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Effective Treatments for PTSD
Practice Guidelines from the International Society for Traumatic Stress Studies
edited by David Forbes, Jonathan I. Bijson, Candice M. Monson, Lucy Berliner

Treating Complex Traumatic Stress Disorders in Adults
Scientific Foundations and Therapeutic Models
edited by Julian D. Ford and Christine A. Courtois
Claudia Zayfert, Carolyn Black Becker

Treating Survivors of Childhood Abuse and Interpersonal Trauma
Marilyn Clutter, Lisa R. Gelem, Klie M. Orego, Christie Jackson, and Karen C. Keacora

NEW

MILITARY STRESS REACTIONS
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CARRIE H. KENNEDY

Trauma and Expressive Arts Therapy
Brain, Body, & Imagination in the Healing Process
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BESTSELLERS

Treating Traumatic Stress in Children and Adolescents
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Eye Movement Desensitization and Reprocessing (EMDR) Therapy
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New Edition—A Major Revision!

Effective Treatments for PTSD, THIRD EDITION
Practice Guidelines from the International Society for Traumatic Stress Studies

Edited by David Forbes, PhD
Jonathan I. Bisson, DM, FRCPsych
Candice M. Monson, PhD
Lucy Berliner, MSW

Grounded in the updated PTSD Prevention and Treatment Guidelines of the International Society for Traumatic Stress Studies (ISTSS), the third edition of this definitive work has more than 90% new content, making it virtually a new book. Chapters describe PTSD assessment and intervention practices that have been shown to work and provide practical, real-world implementation guidance. Foremost authorities address the complexities of trauma treatment with adults, adolescents, and children in diverse clinical contexts. Prior edition editors: Edna B. Foa, Terence M. Keane, Matthew J. Friedman, and Judith A. Cohen.

NEW TO THIS EDITION: ✅ Fully rewritten to reflect over a decade of clinical, empirical, and theoretical developments, as well as changes in DSM-5 and ICD-11. ✅ Chapters on additional treatments: prolonged exposure, cognitive processing therapy, cognitive therapy, combined psychotherapy and medication, e-mental health, and complementary and alternative approaches. ✅ Increased research-to-practice focus—helps the clinician apply the recommendations in specific clinical situations. ✅ New chapters on previously covered treatments: early interventions, psychopharmacotherapy for adults and children, and EMDR therapy. ✅ Chapters on cutting-edge topics, including personalized interventions and advances in implementation science.

CRITICAL ACCLAIM

“This book will be important for anyone interested in the current state of the art in trauma treatment or who wants to know what is happening in trauma research. I highly recommend this book for both scientists and practitioners.”
—PsycCRITIQUES

“The third edition builds on the extraordinary contributions of the two prior editions....This is a scientifically grounded, visionary book that is an essential resource for clinicians, researchers, and advanced graduate students.”
—Patricia J. Watson, PhD

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ABOUT THE EDITORS

David Forbes, PhD, is Director of Phoenix Australia Centre for Posttraumatic Mental Health and Professor in the Department of Psychiatry at the University of Melbourne.

Jonathan I. Bisson, DM, FRCPsych, is Professor of Psychiatry at Cardiff University School of Medicine, UK, and a practicing psychiatrist.

Candice M. Monson, PhD, is Professor of Psychology at Ryerson University in Toronto. She is President-Elect of the ISTSS.

Lucy Berliner, MSW, is Director of the Harborview Center for Sexual Assault and Traumatic Stress at the University of Washington, where she is also Clinical Associate Professor in the School of Social Work and in the Department of Psychiatry and Behavioral Sciences.
Treating Complex Traumatic Stress Disorders in Adults, SECOND EDITION
Scientific Foundations and Therapeutic Models
Edited by Julian D. Ford, PhD and Christine A. Courtois, PhD
Foreword by Judith Lewis Herman, MD
Afterword by Bessel A. van der Kolk, MD

This authoritative reference on complex traumatic stress disorders (CTSDs) and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field. Leading experts delve into ways to understand, engage, assess, and treat adults with complex trauma histories, whose symptoms often include but may go well beyond those of PTSD. The volume presents cutting-edge theory and research on CTSDs, considers diagnostic controversies, and identifies core elements of effective, culturally responsive treatment. Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples. Other highlights are chapters on transtheoretical treatment, the crucial role of professionalism and training, and recognizing and managing vicarious traumatization.

NEW TO THIS EDITION
✓ Incorporates major advances in research and clinical practice.
✓ Chapters on additional evidence-based individual treatments: prolonged exposure therapy, cognitive therapy, cognitive processing therapy, brief eclectic psychotherapy, EMDR therapy, narrative exposure therapy, interpersonal psychotherapy, emotion-focused therapy, and the TARGET recovery model.
✓ Chapters on additional evidence-based group and conjoint family therapy models: attachment-based couple therapy and integrated treatment of co-occurring CTSDs and substance use disorders.
✓ Chapters on promising treatments: treatment for structural dissociation, experiential/somatotherapy approaches, mindfulness approaches, and complementary healing therapies.

