The background of the cover is a photograph of white cherry blossoms in full bloom, with green leaves and dark brown branches. The sky is a clear, bright blue with a few wispy white clouds. The overall mood is fresh and vibrant, representing the spring season.

SPRING 2022 • FOREIGN RIGHTS LIST

# GUILFORD PRESS

PSYCHOLOGY • PARENTING • HEALTH • RELATIONSHIPS



Please contact us to schedule an appointment by phone or video conference.

## FOREIGN RIGHTS LIST SPRING 2022

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### Dear Friends,

While Guilford will not be attending the London Book Fair this year, we are nevertheless excited to share with you our Spring 2022 Rights List, which is as robust as ever. Our catalogue this season features a range of new and forthcoming titles for psychotherapists, counselors, healthcare professionals, and general readers.

Leading our list for general readers this year is *If Only...*, by Robert L. Leahy, a guide that demonstrates how to use feelings of regret as a tool for change. Also featured this year is *Straight Talk about ADHD in Girls*, a promising new book on ADHD, for parents of preschool through high school-aged girls.

Highlights from our professional list include *Treating Trauma in Dialectical Behavior Therapy*, Melanie S. Harned's groundbreaking new manual that integrates DBT with prolonged exposure (PE) therapy for PTSD. We also present *What Happens in Mindfulness*, the latest from renown author John Teasdale, which combines a cognitive-behavioral tradition with cognitive sciences to highlight the healing psychological impact of mindfulness and meditation practice.

If you would like more detailed information or reading copies for these, or any of our titles, please feel free to contact us at any time. We look forward to seeing you at future book fairs, and in the meantime remain available to offer further information or recommendations.

ANGELA WHALEN  
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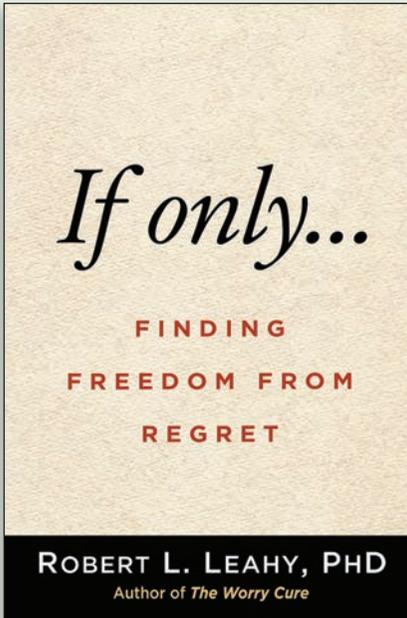
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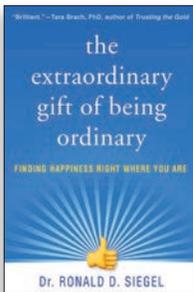
## If Only . . .

*Finding Freedom from Regret*

**Leahy** • 246 • July 2022

► **Rights Sold:** Portuguese, Russian

- Renowned expert Robert Leahy demonstrates how to use feelings of regret as a tool for self-knowledge and change.
- Highly practical guide that uses the tenets of cognitive-behavioral therapy to help decrease damaging regret and increase productive regret.
- Completely avoiding regret is not only unrealistic but also unconstructive; appropriate, proportionate, thoughtful regret is an essential learning tool that fuels growth.



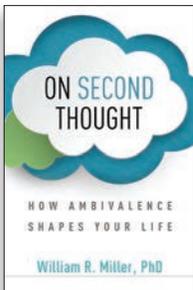
## Extraordinary Gift of Being Ordinary

*Finding Happiness Right Where You Are*

**Siegel** • 286 • February 2022

► **Rights Sold:** German

- Guide to overcoming obsessive, perfectionistic thinking by understanding and breaking the common human habit of over-self-evaluating.
- From acclaimed Mindfulness scholar, Ronald Siegel.



## On Second Thought

*How Ambivalence Shapes Your Life*

**Miller** • 192 • January 2022

- Explores the concept of ambivalence (having mixed feelings or contradictory ideas about something or someone) to help clarify opposing desires and lead to making decisions.
- William Miller is one of the world's leading experts on the science of change.

# The Complete Family Guide to Dementia

EVERYTHING YOU NEED TO KNOW TO HELP YOUR PARENT AND YOURSELF

Thomas F Harrison  
Brent Forester, MD

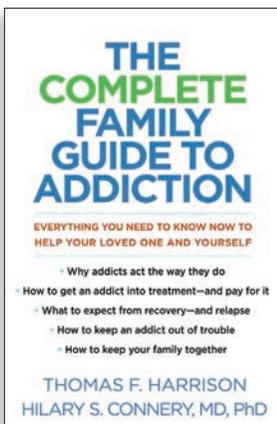
## The Complete Family Guide to Dementia

*Everything You Need to Know to Help Your Parent and Yourself*

**Harrison** • 228 • August 2022

- Guide for caregivers; this book provides vital information on the unique challenges presented by dementia.
- Explains the basics of dementia and offers effective strategies for coping with the medical, emotional, and financial toll.
- Helps readers navigate changing family roles, communicate better with elders with dementia, keep them safe, and manage difficult behaviors.

### ALSO BY THOMAS F. HARRISON

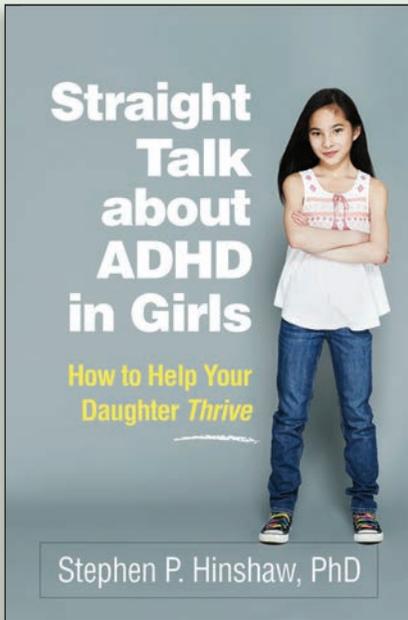


## The Complete Family Guide to Addiction

*Everything You Need to Know Now to Help Your Loved One and Yourself*

**Harrison** • 262 • June 2019

- Accessible, straightforward resource to help families of an addict in recovery.
- Short, easy-to-follow chapters on how addiction works and how it affects families.

