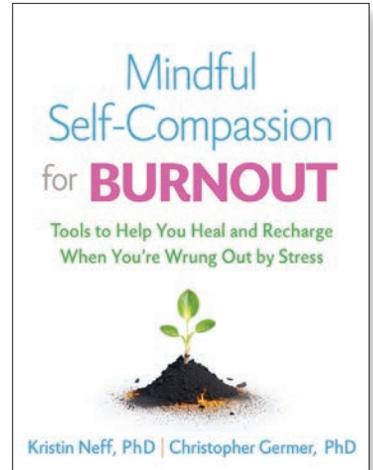
“Drawing on their experience as global leaders in the field of self-compassion, Drs. Neff and Germer have created an invaluable toolkit filled with powerful, actionable strategies to help readers transform their relationship with stress.”
—Tara Brach, PhD

“Readers will feel like they are sitting with the authors and benefiting from their kindness and support...With stories, practical exercises, deep insights, and lots of encouragement, readers are guided step by step to real well-being and open-hearted ways to manage the challenges of life.”
—Rick Hanson, PhD

“Neff and Germer offer practical strategies and profound insights that help readers cultivate resilience and reclaim their vitality. This remarkable book not only helps individuals recover from burnout, but also empowers them to thrive.”
—James R. Doty, MD

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- Introduction
- 1. When Your Cup Runs Dry: The Causes and Consequences of Burnout
- 2. Replenishing Ourselves: How Self-Compassion Combats Burnout
- 3. A Recipe for Resilience: The Ingredients of Self-Compassion
- 4. It's Not What You Think: Misgivings about Self-Compassion
- 5. Your Body Knows: The Physiology of Stress and Care
- 6. Warming Up the Conversation: Tender Acceptance
- 7. When Self-Compassion Feels Bad: Working with Backdraft
- 8. Putting Things in Perspective: Mindful Awareness
- 9. Resistance Is Futile: How Fighting Burnout Makes It Worse
- 10. Facing the Storm: Working with the Difficult Emotions of Burnout
- 11. Stopping the Drain: Reducing Empathy Fatigue
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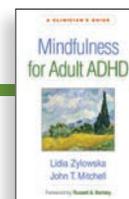
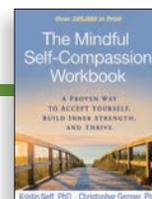
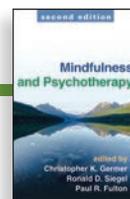
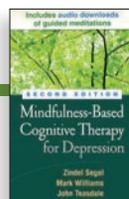


Kristin Neff, PhD, is Associate Professor of Educational Psychology at The University of Texas at Austin and a pioneer in the field of self-compassion research. She has been recognized as one of the most influential researchers in psychology worldwide.



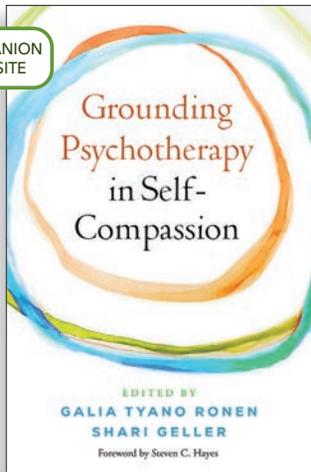
Christopher Germer, PhD, is a clinical psychologist and Lecturer on Psychiatry (part-time) at Harvard Medical School. Dr. Germer lectures and leads workshops internationally and has a small psychotherapy practice in Massachusetts.

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ABOUT THE EDITORS



Galia Tyano Ronen, MA, LCP, a licensed clinical psychologist in private practice in Israel, serves on the faculty of the Shiluv Mind Body Spirit Center, affiliated with the University of Haifa.



Shari Geller, PhD, a leader in the field of therapeutic presence, is founder and co-director of the Centre for MindBody Health in Toronto.

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New

Grounding Psychotherapy in Self-Compassion

Edited by **Galia Tyano Ronen, MA, LCP** and **Shari Geller, PhD**

Foreword by **Steven C. Hayes, PhD**

Presenting innovative ways to infuse self-compassion into psychotherapy, this book shares ideas and tools from foremost leaders in the field. Clinicians from any orientation are guided to cultivate self-compassion themselves and incorporate it into interventions with clients. Rich case material throughout the chapters illustrates applications for frequently encountered clinical problems, from anxiety disorders, depression, trauma, and emotional dysregulation, to addictions, eating disorders, chronic pain, and more. Core processes of self-compassion and mindfulness are reviewed, including cutting-edge findings from interpersonal neurobiology. **The companion website features 18 downloadable audio tracks of guided practices from the book, together with reproducible scripts.**

CRITICAL ACCLAIM

"Our profession is abuzz with ideas for how we can bring the promise of self-compassion into the consulting room. The editors and their chapter-author colleagues lay out what we know and what we don't, and make concrete suggestions that can be integrated into our healing work and scientific efforts today."
—from the Foreword by **Steven C. Hayes, PhD**

"An invaluable resource that bridges the gap between self-compassion and trauma-informed care. The book offers a wealth of strategies, from grounding techniques to mindfulness practices, all designed to support clients on their healing journeys."
—**David Treleaven, PhD**

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Motivational Interviewing in the Treatment of Psychological Problems, THIRD EDITION

Edited by **Brian L. Burke, PhD, Brad Lundahl, PhD, and Hal Arkowitz, PhD**

With 75% new material, the fully revised third edition of this clinical reference and text describes ways to integrate motivational interviewing (MI) into evidence-based psychotherapy and counseling. Readers learn how MI concepts and tools can enhance their foundational skills as helpers—and can be tailored for clients with depression, anxiety disorders, addictions, posttraumatic stress disorder, and other frequently encountered problems. Chapters are grounded in research on what works for particular disorders. Vivid case examples illustrate the role that MI can play in helping clients at any stage of treatment to resolve ambivalence and mobilize their energy, commitment, and personal resources for change.

NEW TO THIS EDITION

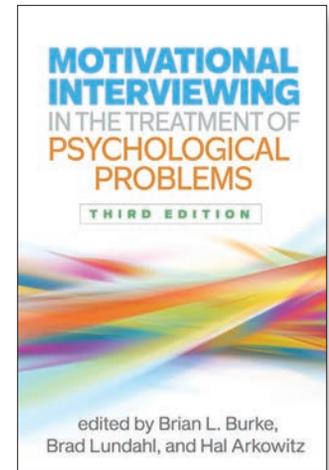
- ✓ Chapters on culturally responsive MI, trauma-informed practices, and MI in child welfare.
- ✓ Chapters on treating chronic pain and serious mental illness.
- ✓ Key developments in MI, as well as current psychological research.
- ✓ Extensive annotated sample dialogues throughout the chapters.

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“MI strategies are deceptively simple, hugely powerful, and help clinicians provide effective treatment to some of the most challenging clients we encounter. This volume presents a straightforward, ‘how-to-do-it’ account of the basics of MI and describes its application to a wide variety of symptoms and disorders.”
—**Jacqueline B. Persons, PhD**

“Bravo! This devoted group of expert MI authors shows us exactly how they use MI to help clients with high-stakes mental health problems... This book is a treasure chest of how-to nuggets for MI providers of all skill levels and within all clinical settings.”
—**Chris Dunn, PhD**

“An invaluable daily resource... The inclusion of cultural implications, trauma-informed approaches, child welfare rights-focused practice, and pain management is especially timely and salient for health professionals serving the most vulnerable. The editors promise a journey and deliver.”
—**Susan W. Blaakman, PhD, RN**



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ABOUT THE EDITORS



Brian L. Burke, PhD, is Professor of Psychology at Fort Lewis College (FLC) in Durango, Colorado, and Assistant Training Director for the FLC Counseling Center.



Brad Lundahl, PhD, MSW, is Associate Professor in the College of Social Work at the University of Utah.