CRITICAL ACCLAIM
“An unparalleled contribution to the existing literature on assessment and intervention with survivors of complex trauma.”
—Trauma Psychology Newsletter

“Bringing together the voices of numerous leaders in the field, this work has become a classic text on CTSDs and should be considered an essential guide for students….The second edition significantly expands the number of approaches discussed and includes important issues such as treatment of co-occurring substance use disorders. It deftly integrates scientific perspectives with clinical experience and wisdom, including sound evidence-based practice recommendations that cut across treatment models. Well written and packed with information.”
—Elizabeth K. Hopper, PhD

“This comprehensive work delves into the assessment and treatment of the wide symptom array associated with developmental trauma. The book provides incredible depth, breadth, and cutting-edge research on CTSDs. This fully revised second edition will be the leading work for years to come. A ‘must read’ for all clinicians, trainees, and researchers working in the area of complex traumatic stress.”
—Ruth A. Lanius, MD, PhD

“Ford and Courtois are among the most knowledgeable authorities in the complex trauma field today. This volume provides a thorough update on the clinical and scientific controversies surrounding CTSDs in adults, as well as the rapidly expanding evidence base. Exciting theoretical and research developments on the neurobiology of the survival brain, complex PTSD, self-regulation, developmental trauma, vicarious trauma, and posttraumatic resilience are highlighted and translated into practical guidelines for culturally responsive clinical practice. I highly recommend this second edition as a valuable resource.”
—David L. Corwin, MD
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Treating Complex Traumatic Stress Disorders in Children and Adolescents
Scientific Foundations and Therapeutic Models
Edited by Julian D. Ford, PhD
Christine A. Courtois, PhD

“Richly illustrated with extended clinical examples. In addition to a focus on individual treatment, some chapters address the systems within which traumatized children live and are treated….The book provides an excellent foundation for clinicians working with this population.” —Laurie Anne Pearlman, PhD

With contributions from prominent experts, this pragmatic book is grounded in clinical innovations and cutting-edge research on child and adolescent brain development, attachment, and emotion regulation, and discusses diagnostic criteria, including those from DSM-IV and DSM-5.

Treatment of Complex Trauma
A Sequenced, Relationship-Based Approach
Christine A. Courtois, PhD
Julian D. Ford, PhD

Foreword by John Briere, PhD

“Both authors have worked extensively with survivors of complex trauma, and share their wisdom and experience in this book. At a time when this clinical population is becoming more visible to clinicians, this thoughtful, extensively documented work is a real treasure.” —Laura S. Brown, PhD

This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three clearly defined phases of posttraumatic recovery. Essential topics include managing crises, treating severe affect dysregulation and dissociation, and therapist self-care.

Winner (Second Place)—American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category
New

Military Stress Reactions
Rethinking Trauma and PTSD
Carrie H. Kennedy, PhD

Many people—including some mental health professionals and service members themselves—have the misconception that military deployment is highly likely to cause PTSD. This book gives practitioners a more nuanced understanding of military stress reactions and related mental health concerns, from transient adjustment problems to clinical disorders. Drawing on expert knowledge of military environments and culture, Carrie H. Kennedy provides vital guidance for evidence-based assessment, intervention, and prevention. A crucial addition to any practitioner’s library, the book is illustrated with numerous case vignettes.

CRITICAL ACCLAIM

“This may be the most comprehensive review of military stress reactions ever published….Kennedy’s description of the continuum of military stress reactions and their interplay with concussion is invaluable. I highly recommend this book for clinicians, researchers, and graduate students involved in consultation, assessment, and treatment of military service members and veterans.”
—Alan L. Peterson, PhD

“The past few decades have seen significant and rapid advances in our understanding of PTSD and stress reactions among military personnel. In this book, Kennedy provides the most down-to-earth and easy-to-read explanation of these issues that I have ever read.”
—Craig J. Bryan, PsyD

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Also from Carrie H. Kennedy

Military Psychology, SECOND EDITION
Clinical and Operational Applications
Edited by Carrie H. Kennedy, PhD and Eric A. Zillmer, PsyD
Foreword by Thomas C. Lynch

“A straightforward guide to the assessment and treatment of modern service members….It would surely be 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.”
—The Military Psychologist (newsletter of Division 19 of the APA)

Widely regarded as the authoritative work in the field, this book reviews best practices for conducting fitness-for-duty evaluations and other types of assessments, treating frequently encountered clinical problems, responding to disasters, and promoting the health and well-being of all personnel. The book also examines the role of mental health professionals in enhancing operational readiness, with chapters on crisis and hostage negotiation, understanding terrorists, and more.

2012, 6” x 9” Hardcover, 409 Pages, ISBN 978-1-4625-0649-1, $61.00, SALE PRICE: $42.70
New Edition—Revised & Expanded!

Cognitive-Behavioral Therapy for PTSD
SECOND EDITION
A Case Formulation Approach
Claudia Zayfert, PhD and Carolyn Black Becker, PhD

A ccclaimed for providing a flexible framework for individualized treatment of PTSD, this empathic guide has now been revised and expanded with 50% new material. The authors show how the case formulation approach enables the practitioner to adapt CBT for clients with different trauma histories, co-occurring problems, and complicating life circumstances. Vivid clinical material illustrates the implementation of exposure therapy, cognitive restructuring, and supplemental interventions, with ample attention to overcoming common obstacles. Purchasers get access to a Web page where they can download and print the book’s 22 reproducible handouts in a convenient 8½" x 11" size.