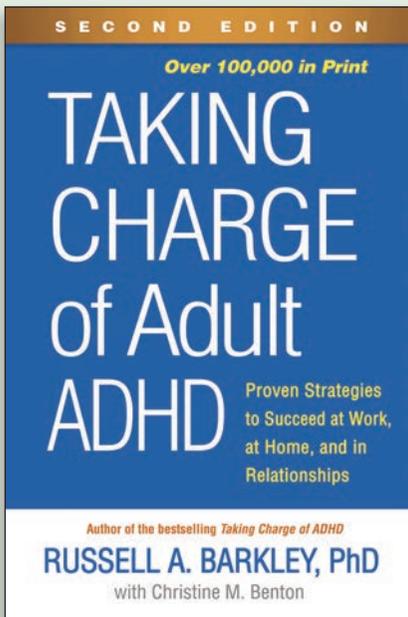


## Straight Talk about ADHD in Girls

*How to Help Your Daughter Thrive*

**Hinshaw** • 258 • August 2022

- For parents of preschool through high school age (girls ages 3 – 18) with attention-deficit/hyperactivity disorder (ADHD).
- Experts provide up-to-date facts on what ADHD is, why symptoms often appear differently in girls than in boys, why girls with ADHD behave the way they do, how to get an accurate diagnosis, and what treatments are most effective
- There is often expectations on girls to be “perfect,” which can exacerbated by ADHD symptoms; parents learn steps they can take to support their daughter’s success in school, while nurturing her confidence and self-worth.



## Taking Charge of Adult ADHD

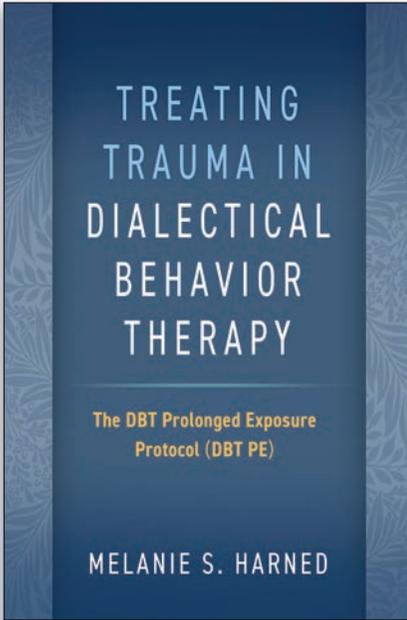
SECOND EDITION

*Proven Strategies to Succeed at Work, at Home, and in Relationships*

**Barkley** • 294 • November 2021

► **Rights Sold:** *German, Portuguese, Russian*

- From the preeminent expert on ADHD, this book looks at how ADHD manifests in adults, how to get an accurate evaluation, and how sufferers can manage their symptoms.
- Updated and thoroughly revised with the latest resources and medication facts.
- Practical guide that provides exercises and clear answers to common questions about medications and other treatments, such as mindfulness, emotional self-control, and maintaining a healthy lifestyle.



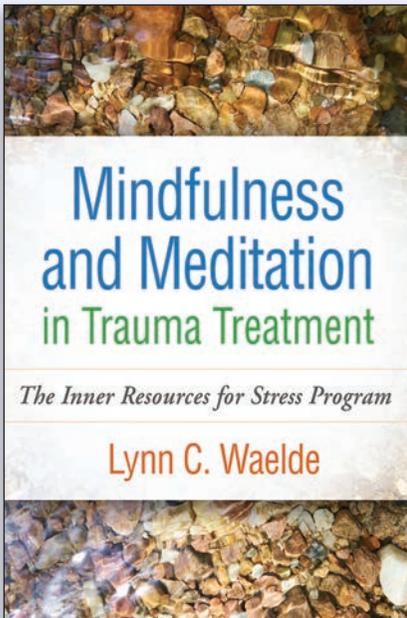
## Treating Trauma in Dialectical Behavior Therapy

*The DBT Prolonged Exposure Protocol (DBT PE)*

**Harned** • 442 • April, 2022

► **Rights Sold:** *Italian*

- Groundbreaking manual that integrates DBT with an adapted version of prolonged exposure (PE) therapy for PTSD.
- Many DBT clients suffer from PTSD, but the field has lacked a formal, tested protocol for exactly when and how to treat trauma with DBT.
- Clinical guide, this book provides practical steps for implementing DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma-focused treatment.
- Author has a growing international reputation.

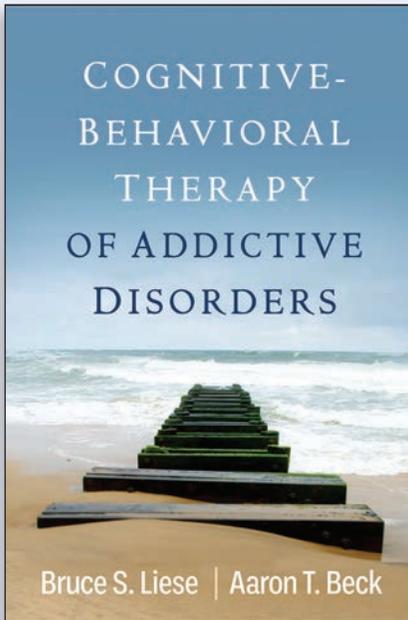


## Mindfulness and Meditation in Trauma Treatment

*The Inner Resources for Stress Program*

**Waelde** • 272 • November 2021

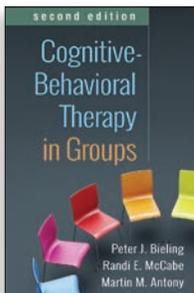
- Guide that presents a group program developed over two decades to support resilience and recovery in people who have experienced trauma.
- Inner Resources for Stress (IR) weaves mindfulness, mantra repetition, and other meditative practices into nine structured yet flexible sessions.
- IR is a developmentally informed, culturally responsive approach grounded in cognitive-behavioral conceptualizations of trauma.