Hal Arkowitz, PhD, until his death in 2019, was Emeritus Associate Professor of Psychology at the University of Arizona.

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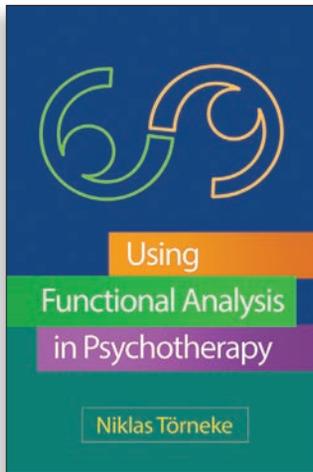
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ABOUT THE AUTHOR



Niklas Törneke, MD, is a Swedish psychiatrist and licensed psychotherapist with more than 30 years of clinical experience. Dr. Törneke has extensive experience training psychotherapists worldwide, focusing on the use of basic behavioral principles.

New

Using Functional Analysis in Psychotherapy

Niklas Törneke, MD

Foreword by **Stefan G. Hofmann, PhD**

Filled with rich case examples, this book shows how psychotherapists from any orientation can use functional analysis (FA) to better understand their clients and specifically target the changes that clients seek. Extensive therapist–client dialogues illustrate ways to probe difficult emotions and explore the causes and consequences of behavior, with special attention to harnessing the power of metaphor. FA is a core component of such evidence-based treatments as dialectical behavior therapy, acceptance and commitment therapy, and behavioral activation, and is central to the growing movement toward process-based therapies in general. This is the English edition of *Vägledning i klinisk funktionell analys*, published in Swedish in 2023 and translated and revised by the author.

“Modern learning theory is put to practical use in this essential guide for any therapist looking to foster real and meaningful change....I will be recommending this book to all therapists wishing to be guided by principles—not just diagnoses—in their efforts to support clients in living healthy lives.”

—**Robyn D. Walser, PhD**

“Perhaps no one writes more clearly about behavioral psychology than Törneke, and *Using Functional Analysis in Psychotherapy* is a gift to therapists....This book would be a valuable addition to courses in behavior therapy.”

—**Russell L. Kolts, PhD**

“It is indeed a treat to be invited into the thinking process and therapy sessions of a truly gifted clinician.... Even as an experienced clinician, I learned a great deal.... This book is a triumph. It is elegantly written, thoughtful, and full of heart.”

—**Barbara Kohlenberg, PhD**

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Doing CBT

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A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions

David F. Tolin, PhD, ABPP, Yale University School of Medicine; Institute of Living, Hartford Hospital, CT

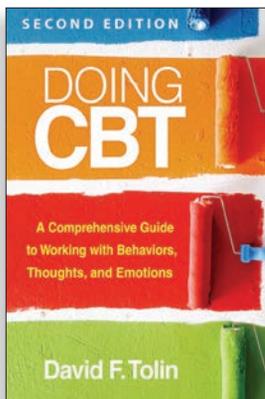
With new case material, expanded pedagogical tools, and updated theory and research, the second edition of this reader-friendly text is an ideal introduction to CBT for graduate students and practitioners. In a witty, empathic style, David F. Tolin explains the “whats,” “whys,” and “how-tos” of addressing the behavioral, cognitive, and emotional elements of clients’ psychological problems.

“The excellent second edition will be perfect for my graduate-level CBT course. It is focused broadly on the principles of change and is a great primer for anyone interested in learning how to apply CBT flexibly and effectively.”

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New

Practitioner's Guide to the Alternative Model for Personality Disorders

Bo Bach, PhD, DMSc, Christopher J. Hopwood, PhD, Erik Simonsen, PhD, MD, and Robert F. Krueger, PhD

From pioneering scientist-practitioners, this book offers the first comprehensive guide to using the groundbreaking Alternative Model for Personality Disorders (AMPD) in clinical practice. The authors explain how the AMPD weaves together evidence-based assessment of personality functioning and traits to provide a dimensional understanding of the client's needs, strengths, and level of impairment. Vivid case examples illustrate applications in clinical assessment, client feedback, diagnosis, treatment planning, and personalized intervention. The book's final section describes ways to apply the AMPD with specific patterns of personality disorder and with other mental health issues, such as complex trauma and impulse-control problems.

CRITICAL ACCLAIM

"This book could easily be called the Rosetta Stone of personality disorders. For clinicians treating clients with severe and persistent mental disorders, or those in training for such work, this guide is indispensable....A much-needed and highly recommended resource."

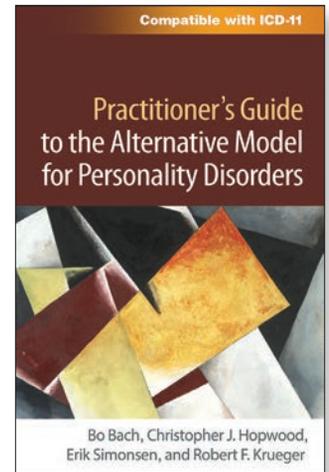
—Peter Fonagy, CBE, FMedSci, FBA, FAcSS

"This book masterfully demonstrates the AMPD's clinical utility and provides a roadmap for realizing the model's potential to refine mental health treatment practices....In a graduate course in psychopathology, the book would provide a compelling illustration of why the field is tending to move away from strict categorical diagnosis."

—Leslie C. Morey, PhD

"The first practical guide to using the AMPD in clinical practice. With helpful case examples and crosswalk tables, the book provides an accessible introduction to the model and offers a valuable primer for clinicians wondering about ways to integrate AMPD thinking into their care for patients."

—Carla Sharp, PhD



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ABOUT THE AUTHORS



Bo Bach, PhD, DMSc, is Clinical Professor in the Department of Psychology, University of Copenhagen, and leads the Center for Personality Disorder Research in Slagelse Psychiatric Hospital, Denmark.



Christopher J. Hopwood, PhD, is Professor of Personality Psychology at the University of Zurich, Switzerland.



Erik Simonsen, PhD, MD, is Professor Emeritus in the Department of Clinical Medicine, University of Copenhagen, and former Director of the Psychiatric Research Unit of Region Zealand, Denmark.



Robert F. Krueger, PhD, is Distinguished McKnight University Professor in the Department of Psychology at the University of Minnesota.

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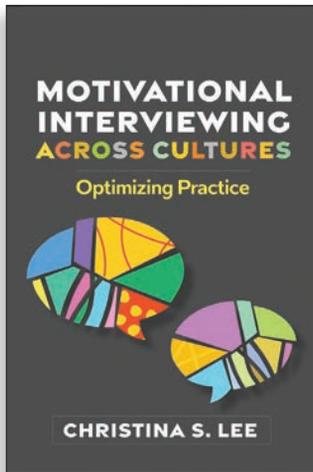
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New

Motivational Interviewing across Cultures

Optimizing Practice

Christina S. Lee, PhD, Boston University

This pragmatic guide describes tested ways to adapt motivational interviewing (MI) to optimize outcomes when practitioner and client come from different cultural backgrounds; in particular, when clients are members of marginalized groups. Using rich examples and sample dialogues, Christina S. Lee shows how affirming a client's cultural identity is part and parcel of MI's humanistic, person-centered mindset. The book provides instruction on key therapeutic tasks, such as strengthening rapport, asking about culture without stereotyping, and inquiring about experiences of stigma and discrimination in a way that increases motivation to change. Links between social and structural determinants of health, sociocultural stressors, mental health disparities, and substance use are highlighted. Special features include "Pause and Consider" sidebars and end-of-chapter key takeaway points.

"An amazing resource for clinicians, supervisors, students, and others working to address the needs of diverse individuals, couples, and families. . . . This groundbreaking work will doubtless be invaluable for both graduate students and experienced clinicians."