NEW TO THIS EDITION: ✓ Chapters on evidence-based practice and emotion regulation. ✓ Significantly revised chapter on supplemental treatment tools, with new discussion of anger management. ✓ Advances in theory and practice of exposure therapy. ✓ Increased attention to multicultural issues in treatment. ✓ Updated throughout with current treatment research and DSM-5 diagnostic changes.

CRITICAL ACCLAIM

“An invaluable resource for all clinicians involved in the treatment of PTSD. It is compassionate, wide-ranging, and lucid, and demonstrates an admirable grasp of the complexities and realities of clinical practice.”
—Cognitive Behavioral Therapy Book Reviews

“In this second edition, Zayfert and Becker have improved on an already masterful volume. Designed for mental health clinicians at all stages of professional development, the book is accessible and concise.”
—J. Gayle Beck, PhD

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Also from Claudia Zayfert—Ideal for Client Recommendation

When Someone You Love Suffers from Posttraumatic Stress
What to Expect and What You Can Do
Claudia Zayfert, PhD and Jason C. DeViva, PhD

“Readers will find this book easy to understand and useful in making sense of their loved one’s symptoms and behaviors. Drawing on their extensive clinical experience, the authors provide an array of examples that bring the effects of trauma on individuals and relationships into sharp focus. They also offer straightforward explanations about treatments that work.”
—Candice M. Monson, PhD

Packed with information, support, vivid stories, and specific advice, this timely book is written for families dealing with any type of trauma, such as military-related stress, serious accidents, or sexual assault. Helpful strategies are provided for responding to trauma symptoms and high-risk behavior, coping with the stress of caregiving, and improving communication and family functioning.


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Discover Cathy Malchiodi’s books on art therapy and trauma treatment

“The expressive arts can rekindle a sense of aliveness, giving us back the pleasure and experience of play that trauma often robs from us. They also are a uniquely human source of imagination that can be harnessed to manifest new healing narratives to replace trauma stories that have overtaken mind and body.”

—Cathy Malchiodi, PhD

www.guilford.com/malchiodi
New Edition of a Bestseller—A Major Revision!

Internal Family Systems Therapy
SECOND EDITION
Richard C. Schwartz, PhD and Martha Sweezy, PhD

Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or “parts” of each individual’s psyche relate to each other like members of a family, and how—just as in a family—polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples.

NEW TO THIS EDITION
✓ Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base.
✓ Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy.
✓ Enhanced clinical utility, with significantly more “how-to” details, case examples, and sample dialogues.
✓ Quick-reference boxes summarizing key points, and end-of-chapter summaries.

CRITICAL ACCLAIM
“This book illustrates how the parts who populate our clients’ inner worlds are trying to manage an underlying threat that others may not see. The only credible offer of help is one that can resolve this threat. IFS guides us to offer deep understanding and meaningful assistance to clients who long to transform but are stuck in extreme, destructive roles.” —Leslie S. Greenberg, PhD

“This second edition condenses 25 years of clinical innovation since the pioneering first edition was published. All who wish to study and treat family relationships need to read this book. Schwartz and Sweezy have produced a clear, realistic view of the extraordinary complexities of families across time and contexts.” —Charles R. Figley, PhD

“The outstanding second edition of this classic book presents the preeminent research-supported, integrative family systems approach to working with individuals as well as their couple and family relationships in their larger cultural contexts. The book is beautifully written, the theory is sophisticated and nuanced, and the clinical vignettes demonstrate the details of putting IFS into practice.... This book should be read by all therapists—not just those who align with family systems—and should be a core text for graduate programs in all forms of psychotherapy.” —Peter Fraenkel, PhD

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Treating Adult Survivors of Childhood Emotional Abuse and Neglect
Component-Based Psychotherapy

**Elizabeth K. Hopper, PhD,**
The Trauma Center at Justice Resource Institute (JRI), Brookline, MA
**Frances K. Grossman, PhD,** Boston University, and The Trauma Center at JRI
**Joseph Spinazzola, PhD,** private practice, Brookline, MA
**Marla Zucker, PhD,** private practice, Brookline, MA

Foreword by **Bessel A. van der Kolk, MD** • Introduction by **Christine A. Courtois, PhD**

“This excellent book is pivotal in helping therapists reach out to their traumatized clients’ profound sense of annihilation and facilitate healing from emotional abuse and neglect. The authors present a superb account of their treatment model, which masterfully integrates the key components of truly helpful psychotherapy.”

—Onno van der Hart, PhD

**G**rounded in 40 years of clinical practice and research, this book provides a systematic yet flexible evidence-informed framework for treating adult survivors of complex trauma, particularly those exposed to chronic emotional abuse or neglect. Component-based psychotherapy (CBP) addresses four primary treatment components that can be tailored to each client’s unique needs—relationship, regulation, dissociative parts, and narrative. Vivid extended case examples illustrate CBP intervention strategies and bring to life both the client’s and therapist’s internal experiences. The appendix features a reproducible multipage clinician self-assessment tool that can be downloaded and printed in a convenient 8½” x 11” size.

**Bestseller**

Treating Traumatic Stress in Children and Adolescents, SECOND EDITION
How to Foster Resilience through Attachment, Self-Regulation, and Competency

**Margaret E. Blaustein, PhD,** Center for Trauma Training, Needham, MA
**Kristine M. Kinniburgh, LCSW,** Justice Resource Institute (JRI) Connecticut, and The Trauma Center at JRI, Brookline, MA

“The Attachment, Regulation, and Competency (ARC) framework avoids doing what is all too common—simply affixing a diagnostic label to a traumatized child and providing a referral to a physician for medication….ARC respects the art of therapeutic intervention while offering concrete goals, strategies, and interventions to guide the process of treatment toward health and well-being.”