## Cognitive-Behavioral Therapy of Addictive Disorders

**Liese** • 292 • February 2022

- Provides critical tools for understanding and treating the full range of addictive behaviors, based in decades of CBT research and clinical practice.
- Reflecting nearly 30 years of important advances in the field, this entirely new book replaces the authors' classic Cognitive Therapy of Substance Abuse.
- Using case examples, explains how to systematically develop case conceptualizations and support clients in achieving their recovery goals
- Illustrates CBT techniques, structure, psychoeducation, motivational interviewing, group treatment, relapse prevention, and other effective therapeutic components

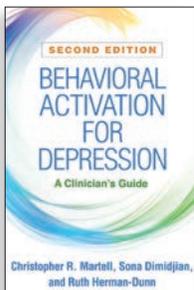


## Cognitive-Behavioral Therapy in Groups

SECOND EDITION

**Bieling** • 468 • July 2022

- New edition of a successful, widely used clinical guide to providing CBT in group formats.
- Also used as a textbook in graduate training programs in Psychology, Social Work, Nursing, Medicine, and Counseling.



## Behavioral Activation for Depression

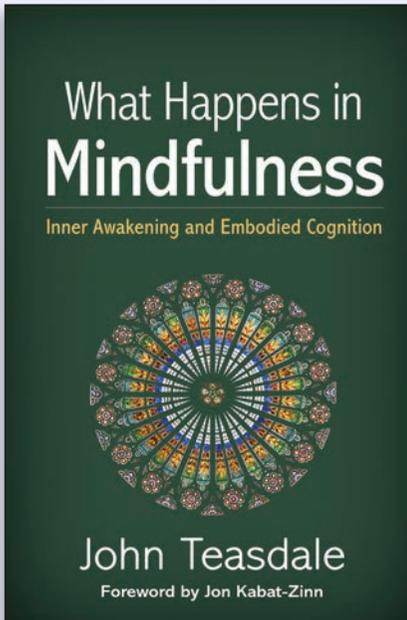
SECOND EDITION

*A Clinician's Guide*

**Martell** • 241 • December 2021

► **Rights Sold:** *Swedish*

- Clear and practical; the definitive guide to behavioral activation (BA).
- From leading experts who enumerate BA principles and provide guidelines for assessment and intervention.

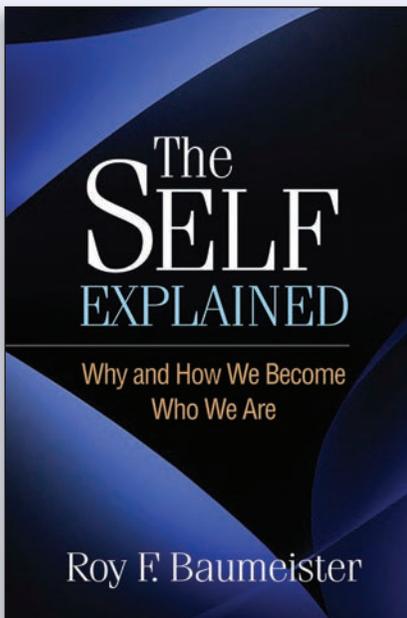


## What Happens in Mindfulness

*Inner Awakening and Embodied Cognition*

**Teasdale** • 268 • May 2022

- From one of Guilford's leading writers; combines an empirical and cognitive-behavioral tradition with cognitive sciences to highlight the healing psychological impact of mindfulness and meditation practice.
- Mindfulness literature has often had a practical focus—reducing depression and other psychological problems—but this book examines the cognitive changes that are behind these practical outcomes.
- Using the “Interacting Cognitive Subsystems” (ICS) model, which underpins MBCT, this book emphasizes how mindfulness is a path to fundamental wellbeing.



## Self Explained

*Why and How We Become Who We Are*

**Baumeister** • 420 • April 2022

- From pioneering researcher, this book synthesizes a vast body of knowledge to provide a panoramic view of the human self—how it develops and functions, why it exists, and what problems it encounters on the journey through life.
- Addresses basic questions on how to think about the self, and considers three essential parts of the self: inner self-knowledge, the active part of the self that makes decisions in the world, and the interpersonal aspects of self.
- A leading researcher in the field, Baumeister is known widely and presents internationally.

## Emotional Development across the Lifespan



Linda A. Camras

## Emotional Development across the Lifespan

**Camras** • 386 • June 2022

- Provides readers with an understanding of typical and atypical emotional development in each stage of life from infancy through to late adulthood, exploring which processes are universal and which vary by cultures.
- The study of emotion has taken off, including annual international Gallup polls of emotional well-being.