—Lisa A. Suzuki, PhD

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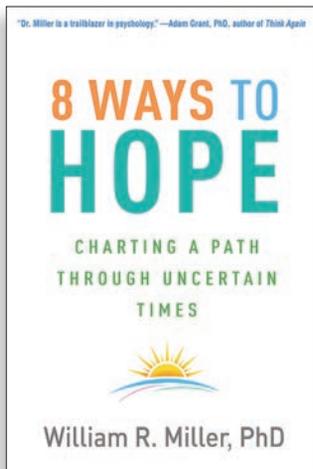
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New—Ideal for Client Recommendation

8 Ways to Hope

Charting a Path through Uncertain Times

William R. Miller, PhD, University of New Mexico (Emeritus)

Pioneering psychologist William R. Miller takes a fresh look at hope and its transformative potential in this concise, compassionate book. He identifies 8 different facets of hope that even die-hard pessimists can cultivate in order to clarify their goals, envision new possibilities, find purpose, enhance motivation, and persevere against tough odds. Vivid personal stories, historical examples, and cutting-edge scientific findings reveal how choosing hope over fear can be a powerful force for change.

"Hope is a superpower—it helps people solve problems, recover from injuries, and have better relationships. Rich with storytelling, this book is full of optimism and purpose. It shows how to use hope to lead a more fulfilling life."

—Scott T. Walters, PhD

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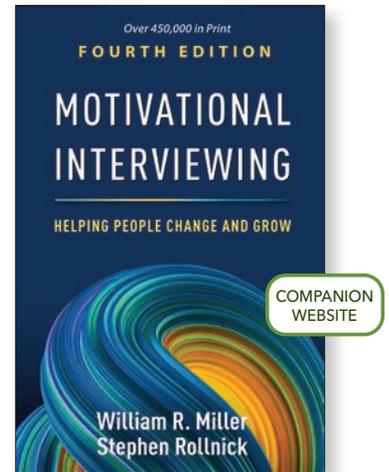
FOURTH EDITION

Helping People Change and Grow

William R. Miller, PhD and **Stephen Rollnick, PhD**

This is the authoritative presentation of MI, the powerful approach to facilitating change. MI originators William R. Miller and Stephen Rollnick elucidate the four tasks of MI—engaging, focusing, evoking, and planning—and vividly demonstrate what they look like in action. A wealth of vignettes and interview examples illustrate the dos and don'ts of successful implementation in diverse contexts. The book reviews the evidence base for the approach and covers ways to assess the quality of MI. **The companion website provides reflection questions, annotated case material, and additional helpful resources.**

“Miller and Rollnick masterfully guide us through the story of how MI has developed over four decades and bring its sophisticated simplicity to life in a way that stimulates the mind, touches the heart, and invites best practice.... This book is very useful for any graduate-level curricula that focus on behavior change and/or psychotherapy skills.”
—Steve Martino, PhD



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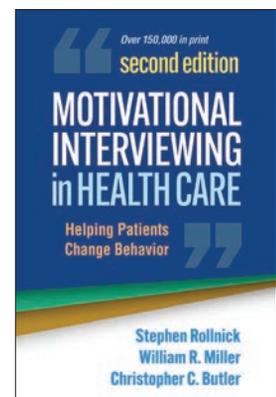


William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. He introduced MI in a 1983 article and in the first edition of

Motivational Interviewing (1991), coauthored with Stephen Rollnick.



Stephen Rollnick, PhD, is Honorary Distinguished Professor in the School of Medicine at Cardiff University, Wales, United Kingdom. He is cofounder of MI.



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Helping Patients Change Behavior

Stephen Rollnick, PhD, Cardiff University, Wales, UK

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Christopher C. Butler, MD, Oxford University, UK

This concise work is an ideal recommendation for physicians, nurses, and other health care professionals, and a valuable resource for mental health clinicians who practice or provide training in medical settings. The book explains ways that MI techniques can transform conversations about managing chronic and acute conditions and making healthier choices. It includes vivid sample dialogues, tips, and scripts.

“A book that is delightful to read, clear, concise, and addresses current topics such as using MI remotely and MI and vaccine hesitancy.”
—Melinda Hohman, PhD, MSW

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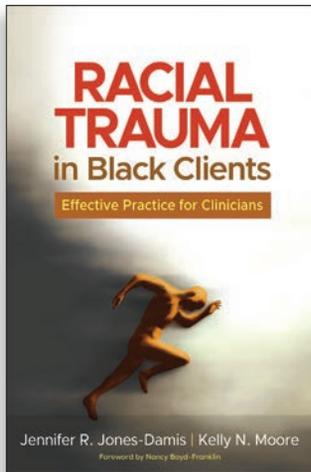
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ABOUT THE AUTHORS



Jennifer R. Jones-Damis, PsyD, is Director of the Counseling Center at Rutgers, The State University of New Jersey. She is an active participant with the National Child Traumatic Stress Network.



Kelly N. Moore, PsyD, is Director of the Center for Psychological Services in the Graduate School of Applied and Professional Psychology at Rutgers, The State University of New Jersey.

New

Racial Trauma in Black Clients

Effective Practice for Clinicians

Jennifer R. Jones-Damis, PsyD and **Kelly N. Moore, PsyD**

Foreword by **Nancy Boyd-Franklin, PhD**

Understanding and addressing the impact of racial trauma is vital for providing culturally responsive, trauma-informed care. This book explores how racial stressors affect all aspects of Black clients' lives and offers powerful ways to support healing. Therapists and counselors will gain tools for approaching—rather than avoiding—the topic of race in individual therapy and in family, school, and community contexts. The book discusses how to incorporate aspects of racial trauma into assessment and case conceptualization; validate clients' pain as well as their strengths; and adapt evidence-based treatments to overcome cultural gaps. It presents extensive case examples; dos and don'ts; and self-care strategies for therapists of any background. Instructive features include end-of-chapter takeaway points, bolded key terms, and an end-of-book glossary.

“This book will make an outstanding contribution to the mental health field by opening the eyes of clinicians to the many ways in which racial trauma can affect their Black clients... This approach will help clinicians form strong therapeutic alliances with their Black clients and empower them to heal from the effects of racial trauma in their lives.” —**from the Foreword by Nancy Boyd-Franklin, PhD**

“Highlights the value that culturally informed and competent therapeutic practice can have for healing the impact of racial trauma on mind, body, and spirit. With astute analyses and compelling assertions, this book is a ‘must read’ for psychologists, counselors, psychiatrists, and all allied mental health specialists who engage in treating people of African descent.” —**Thomas Parham, PhD**

“A highly valuable and practically applicable tool for mental health clinicians across a range of disciplines and levels of experience.... As a racial trauma scholar and a practicing psychotherapist, I have no doubt that clinicians will greatly benefit from this volume, and, in turn, the Black clients they work with will gain from the wisdom and healing found in these pages.” —**Alex L. Pieterse, PhD**

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Foreword, *Boyd-Franklin*

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II. Racial Trauma in Community Settings

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6. Black and Blue: Working with Law Enforcement
7. The Talk: Helping Parents and Children with Racial Trauma

III. Healing from Racial Trauma

8. Healer, Heal Me: Healing Clients from Racial Trauma
9. Healer, Heal Thyself: Vicarious Racial Traumas and Self-Care

Conclusion: Summing It All Up
Glossary

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Using Skills from the REACH Program to Cope, Heal, and Thrive

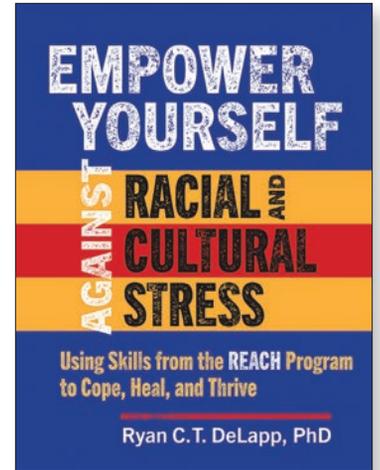
Ryan C.T. DeLapp, PhD

Psychologist Ryan C. T. DeLapp has devoted his career to helping young people of color understand racial and cultural stress and build skills for coping with it. This beautifully designed workbook is based on DeLapp’s innovative Racial, Ethnic, And Cultural Healing (REACH) program. **Featuring step-by-step strategies, stories, and downloadable worksheets**, the book can be recommended as a self-help resource or used in individual or group therapy. Teens and young adults of color are guided to identify their own cultural stressors, explore their strengths, stand up for their values, and uncover who they truly want to be, from a place of self-love and cultural pride.

