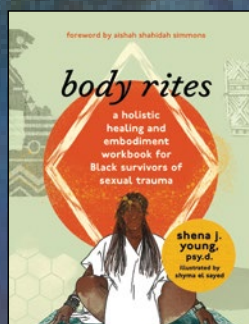
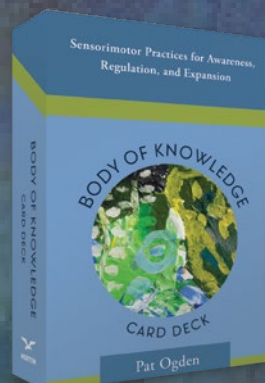
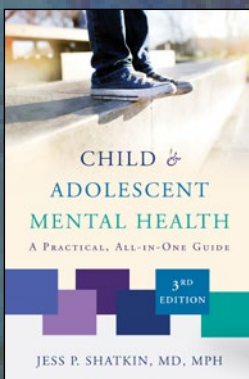
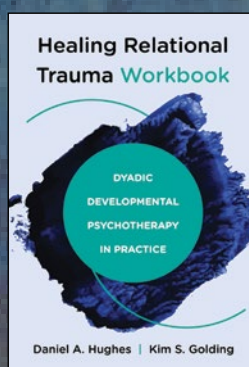
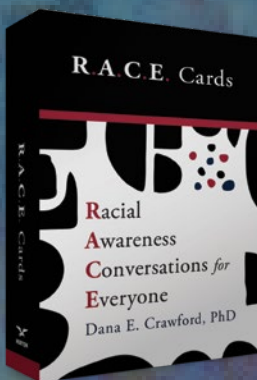
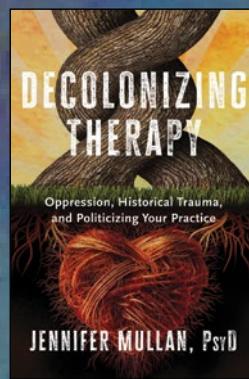
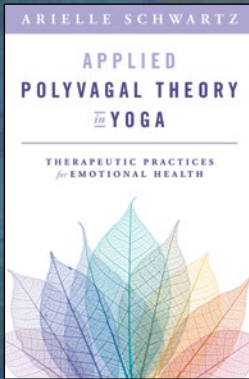
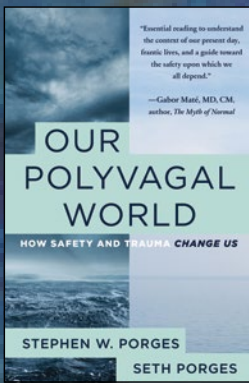




# NORTON MENTAL HEALTH

## 2024 CATALOG

- POLYVAGAL THEORY
- MULTICULTURALISM & DIVERSITY
- PSYCHOTHERAPY
- COUNSELING
- NEUROBIOLOGY
- SELF-HELP



Dear Reader,

Welcome to the 2024 Norton Mental Health Catalog. We are featuring new titles to be published through April 2024, representing a spectrum of new books in mental health and wellness, as well as many older titles too. We would be pleased to hear from you and welcome your thoughts and comments on our books. Email us at [nmh@wnorton.com](mailto:nmh@wnorton.com).

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## OUR POLYVAGAL WORLD

*How Safety and Trauma Change Us*

STEPHEN W. PORGES and SETH PORGES

*The creator of the Polyvagal Theory explains the principles in simple terms that are accessible to all.*

“At last, a simple, eloquently straightforward, and comprehensive rendition of one of the most important recent advances in psychology and physiology, by its pioneer. Stephen Porges, ably assisted here by his son Seth, places his indispensable Polyvagal Theory into the context of our present-day frantic, post-pandemic, complicated lives and thereby guides us toward the safety on which our well-being, personal and social, depends. Essential reading; this book leaves me filled with appreciation.” —**Gabor Maté, MD, CM**, author, *The Myth of Normal*

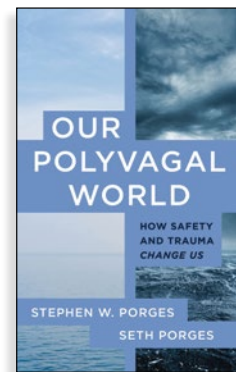
*Our Polyvagal World* definitively presents that Polyvagal Theory can be understandable to all and demonstrates how its practical principles are applicable to anyone looking to live their safest, healthiest, and happiest life. What emerges is a worldview filled with optimism and hope, and an understanding as to why our bodies sometimes act in ways our brains wish they didn't.

Filled with actionable advice and real-world examples, this book will change the way you think about your brain, body, and ability to stay calm in a world that feels increasingly overwhelming and stressful.

**About the Authors** | **Stephen W. Porges, PhD**, is the originator of the Polyvagal Theory and author of bestsellers *The Polyvagal Theory*, *The Pocket Guide to Polyvagal Theory*, *Polyvagal Safety*, and coeditor with Deb Dana of *Clinical Applications of The Polyvagal Theory* (see pages 8–10). **Seth Porges** codirected the documentary *Class Action Park* (HBO Max) and is a regular contributor to *Bloomberg News*, *Forbes*, *InStyle*, *Entrepreneur*, *New York* magazine, *Departures*, *Mashable*, and *Men's Journal*.



ISBN: 978-1-324-03025-6 • 2023 • 256 pages • Paperback • \$22.00



## POLYVAGAL PROMPTS

*Finding Connection and Joy Through Guided Exploration*

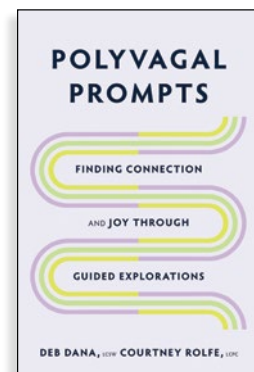
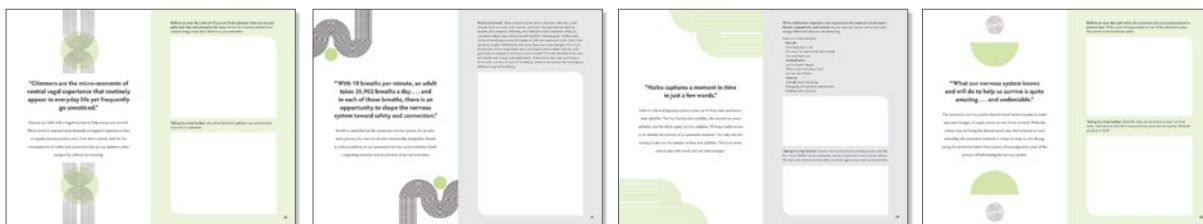
DEB DANA and COURTNEY ROLFE

*Discover the remarkable ways your nervous system works in service of your safety and well-being.*

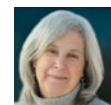
Polyvagal Theory, developed by researcher and scientist Dr. Stephen Porges and popularized by therapist Deb Dana, has impacted countless lives. It has changed the way therapists work with their clients and has provided a pathway toward healing for those who have experienced hardship or trauma.

In *Polyvagal Prompts*, Deb Dana and Courtney Rolfe invite readers to explore their nervous systems through Polyvagal Theory with engaging questions and exercises, which they can respond to directly in the pages of the book. Readers are guided in noticing their systems, listening with curiosity, and reflecting on what they learn. The book's prompts can be used as a daily practice or to explore specific topics at the reader's own pace, and are also ideal for helping clients track changes and reflect on their experiences.

No matter how readers decide to explore, *Polyvagal Prompts* offers an invaluable opportunity to begin the life-changing journey of befriending one's nervous system.



**About the Authors** | **Deb Dana, LCSW**, is a clinician, consultant, and the leading translator of Polyvagal Theory for both clinical and general readers. Her other books and resources include *Polyvagal Practices*, *Polyvagal Theory in Therapy*, *Clinical Applications of Polyvagal Theory*, *Polyvagal Exercises for Safety and Connection*, the *Polyvagal Flip Chart*, and the *Polyvagal Card Deck* (see pages 8–9).



**Courtney Rolfe, MA, LCPC**, is a therapist who utilizes a polyvagal-informed approach with her clients.



ISBN: 978-1-324-03019-5 • February 2024 • 208 pages • Paperback • \$24.99

## APPLIED POLYVAGAL THEORY IN YOGA

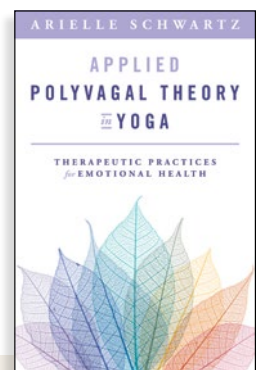
*Therapeutic Practices for Emotional Health*

ARIELLE SCHWARTZ

*Treat trauma holistically with the combined applications of yoga and Polyvagal Theory.*

This book focuses on the intersection of Polyvagal Theory, yoga, and psychotherapy by weaving together the wisdom tradition of yoga with neuroscience, attachment theory, somatic psychology, and traumatology. The application of Polyvagal Theory allows practitioners to compassionately support growth by enhancing the health of the autonomic nervous system, while therapeutic yoga allows one to attend to the interrelationships between mind, emotions, physiology, and behavior.

**Topics include:** Bridging yoga and psychotherapy; breathing and becoming; resourcing, rewiring, and resilience; mindful mobilization, and settling into stillness.



About the Author

**Arielle Schwartz, PhD**, is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, and certified yoga instructor with a private practice in Boulder, Colorado. She is the author of several books on trauma recovery, including *EMDR Therapy and Somatic Psychology* (see page 96).



ISBN: 978-1-324-03085-0 • March 2024 • 272 pages • Paperback • \$34.99

## ASSESSING TRAUMA-RELATED DISSOCIATION

*With the Trauma and Dissociation Symptoms Interview (TADS-I)*

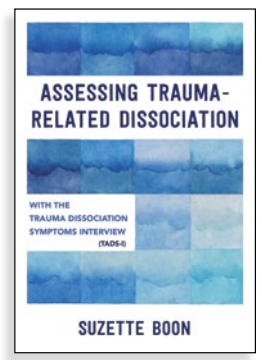
SUZETTE BOON

Written for clinicians who want to learn how to diagnose dissociative disorders, as well as colleagues who do not perform the assessment, this book provides a wealth of information to assist clinicians in recognizing patients with dissociative symptoms and referring them for specialized diagnostic testing.

The complete TADS-I diagnostic tool is included in the book and available for download.

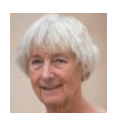
“This excellent book provides a highly accessible and comprehensive overview of the clusters of dissociative symptoms related to early childhood traumatic experiences . . . An invaluable contribution to improving clinical diagnosis and therefore increasing the number of patients referred to an appropriate treatment plan.”

—**Manoëlle Hopchet**, clinical psychologist, psychotrauma therapist, and former president of the European Society for Trauma & Dissociation



About the Author

**Suzette Boon, PhD**, is a clinical psychologist and psychotherapist. Working in private practice and teaching worldwide, she is a leader on the assessment and treatment of dissociative disorders and has almost forty years of experience in practice and research in this field. Cofounder and past president of the European Society for Trauma and Dissociation, she is first author of *Coping with Trauma-Related Dissociation* and coauthor of *Treating Trauma-Related Dissociation* (see page 27).



ISBN: 978-1-324-05257-9 • 2023 • 480 pages • Paperback • \$57.99

## BODY OF KNOWLEDGE CARD DECK

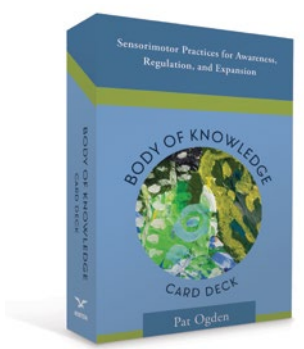
*Sensorimotor Practices for Awareness, Regulation, and Expansion*

PAT OGDEN

*Our bodies hold a wealth of knowledge that, with the right tools, we can tap into at any time.*

The somatic practices in this card deck experientially illuminate the innate and unique knowledge that resides in our bodies and will help you nurture a more deeply embodied connection with yourself, others, and the world.

The cards are divided into fifteen themes: ancestors and community, body connection, body sensation, boundaries, breath, containment, culture, five fundamental movements, grounding, mindfulness, movement, posture, the senses, positivity, and past and future.



About the Author

**Pat Ogden, PhD**, a pioneer in somatic psychology, is the founder of the Sensorimotor Psychotherapy Institute and the author of *Sensorimotor Psychotherapy, Trauma and the Body*, and *The Pocket Guide to Sensorimotor Psychotherapy in Context* (see page 22).



ISBN: 978-1-324-01649-6 • February 2024 • 64 cards • Cards • \$17.99



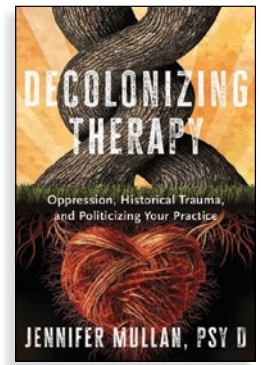
## DECOLONIZING THERAPY

*Oppression, Historical Trauma, and Politicizing Your Practice*

JENNIFER MULLAN

*A call to action for therapists to politicize their practice through an emotional–decolonial lens.*

An essential work that centers colonial and historical trauma in a framework for healing, *Decolonizing Therapy* illuminates that all therapy is—and always has been—inherently political. To better understand the mental health oppression and institutional violence that exists today, we must become familiar with the root of disembodiment from our histories, homelands, and healing practices. Only then will readers see how colonial, historical, and intergenerational legacies have always played a role in the treatment of mental health. This book is the emotional companion and guide to decolonization. It is an invitation for Eurocentrically-trained clinicians to acknowledge privileged and oppressed parts while relearning what we thought we knew.



“Jennifer Mullan offers a fiery provocation to all of us—especially those called to serve as therapists, practitioners, and healers. The call is to grasp at the root that which really harms us, those oppressive practices of our training that do more to dehumanize and disconnect than we’ve known. . . . What Mullan leaves us with, somehow, is everything, each other, and the beautiful and challenging project of creating decolonized spaces of healing and repair.” —Prentis Hemphill, The Embodiment Institute



**About the Author** | **Jennifer Mullan (she/her), PsyD**, is educated as a clinical psychologist and is founder of Decolonizing Therapy, LLC, where she teaches her “Politicizing Your Practice” series. She is also the creator of the popular Instagram account @decolonizingtherapy. Recipient of *Essence magazine’s* 2020 Essential Hero Award in the category of Mental Health, she lives in Montclair, New Jersey.

ISBN: 978-1-324-01916-9 • 2023 • 464 pages • Hardcover • \$43.99

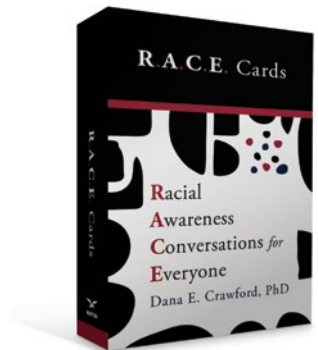
## RACIAL AWARENESS CONVERSATIONS FOR EVERYONE

*(R.A.C.E. Cards)*

DANA CRAWFORD

*Talking about race is easier now than ever before with the R.A.C.E. Cards.*

With over 45 helpful conversation starters, the R.A.C.E. Cards can help you turn a difficult moment into a teachable moment for everyone. The R.A.C.E. Cards are a tested tool to learn, practice, and take action when talking about racism, prejudice, and racial bias. This deck will guide you on a three-part journey through awareness, investigation, and reduction to improve your clarity and promote change. Great for use at work, in trainings, or even with family.



**About the Author** | **Dana E. Crawford, PhD**, is a clinical psychologist who developed the Crawford Bias Reduction Theory and Training (CBRT). She lives in New York City and is a Scholar-in-Residence at Columbia University in the Zuckerman Mind Brain Behavior Institute.

ISBN: 978-1-324-05316-3 • March 2024 • 68 cards • Cards • \$17.99

## HEALING RELATIONAL TRAUMA WORKBOOK

### *Dyadic Developmental Psychotherapy in Practice*

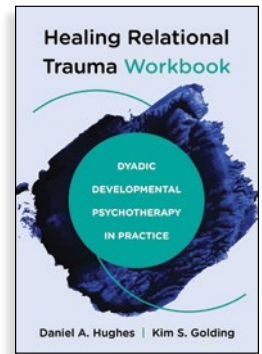
DANIEL A. HUGHES and KIM S. GOLDING

*A resource for practitioners implementing attachment-focused treatment for young people.*

Dyadic Developmental Psychotherapy (DDP) is an attachment-focused treatment for children and adolescents who have experienced abuse and neglect and are now living in stable foster and adoptive families. Here, Daniel A. Hughes and Kim S. Golding provide a practical accompaniment to their highly successful DDP text, *Healing Relational Trauma with Attachment-Focused Interventions* (see page 35).

In this workbook, practitioners are invited to reflect on their experience of implementing the DDP model through discussion, examples, and reflection prompts. Readers are encouraged to consider the diversity of both practitioners and those receiving DDP interventions, and how each unique individual's identity can be embraced within the application of DDP interventions. DDP can be practiced as a therapy, a parenting approach, and as a practice approach for those working in healthcare, social care, or education, and this workbook is an invaluable resource for readers who fall into any one of these roles.

"Packed with scripts, case examples, and reflective exercises, this masterful resource revolutionizes DDP by embracing diverse cultural perspectives and intersectionality. Unprecedented in its integrative approach, this book is the ultimate compendium to fostering profound and healing connections for traumatized children." —**Leticia Gracia, MSW**, founding director, Institute of Childhood Trauma and Attachment



**Topics include:** Guiding principles from trauma; attachment, intersubjectivity, and interpersonal neurobiology; foundations of safe and healthy relationships; experience of dyadic developmental psychotherapy; nuts and bolts of dyadic developmental psychotherapy; complex therapeutic alliance With parents; parenting children with developmental trauma; interventions with specific populations of children and young people; parenting children with developmental trauma; training and supervising the DDP Way; and DDP research and evidence base.

#### About the Authors

**Daniel A. Hughes, PhD**, is a clinical psychologist and author who developed Dyadic Developmental Psychotherapy. He lives in Annville, Pennsylvania. See pages 20, 28, 35, 65, 77, and 87 for more books by Hughes, including the *Healing Relational Trauma with Attachment Focused Interventions* companion book (see page 35).



**Kim S. Golding, PhD**, is a clinical psychologist, author, and DDP consultant and trainer. She lives in Worcestershire, England. She is also coauthor with Daniel Hughes and Julie Hudson of *Healing Relational Trauma with Attachment Focused Interventions* (see page 35).



ISBN: 978-1-324-03058-4 • February 2024 • 576 pages • Paperback • \$37.99

## CHILD & ADOLESCENT MENTAL HEALTH, 3rd Edition

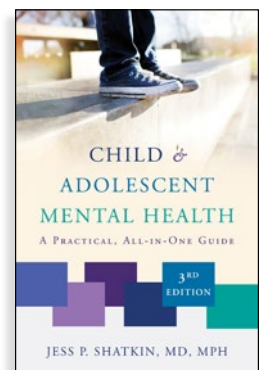
### *A Practical, All-in-One Guide*

JESS P. SHATKIN

*Everything clinicians need to know about the emotional well-being of kids—now updated and revised.*

With the number and variety of mental health issues affecting kids on the rise, and as more clinicians and counselors are pushed to the front lines of defense, there is an acute need for a comprehensive, practical resource that guides professionals through the complexities of child and adolescent mental health. This book—now in its third edition—answers that call.

Fully revised and updated, *Child & Adolescent Mental Health* now includes chapters addressing mental health during a pandemic and gender dysphoria. Child and adolescent psychiatry expert Jess P. Shatkin distills three decades of clinical experience, research, and teaching into an effective guide that providers and trainees have kept within arm's reach for fifteen years.



"Providing an unrivaled composition of data—and probably the most up-to-date review of the research—[Shatkin] offers an indispensable guide to anyone who wants to better understand and help children." —*Psych Central*

**Topics include:** Prevention, mental health during a pandemic, attention-deficit/hyperactivity disorder, disruptive behavior disorders, learning disorders, communication disorders, intellectual development disorder, Autism spectrum disorders, Tourette's and tic disorders, anxiety disorders, trauma depression, bipolar disorder, suicide and self-injurious behavior, Schizophrenia and psychosis, substance use disorders, eating disorders, gender dysphoria, and sleep disorders.

#### About the Author

**Jess P. Shatkin, MD, MPH**, is professor of child and adolescent psychiatry and pediatrics at New York University Grossman School of Medicine and vice chair for education at the New York University Child Study Center.



ISBN: 978-1-324-03108-6 • January 2024 • 672 pages • Paperback • \$44.99

## NARRATIVE PRACTICES AND EMOTIONS

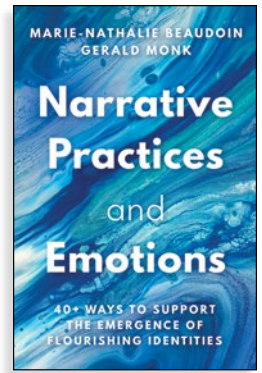
40+ Ways to Support the Emergence of Flourishing Identities

MARIE-NATHALIE BEAUDOIN and GERALD MONK

*Contemporary challenges and discoveries call for an update to narrative therapy practices.*

Narrative therapy has the potential to help clients understand their challenges as separate from their fundamental selves, shifting the focus to their inner strengths when managing a problem. *Narrative Practices and Emotions* provides a fresh perspective for new and experienced practitioners alike on how to combine classic narrative therapy with the latest scholarship on the mind-body connection.

Authors Marie-Nathalie Beaudoin and Gerald Monk tap into cutting edge discoveries on mindfulness, interpersonal neurobiology, and positive psychology. Each chapter offers a wealth of clinical questions and embodied exercises, while “conversation maps”—which provide important guideposts to practitioners—are illustrated with engaging transcripts of therapeutic work. These compelling case studies elegantly demonstrate how skillful conversations can invigorate hope and support personal development. Readers will discover a wide variety of ways to assist clients of all ages in reengaging with a meaningful life and sustaining well-being.



**Topics include:** A biopsychosocial view of emotions, scaffolding preferred emotions, centered, decentered, and co-centered postures, neutralizing intense problematic emotions with ideas from interpersonal neurobiology, working with traumatic experiences, working with the five primary senses, the importance of collectivist practices, and harnessing bodily resources with specialized practices.

### About the Authors

**Marie-Nathalie Beaudoin, PhD**, is a clinical psychologist and the founder of Skills for Kids, Parents, and Schools (SKIPS). She lives in Sunnyvale, California.

**Gerald Monk, PhD**, is a professor in the Department of Counseling and School Psychology at San Diego State University.



ISBN: 978-1-324-05276-0 • March 2024 • 272 pages • Paperback • \$34.99

## WILD & WELL-BEING CARD DECK

70 Exercises for Nature-Based Self Care

VANESSA BEAR

*Exercises and photographs to cultivate well-being through nature-connection.*

This beautiful card deck will support anyone who wishes to use the solace of the natural world to aid in meditation and self care. Each card includes a healing image from nature and a practical exercise to help readers develop self-efficacy, a sense of belonging, and mindful awareness.

Exercises involve yoga, creativity, movement, mindfulness, body-awareness, and journaling, and are split into four categories: those that can be done without any preparation; those that can be done with a little preparation; ongoing practices; and those that facilitate planning for future activities. This nurturing card deck is a perfect resource for those seeking to cultivate calm and connection, outside or in.



### About the Author

**Vanessa Bear** is an ecotherapist, trained and experienced in psychotherapeutic counseling, forest schools, well-being coaching, and woodland management. She is also the coauthor with Babbette Rothschild of *8 Keys to Safe Trauma Recovery Workbook* (see page 32).



ISBN: 978-1-324-05301-9 • April 2024 • 72 cards • Cards • \$17.99

## body rites

*a holistic healing and embodiment workbook for Black survivors of sexual trauma*

shena j. young

aishah shahidah simmons (foreword writer), shyma el sayed (illustrator)

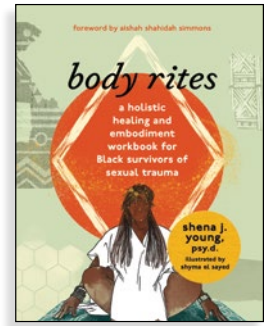
*Everyone knows someone who needs this book.*

*body rites* as a holistic embodiment journey—anchored in the practice of decolonizing healing and reclaiming body sovereignty—reaches back into Indigenous roots. It centers remembering ancient and inner wisdom as a means of survival.

This book is the first of its kind: a resource of rituals divided into four healing journeys for Black women, femmes, and nonbinary survivors of sexual assault. The experiential workbook moves beyond prescriptive self-help models by providing a gentle guide and liaison to explore the impact of sexual trauma on the mind, body, heart, and spirit.

It is an invitation to heal holistically, drawing upon psychophysiology, lived body wisdom, trauma-informed embodiment practices, kinship and ancestral connections, and African spiritual practices. Most urgently, this book is a series of intimate conversations with your “self”—a remembrance that healing lives at the core of your intuition.

“*Body rites* is an incredibly grounding, sensitive, and informative guide to helping those who’ve experienced sexual assault feel reconnected to their bodies. dr. young does a masterful job of fostering a sense of safety and warmth as she walks beside readers on the journey of healing. The book breaks down scientific and psychological terms in accessible and relevant ways, and is a radical and needed departure from other texts in this space. Many will be able to see themselves and be helped by her offering.” —**Joy Harden Bradford, PhD**, licensed psychologist, founder of Therapy for Black Girls, and author of *Sisterhood Heals*



About  
the  
Author

**shena j. young** is a sacred being. she intends to live freely and authentically, to embody her sovereignty, to be cherished and respected by her ancestors, and to honor the ritual of calling community-beloveds back into their bodies as a freedom practice.



ISBN: 978-1-324-01983-1 • 2023 • 224 pages • Paperback • \$24.99

## EMBODIED SELF AWAKENING

*Somatic Practices for Trauma Healing and Spiritual Evolution*

NITYDA GESSEL

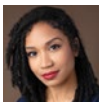
“In *Embodied Self Awakening*, Nityda Gessel extends her invaluable knowledge to you, the reader. She offers actionable steps for understanding and processing trauma that appreciate the very important connection between the body and the mind. I highly recommend this book.” —**Gregory Scott Brown, MD**, psychiatrist, mental health writer, and author of *The Self-Healing Mind*

“Nityda Gessel has creatively and intelligently woven insights from Buddhist psychology, trauma theory, and Indigenous wisdom into an accessible guide. Anyone looking to deepen their spiritual path while engaging their psychological journey will find *Embodied Self Awakening* both practical and inspiring.” —**Kimberly Ann Johnson**, author of *Call of the Wild: How We Heal Trauma, Awaken Our Own Power, and Use it For Good*

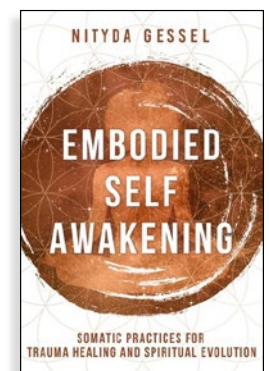
Rejecting our suffering is not a sustainable solution because trauma is held in the body. In this book, Nityda Gessel invites readers on a journey toward lasting freedom, with insights and experiential practices that marry the wisdom of Buddhist psychology, yogic teachings, and Indigenous understanding with somatic psychotherapy and neuroscience. When we heal, our actions and attitudes are not hijacked by our nervous systems as easily. We begin to feel more comfortable in our bodies; more at peace, awake, and free. With Gessel’s invitation, readers will learn to look out into the world, and see more than their own trauma reflected back.

About  
the  
Author

**Nityda Gessel, LCSW, E-RYT**, is a somatic psychotherapist, trauma specialist, yoga teacher, speaker, writer, and heart-centered activist, residing in Virginia Beach. Gessel has devoted her life to uplifting others, working at the intersection of Eastern spirituality, holistic mental health, and embodied activism.



ISBN: 978-1-324-02005-9 • 2023 • 288 pages • Paperback • \$26.99





## THE NORTON SERIES on INTERPERSONAL NEUROBIOLOGY

Louis J. Cozolino, PhD, *Series Editor* • Allan N. Schore, PhD, *Series Editor, 2007-2014*

Daniel J. Siegel, MD, *Founding Editor*

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Regards,

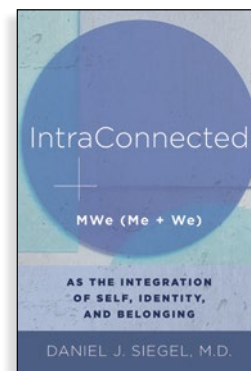
Daniel J. Siegel

## INTRACONNECTED

*MWe (Me + We) as the Integration of Self, Identity, and Belonging*

DANIEL J. SIEGEL

BESTSELLER



*Exploring the nature of how our experience of what we call "self" emerges across the lifespan.*

"In this personally engaging and philosophically illuminating work, Dr. Dan Siegel takes his unique explorations of the human experience of self and mind to a yet deeper level. . . . Eloquently and expertly, he guides us back towards our true nature: intra- and inter-being with all others and all that is."

—Gabor Maté, MD, author of *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*

"Dr. Siegel's work is a love letter to humanity—both a road map and an appeal for us to understand the strength, basis, and innate connection that we all have and must become aware of in order to move beyond survival mode and into thriving mode. . . . *IntraConnected* is a revelation, an awakening" —Shelly Tygielski, author of *Sit Down to Rise Up*, and founder of Pandemic of Love

"In an amazing dance of intellectual brilliance, heartfelt caring, and wise embrace, Dan Siegel invites us into the depth of his and our human story of development in order to examine, reflect, and melt the nature of the separate self. A new possibility of humanity arises when we authentically allow the possibility of intraconnectedness into our lives." —Thomas Hübl, PhD, founder, Academy of Inner Science, and author of *Healing Collective Trauma*

Consistent with the wisdom teachings of Indigenous cultures and contemplative practices from around the globe, science can now join in the message of opening our sense of who we are to address the major challenges of our time. In this book, Dr. Siegel shows how we are linked to one another as a relational We while being interconnected from the perspective of the individual part, the Me. The integration of Me plus We as a MWe cultivates the experience of being *intraconnected* with the system as a whole, enabling us to live with a more inclusive sense of self that promotes well-being throughout our individual and collective lives.

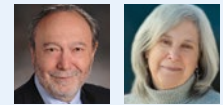
### About the Author

Noted neuropsychiatrist and *New York Times* best-selling author **Daniel J. Siegel, MD**, is clinical professor of psychiatry at the University of California—Los Angeles School of Medicine, and executive director of the Mindsight Institute. He is founding editor of the Norton Series on Interpersonal Neurobiology (IPNB), a world-renowned workshop presenter, and author of *Aware, Mind, Mindsight, The Mindful Brain, The Mindful Therapist*, and co-author of *The Whole-Brain Child*, among many others. See pages 17-18, 24, and 25 for more books by Dr. Siegel.

ISBN: 978-0-393-71169-1 • 2023 • 320 pages • Paperback • \$29.99

THE POLYVAGAL BOOKSHELF

Dr. Stephen Porges' Polyvagal Theory has had a seismic impact on how mental health clinicians understand the nervous system and help their clients regulate, and Deb Dana, LCSW, is the leading translator of this scientific work for mental health professionals and the public. These best-selling resources by Porges, Dana, and others combine theory and practice for clinicians to best incorporate polyvagal-informed principles to their therapeutic toolkit. Learn more at [www.norton.com/polyvagaltheory](http://www.norton.com/polyvagaltheory).



**POLYVAGAL PRACTICES**

*Anchoring the Self in Safety*

DEB DANA

**BESTSELLER**

*The first book by acclaimed polyvagal writer Deb Dana to provide readers with at-home, do-it-yourself exercises.*

"Deb Dana brilliantly crafts accessible and poignantly effective practices of self-exploration."

—**Stephen W. Porges, PhD**, creator of Polyvagal Theory, distinguished university scientist, Kinsey Institute, Indiana University

"Highly recommended for anyone wanting to understand, befriend, and learn to regulate their nervous system and thereby find inner peace." —**Gabor Maté, MD**, author of *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*



*Polyvagal Practices* explores how one's autonomic nervous system is both creator of and witness to one's lived experience. The strategies and exercises in this book guide the reader towards "befriending" their nervous system and achieving a state of autonomic regulation that brings a sense of safety, connection, and joy. This book is for anyone who wishes to build and strengthen their connection to the biological state of safety, and for anyone who has been wondering what benefits of the Polyvagal Theory can be brought home.

**Topics include:** a personal profile map of your autonomic nervous system; mapping your regulated and unregulated system; moving from protection to connection; from solitude to social; feeling and being safe enough to listen; noticing neuroception; recognizing autonomic invitations and warnings; changing the safety/danger equation; four pathways of connection; nourishing soundscapes; breathing into safety; developing a resource menu; and more!

ISBN: 978-1-324-05227-2 • 2023 • 112 pages • Paperback • \$17.00

**POLYVAGAL CARD DECK**

*58 Practices for Calm and Change*

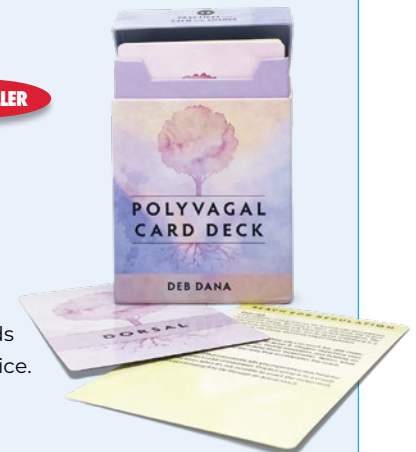
DEB DANA

**BESTSELLER**

*A card deck to enhance your understanding of your nervous system as well as guide you through a process of tuning into it.*

Grouped into four areas representing three sections of the autonomic hierarchy—ventral, sympathetic, and dorsal—as well as a bonus section exploring play, stillness, and change, the cards provide nervous system support . . . in your pocket. Ideal for you, your clients, and in-session practice.

ISBN: 978-1-324-01976-3 • 2022 • 60 cards • Paper card deck • \$19.99



**POLYVAGAL FLIP CHART**

*Understanding the Science of Safety*

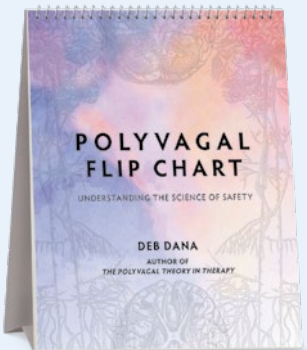
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**BESTSELLER**

The flip chart offers therapists an easy, standardized way to support clients in understanding the role of the autonomic nervous system in their lives. Using a flip chart makes psycho-education an interactive experience. Therapists can feel confident in teaching their clients polyvagal theory by following the flip chart.

With a flip chart visible during sessions, the therapist can: remind clients of the ways the autonomic nervous system has been shaped and is active in their daily living experience; display a page corresponding to the present moment, thus anchoring that experience in the theory; keep a page of the hierarchy visible when working with a client's habitual response pattern.

ISBN: 978-0-393-71472-2 • 2020 • 40 pages • 10" x 12" spiralbound • \$35.00



## POLYVAGAL EXERCISES FOR SAFETY AND CONNECTION

*A Guide for Therapists to Help Their Clients*

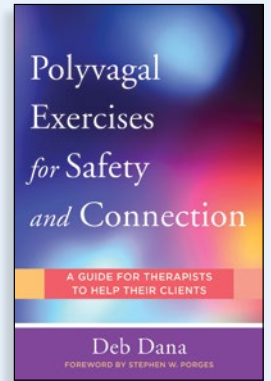
DEB DANA, Foreword by STEPHEN W. PORGES

BESTSELLER

“Deb Dana lucidly guides you to travel deep inside of yourself to become aware of how your internal surveillance system—the safety settings of your autonomic nervous system—is the foundation of the way we feel, act, and think.” —Bessel A. van der Kolk, MD, President, Trauma Research Foundation, Professor of Psychiatry, Boston University School of Medicine

Deb Dana is the foremost translator of polyvagal theory into clinical practice. In her third book on this groundbreaking theory, she provides therapists with a grab-bag of polyvagal-informed exercises for their clients, to use both within and between sessions. These exercises offer readily understandable explanations of the ways the autonomic nervous system directs daily living.

ISBN: 978-0-393-71385-5 • 2020 • 304 pages • Paperback • \$32.99



## THE POLYVAGAL THEORY IN THERAPY

*Engaging the Rhythm of Regulation*

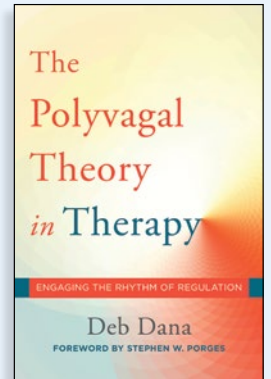
DEB DANA, Foreword by STEPHEN W. PORGES

BESTSELLER

“Offers a window into the inner life of a traumatized person and a way out of trauma and back into finding joy, connection, and safety through enlightening theory, rich experiential practice, and practical steps.” —*Psych Central*

Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of mobilization and collapse and resource experiences of connection.

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## CLINICAL APPLICATIONS OF THE POLYVAGAL THEORY

*The Emergence of Polyvagal-Informed Therapies*

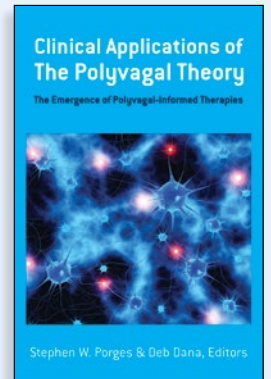
STEPHEN W. PORGES and DEB DANA, Editors

BESTSELLER

Through the insights of innovative and benevolent clinicians, whose treatment models are Polyvagal-informed, this book provides an accessible way for clinicians to embrace Polyvagal Theory.

**Contributors:** Stephen W. Porges • Peter A. Levine • Bessel van der Kolk • Pat Ogden • Bonnie Badenoch • Joe Tucci • Angela Weller • Janise Mitchell • Shari M. Geller • George Thompson • Moira Theede • Alan Theede • Deb Dana and Deb Grant • Amber Gray • Sandra Lindaman • Jukka Mäkela • Stuart Daniel • Angie Masters • Kieran Donovan • Robert Schwarz • Ralf Vogt • Tom Bunn • Candyce Ossefort-Russell • Gary Whited • Marilyn Sanders • Liza Morton

ISBN: 978-1-324-00050-1 • 2018 • 464 pages • Hardcover • \$39.95



**Discounted Two-Book Set:** *Clinical Applications of the Polyvagal Theory* and *The Polyvagal Theory in Therapy*

ISBN: 978-0-393-71341-1 • \$60.00

## POLYVAGAL SAFETY

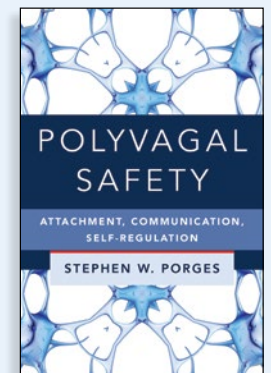
*Attachment, Communication, Self-Regulation*

STEPHEN W. PORGES

BESTSELLER

Ever since publication of *The Polyvagal Theory* in 2011, demand for information about this innovative perspective has been constant. In this book, Stephen W. Porges brings together his most important writings since the publication of that seminal work. Polyvagal theory is about safety; it provides an understanding that feeling safe is dependent on autonomic states, and that our cognitive evaluations of risk in the environment play a secondary role to our visceral reactions to people and places. These ideas, and more, are outlined in chapters on therapeutic presence, group psychotherapy, yoga and music therapy, autism, trauma, date rape, medical trauma, and COVID-19.

ISBN: 978-1-324-01627-4 • 2021 • 320 pages • Hardcover • \$45.00



## THE POCKET GUIDE TO THE POLYVAGAL THEORY

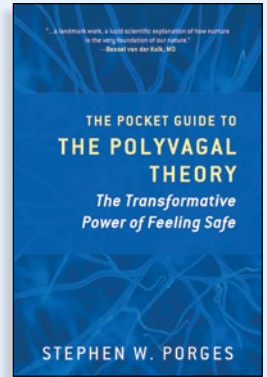
STEPHEN W. PORGES

“Stephen Porges, PhD, has not only made one of the most profound and illuminating contributions to our understanding of the nervous system in the last 50 years—he’s made one of the most useful ones. . . . This is ideal for clinicians of any kind, but also for anyone who wants to better understand their own nervous system, and that of those they care about.” —**Norman Doidge, MD**, author, *The Brain That Changes Itself*, and *The Brain’s Way of Healing*

This book presents Porges’ perspective in a readily accessible way. It expands the meaning and clinical relevance of this groundbreaking theory.