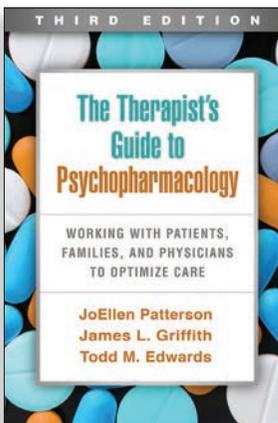
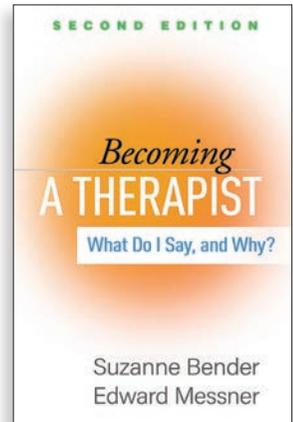
## Becoming a Therapist

SECOND EDITION

*What Do I Say, and Why?*

**Bender** • 454 • May 2022

- New edition of a widely-read, pragmatic guide for people who are new to the practice of psychotherapy, and those in training.
- Provides guidance for new therapists on what works and what doesn't work in interactions with patients, insight into the therapeutic relationship, and managing common clinical dilemmas.



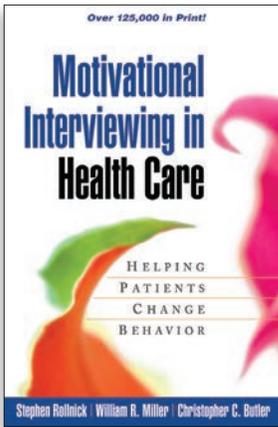
## Therapist's Guide to Psychopharmacology

THIRD EDITION

*Working with Patients, Families, and Physicians to Optimize Care*

**Patterson** • 308 • October 2021

- Practitioner guide to the latest knowledge about psychopharmacology and collaborative care.
- Written for optimal practical utility, the text is organized around frequently encountered mental health disorders and explains how medications work (including what they can and cannot accomplish).



## Motivational Interviewing in Health Care

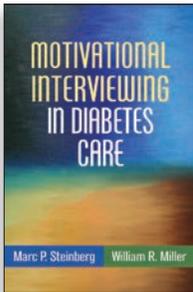
SECOND EDITION

*Helping Patients Change Behavior*

**Rollnick** • 200 • September 2022

► **Rights Sold:** Swedish

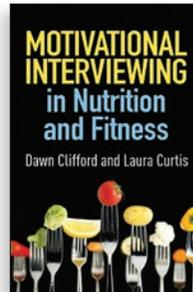
- Thorough revision and update of a widely-selling practical guide to using MI in health care contexts.
- Results in health care depend on patients' behavior; this book shows providers how to work with patients to make changes in their lifestyles and habits.
- Relevant not only to hospitals and clinics, but also in schools, in community centers, physical therapy and rehab settings, and in pharmacies.



### Motivational Interviewing in Diabetes Care

**Steinberg** • 244  
August 2015

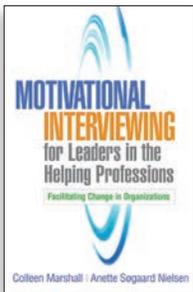
► **Rights Sold:** Hebrew, Korean



### Motivational Interviewing in Nutrition and Fitness

**Clifford** • 276  
December 2015

► **Rights Sold:** Russian

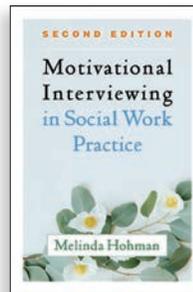


### Motivational Interviewing for Leaders in the Helping Professions

*Facilitating Change in Organizations*

**Marshall** • 250  
August 2020

► **Rights Sold:** Danish, Japanese, Swedish



### Motivational Interviewing in Social Work Practice

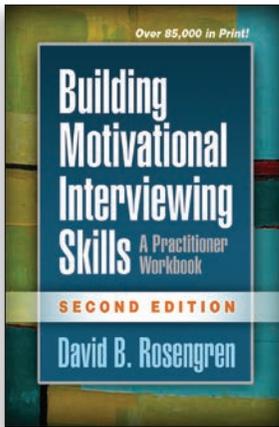
SECOND EDITION

**Hohman** • 284  
March 2021

► **Rights Sold:** Spanish

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**Applications of Motivational Interviewing Series...**

<https://www.guilford.com/browse/psychology-psychiatry-social-work/applications-motivational-interviewing-series>



## Building Motivational Interviewing Skills

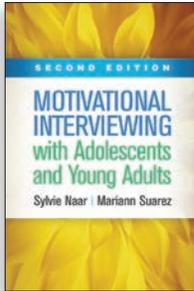
SECOND EDITION

*A Practitioner Workbook*

**Rosengren** • 513 • September 2017

► **Rights Sold:** *Simplified Chinese, French, Italian, Japanese, Korean, Polish, Romanian, Russian*

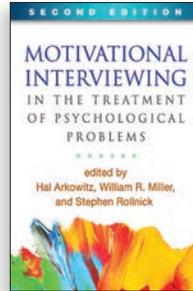
- Essential book for those who want to develop and sharpen their skills at doing motivational interviewing.
- Clear explanations of core MI concepts accompanied by sample dialogues, exercises, and practice opportunities.



### Motivational Interviewing with Adolescents and Young Adults

SECOND EDITION

**Naar** • 224  
August 2021

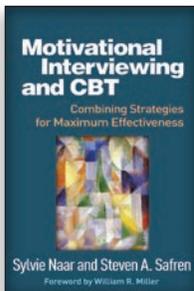


### Motivational Interviewing in the Treatment of Psychological Problems

SECOND EDITION

**Arkowitz** • 400  
January 2017

► **Rights Sold:** *Simplified Chinese, French, Polish, Turkish*

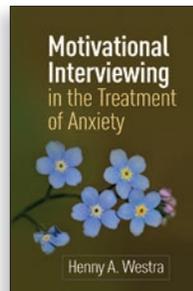


### Motivational Interviewing and CBT

*Combining Strategies for Maximum Effectiveness*

**Naar** • 242  
August 2017

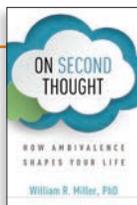
► **Rights Sold:** *Simplified Chinese, Dutch, Korean, Polish, Swedish*



### Motivational Interviewing in the Treatment of Anxiety

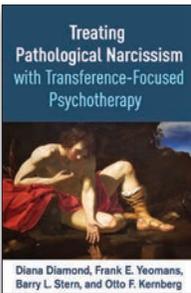
**Westra** • 272  
December 2015

► **Rights Sold:** *Hebrew, Italian, Korean, Polish*



### On Second Thought...

Also by William R. Miller. See Page 4 for more information.