—Sandra L. Bloom, MD

Tens of thousands of clinicians have used this book—now revised and expanded with 50% new material—to plan and organize effective interventions for children and adolescents who have experienced complex trauma. The ARC framework can be used with children, parents, and other caregivers in a wide range of settings. The volume guides the clinician to identify key treatment goals and intervene flexibly to strengthen child–caregiver relationships and support healthy development and positive functioning. The second edition reflects the ongoing development of ARC, including important refinements to foundational strategies and treatment targets. In a large-size format with lay-flat binding for easy photocopying, it is packed with case vignettes and clinical tools, including 79 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.
New Edition—Revised & Expanded!

Treating Survivors of Childhood Abuse and Interpersonal Trauma, SECOND EDITION

STAIR Narrative Therapy

Marylene Cloitre, PhD, Lisa R. Cohen, PhD, Kile M. Ortigo, PhD, Christie Jackson, PhD, and Karestan C. Koenen, PhD

Now revised and expanded with 50% new content reflecting important clinical refinements, this manual presents a widely used evidence-based therapy approach for adult survivors of chronic trauma. Skills Training in Affective and Interpersonal Regulation (STAIR) Narrative Therapy helps clients to build crucial social and emotional resources for living in the present and to break the hold of traumatic memories. Highly clinician friendly, the book provides everything needed to implement STAIR—including 68 reproducible handouts and session plans—and explains the approach’s theoretical and empirical bases. First edition title: Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life.

NEW TO THIS EDITION: ✓ Reorganized, simplified sessions make implementation easier. ✓ Additional session on emotion regulation, with a focus on body-based strategies. ✓ Sessions on self-compassion and on intimacy and closeness in relationships. ✓ Chapter on emerging applications, such as group and adolescent STAIR, and clinical contexts, such as primary care and telemental health. ✓ Many new or revised handouts—now downloadable. ✓ Updated for DSM-5 and ICD-11.

CRITICAL ACCLAIM

“Cloitre and colleagues have done a fabulous job updating and expanding their book on STAIR Narrative Therapy for childhood abuse and chronic interpersonal trauma... The step-by-step explanations and numerous downloadable handouts make this book an excellent learning tool for beginning therapists—it also has plenty to offer seasoned therapists. Highly recommended.”

—Catherine C. Classen, PhD

“For therapists who want a clear, structured way to help trauma clients increase their coping skills and revise the narrative of their traumatic experiences, this book is a gem.... I particularly appreciate the book’s respectful stance toward the client, the down-to-earth focus on emotion, and the accessible way topics such as complex trauma are laid out. This second edition is a great contribution to the literature.”

—Susan M. Johnson, EdD

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ABOUT THE AUTHORS

Marylene Cloitre, PhD, is Associate Director of Research in the National Center for PTSD Dissemination and Training Division, Palo Alto VA Health Care System; Clinical Professor (Affiliate), Department of Psychiatry and Behavioral Sciences, Stanford University; and Research Professor, Department of Psychiatry, NYU Langone Medical Center.

Lisa R. Cohen, PhD, has maintained a private practice in clinical psychology in New York City since 2001. Dr. Cohen specializes in the treatment of trauma and stress-related disorders, as well as co-occurring anxiety, mood, eating, and substance use disorders.

Kile M. Ortigo, PhD, is Program Director in the National Center for PTSD Dissemination and Training Division, Palo Alto VA Health Care System. He leads a national initiative to evaluate and implement webSTAIR, an online program based on STAIR.

Christie Jackson, PhD, is Director of Clinical Training for webSTAIR. Since 2005, Dr. Jackson has maintained a private practice in clinical psychology in New York City.

Karestan C. Koenen, PhD, is Professor of Psychiatric Epidemiology at the Harvard T. H. Chan School of Public Health. She uses a developmental approach to understanding the epidemiology of trauma exposure and stress-related mental disorders such as PTSD and depression.
New

Treating Risky and Compulsive Behavior in Trauma Survivors

John Briere, PhD, University of Southern California

“After 30 years in practice, it is not often that reading a single book clarifies my thinking and is likely to improve my therapy—but I can say that about this book. This is a magnificent work by a masterful clinician.”

—Constance Dalenberg, PhD

“Briere brings his deep compassion and sobering intellect to a set of timely issues that counselors often struggle with: how to address risky and compulsive behavior in traumatized clients. He offers vivid case examples that evoke the emotional yearning underlying the intense push–pull dynamics of risky behaviors.”

—Lisa M. Najavits, PhD

From leading authority John Briere, this book provides a comprehensive treatment approach for survivors of childhood trauma who numb or avoid emotional distress by engaging in substance abuse, risky sexual activities, self-injury, suicidality, bingeing and purging, or other self-harming behaviors. Briere shows how to help clients identify and manage the triggers of these “distress reduction behaviors,” learn to regulate intrusive emotional states, and safely process trauma- and attachment-related memories. Emphasizing the therapeutic relationship, Briere’s approach draws on elements of psychodynamic, interpersonal, and cognitive-behavioral therapy; mindfulness training; and dialectical behavior therapy. The book combines cutting-edge clinical and experimental research with clearly described interventions, case examples, and reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8½” x 11” size.