ISBN: 978-0-393-70787-8 • 2017 • 288 pages • Paperback • \$34.99

BESTSELLER



## THE POLYVAGAL THEORY

*Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*

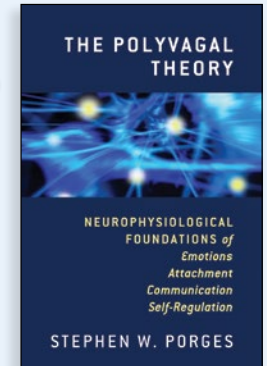
STEPHEN W. PORGES

“[A] vital contribution to scientifically-informed clinical practice. . . . It is a must-read for clinicians and psychobiological researchers.” —**Peter A. Levine, PhD**, author of *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Adopted by clinicians around the world, Stephen Porges’ groundbreaking Polyvagal Theory has provided exciting new insights into the way our autonomic nervous system unconsciously mediates social engagement, trust, and intimacy.

ISBN: 978-0-393-70700-7 • 2011 • 368 pages • Hardcover • \$49.95

BESTSELLER



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ISBN: 978-0-393-71307-7 • \$70.00

**STEPHEN W. PORGES, PhD**, originator of the polyvagal theory, is a Distinguished University Scientist and founding director of the Traumatic Stress Research Consortium at Indiana University. He is Professor of Psychiatry at the University of North Carolina at Chapel Hill, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland. He served as president of the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences, and is a recipient of a National Institute of Mental Health Research Scientist Development Award. He is also co-founder of the Polyvagal Institute. **See page 1 for his new book with Seth Porges, *Our Polyvagal World*.**

## POLYVAGAL THEORY AND THE DEVELOPING CHILD

*Systems of Care for Strengthening Kids, Families, and Communities*

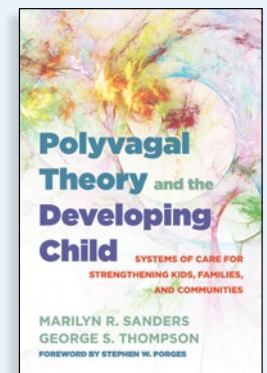
MARILYN R. SANDERS and GEORGE S. THOMPSON, Foreword by STEPHEN W. PORGES

*How sustained disruptions to children’s safety have physical, behavioral, and mental health impacts that follow them into adulthood.*

Pediatrician and neonatologist Marilyn R. Sanders and child psychiatrist George S. Thompson offer readers both a meditation on caregiving and a call to action for physicians, educators, and mental health providers. By attending to the lessons of polyvagal theory—that adult caregivers must be aware of children’s unconscious processing of sensory information—the authors show how professionals can play a critical role in establishing a sense of safety even in the face of dangerous situations.

**MARILYN R. SANDERS, MD**, is a pediatrician/neonatologist and professor of pediatrics at Connecticut Children’s Medical Center in Hartford, Connecticut. **GEORGE S. THOMPSON, MD**, is a child psychiatrist who assists healthcare organizations in building emotionally safe, curious, and collaborative cultures.

ISBN: 978-0-393-71428-9 • 2021 • 288 pages • Hardcover • \$42.00





**LOUIS COZOLINO, PhD**, is a professor of psychology at Pepperdine University, a clinician in private practice, an international speaker, and Series Editor of the Norton Series on Interpersonal Neurobiology. See pages 24 for more books by Louis Cozolino, and visit his website at [drloucozolino.com](http://drloucozolino.com).

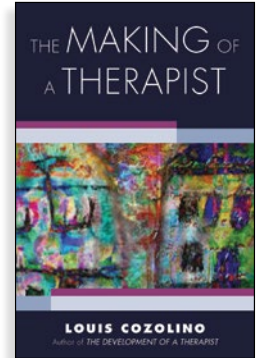
## THE MAKING OF A THERAPIST

**BESTSELLER**

Veteran therapist and mental health writer Louis Cozolino's classic text contains all of the things he wished someone had told him during the first weeks and months of his clinical training. Now available in paperback, the book includes guidance about working with your clients, such as how to cope with silence, handle their direct questions, and get them to talk less and say more. It also focuses on the inner experience of becoming a therapist and ways of thinking and feeling while sitting across from clients. It speaks honestly about not having all the answers, and shuttling up and down between your head and your heart, and mind and body, as struggling clients sit before you. It balances the process of developing therapeutic skills while also taking an inner journey—to becoming the professional, and person, you hope to be. With a new introduction to the paperback edition, this book remains an essential clinical reference.

ISBN: 978-0-393-71394-7 • 2021 • 264 pages • Paperback • \$28.99

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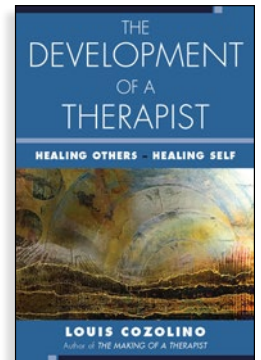
## THE DEVELOPMENT OF A THERAPIST

### *Healing Others - Healing Self*

Cozolino takes us inside the mind and heart of a seasoned therapist, carrying on the tradition of personal and professional writing begun in *The Making of a Therapist*. This book discusses some of the more abstract concepts and ways of interacting with clients such as relaxed curiosity, finding the secret ally, and discovering the deep narrative. Also addressed are clinical concepts such as related states of mind, the process of change, free-floating attention, and listening with the third ear.

More than just theoretical commentary, the book offers concrete clinical advice for the experienced therapist and brings a fresh perspective to some of the most current clinical challenges including the complexities of executive functioning; treating clients with internet addiction; and taking responsibility for your continued personal growth, clinical supervision, and education after leaving school.

ISBN: 978-0-393-71395-4 • 2021 • 224 pages • Paperback • \$27.00



### THREE QUICK REFERENCE GUIDES:

#### INTERPERSONAL NEUROBIOLOGY ESSENTIALS: A MENTAL HEALTH QUICK REFERENCE GUIDE

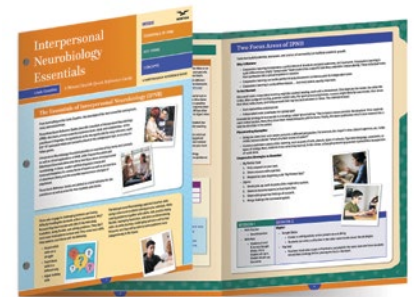
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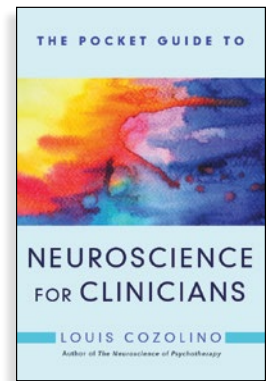
These three Quick Reference Guides place the essentials of Interpersonal Neurobiology (IPNB)—the theory of interconnection between brain, mind, and relationships—at the practitioner's fingertips. Designed to be at the therapist's side for easy reference, each 8.5"×11" laminated, trifold card presents a facet of this important topic in six easy-to-follow panels. *Interpersonal Neurobiology Essentials* provides an overview of key terms and concepts as well as clinical applications of IPNB, while *Trauma Essentials* and *Attachment Essentials* delve into these two focus areas of interpersonal neurobiology. In these, readers will find diagnosis criteria and treatment modalities for various forms of trauma as well as an overview of attachment theory and the essential neuroscience concepts of attachment. Perfect as a brief refresher for the practitioner as well as a tool for their students and clients.

## THE POCKET GUIDE TO NEUROSCIENCE FOR CLINICIANS

Louis Cozolino helps clinicians to broaden their thinking and deepen their clinical toolbox through an understanding of neuroscience, brain development, epigenetics, and the role of attachment in brain development and behavior. This book will give clinicians all they need to understand the social brain, the developing brain, the executive brain, consciousness, attachment, trauma, memory, and the latest information about clinical assessment. Key figures and terms of neuroscience, along with numerous case examples, bring the material to life.

“Written with concision, elegance and anecdotal verse, this book combines cutting-edge science and the experience-based insights of a master clinician. Lou Cozolino’s guide to applied neuroscience will be a treasured resource for therapists, physicians, and counselors for a long time to come.” —**Gabor Maté, MD**, author *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

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## THE NEUROSCIENCE OF PSYCHOTHERAPY, Third Edition

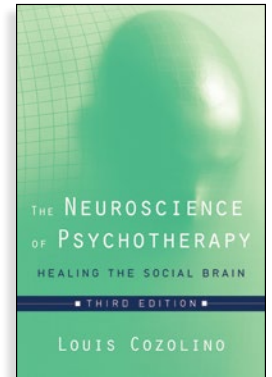
*Healing the Social Brain*

**BESTSELLER**

This groundbreaking book explores the revolution in psychotherapy that has brought an understanding of the social nature of people’s brains to a therapeutic context. Louis Cozolino is a master at synthesizing neuroscientific information and demonstrating how it applies to psychotherapy practice. New material on altruism, executive function, trauma, and change round out the third edition of this bestseller.

“Beautifully organized and artfully presented, Cozolino provides an expansive and insightful account of the neuroscience that transpires between two individuals on a healing journey and why this neuroscience cannot be ignored.” —*Psych Central*

ISBN: 978-0-393-71264-3 • 2017 • 592 pages • Hardcover • \$55.00



## THE NEUROSCIENCE OF HUMAN RELATIONSHIPS, Second Edition

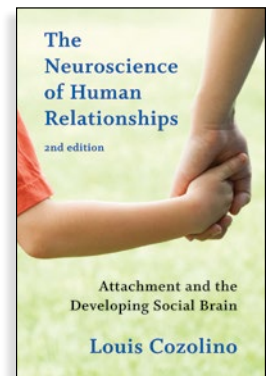
*Attachment and the Developing Brain*

**BESTSELLER**

“I have been using Cozolino’s wisdom and work both for my clients and myself since reading this book. **The breadth of empirical knowledge and wisdom it contains is phenomenal.**” —*Psych Central*

Since the publication of the best-selling first edition of this book on how relationships build our brains, the field of social neuroscience has grown at a mind-numbing pace. The second edition organizes this cutting-edge, abundant research and presents its compelling insights, giving readers a deeper appreciation of how and why relationships have the power to reshape our brains throughout our lives.

ISBN: 978-0-393-70782-3 • 2014 • 656 pages • Hardcover • \$54.99



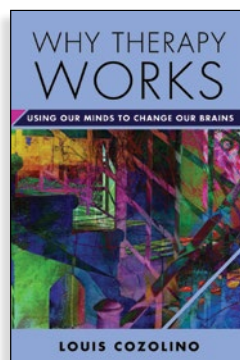
## WHY THERAPY WORKS

*Using Our Minds to Change Our Brains*

“With its helpful (and often humorous) overviews of key theories, plus its innovative fusion of biology, behavior, and human evolution, it will no doubt prove beneficial to both lay readers and mental health practitioners.”

—*Psych Central*

ISBN: 978-0-393-70905-6 • 2016 • 288 pgs • Hardcover • \$24.95

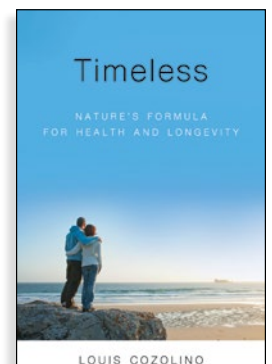


## TIMELESS

*Nature’s Formula for Health and Longevity*

Filled with both practical and thought-provoking suggestions, this book is a must-read for anyone who wants to age in style. Portions of this book have appeared in different form in *The Healthy Aging Brain*.

ISBN: 978-0-393-71325-1 • 2018 • 368 pgs • Paperback • \$16.95





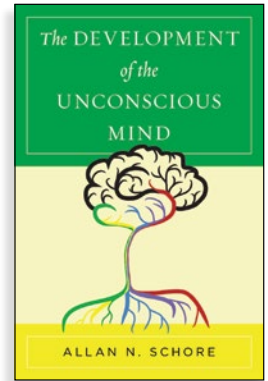
**ALLAN N. SCHORE, PhD**, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and Development. See page 24 for Schore's co-edited collection with Daniel Siegel and Louis Cozolino, *Interpersonal Neurobiology and Clinical Practice*.

## THE DEVELOPMENT OF THE UNCONSCIOUS MIND

**"His authentic and original contributions... have contributed to refine and reshape our understanding of the mechanisms underpinning psychopathology and thus my clinical practice."** —Dr. George Halasz, *ESTD Newsletter*

This book traces the evolution of the concept of the unconscious from an intangible, metapsychological abstraction to a psychoneurobiological function of a tangible brain. An integration of current findings in the neurobiological and developmental sciences offers a deeper understanding of the dynamic mechanisms of the unconscious. The relevance of this reformulation to clinical work is a central theme of *Right Brain Psychotherapy* (see below).

ISBN: 978-0-393-71291-9 • 2019 • 416 pages • Hardcover • \$49.95



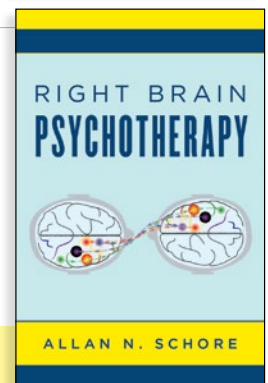
## RIGHT BRAIN PSYCHOTHERAPY

An exploration into the adaptive functions of the emotional right brain, which describes not only affect and affect regulation *within* minds and brains, but also the communication and interactive regulation of affects *between* minds and brains. This book offers evidence that emotional interactions reflect right-brain-to-right-brain affective communication. Essential reading for readers trying to understand one-person psychology as well as two-person psychology (relationships, whether clinical or otherwise).

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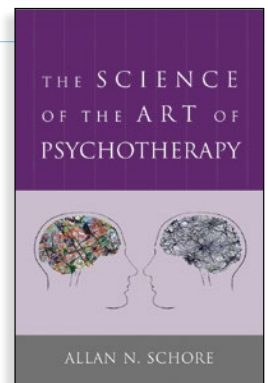
ISBN: 978-0-393-71434-0 • 2019 • \$90.00



## THE SCIENCE OF THE ART OF PSYCHOTHERAPY

Following Allan Schore's very successful books on affect regulation and dysregulation, this is the third volume of the trilogy. It offers a representative collection of essential expansions and elaborations of regulation theory, all written since 2005. Focusing on the hottest topics in psychotherapy, this book provides a window into the ideas of one of the best-known writers in the field.

ISBN: 978-0-393-70664-2 • 2012 • 480 pages • Hardcover • \$49.95



## AFFECT REGULATION AND THE REPAIR OF THE SELF & AFFECT DYSREGULATION AND DISORDERS OF THE SELF

These books bring together Schore's integrative work on affect regulation and dysregulation. Considered together, they show both the breadth of his theoretical models and the practical import of his findings. The complex biopsychosocial model that emerges from Schore's research highlights the integrative character of the biological and the psychological realms in early development and over the course of the human lifespan.

*Affect Regulation*: ISBN: 978-0-393-70407-5 • 2003 • 384 pages • Hardcover • \$49.95

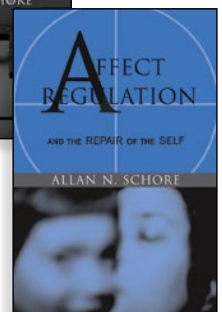
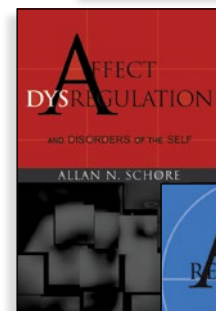
*Affect Dysregulation*: ISBN: 978-0-393-70406-8 • 2003 • 432 pages • Hardcover • \$49.95

Set of two books: ISBN: 978-0-393-70408-2 • \$80.00

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## REASSEMBLING MODELS OF REALITY

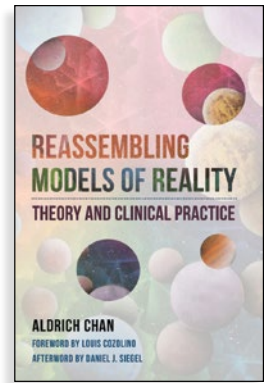
*Theory and Clinical Practice*

ALDRICH CHAN

Therapists must rely on their clients' reporting of experience in order to assess, treat, and offer help. Yet we all experience the world through various filters of one sort or another, and our experiences are transformed through several nonconscious processes before reaching our conscious awareness. Neuropsychologist Aldrich Chan examines how our experience of reality is assembled and shaped by biological, psychological, sociocultural, and existential processes. Each chapter explores processes within these domains that may act as "veils." By understanding the ways in which reality can be distorted, clinicians can more effectively help their clients reach their personal psychotherapeutic goals.

**Aldrich Chan, PSYD**, is a clinical and research neuropsychologist practicing in Miami, Florida, and an adjunct professor at Pepperdine University.

ISBN: 978-1-324-01597-0 • 2021 • 264 pages • Hardcover • \$42.50



## THE EMOTIONAL FOUNDATIONS OF PERSONALITY

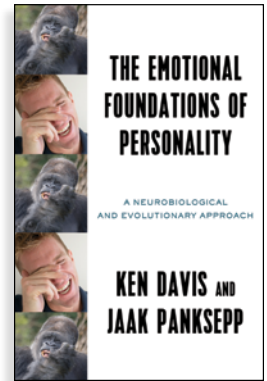
*A Neurobiological and Evolutionary Approach*

KEN DAVIS and JAAK PANKSEPP

This book presents the wealth of scientific evidence that our personality emerges from evolved primary emotions shared by all mammals. These subcortically-generated emotions bias our actions, alter our perceptions, guide our learning, provide the basis for our thoughts and memories, and become regulated over the course of our life.

Jaak Panksepp, famously known for discovering laughter in rats and creating the field of affective neuroscience, died in April 2017. This book forms a part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand how we act in the world and the world's impact upon us.

ISBN: 978-0-393-71057-1 • 2018 • 352 pages • Hardcover • \$35.00



## THE ARCHAEOLOGY OF MIND

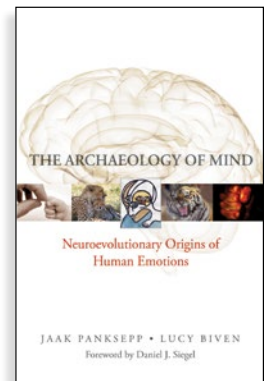
*Neuroevolutionary Origins of Human Emotions*

JAAK PANKSEPP and LUCY BIVEN, Foreword by DANIEL J. SIEGEL

**"Jaak Panksepp is the most important theorist of mental life that I have read since Freud. The impact of his scientific contributions will be felt for decades to come."** —Mark Solms, Editor, *Freud's Complete Works*

This book presents an affective neuroscience approach—which takes into consideration basic mental processes, brain functions, and emotional behaviors that all mammals share—to locate the neural mechanisms of emotional expression. It reveals—for the first time—the deep neural sources of our values and basic emotional feelings.

ISBN: 978-0-393-70531-7 • 2012 • 592 pages • Hardcover • \$59.99



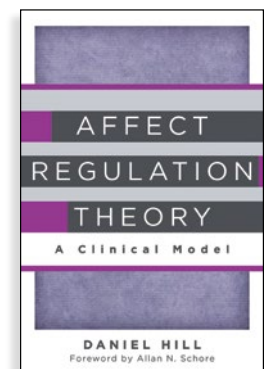
## AFFECT REGULATION THEORY

DANIEL HILL, Foreword by ALLAN N. SCHORE

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ISBN: 978-0-393-70726-7 • 2015 • 320 pages • Hardcover • \$32.99





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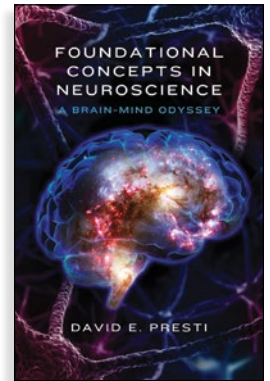
## FOUNDATIONAL CONCEPTS IN NEUROSCIENCE

### *A Brain-Mind Odyssey*

DAVID E. PRESTI

Based on the author's popular UC Berkeley course, this book provides a complete overview of brain structure and function. Comprehensive enough to use as a text in an introductory course on neuroscience, but fundamental enough to be read by anyone interested in learning how the brain works, the chapters in the book are concise yet thorough, rigorous yet easy-to-follow and fun to read.

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## MIND–BRAIN–GENE

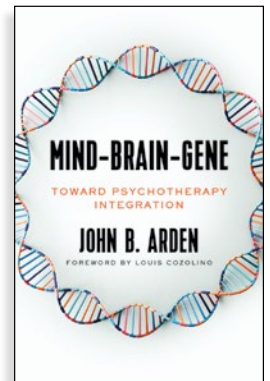
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Psychoneuroimmunology is a field that links the mind, brain, body, and genes and shows us how the fields of medicine and psychology are completely intertwined. This book explains the connections and offers readers an understanding of how the environment can impact gene expression, which, in turn, impacts behavior.

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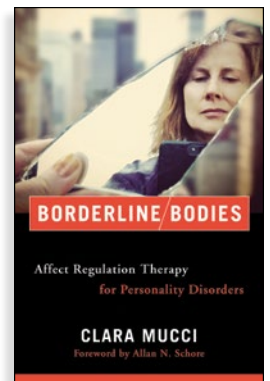
### *Affect Regulation Therapy for Personality Disorders*

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People with personality disorders often attack their own bodies through eating disorders and other self-destructiveness. This book takes a wide-ranging approach to borderline personality disorders and argues that people cannot be treated effectively until the complex mind-body-brain connection is understood.

ISBN: 978-0-393-71266-7 • 2018 • 480 pages • Hardcover • \$45.00



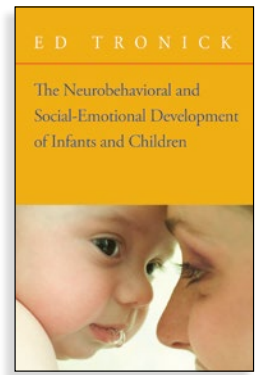
## THE NEUROBEHAVIORAL AND SOCIAL-EMOTIONAL DEVELOPMENT OF INFANTS AND CHILDREN

ED TRONICK

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ISBN: 978-0-393-70517-1 • 2007 • 604 pages • Hardcover w/CD-ROM • \$55.00



## INFANT/CHILD MENTAL HEALTH, EARLY INTERVENTION, AND RELATIONSHIP-BASED THERAPIES

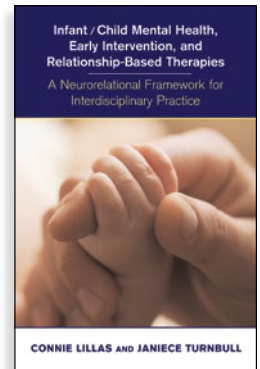
*A Neurorelational Framework for Interdisciplinary Practice*

CONNIE LILLAS and JANIECE TURNBULL

In response to the critical need for a more cohesive system of care for our youngest patients, this book presents a conceptual framework for interdisciplinary collaboration. Examining the issues of infant mental health and early intervention from a brain-based perspective—one that cuts across all domains—Lillas and Turnbull address the need for individual practitioners to incorporate the whole picture as they assess and intervene with each individual child and parent, and provide a global framework for team collaboration.

Includes a CD-ROM with supplemental worksheets, figures, and tables.

ISBN: 978-0-393-70425-9 • 2009 • 608 pages • Hardcover w/CD-ROM • \$52.00



### THERAPEUTIC FRAMEWORK: WAYS OF BEING

## OUR ANXIOUS SELVES

*Neuropsychological Processes and their Enduring Influence on Who We Are*

EFRAT GINOT

*There are no other emotions as central to our psychological and physical health as fear and anxiety*

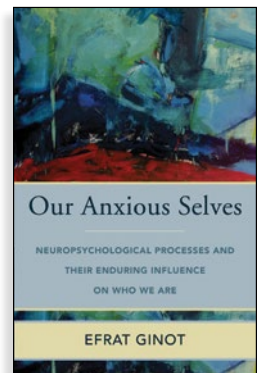
**"Our Anxious Selves** masterfully distills the latest research in psychology and neuroscience, making it accessible to a wide audience. **Ginot's book has deepened my understanding of the anxiety and trauma I see in my clients and has altered the ways we work together.** It has helped me to process and heal my own family dynamics. This book should be read by every practitioner in psychology's allied fields—coaches, chaplains, clergy, spiritual directors, and healers." —**Gretchen Martens**, Ontological Coach, Spiritual Companion, and Reiki Master

**"In her inimitable, engaging style, Ginot combines neuroscientific research with clinical material, illustrating how, while fear-reactions and anxiety are inevitable parts of life, we can live our lives to the fullest despite anxiety's presence. With rates of anxiety having risen dramatically across the globe during the COVID-19 pandemic, this is a tremendously timely and valuable book for therapists, educators, and anyone who wishes to successfully and adaptively ease the grip of anxiety."** —**Irit Felsen**, Professor, Columbia University and clinical psychologist, private practice

What has emerged from an advanced understanding of the fear system and of how integrated our brains, minds, and bodies are is the realization that none of us can fully escape the injurious effects of one of evolution's most remarkable legacies. We all are vulnerable to a quick fear system that is easily activated by a wide range of normative stresses and not only by traumata. But, as the chapters of Efrat Ginot's new book indicate, the more we understand our propensity for developing and anxious self-states, the more we can coexist with them without losing ourselves in them.

About  
the  
Author

**Efrat Ginot, PhD**, a graduate of the NYU Postdoctoral Program for Psychotherapy and Psychoanalysis, is a psychologist and a supervisor in private practice in NYC. Her book *The Neuropsychology of the Unconscious* (see page 21) received the 2016 Gradiva Award. She has lectured and conducted workshops both in the US and abroad. Dr. Ginot is also a visual artist.



ISBN: 978-0-393-71453-1 • 2022 • 336 pages • Cloth • \$47.50

## MIND

*A Journey to the Heart of Being Human*

A NEW YORK TIMES BESTSELLER

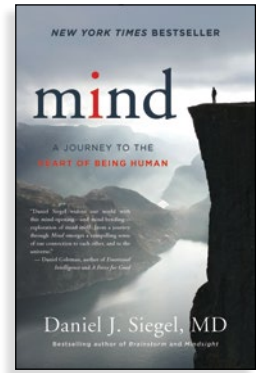
DANIEL J. SIEGEL

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—**Jack Kornfield, PhD**, author of *A Path With Heart*

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## POCKET GUIDE TO INTERPERSONAL NEUROBIOLOGY

*An Integrative Handbook of the Mind*

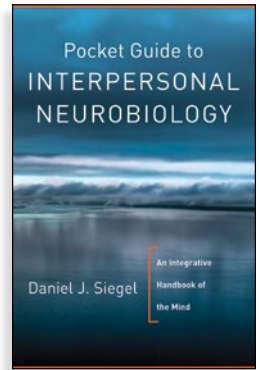
BESTSELLER

DANIEL J. SIEGEL

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This book is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It will also assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books in the Norton Series on Interpersonal Neurobiology.

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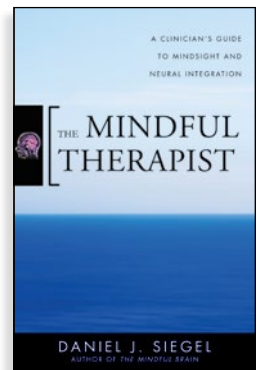
DANIEL J. SIEGEL

"In my 40 years of practice, I can count on one hand the number of books I would call seminal. After reading *The Mindful Therapist*, that number just increased by one. Scientifically grounded, evidence-based, compassionate, and exquisitely human, this approach will fundamentally change the way we do psychotherapy. I hope everyone who practices our craft reads this book, and I hope they read it often."

—**Daniel Gottlieb, Host**, "Voices in the Family," WHYY FM Radio

A deep exploration of what it means to be mindful and how to cultivate mindfulness in the therapeutic relationship. Exercises offered throughout the book promote integration, a mindful presence, and the nurturing of empathic relationships—all of which are key to effective therapy.

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## THE MINDFUL BRAIN

*Reflection and Attunement in the Cultivation of Well-Being*

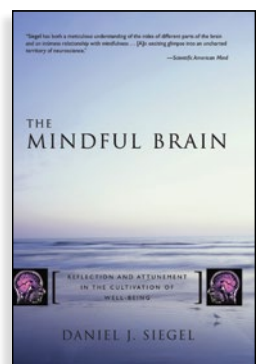
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"[T]he ideas in this book will both enrich one's own mindfulness practice and enhance one's therapeutic skills." —*American Journal of Psychiatry*

The first book ever to integrate neuroscience research with the ancient art of mindfulness. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

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## MIND, CONSCIOUSNESS, AND WELL-BEING

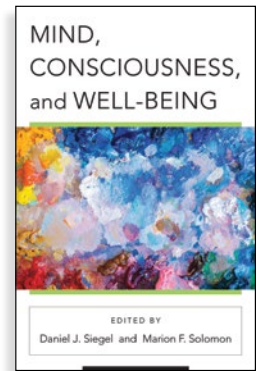
DANIEL J. SIEGEL and MARION F. SOLOMON, Editors

Drawn from presentations at the UCLA Lifespan Learning conference, this compilation from leaders in the fields of mental health and contemplation, science and spiritual exploration, brings together scientists, clinicians, and mindfulness teachers writing on ways to train the mind to bring more health and wellness to your life. Contributors include **Pat Ogden, Jack Kornfield, Kristin Neff**, and many more.

**DANIEL J. SIEGEL, MD**, see page 7 for bio.

**MARION SOLOMON, PhD**, is a lecturer at the David Geffen School of Medicine, Department of Psychiatry at UCLA. She is the co-author of *Love and War in Intimate Relationships*, and co-editor with Daniel Siegel of *How People Change, Healing Moments in Psychotherapy, Play and Creativity in Psychotherapy, The Healing Power of Emotion*, and *Healing Trauma* (see pages 18, 19, 26, 29, 73, and 76 for more from Solomon).

ISBN: 978-0-393-71331-2 • 2020 • 368 pages • Hardcover • \$45.00



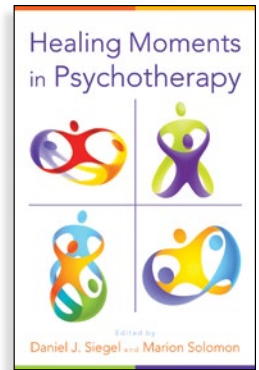
## HEALING MOMENTS IN PSYCHOTHERAPY

DANIEL J. SIEGEL and MARION F. SOLOMON, Editors

A wide range of distinguished scientists and clinicians discuss the nature of change in the therapeutic process. **Jaak Panksepp, Ian McGilchrist, Ruth Lanius, Francine Shapiro**, and other luminaries offer readers a powerful journey through mindful awareness, neural integration, affective neuroscience, and therapeutic presence to reveal the transformational nature of therapy.

**Contributors also include:** Daniel J. Siegel • Marion Solomon • Daniel A. Hughes • Pat Ogden • Robyn Bluhm • Paul A. Frewen • Debra Wesselmann • Diana Fosha • Bonnie Mark-Goldstein

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## THE HEALING POWER OF EMOTION

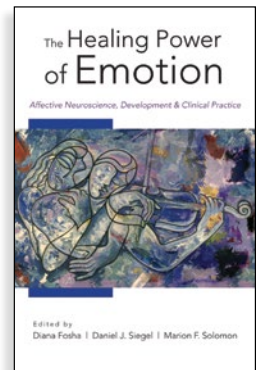
*Affective Neuroscience, Development & Clinical Practice*

DIANA FOSHA, DANIEL J. SIEGEL, and MARION F. SOLOMON, Editors

This book offers fresh, exciting, original, and groundbreaking work from the leading neuroscientists, developmental psychologists, therapy researchers, and clinicians today, illuminating how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored.

**Contributors include:** Diana Fosha • Daniel J. Siegel • Jack Panksepp • Stephen W. Porges • Susan Johnson • Allan N. Schore • Marion F. Solomon • Dan Hughes

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## HEALING TRAUMA

*Attachment, Mind, Body, and Brain*

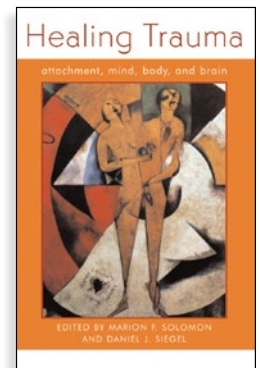
MARION F. SOLOMON and DANIEL J. SIEGEL, Editors

**"The ultimate textbook on trauma. Invaluable for clinicians who wish to familiarize themselves with trauma treatments."** —*Journal of Analytical Psychology*

Emerging from the integration of developmental, neurobiological, and social perspectives, *Healing Trauma* is a collection that will be accessible and valuable to a wide variety of practitioners in the medical and psychological healing professions.

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## NEUROBIOLOGY FOR CLINICAL SOCIAL WORK, Second Edition

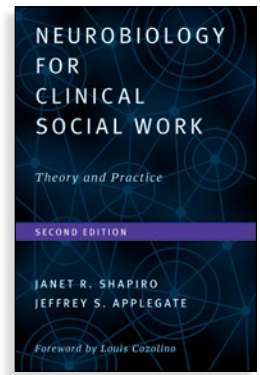
*Theory and Practice*

JANET R. SHAPIRO and JEFFREY S. APPLIGATE, Foreword by LOUIS COZOLINO

**“The case studies are especially useful for social work educators and bring to life the science they so clearly discuss.”** —Terri Combs-Orme, PhD, Urban Child Institute Endowed Professor, College of Social Work, University of Tennessee

This second edition explores the application of recent research in neuroscience to prevention and intervention in multiple systems, settings and areas of social work practice. The book focuses on new research in areas such as the neurobiology of stress, the impact of early adversity and toxic stress on brain development, early childhood and adolescent brain development.

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## NEUROBIOLOGY AND THE DEVELOPMENT OF HUMAN MORALITY

*Evolution, Culture, and Wisdom*

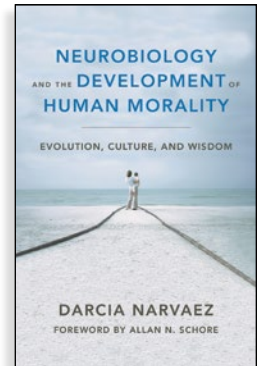
DARCIA NARVAEZ, Foreword by ALLAN N. SCHORE

Winner of the American Psychological Association's 2015 William James Book Award and Winner of the 2017 Expanded Reason Award

**“[F]ascinating and compelling . . . [A] must for any college or institutional library and a highly recommended read for practitioners interested in neuroscience and the wider implications of human behavior in society today.”** —*Contemporary Psychotherapy*

Integrating the latest scholarship in clinical sciences and positive psychology, Narvaez provides an evolutionary framework for early childhood experience grounded in developmental systems theory, encompassing not only genes but a wide array of environmental and epigenetic factors. In light of these findings, Narvaez proposes a developmentally informed ecological and ethical sensibility as a way to revise the ways we think about parenting and sociality.

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## INTENSIVE PSYCHOTHERAPY FOR PERSISTENT DISSOCIATIVE PROCESSES

*The Fear of Feeling Real*

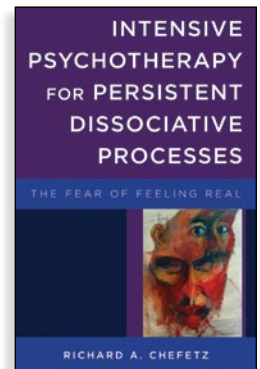
RICHARD A. CHEFETZ

Winner of the ISSTD Pierre Janet Writing Award, 2015

**“Whether laying out verbatim vignettes, neuroscience, or positioning his work within the plains of psychoanalytic theory, his style is engaging and it is a pleasure to read. . . [I]t made me think and it fed directly, immediately and effectively into my practice.”** —*European Society for Trauma and Dissociation newsletter*

**“[A] goldmine for anyone struggling to understand this most perplexing and important of fields.”** —*Psychodynamic Psychiatry*

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## HEALING THE TRAUMATIZED SELF

*Consciousness, Neuroscience, Treatment*

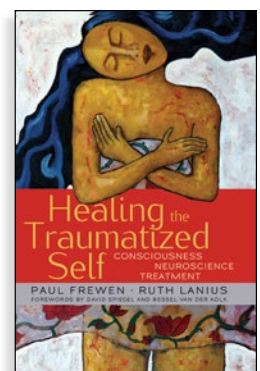
PAUL FREWEN and RUTH LANIUS, Forewords by DAVID SPIEGEL and BESSEL VAN DER KOLK

**“This is a landmark book in the history of psychotraumatology.** Frewen and Lanius have created a new intellectual blueprint for understanding dissociation. Their book is unique in providing a detailed integration of the latest neuroscientific findings with the experience of what it is like to be traumatized.”

—Chris R. Brewin, Professor of Clinical Psychology, University College London

Paul Frewen and Ruth Lanius present a new model for parsing the symptoms of trauma-related disorders into non-dissociative distress and properly dissociative “trauma-related altered states of consciousness,” or TRASC. Their four-dimensional model tracks disturbances in 1) time-memory, 2) thought, 3) body, and 4) emotion.

ISBN: 978-0-393-70551-5 • 2015 • 480 pages • Hardcover • \$49.99



## THE HAUNTED SELF

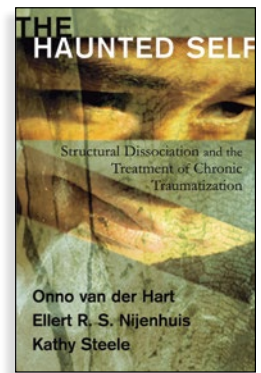
*Structural Dissociation and the Treatment of Chronic Traumatization*

ONNO VAN DER HART, ELLERT R. S. NIJENHUIS, and KATHY STEELE

"[A] brilliant and highly accessible account of this most fundamental concept of modern-day psychiatry and psychotherapy." —David Servan-Schreiber, MD, PhD, Clinical Professor of Psychiatry, University of Pittsburgh, and author of *The Instinct to Heal*

ISBN: 978-0-393-70401-3 • 2006 • 440 pages • Hardcover • \$59.99

See page 27 for more books by van der Hart and Steele.



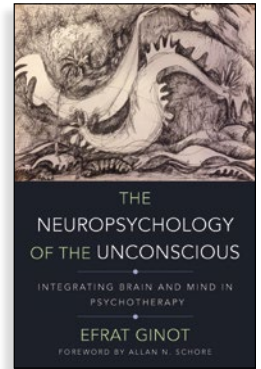
## THE NEUROPSYCHOLOGY OF THE UNCONSCIOUS

*Integrating Brain and Mind in Psychotherapy*

EFRAT GINOT, Foreword by ALLAN N. SCHORE

"[A] persuasive argument for delving into the unconscious, so that clients can make enduring change. By citing recent research, developing cohesive theories, and providing exemplary cases, this book lights up the darkest recesses of the unconscious to improve our therapeutic perception. . . . [A] compelling update of modern psychodynamic psychotherapy. We recommend it to anyone interested in the unconscious, psychoanalysis, and interpersonal neurobiology." —*The Milton H. Erickson Foundation Newsletter*

ISBN: 978-0-393-70901-8 • 2015 • 336 pages • Hardcover • \$42.50



## BRAIN-BASED PARENTING

*The Neuroscience of Caregiving for Healthy Attachment*

DANIEL A. HUGHES and JONATHAN BAYLIN, Foreword by DANIEL J. SIEGEL

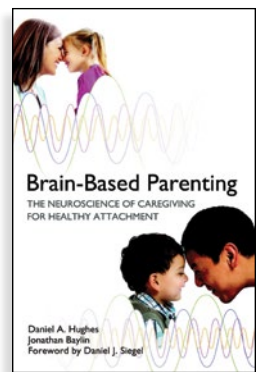
"The authors . . . offer salient, real-world vignettes that will resonate with parents and clinicians alike. . . .

[H]ighly recommended reading for anyone hoping to get a taste of the exciting new field of interpersonal biology and enrich their knowledge of parenting." —*Journal of Psychiatric Practice*

Renowned attachment specialist Daniel Hughes and clinical psychologist Jonathan Baylin reveal what happens neurochemically when caregiving skills are strong—leading to healthy attachment—and when they're impaired, potentially leading to a host of behavioral and emotional problems in kids. In doing so, they provide parents, and the family therapists and clinicians who may work with them, with a roadmap for a stronger and more meaningful parent-child connection.

ISBN: 978-0-393-70728-1 • 2012 • 272 pages • Hardcover • \$29.95

See page 28 for another book by Daniel A. Hughes and Jonathan Baylin.



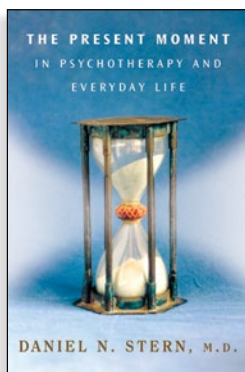
## THE PRESENT MOMENT IN PSYCHOTHERAPY AND EVERYDAY LIFE

DANIEL N. STERN

"Immensely important, indisputably major . . . authoritatively straddling the spectrum encompassing psychoanalysis and psychotherapy, adult and child, neuroscience and phenomenological philosophy, and much else . . . in a most lucid, concise, and comprehensive way."