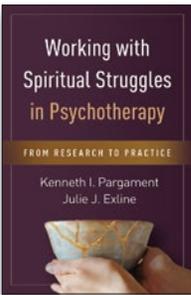


## Treating Pathological Narcissism with Transference-Focused Psychotherapy

**Diamond** • 470 • November 2021

► **Rights Sold:** *Russian, Turkish*

- Explores the special challenges of treating patients with narcissistic traits or narcissistic personality disorder—who retreat from reality into narcissistic grandiosity.
- Assessment procedures and therapeutic strategies have been adapted from transference-focused psychotherapy (TFP), a manualized treatment for borderline personality disorder.

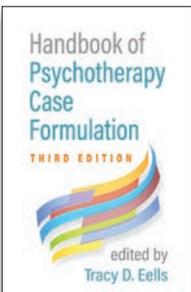


## Working with Spiritual Struggles in Psychotherapy

*From Research to Practice*

**Pargament** • 393 • November 2021

- Spiritual trials, doubts, or conflicts are often intertwined with mental health concerns, yet many psychotherapists feel ill equipped to discuss questions of faith.
- Clinicians learn sensitive, culturally responsive ways to assess different types of spiritual struggles and help clients use them as catalysts to change.

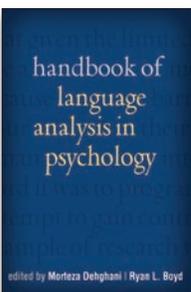


## Handbook of Psychotherapy Case Formulation

THIRD EDITION

**Eells** • 488 • April 2022

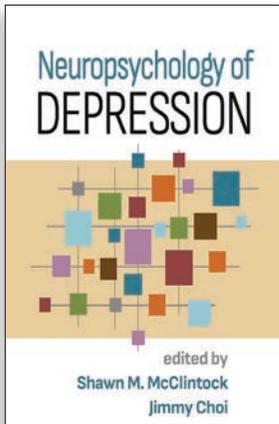
- Authoritative guide, clinical reference, and course textbook; defines and describes case formulation, which is a core component of treatment across models of therapy.
- Case formulation is a skill that lies at an intersection of diagnosis and treatment to develop a personalized treatment plan.



## Handbook of Language Analysis in Psychology

**Dehghani** • 630 • March 2022

- Leading language analysis scholars present foundational concepts and methods for investigating human thought, feeling, and behavior using language.
- First authoritative volume on the use of computational language analysis in psychological research.



## Neuropsychology of Depression

**McClintock** • 472 • May 2022

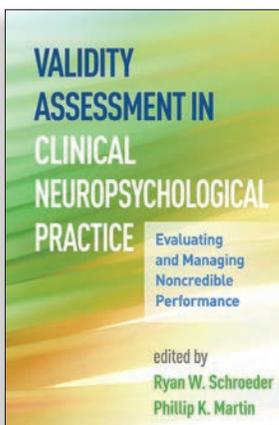
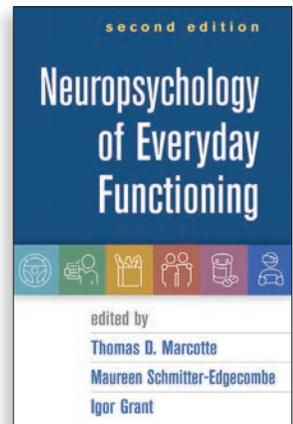
- Unique focus on neurocognitive aspects of depression and their implications for assessment, evaluation, clinical management, and research.
- Includes coverage of the neurocognitive effects of a broad array of antidepressant treatments.
- Experts explore the impact of depression on executive function, learning and memory, and other critical capacities.

## Neuropsychology of Everyday Functioning

SECOND EDITION

**Marcotte** • 598 • March 2022

- Authoritative resource for the neuropsychological assessment of key real-world capacities—the ability to live independently, work, manage medications, and drive a car.
- New edition provides new information about how to support individuals who experience disruptions in their daily life, including naturalistic assessments, wearable sensors, and virtual reality.

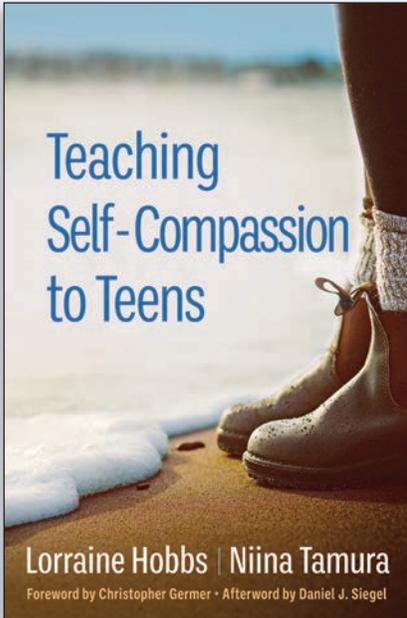


## Validity Assessment in Clinical Neuropsychological Practice

*Evaluating and Managing Noncredible Performance*

**Schroeder** • 478 • November 2021

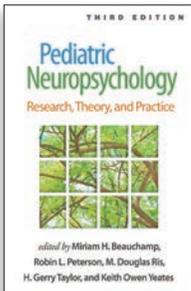
- Practical guide that focuses on noncredible performance in clinical contexts.
- Experts discuss causes of invalidity, and guide on how to proceed when noncredible responding is detected.
- Population-specific chapters cover validity assessment in a range of specific mental health concerns.