New

Treating Impulsive, Addictive, and Self-Destructive Behaviors

Mindfulness and Modification Therapy

Peggilee Wupperman, PhD, City University of New York

Foreword by Robert L. Leahy, PhD

“The book does an excellent job of helping therapists provide the consistent, highly structured sessions needed to help clients with dysregulated behavior develop a new positive therapeutic routine….In the era of manualized therapy where clinicians grapple with the question, ‘Do you want to be effective or do you want to be authentic,’ Dr. Wupperman may have found a way to be both.”

—Journal of Contemporary Psychotherapy

“Wupperman tackles the thorny problem of dysregulated behavior with an elegant intervention empowered by the science of mindfulness and behavior change.”

—Dennis Tirch, PhD

This accessible book presents time- and cost-effective strategies for helping clients break free of dysregulated behaviors—such as substance abuse, binge eating, compulsive spending, and aggression—and build more fulfilling, meaningful lives. Mindfulness and modification therapy (MMT) integrates mindfulness practices with elements of motivational interviewing, dialectical behavior therapy, acceptance and commitment therapy, and other evidence-based approaches. It can be used as a stand-alone treatment or a precursor to more intensive therapy. In a convenient large-size format, the book includes session-by-session implementation guidelines, case examples, practical tips, guided mindfulness practices, and 81 reproducible client handouts and therapist sheets. Purchasers get access to a companion website where they can download audio recordings of the guided practices, narrated by the author, plus all of the reproducible materials.
New Edition—A Major Revision!

Treating PTSD in Military Personnel, SECOND EDITION
A Clinical Handbook
Edited by Bret A. Moore, PsyD, ABPP, Military Psychology Consulting, San Antonio, TX, and Boulder Crest Institute for Posttraumatic Growth, Bluemont, VA
Walter E. Penk, PhD, ABPP, Texas A&M College of Medicine, and Edith Nourse Rogers Memorial Veterans Hospital, Bedford, MA
Foreword by Matthew J. Friedman, MD, PhD

“Moore and Penk have once again assembled a ‘who’s who’ of leading researchers to present the latest on evidence-based treatments for PTSD in military personnel. The second edition of this handbook is an absolute ‘must read’ for anyone who provides care to this population.” —Brian P. Marx, PhD

“This volume covers every key topic related to helping those suffering from PTSD after military trauma. The second edition provides a thorough update of issues, treatment approaches, and distinctive clinical presentations. Clinicians and researchers in the field cannot afford to miss this volume….Destined to be the gold-standard reference.” —Richard A. Bryant, PhD

This state-of-the-science guide to assessing and treating PTSD in active-duty service members and veterans has now been extensively revised with 65% new material. Leading authorities review available evidence-based treatments, including individual, group, and couple and family therapy approaches. Knowledge about military culture, the stressors experienced by service members, and common challenges for both military and civilian practitioners is woven through the volume and reflected in the vivid case examples. The second edition includes new chapters on additional treatments and clinical issues, and is updated throughout with the latest treatment research and DSM-5 diagnostic changes.

☆ Bestseller

Eye Movement Desensitization and Reprocessing (EMDR) Therapy
THIRD EDITION
Basic Principles, Protocols, and Procedures
Francine Shapiro, PhD

“It’s not easy to take a classic and improve on it, but that’s what Shapiro has done in this third edition….The strength of EMDR’s research base is now available in one easily accessible place, a testament to Shapiro’s decades of insistence that no matter how clinically useful EMDR therapy might be, it needs to be supported by empirical data. The book clearly describes applications to the range of posttraumatic responses as well as clinical problems.” —Laura S. Brown, PhD

The authoritative presentation of EMDR therapy, this groundbreaking book, by EMDR originator Francine Shapiro, has enhanced the clinical repertoires of more than 125,000 readers and has been translated into 10 languages. Originally developed for treatment of PTSD, this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. The third edition contains over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies, as well as new and revised protocols and procedures. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8½” x 11” size.

EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, and other health care associations/institutes around the world.

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New Edition—Revised & Expanded!

Exposure Therapy for Anxiety
SECOND EDITION
Principles and Practice
Jonathan S. Abramowitz, PhD, University of North Carolina at Chapel Hill
Brett J. Deacon, PhD, private practice, Mount Pleasant, NSW, Australia,
and University of New South Wales, Kensington
Stephen P. H. Whiteside, PhD, ABPP, Mayo Clinic, Rochester, MN

“An outstanding volume….The second edition integrates the latest research on the learning processes
that are critical to making exposures work, and provides clear guidance on how to use the research
findings to directly improve clinical practice. Clients treated by providers who have read this book
should be in good hands!”
—Bethany A. Teachman, PhD

“The authors do an excellent job of dispelling therapists’ common fears about implementing
exposure therapy. They review the evidence base for the approach and separate facts from myths.
Clinicians treating trauma may have concerns about retraumatizing patients; instead of dismissing
these concerns, the authors validate them and provide solutions.”
—Johanna Kaplan, PhD

Now revised and expanded to include cutting-edge acceptance-based techniques and a new focus
on inhibitory learning, this is the leading guide to therapeutic exposure, a crucial element of
evidence-based psychological treatments for anxiety. The book helps the clinician gain skills and
confidence for implementing exposure successfully and tailoring interventions to each client’s needs,
regardless of diagnosis. The theoretical and empirical bases of exposure are reviewed and special-
ized assessment and treatment planning techniques are described. The second edition has conceptual,
empirical, and clinical advances woven throughout. User-friendly features include illustrative case
examples, sample treatment plans, ideas for exercises targeting specific types of fears, and repro-
ducible handouts and forms that can be downloaded and printed in a convenient 8½” x 11” size.