—*International Journal of Psychotherapy*

ISBN: 978-0-393-70429-7 • 2004 • 320 pages • Hardcover • \$45.00



## NEUROBIOLOGY ESSENTIALS FOR CLINICIANS

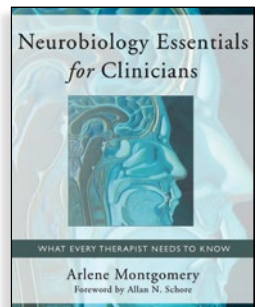
*What Every Therapist Needs to Know*

ARLENE MONTGOMERY, Foreword by ALLAN N. SCHORE

"A practical handbook that easily translates into clinical practice." —*Journal of Analytical Psychology*

What is so unique about this book is that the bulk of the chapters are clinical dialogue, accompanied by neurobiological commentary. Thus, readers can see for themselves, through case examples, just how a "neurobiological outlook" can inform therapeutic understandings of what clients are doing and saying.

ISBN: 978-0-393-70602-4 • 2013 • 360 pgs • PB • \$55.00

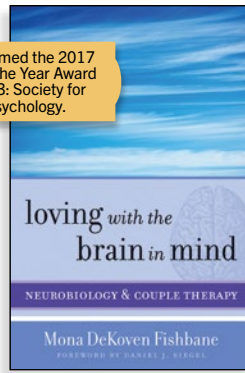


**LOVING WITH THE BRAIN  
IN MIND**

**Neurobiology and  
Couple Therapy**

MONA DEKOVEN FISHBANE,  
Foreword by DANIEL J. SIEGEL

Mona Fishbane was named the 2017 Family Psychologist of the Year Award by the ABA, Division 43: Society for Couple & Family Psychology.



“An innovative and very readable book for both new and experienced clinicians. . . . [It] provides couple therapists, as well as the couples that they treat, with a scientific, evidence-based foundation for hope and optimism for the future.”  
—*PsycCRITIQUES*

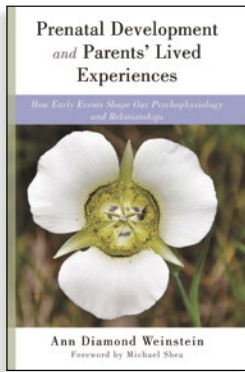
This engaging book explains how partners become reactive and emotionally dysregulated with each other, and what is going on in their brains when this happens. Readers will come to understand the neurobiology of empathy, and how empathy and self-regulation can be learned.

ISBN: 978-0-393-70653-6 • 2013 • 304 pgs • HC • **POD** • \$45.95

**PRENATAL DEVELOPMENT  
AND PARENTS’ LIVED  
EXPERIENCES**

**How Early Events Shape  
Our Psychophysiology and  
Relationships**

ANN DIAMOND WEINSTEIN



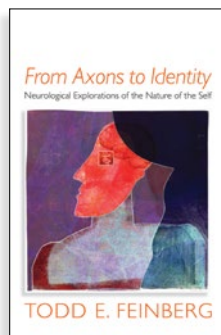
“Weinstein gives credence to the theory that the mother-baby relationship is fully intertwined along a continuum that begins before conception” —*Journal of Prenatal and Perinatal Psychology and Health*

Knowledge drawn from numerous fields highlights the opportunity for parents-to-be and the practitioners who care for them to intentionally support the cultivation of nurturing internal and external environments during the preconception, prenatal, and early parenting periods.

ISBN: 978-0-393-71106-6 • 2016 • 496 pgs • HC • \$47.50

**FROM AXONS TO IDENTITY  
Neurological Explorations of the  
Nature of the Self**

TODD E. FEINBERG



“A rich, thought-provoking, and rewarding book with much to teach anyone interested in questions about mind and brain.” —*Metapsychology Online Reviews*

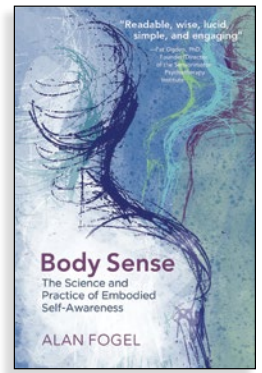
Feinberg presents case studies of individuals with brain pathologies and unusual psychiatric syndromes and then presents a groundbreaking new theory of these conditions that relates them to the normal course of psychological development

ISBN: 978-0-393-70557-7 • 2009 • 288 pgs • HC • \$25.95

**BODY SENSE**

**The Science and Practice of  
Embodied Self-Awareness**

ALAN FOGEL



“A trustworthy and encyclopaedic reference text for gaining a better sense of how to both recognise and stay in contact with our embodied selves.” —*Contemporary Psychotherapy*

Combining a ground-up explanation of the anatomical and neurological sources of embodied self-awareness with practical exercises in touch and movement, *Body Sense* provides therapists and their clients with the tools to attain mind-body equilibrium and cultivate healthy body sense throughout their lives.

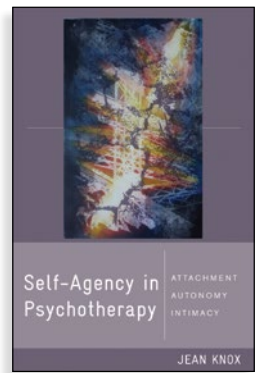
ISBN: 978-0-393-70866-0 • 2013 • 416 pgs • PB • \$29.95

Previously published in hardcover as *The Psychophysiology of Self-Awareness*

**SELF-AGENCY IN  
PSYCHOTHERAPY**

**Attachment, Autonomy, Intimacy**

JEAN KNOX



“*Self-Agency in Psychotherapy* is an amazing integration of developmental research and neuroscience with clinical theory and practice. Knox has written a fascinating and important book.”

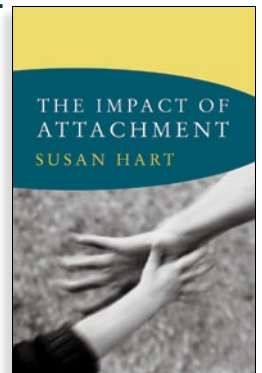
—**Beatrice Beebe, PhD**, Clinical Professor of Psychology in Psychiatry, Columbia University

Knox makes the case that the achievement of a secure sense of self-agency lies at the heart of any successful psychotherapy, and argues for an updated psychoanalytic therapy rooted in a developmental and intersubjective approach.

ISBN: 978-0-393-70559-1 • 2010 • 256 pgs • HC • \$65.00

**THE IMPACT OF ATTACHMENT**

SUSAN HART



“This book of rigorous science and heartfelt clinical brilliance provides a clear neuro-developmental map of how to understand the power and intricacies of our first experiences in life, and how they set a template upon which all later experiences are built.”

—Peter A. Levine, PhD, author of *Trauma through a Child's Eyes*

Hart addresses children’s normal development and relational disorders and presents an integrated therapeutic approach that takes attachment issues into consideration.

ISBN: 978-0-393-70662-8 • 2010 • 448 pgs • HC • \$42.50



**PAT OGDEN, PhD**, is a pioneer in somatic psychology, the creator of the Sensorimotor Psychotherapy method, and founder of the Sensorimotor Psychotherapy Institute. She is a best-selling author, clinician, consultant, and international lecturer. Visit her website at [sensorimotorpsychotherapy.org](http://sensorimotorpsychotherapy.org). See page 2 for Dr. Ogden's latest work, *The Body of Knowledge Card Deck*.

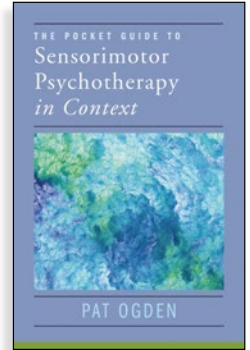
### THE POCKET GUIDE TO SENSORIMOTOR PSYCHOTHERAPY IN CONTEXT

"[T]his book is filled with riveting case examples that illustrate the efficacy of Sensorimotor Psychotherapy. . . . I hope this will become required reading for every therapist and policy maker!" —**Bessel A. van der Kolk, MD**, Professor of Psychiatry, Boston University School of Medicine, President, Trauma Research Foundation, author of *The Body Keeps the Score*

A guide to this groundbreaking somatic-cognitive approach to PTSD and attachment disturbances treatment, Pat Ogden presents Sensorimotor Psychotherapy with an updated vision for her work that advocates for an anti-racist, anti-oppression lens throughout the book.

This book will inspire practitioners to develop a deeper sensitivity to the issues and legacy of oppression and marginalization as they impact the field of psychology, as well as present topics of trauma and early attachment injuries, dissociation, dysregulation, and mindfulness through a Sensorimotor Psychotherapy lens. Numerous composite cases with a variety of diverse clients bring the approach to life.

ISBN: 978-0-393-71402-9 • 2021 • 368 pages • Paperback • \$29.95



### SENSORIMOTOR PSYCHOTHERAPY

*Interventions for Trauma and Attachment*

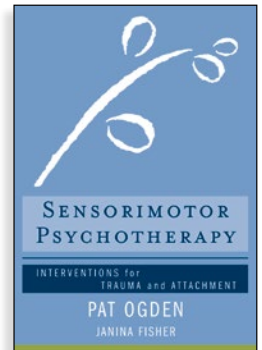
PAT OGDEN and JANINA FISHER

**BESTSELLER**

"Provides a wealth of clinical wisdom and knowledge of the body that can be easily integrated into any other psychotherapeutic framework." —*European Society of Trauma and Dissociation Newsletter*

The body's intelligence is largely an untapped resource in psychotherapy, and the story told by the "somatic narrative" is arguably more significant than the story told by words. Written for therapists and clients to explore together in therapy, this book is a companion to *Trauma and the Body*. Each chapter of this book is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

ISBN: 978-0-393-70613-0 • 2015 • 832 pages • Hardcover • \$55.00



### TRAUMA AND THE BODY

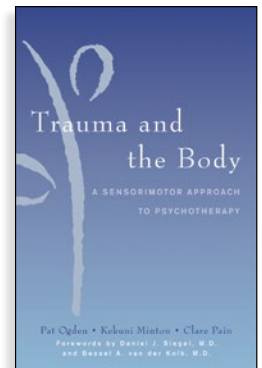
PAT OGDEN, KEKUNI MINTON, and CLARE PAIN

**BESTSELLER**

"[A]n exemplary collaboration within the village of traumatology. . . . Although clinicians in particular will benefit from reading this book, it also will interest clients, researchers, and other mental health professionals. . . . I highly recommend studying this book at a leisurely pace that allows for an integration of all that it offers." —*Clinical Social Work Journal*

Incorporating theory and technique from traditional talk therapy methods with body-oriented psychotherapy, somatic psychology pioneer Pat Ogden and her colleagues expertly explain how using body sensation and movement can help chronically traumatized clients find resolution and meaning in their lives and develop a new, somatically integrated sense of self.

ISBN: 978-0-393-70457-0 • 2006 • 384 pages • Hardcover • \$49.95



**Discounted Two-Book Set: Sensorimotor Psychotherapy and Trauma and The Body**  
 ISBN: 978-0-393-71276-6 • \$80.00





**JOHN M. GOTTMAN, PhD**, is William Mifflin Professor of Psychology at the University of Washington in Seattle. He has conducted 40 years of breakthrough research with thousands of couples and is the author of over two dozen books, including *The Science of Trust* and *The Marriage Clinic* (see page 76).



**JULIE SCHWARTZ GOTTMAN, PhD**, is the Co-Founder and President of The Gottman Institute and the co-creator of the immensely popular The Art and Science of Love weekend workshop for couples. She also co-designed the national clinical training program in Gottman Method Couples Therapy. She is the editor of *The Marriage Clinic Casebook* (page 76).

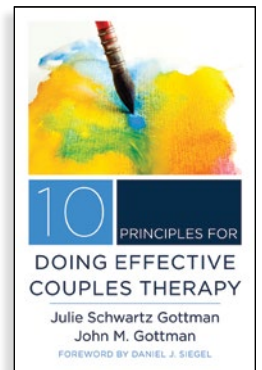
## 10 PRINCIPLES FOR DOING EFFECTIVE COUPLES THERAPY

JULIE SCHWARTZ GOTTMAN and JOHN M. GOTTMAN,  
Foreword by DANIEL J. SIEGEL



"Filled with clinical insight, coherent theory, case illustrations, various data gathering forms, and a treatment plan, this book should increase the competence and confidence of any clinician who is wise enough to read it." —**Harville Hendrix, PhD** and **Helen LaKelly Hunt, PhD**, co-creators of Imago Relationship Therapy and authors of *Doing Imago Relationship Therapy in the Space-Between*

"This book lays out in an eminently readable and accessible way the basic steps of effective couple therapy. It is a great contribution to the field and will guide numerous therapists onto the path of successful intervention." —**Sue Johnson, EdD**, author of *Hold Me Tight* and *Love Sense*; Founding Director of The International Center for Excellence in Emotionally Focused Therapy (ICEEFT)



In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling.

ISBN: 978-0-393-70835-6 • 2015 • 288 pages • Hardcover • \$29.95

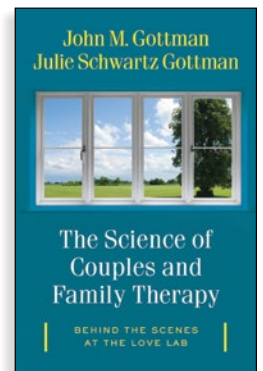
## THE SCIENCE OF COUPLES AND FAMILY THERAPY

*Behind the Scenes at the "Love Lab"*

JOHN M. GOTTMAN and JULIE SCHWARTZ GOTTMAN

"It integrates all their previous work, intriguingly, by endowing with new meaning the concept out of which family therapy originated: homeostasis. John has been able to transfer his charismatic speaking style—the wit and pizzazz—to the printed page as he and Julie recount the twists and turns of their discoveries." —**Daniel Wile**, author of *After the Honeymoon, Revised Edition*

"Drawing on a wealth of research imbued with powerful theoretical insights, John and Julie Gottman's book is an intellectual achievement **sure to affect profound changes in many couples' lives, and without fail, change the way we live, love, and create families.**" —*Psych Central*



In this highly conversational and readable book, John and Julie Gottman offer the fulfillment of the original general systems theory first presented by biologist Ludwig von Bertalanffy in 1968. The Gottmans present a new, viable general systems theory, with precise, measurable, and easy-to-understand concepts. From this new empirical theory, an effective couples and family therapy emerges. They describe their clear-cut technology for creating change and delineate the six parameters of change. This book finally creates a firm scientific edifice for couples and family therapy.

ISBN: 978-0-393-71274-2 • 2018 • 320 pages • Hardcover • \$35.00

## THERAPEUTIC IMPROVISATION

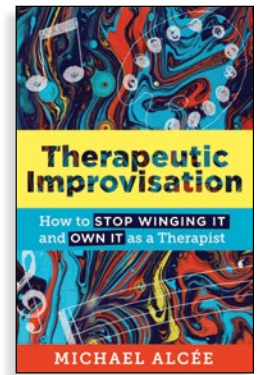
*How to Stop Winging It and Own It as a Therapist*

MICHAEL ALCÉE

As a new therapist, it's hard to make transformational moments out of all that's being thrown at you in sessions. You're just winging it, but deep down you know there's a way to make your sessions more dynamic and intentionally responsive. This book shows how to develop a keen ear and sharp eye for the many changes coming your way. Examples from music, movies, and literature illustrate how the scientific principles of interpersonal neurobiology can help you claim your artistry as a therapist. Supervisors and new clinicians alike will be refreshed by the innovative vision of mental health practice as having a flexible and creative capacity.

ISBN: 978-1-324-01959-6 • 2022 • 288 pages • Paperback • \$24.95

Winner of the 2022 Health – Psychology  
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## RELATIONSHIP-BASED TREATMENT OF CHILDREN AND THEIR PARENTS

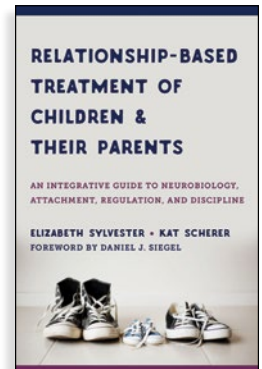
*An Integrative Guide to Neurobiology, Attachment, Regulation, and Discipline* Elizabeth Sylvester and Kat Scherer

ELIZABETH SYLVESTER and KAT SCHERER

*Offering an integrated framework utilizing the science of neurobiology, attachment, regulation, and discipline for clinical work with parents and children*

Harnessing the rich potential of the parent-child relationship, this book addresses the most common clinical work seen by child and family therapists with uncommon clarity and hope. The authors offer concrete steps to quickly impact the budding attachment relationship, shifting patterns to be more attuned, affirming, and trustworthy. Filled with practical tools to guide clinical work, the approach detailed in this book offers an informed, purposeful, and effective way of moving families toward greater stability and connection. Therapists will appreciate this accessible and universally applicable method.

ISBN: 978-1-324-03056-0 • 2022 • 320 pages • Cloth • \$45.00



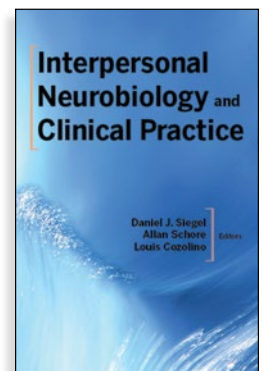
## INTERPERSONAL NEUROBIOLOGY AND CLINICAL PRACTICE

DANIEL J. SIEGEL, ALLAN N. SCHORE, and LOUIS COZOLINO, Editors

Books in the Norton Series on Interpersonal Neurobiology (IPNB) have collectively sold over 1 million copies and contributed to a revolution in cutting-edge mental health care. In this book, the three series editors have enlisted some of the most widely read IPNB authors to reflect on the impact of IPNB on their clinical practice and offer words of wisdom to the hundreds of thousands of IPNB-informed clinicians around the world. Contributors include: Dan Hill, Bonnie Badenoch, Kathy Steele, Stephen Porges, Richard Chefetz, Pat Ogden, Oliver Morgan, Terry Marks-Tarlow, Daniel Hughes, Carly Samuelson, and Chloe Drulis.

**About the Editors** | **DANIEL J. SIEGEL, MD**, is clinical professor of psychiatry at the University of California–Los Angeles School of Medicine, and executive director of the Mindsight Institute. See pages 7, 17, 18, and 25 for more books by Daniel J. Siegel. **ALLAN N. SCHORE, PhD**, is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences and UCLA David Geffen School of Medicine. at UCLA. See page 13 for more books by Allan N. Schore. **LOUIS COZOLINO, PhD**, is a professor of psychology at Pepperdine University and maintains a clinical and consulting practice in Los Angeles, California. See pages 11 and 12 for more books by Louis Cozolino.

ISBN: 978-0-393-71457-9 • 2021 • 368 pages • Paperback • \$35.00

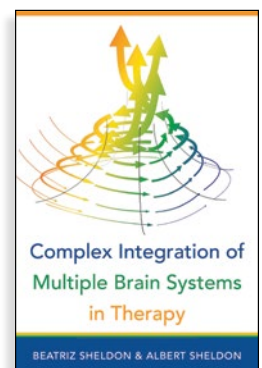


## COMPLEX INTEGRATION OF MULTIPLE BRAIN SYSTEMS IN THERAPY

BEATRIZ SHELDON and ALBERT SHELDON

Integrating groundbreaking research on neuroplasticity, brain development, and therapeutic change, this book details a novel neurobiological and psychotherapeutic paradigm—and reveals how therapists can use this paradigm for more successful treatment. Clients arrive to therapy troubled by deeply ingrained neural circuits and emotional habits. The authors illustrate how integrating self-affirming, nonconscious emotional resources changes rigid, maladaptive neural circuits. This allows the emergence of more complex and flexible mental functioning and produces more successful psychotherapeutic outcomes.

ISBN: 978-0-393-71428-9 • 2021 • 288 pages • Hardcover • \$42.00



## ADDICTION, ATTACHMENT, TRAUMA, AND RECOVERY

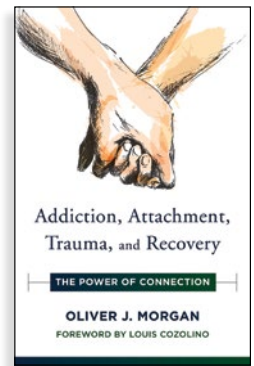
### *The Power of Connection*

OLIVER J. MORGAN, Foreword by LOUIS COZOLINO

2020 Independent Press Award Winner,  
Addiction & Recovery Category

This book presents a fresh take on addiction and recovery by presenting a more inclusive framework than traditional understanding. Leading-edge work in attachment, interpersonal neurobiology, and trauma is integrated with ecological systems thinking to provide a consilient and comprehensive picture of addiction. This book presents a model, a method, and a mandate, calling for change in the established ways we think about addiction and recovery

ISBN: 978-0-393-71317-6 • 2019 • 384 pages • Hardcover • \$45.00



## HOW PEOPLE CHANGE

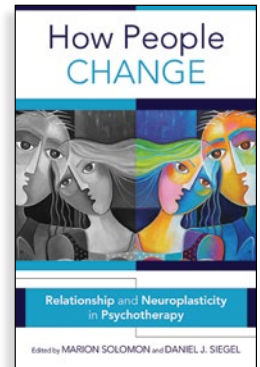
### *Relationship and Neuroplasticity in Psychotherapy*

MARION SOLOMON and DANIEL J. SIEGEL, Editors

This book explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain.

**Contributors:** Daniel J. Siegel • Marion Solomon • Philip Bromberg • Louis Cozolino • Vanessa Davis • Margaret Wilkinson • Pat Ogden • Peter Levine • Russell Meares, MD • Dan Hughes • Martha Stark • Stan Tatkin • Bonnie Goldstein

ISBN: 978-0-393-71176-9 • 2017 • 320 pages • Hardcover • \$37.50

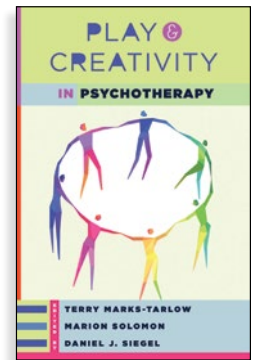


## PLAY AND CREATIVITY IN PSYCHOTHERAPY

TERRY MARKS-TARLOW, MARION SOLOMON, and DANIEL J. SIEGEL, Editors

Through play, as children, we learn the rules and relationships of culture and expand our tolerance of emotions—areas of life “training” that overlap with psychotherapy. Areas of interest include confidence and self awareness, optimism, parent-child relationships, ADHD, trauma, intuition, neurobiology and more. Distinguished clinicians including Mihaly Csikszentmihalyi, Daniel J. Siegel, Jaak Panksepp, Allan Schore, Pat Ogden, and Louis Cozolino illuminate what play and creativity mean for the healing process at any stage of life.

ISBN: 978-0-393-71171-4 • 2017 • 400 pages • Hardcover • \$37.50



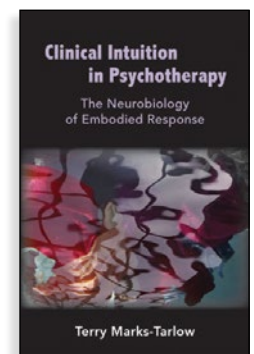
## CLINICAL INTUITION IN PSYCHOTHERAPY

### *The Neurobiology of Embodied Response*

TERRY MARKS-TARLOW, Foreword by ALLAN N. SCHORE

Drawing from 30 years of clinical experience, Marks-Tarlow explores the central—yet neglected—topic of intuition in psychotherapy, sharing clinical insights and intuitions that can help transform traumatized brains into healthy minds. Bridging art and science, this book is grounded in interpersonal neurobiology, and filled with rich case vignettes, personal stories, and original artwork.

ISBN: 978-0-393-70703-8 • 2012 • 288 pages • Hardcover • \$35.00



## AWAKENING CLINICAL INTUITION

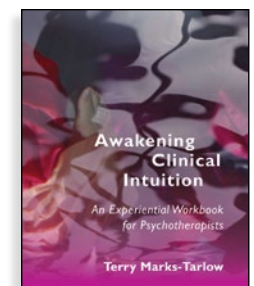
### *An Experiential Workbook for Clinicians*

TERRY MARKS-TARLOW

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Nomination for Best Book

With exercises in breathing, mindfulness, meditation, play, perspective-building, and much more, this is a practical workbook for eliminating mental clutter, getting in touch with right-brain, embodied responses to psychotherapy, and cultivating a unique, intuitive style.

ISBN: 978-0-393-70868-4 • 2014 • 256 pages • Paperback w/MP3 CD • \$32.95





**BONNIE BADENOCH, MA, LMFT**, a marriage and family therapist, an instructor at Portland State University in the Interpersonal Neurobiology certificate program, and cofounder and executive director of the nonprofit Nurturing the Heart with the Brain In Mind

## THE HEART OF TRAUMA

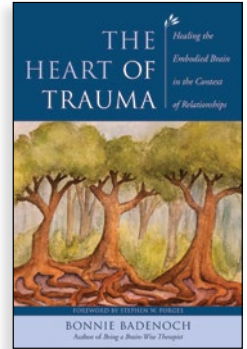
*Healing the Embodied Brain in the Context of Relationships*

**BESTSELLER**

"Deepening our understanding of the inherent desire for connection, our capacity to experience the traumatic events that disrupt it, and the relational presence that heals it, **Badenoch's book should be required reading for all therapists.**" —*Psych Central*

The ability to offer the safe sanctuary of presence is central to treating trauma and therapeutic practice. This book offers brain- and body-based insights and skills for the reader to heal not only clients but also themselves.

978-1-324-05342-2 • 2023 • 368 pages • Paperback • \$38.00



## BEING A BRAIN-WISE THERAPIST

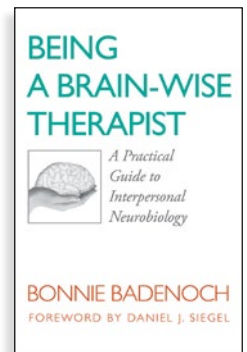
*A Practical Guide to Interpersonal Neurobiology*

Foreword by DANIEL J. SIEGEL

"Badenoch's sophisticated, but practical, text is an excellent example of how neurobiology can fundamentally alter one's clinical practice." —*Clinical Social Work Journal*

In easy-to-understand prose, this book explains neurobiological correlates of some familiar diagnostic categories and shows how principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders.

ISBN: 978-0-393-70554-6 • 2008 • 384 pages • Paperback • \$32.00



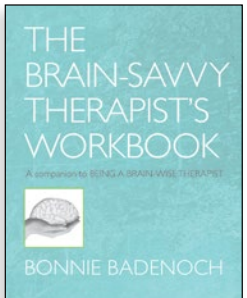
## THE BRAIN-SAVVY THERAPIST'S WORKBOOK

*A Companion to Being a Brain-Wise Therapist*

"Client-centered exercises that accompany the concepts put forward in *Being a Brain-Wise Therapist* and make the theoretical practical. This workbook is a must-read." —Marco Iacoboni, neuroscientist, University of California at Los Angeles, and author of *Mirroring People: The Science of Empathy and How We Connect with Others*

Client-centered exercises that accompany the concepts put forward in *Being a Brain-Wise Therapist* and make the theoretical practical.

ISBN: 978-0-393-70639-0 • 2011 • 336 pages • Paperback • \$41.99



## SEX ADDICTION AS AFFECT DYSREGULATION

*A Neurobiologically Informed Holistic Treatment*

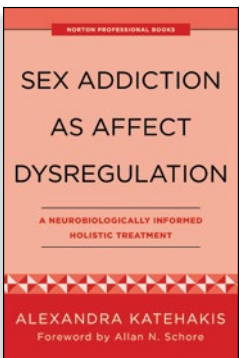
ALEXANDRA KATEHAKIS, Foreword by ALLAN N. SCHORE

**NOW IN PAPERBACK**

"Alexandra Katehakis has written a fascinating book on sex addiction. . . I **recommend this book for everyone in the field of SA treatment** as an introduction into the complexity of the problem. . . I felt a deep affinity for [her] work and her empathy for her patients. . . I found myself engrossed in her clinical material." —*PsycCRITIQUES*

This book integrates cutting-edge research, case studies, verbatim session records, and patient writings and art. Katehakis explicates neurophysiological, psychological, and cultural forces priming and maintaining SA, then details how her innovative treatment restores patients' interpersonal, sexual and spiritual relationality. Her Psychobiological Approach to Sex Addiction Treatment (PASAT) joins therapist and patient through a relationally-based psychotherapy—a holistic, dyadic dance that calls on the body, brain and mind of both.

ISBN: 978-1-324-05386-6 • 2023 • 416 pages • Paperback • \$58.99



## TREATING TRAUMA-RELATED DISSOCIATION

*A Practical, Integrative Approach*

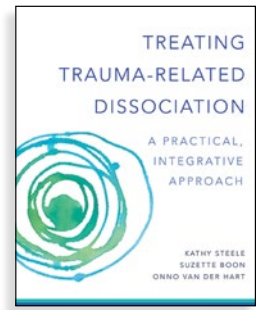
KATHY STEELE, SUZETTE BOON, and ONNO VAN DER HART

Winner of the 2011 International Society for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Writing Award.

"[O]ne of the most informative, comprehensive books on the treatment of complex trauma and trauma-generated dissociation I have ever read . . . This is necessary reading for all clinicians not only for understanding and treating trauma-generated dissociation but also as a great text for therapy in general."  
—Roger M. Solomon, PhD, Senior Faculty, EDMR Institute

From the authors of the best-selling patient-oriented manual *Coping with Trauma-Related Dissociation*, comes an overview of the neuropsychology of dissociation as a disorder of non-realization, with chapters on assessment, prognosis, case formulation, treatment planning, and treatment phases and goals, based on best practices. This comprehensive volume, born out of thousands of hours of treating patients with dissociative disorders, focuses not only on how to conceptualize and treat dissociation, but on how to be with patients who experience themselves as many instead of one. A must for all trauma therapists.

ISBN: 978-0-393-70759-5 • 2016 • 560 pages • Hardcover • \$55.00



## COPING WITH TRAUMA-RELATED DISSOCIATION

*Skills Training for Patients and Therapists*

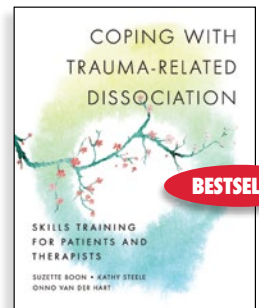
SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART

Winner of the 2011 International Society for the Study of Trauma and Dissociation (ISSTD) Pierre Janet Writing Award.

"This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation." —Frank W. Putnam, MD, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine

ISBN: 978-0-393-70646-8 • 2011 • 496 pages • Paperback • \$49.95

**Discounted Two-Book Set:** *Treating Trauma-Related Dissociation* and *Coping With Trauma-Related Dissociation* ISBN: 978-0-393-71268-1, \$80.00



## ART THERAPY & THE NEUROSCIENCE OF RELATIONSHIPS, CREATIVITY, & RESILIENCY

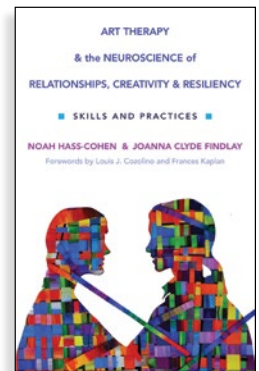
*Skills and Practices*

NOAH HASS-COHEN and JOANNA CLYDE FINDLAY, Forewords by LOUIS J. COZOLINO and FRANCES KAPLAN

"This is an exciting, nearly quantum leap forward in our understanding of the power of expressive therapies."  
—John Briere, PhD, Associate Professor of Psychiatry and Psychology, Keck School of Medicine, University of Southern California

"[A]s helpful for learning about the brain and its various functions as it is for learning about art therapy. . . . [F]or those studying or practicing art therapy, or for a well-informed reader with a particular interest, it is difficult to imagine a more comprehensive text." —*Psych Central*

ISBN: 978-0-393-71074-8 • 2015 • 496 pages • Hardcover • \$45.00



## THE INTERPERSONAL NEUROBIOLOGY OF PLAY

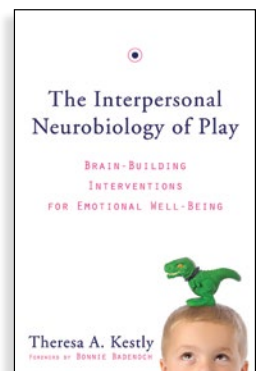
*Brain-Building Interventions for Emotional Well-Being*

THERESA A. KESTLY, Foreword by BONNIE BADENOCH

"[A] must for anyone who works with children or young people. Therapists with an adult clientele will benefit from reading it too: our clients were all children once. . . . The vignettes are entertaining and we are shown how to put the theory into practice." —*Contemporary Psychotherapy*

Theresa Kestly explains the benefits of play interventions to achieve attunement, neural integration, healthy attachment, and the development of resilience.

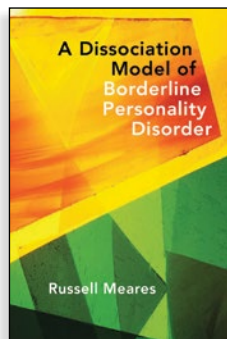
ISBN: 978-0-393-70749-6 • 2014 • 240 pages • Hardcover • \$37.50



## A DISSOCIATION MODEL OF BORDERLINE PERSONALITY DISORDER

RUSSELL MEARES

Exploring dissociation from developmental, neurobiological, and behavioral perspectives, Russell Meares presents an original theory of BPD, offering new insights into this debilitating disorder and hope for recovery. Mental health professionals working with patients suffering from symptoms of BPD will find an invaluable theoretical grounding for treating the difficult—and varied—symptoms of BPD.



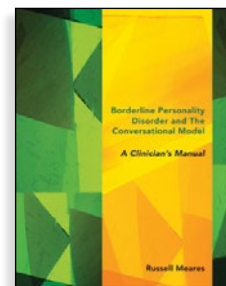
ISBN: 978-0-393-70585-0 • 2012 • 416 pgs • Hardcover  
\$44.95

## BORDERLINE PERSONALITY DISORDER AND THE CONVERSATIONAL MODEL

*A Clinician's Manual*

RUSSELL MEARES

In this accompanying manual to *A Dissociation Model of Borderline Personality Disorder*, Meares and contributors offer therapists and patients a user-friendly guide to general principles of treatment via case examples, therapeutic conversations, and common comorbid problems.



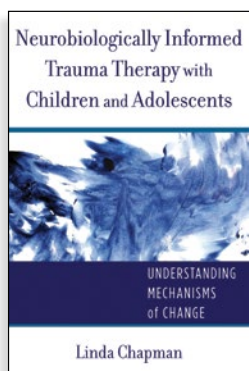
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## NEUROBIOLOGICALLY INFORMED TRAUMA THERAPY WITH CHILDREN AND ADOLESCENTS

*Understanding Mechanisms of Change*

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This approach to treatment utilizes the integrative capacity of the brain to create a self, foster insight, and produce change. Treatment strategies are based on cutting-edge understanding of neurobiology, the development of the brain, and the storage and retrieval of traumatic memory. Case vignettes illustrate specific examples of the reactions of children, families, and teens to acute and repeated exposure to traumatic events. Also presented is the most recent knowledge of the role of the right hemisphere (RH) in development and therapy.



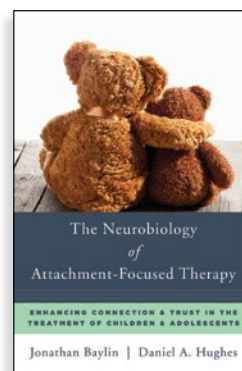
ISBN: 978-0-393-70788-5 • 2014 • 272 pgs • Hardcover  
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## THE NEUROBIOLOGY OF ATTACHMENT-FOCUSED THERAPY

*Enhancing Connection & Trust in the Treatment of Children & Adolescents*

JONATHAN BAYLIN and DANIEL A. HUGHES

This groundbreaking book explores how the attachment-focused family therapy model works at a neural level. Investigation of the brain science of early childhood and developmental trauma offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults.



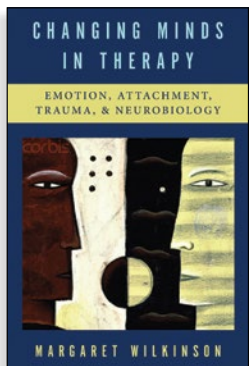
ISBN: 978-0-393-71104-2 • 2016 • 304 pgs • Hardcover  
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## CHANGING MINDS IN THERAPY

*Emotion, Attachment, Trauma, & Neurobiology*

MARGARET WILKINSON

Drawing from a wide range of clinical approaches and deftly integrating the scholarly with the practical, Margaret Wilkinson presents contemporary neuroscience, as well as attachment and trauma theories, in an accessible way, illuminating the many ways in which cutting-edge research may inform clinical practice.



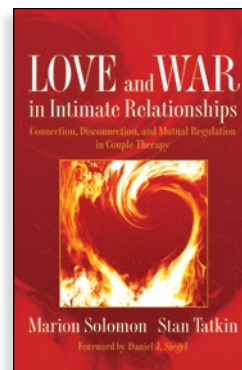
ISBN: 978-0-393-70561-4 • 2010 • 248 pgs • Hardcover  
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## LOVE AND WAR IN INTIMATE RELATIONSHIPS

*Connection, Disconnection, and Mutual Regulation in Couple Therapy*

MARION F. SOLOMON and STAN TATKIN, Foreword by DANIEL J. SIEGEL

“Reading this book was a sheer pleasure, and I did not skip a word. It is an artful theoretical and clinical integration with no wasted words. . . In this innovative couple therapy, they have documented the healing power of couples learning to take care of each other and put to rest the myth of the healing capacity of the autonomous self. I recommend this instructive book to all therapists. . . I hope this project gets lots of deserved attention.” —Harville Hendrix, PhD, author of *Getting the Love You Want*



ISBN: 978-0-393-70575-1 • 2011 • 288 pgs • Hardcover  
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## UNDERSTANDING THE BRAIN

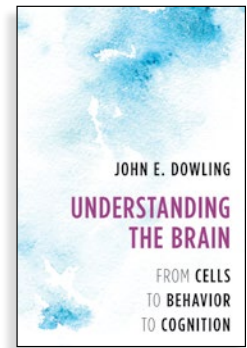
*From Cells to Behavior to Cognition*

JOHN E. DOWLING

**“A perfect introduction for anyone who comes to the brain with little background in brain science and who wants to have a meaningful understanding of how the brain works.”** —*American Journal of Psychology*

In this up-to-date revision of his 1998 book *Creating Mind*, Dowling conveys the essence and vitality of the field of neuroscience—examining the progress we’ve made in understanding how brains work, and shedding light on discoveries having to do with aging, mental illness, and brain health. Beautifully illustrated and lucidly written, this introduction elegantly reveals the beauty of the organ that makes us uniquely human.

ISBN: 978-0-393-71257-5 • 2018 • 256 pages • Hardcover • \$26.95



## BRAIN BYTES

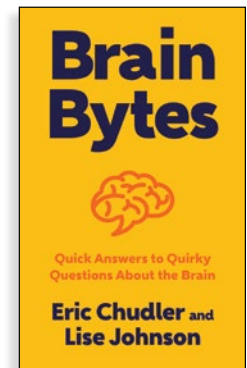
*Quick Answers to Quirky Questions about the Brain*

ERIC CHUDLER and LISE JOHNSON

Neuroscience educators Eric Chudler and Lise Johnson get right to it, asking and answering more than one hundred questions about the brain. Questions include: Does size matter (do humans have the largest brains)? Can foods make people smarter? Does surfing online kill brain cells? Why do we dream? Why can't I tickle myself? Why do cats like catnip? Why do we yawn and why are yawns contagious? What can I do to keep my brain healthy?

ISBN: 978-0-393-71144-8 • 2017 • 256 pages • Hardcover • \$16.95

See page 68 for *Worried?* by Johnson and Chudler.

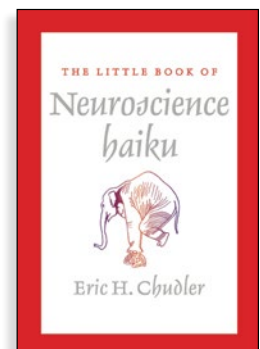


## THE LITTLE BOOK OF NEUROSCIENCE HAIKU

ERIC H. CHUDLER

Chudler turns his talents towards poetry in this whimsical yet educational book of haiku poems about the brain. The poems are grouped into three themes: *Places* (such as the frontal lobe and the cerebellum); *Things* (like brain scanners and animals); and *People* (including Eric Kandel and other neuroscientists). Each poem is accompanied by an explanatory footnote, making the book useful and informative for those who wish to learn more about neuroscientific concepts in a fun, unique, and memorable way.

ISBN: 978-0-393-70832-5 • 2013 • 224 pages • Paperback • \$16.95



## THE DAO OF NEUROSCIENCE

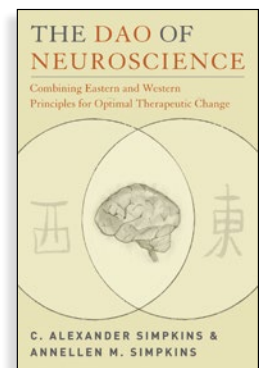
*Combining Eastern and Western Principles for Optimal Therapeutic Change*

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

By weaving together Eastern traditions (including Yoga, Buddhism, Zen, and Daoism) and Western science, new understandings previously not considered emerge. This book is an insightful introduction to these traditions which sheds new light on the relationship between the mind and the brain. As we learn the Dao of neuroscience, we come to understand the brain's most optimal ways of functioning and how to facilitate its natural processes toward health, happiness, and fulfillment.