CRITICAL ACCLAIM

“DeLapp provides sensible, concrete strategies to help emerging adults tackle stress associated with racial experiences.”
—Riana Elyse Anderson, PhD

“I appreciate the interactive components, empowering stories, and practical guidance for dealing with difficult situations.... Invaluable.”
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ABOUT THE AUTHOR



Ryan C. T. DeLapp, PhD, is a psychologist who works with children, adolescents, and adults in New York City and the Washington, D.C., area. He is the founding director of the REACH Program at the Ross Center. Dr. DeLapp publishes and presents widely on topics related to healing from cultural stress and empowering individuals of color.

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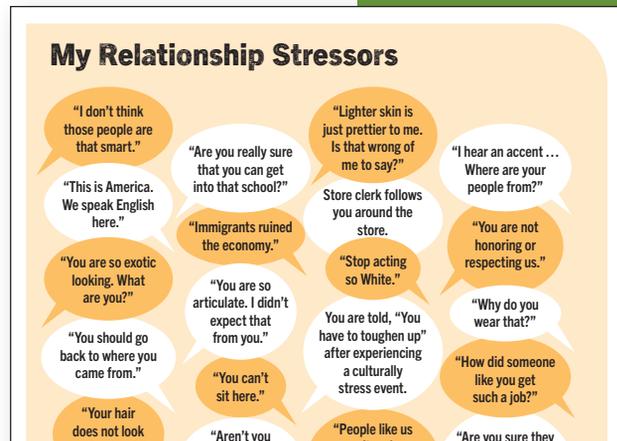
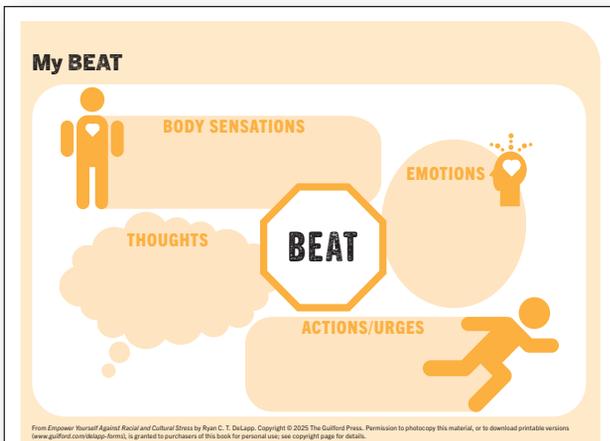
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Conclusion

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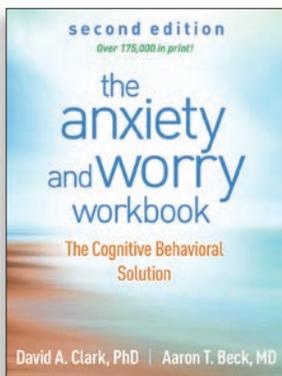
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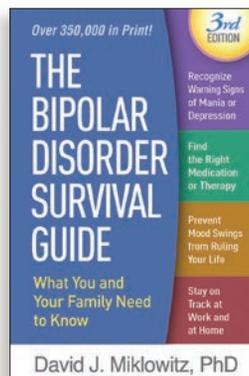
“Two of the most renowned experts in the field offer practical, state-of-the-art instructions for how to deal with anxiety, panic, and worry. This book is a treasure. It includes a ton of useful suggestions and worksheets.” —**John H. Riskind, PhD**



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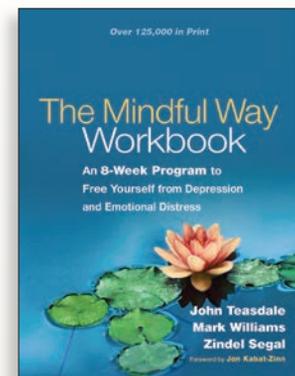
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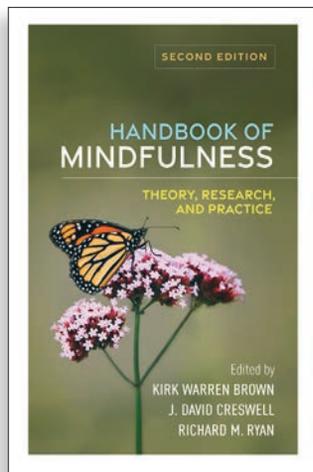
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Reflecting a decade of tremendous growth in mindfulness research and interventions, this authoritative handbook is now in a significantly revised second edition with 75% new material. The volume examines the interface of contemporary psychological science and ancient contemplative traditions. It presents cutting-edge work on the neurobiological, cognitive, emotional, and interpersonal mechanisms and effects of meditative practices. Chapters on exemplary applications review mindfulness-based interventions for both clinical and nonclinical populations. Contributors describe the development of and evidence base for each approach and identify important directions for future investigation.

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“I cannot imagine a more comprehensive, up-to-date, and readable compendium of scholarship in this area.”

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“An excellent resource for both new and seasoned psychotherapists. . . . Incorporating this book as a classroom text not only equips students with essential skills, but also encourages greater focused attention and deeper therapeutic engagement in their future work.” —Jennifer L. Williams, PhD, LCSW

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Kirk Warren Brown, PhD, is a Research Faculty member in the Department of Psychology at Carnegie Mellon University.



J. David Creswell, PhD, is the William Dietrich II Chair Professor in Psychology at Carnegie Mellon University.



Richard M. Ryan, PhD, is Professor at the Institute for Positive Psychology and Education at the Australian Catholic University.

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Zindel V. Segal, PhD, University of Toronto–Scarborough

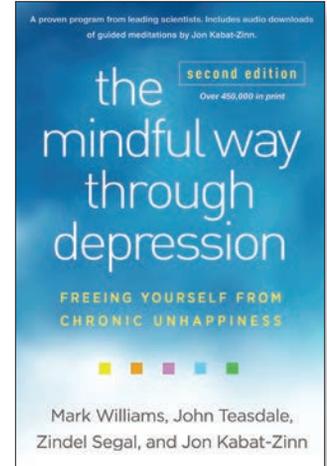
Jon Kabat-Zinn, PhD, University of Massachusetts Medical School (Emeritus);
founder of mindfulness-based stress reduction (MBSR)

This compassionate guide is a vital self-help resource for anyone struggling with depression, or can be used to orient clients to mindfulness-based cognitive therapy (MBCT). Including downloadable audio meditations narrated by Jon Kabat-Zinn, the book shows how to break the mental habits that lead to despair—and recover a sense of joy, aliveness, and possibility. Revised throughout to be even more reader friendly, the second edition features fresh insights on life in the digital age; the latest scientific data; and four additional audio tracks.

“This is the book to turn to if you want to learn new ways to meet depression. It seamlessly weaves the science and practice of changing how we greet experiences, even profoundly difficult ones.”