Exposure Therapy with Children and Adolescents
Michael A. Southam-Gerow, PhD, Virginia Commonwealth University

“At last, a child treatment book that digs deep on how to do therapeutic exposures, the key ingredient
of effective anxiety reduction. Filled with novel clinical strategies, the book presents the nuts and
bolts of devising and implementing successful exposures for each anxiety disorder. Whether you
are a student or novice or seasoned clinician, you—and the children you treat—will benefit
tremendously from this book.”
—Wendy K. Silverman, PhD

“The presentation is punctuated with rich clinical dialogues and detailed strategies. I love this
book—and I think a wide range of graduate students, interns, beginning practitioners, and seasoned
clinicians will, too!”
—Robert D. Friedberg, PhD

Exposure therapy is highly effective for treating anxiety disorders in children and adolescents, yet
implementation with youth and their parents entails unique challenges. Packed with clinical
examples, this concise book provides practical, developmentally savvy guidelines for conducting ther-
apeutic exposure with 5- to 18-year-olds. At each stage of the process, it addresses clinicians’ most
common questions and concerns. Coverage includes how to build a strong initial assessment; develop
a fear ladder; individualize exposure exercises for different problem areas, including phobia, social
anxiety, worry, separation anxiety, and panic; and monitor progress. Also discussed is when and how
to integrate exposure with relaxation and cognitive strategies.

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Hardcover:
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New

Acceptance-Based Behavioral Therapy
Treating Anxiety and Related Challenges
Lizabeth Roemer, PhD, University of Massachusetts Boston
Susan M. Orsillo, PhD, Suffolk University

“This book is for everyone—it is accessible for the trainee yet sophisticated for the experienced clinician.”  —Joanna Arch, PhD

“This is a great book! One of the most impressive aspects of this book is that culture is not an afterthought—the authors carefully consider how to meaningfully attend to culture.”  —Shelly P. Harrell, PhD

Developed over decades of ongoing clinical research, acceptance-based behavioral therapy (ABBT) is a flexible framework with proven effectiveness for treating anxiety disorders and co-occurring problems. This authoritative guide provides a complete overview of ABBT along with practical guidelines for assessment, case formulation, and individualized intervention. Clinicians learn powerful ways to help clients reduce experiential avoidance; cultivate acceptance, self-compassion, and mindful awareness; and increase engagement in personally meaningful behaviors. Illustrated with vivid case material, the book includes 29 reproducible handouts and forms. Purchasers get access to a companion website where they can download printable copies of the reproducible materials and audio recordings of guided meditation practices. A separate website for clients includes the audio recordings only.

New Edition—A Major Revision!

Cognitive-Behavioral Therapy for OCD and Its Subtypes, SECOND EDITION
David A. Clark, PhD, University of New Brunswick, Canada (Emeritus)

“This updated second edition is a powerhouse of a book that should be on the shelf of anyone who treats OCD. It is a ‘must read’ for students and young clinicians, but even experienced clinicians will find gems and be glad they read it.”  —Barbara Olasov Rothbaum, PhD

Now significantly revised with 80% new content, this authoritative guide synthesizes the latest knowledge on OCD and its treatment. Combining scientific rigor and clinical acumen, the book illustrates an effective approach to assessment, case formulation, psychoeducation, and cognitive and behavioral intervention. First edition title: Cognitive-Behavioral Therapy for OCD. It includes 26 reproducible forms and handouts; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8½” x 11” size.

NEW TO THIS EDITION: ✓ Reflects more than 15 years of major advances in clinical practice, theory, and research. ✓ Chapters on specific OCD subtypes: contamination, doubt and repeated checking, repugnant obsessions, and symmetry/order. ✓ Heightened clinical utility—includes more case vignettes and step-by-step procedures. ✓ Describes important refinements to exposure and response prevention, based on inhibitory learning.

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New

Make Room for Baby
Perinatal Child–Parent Psychotherapy to Repair Trauma and Promote Attachment
Alicia F. Lieberman, PhD, University of California, San Francisco
Manuela A. Díaz, PhD, private practice, Berkeley, CA
Gloria Castro, PsyD, University of California, San Francisco
Griselda Oliver Bucio, LMFT, private practice, Walnut Creek, CA

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

“The rich clinical examples, detailed explanations, and cultural wisdom throughout the book will allow clinicians to understand the complexities—as well as the enormous benefits—of applying this evidence-based trauma treatment during pregnancy and the first year of life.” —Judith A. Cohen, MD

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

New

Coaching Parents of Vulnerable Infants
The Attachment and Biobehavioral Catch-Up Approach
Mary Dozier, PhD, University of Delaware
Kristin Bernard, PhD, Stony Brook University