ISBN: 978-0-393-70597-3 • 2010 • 288 pages • Paperback • \$24.95

See pages 73 and 86 for more books by C. Alexander Simpkins and Annelen M. Simpkins.



## INFANT RESEARCH & NEUROSCIENCE AT WORK IN PSYCHOTHERAPY

*Expanding the Clinical Repertoire*

JUDITH RUSTIN

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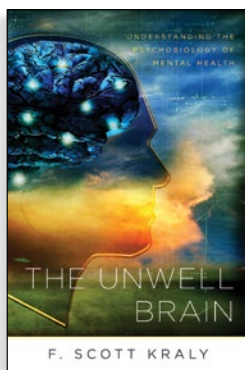
**THE UNWELL BRAIN***Understanding the Psychobiology of Mental Health*

F. SCOTT KRALY

Kraly effectively demystifies the field of neuroscience, offering a brisk, digestible narrative of how malfunctioning neurons and neurochemicals can result in psychological disorders, and, in turn, how pharmacotherapy and psychotherapy can help repair various mental health disorders.

ISBN: 978-0-393-70596-6 • 2009 • 224 pages • Paperback • \$22.95

Originally published in hardcover as *Brain Science and Psychological Disorders*

**NEUROANATOMY FOR STUDENTS OF BEHAVIORAL DISORDERS**

RONALD L. GREEN and ROBYN L. OSTRANDER

Green and Ostrander take readers on a systematic tour of all brain regions with important behavioral affiliations or with known or theoretical involvement in psychiatric disorders.

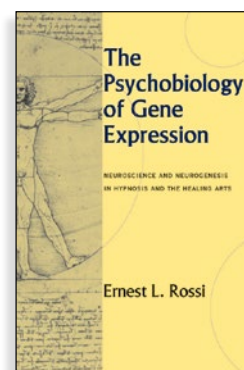
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**THE PSYCHOBIOLOGY OF GENE EXPRESSION***Neuroscience and Neurogenesis in Hypnosis and Healing Arts*

ERNEST L. ROSSI

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**THE BEHAVIORAL NEUROSCIENCE OF ADOLESCENCE**

LINDA SPEAR

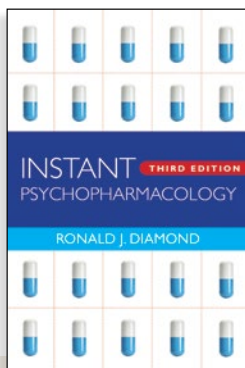
A detailed and illuminating overview of the genetic, hormonal, and neurological developments that take place during adolescence, and how these changes produce distinctly adolescent behaviors and thought processes with profound implications for clinical treatment.

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RONALD J. DIAMOND

**“Covers everything you would need to know about specific medications in each class, their intended use, contraindications and metabolic actions.”** —*New England Psychologist*



**Contents:** 1. Rules of the Game 2. Basics of Psychopharmacology 3. Introduction to Antipsychotics 4. Antipsychotic Medications: Specifics of Use 5. Antidepressant Medications 6. Mood-Stabilizing Medications 7. Medications Useful for Anxiety Disorders and Sleep Problems 8. Miscellaneous Medications 9. Medication for People with Borderline Personality Disorder • Appendices: Medication List by Generic Name, Medication List by Brand Name, Medication List by Class, Medication Costs

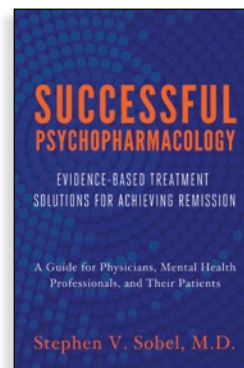
ISBN: 978-0-393-70566-9 • 2009 • 294 pages • Paperback • \$24.99

See page 41 for Ronald J. Diamond's *Treatment Collaboration* and page 70 for *The Medication Question*.

**SUCCESSFUL PSYCHOPHARMACOLOGY***Evidence-Based Treatment Solutions for Achieving Remission*

STEPHEN V. SOBEL

This book teaches mental health professionals how to choose and use psychotropic medications to address the biological etiology of psychiatric disease and mental health.



**Contents:** 1. The Goal of Treatment Is Remission 2. The Keys to Successful Psychopharmacology 3. Antidepressants: Points and Pearls 4. Choosing the Right Antidepressant 5. Treating Depression 6. Antianxiety Medications: Points and Pearls 7. Treating Anxiety Disorders 8. Treating Eating Disorders 9. Treating Insomnia 10. Mood Stabilizers: Points and Pearls 11. Treating Bipolar Disorder 12. Antipsychotics: Points and Pearls 13. Treating Psychosis

ISBN: 978-0-393-70857-8 • 2012 • 352 pages • Paperback • **POD** • \$39.95



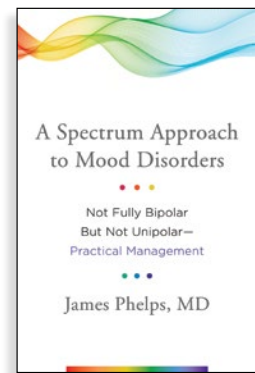
## A SPECTRUM APPROACH TO MOOD DISORDERS

*Not Fully Bipolar but Not Unipolar—Practical Management*

JAMES PHELPS

Is it trauma, or is it bipolar? Borderline? Both? In this book, nationally recognized expert James Phelps provides an in-depth exploration of the signs, symptoms, and nuanced presentations of the mood disorder spectrum, focusing on the broad gray area between Major Depression and Bipolar I. Combining theoretical understanding and real-world scenarios, Phelps offers practical treatment guidelines for clinicians to better understand the subtle ways mood disorders can show up, and how to find the most beneficial path for treatment based on the patient's individual pattern of symptoms.

ISBN: 978-0-393-71146-2 • 2016 • 272 pages • Hardcover • \$37.50



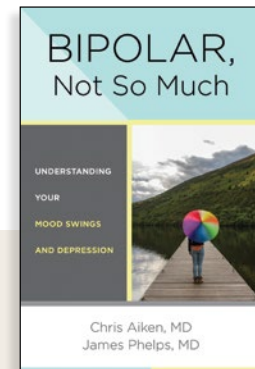
## BIPOLAR, NOT SO MUCH

*Understanding Your Mood Swings and Depression*

CHRIS AIKEN and JAMES PHELPS

Aiken and Phelps highlight the key distinctions that define unipolarity, bipolarity, hypomania, mania, and depression. This thoughtful and beneficial book can be recommended to clients to offer skills and strategies, as well as hope, in the face of debilitating mental challenges.

**Selected Contents:** **Part One: What Type of Depression Do You Have?** 1. Understanding the Mood Spectrum 2. The Down Side: Depression 3. The Up Side: From Hypomania to Mania, and Everything In-Between 4. The Mixed-Up Side: When Mania and Depression Collide **Part Two: A Healing Lifestyle** 11. Managing Insomnia 12. Getting Active 13. Exercise? How About Just Walking 14. Diet 15. Managing Substances **Part Three: Treatment** 17. The Right Stuff: How to Find Good Care 18. Medications: Our Top Choices 22. Anxiety, Concentration, and Sleep: The Other Poles of Bipolar 23. Natural Healers 24. Knowing When to Stop Medications 25. Live Long and Minimize Side Effects **Part Four: Reclaiming Your Life** 28. Relationships 29. Work and School 30. For Friends and Family



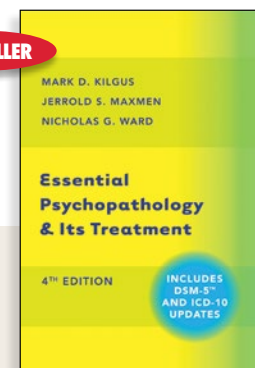
ISBN: 978-0-393-71174-5 • 2016 • 256 pages • Hardcover • \$29.99

## ESSENTIAL PSYCHOPATHOLOGY AND ITS TREATMENT, 4th Edition

MARK D. KILGUS, JERROLD S. MAXMEN, and NICHOLAS G. WARD

**Keyed to the DSM-5 and ICD-10 classifications**, the 4th Edition of this authoritative and best-selling text reflects major changes in nosology, as well as cutting-edge advances in neuroscience, psychopharmacology, and genetics. This book has long been considered the leading textbook on modern psychiatric assessment, diagnosis, and treatment for resident students in psychiatry and related disciplines.

**Contents:** **Section I: Diagnostic Psychopathology** 1. Psychopathology 2. Assessment 3. Diagnosis and Prognosis 4. Etiology 5. Treatment 6. Psychopharmacology 7. Systems-Based Practice 8. Legal, Ethical, and Multicultural Issues 9. Sample Case History: Sherlock Holmes • **Section II: Mental Disorders** 10. Neurocognitive Disorders 11. Substance-Related Disorders 12. Schizophrenia and Other Thought Disorders 13. Mood Disorders 14. Anxiety Disorders 15. Obsessive-Compulsive Disorders 16. Trauma and Stress Disorders 17. Dissociative Disorders 18. Somatoform Disorders 19. Factitious Disorders 20. Eating Disorders and Elimination Disorders 21. Sleep Disorders 22. Sexual and Gender Identity Disorder 23. Disruptive and Impulse Control 24. Personality Disorders 25. Neurodevelopmental Disorders



ISBN: 978-0-393-71064-9 • 2015 • 720 pages • Hardcover • \$85.00

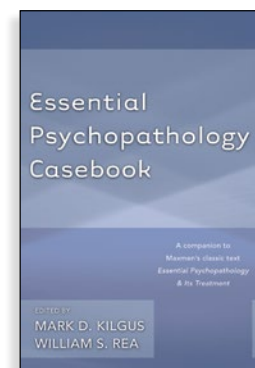
## ESSENTIAL PSYCHOPATHOLOGY CASEBOOK

*A companion to Maxmen's classic text Essential Psychopathology & Its Treatment*

MARK D. KILGUS and WILLIAM S. REA, Editors

Each chapter is consistently organized to answer these central questions concerning clinical presentation: functional impairment; DSM diagnosis (keyed to DSM-V); epidemiology; differential diagnosis; etiology and pathogenesis; natural course without treatment; evidence-based bio-psycho-socio-spiritual treatment options; clinical course with management and treatment; systems-based practice issues; and legal, ethical, and cultural challenges. Designed as a clinical companion to the text *Essential Psychopathology and Its Treatment*, this book's important lessons can also be learned by reading it as a stand-alone text.

ISBN: 978-0-393-70822-6 • 2014 • 648 pages • Paperback • \$39.95





Best-selling author **BABETTE ROTHSCHILD, MSW, LCSW**, is the editor of the **8 Keys to Mental Health Series** (see pages 64-65), and a member of the International Society for Traumatic Stress Studies (ISTSS). She gives lectures and professional trainings around the world. Her books have been translated into 18 different languages.

## HELP FOR THE HELPER

*Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World, Updated + Expanded*

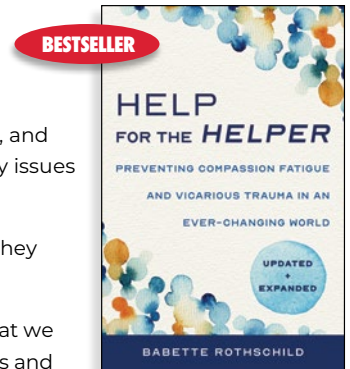
"This book should be very useful to practicing psychotherapists, social workers, nurses, psychiatrists, and especially those in training for these fields. The variety of skill-building exercises offers help for many issues that arise during training and practice." —*Bulletin of the Menninger Clinic*

"Written with a lot of common sense, it is easy to read and will be helpful to all therapists, whether they work with trauma and disaster victims or not." —*International Review of Psychiatry*

"The book is written from a pragmatic, non-spiritual perspective and is a great reminder of the fact that we do need to look after ourselves, as well as giving us a variety of useful strategies to help survive the ups and downs of therapeutic life." —*The Fulcrum Text*

The world has changed significantly since the the first edition of Help for the Helper was published in 2006. To address these unique challenges, this revised and expanded edition now includes guidance for helping clients while maintaining therapists' own safety and sanity in crisis situations, managing the usual stresses and challenges during normal times, and tips for dealing with trauma when that is not a therapist's specialty. Topics include the neurophysiology and regulation of arousal, self-care during shared community/world crises, maintaining balance and strength, countertransference, somatic empathy, mirroring and mimicry.

ISBN: 978-1-324-03049-2 • 2022 • 336 pages • Paperback • \$28.99



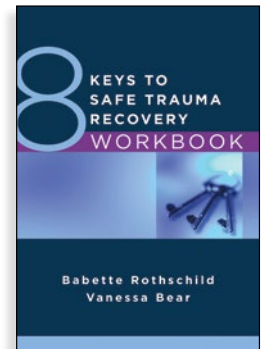
## 8 KEYS TO SAFE TRAUMA RECOVERY WORKBOOK

BABETTE ROTHSCHILD and VANESSA BEAR

*Exercises of healing and transformation for trauma survivors.*

This workbook helps readers identify, assess, and celebrate the resources they already have as well as offering new strategies to add to their personal toolbox. The wealth of activities are developed from, and informed by, the authors' clinical experience and are supported by neuroscience, psychology, and somatic psychology. The variety of exercises within each of the eight keys differ in their approach, offering explorations of creativity, movement, mindful awareness, nature connection, visualization, and writing.

The workbook is both a useful stand-alone volume and a companion to the best-selling *8 Keys to Safe Trauma Recovery* (see below). In both books, the eight keys that are integral to safe trauma recovery are explored through various activities aimed at helping readers feel safe, stable, and in control of their mind, body, and life in the aftermath of trauma. While the original book focuses more on theory, this workbook brings the concepts to life with actionable, practical exercises.



**THE 8 KEYS:** **KEY 1:** Plotting Your Course with Mindfulness **KEY 2:** Begin With Your Epilogue **KEY 3:** Remembering Is Not Required **KEY 4:** Stop Flashbacks **KEY 5:** Reconcile Forgiveness and Shame **KEY 6:** Take Smaller Steps for Bigger Leaps **KEY 7:** Get Moving **KEY 8:** Make Lemonade

ISBN: 978-1-324-02012-7 • 2022 • 295 pages • Paperback • \$26.99

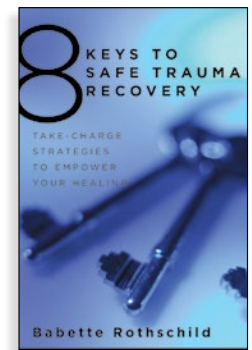
## 8 KEYS TO SAFE TRAUMA RECOVERY

*Take-Charge Strategies to Empower Your Healing*

This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to not remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others.

"A succinct and easy read, founded predominantly on compassion-focused and mindfulness-based approaches, this book is certainly one I would recommend to my own trauma clients. . . . [S]traight-forward and enlightening to read." —*Journal of Mental Health*

ISBN: 978-0-393-70605-5 • 2010 • 224 pgs • Paperback • \$25.99

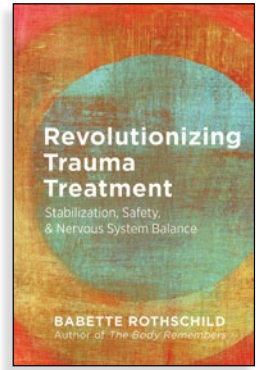


## REVOLUTIONIZING TRAUMA TREATMENT

### Stabilization, Safety, & Nervous System Balance

**BESTSELLER**

This paperback edition of Babette Rothschild's *The Body Remembers, Volume 2*, clarifies and simplifies autonomic nervous system (ANS) understanding and observation. It includes a full-color table that distinguishes six levels of arousal, which has proven to be an essential clinical tool, presenting a new and useful distinction between trauma-induced hypoarousal and the low arousal that is caused by lethargy or depression. With an authoritative yet personal voice, Rothschild's book is essential reading for anyone working with those who have experienced trauma. The full-color ANS table is also available separately as a laminated desk reference card.



	DOWN Parasympathetic (PNS) (Vagus Nerve)	ACTIVATION Sympathetic (SNS) (Adrenaline)	HYPERAROUSAL Sympathetic (SNS) (Adrenaline)	HYPERAROUSAL Sympathetic (SNS) (Adrenaline)
State	Safe, Clear Thinking Heightened Awareness	Alert, Ready to Act	Alert to Danger	Alert, Overwhelmed
Heart	Slow	Steady	High	Extremely High
Respiration	Slow, Diaphragm contracts Diaphragm contracts fully	Steady	Fast, shallow breaths	Fast, shallow breaths
Attention	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Thoughts	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Emotions	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Behavior	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Energy	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Body	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act
Overall	Clear, focused, open, calm, and in the present	Alert, ready to act	Alert, ready to act	Alert, ready to act

modulate arousal with breathers. Adjust in yourself. To think clearly & prevent vicarious trauma:  
© 2000, 2014, 2018 Babette Rothschild. Source: Multiple medical & pharmacy texts, 17 Jan 2018, 5/7/Jan, 2018.  
Source: Multiple medical & pharmacy texts, 17 Jan 2018, 5/7/Jan, 2018.

**BESTSELLER**

ISBN: 978-1-324-01672-4 • 2021 • 256 pages  
Paperback • \$23.95

The Autonomic Nervous System (ANS) Table, included in *Revolutionizing Trauma Treatment*, is also available in these portable and sturdy formats, to share with your clients or use as a desk reference:

**Laminated Card:** ISBN: 978-0-393-71280-3, \$9.99

**Wall Poster:** ISBN: 978-0-393-71281-0, \$12.99

## THE BODY REMEMBERS

### The Psychophysiology of Trauma and Trauma Treatment

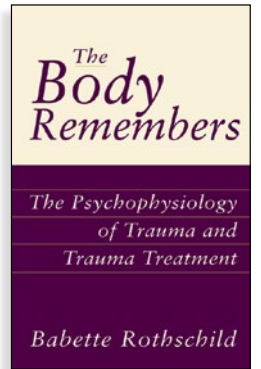
**BESTSELLER**

For both clinicians and their clients there is tremendous value in understanding the psychophysiology of trauma and knowing what to do about its manifestations. This classic bestseller illuminates that physiology, shining a bright light on the impact of trauma on the body and the phenomenon of somatic memory. Packed with engaging case studies, *The Body Remembers* integrates body and mind in the treatment of posttraumatic stress disorder.

"This book breaks new ground in the understanding of trauma-related work . . . Every therapist who reads this book is likely to find their work benefits from it...[I]nvaluable for clinicians working with clients, researchers, students and the general public who want to understand the psychophysiology of trauma and knowing what to do about its manifestations." —Scientific and Medical Network

ISBN: 978-0-393-70327-6 • 2000 • 224 pgs • Hardcover • \$37.50

**Discounted Two-Book Set:** *Revolutionizing Trauma Treatment and The Body Remembers*  
ISBN: 978-1-324-02004-2 • \$50.00



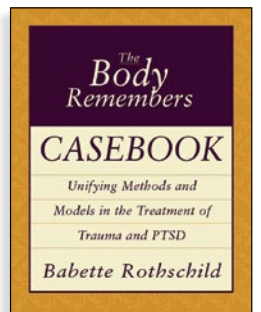
## THE BODY REMEMBERS CASEBOOK

### Unifying Methods and Models in the Treatment of Trauma and PTSD

BABETTE ROTHSCHILD

Rothschild emphasizes the importance of tailoring every trauma therapy to the particular needs of each individual client. Each varied and complex case (presented in a variety of writing styles: case reports, session-by-session narratives, single session transcripts) is approached with a combination of methods ranging from traditional psychodynamic and cognitive approaches and applications of attachment theory to innovative trauma methods including EMDR and Levine's SIBAM model.

ISBN: 978-0-393-70400-6 • 2003 • 240 pgs • Paperback • \$23.95

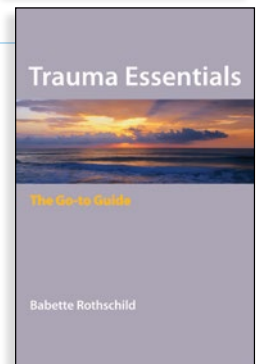


## TRAUMA ESSENTIALS

### The Go-To Guide

This book presents the most necessary and relevant trauma treatment information in a compact and accessible format, serving both as a review for therapists and a straightforward, easy-to-use guide for patients to choose a treatment plan or assess whether their current plan is working. Topics include: definitions and symptoms, accepted treatments, physiological explanations, and treatment evaluation strategies.

ISBN: 978-0-393-70620-8 • 2011 • 154 pgs • Paperback • \$19.95



## RETHINKING TRAUMA TREATMENT

*Attachment, Memory Reconsolidation, and Resilience*

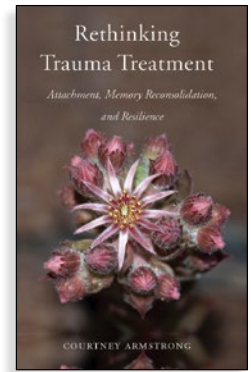
COURTNEY ARMSTRONG

*Creating safety, hope, and secure attachment to transform traumatic memories*

Merely talking about a traumatic event is not enough: the parts of the brain where traumatic, implicit memories are stored don't understand words. Secure attachment is needed to buffer the impact. This book guides clinicians to fill in the missing experience of secure attachment in the form of a trusting, attuned, therapeutic relationship. With this help, clients can heal.

See page 49 for Courtney Armstrong's *The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck*.

ISBN: 978-0-393-71255-1 • 2019 • 288 pages • Hardcover • \$24.95



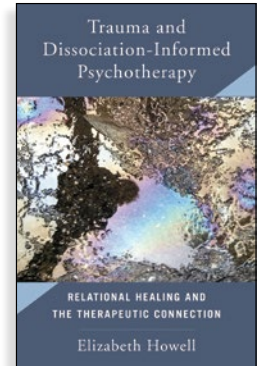
## TRAUMA AND DISSOCIATION-INFORMED PSYCHOTHERAPY

*Relational Healing and the Therapeutic Connection*

ELIZABETH HOWELL

A new model of therapeutic action, one that heals trauma and dissociation, is overtaking the mental health field. It is not just trauma, but the dissociation of the self, that causes emotional pain and difficulties in functioning. This book discusses how people are universally subject to trauma, what trauma is, and how to understand and work with normative and extreme dissociation. In this new model, the client and the practitioner are both traumatized and flawed human beings who affect each other in the mutual process that promotes the healing of the client—psychotherapy.

ISBN: 978-0-393-71373-2 • 2020 • 288 pages • Hardcover • \$35.00



## TRAUMA AND THE STRUGGLE TO OPEN UP

*From Avoidance to Recovery and Growth*

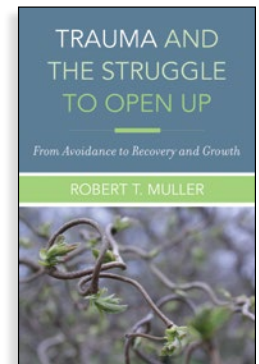
ROBERT T. MULLER

Winner, 2019 Written Media Award,  
International Society for Study of  
Trauma & Dissociation

“Every therapist interested in helping clients with developmental trauma should read this book. A jewel of clinical wisdom, it focuses not only the content of trauma, but on the relational process of being with highly traumatized clients, and how to understand and work with the many avoidance strategies to dealing with trauma that we encounter in therapy.” —Kathy Steele, MN, Past President, International Society for the Study of Trauma & Dissociation

Offering candid, personal guidance, using rich case examples, Dr. Robert T. Muller provides the steps needed to build and maintain a strong therapist-client relationship—one that helps bring recovery and growth. With a host of practical tips and protocols, this book gives therapists a roadmap to effective trauma treatment.

ISBN: 978-0-393-71226-1 • 2018 • 224 pages • Hardcover • \$35.00



## TRAUMA AND THE AVOIDANT CLIENT

*Attachment-Based Strategies for Healing*

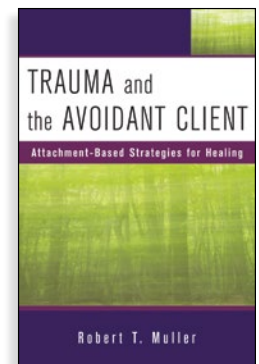
ROBERT T. MULLER

Winner, 2019 Written Media Award,  
International Society for Study of  
Trauma & Dissociation

“This text is invaluable to a range of healthcare practitioners seeking to understand more deeply how people respond when faced with the challenging prospect of focusing on their vulnerabilities and I would consider this high-recommended reading for those training to become counselors and psychotherapists.” —HCPJ, *Healthcare Counseling and Psychotherapy Journal*

Dr. Muller provides clinical techniques, specific intervention strategies, and practical advice for successfully addressing the often intractable issues of trauma, enhancing the skills of all mental health practitioners and trauma workers with his guidance.

ISBN: 978-0-393-70573-7 • 2010 • 224 pages • Hardcover • \$29.95



## HEALING RELATIONAL TRAUMA WITH ATTACHMENT-FOCUSED INTERVENTIONS

### *Dyadic Developmental Psychotherapy with Children and Families*

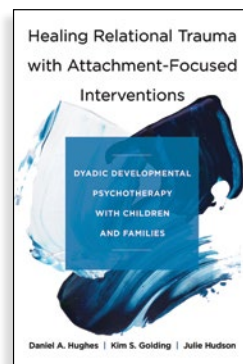
DANIEL A. HUGHES, KIM S. GOLDING, and JULIE HUDSON

"[A] new way to understand what relational trauma is, how it fractures a child's sense of safety and trust, and most important, how to restore the essential connection and attachment needed to begin the process of healing." —*Psych Central*

Dyadic Developmental Psychotherapy (DDP) is an attachment-focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families. Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain, as well as the latest findings regarding developmental trauma.

ISBN: 978-0-393-71245-2 • 2018 • 352 pgs • Hardcover • \$42.99

See pages 4, 20, 28, 65, 77, and 87 for more books by Daniel A. Hughes.



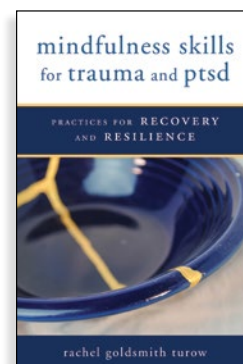
## MINDFULNESS SKILLS FOR TRAUMA AND PTSD

### *Practices for Recovery and Resilience*

RACHEL GOLDSMITH TUROW

This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking new pathways to recovery and resilience.

ISBN: 978-0-393-71126-4 • 2017 • 320 pgs • Paperback • \$27.95



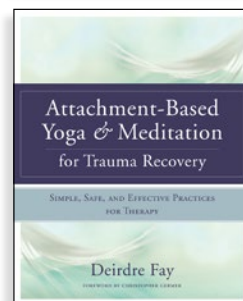
## ATTACHMENT-BASED YOGA & MEDITATION FOR TRAUMA RECOVERY

### *Simple, Safe, and Effective Practices for Therapy*

DEIRDRE FAY

Organized around key trauma issues and symptoms, this book offers clinicians a practical and far-reaching look at mind-body skills and techniques for helping trauma clients access their individual wisdom, develop secure internal attachment, and find the path home to the Self.

ISBN: 978-0-393-70990-2 • 2016 • 352 pgs • Hardcover • \$39.95



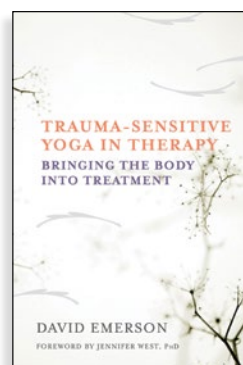
## TRAUMA-SENSITIVE YOGA IN THERAPY

### *Bringing the Body into Treatment*

DAVID EMERSON, Foreword by JENNIFER WEST

Based on studies conducted at the Trauma Center in Brookline, MA, this book presents Trauma-Sensitive Yoga (TSY), an evidence-based program that helps traumatized clients reconnect to their bodies in a safe, deliberate way. Unlike traditional, mat-based yoga, TSY can be practiced without one, in a therapist's chair or on a couch. Over 30 photographs depicting the suggested yoga forms and a final chapter that presents a portfolio of step-by-step yoga practices to use with your clients.

ISBN: 978-0-393-70950-6 • 2015 • 320 pgs • Hardcover • \$29.95



## TRAUMA TREATMENT HANDBOOK

### *Protocols Across the Spectrum*

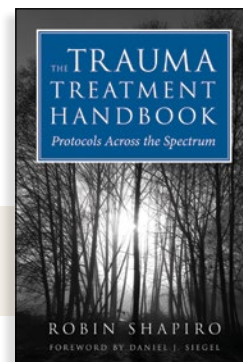
ROBIN SHAPIRO, Foreword by DANIEL J. SIEGEL

"This book gives the therapist—novice or experienced—a massive choice of approaches to apply to a specific traumatized client." —*Hypnosis Depot*

**Topics include:** Trauma • Dissociation • Assessment • Preparation • Mindfulness • Psychodynamic Therapies • Exposure Therapies • Cognitive Behavior Therapy • EMDR • Somatic Therapies • Hypnotherapy • Energy Psychology • Brainspotting and Observed Experiential Integration

ISBN: 978-0-393-70618-5 • 2010 • 255 pgs • Hardcover • \$39.95

See pages 45, 48, 96, and 97 for more books by Robin Shapiro.



## INTERGENERATIONAL CYCLES OF TRAUMA AND VIOLENCE

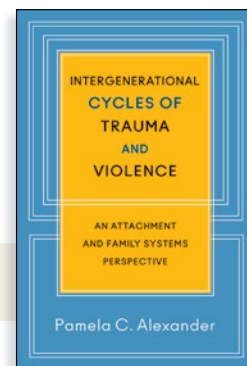
*An Attachment and Family Systems Perspective*

PAMELA C. ALEXANDER

“For clinicians, [this book] is invaluable diagnostically. . . [A] highly detailed and useful book for anyone interested in conducting research or who would like to expand their understanding of violence, how it affects relationship dynamics, and how it is reinforced domestically.” —*Somatic Psychotherapy Today*

**Topics include:** The parent-child attachment relationship • Family context of attachment relationships • Neurobiology and genetics • Peer victimization and partner violence • Child sexual abuse • Special populations

ISBN: 978-0-393-70718-2 • 2014 • 320 pages • Hardcover • \$39.95



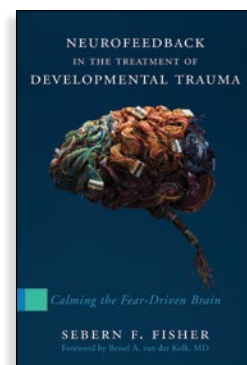
## NEUROFEEDBACK IN THE TREATMENT OF DEVELOPMENTAL TRAUMA

*Calming the Fear-Driven Brain*

SEBERN F. FISHER, Foreword by BESSEL A. VAN DER KOLK, MD

Sebern F. Fisher explores the complexities of attachment trauma and self-regulation, showing how neurofeedback training—a therapeutic protocol that teaches the brain to operate at different, more tranquil frequencies—can transform the circuitry of a brain seized by the fear and rage of early attachment wounds, and restore calm.

ISBN: 978-0-393-70786-1 • 2014 • 382 pgs • HC • \$48.99



## POST TRAUMATIC SUCCESS

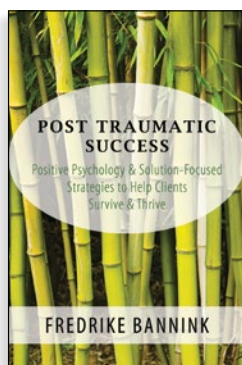
*Positive Psychology & Solution-Focused Strategies to Help Clients Survive & Thrive*

FREDRIKE BANNINK

“Bannink’s book will help initiate, develop, and consolidate both established and fresh ways of working for both new and experienced therapists alike.”

—*Contemporary Psychotherapy*

ISBN: 978-0-393-70922-3 • 2014 • 400 pgs • PB • \$29.95



## LOSS, TRAUMA, AND RESILIENCE

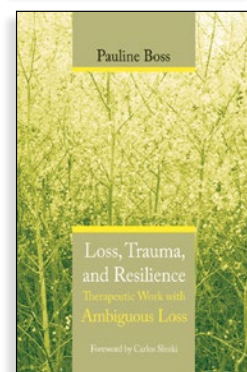
*Therapeutic Work with Ambiguous Loss*

PAULINE BOSS, Foreword by CARLOS SLUZKI

“[D]efies many traditional Western ways of thinking about and responding to loss by examining it head on and giving voice to the experiences of those whom even mental health professionals may be least prepared to assist.” —*Journal of Social Work in End-of-Life & Palliative Care*

ISBN: 978-0-393-70449-5 • 2006 • 256 pgs • HC • \$35.00

See page 66 for information on Pauline Boss’ *Myth of Closure*.



## COPING WITH TRAUMA-RELATED DISSOCIATION

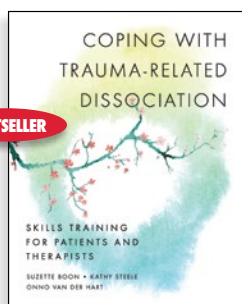
*Skills Training for Patients and Therapists*

SUZETTE BOON, KATHY STEELE, and ONNO VAN DER HART

“This book serves as a manual for therapists, a guide for trainers, and a workbook for dissociative disorder patients, delivering an up-to-date blend of the best clinical practices with recent advances in mindfulness therapy and cognitive behavioral approaches to pathological dissociation.” —**Frank W. Putnam, MD**, Professor of Pediatrics and Psychiatry, University of Cincinnati College of Medicine

ISBN: 978-0-393-70678-9 • 2014 • 496 pgs • PC • \$49.95

See page 27 for more information.

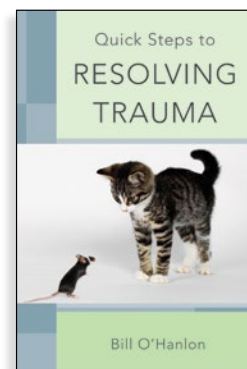


## QUICK STEPS TO RESOLVING TRAUMA

BILL O'HANLON

“I not only recommend this book, I believe it should be required reading in all therapy programs.” —*The Milton H. Erickson Foundation Newsletter*

ISBN: 978-0-393-70651-2 • 2011  
144 pgs • PB • **POD** • \$25.00



**HEALING CHILD AND FAMILY TRAUMA THROUGH EXPRESSIVE AND PLAY THERAPIES**

*Art, Nature, Storytelling, Body, Mindfulness*

JANET A. COURTNEY

“Rich in theory, techniques, case examples, and research findings, this volume is an excellent resource for both beginning and experienced therapists for expanding their skills in working with infants, children, adolescents, and families. Highly recommended.” —Charles E. Schaefer, PhD, RPT-S, co-founder and Director Emeritus of the Association for Play Therapy

ISBN: 978-0-393-71375-6 • 2020 • 224 pgs • HC • \$28.95

See page 86 for details.



**HEALING THE INCEST WOUND, 2nd Edition**

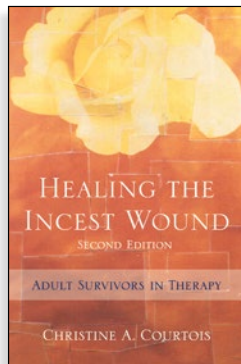
*Adult Survivors in Therapy*

CHRISTINE A. COURTOIS

“[A] comprehensive and authoritative second edition.” —APA Division 29 Newsletter

Courtois—a veteran practitioner and an expert in complex traumatic stress disorders resulting from chronic child abuse—presents a comprehensive revision to this classic treatment manual for therapists.

ISBN: 978-0-393-70547-8 • 2010 • 416 pgs • HC • \$49.95



**THE TRAUMA SPECTRUM**

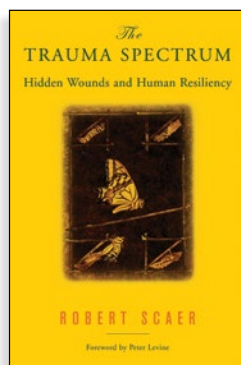
*Hidden Wounds and Human Resiliency*

ROBERT SCAER, Foreword by PETER LEVINE

“The author’s skill in writing, clarity of thought, rich clinical observations, systematic conceptualizations of real-life trauma cases, therapeutic expertise, encyclopedic knowledge, and professional integrity shine through all 308 pages of this appealing book.” —*PsycCRITIQUES*

ISBN: 978-0-393-70466-2 • 2005 • 308 pgs • HC • \$42.00

See page 64 for Robert Scaer’s 8 Keys to Brain-Body Balance.



**RECOLLECTIONS OF SEXUAL ABUSE**

*Treatment Principles and Guidelines*

CHRISTINE A. COURTOIS

ISBN: 978-0-393-70397-9 • 2002 • 448 pgs • PB • \$23.95

**RESOLVING SEXUAL ABUSE**

*Solution-Focused Therapy and Ericksonian Hypnosis for Adult Survivors*

YVONNE M. DOLAN

ISBN: 978-0-393-70112-8 • 1999 • 256 pgs • PB • **POD** • \$45.00

Unavailable outside the US.

**POSTTRAUMATIC STRESS DISORDERS IN CHILDREN AND ADOLESCENTS: HANDBOOK**

RAUL R. SILVA, MD, Editor

ISBN: 978-0-393-70412-9 • 2003 • 384 pgs • PB • **POD** • \$45.00

**TRANSFORMING THE PAIN**

*A Workbook on Vicarious Traumatization*

KAREN W. SAAKVITNE, LAURIE ANNE PEARLMAN and the Staff of the TRAUMATIC STRESS INSTITUTE/ CENTER FOR ADULT & ADOLESCENT PSYCHOTHERAPY

ISBN: 978-0-393-70233-0 • 1996 • 160 pgs • PB • **POD** • \$25.00

**TRAUMA AND THE THERAPIST**

*Countertransference and Vicarious Traumatization in Psychotherapy with Incest Survivors*

LAURIE ANNE PEARLMAN and KAREN W. SAAKVITNE

ISBN: 978-0-393-70183-8 • 1995 • 464 pgs • PB • **POD** • \$45.00

**ADDICTIONS AND TRAUMA RECOVERY**

*Healing the Body, Mind, & Spirit*

DUSTY MILLER and LAURIE GUIDRY

ISBN: 978-0-393-70368-9 • 2001 • 240 pgs • HC • **POD** • \$25.00

**HEALING THE DIVIDED SELF**

*Clinical and Ericksonian Hypnotherapy for Dissociative Conditions*

MAGGIE PHILLIPS and CLAIRE FREDERICK

ISBN: 978-0-393-70184-5 • 1995 • 371 pgs • PB • **POD** • \$45.00

**DOES STRESS DAMAGE THE BRAIN?**

*Understanding Trauma-Related Disorders from a Mind-Body Perspective*

J. DOUGLAS BREMNER

ISBN: 978-0-393-70474-7 • 2005 • 320 pgs • PB • **POD** • \$24.95

**PSYCHOTHERAPY OF THE BRAIN-INJURED PATIENT**

*Reclaiming the Shattered Self*

LAURENCE MILLER

ISBN: 978-0-393-70158-6 • 1993 • 280 pgs • HC • \$29.95

**SEX, LOVE, AND VIOLENCE**

*Strategies for Transformation*

CLOÉ MADANES

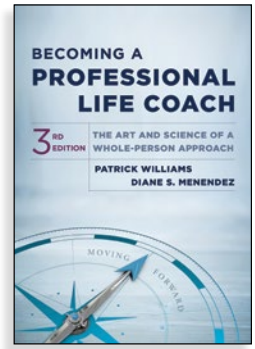
ISBN: 978-0-393-70096-1 • 1990 • 272 pgs • PB • **POD** • \$40.00

**BECOMING A PROFESSIONAL LIFE COACH, Third Edition**

*The Art and Science of a Whole-Person Approach*

PATRICK WILLIAMS and DIANE S. MENENDEZ

**NEW**



“This book is solidly in the top five I have recommended to the thousands of coaches my company and I have trained. Why? Because it teaches the essence of coaching presence, mindset, and skills in such a practical and applied manner.” —Michael Arloski, PhD, PCC, NBC-HWC, Founder and CEO, Real Balance Global Wellness

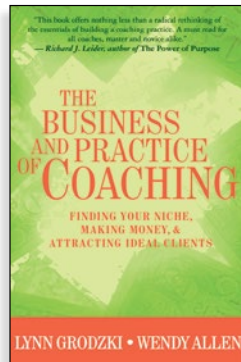
An update to the 2015 edition of this bestseller, the third edition explores new information on the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. One-stop-shopping for beginner and advanced coaches alike.