## Teaching Self-Compassion to Teens

**Hobbs** • 236 • March 2022

- Grounded in knowledge about the unique developmental challenges of adolescence, and adapted from Kristin Neff and Christopher Germer's widely disseminated Mindful Self-Compassion program for adults.
- For therapists, teachers, and other professionals who are interested in mindfulness and self-compassion as a vehicle for supporting the emotional wellbeing of teens and young adults.
- Broadly structured to answer four questions: why teens need self-compassion, who is teaching self-compassion to teens, how to teach self-compassion to teens, and what to teach teens.

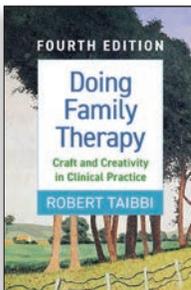


## Pediatric Neuropsychology

THIRD EDITION  
*Research, Theory, and Practice*

**Beauchamp** • 574 • June 2022

- Definitive reference and textbook on the relationship between brain health and behavior in children and adolescents.
- 75% new material; experts provide a neuropsychological perspective on medical, neurological, genetic, and developmental disorders that are frequently seen in clinical practice.

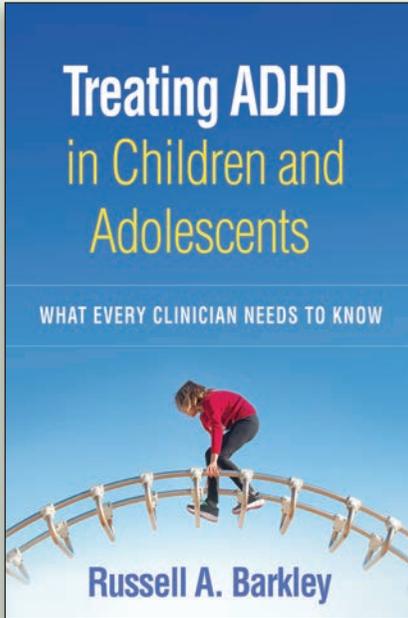


## Doing Family Therapy

FOURTH EDITION  
*Craft and Creativity in Clinical Practice*

**Taibbi** • 356 • March 2022

- Practical and widely used textbook and practitioner guide for therapists working with families.
- Because there are multiple ways to guide parents, children, and adolescents, author advocates for personalized treatment plans based on each family's unique circumstances.

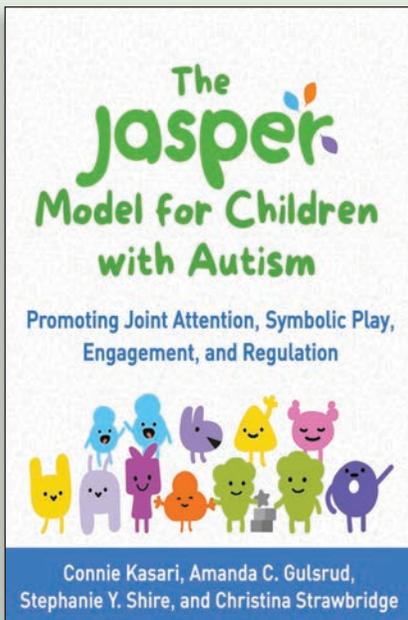


## Treating ADHD in Children and Adolescents

*What Every Clinician Needs to Know*

**Barkley** • 364 • May 2022

- Clinical manual that compiles what is known about ADHD with the author's clinical expertise to provide numerous fact sheets, forms, rating scales, an interview, and resource guides.
- Distills key facts, principles, guidelines, and management strategies that every clinician needs to know in diagnosing and managing ADHD.
- Barkley is one of the world's leading experts on ADHD, with over 44 years of professional experience, hundreds of scientific papers and book chapters, and more than 800 invited lectures.



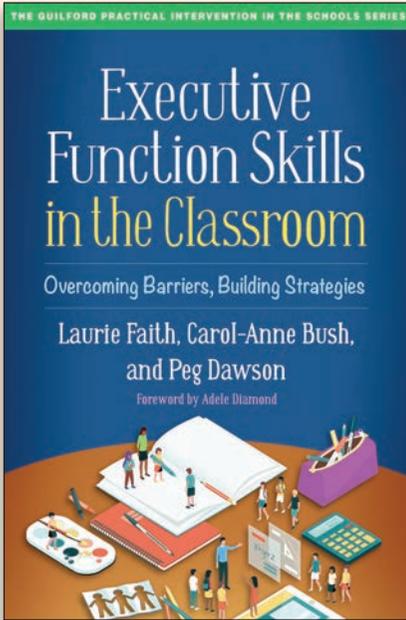
## The JASPER Model for Children with Autism

*Promoting Joint Attention, Symbolic Play, Engagement, and Regulation*

**Kasari** • 360 • November 2021

► **Rights Sold:** Japanese, Korean, Spanish

- Practical manual for implementing the Joint Attention, Symbolic Play, Engagement, and Regulation (JASPER) intervention to assess children (ages 1-8) and set treatment targets.
- JASPER, a groundbreaking new intervention, provides a clear, flexible structure to bolster early skills core to social communication development.
- Authors conduct JASPER training internationally.

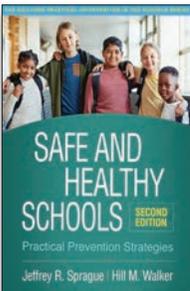


## Executive Function Skills in the Classroom

*Overcoming Barriers, Building Strategies*

**Faith** • 214 • March 2022

- Guide to bringing executive functions (EF) to the forefront in K-8 classrooms.
- Includes flexible, practical, research-based ideas for implementation in a variety of classroom contexts.
- Offers a guide for talking about EF barriers and strategies, as well as exploring and applying the strategies that feel right for each student.