“Dozier and Bernard have devised a wonderful, completely original technique for interventions in parenting. Their ABC intervention allows the clinician to be present in the home, to capture relationship difficulties and problematic parenting behaviors at the very moment they occur, and to be fully supportive. Parents respond to this intervention within weeks.” —Mary Main, PhD

“This highly readable book is essential for clinicians working with families of young children, researchers working with foster care or adoptive families, and students of attachment and human development. In my view, the ABC program sets the gold standard for conceptualization, development, and implementation of an important program that works.” —Harold D. Grotevant, PhD

This is the authoritative presentation of Attachment and Biobehavioral Catch-Up (ABC), the widely disseminated, evidence-based home-visiting intervention for parents of infants who have experienced adversity, such as homelessness, neglect, or institutional care. Vivid case examples—including one that runs throughout the book—illustrate the importance of responsive parenting for helping children develop secure attachments and key regulatory capacities. Over the course of 10 coaching sessions incorporating extensive in-the-moment comments and video feedback, ABC enhances parents’ ability to follow their children’s lead, nurture when children are distressed, and avoid frightening behaviors. In a readable, accessible style, chapters describe adaptations for different populations (high-risk birth parents, foster parents, parents who have adopted internationally, and parents of toddlers) and provide guidelines for training and implementation.

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**Cognitive Processing Therapy for PTSD**

*A Comprehensive Manual*

Patricia A. Resick, PhD, ABPP, Duke University Medical Center  
Candice M. Monson, PhD, Ryerson University  
Kathleen M. Chard, PhD, University of Cincinnati and Cincinnati VA Medical Center

“This indispensable book from three of the top experts in the world presents everything you could possibly want to know about cognitive processing therapy (CPT). Beginning with a strong theoretical chapter and moving deftly to a comprehensive review of published clinical trials, this very accessible work considers moderators of treatment, how to address comorbid conditions, patient preparation, and the CPT therapeutic process.”  
—Matthew J. Friedman, MD, PhD

“Experienced and new clinicians will find this book an unparalleled guide for delivering every step of CPT. This is one of the most detailed and practical PTSD treatment guides available.”  
—Richard A. Bryant, PhD

The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of CPT for PTSD. Written by the treatment’s developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. *The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials.*

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**Treating Trauma and Traumatic Grief in Children and Adolescents**

*SECOND EDITION*

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

“Developed by three of our most important child trauma researchers, TF-CBT represents a state-of-the-art approach. The effectiveness of the approach is demonstrated in the authors’ clinical research studies as well as studies from other laboratories across the world.”  
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In this authoritative guide, the authors provide a comprehensive framework for assessing PTSD, other trauma-related symptoms, and traumatic grief in 3- to 18-year-olds; building core coping skills; and directly addressing and making meaning of children’s trauma experiences. *Includes Reproducible Client Handouts*

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**Trauma-Focused CBT for Children and Adolescents**

*Treatment Applications*

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

“Cohen, Mannarino, and Deblinger—the TF-CBT developers—compile the wisdom of expert clinicians and trainers in this valuable book.”  
—Lisa Amaya-Jackson, MD, MPH

Featuring a wealth of clinical examples, this book facilitates implementation of TF-CBT in a range of contexts. It demonstrates how assessment strategies and treatment components can be tailored to optimally serve clients’ needs while maintaining overall fidelity to the TF-CBT model.  
2016, 6” x 9” Paperback (© 2012), 308 Pages  
ISBN 978-1-4625-2777-9, $29.00, **SALE PRICE: $20.30**

TF-CBT is listed in SAMHSA’s National Registry of Evidence-Based Programs and Practices.
Finding Your Best Self, REVISED EDITION
Recovery from Addiction, Trauma, or Both
Lisa M. Najavits, PhD

“This lucid and eminently practical book summarizes what Dr. Najavits has found to be most helpful for her patients over three decades of clinical practice and research. Roadmaps to recovery from the enslavement of trauma and addiction are offered page after page. Readers will want to keep this book by their bedside to visit over and over again as a guide to dealing with numbing, addiction, underlying issues, and shame-filled secrets. I am definitely going to recommend it to my patients.”
—Bessel A. van der Kolk, MD

“A welcome addition to the literature on addiction and trauma. Najavits provides a comprehensive framework for recovery that is helpful to both clients and clinicians. She has woven her extensive clinical experience with the voices of people in recovery to create a rich and accessible resource.”
—Stephanie S. Covington, PhD, LCSW

This book explains the links between addiction and trauma and guides people experiencing either (or both) to make meaningful changes. Addiction and trauma specialist Lisa Najavits, creator of the evidence-based Seeking Safety treatment model, puts an array of science-based self-help strategies directly in the hands of readers. The book features carefully designed reflection questions, exercises, firsthand accounts from others in recovery, and practical tools. The focus is on staying safe in the present while building skills for coping with painful past events—and finding a brighter way forward. Suitable as a stand-alone self-help resource, the book is also ideal for therapists to use with their clients; the revised edition features a new appendix with suggestions for conducting group or individual sessions. It has also been redesigned with a convenient large-size format. First edition title: Recovery from Trauma, Addiction, or Both.