ISBN: 978-1-324-03093-5 • 2023 • 528 pages • Cloth • \$49.99

**THE BUSINESS AND PRACTICE OF COACHING**

*Finding Your Niche, Making Money, & Attracting Ideal Clients*

LYNN GRODZKI and WENDY ALLEN



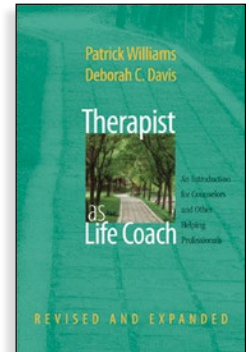
The first text to combine a coaching approach (step-by-step exercises, direct suggestions, insider’s tips, and motivational plans) with solid business information and ideas, to give new and experienced coaches exactly what they need in order to prosper in the competitive business of coaching.

ISBN: 978-0-393-70462-4 • 2005 • 320 pgs • HC • \$40.00

**THERAPIST AS LIFE COACH, 2nd Edition**

*An Introduction for Counselors and Other Helping Professionals, Revised and Expanded*

PATRICK WILLIAMS and DEBORAH C. DAVIS



A standard for therapists who wish to transition or expand their practices into life coaching, this second edition has been updated and rewritten, reflecting the growth of the coaching field and its increasing appeal to not only therapists, but all helping professionals.

ISBN: 978-0-393-70522-5 • 2007 • 240 pages • HC • \$37.50

**COACHING PLAIN & SIMPLE**

*Solution-focused Brief Coaching Essentials*

PETER SZABÓ, DANIEL MEIER, and KIRSTEN DIEROLF



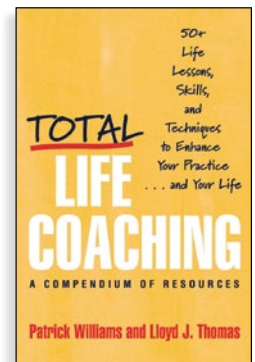
**Topics include:** What is Coaching?  
 • Coaching—Simple, Concise and Effective  
 • Major Elements of the Coaching Conversation  
 • Contracting—Before You Start

ISBN: 978-0-393-70593-5 • 2009 • 192 pages • PB • \$19.95

**TOTAL LIFE COACHING**

*50+ Life Lessons, Skills, and Techniques to Enhance Your Practice...and Your Life*

PATRICK WILLIAMS and LLOYD J. THOMAS

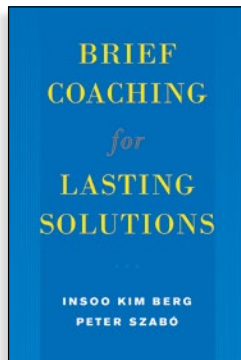


“[C]uides you step-by-step through the complex process of learning and coaching these 50 important lessons . . . an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients.” —Adolescence

ISBN: 978-0-393-70434-1 • 2004 • 464 pages • HC • \$29.95

**BRIEF COACHING FOR LASTING SOLUTIONS**

INSOO KIM BERG and PETER SZABÓ



“I wholeheartedly recommend this book, which in style is surprisingly free of jargon and filled with real-life examples and practical wisdoms.”  
 —*The International Journal of Mentoring and Coaching*

ISBN: 978-0-393-70472-3 • 2005  
 240 pgs • HC • \$35.00

**THE COACHING STARTER KIT**

*Everything You Need to Launch and Expand Your Coaching Practice*

COACHVILLE.COM

ISBN: 978-0-393-70411-2 • 2003 • 368 pgs • PB • \$45.00

**THE ART OF SEX COACHING**

*Expanding Your Practice*

PATTI BRITTON, Foreword by PATRICK WILLIAMS

ISBN: 978-0-393-70451-8 • 2005 • 256 pages • HC • **POD** • \$43.95





**LYNN GRODZKI, LCSW, MCC**, is a psychotherapist in full-time private practice, a former business executive, and one of the leading business coaches in the US for small business owners. She specializes in working with change-agents: therapists, coaches, healers, and other service-oriented consultants who help others make change in their lives. She is also the author of *The Business and Practice of Coaching* (page 38) and editor of *The New Private Practice* (page 41).

## THERAPY WITH A COACHING EDGE

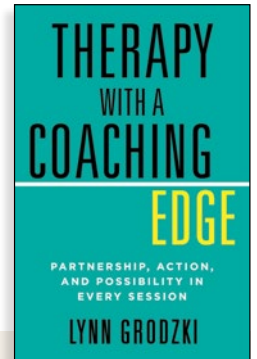
### *Partnership, Action, And Possibility In Every Session*

**"A brilliant and well-timed resource for the fields of psychotherapy and counseling . . . a valuable resource for clinicians wanting to improve the efficacy of the services they provide."**—Noah Rubinstein, LMFT, LMHC, and Founder, GoodTherapy.org

Lynn Grodzki offers a new, paradigm-changing therapy model—adding the leverage and action of a coaching approach to the wisdom and goals of psychotherapy. The book presents a set of powerful coaching strategies that have been adapted and designed specifically to provide more reach and range for therapists and counselors while not requiring a wholesale abandonment of therapeutic principles.

**Contents:** 1. Therapy with Something Extra 2. Where Therapy and Coaching Meet 3. Who's Coachable within Therapy? 4. Creating Therapist–Client Collaboration 5. Results in Every Session 6. Skill #1: Ask Effective Questions 7. Skill #2: Be a Strategist with a Twist 8. Skill #3: Add Humor and Lightness 9. Skill #4: Call a Client into Action 10. Skill #5: Add Shared Accountability 11. Skill #6: Deliver a Coaching Edge 12. Skill #7: Align with Core Values 13. Skill #8: Find the Metaphors that Matter 14. Skill #9: Design a Plan for Life

ISBN: 978-0-393-71247-6 • 2018 • 288 pages • Hardcover • \$35.00



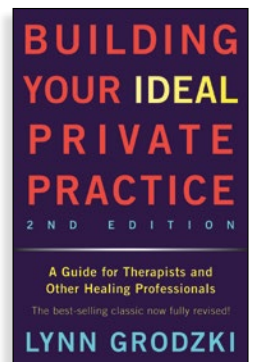
## BUILDING YOUR IDEAL PRIVATE PRACTICE, Second Edition

### *A Guide for Therapists and Other Healing Professionals*

**"I would like to see this as compulsory reading for every graduating professional in our field—helping new clinicians avoid unnecessary confusion, pain, and even financial loss through the recognition that they are as much business people as they are healing professionals."**—*The Neuropsychotherapist*

A bestseller in its genre, now fully revised after its original publication in 2000, this comprehensive guide comprises a complete, easy to use business plan that shows therapists what to do and who to be in order to succeed. With six new chapters covering topics from the encroachment of insurance and managed care in the marketplace to the importance of online marketing, the second edition is targeted for therapists at all stages of private practice development.

ISBN: 978-0-393-70948-3 • 2015 • 320 pages • Hardcover • \$45.00

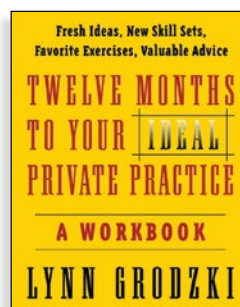


## TWELVE MONTHS TO YOUR IDEAL PRIVATE PRACTICE

### *A Workbook*

Based on the practice-building program outlined in *Building Your Ideal Private Practice*, this workbook introduces fresh ideas, new exercises, and well-tested strategies which combine to provide a richly constructed, easy-to-follow business coaching program.

ISBN: 978-0-393-70417-4 • 2003 • 336 pgs • PB • \$29.95

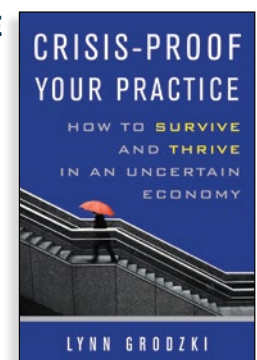


## CRISIS-PROOF YOUR PRACTICE

### *How to Survive and Thrive in an Uncertain Economy*

This must-have guide offers a practical 4-point plan for assessing the health of your private practice, targeting the areas that need the most help, and moving forward with confidence to evolve with the times and even grow a practice despite economic uncertainty. Whether you are a seasoned clinician or new to the business, this is one book you cannot afford to be without.

ISBN: 978-0-393-70611-6 • 2009 • 304 pgs • PB • 21.95



## HOW WE PRACTICE THERAPY NOW

CHANTÉ D. DELOACH

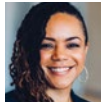
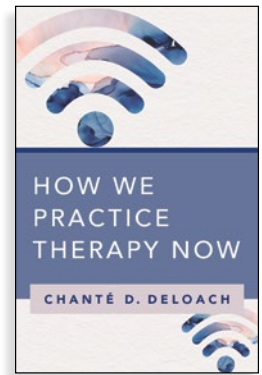
*Essential approaches to clinical practice for today's out-of-office world.*

"This volume uses a conversational tone, examples, and personal experiences to present technical aspects of virtual and teletherapy, making the content accessible to both novices and experts. **Every practitioner should have this book on their shelf.**" —Eric Holmes, Associate Program Chair, Director: Psychological Trauma Studies Specialization, Antioch University, Los Angeles

Psychotherapy is not confined to the office: it can be online, virtual, wellness-oriented, flexible, and in service of public wellness. COVID-19 has forever changed the landscape of psychotherapy in these ways, and in ways we have yet to discover. Practicing psychologist Chanté D. DeLoach invites readers to reflect on the state of psychotherapy and emerging potentialities forged through crisis. She presents key concepts of telemental health, concierge therapy, and other out-of-office approaches to psychological well-being. Important discussions of race, intersectionality, and justice in teletherapy round out the book. Readers will be invited to critically reflect on their own identities and comfort in integrating the challenging issues of race, power, and privilege in clinical work.

**CHANTÉ D. DELOACH, PsyD**, is professor of psychology at Santa Monica College. She maintains a boutique clinical and consulting practice in Los Angeles, California.

ISBN: 978-0-393-71470-8 • 2021 • 256 pages • Paperback • \$29.95



## SIMPLE SELF-CARE FOR THERAPISTS

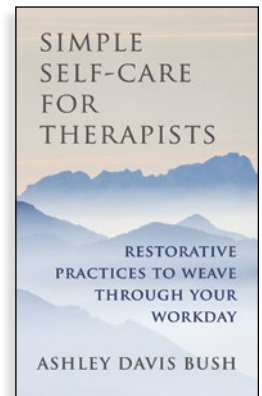
*Restorative Practices to Weave Through Your Workday*

ASHLEY DAVIS BUSH

"If you want to be the best healing professional and human being you can be, this treasure of a book is an essential companion." —Elisha Goldstein, PhD, cofounder of The Center for Mindful Living

This pocket-size book provides a host of practical self-care strategies that any therapist can easily implement before and after sessions, and anytime in between: short nuggets of self-compassion that speak to the mind, body, and spirit of the clinician. The 70 strategies or "tools" include a range of thoughtful visualizations and exercises, including tools for a typical workday, tools for grounding, tools for energizing, and tools for relaxing.

ISBN: 978-0-393-70837-0 • 2015 • 240 pages • Hardcover • \$27.95



## THE THERAPIST IN THE REAL WORLD

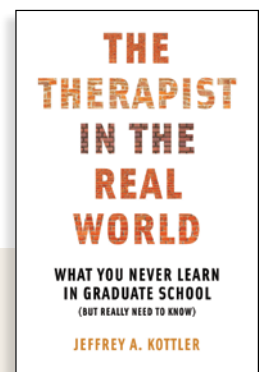
*What You Never Learn in Graduate School (But Really Need to Know)*

JEFFREY A. KOTTLER

With warmth, wisdom, and expertise, Jeffrey A. Kottler offers therapists, counselors, and social workers illuminating advice on important issues often overlooked during training years, and also delves into areas in which even the most experienced therapists can continue to hone their talents and maximize their potential.

**Contents: Part I: More Than You Bargained For** 1. What You May Not Have Learned in Graduate School 2. Seismic Shifts in the Practice of Therapy 3. Walking on Water and Other Unrealistic Expectations 4. Organized Confusion: Making Sense of Change Processes in Our Clients, Our Profession, and Ourselves 5. Returning to the Basics When It All Starts to Sound Familiar • **Part II: Secrets and Neglected Challenges** 6. Clients Are Your Best Teachers 7. Relationships Are (Almost) Everything! 8. Honoring and Telling Stories 9. Private Practice and/or Public Service? • **Part III: Ongoing Personal and Professional Development** 10. Upgrading Your Presentations 11. Writing and Publishing for Pleasure, Purpose, or Profit 12. Navigating Organizational Politics 13. On Supervision, Mentoring, Mastery, and Creativity

ISBN: 978-0-393-71098-4 • 2015 • 320 pages • Paperback • **POD** • \$27.95



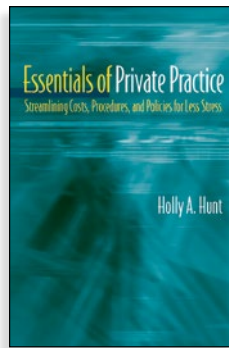
## ESSENTIALS OF PRIVATE PRACTICE

*Streamlining Costs, Procedures, and Policies for Less Stress*

HOLLY A. HUNT

A crucial resource for all those in or seeking to create a private practice, teaching professionals how to retain more income, preserve time and energy, and minimize stress in their day-to-day practice.

ISBN: 978-0-393-70448-8 • 2005 • 240 pgs • PB • \$19.95



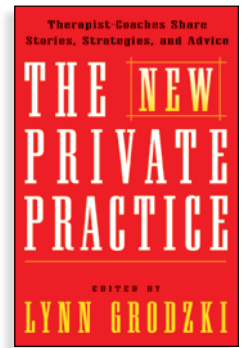
## THE NEW PRIVATE PRACTICE

*Therapist-Coaches Share Stories, Strategies, and Advice*

LYNN GRODZKI, Editor

A compilation of essays from successful therapist-coaches working in the field, this book offers personal narratives, trade secrets, honest discussions about what to charge and how to find clients, as well as clear-cut, how-to-get-started advice.

ISBN: 978-0-393-70379-5 • 2002 • 272 pgs • **POD** • PB • \$45.00



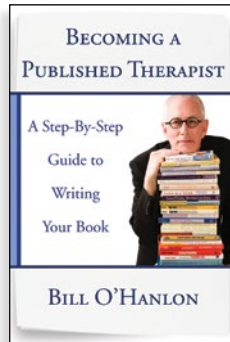
## BECOMING A PUBLISHED THERAPIST

*A Step-By-Step Guide to Writing Your Book*

BILL O'HANLON

"[Bill O'Hanlon] clearly has the skill and the know-how to write this book, and his presentation style feels familiar, connective as if he's sitting beside you sharing his stories so you can share yours." —*United States Association for Body Psychotherapy*

ISBN: 978-0-393-70810-3 • 2013 • 192 pages • Paperback w/DVD \$19.95



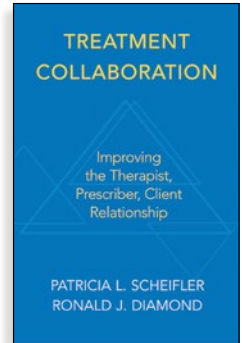
## TREATMENT COLLABORATION

*Improving the Therapist, Prescriber, Client Relationship*

RONALD J. DIAMOND and PATRICIA L. SCHEIFLER

This book is a guide for three groups of people: the psychologists and social workers who send clients to psychiatrists; the psychiatrists who prescribe the drugs; and the clients who are often caught in the middle. Topics include: setting goals with clients; managing conflicts that arise; helping clients with medication side effects; changing medications; focusing on recovery as a goal and not just medication management.

ISBN: 978-0-393-70473-0 • 2007 • 208 pgs • PB • \$22.95



## THE ART OF THE FIRST SESSION

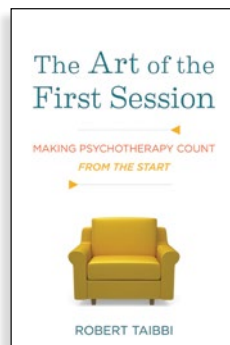
*Making Psychotherapy Count from the Start*

ROBERT TAIBBI

Short, practical, and applicable to all therapeutic modalities, this book walks readers through all the first-session essentials, including preparation for the first session, action-steps for each stage of the session, techniques for changing the emotional climate, and "closing the deal," to make sure that clients come back for more. Packed with case examples, vignettes, tools, and techniques, this book prepares clinicians with critical skills to cut through performance anxiety, feel and convey confidence with clients, and hit the ground running in therapy with new clients.

ISBN: 978-0-393-70843-1 • 2016 • 240 pgs • HC • \$27.95

See page 57 for Robert Taibbi's *Boot Camp Therapy*.



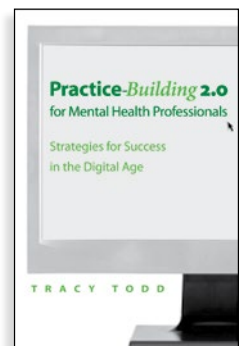
## PRACTICE-BUILDING 2.0 FOR MENTAL HEALTH PROFESSIONALS

*Strategies for Success in the Digital Age*

TRACY TODD

Tracy Todd presents a number of technologies that will help you build, maintain, and expand your practice: creating your website; online scheduling and payment systems; podcasting; videocasting, blogs; and electronic file management. The result is a book that will help you streamline your administrative duties, while expanding your clinical reach—thus helping your practice thrive.

ISBN: 978-0-393-70562-1 • 2009 • 235 pgs • PB • \$29.95



## TABLETOP ROLE-PLAYING THERAPY

*A Guide for the Clinician Game Master*

MEGAN A. CONNELL

*Across the globe, therapists are using Tabletop Role-Playing Games (TTRPG) such as Dungeons & Dragons as a part of their practice.*

**“Dr. Megan Connell has masterfully crafted one of the best books for anyone who wants to know about applied tabletop gaming.** Her ability to easily explain the nuances and complexities into digestible nuggets is fantastic (and well-needed) for new and old Game Masters alike. If you play tabletop RPGs, you need to own this book.” —Dr. Anthony Bean, licensed clinical psychologist, executive director of Geek Therapeutics, and author of *Integrating Geek Culture Into Therapeutic Practice*

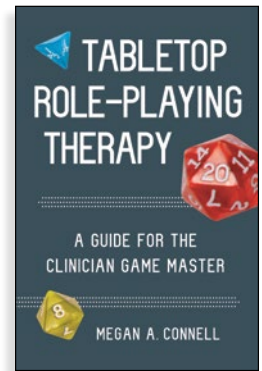
**“Extremely well-organized, well-researched, and thorough, this book is a must-have for any therapist interested in using tabletop role-playing games in therapy. Whether you’re a D&D expert, or have never played it, this book is a brilliant guide to help you utilize these games in treatment.”** —Janina Scarlet, PhD, author of *Superhero Therapy*

By examining research on gaming, flow, immersion, and role-play, readers will gain an understanding of the theoretical underpinnings that make TTRPGs such effective and powerful therapeutic tools and how they can skillfully and ethically use TTRPGs in their own practices. The book will also look at this history of TTRPGs, specifically focusing on issues of diversity and representation, to help providers understand some possible pitfalls that exist within the medium. Finally, the book utilizes an example group to walk through everything from conception, planning, running, documentation, and termination of the group.

**Topics include:** choosing a gaming system; planning your group; ethics; diversity; session zero and safety tools; goal setting; building therapeutic encounters; documentation; and a full dialogue from documentation session example.

**Megan A. Connell, PsyD, ABPP**, is a licensed psychologist and therapeutic dungeon master.

ISBN: 978-1-324-03060-7 • 2023 • 256 pages • Paperback • \$38.99



## #METOO-INFORMED THERAPY

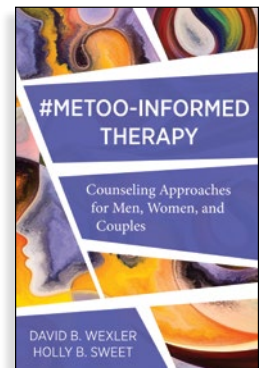
*Counseling Approaches for Men, Women, and Couples*

DAVID B. WEXLER and HOLLY B. SWEET

*#MeToo-Informed Therapy* guides therapists in finding effective ways to help men who offend, empowering women to find their voices, exploring ways for men to be allies, and helping couples whose relationships can be enhanced by understanding #MeToo issues. Traditional gender roles and how they may contribute to sexual misconduct are discussed. Importantly, the book also takes a look at how intersectional factors around race, sexual orientation, and socioeconomic status further complicates these questions.

**DAVID B. WEXLER, PhD**, is a clinical psychologist and executive director of the nonprofit Relationship Training Institute. See pages 41, 48, 65, and 81 for more books by David B. Wexler. **HOLLY B. SWEET, PhD**, is a counseling psychologist and cofounder of the Cambridge Center for Gender Relations.

ISBN: 978-0-393-71466-1 • 2021 • 288 pages • Paperback • \$24.95



## EMERGING ADULTS IN THERAPY

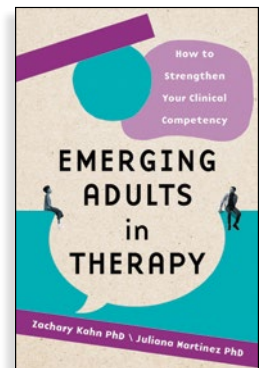
*How to Strengthen Your Clinical Competency*

ZACHARY AARON KAHN and JULIANA MARTINEZ, Editors

**“In this timely book, Juliana Martinez and Zachary Kahn have assembled a profoundly diverse group of voices in an astonishingly coherent fashion. . . . [E]ach essay boasts its own insights, but it is, ironically, their multitude of juxtapositions that reveal their commonalities. In responding to recent social experiences and movements—from COVID-19 to Black Lives Matter—these invaluable pages offer a guide that could transform the work of therapists and parents alike. Its theories and ideas plead to be applied in the real world.”** —Andrew Solomon, PhD, Professor of Clinical Psychology, Columbia University, National Book Award-winning author of *The Noonday Demon* and *Far from the Tree*

“Emerging adulthood” (EA) describes a developmental period between adolescence and adulthood, typically spanning ages 18-29. It’s a rough time for most people—perhaps now more than ever. This book is written by various psychologists and psychiatrists (many of whom are on the younger side), with diverse backgrounds and specialties related to EA. Much of the focus of the book is on the psychological impacts of the Covid-19 pandemic and the reckoning on racial injustice.

ISBN: 978-0-393-71498-2 • 2022 • 336 pages • Paperback • \$29.95



## THE WOUNDED HEALER

*The Pain and Joy of Caregiving*

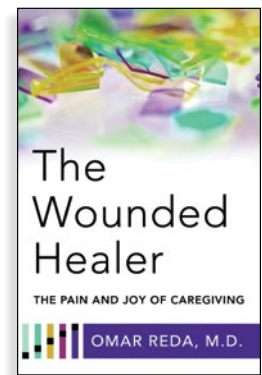
OMAR REDA

**“With the recent increase in burnout among healing professionals, Reda provides us with a timely and welcome book. His detailed recommendations for avoiding burnout are clear and practical.** I particularly like his insistence on prioritizing self-care, as health care workers often feel that they have to put themselves last. The book will also help readers deal with their own traumas—within themselves, their families, and workplaces that have become toxic.” —David M. Allen, MD, author of *Coping With Critical, Demanding, and Dysfunctional Patients*

Though rewarding, the act of caregiving is also physically exhausting and emotionally draining. Many care providers believe that their feelings do not matter, that they should ignore their pain, brush off their trauma, wipe away their tears, and just “suck it up.” Here, trauma counselor Omar Reda calls upon other healers to break free from cycles of secrecy, toxic stress, and silent suffering so they can continue to empower and inspire those in their care.

**Omar Reda, MD**, is a board-certified psychiatrist, a Harvard-trained trauma expert, an author, and a family advocate—but, most importantly, a dreamer and strong believer in the potential of finding beauty in all human encounters.

ISBN: 978-1-324-01923-7 • 2022 • 224 pages • Paperback • \$24.95



## EIGHT KEY BRAIN AREAS OF MENTAL HEALTH AND ILLNESS

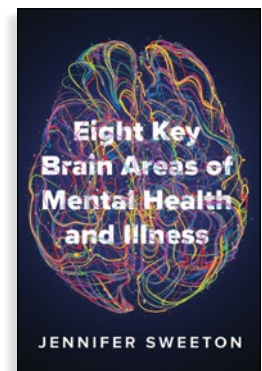
JENNIFER SWEETON

“Sweeton distills neuroscience into engaging, comprehensible information for the everyday clinical psychologist, making it significantly easier to incorporate it into our therapeutic work. **I’ve used this with my toughest trauma clients with measurable success.**” —Gricelda Fragoso, PsyD, Clinical Psychologist, Owner of Mind Body Soul Psychology

In this handbook, clinical psychologist and best-selling author Jennifer Sweeton details the eight main areas of the brain affected by mental illness, how brain changes show up in the therapy room as symptoms and behaviors, and the types of therapies and psychotherapeutic techniques research has shown can heal the brain. After reading this book, clinicians will feel confident and excited about their ability to take a client-centered, strategic, brain-based approach to treatment planning.

**Dr. Jennifer Sweeton** is a clinical psychologist, best-selling author, and internationally recognized expert on trauma, anxiety, and neuroscience. Based in Kansas City, Kansas, she has trained more than 15,000 clinicians in all fifty US states, and in over twenty countries.

ISBN: 978-0-393-71413-5 • 2021 • 264 pages • Paperback • \$29.95



## THE PRACTITIONER’S GUIDE TO THE SCIENCE OF PSYCHOTHERAPY

RICHARD HILL and MATTHEW DAHLITZ, Foreword by JOHN B. ARDEN

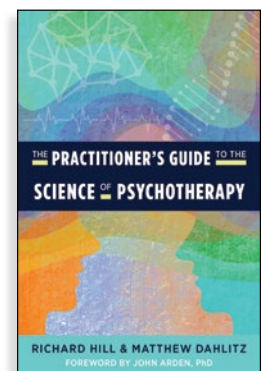
**“[A] goldmine of information for not only psychotherapists but also medical professionals. . . . Hopefully, this book will be compulsory reading for all aspiring mental health professionals.”** —Gunnel Minett, psychologist and author of *Exhale: An Overview of Breathwork*

“[Hill & Dahlitz] are excellent writers. . . . These two talented authors address the complexities of therapy and ways to use new research findings and methodologies to enhance clinical practice. I highly recommend it!” —**Michael Yapko**, author of *Process-Oriented Hypnosis*, SCEH’s 2021 Arthur Shapiro Award Winner for best book on hypnosis

The 21st Century psychotherapist can no longer be constrained by specific schools of practice or limited reservoirs of knowledge. But this new “era of information” needs to be integrated and made manageable for every practitioner. This book helps therapists know more about this new knowledge and how to apply it effectively. From basic neuroscience to body-brain systems and genetic processes, here therapists learn how to become more “response-able” to their clients.

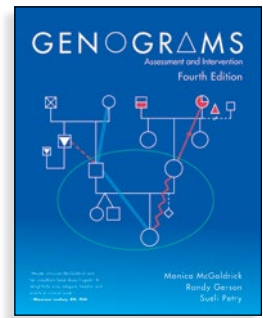
**RICHARD HILL** is Managing Editor of *The Science of Psychotherapy* magazine. He holds workshops around the world based on his book *Mirroring Hands*, co-authored with Ernest Rossi. **MATTHEW DAHLITZ** is an author, psychotherapist, and Editor-in-Chief of *The Science of Psychotherapy* magazine (which he founded as *The Neuropsychologist* in 2013).

ISBN: 978-1-324-01618-2 • 2022 • 416 pages • Paperback • \$29.95



**GENOGRAMS, 4th Edition***Assessment and Treatment*

MONICA MCGOLDRICK, RANDY GERSON, SUELI PETRY

**BESTSELLER**

Now in its 4th Edition, *Genograms* has been fully updated by renowned therapist Monica McGoldrick. Expanded with four-color images throughout, additional material explaining the use of genograms with siblings and couples, and a thorough updating to essential concepts, this edition provides a fascinating view into the richness of family dynamics. Informative, comprehensive, and beautifully written and illustrated using both famous and “regular” families, this book helps bring to life principles of family system theory and systemic interviewing, as well as walk readers through the basics of constructing a genogram, doing a genogram interview, and interpreting the results.

**Topics include:** Creating Genograms • The Genogram Interview • Tracking Family Patterns with Genograms • Exploring Family Constellations with Genograms • Exploring Sibling Constellations with Genograms • Exploring Couple Constellations with Genograms • Clinical Uses of the Genogram • Genograms In Medical or Psychiatric Practice

ISBN: 978-0-393-71404-3 • 2020 • 384 pages • Paperback • \$47.99

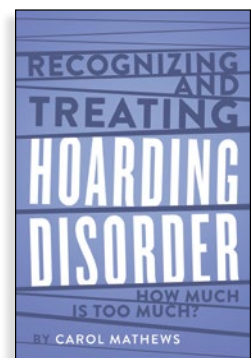
See pages 75 and 77 for more books by Monica McGoldrick.

**RECOGNIZING AND TREATING HOARDING DISORDER***How Much Is Too Much?*

CAROL MATHEWS

Pathological hoarding was first formally conceptualized as a syndrome separate from OCD in the early 1990s, yet it wasn't until 2013 that hoarding received formal psychiatric diagnostic criteria in the DSM. How can a mental health professional who sees clients in an office determine if hoarding is a factor in a client's life? Carol Mathews provides readers with the first-ever comprehensive clinical book on hoarding, covering every aspect of the disorder.

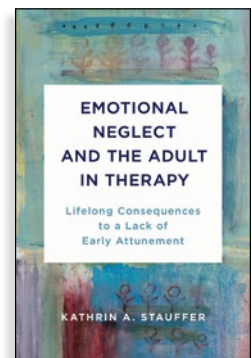
ISBN: 978-0-393-71357-2 • 2020 • 288 pages • Hardcover • \$35.00

**EMOTIONAL NEGLECT AND THE ADULT IN THERAPY***Lifelong Consequences to a Lack of Early Attunement*

KATHRIN A. STAUFFER

People who have experienced emotional neglect in the first months and years of life suffer negative consequences into adulthood. As adult psychotherapy clients, they require long-term work and delicate emotional attunement as well as a profound understanding of the experiences that have shaped their inner worlds. This book provides therapists with an in-depth view of the subjective experience of such “ignored children” and a range of possible theoretical models to help understand key features of their psychological functioning.

ISBN: 978-0-393-71441-8 • 2020 • 240 pages • Hardcover • \$35.00

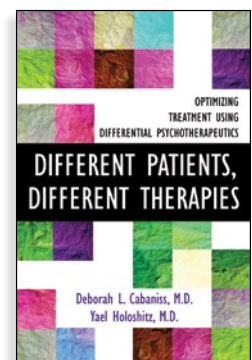
See page 53 for Kathrin Stauffer's *Anatomy and Physiology for Psychotherapists*.**DIFFERENT PATIENTS, DIFFERENT THERAPIES***Optimizing Treatment Using Differential Psychotherapeutics*

DEBORAH L. CABANISS and YAEL HOLOSHITZ

“[S]hould be read by all interested in psychotherapy education, program directors, psychotherapists, and clinicians who refer patients for psychotherapy.” —*Academic Psychiatry*

This book is a guide to choosing among the many psychotherapeutic options available to patients and therapists today. Cabaniss and Holoshitz outline over twenty different types of therapy, including psychodynamic psychotherapy, CBT, DBT, MI, ACT, EMDR, exposure therapy, family therapy, psychoanalysis; schema and many others. At the heart of the book are vignettes of typical clinical situations, accompanied by commentary about treatment choice from over thirty psychotherapy experts. Written in accessible, jargon-free language, this book is suitable for introductory classes on psychotherapy, as well as seasoned therapists, or someone considering psychotherapeutic treatment.

ISBN: 978-0-393-71342-8 • 2019 • 512 pages • Hardcover • \$59.95



## THE SCIENCE AND PRACTICE OF WELLNESS

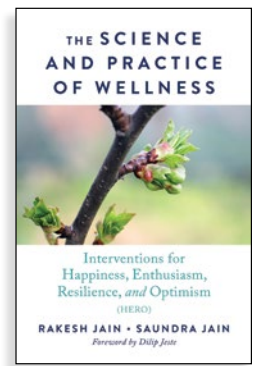
### *Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO)*

RAKESH JAIN, SAUNDRA JAIN, Foreword by DILIP JESTE

"Drs. Saundra and Rakesh Jain have written an erudite, encyclopedic, thoughtful, and accessible book about wellness. Their empathy and humanity emanates and surrounds each chapter." —Roger S. McIntyre, MD, FRCPC, Professor of Psychiatry and Pharmacology, University of Toronto

Wellness-centric clinicians look to improve various traits known to be beneficial to patients—traits such as happiness, enthusiasm, resilience, and optimism (referred to as the HERO traits). All of these not only improve global mental wellness, but also offer resilience against stress, depression, and anxiety. Wellness-centric interventions augment both psychopharmacology and traditional psychotherapies, such as CBT. Rakesh and Saundra Jain offer advice on such beneficial practices as exercise, mindfulness, optimized nutrition, optimized sleep, enhanced socialization, and positive psychology enhancement.

ISBN: 978-0-393-71365-7 • 2020 • 384 pages • Hardcover • \$35.00



## DOING PSYCHOTHERAPY

### *A Trauma and Attachment-Informed Approach*

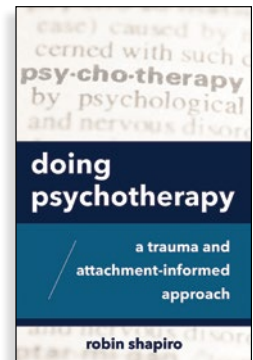
ROBIN SHAPIRO

"[The] clearest, most thorough, most compassionate look inside the work of psychotherapy that I've ever encountered. This book is like a consult session with one of the best." —Laura S. Brown, PhD, ABPP, Independent Practice of Consultation and Forensic Psychology, Seattle WA

Seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma- and attachment-informed approach that is not tied to any one model or method. This book teaches assessment, treatment plans, enhancing the therapeutic relationship, and ethics and boundary issues, all within general framework of attachment theory and trauma. Early-career therapists will refer to it for years to come, and veteran practitioners looking for a refresher (or introduction) to the latest in trauma and attachment work will find it especially useful.

**Robin Shapiro, LICSW**, is a psychotherapist and clinical consultant in Seattle, Washington. She is the author of *The Trauma Treatment Handbook* (page 35), *Easy Ego State Interventions* (page 48), and *EMDR Solutions I and II* (page 95).

ISBN: 978-0-393-71333-6 • 2020 • 240 pages • Paperback • \$24.95



## BOWEN THEORY'S SECRETS

### *Revealing the Hidden Life of Families*

MICHAEL E. KERR

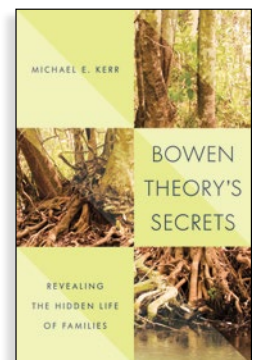
"As with Bateson's fireside chats, Bowen's coaching of the first generation of family therapists resonated beyond his day, and Kerr is revealing what that meant to a generation that may not have heard of them." —*Metapsychology*

**Murray Bowen** (1931-1990) was the first to study the family in a live-in-setting and describe specific details about how families function as systems. His theories dominated family therapy for decades. This book, written by one of his closest collaborators, updates his still-radical theory with the latest approaches to understanding emotional development.

**Topics include:** Systems Thinking • Evolution and the Emotional System • Patterns of Emotional Functioning • Differentiation of Self • Emotional Regression • Emotional Objectivity • Emotional Programming • Chronic Anxiety • The Multigenerational Family Organism • Sibling Position • Emotional Cutoff • Societal Emotional Process • Key Ingredients in the Process of Differentiation • Unidisease: A Proposed New Concept in Bowen Theory

ISBN: 978-0-393-70812-7 • 2019 • 446 pages • Paperback • \$47.50

See page 78 for Michael E. Kerr's *Family Evaluation*.



## THE SELF-COMPASSION SKILLS WORKBOOK

*A 14-Day Plan to Transform Your Relationship with Yourself*

TIM DESMOND

"With its engaging discussions and powerful techniques, anyone who wants to know how to get to a point of more happiness and life satisfaction will find [*The Self-Compassion Skills Workbook*] both accessible and satisfyingly specific. Very highly recommended!" —*Midwest Book Review*

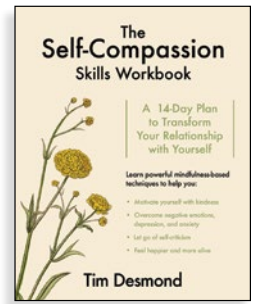
Cutting-edge research shows that self-compassion is not only a skill anyone can strengthen through practice but also one of the strongest predictors of mental health and wellness. The practices in this book have been specially formulated to target and fortify what neuroscientists call the "care circuit" of the brain.

Devoting thirty minutes a day for just fourteen days to these simple practices can have life-changing results.

**This book also features downloadable audio recordings for on-the-go practice.**

ISBN: 978-0-393-71218-6 • 2017 • 224 pages • Paperback • \$22.95

**BESTSELLER**



## SELF-COMPASSION IN PSYCHOTHERAPY

*Mindfulness-Based Practices for Healing and Transformation*

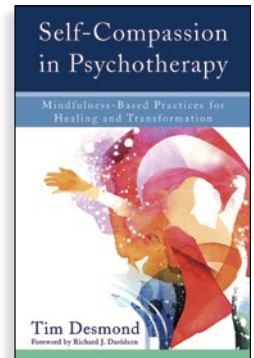
TIM DESMOND, Foreword by RICHARD J. DAVIDSON

"[A] very practical guide for therapists on why and how to include working with their self-compassion, and that of their clients, in therapy. . . . I expect that this book will appeal to a wide range of therapists, including those who already use mindfulness in their practice." —*Private Practice*

**"I heartily recommend it both for clinicians and also as a valuable tool for classroom use to facilitate discussions for any classes in clinical psychology."** —*Metapsychology*

This logically written guide integrates cutting-edge neuroscience with mindfulness and traditional Buddhist practices to show mental health professionals how they can help clients develop a more loving, kind, and forgiving attitude toward themselves.

ISBN: 978-0-393-71100-4 • 2016 • 256 pages • Hardcover • \$27.95



## PROMOTING HEALTHY ATTACHMENTS

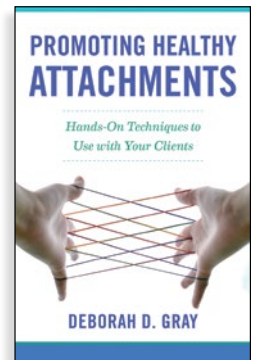
*Hands-on Techniques to Use with Your Clients*

DEBORAH D. GRAY

"Offers real-world, practical insights that not only enliven therapists' comprehension of this field but invite them to apply these ideas in ways that are inclusive and relevant." —Mary M. McGowan, Executive Director of the Association for Training on Trauma and Attachment in Children (ATTACH).

Attachment theory is all the rage in therapy these days. But what does a therapist do with all the theory? This book presents successful attachment-oriented interventions for clinicians to use with parents, children, and a variety of presenting issues from trauma to depression to anger.

ISBN: 978-0-393-71259-9 • 2018 • 320 pages • Hardcover • \$37.50



## LGBTQ CLIENTS IN THERAPY

*Clinical Issues and Treatment Strategies*

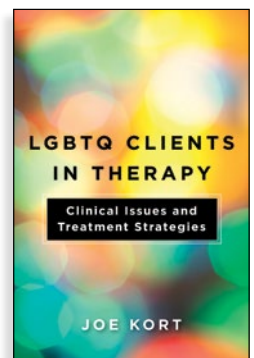
JOE KORT

"Calls upon all clinicians, gay or straight, to move past their ignorance, look deeper, and do better work. His book should be required reading for any clinician interested in expanding their consciousness." —*Psych Central*

A therapist who treats LGBTQ clients often must be more than "gay friendly." Gay, lesbian, bisexual, and transgender clients have specific needs that require their own knowledge base. This book offers up-to-date information for clinicians treating LGBTQ clients, including new chapters on transgender, sexually fluid, and gender non-conforming clients.

ISBN: 978-1-324-00048-8 • 2018 • 480 pages • Paperback • \$34.99

Previously published in hardcover as *Gay Affirmative Therapy for the Straight Clinician*





## ATTACHMENT DISTURBANCES IN ADULTS

### *Treatment for Comprehensive Repair*

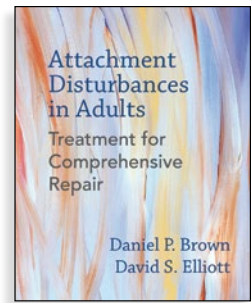
DANIEL P. BROWN and DAVID S. ELLIOTT

This book offers an innovative therapeutic model and set of methods for treating adult patients with dismissing, anxious-preoccupied, or disorganized attachment. With rich detail, it integrates historical and leading-edge attachment research into practical, effective treatment protocols for each type of insecure attachment. Case transcripts and many sample therapist phrasings illustrate how to apply the methods in practice.