—J. David Creswell, PhD

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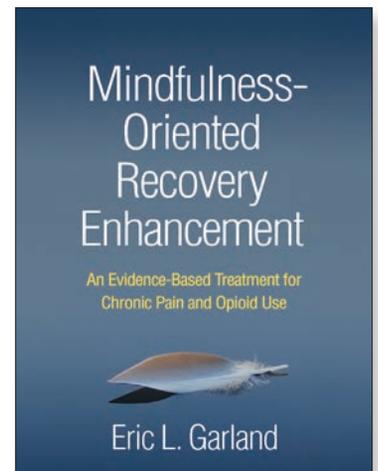
Mindfulness-Oriented Recovery Enhancement *An Evidence-Based Treatment for Chronic Pain and Opioid Use*

Eric L. Garland, PhD, LCSW, University of Utah

The opioid crisis arose in part due to the attempt to relieve chronic pain. Meeting a huge need, this is the authoritative presentation of Mindfulness-Oriented Recovery Enhancement (MORE) for chronic pain and opioid use. MORE is one of the few evidence-based treatments shown to simultaneously reduce opioid use and/or addiction, pain, and co-occurring emotional distress. MORE integrates mindfulness training with principles of cognitive-behavioral therapy and positive psychology. **In a convenient large-size format**, the book provides everything needed to set up and run MORE groups.

“This book is a remarkable resource for any clinician who works with patients suffering from persistent pain or wishes to learn more about the scientific basis of mindfulness-based pain relief.”

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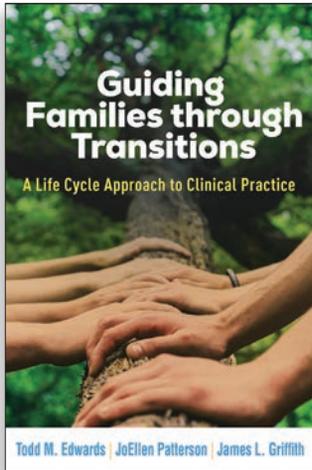
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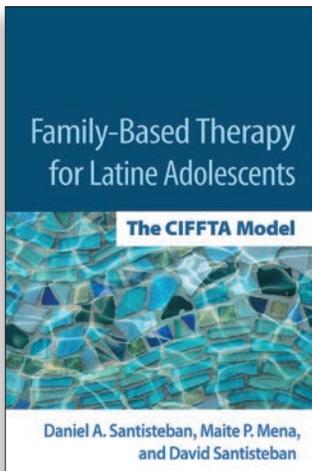


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A Life Cycle Approach to Clinical Practice

Todd M. Edwards, PhD, LMFT, University of San Diego

JoEllen Patterson, PhD, LMFT, University of San Diego; University of California, San Diego

James L. Griffith, MD, George Washington University School of Medicine

An indispensable clinical resource and text, this book offers therapists evidence-based strategies to support families through life's inevitable transitions. Chapters explore typical life cycle stages—couple formation, parenthood, adolescence, young adulthood and midlife, and later life—and describe treatment principles for frequently encountered family challenges. The book normalizes developmental strains and underscores the significance of flexibility, adaptability, and resilience through adversity. Extensive case examples encompass a range of family forms, cultural and individual differences, and life cycle disruptions, including parental separation, illness, and loss.

“This book stands out with its practical approach to supporting families at every stage of growth and change and addressing both common and complex transitions. It is an ideal text for graduate-level courses in family therapy, psychology, and social work.”
—**Manijeh Daneshpour, PhD**

CONTENTS: Preface **I. Conceptual Foundations** 1. The Contexts of Time and System 2. The Family as an Interactive System **II. Life Cycle Transitions** 3. Committed and Marital Relationships 4. The Transition to Parenthood 5. Risk and Resilience in Childhood 6. Adolescents and Their Parents in a Highly Connected World 7. Emerging Adults and Their Parents at Midlife 8. Elderhood **III. Life Cycle Disruptions and Diverse Family Forms** 9. Separation and Divorce 10. Single-Parent Families and Stepfamilies 11. Coping with a Chronic Illness 12. Loss, Death, and Grief

New

Family-Based Therapy for Latine Adolescents

The CIFFTA Model

Daniel A. Santisteban, PhD, University of Miami (Emeritus)

Maite P. Mena, PsyD, University of Miami

David Santisteban, PhD, Training and Implementation Associates, Miami, FL

Filling a key need for clinicians working with at-risk Latine adolescents, this book bridges the gap between evidence-based and culturally informed adolescent and family therapy. The authors explore the unique challenges facing Latine youth and families—including immigration- and acculturation-related stressors and minoritization—as well as culturally based sources of resilience. They present Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA), which combines manualized family and individual interventions. Therapists can select from an extensive list of psychoeducational modules to tailor the intervention to unique client needs.

“This book is perfect for the trainee and established practitioner alike, as well as anyone interested in how Latine families work.”
—**Roberto Lewis-Fernández, MD**

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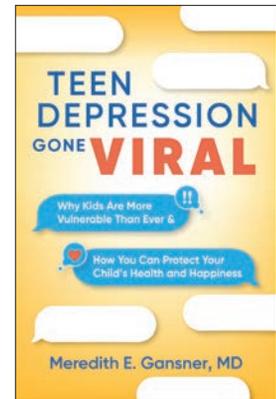
Why Kids Are More Vulnerable Than Ever and How You Can Protect Your Child's Health and Happiness

Meredith E. Gansner, MD, ABPN, Harvard Medical School; Boston Children's Hospital

Psychiatrist Meredith E. Gansner provides the latest information about depression in teens, with a special focus on digital media use. Vivid stories help parents recognize depression symptoms; work with teens to develop healthier habits, aided by downloadable practical tools; and get effective professional help. Exploring myths and facts about internet addiction, self-injury, dangerous viral trends, and cyberbullying, the book provides actionable steps for curbing them.

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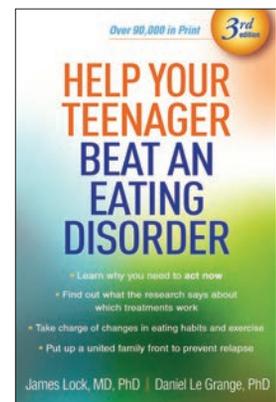
Help Your Teenager Beat an Eating Disorder, THIRD EDITION

James Lock, MD, PhD, Stanford University School of Medicine

Daniel Le Grange, PhD, University of California, San Francisco; The University of Chicago (Emeritus)

The authors of this accessible book are leading proponents of family-based treatment, and the book provides a thorough orientation to this model, along with describing other treatment strategies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and avoidant/restrictive food intake disorder (ARFID). Parents learn specific, doable steps for finding the right care, monitoring their teen's eating and exercise habits, managing family meals, and ending weight-related power struggles. The revised third edition incorporates key research advances, updated treatment recommendations, new vignettes, and expanded coverage of ARFID.

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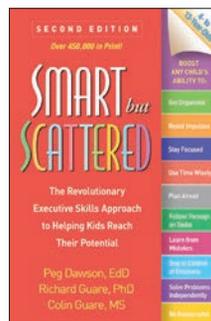
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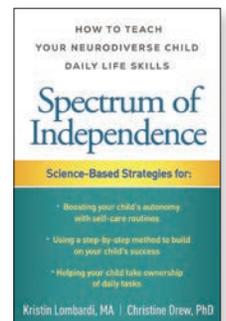
Spectrum of Independence

How to Teach Your Neurodiverse Child Daily Life Skills

Kristin Lombardi, MA, BCBA
Christine Drew, PhD, BCBA-D

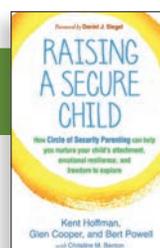
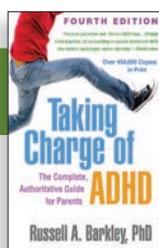
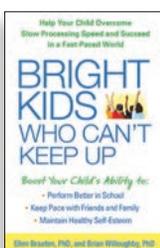
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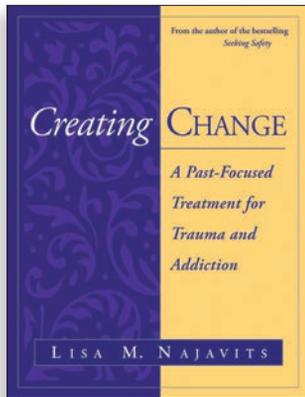
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Creating Change

A Past-Focused Treatment for Trauma and Addiction

Lisa M. Najavits, PhD,

Treatment Innovations, Newton Centre, MA;
University of Massachusetts Medical School

This flexible, evidence-based manual offers counselors a gentle, compassionate approach to help people with trauma, addiction, or both explore their past. *Creating Change* guides clients to understand how trauma and addiction arose over time, grieve losses and regrets, create a new perspective on their life story, and take pride in their survival. The manual has 23 topics that can be implemented with individuals or groups and may be used in conjunction with other treatments, including the author's present-focused model, Seeking Safety.