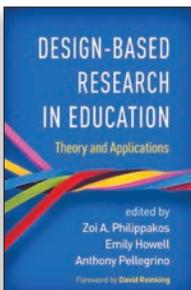
## Safe and Healthy Schools

SECOND EDITION

*Practical Prevention Strategies*

**Sprague** • 198 • November 2021

- Experts guide practitioners to understand and prevent violence, bullying, and peer harassment in grades K–12.
- Describes ways to identify and support behaviorally at-risk students across multiple tiers of intervention.

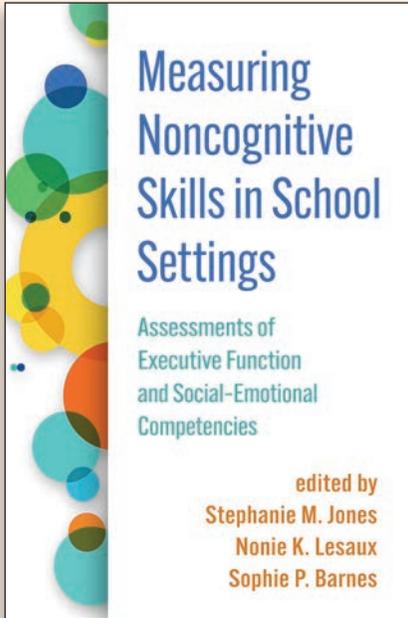


## Design-Based Research in Education

*Theory and Applications*

**Philippakos** • 324 • October 2021

- Reference and course textbook that examines the theory and practice of design-based research (DBR).
- Important methodology for conducting studies in educational contexts where research requires collaboration between researchers and school-based practitioners.

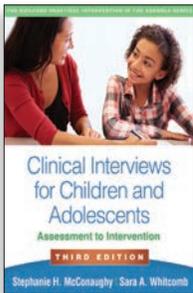


## Measuring Noncognitive Skills in School Settings

*Assessments of Executive Function and Social-Emotional Competencies*

**Jones** • 342 • February 2022

- Children's social–emotional and self-regulation skills are critical for success in school and, ultimately, in the workplace.
- This guide shows how to determine the most effective approaches for measuring students' interpersonal competencies.
- Discusses the current state of measurement and assessment of a broad range of noncognitive skills and presents an array of innovative tools.



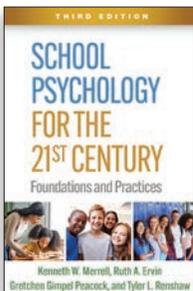
## Clinical Interviews for Children and Adolescents

THIRD EDITION

*Assessment to Intervention*

**McConaughy** • 292 • December 2021

- Guide to conducting thorough, developmentally informed interviews with K–12 students—and their parents and teachers.
- Describes multi-method assessment and intervention planning; includes new material on telehealth services



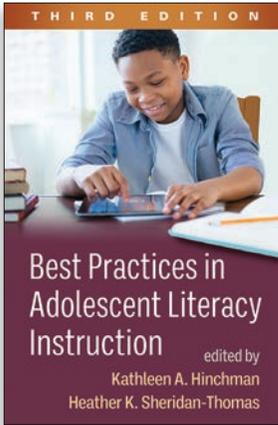
## School Psychology for the 21st Century

THIRD EDITION

*Foundations and Practices*

**Merrell** • 332 • May 2022

- Leading textbook prepares new practitioners to support all students' academic, behavioral, and social-emotional success.
- Illustrates multiple roles and functions of the school psychologist in order to explore vital skills for planning and implementing prevention and intervention efforts.

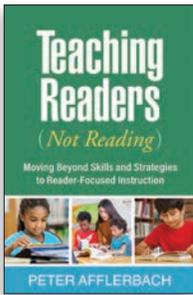


## Best Practices in Adolescent Literacy Instruction

THIRD EDITION

**Hinchman** • 430 • February 2022

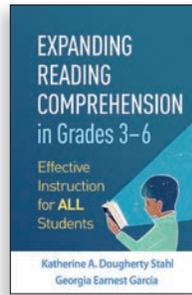
- Course textbook and teacher resource that provides a comprehensive picture of reading, writing, and oral language instruction in grades 5–12.
- Presents practices for motivating adolescent learners, fostering comprehension of multiple types of texts, and developing disciplinary literacies.
- Shows how to engage and celebrate students’ sociocultural assets, as well as how to support struggling readers.



### Teaching Readers (Not Reading)

*Moving Beyond Skills and Strategies to Reader-Focused Instruction*

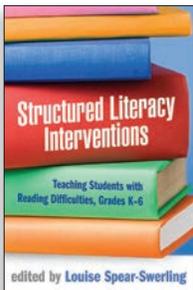
**Afflerbach** • 190  
February 2022



### Expanding Reading Comprehension in Grades 3-6

*Effective Instruction for All Students*

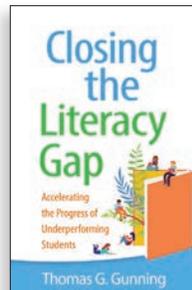
**Stahl** • 212 • April 2022



### Structured Literacy Interventions

*Teaching Students with Reading Difficulties, Grades K-6*

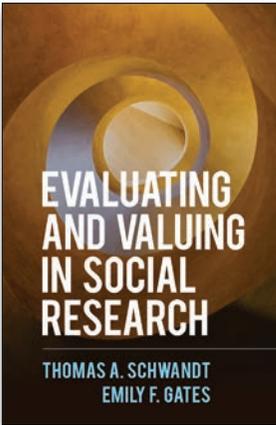
**Spear-Swerling** • 244  
February 2022



### Closing the Literacy Gap

*Accelerating the Progress of Underperforming Students*

**Gunning** • 244  
June 2022



## Evaluating and Valuing in Social Research

**Schwandt** • 250 • October 2021

- Offers an alternative approach to applied research that incorporates sustained, systematic reflection about researchers' values.
- Considers what values research promotes, how decisions about what to value are made, and how judging the value of social interventions takes place.
- Offers practical and conceptual guidance to help researchers engage meaningfully with value conflicts.