**Contributors:** Paula Morgan-Johnson • Paula Sacks • Caroline R. Baltzer • James Hickey  
Andrea Cole • Jan Bloom • Deirdre Fay

ISBN: 978-0-393-71152-3 • 2016 • 560 pages • Hardcover • \$65.00

BESTSELLER



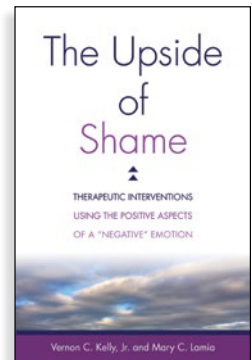
## THE UPSIDE OF SHAME

### *Therapeutic Interventions Using the Positive Aspects of a "Negative" Emotion*

VERNON C. KELLY Jr. and MARY LAMIA

There is much more to shame than its reputation as a negative emotional state. This clinical book delves into the role of shame in many complex issues such as personality disorders, anxiety, depression, and addictions. In each example, the authors show how an understanding of the positive side of shame can be translated into practical therapeutic interventions.

ISBN: 978-0-393-71194-3 • 2018 • 272 pages • Hardcover • \$28.95



## A CLINICAL INTRODUCTION TO FREUD

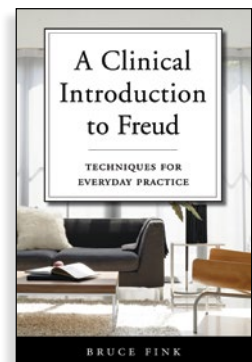
### *Techniques for Everyday Practice*

BRUCE FINK

Having taught Freud to undergraduate and graduate students alike for twenty years, as well as being a practicing psychoanalyst, Bruce Fink provides a highly readable introduction to Freud's work that emphasizes Freud's enduring clinical relevance and usefulness to practitioners of many persuasions, not just to those who are psychoanalytically trained. With reference to topics as varied as Star Trek, The Moody Blues, and unicorns, as well as covering expected topics such as repression, symptom formation, and the unconscious, this book is essential reading for all therapists who are open to learning about theories that may help their clients.

ISBN: 978-0-393-71196-7 • 2017 • 320 pages • Hardcover • \$45.00

See page 53 for *Fundamentals of Psychoanalytic Technique* by Bruce Fink.



## THE ROAD TO CALM WORKBOOK

### *Life-Changing Tools to Stop Runaway Emotions*

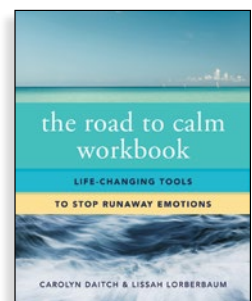
CAROLYN DAITCH and LISSAH LORBERBAUM

"With elegant and detailed exercises, this manual will help you STOP emotional flooding. And if you are a clinician, your clients can use it too. We recommend it to everyone as an essential tool to keep handy. You never know when you will be triggered!" —Harville Hendrix, PhD and Helen LaKelly Hunt, PhD, co-creators of Imago Relationship Therapy and authors of *Getting the Love You Want* and *Doing Imago Relationship Therapy in the Space-Between*

Carolyn Daitch, author of the award-winning *Affect Regulation Toolbox* (page 55), makes her expertise accessible to psychotherapy clients and anyone suffering from emotional overwhelm. Written with psychotherapist Lissah Lorberbaum, this workbook is a ready-to-use guide to regulating emotional flooding and finding calm in your daily life. It includes the STOP Solution for calming emotional flooding, "daily stress inoculations," guided imagery exercises, opportunities for journaling and reflection, mindfulness practices, and matching audio exercises on the accompanying CD. **A complimentary companion app also enhances readers' ability to take these exercises on the go.**

ISBN: 978-0-393-70841-7 • 2016 • 224 pages • Paperback w/CD • \$24.95

See pages 53, 60, and 73 for more books by Carolyn Daitch.



## EASY EGO STATE INTERVENTIONS

*Strategies for Working with Parts*

ROBIN SHAPIRO

"[P]articularly useful for therapists who have patients with post-traumatic stress disorder (PTSD) or find that their patients seem untreatable. Ego state work serves as another tool in the box a therapist can use in tough situations, and Shapiro does a great job in making ego state work compelling and understandable both for the layman and the professional." —*Somatic Psychotherapy Today*

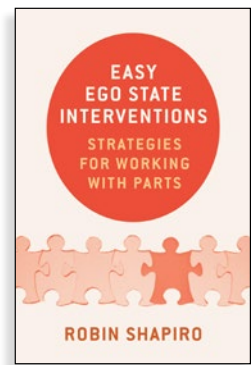
Most of us have different aspects, "parts," or "ego states" of ourselves, which manifest as particular moods, behaviors, and reactions depending on the demands of our external and internal environments. "Ego state therapy" refers to a powerful, flexible therapy that helps clients integrate and reconcile these distinct aspects of themselves. This book offers practical techniques that any therapist can incorporate in his or her practice to address garden-variety developmental issues like self-care challenges, grief, anxiety, and differentiation from families and peer groups, as well as to support clients across the dissociation spectrum, including those who suffer from complex trauma.

**Contents: Part I: Getting Started with Ego State Work** 1. Defining and Diagnosing Ego States 2. Foundational Intervention: Accessing Positive States 3. Foundational Intervention: Creating Safe Places and Internal Caregivers 4. Foundational Intervention: Working with Infant and Child States • **Part II: Problem-Specific Interventions** 5. Trauma 6. Relationship Challenges 7. Personality Disorders 8. Suicidal Clients 9. Cultural, Familial, and Abuse-Related Introjects

ISBN: 978-0-393-70927-8 • 2016 • 224 pages • Hardcover • \$29.95

See pages 35, 45, 96, and 97 for more books by Robin Shapiro.

BESTSELLER



## THE STOP PROGRAM: FOR WOMEN WHO ABUSE

*Group Leader's Manual*

## THE STOP PROGRAM FOR WOMEN

*Handouts and Homework*

DAVID B. WEXLER

Developed and field-tested for over twenty-five years among military and civilian populations, the skill-building program is presented in a 26-week or 52-week psychoeducational format. The group leader's manual is packed with teaching methods, skills-training exercises, articles, video clips, and other resources. Accompanying handouts and homework for participants (sold separately) provide structure for recovery both within the sessions and at home. Packaged as loose-leaf sheets, they can be added, removed, or rearranged to suit the needs of any leader administering the program.

Group Leader's Manual: ISBN: 978-0-393-71148-6 • 2016 • 240 pages • Paperback • \$37.99

Handouts and Homework: ISBN: 978-0-393-71150-9 • 2016 • 128 pages • Loose Sheets • \$14.99

See pages 42, 55, 75, and 92 for more books by David B. Wexler.



## HAKOMI MINDFULNESS-CENTERED SOMATIC PSYCHOTHERAPY

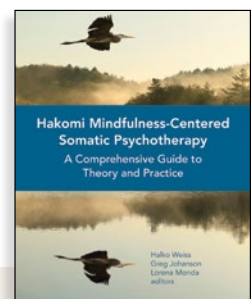
*A Comprehensive Guide to Theory and Practice*

HALKO WEISS, GREG JOHANSON, and LORENA MONDA, Editors

This book is the authoritative text on the history, theory, and methods of Hakomi therapy today. The authors detail Hakomi's unique integration of body psychotherapy, mindfulness, and the Eastern philosophical principle of non-violence, grounding leading-edge therapeutic technique in an attentiveness to the whole person and their capacity for transformation.

**Contributors include:** Richard C. Schwartz • Maci Daye • Rob Fisher • Halko Weiss • Ron Kurtz • Marilyn Morgan • Greg Johanson • T. Flink Sparks • Anne Fischer • Jon Eisman • Julie Murphy • John Perrin • Carol Ladas Gaskin • David Cole • Cedar Barstow • Donna Martin • Shai Lavie • Jaci Hull • Manuela Mischke Reeds • Maya Shaw Gale • Lorena Monda • Uta Günter • Karen A. Baikie • Phil Del Prince

ISBN: 978-0-393-71072-4 • 2015 • 384 pages • Paperback • \$52.00



## THE FEELING BRAIN

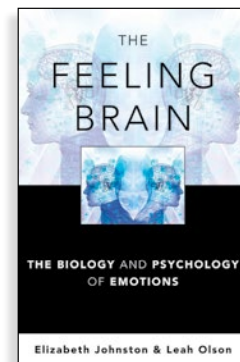
### *The Biology and Psychology of Emotions*

ELIZABETH JOHNSTON and LEAH OLSON

"This book offers a comprehensive, detailed and referenced, synthetic and analytic insight into emotional experience and its physiological substrate. . . . [T]he complexity and history of neurosciences and biological theories of emotions are told in a very accessible way." —*Metapsychology*

Delving into the personal yet scholarly study of the neuroscience of emotions, authors Olson and Johnston consider William James' famous question, still unanswered, "What is an emotion?" The authors move from a consideration of basic emotions and the early brain areas that have been associated with them to the more complex social emotions and their involvement of higher brain areas, using myriad case examples to illustrate the essential concepts.

ISBN: 978-0-393-70665-9 • 2015 • 256 pages • Hardcover • \$27.50



## THE THERAPIST'S ULTIMATE SOLUTION BOOK

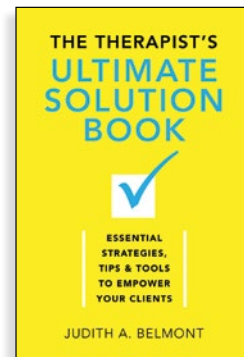
### *Essential Strategies, Tips & Tools to Empower Your Clients*

JUDITH A. BELMONT

This book delivers an array of basic "solutions" in the form of handouts, worksheets, exercises, quizzes, mini-lessons, and visualizations—to use with your clients and tailor to fit their needs. No matter your preferred course of therapy—whether it's CBT, DBT, EMDR, or EFT—having at your disposal a variety of easy-to-learn and easy-to-teach techniques for a host of common therapy issues goes a long way in keeping your clients on track, both during and in between sessions.

ISBN: 978-0-393-70988-9 • 2015 • 288 pages • Hardcover • \$34.95

Watch a book trailer at [bit.ly/UltimateSol](http://bit.ly/UltimateSol)



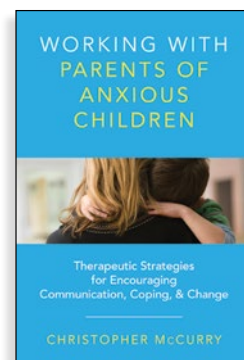
## WORKING WITH PARENTS OF ANXIOUS CHILDREN

### *Therapeutic Strategies for Encouraging Communication, Coping & Change*

CHRISTOPHER McCURRY

"McCurry helps clinicians think about how biology and environment work together to either support or work against a child with an anxiety disorder [and] facilitate greater understanding in parents, highlighting therapeutic tools the therapist can use to help educate families." —*Psych Central*

ISBN: 978-0-393-73401-0 • 2015 • 368 pages • Hardcover • \$29.95



## THE THERAPEUTIC "AHA!"

### *10 Strategies for Getting Your Clients Unstuck*

COURTNEY ARMSTRONG

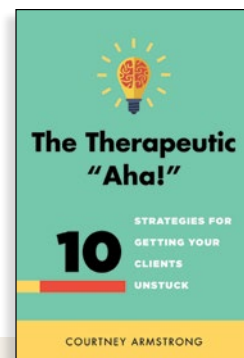
"A wealth of options for inspiring therapists to think outside of the proverbial box." —*Metapsychology*

Drawing on basic neuroscience concepts and showing how they can be put into practice, this book delivers 10 practical, creative strategies that therapists can use with clients to help spark their "emotional brain" and create new neural pathways that engage and advance the healing process. It's a concise guide to shaking things up in therapy, for both therapist and client.

**Contents:** Introduction: Creating Transformative Emotional Experiences • **Part I: Awakening a Session** 1. The Power of Emotion 2. Engaging the Emotional Brain 3. Enlivening The Therapeutic Alliance 4. Eliciting Exciting Goals • **Part II: Healing Emotional Wounds** 5. Locating the Root of an Emotional Pattern 6. Erasing the Negative Impact of Trauma • **Part III: Activating Experiential Change** 7. Invoking Inspirational Imagery 8. Conjuring Up Outrageous Stories 9. Summoning Quick Humor and Association Games 10. Rousing Rhythm, Music, and Movement 11. Mastering the Emotional Dance (Therapy as Lived Experience) • Acknowledgments • References

ISBN: 978-0-393-70840-0 • 2015 • 240 pages • Hardcover • \$27.95

See page 34 for *Rethinking Trauma Treatment* by Courtney Armstrong.



## RESTORING RESILIENCE

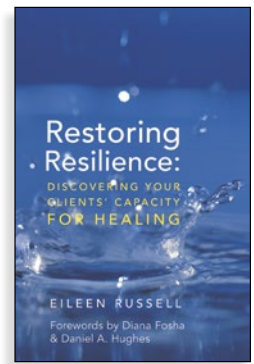
### *Discovering Your Clients' Capacity for Healing*

EILEEN RUSSELL, Forewords by DIANA FOSHA and DANIEL A. HUGHES

"Dr. Russell's approach and methods are clear and concise, and would benefit anyone who needs to discover the capacity for rekindling their inner light." —*Psychology Today*

This book lays out the tools and background for any therapist interested in engaging in change-oriented therapy. The author draws on interpersonal neurobiology and affect regulation research to accomplish this, as well as a number of theoretical orientations including Accelerated Experiential Dynamic Psychotherapy, attachment theory, and EMDR. The book concludes with a number of exercises to help clinicians cultivate their own personal resilience, because a resilient clinician is better equipped to foster resilience in his or her clients.

ISBN: 978-0-393-70571-3 • 2015 • 256 pages • Hardcover • \$29.95



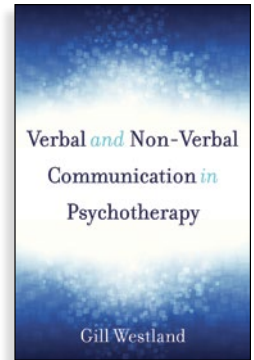
## VERBAL & NON-VERBAL COMMUNICATION IN PSYCHOTHERAPY

GILL WESTLAND

"[A] marvelous and useful book. . . [S]he is clearly teaching an approach that can turbo charge psychotherapy." —*The Milton H. Erickson Foundation Newsletter*

This book brings together insights from a range of psychotherapies for therapists who want to expand their communication abilities and embrace more effective ways of communicating. Therapists will learn skills to respond with language to clients' nonverbal communication, as well as mindfulness practices and 'right brain to right brain communication,' enabling therapists to reach clients when there are no words.

ISBN: 978-0-393-70924-7 • 2015 • 320 pages • Hardcover • \$34.00



## TRANSFORMING NEGATIVE SELF-TALK

### *Practical, Effective Exercises*

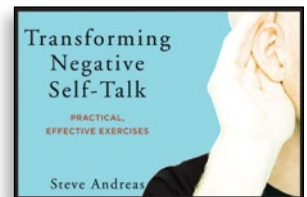
STEVE ANDREAS

"[A] winner. I strongly recommend it! . . . I have used some of these exercises both on myself and with clients and they worked well and quickly." —*Milton H. Erickson Foundation Newsletter*

In this user-friendly guide, an experienced clinician presents an array of original, take-charge strategies to help you and your clients gain control of the downbeat voices and use them to your advantage.

**Contents:** 1. Changing Location 2. Changing Tempo & Tonality 3. Adding Music or a Song 4. Talking to Yourself Positively 5. Adding a Voice 6. Auditory Perspective 7. Starting Your Day 8. Generalizations, Evaluations, Presuppositions, & Deletions 9. Negative Messages & Positive Outcomes 10. Asking Questions 11. Transforming a Message

ISBN: 978-0-393-70789-2 • 2012 • 128 pages • Paperback • \$17.50



## MORE TRANSFORMING NEGATIVE SELF-TALK

### *Practical, Effective Exercises*

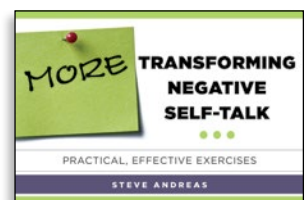
STEVE ANDREAS

"[H]elpful viewpoints and exercises. . . [A] useful alternative and supplemental approach to countering and reframing what is normally potentially difficult and damaging affect work."

—*Somatic Psychotherapy Today*

As a follow-up to his first popular book, Andreas digs deeper here, showing how to engage a voice as opposed to simply change it. Rather than talk back or try to silence it, Andreas teaches readers how to join with a voice, clarify what it's saying, ask for its positive intent, use its specific abilities to your advantage, and more.

ISBN: 978-0-393-70973-5 • 2014 • 128 pages • Paperback • \$17.95



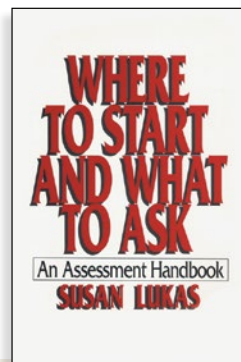
**Discounted Two-Book Set:** *Transforming Negative Self-Talk* and *More Transforming Negative Self-Talk*  
ISBN: 978-0-393-71094-6 • 2014 • Paperbacks • \$29.95

**WHERE TO START AND WHAT TO ASK***An Assessment Handbook*

SUSAN LUKAS

As a life raft for beginners and their supervisors, Lukas provides all the necessary tools for garnering information from clients, offering a framework for thinking about that information and formulating a thorough assessment. This indispensable book helps therapeutic neophytes organize their approach to the initial phase of treatment and navigate even rough clinical waters with competence and assurance. Lukas offers guidance in conducting mental status examinations, reviewing medical history, and conducting interviews for families, children, substance abusers, suicidal patients, and more. This book has also been a best-selling college course text for decades.

BESTSELLER



**Contents:** 1. How To Conduct the First Interview With An Adult 2. Looking, Listening, and Feeling: the Mental Status Examination 3. How To Think About Your Client's Health: The Medical History 4. How To Conduct the First Interview With A Family 5. How To Conduct the First Interview With A Child 6. How To Take A Developmental History 7. How To Conduct the First Interview With A Couple 8. How To Determine Whether A Client Might Hurt Somebody-Including You 9. How To Determine Whether A Client Might Hurt Herself 10. How To Determine Whether A Client Is A Substance Abuser 11. How To Assess Children For Neglect, Abuse, and Sexual Abuse 12. What Psychological Testing Is and When You Might Ask For It 13. How To Write An Assessment 14. Where You Go From Here

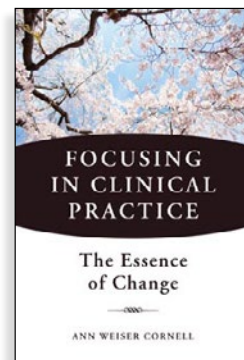
ISBN: 978-0-393-70152-4 • 1993 • 200 pages • Paperback • \$23.95

**FOCUSING IN CLINICAL PRACTICE***The Essence of Change*

ANN WEISER CORNELL

"Focusing" is a particular process of attention that supports therapeutic change, a process that has been linked in more than 50 research studies with successful outcomes in psychotherapy. In this book, Ann Weiser Cornell, a Focusing teacher and trainer for more than 30 years, guides readers in its facilitation and use with clients: how to help clients get felt senses and nurture them when they appear, how to work with clients who have difficulty feeling in the body, how to facilitate a "felt shift," how to support clients who experience dysregulating emotional states, how to incorporate Focusing into any type of therapy work, and much more.

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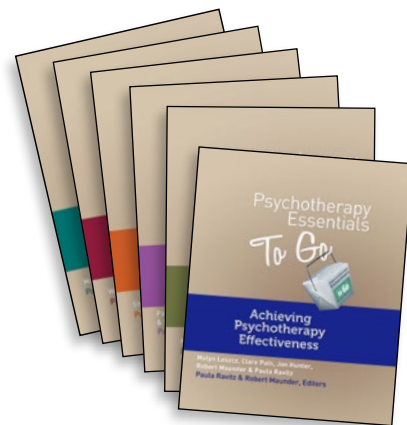
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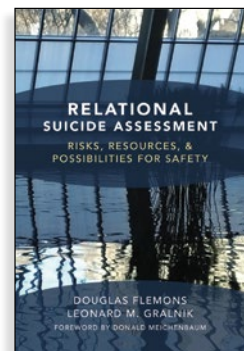
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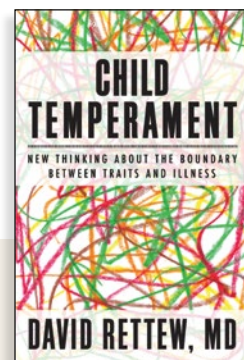
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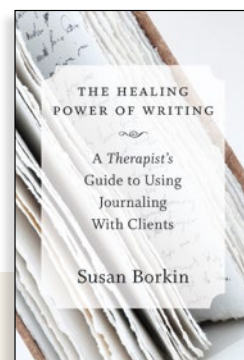
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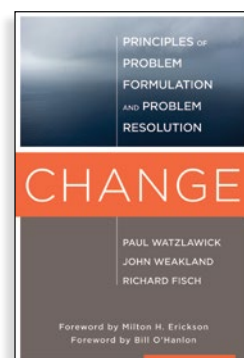
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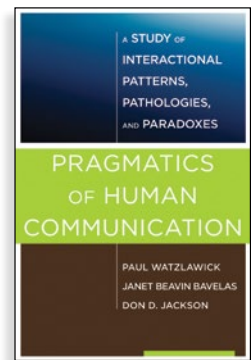
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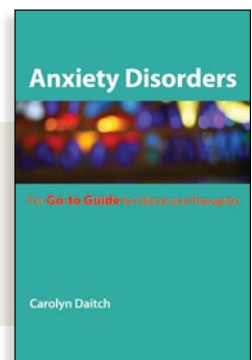
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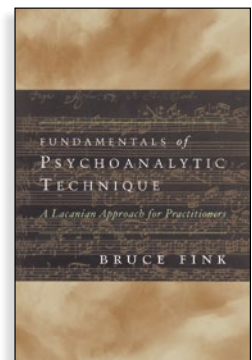
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Unlike any other writer on Lacan to date, Fink illustrates his Lacanian approach to listening, questioning, punctuating, and interpreting with dozens of actual clinical examples. He clearly outlines the fundamentals of working with dreams, daydreams, and fantasies, discussing the numerous anxiety dreams, nightmares, and fantasies told to him by his own patients. By examining transference and countertransference in detail through the use of clinical vignettes, Fink lays out the major differences between mainstream psychoanalytic practice and Lacanian practice. Designed for a wide range of practitioners and requiring no previous knowledge of Lacan's work, this primer is accessible to therapists of many different persuasions.

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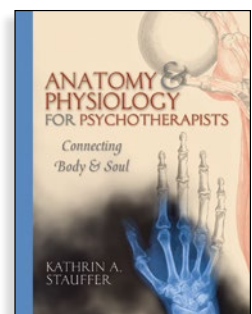
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Beginning with a discussion of the basic building blocks of the body, cells and molecules, Stauffer works through the body system by system, showing through clinical case examples that an understanding of each system can greatly enhance the art of psychotherapy.

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See page 44 for *Emotional Neglect and the Adult in Therapy* by Kathrin Stauffer.



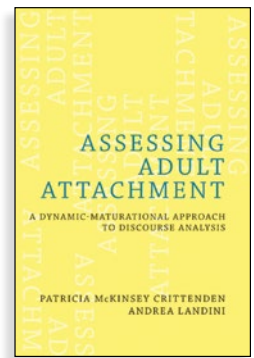
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### *A Dynamic-Maturational Approach to Discourse Analysis*

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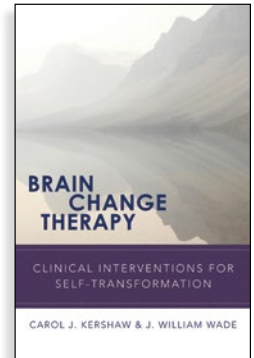
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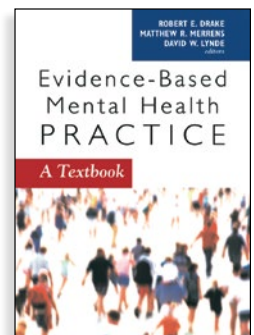
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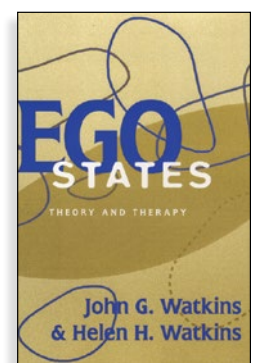
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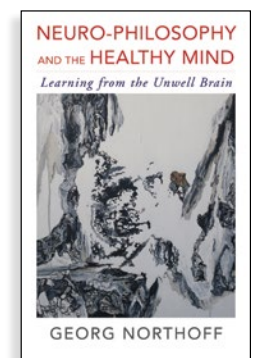
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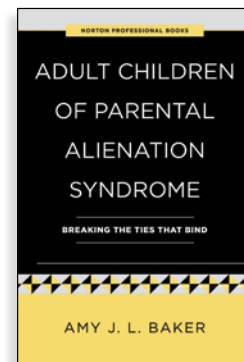
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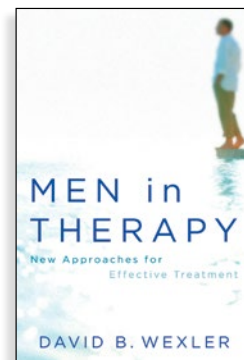
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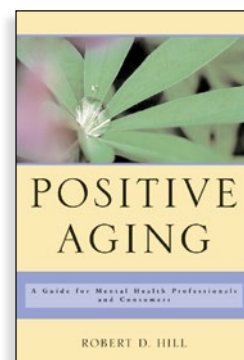
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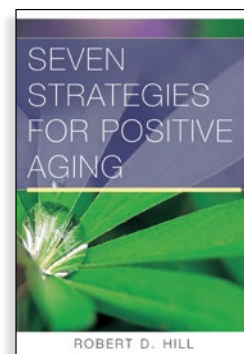
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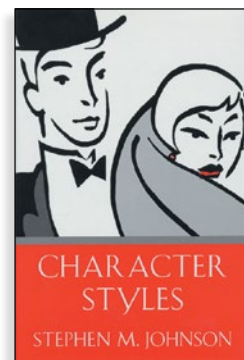


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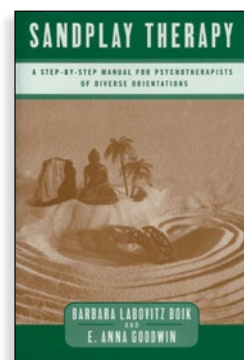
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BARBARA LABOVITZ BOIK and E. ANNA GOODWIN

Sandplay allows clients to use nonverbal communication to express their internal and external worlds. The authors illustrate the process with numerous sandplay experiences with clients. They also discuss clients for whom sandplay is contraindicated and some problems that might arise. To encourage the growth of the therapist, they include instructions on personal sandplay work. For therapists interested in exploring the ways that sandplay facilitates growth and healing, this practical handbook will be an invaluable resource.

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Psychotherapist and internationally recognized expert Bill O'Hanlon gives therapists and their clients a set of essential strategies for getting "unstuck" from patterns of depression. Antidepressant medication doesn't help everyone, and often offers only partial relief. This book introduces a new, medication-free approach to managing one of the most commonly encountered problems in psychotherapy, providing simple cognitive solutions for mastering depression's thorniest symptoms.

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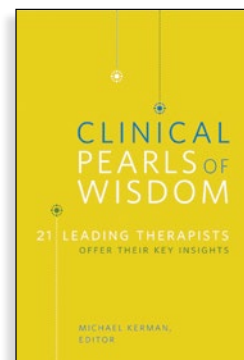
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MICHAEL KERMAN, Editor

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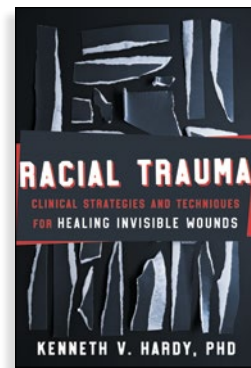
## RACIAL TRAUMA

*Clinical Strategies and Techniques for Healing Invisible Wounds*

KENNETH V. HARDY

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This book provides a unique and comprehensive examination of racial trauma, described by author Kenneth V. Hardy as a life-altering and debilitating emotional, psychological, and behavioral condition that affects countless People of Color over multiple generations. Racially sensitive trauma-informed interventions and strategies that centralize race and racial oppression in every facet of the therapeutic process and relationship are meticulously highlighted, making this a must-read resource for all practicing and aspiring clinicians.



**Topics include:** the dynamics of oppression and the roots of racial trauma; the seven invisible wounds of trauma, including internalized devaluation, assaulted sense of self, learned voicelessness, psychological homelessness, and rage; the process of therapy and racially sensitive, trauma-informed therapeutic principles.

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## THE ENDURING, INVISIBLE, AND UBIQUITOUS CENTRALITY OF WHITENESS

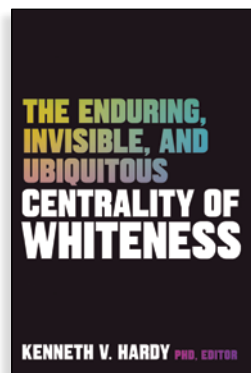
*Implications for Clinical Practice and Beyond*

KENNETH V. HARDY, Editor

*A comprehensive collection of writers from the field of mental health and activism on the topic of whiteness.*

“Whiteness is the socio-political default. To disrupt whiteness, it must be exposed. This collection, curated by visionary Dr. Ken Hardy, brilliantly and accessibly takes up this weighty task. **This is a revelatory and essential new work, clear-eyed and instructive, yet also deeply personal and eloquent. Oh, that it may be required reading for anyone in human services!**” —Robin DiAngelo, PhD, author of *White Fragility* and *Nice Racism*

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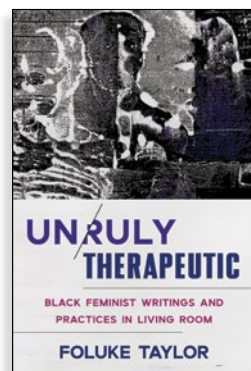
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*Black Feminist Writings and Practices in Living Room*

FOLUKE TAYLOR

“Genuinely refreshing and liberating. As you read, what emerges is a sense of adventure, a sense of soul connection, and a deep appreciation for other ways of knowing.” —Eugene Ellis, founder and director of the Black, African, and Asian Therapy Network

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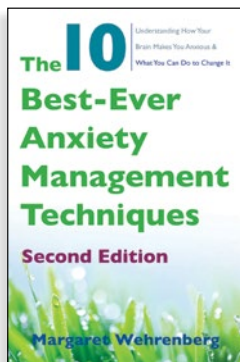
**MARGARET WEHRENBURG, PsyD**, is a coach and therapist, a best-selling author, and an international trainer and speaker on topics related to psychotherapy for anxiety and depression, stress management and optimizing anxiety for achievement. Visit her website at [margaretwehrenberg.com](http://margaretwehrenberg.com).

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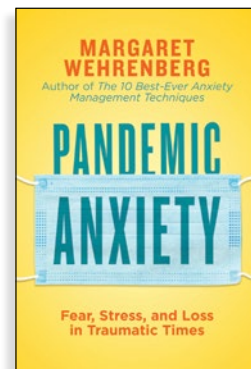
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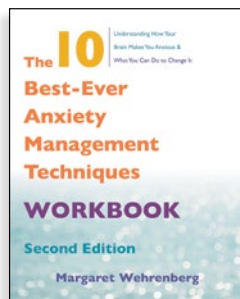
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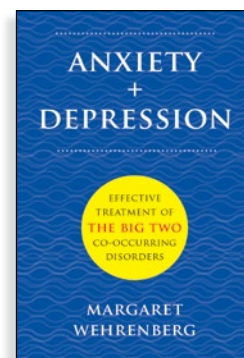


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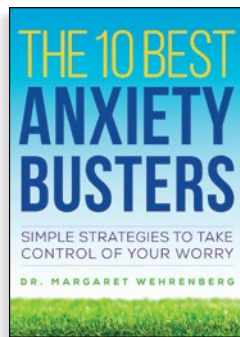
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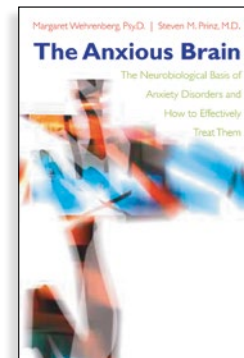
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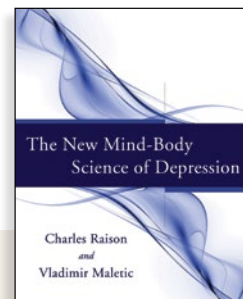
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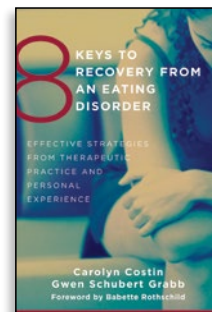
*Effective Strategies from Therapeutic Practice and Personal Experience*

CAROLYN COSTIN and GWEN SCHUBERT GRABB, Foreword by BABETTE ROTHSCHILD

Interweaving personal narrative with the perspective of their own therapist-client relationship, the authors bring an unparalleled depth of awareness into just what it takes to successfully beat this challenging and seemingly intractable clinical issue. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of all, providing motivation to seek help if you have been discouraged, resistant, or afraid.

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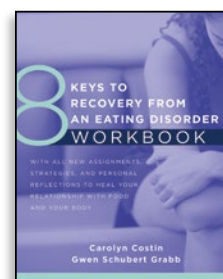
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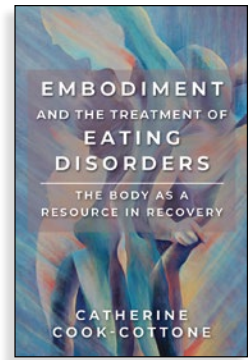
## EMBODIMENT AND THE TREATMENT OF EATING DISORDERS

*The Body as a Resource in Recovery*

CATHERINE COOK-COTTONE, Foreword by TRACY TYLKA

Cook-Cottone, a licensed psychologist and registered yoga teacher, explores embodiment and its crucial role in treating eating disorders. Embodiment involves being with and working with all of the sensations, emotions, and experiences life offers. Disordered eating is disordered embodiment, but, with the positive embodiment practices explained and demonstrated in this book, the body can become a resource for recovery.

ISBN: 978-0-393-73410-2 • 2020 • 384 pages • Paperback • \$29.95

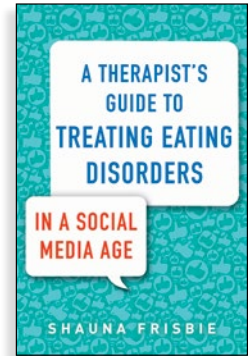


## A THERAPIST'S GUIDE TO TREATING EATING DISORDERS IN A SOCIAL MEDIA AGE

SHAUNA FRISBIE

For those with body dissatisfaction and/or eating disorders, living in today's world can be especially challenging, and viewing images on social media and other online formats can be devastating. Shauna Frisbee, a certified eating disorders specialist, integrates concepts of healing narratives, neuroscience, and phototherapy to help therapists promote self-compassion, self-reflection, and healing in their clients.

ISBN: 978-0-393-71445-6 • 2020 • 288 pages • Paperback • \$25.95



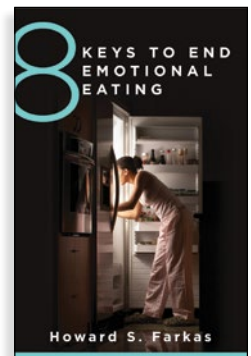
## 8 KEYS TO END EMOTIONAL EATING

HOWARD S. FARKAS, Foreword by BABETTE ROTHSCHILD

**"Filled with useful tips and compassionate expertise, this book could help anyone to become more conscious around their eating, whether you're experiencing issues or not. For those who suffer most, it could mean the end of emotional eating and painful dieting, and hope for a better relationship to food and life."**—*Greater Good Magazine*

Emotional eaters—those who eat in response to feelings rather than hunger—may take charge of every other aspect of their life, but still feel helpless against the emotional barriers keeping them from healthy eating. This book provides a detailed plan for overcoming these barriers. By exploring the causes that drive the desire to overeat, Howard Farkas, who has more than two decades of professional and teaching experience in clinical psychology, develops practical skills to manage this desire on a daily basis.

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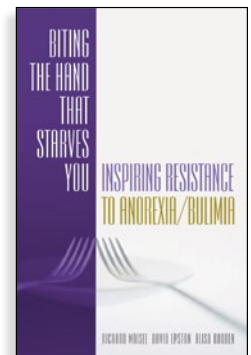
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**"Like all truly useful innovation, the ideas in this book quickly become part of one's therapeutic arsenal. This is an excellent book for medical students, residents, senior faculty, and, in part or whole, our patients and their families."**—*Journal of the American Academy of Child & Adolescent Psychiatry*

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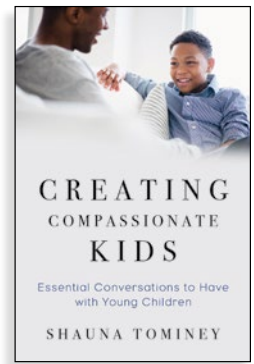
*Essential Conversations to Have with Young Children*

SHAUNA TOMINEY

"*Creating Compassionate Kids* goes beyond educating parents. All those who interact with kids of any age will find it a useful tool to consult. . . A must-read for all who strive to raise compassionate children today." —*Booklist*

Tominey provides a roadmap to conversations that address complex subjects like peer pressure, divorce, and stress, and larger world issues. Parents and guardians are guided through sample discussions with detailed summaries of what occurred in each conversation, what is being taught, and how to ensure the message is understood. This practical, research-based approach will help adults raise kids ready to face the world with kindness and inner strength.

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Pally synthesizes the latest neuroscience research to show that our brain's natural tendencies to empathize, analyze, and connect with others are all we need to be good parents. Each chapter weaves together discussions of specific reflective parenting principles like "Tolerate Uncertainty" and "Repair Ruptures" with engaging explanations of the science that backs them up. Brief "Take Home Lessons" at the end of each chapter and vivid examples of parents and children putting the principles into action make this a highly readable, practical guide for anyone looking to build loving, lasting relationships with their kids.



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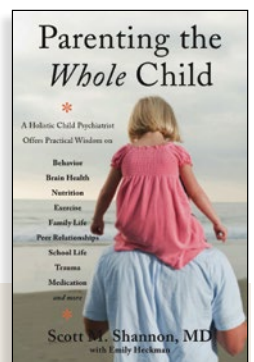
## PARENTING THE WHOLE CHILD

*A Holistic Child Psychiatrist Offers Practical Wisdom on Behavior, Brain Health, Nutrition, Exercise, Family Life, Peer Relationships, School Life, Trauma, Medication, and more*

SCOTT M. SHANNON, MD

Readers learn how the most common stressors in kids are often at the root of behavioral and emotional issues, and what steps can be taken to restore health and wholeness without immediately turning to medication.

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ISBN: 978-0-393-70833-2 • 2014 • 304 pages • Paperback • \$22.95

Previously published as: *Please Don't Label My Child: Break the Doctor-Diagnosis-Drug Cycle and Discover Safe, Effective Choices for Your Child's Emotional Health.*



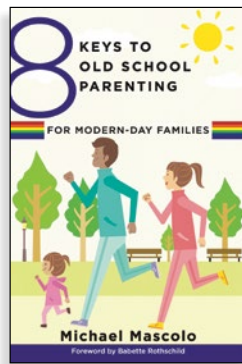
## 8 KEYS TO OLD SCHOOL PARENTING FOR MODERN-DAY FAMILIES

MICHAEL MASCOLO, Foreword by  
BABETTE ROTHSCHILD

"As an academic psychologist, a parent, and a consumer of trade press books on parenting, I found Mascolo's text timely and insightful, and I am happy to have it on my shelf. . . . [T]he author has distilled highly regarded contemporary parenting theory and research and tied them to clear examples that most any reader could follow." —*PsycCRITIQUES*

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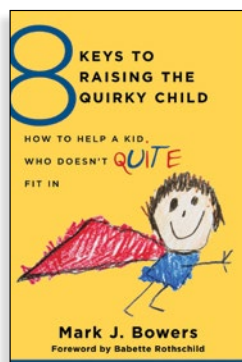
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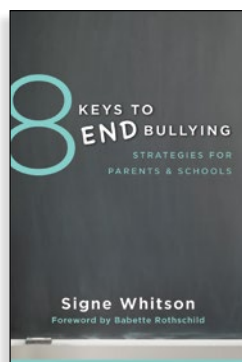


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BABETTE ROTHSCHILD

Signe Whitson equips readers with practical strategies to tackle bullying head-on. Readers can learn and implement all sorts of quick and easy techniques that can make a huge difference in the lives of kids—from establishing meaningful connections with kids, to creating a positive school climate, addressing cyberbullying, building social emotional competence, reaching out to bullies, empowering bystanders, and so much more.