Professional Guide
Seeking Safety
A Treatment Manual for PTSD and Substance Abuse
Lisa M. Najavits, PhD

“This landmark volume presents a cutting-edge approach to the treatment of patients who depend on drugs to soothe the pain of PTSD….All therapists attempting to help these patients should have this book to guide them.”
—Aaron T. Beck, MD

This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety—to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach “safe coping skills” that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. The volume is designed for maximum ease of use with a large format, lay-flat binding, and helpful reproducible therapist sheets and handouts.

2002, 8½” x 11” Lay-Flat Paperback, 401 Pages, ISBN 978-1-57230-639-4, $61.00, SALE PRICE: $42.70

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Brief Cognitive-Behavioral Therapy for Suicide Prevention
Craig J. Bryan, PsyD, ABPP, University of Utah, Salt Lake City
M. David Rudd, PhD, ABPP, University of Memphis

“There are very few treatments specifically designed to reduce suicide risk. From leading figures in the field of suicide prevention, this is a timely, extremely useful book. Bryan and Rudd’s evidence-based approach is accessible to any clinician trained in general principles of CBT.” —E. David Klonsky, PhD

An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient’s suicidal belief system.

Phone Coaching in Dialectical Behavior Therapy
Alexander L. Chapman, PhD, Simon Fraser University

“Chapman provides fabulous instructions for coaching the emotionally dysregulated and suicidal individual to bring about lasting change, with an emphasis on strengthening and generalizing behavioral skills in difficult situations. The dialogues with patients quoted in every chapter are worth the price of the book on their own!” —Charles R. Swenson, MD

This is the first comprehensive guide to phone coaching in dialectical behavior therapy (DBT)—an integral part of treatment that many clinicians find challenging. What are the principles and goals of phone coaching? Featuring many concrete examples, strategies, and model dialogues, the book includes a key chapter on suicide crisis calls.

Suicidology
A Comprehensive Biopsychosocial Perspective
Ronald W. Maris, PhD, University of South Carolina, Columbia (Emeritus)
Foreword by David A. Jobes, PhD

“A giant of suicidology, Maris offers us a uniquely thorough appraisal of one of the most complex of human tragedies…. Wise and detailed examinations of famous case histories make this book a ‘must have’ for those interested in deepening their knowledge of the suicide enigma. Clinicians and students alike will treasure it.” —Diego de Leo, PhD, MD

Integrating research from multiple disciplines, this text provides a comprehensive perspective on suicide and examines what works in prevention and intervention. Ronald Maris addresses the classification, prevalence, and assessment of suicide and self-destructive behaviors and explores risk factors at multiple levels, from demographic variables, personality traits, psychiatric diagnoses, and neurobiological factors to the social and cultural context.

Managing Suicidal Risk
SECOND EDITION
A Collaborative Approach
David A. Jobes, PhD, ABPP, The Catholic University of America
Foreword by Marsha M. Linehan, PhD

“There are few books that I recommend hands-down as ‘must reads’ for all behavioral health clinicians—this is one of them.” —Alan L. Peterson, PhD

The Collaborative Assessment and Management of Suicidality (CAMS) approach has garnered a strong evidence base and has been implemented by therapists from a range of orientations in diverse clinical settings. This manual provides a proven therapeutic framework for evaluating suicidal risk and developing and implementing a suicide-specific treatment plan that is respectful, empathic, and empowering.
Treating Trauma in Adolescents
Development, Attachment, and the Therapeutic Relationship
Martha B. Straus, PhD
“The author’s kindness, verbal intelligence, self-reflection, and capacity for integrating developmental neuroscience into psychotherapy represent a giant step toward effective work with adolescents, and with developmental trauma.”
—PsycCRITIQUES

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Cognitive-Behavioral Conjoint Therapy for PTSD
Harnessing the Healing Power of Relationships
Candice M. Monson, PhD
Steffany J. Fredman, PhD
“An essential resource for clinicians who treat trauma survivors, expanding the frame from individual and group therapy to the key—yet too often overlooked—domain of intimate relationships. The manual provides a complete template for working with couples struggling with PTSD.”
—Julian D. Ford, PhD

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Clinician’s Guide to PTSD
SECOND EDITION
A Cognitive-Behavioral Approach
Steven Taylor, PhD
“Taylor—a CBT master therapist—has revised and updated his A to Z volume that is a ‘must read’ for every clinician treating PTSD and every clinical student. Including recent innovations, the book is accessible and features case examples throughout….Even seasoned clinicians will discover new information that will change their practice.”
—Barbara Olasov Rothbaum, PhD

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“This book is especially useful for clinicians working with trauma survivors who do not respond to standard treatments for PTSD but who may benefit from mindfulness-based interventions delivered within the context of the therapeutic relationship.”
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Promoting Safety and Self-Care
Judith Lewis Herman, MD
Diya Kallivayalil, PhD
and Members of the Victims of Violence Program
“Every therapist interested in conducting trauma psychoeducation as an integral part of the early phase of treatment will benefit from the time-tested, practical, and broadly adaptable strategies richly illustrated in this manual.”
—Frank W. Putnam, MD

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Using Music in Child and Adolescent Psychotherapy
Laura E. Beer, PhD, MT-BC
Jacqueline C. Birnbaum, MSED, MA, MT-BC
“Beer and Birnbaum provide a new understanding of how music can be integrated into psychotherapy….The book shows how music offers an opportunity for children and adolescents to gain awareness of and express intense emotions in a safe therapeutic context.”
—Stephen W. Porges, PhD

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