“With a simple but adaptable structure, this approach makes treatment accessible and affordable to a wide population.... For survivors who have suffered the humiliations of stigma and powerlessness, this model is based on the principles of compassion, respect, and empowerment.”

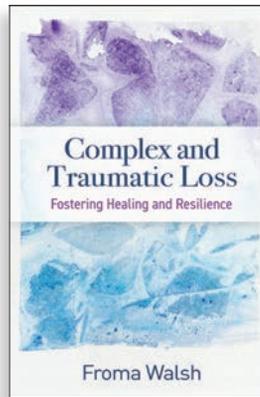
—Judith Lewis Herman, MD

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Complex and Traumatic Loss

Fostering Healing and Resilience

Froma Walsh, MSW, PhD,

University of Chicago (Emerita);
Chicago Center for Family Health

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

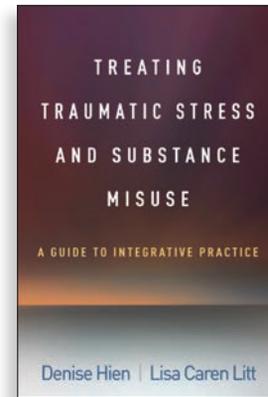
“With clinical acumen and insight, Walsh explores the deeply personal, intricately social process of grieving life-altering loss and reexamining one’s life narrative in its wake.”

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Treating Traumatic Stress and Substance Misuse

A Guide to Integrative Practice

Denise Hien, PhD, ABPP,

Rutgers University–New Brunswick

Lisa Caren Litt, PhD, The New School;
Icahn School of Medicine at Mount Sinai

From pioneering clinician-researchers, this book provides crucial guidance for treating co-occurring concerns that virtually all therapists are likely to encounter—and many feel ill equipped to handle. Denise Hien and Lisa Caren Litt review the landscape of evidence-based treatments for PTSD, other trauma-related problems, and substance misuse, and present an integrative, culturally responsive framework for assessment and treatment planning. The book shows the clinician how to navigate the complexities of the treatment process while tailoring interventions flexibly and collaboratively to each client's needs. Two extended case examples run throughout the chapters.

“This important and much-needed book demonstrates how working concurrently on trauma and addiction can be synergistic, since each impacts the other...A ‘must read.’”

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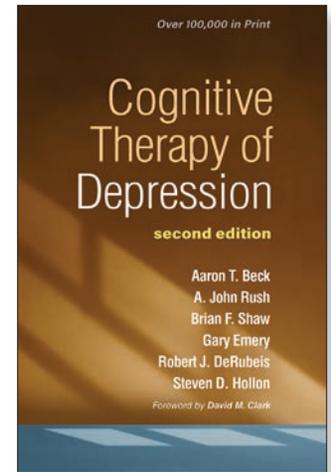
Steven D. Hollon, PhD, Vanderbilt University

Foreword by **David M. Clark, DPhil**

Reflecting major contemporary developments in theory and clinical practice, the second edition of this classic text has been significantly rewritten with 85% new material. Cognitive therapy (CT) pioneer Aaron T. Beck and associates provide cutting-edge knowledge about the cognitive model of depression and the most effective, lasting ways to reduce clients' suffering. Ideal for use in teaching and training, the volume links clearly explained theoretical principles to specific therapeutic strategies.

NEW TO THIS EDITION: Reflects the maturation of CT for treating more complicated presentations. ✓ Brings therapists and students up to date on schema-focused approaches as well as classic cognitive and behavioral interventions. ✓ Incorporates data from basic research and many dozens of clinical trials. ✓ All-new vignettes and a chapter-length case example. ✓ Greater attention to the therapeutic relationship and to longer-term treatment.

"This is an ideal text for undergraduate classes such as Introduction to Clinical Psychology, as well as graduate courses addressing evidence-based therapeutic techniques, clinical conceptualization, or historical developments in psychosocial intervention."
—John Young, PhD



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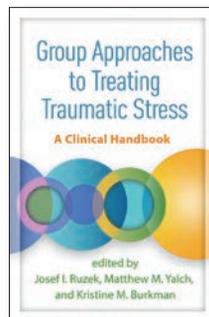
Group Approaches to Treating Traumatic Stress

A Clinical Handbook

Edited by **Josef I. Ruzek, PhD**
Matthew M. Yalch, PhD
Kristine M. Burkman, PhD

Filling a key need, this unique handbook reviews the state of the science of group-based treatment of PTSD and other trauma-related problems and offers detailed descriptions of specific approaches. Leading clinician-researchers present their respective therapies step by step, including "mini-manuals" with extensive case examples.

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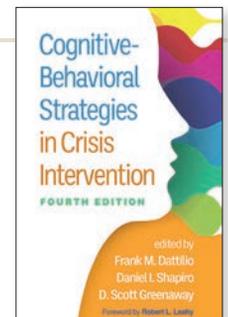
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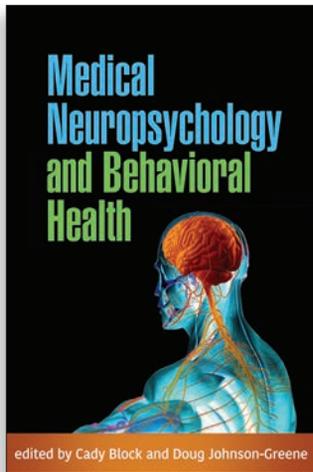
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Medical Neuropsychology and Behavioral Health

Edited by **Cady Block, PhD, MPH**, Mayo Clinic, Jacksonville, FL

Doug Johnson-Greene, PhD, ABPP-CN,

University of Miami Miller School of Medicine

Foreword by **Kenneth Adams, PhD**

It is increasingly recognized that medical conditions can have a range of neurocognitive, psychosocial, and functional implications, even in the absence of obvious neurological involvement. Filling a gap in the literature, this comprehensive clinical reference reviews current research and provides clear guidelines for assessment and intervention. Chapters organized around major bodily systems—for example, cardiovascular, endocrine, immune/lymphatic—probe neurocognitive impairments associated with prevalent health conditions and their treatments, including coverage of COVID-19.

“[An] impressive resource....The volume strikes a nice balance between foundational and more advanced information about interactions between neurobehavioral, cognitive, and psychological factors in different bodily systems.”