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*Putting the Keys Into Action at Home & School*

SIGNE WHITSON

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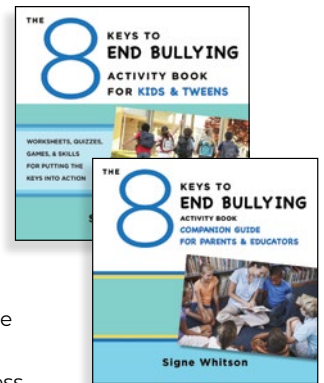
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CINDY GOLDRICH, Foreword by  
BABETTE ROTHSCHILD

Children with ADHD can learn practice, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the 8 keys here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy.

**Contents:** Key 1. Get Educated: How ADHD Impacts Behavior, Academics, and Social Skills · Key 2. Create Calm: It Really Matters! · Key 3. Strengthen Connection: It's Their Survival Rope · Key 4. Cultivate Good Communication: The Road to Cooperation, Compliance, and Positive Action · Key 5. Teach Collaboration: The Power of Shared Power · Key 6. Be Clear and Consistent: Predictability Really Helps · Key 7. Establish Meaningful Consequences: Create Value and Impact · Key 8. Choices: Yours and Theirs

ISBN: 978-0-393-71067-0 • 2015 • 240 pgs • PB • \$19.95



**THE 8 KEYS TO MENTAL HEALTH SERIES**, edited by Babette Rothschild, provides readers with brief, high-quality, strategy-filled self-help books on a variety of topics in mental health. Filled with exercises and practical strategies, these books empower readers to help themselves. See page 32-33 for more books by Rothschild, including *8 Keys to Safe Trauma Recovery* and its companion workbook.

## 8 KEYS TO MENTAL HEALTH THROUGH EXERCISE

CHRISTINA HIBBERT, Foreword by BABETTE ROTHSCHILD

Routine exercise alleviates stress and anxiety, moderates depression, relieves chronic pain, and improves self-esteem. Christina Hibbert offers readers step-by-step strategies for maintaining a physically and emotionally healthy exercise regimen. Whether you have worked out periodically in the past, or have never hit the gym, this book will help you get moving, stay moving, and maintain the inspiration you need to reap the mental health benefits of regular exercise.

ISBN: 978-0-393-71122-6 • 2016 • 304 pages • Paperback • \$19.95



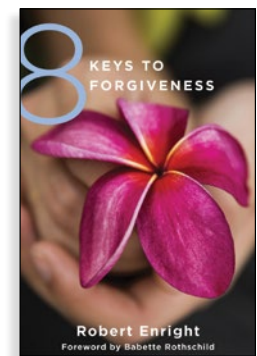
## 8 KEYS TO FORGIVENESS

ROBERT ENRIGHT, Foreword by BABETTE ROTHSCHILD

**“This book has the potential to enrich and improve more lives than any psychology book in decades. Don’t give up on forgiveness in your life until you read this book and try its proven strategies.”** —Frank Farley, PhD, Former President, American Psychological Association (APA)

How can we identify the source of our pain and inner turmoil? How can we find meaning in what we have suffered, or learn to forgive ourselves? What can we do when forgiveness feels like a particularly tall order? All these questions and more are answered in this practical book, leading us to become more tolerant, compassionate, and hopeful human beings. Author Robert Enright, PhD, was awarded the 2022 Gold Medal for Impact in Psychology from the American Psychological Foundation (APF).

ISBN: 978-0-393-73405-8 • 2015 • 256 pages • Paperback • \$19.95



## 8 KEYS TO ELIMINATING PASSIVE-AGGRESSIVENESS

ANDREA BRANDT, Foreword by BABETTE ROTHSCHILD

**“General readers will gain intimate knowledge of their own behavior and suggestions for eliminating passive-aggressiveness. Likewise, practicing psychotherapists will be exposed to relevant exercises that can immediately incorporated in the clinical setting.”** —*International Journal of Psychotherapy*

The book offers effective methods for transforming passive-aggression into healthy assertiveness, featuring hands-on exercises that enable readers to better understand their behavior.

ISBN: 978-0-393-70846-2 • 2013 • 224 pages • Paperback • \$19.95

See page 68 for Andrea Brandt’s *Mindful Anger*.



## 8 KEYS TO PRACTICING MINDFULNESS

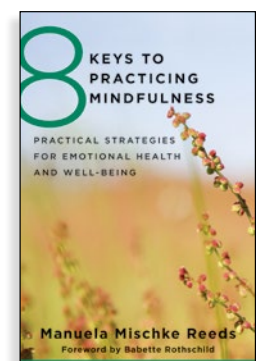
*Practical Strategies for Emotional Health and Well-Being*

MANUELA MISCHKE REEDS, Foreword by BABETTE ROTHSCHILD

**“This stands out as firmly anchored to clinical practice as well as being illuminated by the helpful use of anecdotes that don’t overwhelm the reader here for practical direction.”** —*Booklist*

**The 8 keys include:** Meet the Present Moment; Start Where You Are; Slow Down; Befriend Your Body; Trust Your Sensations, Trust Your Emotions; Ride Through Tough Times; Cultivate Inner Calm; and Choose Abundance.

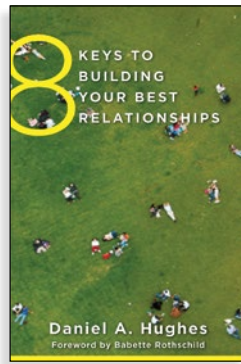
ISBN: 978-0-393-70795-3 • 2015 • 224 pages • Paperback • \$19.95



## 8 KEYS TO BUILDING YOUR BEST RELATIONSHIPS

DANIEL A. HUGHES, Foreword by BABETTE ROTHSCHILD

"[A] self-help book useful not just for those who are having problems in their primary relationships but who would like a better understanding of themselves or an up-to-date account of the usefulness of attachment theory written in a clear and authoritative manner." —*Psychologist (UK)*



Veteran therapist and specialist in attachment disorders Daniel Hughes skillfully reveals how we can become better friends, spouses, siblings, and children. For anyone interested in how to develop meaningful new relationships, or how to deepen and enrich their current ones, this book will make sense of it all.

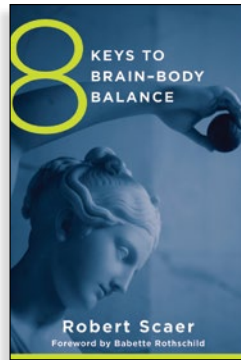
ISBN: 978-0-393-70820-2 • 2013 • 224 pgs • PB • \$19.95

See pages 21, 29, 35, 76, and 86 for more books by Daniel Hughes.

## 8 KEYS TO BRAIN-BODY BALANCE

ROBERT SCAER, Foreword by BABETTE ROTHSCHILD

Robert Scaer outlines the core neurobiological concepts underlying the brain-body interface and explains how and why both physical and emotional symptoms of stress and trauma occur. He also offers practical, easy-to-implement strategies for strengthening motor skills, learning to listen to our gut to gauge our feelings, attuning to the present, and restoring personal boundaries to relieve symptoms and navigate a path to recovery.



ISBN: 978-0-393-70747-2 • 2012 • 176 pgs • PB • \$21.95

See page 37 for Robert Scaer's *The Trauma Spectrum*.

## 8 KEYS TO STRESS MANAGEMENT

ELIZABETH ANNE SCOTT, Foreword by BABETTE ROTHSCHILD

"[W]ritten in an easy how-to format that provides excellent resources for the average person in managing stress. . . . [A]lso an excellent tool for counselors in both individual and group counseling sessions. . . .

[P]rovides excellent references and a useful index for researching specific topics. . . . I highly recommend the book." —*Activities, Adaptation, and Aging*

ISBN: 978-0-393-70809-7 • 2013 • 192 pgs • PB • \$19.95



## 8 KEYS TO END EMOTIONAL EATING

HOWARD S. FARKAS, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-71232-2 • 2019 • 256 pgs • PB • \$19.95

See page 61 for the full description.

## 8 KEYS TO RECOVERY FROM AN EATING DISORDER

*Effective Strategies from Therapeutic Practice and Personal Experience*

CAROLYN COSTIN and GWEN SCHUBERT GRABB, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-70695-6 • 2011 • 294 pgs • PB • \$26.99

## 8 KEYS TO RECOVERY FROM AN EATING DISORDER WORKBOOK

CAROLYN COSTIN and GWEN SCHUBERT GRABB

ISBN: 978-0-393-71128-8 • 2017 • 288 pgs • PB • \$28.99

See page 60 for full Costin descriptions.

## 8 KEYS TO PARENTING CHILDREN WITH ADHD

CINDY GOLDRICH, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-71067-0 • 2015 • 240 pgs • PB • \$19.95

## 8 KEYS TO RAISING THE QUIRKY CHILD

*How to Help a Kid Who Doesn't (Quite) Fit In*

MARK BOWERS, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-70920-9 • 2015 • 256 pgs • PB • \$19.95

## 8 KEYS TO OLD SCHOOL PARENTING FOR MODERN-DAY FAMILIES

MICHAEL MASCOLO, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-70936-0 • 2015 • 302 pgs • PB • \$19.95

## 8 KEYS TO END BULLYING

*Strategies for Parents & Schools*

SIGNE WHITSON, Foreword by BABETTE ROTHSCHILD

ISBN: 978-0-393-70928-5 • 2014 • 240 pgs • PB • \$19.95

## THE 8 KEYS TO END BULLYING ACTIVITY PROGRAM FOR KIDS & TWEENS

*Putting the Keys Into Action at Home & School*

SIGNE WHITSON

Available individually or as a set.

*The 8 Keys to End Bullying Activity Book for Kids & Tweens*

ISBN: 978-0-393-71180-6 • 2016 • 272 pgs • PB • \$19.95

*Companion Guide for Parents & Educators*

ISBN: 978-0-393-71182-0 • 2016 • 304 pgs • PB • \$19.95

See page 63 for full descriptions.

### Discounted Two-book set:

*The 8 Keys to End Bullying Activity Program for Kids & Tweens and Companion Guide for Parents & Educators*

ISBN: 978-0-393-71212-4 • Paperback • \$36.00



**SARAH PEYTON** is a neuroscience educator, Certified Trainer of Nonviolent Communication, and constellation facilitator. She lives with two cats and a dog in a multigenerational family household in Vancouver, Washington. Visit her website at [sarahpeyton.com](http://sarahpeyton.com).

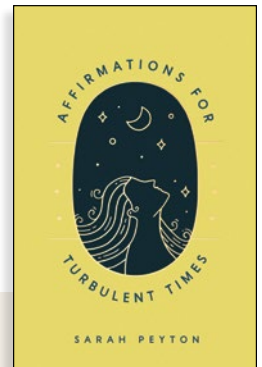
## AFFIRMATIONS FOR TURBULENT TIMES

### *Resonant Words to Soothe Body and Mind*

*More than 100 themes of affirmations grounded in neuroscience.*

Rooted in the neuroscience of affirmations, and covering more than 100 themes (including health, self-care, and connection with loved ones and the planet), this book is a companion for daily life. With the help of questions about what may be important for readers, the book gently encourages acceptance of what is. The affirmation for each theme reminds readers of their own strengths and reservoirs of calm, and helps them to reclaim their innate gifts and resources.

**Themes include:** 1. Living with Chaos and Uncertainty 2. Health and Well-Being 3. Loneliness and Community 4. Work 5. Family 6. Mourning and Losses 7. Loving the Planet 8. Emotions 9. Creativity 10. Energy 11. Helpfulness and Choice 12. Celebrations



ISBN: 978-1-324-01961-9 • 2021 • 144 pages • Hardcover • \$17.95

## YOUR RESONANT SELF WORKBOOK

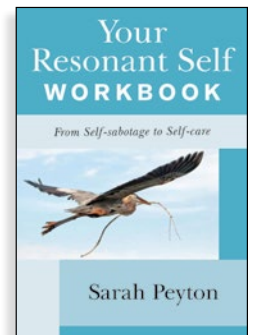
### *From Self-sabotage to Self-care*

**BESTSELLER**

"Brilliant, engaging, deeply nourishing, and often liberating . . . a powerful and comprehensive resource for people wanting to increase the flow of life and love in their lives."—Bruce Nayowith, MD, retired in Emergency Medicine, Fairview Hospital

Following Sarah Peyton's best-selling *Your Resonant Self*, this workbook provides the tools to turn inward with kindness, warmth, and curiosity and create opportunities for self-healing. Case studies, resonant language practice, questionnaires, mediations, and journaling provide readers with healing tools to uncover and rewrite these contracts.

ISBN: 978-0-393-71464-7 • 2021 • 336 pages • Paperback • \$19.95



## YOUR RESONANT SELF

### *Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing*

Foreword by BONNIE BADENOCH

**BESTSELLER**

"Peyton bridges the gap between neuroscience and daily practice, offering meditations that change the way our brains function, help us integrate past painful experiences, and see ourselves with a newfound tenderness and compassion. **I would recommend this book to anyone seeking to heal pain and find a more enriching life.**" —*Psych Central*

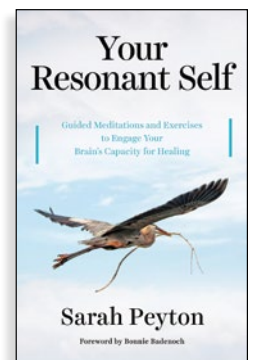
In *Your Resonant Self*, Sarah Peyton helps readers learn how to read the signs of their body and understand how physiology can be signaling to them that something is amiss. With clarity and easy-to-follow exercises, it synthesizes the latest developments in neuroscience, trauma treatment, and the power of empathy into an effective healing method that literally rewires our brain and restores our capacity for self-love, emotional regulation and well-being.

ISBN: 978-0-393-71224-7 • 2017 • 384 pages • Hardcover • \$17.95

Watch a book trailer narrated by Sarah Peyton at [bit.ly/yrstrailer](http://bit.ly/yrstrailer)

**Discounted Two-book set:** *Your Resonant Self* and *Your Resonant Self Workbook*

ISBN: 978-1-324-01939-8 • \$40.00



## THE MYTH OF CLOSURE

*Ambiguous Loss in a Time of Pandemic and Change*

PAULINE BOSS

"[Boss] writes beautifully and with great emotion as she tackles one of our most difficult challenges—how to grow through pain and suffering. Boss is a cultural therapist whose work helps us understand ourselves and each other." —**Mary Pipher**, psychologist and author of *Women Rowing North* and *Reviving Ophelia*

"This book is packed with observation and stories, and imbued with understanding, compassion, wisdom and permission to be human. **I unreservedly recommend it to anyone who is not quite knowing where they find themselves after the events of the past two years.**" —*Therapy Today*

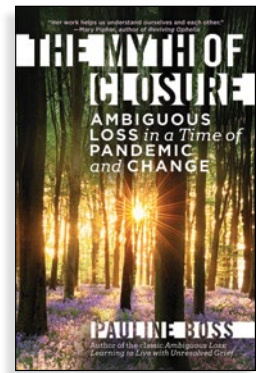
"[A]n inspired and much-needed framework for living through the pandemic. . . . **[A] beautiful melding of Boss' 80+ years of personal experience with life and loss with her 40+ years of professional work as a family therapist, professor, clinician, and grief expert.**" —*Coalition News*, a publication of the Minnesota Coalition for Death Education and Support

The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. Pioneering therapist Pauline Boss identifies these vague feelings of distress as ambiguous loss—what we experience when a loss remains unclear and undefined, and thus lingers indefinitely. In this book, you will find you will find guidance for coping with this lingering distress, and learn how the pandemic has taught us to tolerate ambiguity, build resilience, and emerge from crises stronger than we were before.

**PAULINE BOSS, PhD**, is emeritus professor at University of Minnesota. She is known worldwide for developing the theory of ambiguous loss and as a pioneer in the interdisciplinary study of family stress. Pauline is also the author of *Loss, Trauma, and Resilience* (page 36).

ISBN: 978-1-324-01681-6 • 2021 • 192 pages • Hardcover • \$21.95

BESTSELLER



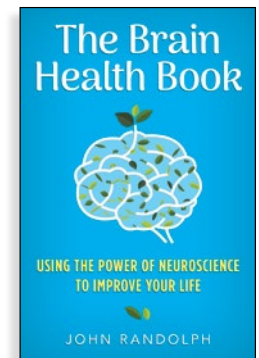
## THE BRAIN HEALTH BOOK

*Using the Power of Neuroscience to Improve Your Life*

JOHN RANDOLPH

Scientific research has clarified a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. This book translates this science in an engaging and accessible way, including the brain-boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology, social and clinical psychology, and habit formation research are powerful self-coaching exercises designed to help the reader incorporate new lifestyle changes that promote brain health.

ISBN: 978-0-393-71287-2 • 2019 • 288 pages • Hardcover • \$24.95



## MORNING MEDITATIONS

*Awaken Your Power to Change*

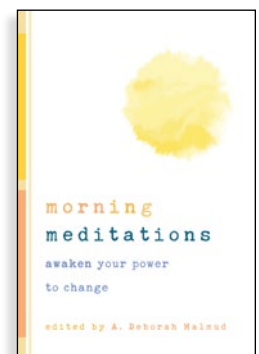
A. DEBORAH MALMUD, Editor

"Chock full of experiences, inviting you to grow with facts, images, and truths—all offered in a poetic way, so that you are stimulated by the concise wisdom born from shared life experiences." —*The Milton H. Erickson Foundation Newsletter*

*Morning Meditations* is filled with more than 150 bite-sized entries about some of life's most important questions about the nature of change, stress, mindfulness, gratitude, relationships, self-esteem, and health. Carefully curated from the writings of some of the world's leading mental health practitioners, the passages offer insight and comfort, as well as prompts for further thought. Whether you read one entry each morning, or pick it up as needed, *Morning Meditations* offers expert life advice—all in the convenience of a pocket-sized book.

ISBN: 978-0-393-71451-7 • 2020 • 336 pages • Paperback • \$14.95

Previously published in hardcover.



## THE WOMEN'S GUIDE TO OVERCOMING INSOMNIA

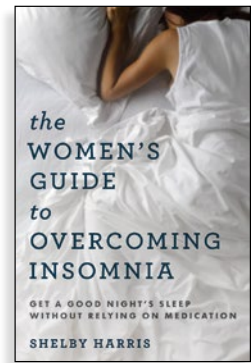
*Get a Good Night's Sleep Without Relying on Medication*

SHELBY HARRIS

"Easy to read, comprehensive, and full of useful information, this book gives helpful advice on practical lifestyle changes and sleep-specific techniques. Often used by sleep specialists, techniques such as sleep restriction therapy, stimulus control, cognitive therapy, and mindfulness can easily be performed by the patient. **This is a book that every woman should read to understand good sleep practices, not only those with sleep difficulties.**" —Michael Thorpy, MD, Director, Sleep-Wake Disorders Center, Montefiore Medical Center

More than 60 percent of American women have trouble sleeping. But addressing this issue is more nuanced for women than for men; pregnancy and menopause are just two factors that add complexity to an already difficult problem. At the risk of jeopardizing work, parenting, relationships, or overall health, no woman can afford to deal with sleep deprivation on her own. This roadmap is for those who experience anything from occasional restless nights to chronic insomnia. It outlines several methods to overcome these issues and improve physical and emotional well-being.

ISBN: 978-0-393-71161-5 • 2019 • 288 pages • Paperback • \$18.95



## BIOFEEDBACK AND MINDFULNESS IN EVERYDAY LIFE

*Practical Solutions for Improving Your Health and Performance*

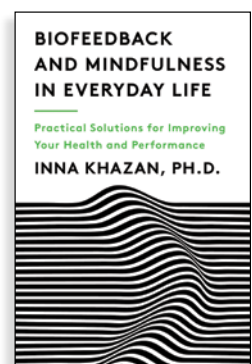
INNA KHAZAN

"The concepts offered in this text have changed the way I approach my practice and opened new ways of understanding the body in relation to emotion." —Milton H. Erickson Foundation Newsletter

"This book is simply brilliant! Inna Khazan is the world's leading expert on mindfulness and biofeedback. She combines these fields in a remarkably clear and insightful manner, grounding all she writes in solid science and clinical wisdom. . . . Highly recommended!" —Christopher Germer, PhD, Lecturer on Psychiatry, Harvard Medical School

Biofeedback is the process of training your body to control its involuntary actions, such as breathing and heart rate. Minor changes to these actions can significantly improve physical and emotional well-being. In *Biofeedback and Mindfulness in Everyday Life*, Harvard Medical School faculty member Inna Khazan pairs biofeedback techniques with mindfulness practice to address some of life's most common ailments—from anxiety and fear to stress and insomnia. Khazan's approach outlines simple solutions for readers who want to improve the way they respond to challenges.

ISBN: 978-0-393-71293-3 • 2019 • 288 pages • Paperback • \$22.95



## WORRIED?

*An Evidence-based Investigation of Some of Life's Common Concerns*

LISE JOHNSON and ERIC CHUDLER

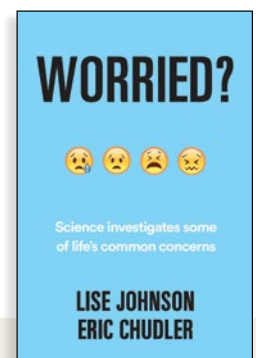
"[A] cleverly conceived and well-executed examination of a host of common sources of worry. . . . [T]he open-minded will find a resource that is both useful and enjoyable." —*Publishers Weekly*

In this witty investigation of worry, Chudler and Johnson get to the root of our fears, all the while using rigorous science to help tame the anxiety beast. Each topic in this wide-ranging study is subjected to scientific scrutiny and assigned its place on the "worry index."

**Contents:** Introduction 1. Aluminum 2. Flame Retardants 3. Fluoride 4. Formaldehyde 5. Lead 6. Mercury 7. BPA 8. DEET 9. Caffeine 10. Dietary Supplements 11. Food Additives 12. Fair Trade 13. Gluten 14. GMOs 15. Organic Produce 16. Pasteurized Milk 17. Salt 18. Sugar 19. Teflon 20. Alcohol 21. Meat 22. Food Safety 23. Fat 24. Antibiotics in Food Animals 25. Mobile Phones 26. Mold 27. Microwaves 28. Asbestos 29. Oral Contraception 30. Giving Birth in a Hospital 31. Ebola 32. Medical Imaging 33. Medical Errors 34. Acetaminophen 35. Anesthesia 36. Brain-eating Amoebas 37. Flesh-eating Infection 38. Hospital-acquired Infections 39. Snakes 40. Cats 41. Bears 42. Bees 43. Dogs 44. Sharks 45. Spiders 46. Ticks 47. Mosquitos 48. Elevators 49. Public Restrooms 50. Public Transport 51. Public Swimming Pools 52. Airport Body Scanners 53. Bedbugs 54. Cruises 55. Amusement Park Rides 56. Pirates 57. Toys from China 58. Asteroid Strike

ISBN: 978-0-393-71289-6 • 2019 • 312 pages • Hardcover • \$25.95

See page 29 for *Brain Bytes* by Chudler and Johnson.



## SUSTAINABLE HEALTH

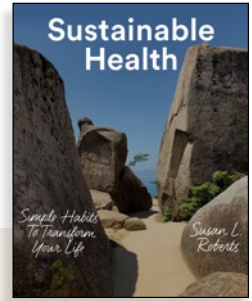
*Simple Habits to Transform Your Life*

SUSAN L. ROBERTS

Occupational therapist Susan L. Roberts—who also has a degree from Harvard divinity school—provides tools for self-care based on the five-element theory of traditional Chinese medicine. Through focus on these elements, readers will learn how to impact tangible experiences of living.

**Contents:** 1. Introduction to Sustainable Health: Using a Healing Compass 2. Wood Energies: Have Fun and Play 3. Water Energies: Imagine! The Healing Power of Sleep and Dreams 4. Earth Energies: Eat What You Love! Don't Worry. Feel Better 5. Metal Energies: Learn! Find Inspiration in Work 6. Fire Energies: Make Friends! Passion and Process in Relationship

ISBN: 978-0-393-71283-4 • 2018 • 192 pages • Paperback • \$17.95



## MINDFUL COLORING

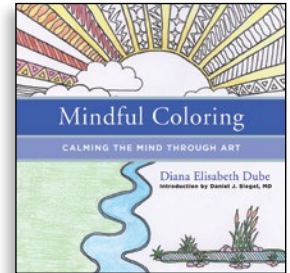
*Calming the Mind Through Art*

DIANA ELISABETH DUBE, Introduction by DANIEL J. SIEGEL

"[W]hat I really love about this book is the variety. . . . *Mindful Coloring* has the greatest assortment of drawings in any book that I have seen so far, and as such, I would highly recommend it. . . . [T]here is clearly something for everyone here." —*Metapsychology*

Coloring is not only calming and rejuvenating but also therapeutic. An introduction by *New York Times* best-selling author Daniel J. Siegel, clinical professor of psychiatry at the UCLA School of Medicine, sets the stage for understanding the mental and emotional benefits of coloring.

ISBN: 978-0-393-71178-3 • 2016 • 240 pages • 100 Illustrations • Paperback, with perforated pages \$14.95



## YOUR LIFE AFTER TRAUMA

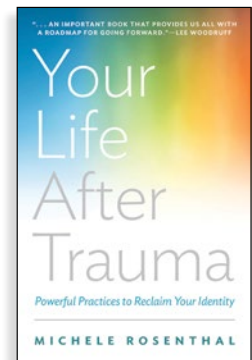
*Powerful Practices to Reclaim Your Identity*

MICHELE ROSENTHAL

"This book is fantastic. . . . I can say with certainty that [it] does live up to its promise and more. Readers will gain an understanding of how trauma affects their identity through moving, true-life stories." —*Psychology Today*

Michele Rosenthal applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular, the loss of sense of self that often accompanies it. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing.

ISBN: 978-0-393-70900-1 • 2015 • 272 pgs • HC • \$24.95



## MINDFUL ANGER

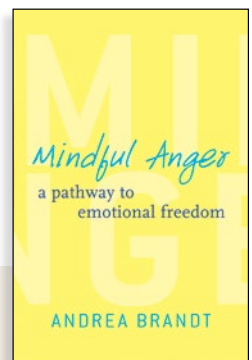
*A Pathway to Emotional Freedom*

ANDREA BRANDT

This book urges readers to practice mindfulness—deliberately allowing physical sensations and emotions to surface so they can be examined and released. This sort of processing of anger—fully felt in the body as it happens, moved out through appropriate expression, and let go—will allow readers to process anger before it becomes unhealthy.

**Contents:** 1. The Anatomy of Anger 2. The Key Role of Anger in Emotional Freedom 3. Mindfulness as a Strategy 4. Anger: How It Feels 5. Anger: Catching It in the Act 6. Anger: the Role of Our Thoughts 7. Anger and Childhood Wounds 8. The Five Steps to Mindfully Releasing Your Anger 9. Moving on to Forgiveness and Gratitude 10. Mindfulness and the Emotional Freedom to Connect

ISBN: 978-0-393-70894-3 • 2014 • 224 pages • Hardcover • \$22.95



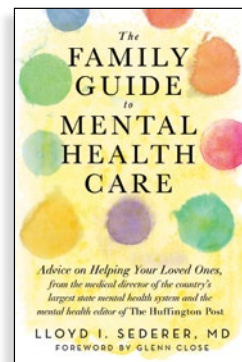
## THE FAMILY GUIDE TO MENTAL HEALTH CARE

*Advice on Helping Your Loved Ones*

LLOYD I. SEDERER, MD, Foreword by GLENN CLOSE

**"If your practice or your advocacy efforts place you anywhere near people encountering the mental health system for the first time, please have a look at this book. Piles of them—the books, not the patients—should be sitting in the waiting area of every mental health center and emergency department."** —*Psychiatric Times*

Filled with real-life scenarios and helpful checklists to bring to a doctor's appointment, this comprehensive print resource offers hope and a path forward to families struggling with mental illness. As one of the nation's leading voices on quality care in mental health, Dr. Lloyd Sederer has played a singular role in advancing services for those with mental illness. Now, the wealth of his expertise and clear guidance is at your disposal.



**Contents:** 1. Mental Illness: What Families Can Do 2. The Facts About Diagnosis and Treatment 3. Principles of Good Care 4. Getting Help: The Referral, the Doctor, the Meeting 5. The Places You May Go 6. A World of Hurt: The Faces of Mental Illness Section I: Depression and Anxiety Disorders Section II: Eating and Personality Disorders Section III: Schizophrenia, Acute Psychotic Disorder, and Bipolar Disorder 7. Medications: What to Know, What to Ask 8. Psychotherapy and Rehabilitation 9. The Buck Never Seems to Stop: Paying for Mental Health Care 10. Mental Health and the Law 11. Recovery: Why Believe? Appendix A. Three "Walk-Throughs": An Urban Emergency Room, a Peer-Run Recovery Program, and Supportive Housing Appendix B. Books and Websites Appendix C. Mental Health Assessment Scales

ISBN: 978-0-393-71063-2 • 2015 • 328 pages • Paperback • \$18.95

### ANGER ANTIDOTES

*How Not to Lose Your S#!*

IAN BRENNAN

Topics covered include emotional immaturity, the absence of thought, extremes, inertia, reactor bait, and argument traps.



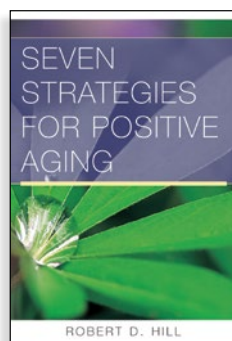
ISBN: 978-0-393-70705-2 • 2011 • 192 pages • Paperback • \$15.95

### SEVEN STRATEGIES FOR POSITIVE AGING

ROBERT D. HILL

Practical and effective strategies are organized into seven distinct chapters: Learning, Meaning, Wisdom, Belonging, Helping, Gratitude, and Forgiveness.

ISBN: 978-0-393-70523-2 • 2008 • 288 pages • Paperback • \$19.95



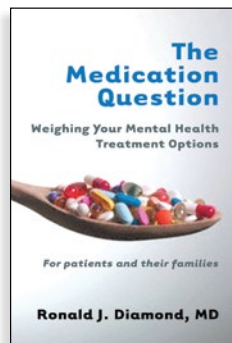
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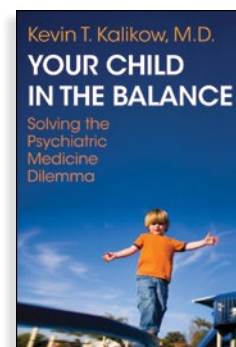
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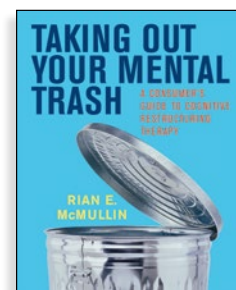
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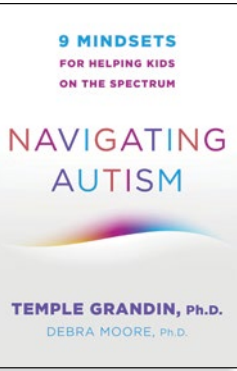
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**TEMPLE GRANDIN, PhD**, is a professor of animal science at Colorado State University. She has autism and is author of the best-selling *Thinking in Pictures*. **DEBRA MOORE, PhD**, is a psychologist and the coauthor of *The Loving Push*. She was the Founder and Director of Fall Creek Counseling Associates, a practice that served the greater Sacramento area and was an approved teaching site for psychologists in training.



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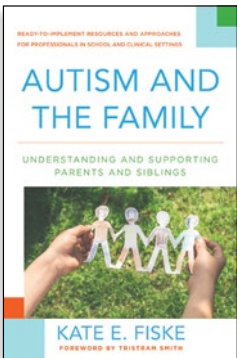
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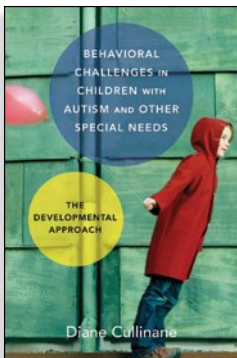
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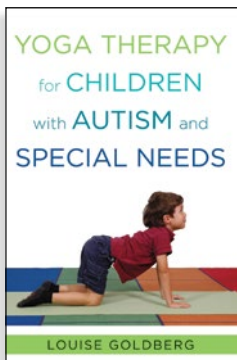
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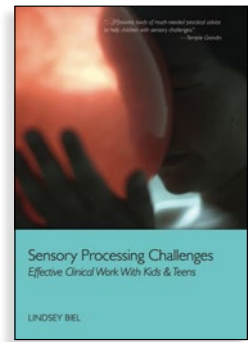
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—**Temple Grandin**, co-author of *Navigating Autism* (see previous page)

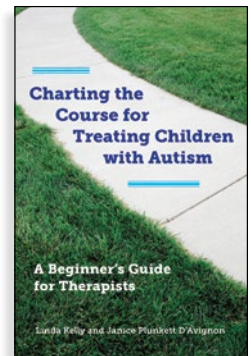
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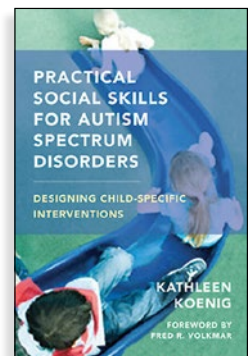
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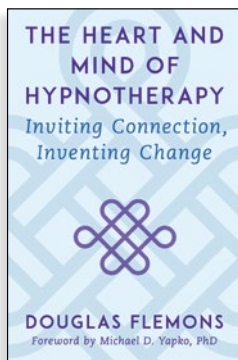
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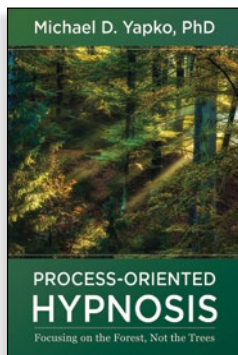
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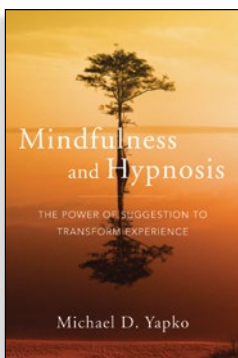
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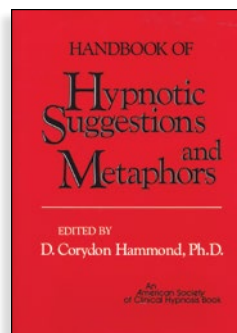
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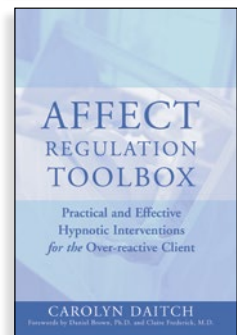
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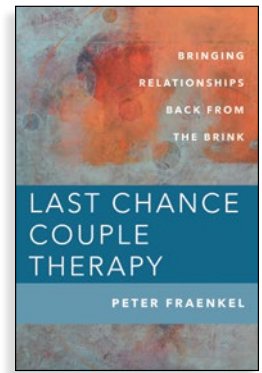
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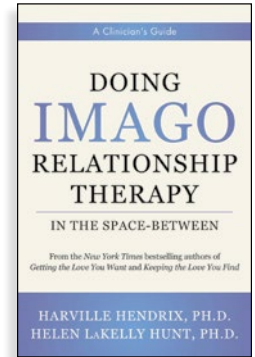
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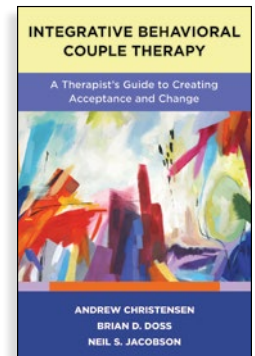
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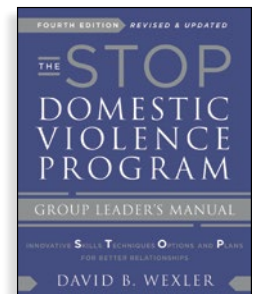
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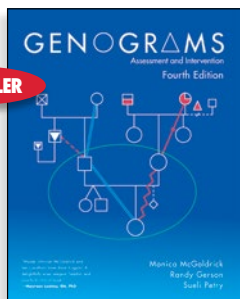
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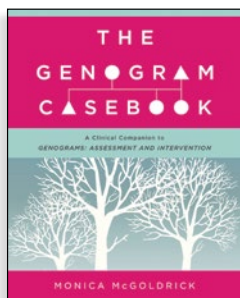
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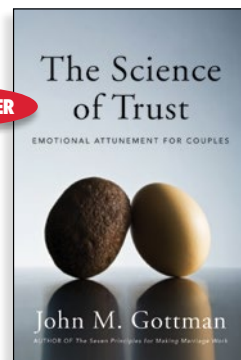
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... [H]elpful content summaries provide easy access so that a busy practitioner or client can quickly and selectively access Gottman’s latest information as needed. . . . [A] noteworthy addition to any practitioner’s library.” —*Journal of Couple & Relationship Therapy*

ISBN: 978-0-393-70595-9 • 2011 • 498 pages • HC • \$49.95



**BESTSELLER**

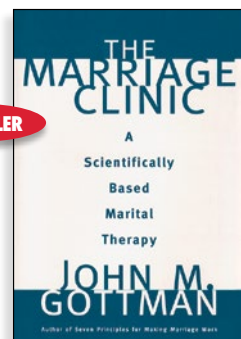
**THE MARRIAGE CLINIC**

*A Scientifically Based Marital Therapy*

JOHN M. GOTTMAN

Based on John Gottman’s much-heralded research on marital success and failure, *The Marriage Clinic* presents a complete marital therapy program. Readers will encounter a wide range of succinct and useful assessment procedures, as well as a highly specific, research-based, and modularized treatment program.

ISBN: 978-0-393-70282-8 • 1999 • 480 pgs • HC • \$49.00



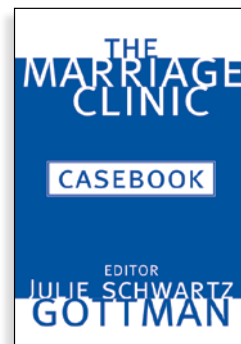
**BESTSELLER**

**THE MARRIAGE CLINIC CASEBOOK**

JULIE SCHWARTZ GOTTMAN,  
 Editor

Bridges the gap between the theory behind Gottman Method Couples Therapy and the application of therapeutic principles to real-life cases. Covers a broad range of couples and a variety of relational problems.

ISBN: 978-0-393-70413-6 • 2004 • 240 pgs • HC • \$32.00



**THE COUPLE IS TELLING YOU WHAT YOU NEED TO KNOW**

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ISBN: 978-0-393-70427-3 • 2004 • 176 pgs • PB • \$17.95

**THE MOTHER-INFANT INTERACTION PICTURE BOOK**

*Origins of Attachment*

BEATRICE BEEBE, PHYLLIS COHEN, and FRANK LACHMANN

ISBN: 978-0-393-70792-2 • 2016 • 272 pgs • Hardcover • 246 Illustrations • **POD** • \$55.00

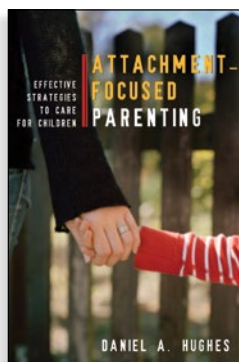
## ATTACHMENT-FOCUSED PARENTING

*Effective Strategies to Care for Children*

DANIEL A. HUGHES

This book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.

ISBN: 978-0-393-70555-3 • 2009 • 272 pgs • HC • \$34.00



## ATTACHMENT-FOCUSED FAMILY THERAPY WORKBOOK

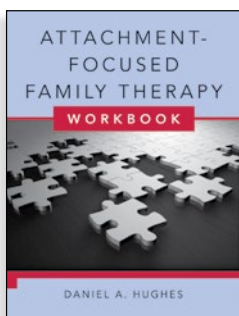
DANIEL A. HUGHES

**“I would highly recommend this book for all clinicians and trainees working with children and youth. . . . it has enabled me to have breakthroughs with families in situations where I have previously been stuck and struggling.”**

—*Journal of the Canadian Academy of Child & Adolescent Psychiatry*

A practical workbook companion to *Attachment-Focused Family Therapy*—the best-selling text that brought attachment into the realm of family therapy—this book arms therapists with the training exercises, core skills, and interventions to apply the AFFT treatment model effectively.

ISBN: 978-0-393-70649-9 • 2011 • 256 pgs • PB • \$29.95



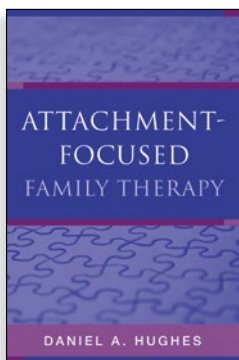
## ATTACHMENT-FOCUSED FAMILY THERAPY

DANIEL A. HUGHES

**“[A] book that will change how family therapy is practiced. . . . Whether you work with families, or individuals young or not-so-young, your work will not be quite the same after reading this book. I know mine won’t.”** —Diana Fosha, PhD, Director of the AEDP Institute in New York City

Drawing on more than 20 years of clinical experience, Hughes presents his comprehensive, effective, and accessible treatment model for working with all members of a family to recognize, resolve, and heal personal and family problems using principles from theories of attachment and intersubjectivity.