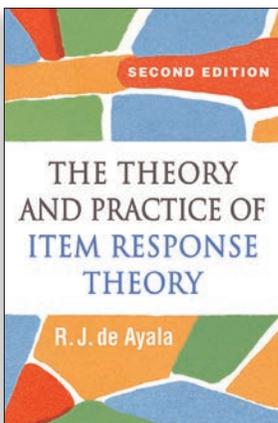
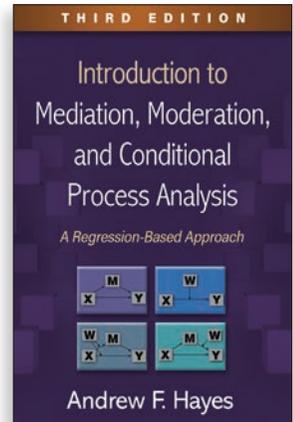
## Introduction to Mediation, Moderation, and Conditional Process Analysis

THIRD EDITION

*A Regression-Based Approach*

**Hayes** • 732 • January 2022

- Thorough presentation of mediation, moderation, and conditional process analysis.
- Procedures are outlined for estimating and interpreting direct, indirect, and conditional effects; testing hypotheses about the moderation of mechanisms; and reporting different types of analyses.
- Illustrates the link between statistics and causality, as well as what the data are telling them.

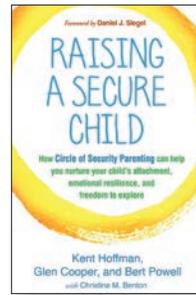
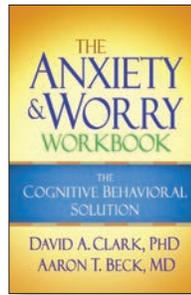
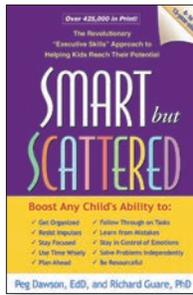
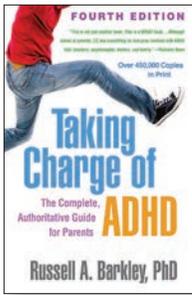


## Theory and Practice of Item Response Theory

SECOND EDITION

**de Ayala** • 646 • March 2022

- Addresses both the “hows” and “whys” of item response theory (IRT).
- Revised and updated with the latest techniques—multilevel models, mixed models, and more—and software packages.
- Takes the reader from model development through the fit analysis and interpretation phases that would be performed in practice.



***The Mindful Self-Compassion Workbook***

NEFF | August 2018 | RIGHTS SOLD IN 13 languages

***Mind Over Mood, Second Edition***

GREENBERGER | October 2015 | RIGHTS SOLD IN 24 languages

***Smart but Scattered***

DAWSON | January 2009 | RIGHTS SOLD IN 16 languages

***The Anxiety and Worry Workbook***

CLARK | September 2011 | RIGHTS SOLD IN 12 languages

***Overcoming Binge Eating, Second Edition***

FAIRBURN | July 2013 | RIGHTS SOLD IN 14 languages

***Smart but Scattered Teens***

GUARE | December 2012 | RIGHTS SOLD IN 7 languages

***Taking Charge of Adult ADHD, Second Edition***

BARKLEY | November 2021 | RIGHTS SOLD IN German, Portuguese, Russian

***The Bipolar Disorder Survival Guide, Third Edition***

MIKLOWITZ | February 2019 | RIGHTS SOLD IN Chinese (world) and Italian

***Taking Charge of ADHD, Fourth Edition***

BARKLEY | June 2020 | RIGHTS SOLD IN Chinese (Simplified), German, Russian, Ukrainian

***Raising a Secure Child***

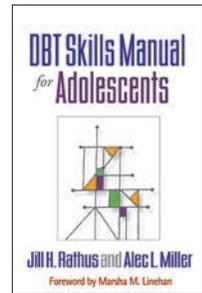
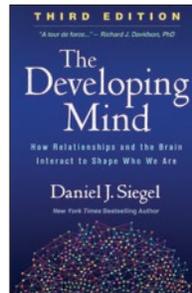
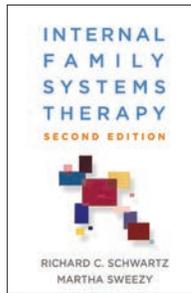
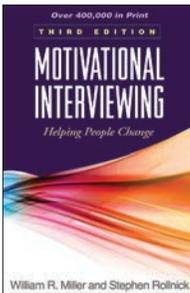
HOFFMAN | February 2017 | RIGHTS SOLD IN 10 languages

***Loving Someone with Borderline Personality Disorder***

MANNING | June 2011 | RIGHTS SOLD IN Chinese (simplified), German, Japanese, Turkish

***The Mindful Way through Depression***

WILLIAMS | June 2007 | RIGHTS SOLD IN 25 languages



***DBT Skills Training Handouts and Worksheets, SECOND EDITION***

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***DBT Skills Training Manual, SECOND EDITION***

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***Eye Movement Desensitization and Reprocessing (EMDR) Therapy, THIRD EDITION***

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***Cognitive Behavior Therapy, Third Edition***

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RESICK | December 2016 | RIGHTS SOLD IN 9 languages

***Internal Family Systems Therapy, SECOND EDITION***

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***Attachment Theory in Practice***

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***DBT Skills Manual for Adolescents***

RATHUS | November 2014 | RIGHTS SOLD IN 7 languages

***Teaching the Mindful Self-Compassion Program***

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***DSM-5® Made Easy***

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