—C. Munro Cullum, PhD

May 30, 2025

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Foreword, *Adams*

Preface

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Autoimmune

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Holistic Neurorehabilitation

Interventions to Support Functional Skills after Acquired Brain Injury

Pamela S. Klonoff, PhD, ABPP-CN, Center for Transitional Neuro-Rehabilitation,

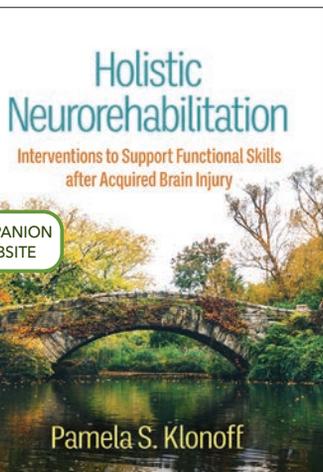
Barrow Neurological Institute and Dignity Health, Phoenix, AZ

Highly practical and comprehensive, this book provides a multimodal framework for helping patients with acquired brain injuries to identify and achieve meaningful functional goals in the home and community. In a convenient large-size format, the volume features rich case examples and interdisciplinary tools and strategies. Coverage includes both individual and group therapies. Fifty reproducible forms and handouts can be photocopied from the book or downloaded from the companion website. The website also features a supplemental chapter on efficacy and outcomes research in neurorehabilitation, appendices with helpful resources, color versions of selected figures, and more.

“Klonoff brings to life her collaborative, dynamic, humanistic approach.”

—Jacinta Douglas, PhD

CONTENTS: I. Introduction to Neurorehabilitation 1. The Evolution of Fundamental Concepts of Post-Acute Neurorehabilitation 2. How to Construct Quality Neurorehabilitation in the Hospital and Community Settings **II. Clinical Approaches and Techniques** 3. Techniques to Address Cognitive Skills 4. Techniques to Address Communication Pragmatic Skills and Emotions 5. Treatment Groups for Functional Skills 6. Technological Advances in Post-Acute Neurorehabilitation **III. Transfer of Skills** 7. Transfer of Skills to the Home, Community, and Work 8. Post-Acute Neurorehabilitation for Socialization, Quality of Life, and School Re-Entry 9. Holistic Interventions for Families and Tiers of Support and Aftercare



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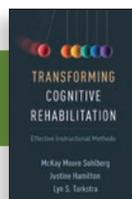
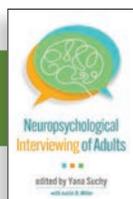
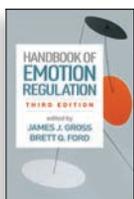
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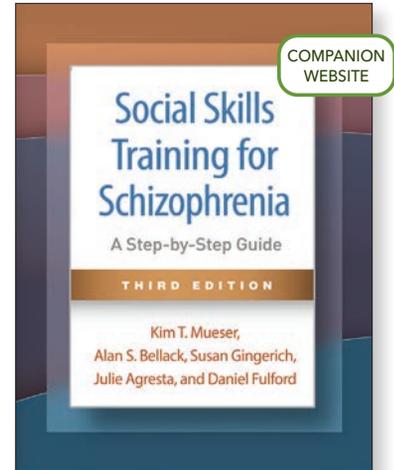
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The authoritative presentation of social skills training (SST)—a highly effective, recovery-oriented intervention for people with serious mental illness—the **third edition of this complete manual has been significantly revised with over 60% new material.** SST can be implemented by a range of providers in diverse clinical and community settings. In a convenient large-size format, the book is packed with practical tools, including clinical vignettes, dialogues, reproducible curricula (Skill Sheets) for 84 skills, guidance for selecting skills to teach based on participants' needs, and tips for overcoming roadblocks.

NEW TO THIS EDITION: Chapters on specific populations: SST with young people with high clinical risk or first-episode psychosis, older individuals, and those in residential or inpatient settings. ✓ Chapters on cultural factors in SST; gender, sexual identity, and sexual harassment; and technology-based communication. ✓ Three additional curricular areas, for a total of 26 more skills than the prior edition. ✓ Many new reproducible and downloadable tools.

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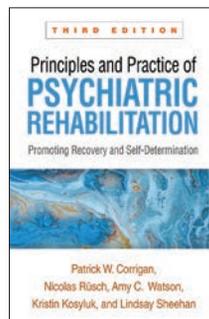
Nicolas Rüsçh, MD

Amy C. Watson, PhD

Kristin Kosyluk, PhD

Lindsay Sheehan, PhD

Expert authors present the knowledge needed to help adults with psychiatric disabilities develop their strengths and achieve their life goals. The third edition has been updated with increased attention to social determinants of health; a new chapter on developing more equitable, culturally competent services; and expanded coverage of physical health and wellness; among other changes.



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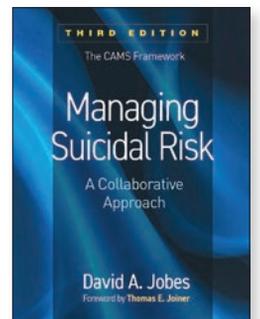
David A. Jobes, PhD, ABPP

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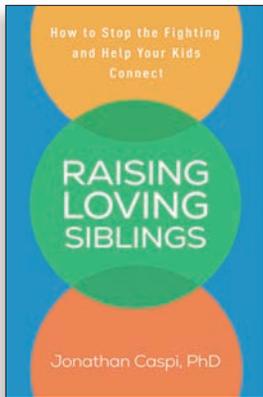
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How to Stop the Fighting and Help Your Kids Connect

Jonathan Caspi, PhD, LCSW,
Montclair State University

Constant conflict between siblings is disruptive and demoralizing for the whole family. From family therapist and sibling expert Jonathan Caspi, this refreshing parent recommendation takes a deep dive into why siblings fight and what to do about it. Featuring clear principles, dos and don'ts, and loads of stories, the book focuses on improving family dynamics rather than simply trying to change kids' behavior. Caspi offers research-based insights and highly practical advice. He explains how to quell sibling struggles without taking sides, ways to make kids feel valued without comparing them, when to intervene (and when to step back), and how to handle parenting-related couple conflicts while modeling healthy relationship skills.

"Caspi does a marvelous job of translating years of experience as a researcher and family therapist into straightforward actions that parents can take."

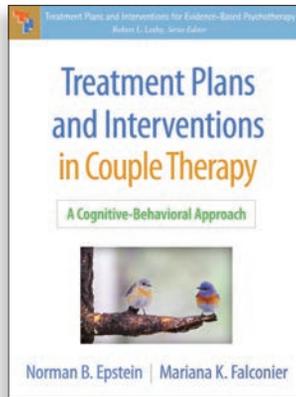
—**Martha B. Straus, PhD**

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Treatment Plans and Interventions in Couple Therapy

A Cognitive-Behavioral Approach

Norman B. Epstein, PhD, University of Maryland, College Park (Emeritus)
Mariana K. Falconier, PhD, University of Maryland, College Park

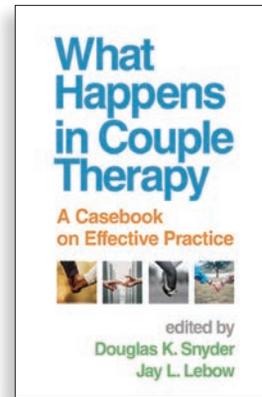
Filled with rich case examples, this pragmatic book provides a complete toolkit for couple-focused CBT. The book presents guidelines for planning and implementing evidence-based treatment for diverse couples. Drawing on decades of clinical experience and research, the authors demonstrate ways to tailor CBT for couples struggling with partner aggression; infidelity; sexual problems; financial issues; parenting conflicts; depression, anxiety, and other individual problems; and more. Therapists of any theoretical orientation will find tools they can easily incorporate into their work with couples.

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What Happens in Couple Therapy

A Casebook on Effective Practice

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

Well-known contributors provide a window into their work with couples seeking help for a variety of relationship challenges. Cases depict the moment-by-moment process of therapy, from the initial assessment and case formulation through the beginning, intermediate, and concluding phases. Themes addressed include working across cultural divides; helping couples living with psychological or medical disorders; and treating interfaith couples, military couples, and same-sex and queer couples. Enhancing the book's utility for course use, the expert editors concisely introduce each case and describe how the approach fits into the broader field.

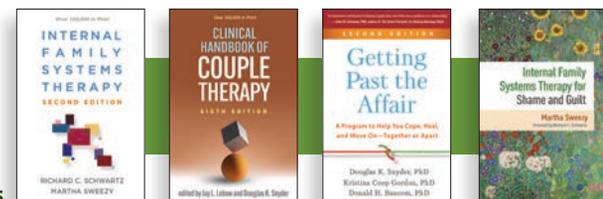
"Therapists get to see how master clinicians confront common dilemmas in helping couples. This book is a great teaching tool." —**John M. Gottman, PhD**

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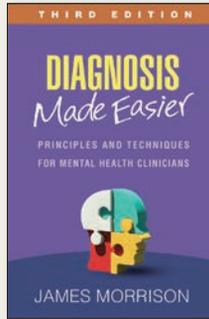
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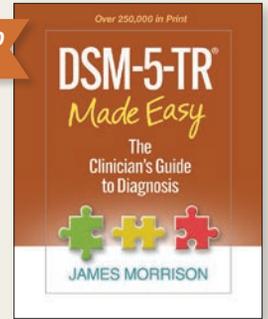
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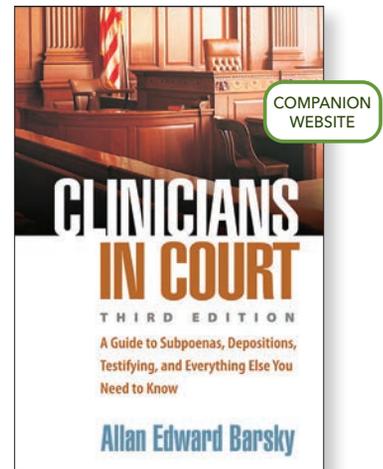
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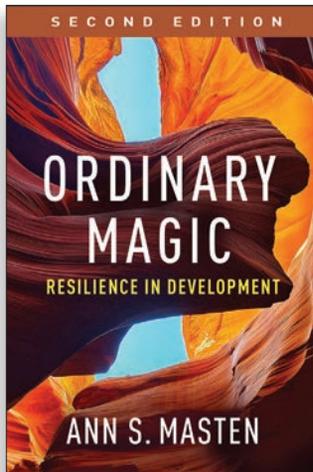
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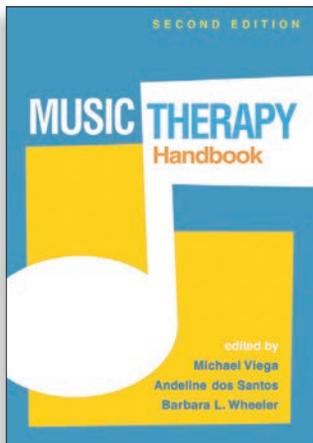
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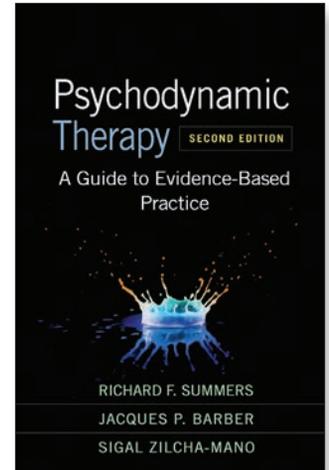
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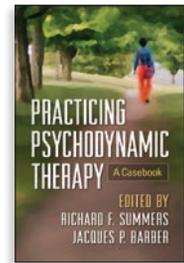
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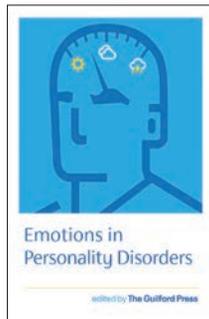
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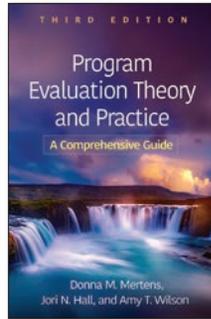
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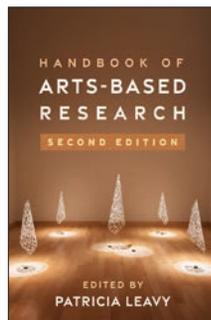
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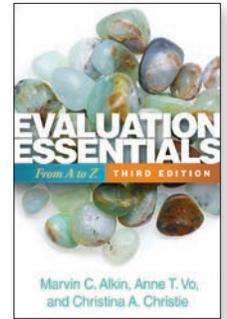
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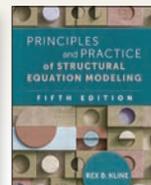
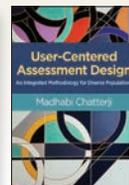
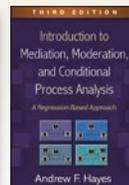
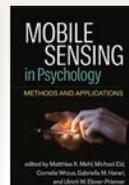
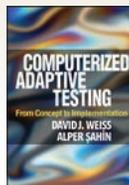
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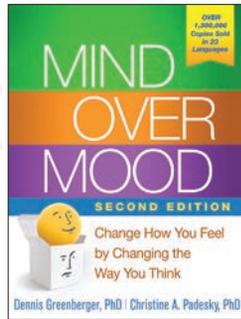
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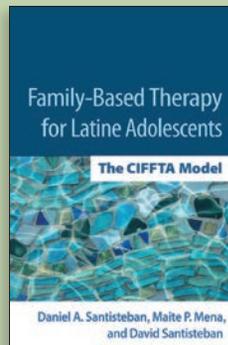
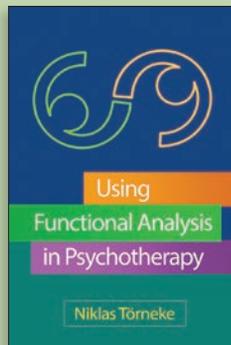
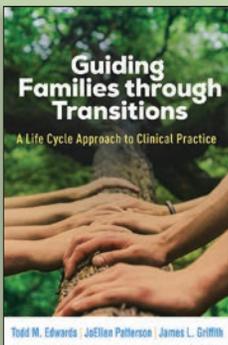
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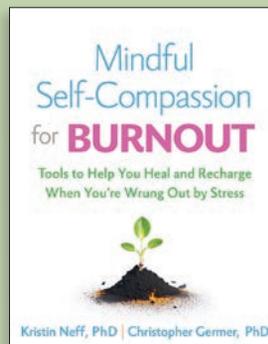
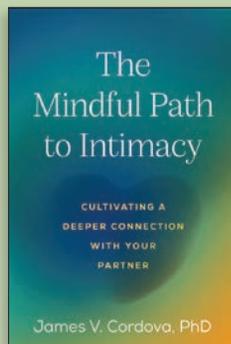
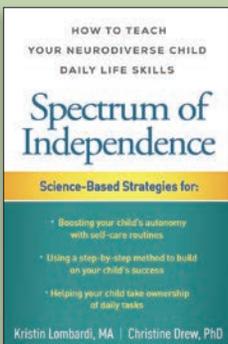
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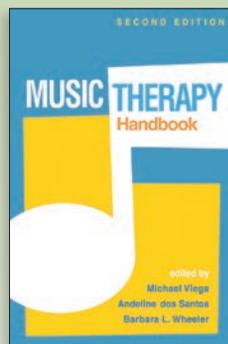
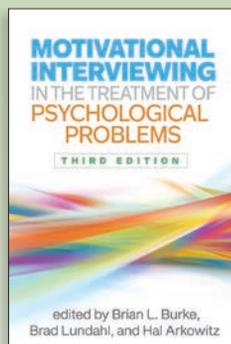
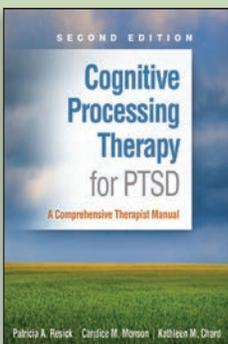
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