ISBN: 978-0-393-70526-3 • 2007 • 288 pgs • HC • \$35.00



See pages 4, 20, 28, 35, 65, and 87 for more books by Daniel A. Hughes.

## EVALUATING COUPLES

*A Handbook for Practitioners*

MARK A. KARPEL

ISBN: 978-0-393-70180-7 • 1994 • 384 pgs • PB • **POD** • \$40.00

## IF ONLY I HAD KNOWN . . .

*Avoiding Common Mistakes in Couples Therapy*

GERALD R. WEEKS, MARK ODELL, and SUSANNE METHVEN

**“[T]his book is one that every young therapist should read in order to avoid problems that inevitably come up in practice.”**

—*The Milton H. Erickson Foundation Newsletter*

ISBN: 978-0-393-70445-7 • 2005 • 256 pgs • PB • \$23.95

## TREATING INFIDELITY

*Therapeutic Dilemmas and Effective Strategies*

GERALD R. WEEKS, NANCY GAMBESCIA, and ROBERT E. JENKINS

ISBN: 978-0-393-70388-7 • 2003 • 240 pgs • HC • \$32.00

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ISBN: 978-0-393-70594-2 • 2010 • 280 pgs • HC • \$27.50

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*Love and Marriage in an Age of Confusion*

MARION F. SOLOMON

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Originally published in Hardcover as *The Crowded Bed*. Unavailable outside the US.

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*A Guide for Mental Health Professionals*

SUSAN BÖGELS and KATHLEEN RESTIFO, Foreword by JON and MYLA KABAT-ZINN

ISBN: 978-0-393-70992-6 • 2015 • 320 pgs • PB • \$44.00

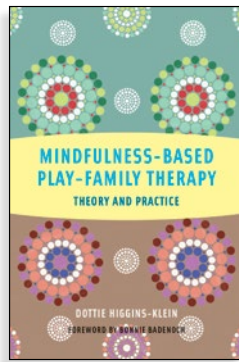
**MINDFULNESS-BASED PLAY-FAMILY THERAPY**

*Theory and Practice*

DOTTIE HIGGINS-KLEIN, Foreword by BONNIE BADENOCH

"[A] gem of a book! Using a step-by-step approach, she walks readers through the world of play and family therapy, utilizing a strength-based early attachment and developmental lens. Rich with detailed session examples, resources, and an in-depth case study that helps to weave it all into a practical guide, *MBPFT* is a **must-have book for both beginners and seasoned clinicians.**" —Athena A. Drewes, PsyD, RPT-S, Director of Clinical Training at Astor Services for Children & Families in New York; Founder and Past President of the New York Association for Play Therapy

ISBN: 978-0-393-70863-9 • 2013 • 384 pgs • HC • \$37.50



**FAMILY EVALUATION**

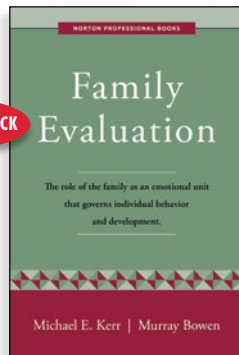
*An Approach Based on the Bowen Theory*

MICHAEL E. KERR and MURRAY BOWEN

**NOW IN PAPERBACK**

Michael Kerr, who worked with Murray using family diagrams as graphic illustrations, as well as numerous short case examples, Kerr methodically explains Bowen's concepts: individuality and togetherness, differentiation of self, chronic anxiety, triangles, the nuclear family emotional system, and symptom development. A special bonus for the reader is Bowen's epilogue on his personal and professional odyssey of more than four decades.

ISBN: 978-1-324-05262-3 • 2022 • 416 pgs • PB • \$55.00



**LIVING BEYOND LOSS, 2nd Edition**

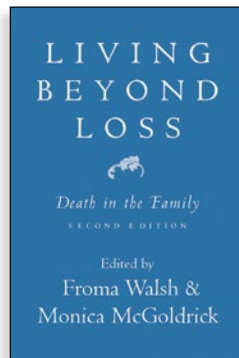
*Death in the Family*

FROMA WALSH and MONICA MCGOLDRICK, Editors

"This is an important book. Major parts of it are a 'must read' for anyone interested in families dealing with dying and death." —*Omega/Journal of Death and Dying*

Fully revised and expanded landmark work on the impact of death on the family system. Chapters address spirituality, gender issues, suicide and other traumatic deaths, unacknowledged and stigmatized losses, and resilience-based approaches to family and community recovery from major disaster.

ISBN: 978-0-393-70438-9 • 2004 • 448 pgs • PB • **POD** • \$49.95



**AUTISM AND THE FAMILY**

*Understanding and Supporting Parents and Siblings*

KATE E. FISKE, Foreword by TRISTRAM SMITH

"This book should be required reading for educators, behavior analysts, speech pathologists, psychologists, and anyone serious about improving the lives of individuals with autism and supporting the families who love them." —Peter Gerhardt, EdD, Executive Director, The EPIC School

ISBN: 978-0-393-71055-7 • 2017 • 336 pgs • HC • \$34.95

See page 62 for a full listing.

**THE ATTACHMENT THERAPY COMPANION**

*Key Practices for Treating Children & Families*

ARTHUR BECKER-WEIDMAN, LOIS EHRMANN, DENISE H. LEBOW

"[The book does] a fine job of consolidating current knowledge in the field and paving the way for future developments. The chosen examples are presented in a dialogue format that effectively demonstrates ways in which the clinician can strengthen the child-caregiver relationship." —*Psych Central*

ISBN: 978-0-393-70748-9 • 2012 • 240 pgs • PB • \$27.95

**FAMILY WELLNESS SKILLS**

*Quick Assessment and Practical Interventions for the Mental Health Professional*

JOSEPH L. HERNANDEZ

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DIANE T. MARSH and MELISSA J. MARKS

ISBN: 978-0-393-70570-6 • 2009 • 238 pgs • PB • \$21.95

**HOW TO TALK WITH FAMILIES ABOUT GENETICS AND PSYCHIATRIC ILLNESS**

HOLLY PEAY and JEHANNINE AUSTIN

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*Revised Edition*

EVAN IMBER-BLACK, JANINE ROBERTS, and RICHARD A. WHITING, Editors

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*A Solution-Oriented, Collaborative Approach to Couples Therapy*

PHILLIP ZIEGLER and TOBEY HILLER

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*A Comprehensive Guide to Home-Based Services*

MARION LINDBLAD-GOLDBERG, MARTHA MORRISON DORE, and LENORA STERN

ISBN: 978-0-393-70264-4 • 1998 • 384 pgs • HC • \$39.00

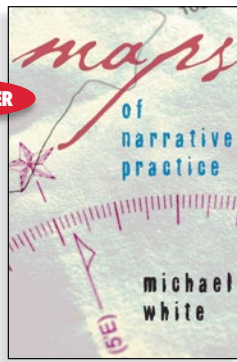


## MAPS OF NARRATIVE PRACTICE

MICHAEL WHITE

**BESTSELLER**

Provides practical and accessible accounts of the major areas of narrative practice that White developed and taught over the years. The book covers each of the five main areas of narrative practice—reauthoring conversations, remembering conversations, scaffolding conversations, definitional ceremony, externalizing conversations, and rite of passage maps—to provide readers with an explanation of the practical implications of these conversations for therapeutic growth. The book is filled with transcripts and commentary, skills training exercises for the reader, and charts that outline the conversations in diagrammatic form.



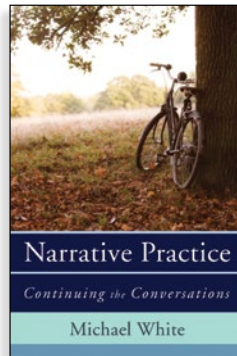
ISBN: 978-0-393-70516-4 • 2007 • 304 pages • Hardcover • \$39.95

## NARRATIVE PRACTICE

*Continuing The Conversations*

MICHAEL WHITE

One of the founders of narrative therapy, Michael White (1948-2008) made significant contributions to psychotherapy and family therapy. This book expands upon the work he so brilliantly began decades ago by gathering never-before-published papers, interviews, and paragraphs of “thoughts.”



ISBN: 978-0-393-70692-5 • 2011 • 202 pages • Hardcover • \$28.95

## NARRATIVE MEANS TO THERAPEUTIC ENDS

MICHAEL WHITE and DAVID EPSTON

**NOW IN PAPERBACK**

“The best workshops are those where clinicians can show you new and creative ways of working with clients and also tell you how they have come up with those ideas. . . . Reading this book is like having such a workshop in your living room.” —*Journal of Marital and Family Therapy*



Both authors share delightful examples of a storied therapy that privileges a person’s lived experience, inviting a reflexive posture and encouraging a sense of authorship and reauthorship of one’s experiences and relationships in the telling and retelling of one’s story.

ISBN: 978-1-324-05364-4 • 2023 • 256 pages • Paperback • \$36.99

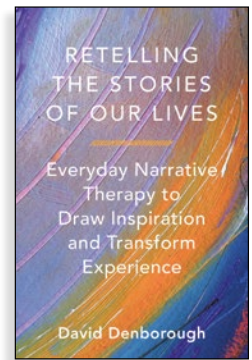
## RETELLING THE STORIES OF OUR LIVES

*Everyday Narrative Therapy to Draw Inspiration and Transform Experience*

DAVID DENBOROUGH

“I have yet to read a text on narrative therapy that so effectively makes itself accessible to both facilitators and service users. Consumers, new and seasoned therapists, and reading and learning groups should all find rich learnings.”

—*Narrative Therapy Centre of Toronto e-newsletter*



Written in collaboration with the Dulwich Centre, the birthplace of narrative therapy, this book gives therapy clients and self-help readers the means to transform their lives through storytelling and writing. Part 1 introduces the key ideas of narrative practice like the Charter of Storytelling Rights and the concept of “remembering” one’s life, presenting a wealth of clinical examples and exercises to demonstrate how these ideas have helped people overcome intense hardship. Part 2 describes, in depth, the conceptual underpinnings of narrative therapy, outlining practical strategies for reclaiming and celebrating one’s experience in the face of trauma, personal failure, grief, and aging.

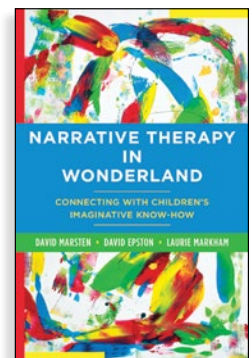
ISBN: 978-0-393-70815-8 • 2014 • 256 pages • Paperback • \$25.95

## NARRATIVE THERAPY IN WONDERLAND

*Connecting with Children’s Imaginative Know-How*

DAVID MARSTEN, DAVID EPSTON, and LAURIE MARKHAM

“This is a book packed with expertise, wisdom, and interventions. . . . It gives a real sense of being written by therapists for therapists.” —*BACP Children & Young People*



This is a guide to recognizing and connecting with the power of children’s voices and imagination in narrative therapy. By providing imagination-focused approaches to therapeutic terms and concepts, therapists are able to connect with their young clients’ robust imaginations in the healing process. Narrative therapy experts David Marsten, David Epston, and Laurie Markham provide readers with proven methods to help children draw on the potential of their own wonderment, be the protagonists in their own stories, and open new paths to healing and growth.

ISBN: 978-0-393-70874-5 • 2016 • 448 pages • Hardcover • \$35.00

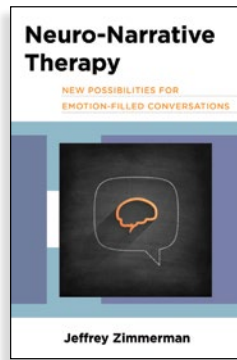
**NEURO-NARRATIVE THERAPY**

*New Possibilities for Emotion-Filled Conversations*

JEFFREY ZIMMERMAN

This book brings ideas from Interpersonal Neurobiology into Narrative Therapy, showing how brain science contributes to understanding emotion. This journey in deconstructing and reimagining Narrative Therapy accounts for the needs of clients in today's world, and in an effort to contribute to Narrative Therapy's continued evolution and survival, produces more effective therapeutic results.

ISBN: 978-0-393-71137-0 • 2017 • 224 pages • Hardcover • \$27.95



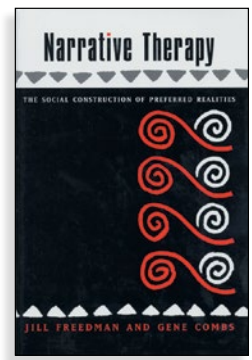
**NARRATIVE THERAPY**

*The Social Construction of Preferred Realities*

JILL FREEDMAN and GENE COMBS

"Freedman and Combs have incorporated the feedback of the people they worked with into their practice and theory. This is not only a theory-informing practice but more critically also a practice-informing-theory book. . . . Overall, the text is **stimulating, thought-provoking, and a joy to read.**" —*Journal of Marital and Family Therapy*

ISBN: 978-0-393-70207-1 • 1996 • 320 pages • Hardcover • \$45.00



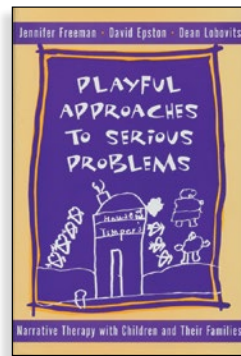
**PLAYFUL APPROACHES TO SERIOUS PROBLEMS**

*Narrative Therapy with Children and Their Families*

JENNIFER FREEMAN, DAVID EPSTON, and DEAN LOBOVITZ

This book describes a basic theory of collaborative narrative play that respects children's unique language, problem-solving resources, and views of the world. Compelling case examples draw the reader into the book from the first pages.

ISBN: 978-0-393-70229-3 • 1997 • 352 pages • Hardcover • **POD** • \$50.00



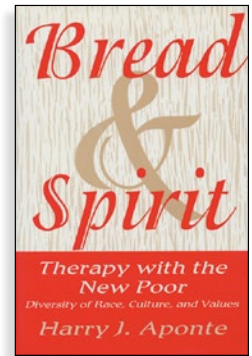
**BREAD & SPIRIT**

*Therapy with the New Poor: Diversity of Race, Culture, and Values*

HARRY J. APONTE

"This is not another how-to book, although it is practical and applied. Instead, it is a book that addresses the tough situations and quandaries facing therapists working with clients who differ from them in culture, ethnicity, lifestyle, or beliefs." —*Contemporary Psychology*

ISBN: 978-0-393-70176-0 • 1994 • 256 pages • Paperback • **POD** • \$30.00



**INNOVATIONS IN NARRATIVE THERAPY**

*Connecting Practice, Training, and Research*

JIM DUVALL and LAURA BÉRES

The first book to present a compelling evidence base for narrative therapy. For readers with little previous knowledge on narrative therapy, the authors offer a thorough explanation of its concepts and practices.

ISBN: 978-0-393-70616-1 • 2011 • 256 pages • Hardcover • \$35.00

**BITING THE HAND THAT STARVES YOU**

*Inspiring Resistance to Anorexia/Bulimia*

RICHARD MAISEL, DAVID EPSTON, and ALISA BORDEN

ISBN: 978-0-393-70337-5 • 2004 • 320 pages • Hardcover • \$45.00

See page 61 for full listing.

**DOING CONTEXTUAL THERAPY**

*An Integrated Model for Working with Individuals, Couples, and Families*

PETER GOLDENTHAL

Part One presents the concepts and converts them into clinical techniques and guidelines, which are illustrated in short clinical vignettes. Part Two is a demonstration of contextual therapy: a case study involving family sessions with a ten-year-old boy and his parents, individual sessions with his mother, and a three-year follow-up.

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**REHEARSALS FOR GROWTH**

*Theater Improvisation for Psychotherapists*

DANIEL J. WIENER

Utilizing exercises from improvisational theater, *Rehearsals for Growth* is a play-inducing, creativity-releasing, growth-enhancing method that can be employed within a broad range of psychotherapies.

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## TRAUMA-INFORMED YOGA FOR SURVIVORS OF SEXUAL ASSAULT

*Practices for Healing and Teaching with Compassion*

ZAHABIYAH A. YAMASAKI

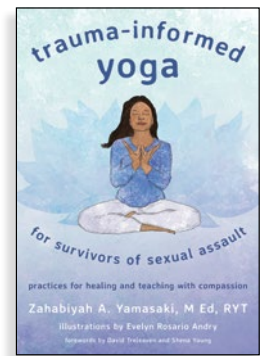
*Trauma-informed yoga guidance for survivors, instructors, and mental health professionals.*

This book provides a comprehensive overview of how to offer yoga to survivors of sexual assault in a safe, effective, evidence-based, and healing way. Zahabiyah A. Yamasaki, program director of Trauma Informed Programs at UCLA and founder of Transcending Sexual Trauma through Yoga, draws on the framework of trauma-informed care and trauma-informed yoga program development and curriculum, while also weaving in personal narrative and inspiring survivor stories.

About  
the  
Author

**ZAHABIYAH A. YAMASAKI, MEd, RYT**, is the founder of Transcending Sexual Trauma through Yoga. Her trauma-informed yoga curriculum is implemented widely across the country. Visit her website at [zabieyamasaki.com](http://zabieyamasaki.com).

ISBN: 978-1-324-01613-7 • 2022 • 224 pages • Hardcover • \$24.95



## TRAUMA-INFORMED YOGA AFFIRMATION CARD DECK

ZAHABIYAH A. YAMASAKI, Illustrated by EVELYN ROSARIO ANDRY

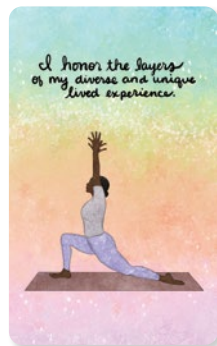
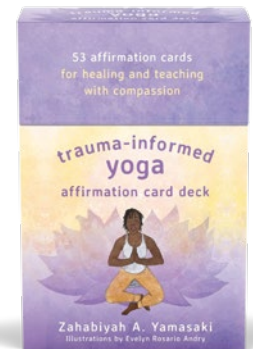
*Yoga practices are paired with healing affirmations on every lushly illustrated card.*

Supportive and compassionate guidance for survivors of sexual assault can be found in this beautiful deck of affirmation cards that acts as a companion to Zahabiyah A. Yamasaki's *Trauma-Informed Yoga for Survivors of Sexual Assault*. Trauma-informed yoga practices are coupled with each affirmation to foster a holistic healing process for survivors. This is a powerful resource for yoga instructors, educators, and mental health and healing professionals to share with survivors in classes, workshops, and clinical practice.

About  
the  
Illustrator

**EVELYN ROSARIO ANDRY** is an artist who has passionately shared her gifts of therapeutic art facilitation for eight years.

ISBN: 978-1-324-01648-9 • 2022 • 60 3 x 5 inch cards • Paperback • \$16.95



**DISCOUNTED SET:** *Trauma-Informed Yoga for Survivors of Sexual Assault* Book and Card Deck Set  
ISBN 978-1-324-01650 • \$38.00

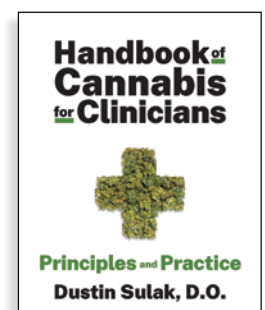
## HANDBOOK OF CANNABIS FOR CLINICIANS

*Principles and Practices*

DUSTIN SULAK

Dustin Sulak provides health care professionals—including physicians, psychologists, pharmacists, and nurses—with an accessible and evidence-based reference that will empower them to intelligently discuss cannabis with their patients, and implement cannabinoid therapies with confidence. The book combines fundamental paradigms of integrative medicine, botanical medicine, systems biology, and network pharmacology to help providers navigate the unique challenges in cannabinoid medicine, such as the quickly changing regulatory framework and heterogenous availability of dependable cannabis-based treatments.

ISBN: 978-0-393-71418-0 • 2021 • 384 pages • Paper • \$45.00



## TRAUMA-SENSITIVE MINDFULNESS

*Practices for Safe and Transformative Healing*

DAVID A. TRELEAVEN, Foreword by WILLOUGHY BRITTON

BESTSELLER

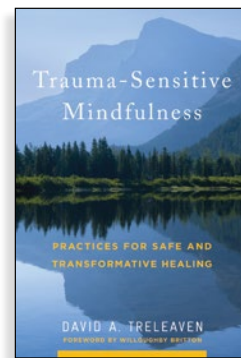
"Treleaven has carried out both academic research and clinical investigations over decades into how to make mindfulness safe for trauma survivors, and this is the fruit of his work...This as an informative and readable book, which is evidence based, full of scholarly research as well as lively illustrative case stories and important, practical therapeutic wisdom." —*Human Givens Journal*

"As soon as I finished reading this book, I began suggesting it to friends who are counselors as well as yoga teachers. . . . This book is an exceptional resource for therapists that includes case examples which offer an excellent overview of trauma and its effects. . . . I am grateful for the work that Treleaven is doing and that he has shared this insightful, caring, and valuable book." —*Psych Central*

While mindfulness and meditation can be very effective tools for healing, these tools can also provide situations that unwittingly encourage trauma sufferers to dissociate and retraumatize themselves. This book provides a review of the reasons why meditative practice can be harmful and offers solutions to this conundrum.

**Topics include:** Introduction: The Need for Trauma-Sensitive Mindfulness • Foundations of Trauma-Sensitive Mindfulness • The Ubiquity of Trauma: Visible and Invisible Forms • Meeting the Moment: Mindfulness and Traumatic Stress • Shaped by the Past: A Brief History of Mindfulness and Trauma • The Brain and Body in Trauma and Mindfulness Part II: The Five Principles of Trauma-Sensitive Mindfulness • Keep the Body in Mind: Working with Dissociation • Practice in Relationship: Supporting Safety and Stability in Survivors

ISBN: 978-0-393-70978-0 • 2018 • 224 pages • Hardcover • \$29.95



## GETTING STARTED WITH EEG NEUROFEEDBACK, Second Edition

JOHN N. DEMOS

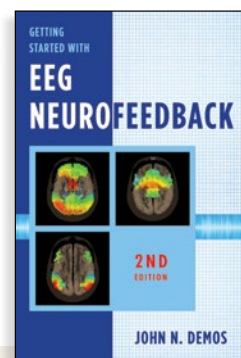
UPDATED  
BESTSELLER

"The use of clear imagery is so necessary, and he doesn't stint at all, with both colour and b&w images abounding. The complex index and addendums help tremendously, and the writing is clear, and flows so that understanding is gained in incrementally meaningful ways." —*Metapsychology*

This long-awaited update to Demos' classic book for the practitioner looking to add neurofeedback provides lucid explanations of the mechanisms underlying neurofeedback as well as the research history that led to its implementation. Essential for all clinicians in this field, this book will guide clinicians through the process of diagnosis and treatment.

**Topics include:** What Is EEG Neurofeedback? • The EEG: The Brain's Electrical Signals • Bandwidths Measured by Frequency and Amplitude • Electrode Placements • Introduction to 2-D Brain Maps • Introduction to Power and Z-Score Training • Amplifying the EEG • Filtering the EEG Into Bins • Common Filtered Bandwidths • Filtered EEG Components: Asymmetry, Power Ratio, Coherence, and Phase • Matching EEG Signatures to Common Symptoms and Disorders

ISBN: 978-0-393-71253-7 • 2019 • 320 pages • Hardcover • \$45.00



## THE INTELLIGENT BODY

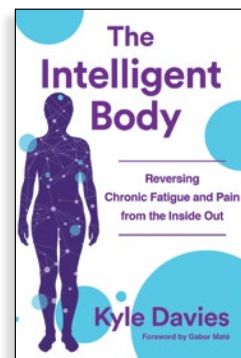
*Reversing Chronic Fatigue and Pain From the Inside Out*

KYLE DAVIES

"If you are looking for a readable introduction to some principles and coaching tools of mind-body medicine to empower your patients, this book is a great start." —*British Journal of General Practice*

This book explains the origins of chronic symptoms and outlines the road to recovery. Readers are offered life-changing principles and practices to regain harmony in their lives and bodies, whether they suffer from chronic fatigue syndrome, fibromyalgia, adrenal fatigue, trauma, depression, or anxiety. It explains how we can learn to heal ourselves from the inside out by reconceptualizing the relationships among our bodies, minds, and emotions.

ISBN: 978-0-393-71205-6 • 2017 • 304 pages • Hardcover • \$25.95



## THE GOOD MOOD KITCHEN

*Simple Recipes and Nutrition Tips for Emotional Balance*

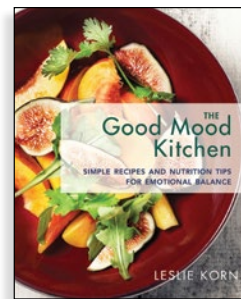
LESLIE KORN

“Chock full of beneficial tools including shopping lists and a chapter on mood-aiding vitamins and nutrients, this worthwhile guide will convince readers that nutrition is an important influence on mental health.”

—*Publishers Weekly*

Revolutionize your personal cooking and eating habits for optimal energy, health, and emotional well-being. This book of mood-savvy tips, tools, and delicious recipes guides you step by step through all the essentials. It features dozens of easy-to-understand graphics, lists, and charts to help prioritize choices for maximum benefit.

ISBN: 978-0-393-71222-3 • 2017 • 224 pages • Hardcover • \$24.95



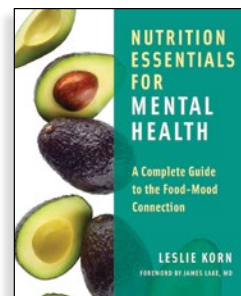
## NUTRITION ESSENTIALS FOR MENTAL HEALTH

*A Complete Guide to the Food-Mood Connection*

LESLIE KORN

“Korn enables clinicians to help their patients understand the underlying biological processes driving their mood and behavior and make the necessary changes to restore balance.” —James M. Greenblatt, MD, Integrative Psychiatrist, Editor of *Integrative Therapies for Depression*

ISBN: 978-0-393-70994-0 • 2016 • 464 pages • Hardcover • \$49.95



**Discounted Two-Book Set:** *The Good Mood Kitchen and Nutrition Essentials for Mental Health*

ISBN: 978-0-393-71340-4 • \$60.00

## MINDFULNESS SKILLS FOR TRAUMA AND PTSD

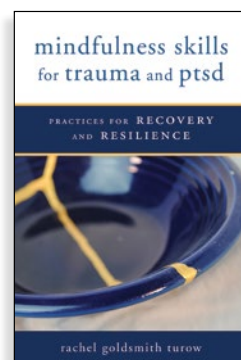
*Practices for Recovery and Resilience*

RACHEL GOLDSMITH TUROW

“What a valuable and accessible resource this book offers, not only to clinicians working with trauma survivors, but to trauma survivors themselves. . . . It’s one I’ll be sharing with the people I train and the people I treat.” —Laura S. Brown, PhD, ABPP, independent practice, Seattle WA, Past President, APA Division of Trauma Psychology

This book provides user-friendly descriptions of the many facets of traumatic stress alongside evidence-based strategies to manage trauma symptoms and build new strengths. This book is a valuable resource for trauma survivors, health professionals, researchers, mindfulness practitioners, and others seeking new pathways to recovery and resilience.

ISBN: 978-0-393-71126-4 • 2017 • 320 pages • Paperback • \$27.95



## THE SACRED PATH OF THE THERAPIST

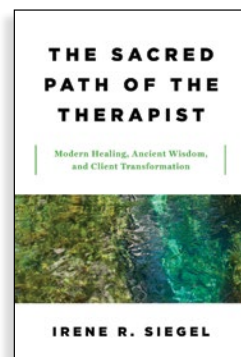
*Modern Healing, Ancient Wisdom, and Client Transformation*

IRENE R. SIEGEL

“I believe Dr. Siegel has tapped into a very large and very promising vein for research in transpersonal psychotherapy and I do hope she and many other will follow up and develop this work. I see many possible benefits in this future research for clients and practitioners of transpersonal psychotherapy and also for EMDR therapists and their clients.” —*The Journal of Transpersonal Psychology*

Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Irene Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness.

ISBN: 978-0-393-71241-4 • 2017 • 240 pages • Hardcover • \$27.50



## YOGA SKILLS FOR THERAPISTS

*Effective Practices for Mood Management*

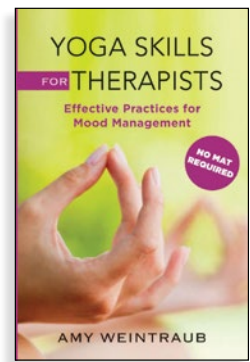
AMY WEINTRAUB

"[C]ontains a wonderful compilation of simple mind-body practices that really everyone can benefit from."

—*The Huffington Post*

Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required. Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary. With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, This book is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.

ISBN: 978-0-393-70717-5 • 2012 • 240 pages • Hardcover • \$35.00



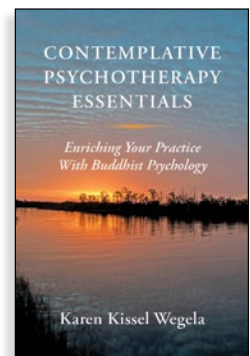
## CONTEMPLATIVE PSYCHOTHERAPY ESSENTIALS

*Enriching Your Practice with Buddhist Psychology*

KAREN KISSEL WEGELA

This book makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for the average clinician. Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, this book explores the nuances of contemplative therapy practice, beginning with creating genuine therapeutic relationships and learning how to recognize "brilliant sanity"—not only psychopathology—in our clients, and goes on to consider sowing the seeds of mindfulness, making skillful use of mindlessness practices, investigating emotions, cultivating compassion, and working with anger.

ISBN: 978-0-393-70867-7 • 2014 • 302 pages • Hardcover • \$32.95



## SOLUTION-ORIENTED SPIRITUALITY

*Connection, Wholeness, and Possibility for Therapist and Client*

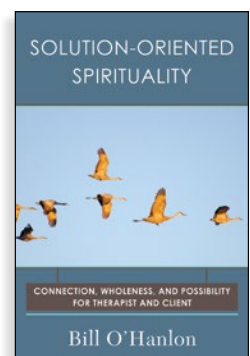
BILL O'HANLON

"[E]specially useful for clinicians who want to address spirituality but are afraid to offend, or who have a spiritual or religious client but are unsure how to integrate their faith into the work." —*Psych Central*

Best-selling author Bill O'Hanlon offers a pioneering foray into the uses and pitfalls of spiritualities—both secular and religious—in a therapeutic setting. Spirituality is defined by its three integral components: a feeling of *connection* to something beyond oneself, a capacity for *compassion* or "feeling with," and a sense of responsibility to make a *contribution* to others and to the world.

ISBN: 978-0-393-71062-5 • 2015 • 160 pages • Paperback • \$17.95

Previous edition published in hardcover as *Pathways to Spirituality*.



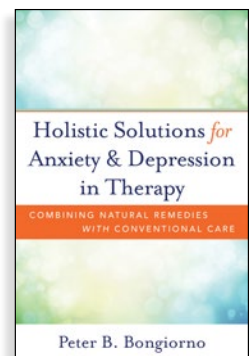
## HOLISTIC SOLUTIONS FOR ANXIETY & DEPRESSION IN THERAPY

*Combining Natural Remedies with Conventional Care*

PETER B. BONGIORNO

Bongiorno lays out the basic principles of holistic care, the most salient CAM research to date as well as its safety concerns, and steps to take to determine if it's appropriate to introduce a CAM modality to your client's treatment. Readers are taught how to assess lifestyle and physiological factors that can contribute to a client's anxiety and depression, such as sleep, diet, caffeine intake, and exercise, as well as the most effective vitamins, minerals, botanicals, and mind-body therapies for anxiety and depression—from amino acids to zinc, acupuncture to Qi gong, and everything in between.

ISBN: 978-0-393-70934-6 • 2015 • 256 pages • Hardcover • \$37.50



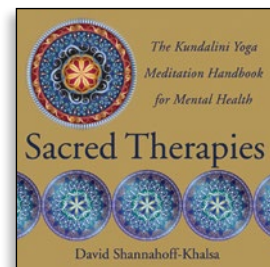
## SACRED THERAPIES

### *The Kundalini Yoga Meditation Handbook for Mental Health*

DAVID SHANNAHOFF-KHALSA

This handbook presents Kundalini yoga protocols that cover all of the major and common psychiatric disorders. In addition, critical definitions, diagnostic criteria, diagnostic features, and associated features and disorders are included to give a clearer and more in-depth perspective on each disorder.

ISBN: 978-0-393-70702-1 • 2012 • 354 pages • Paperback • \$37.50



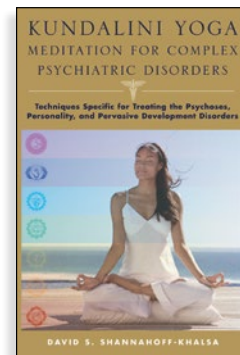
## KUNDALINI YOGA MEDITATION FOR COMPLEX PSYCHIATRIC DISORDERS

### *Techniques Specific for Treating the Psychoses, Personality, and Pervasive Development Disorders*

DAVID S. SHANNAHOFF-KHALSA

This comprehensive resource explains the yogic approach to treating psychiatric disorders that are not covered in Shannahoff-Khalsa's first book, *Kundalini Yoga Meditation* below.

ISBN: 978-0-393-70568-3 • 2010 • 416 pages • Hardcover • \$44.95



## KUNDALINI YOGA MEDITATION

### *Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth*

DAVID SHANNAHOFF-KHALSA

Shannahoff-Khalsa weaves scientific insights, clinical trials, case histories, and disorder-specific techniques to explain how the ancient science of Kundalini yoga can be a useful stand-alone or supplemental treatment for psychiatric disorders.

ISBN: 978-0-393-70475-4 • 2007 • 384 pages • Hardcover • \$65.00

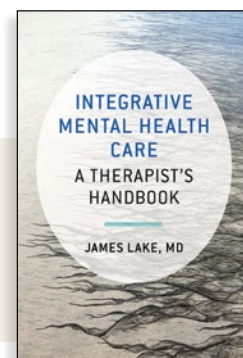
## INTEGRATIVE MENTAL HEALTH CARE

### *A Therapist's Handbook*

JAMES LAKE, MD

**Contents: Part I: Foundations** 1. The Context of Integrative Mental Health Care 2. Evaluating a Client from an Integrative Perspective 3. Recommending Treatment and Making Referrals • **Part II: Clinical Problem Solving** 4. Moderate and Severe Depressed Mood 5. Cyclic Mood Swings and Mania 6. Generalized Anxiety, Panic Attacks, and Obsessions and Compulsions 7. Hyperactivity and Distractibility 8. Psychotic Symptoms and Schizophrenia 9. Mild Cognitive Impairment and Dementia 10. Alcohol and Substance Abuse 11. Insomnia and Daytime Sleepiness • Appendix A: Suggested Reading • Appendix B: Web Resources • References

ISBN: 978-0-393-71061-8 • 2015 • 382 pages • Paperback • \$26.95



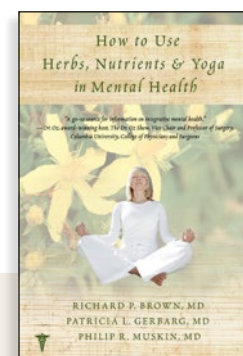
## HOW TO USE HERBS, NUTRIENTS & YOGA IN MENTAL HEALTH

RICHARD P. BROWN, PATRICIA L. GERBARG, and PHILIP R. MUSKIN

Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the complementary and alternative medicine (CAM) methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

**Contents:** 1. Basic Principles of Integrative Mental Health Care 2. Mood Disorders 3. Anxiety Disorders 4. Disorders of Cognition and Memory 5. Attention-Deficit Disorder and Learning Disabilities 6. Sexual Enhancement and Other Life Stage Issues 7. Schizophrenia and Other Psychotic Disorders 8. Medical Illnesses 9. Substance Abuse 10. CAM to Counteract Medication Side Effects • Appendix A: Guide to Quality Products • Appendix B: Useful Resources for Integrative Mental Health Care • Appendix C: Glossary of Medications

ISBN: 978-0-393-70744-1 • 2012 • 464 pages • Paperback • **POD** • \$49.95



**NON-DRUG TREATMENTS FOR ADHD***New Options for Kids, Adults, and Clinicians*

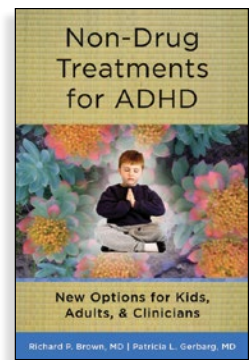
RICHARD P. BROWN and PATRICIA L. GERBARG

"This book is a treasure for both healthcare professionals and the general public. The easily-read text provides a careful review of the research investigating complementary and alternative treatments for ADHD. More importantly, the authors share their wealth of clinical experience in the diagnosis and treatment of this common and disabling disorder." —Philip R. Muskin, MD, Professor of Clinical Psychiatry & Chief of Service, Consultation-Liaison Psychiatry, Columbia University Medical Center

The prolific use of stimulants to treat ADD/ADHD is a controversial topic in therapy. This handbook—for practitioners and parents alike—guides readers through an array of safe and effective alternatives: herbs, vitamins, nutrients, nootropics, neurotherapy, meditation, and more. Filled with case vignettes and interviews with leaders in alternative therapy fields, this accessible, practical guide is one both clinicians and parents won't want to be without.

ISBN: 978-0-393-70622-2 • 2012 • 276 pages • Hardcover • \$37.50

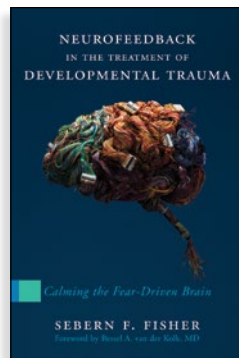
Winner of a 2013 Nautilus Gold Award

**NEUROFEEDBACK IN THE TREATMENT OF DEVELOPMENTAL TRAUMA***Calming the Fear-Driven Brain*

SEBERN F. FISHER, Foreword by BESSEL A. VAN DER KOLK, MD

ISBN: 978-0-393-70786-1 • 2014 • 382 pgs • Hardcover • \$48.99

See page 36 for full listing.

**BODY-MIND PSYCHOTHERAPY***Principles, Techniques, and Practical Applications*

SUSAN APOSHYAN

ISBN: 978-0-393-70441-9 • 2004 • 304 pgs • Hardcover • **POD** • \$45.00**MEDITATION FOR THERAPISTS AND THEIR CLIENTS**

C. ALEXANDER SIMPKINS and ANNELLEN M. SIMPKINS

ISBN: 978-0-393-70565-2 • 2009 • 304 pgs • Paperback • \$24.95

**THE PSYCHOBIOLOGY OF MIND-BODY HEALING***New Concepts of Therapeutic Hypnosis, Revised Edition*

ERNEST L. ROSSI

ISBN: 978-0-393-70168-5 • 1993 • 384 pgs • Hardcover • **POD** • \$48.95**EVOLVING THOUGHT FIELD THERAPY***The Clinician's Handbook of Diagnoses, Treatment, and Theory*

JOHN H. DIEPOLD, JR., VICTORIA BRITT, and SHEILA S. BENDER

ISBN: 978-0-393-70405-1 • 2004 • 400 pgs • Hardcover • **POD** • \$49.95**ENERGY PSYCHOLOGY AND EMDR***Combining Forces for Increased Treatment Efficacy*

JOHN G. HARTUNG and MICHAEL D. GALVIN

ISBN: 978-0-393-70378-8 • 2002 • 336 pgs • Hardcover • \$40.00

**ENERGY PSYCHOLOGY IN PSYCHOTHERAPY***A Comprehensive Source Book*

FRED P. GALLO, Editor

ISBN: 978-0-393-70346-7 • 2002 • 544 pgs • Hardcover • \$65.00

Unavailable outside the US and UK.

**CREATIVE ENERGIES***Integrative Energy Psychotherapy for Self-Expression and Healing*

DOROTHEA HOVER-KRAMER, Forewords by FRED GALLO and DAVID GRODERMEYER

ISBN: 978-0-393-70384-9 • 2002 • 288 pgs • Hardcover • \$32.00

**ENERGY DIAGNOSTIC AND TREATMENT METHODS**

FRED P. GALLO

ISBN: 978-0-393-70312-2 • 2000 • 240 pgs • Hardcover • \$35.00



## A COLLABORATIVE PROBLEM SOLVING APPROACH FOR MENTAL HEALTH PROFESSIONALS

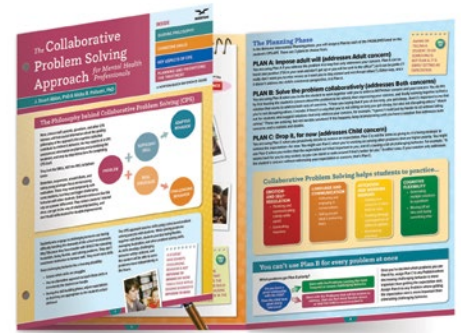
J. STUART ABLON and ALISHA R. POLLASTRI

*An essential guide to the Collaborative Problem Solving approach for anyone working with children outside of a school setting.*

J. Stuart Ablon and Alisha R. Pollastri, authors of *The School Discipline Fix*, present this Quick Reference Guide to their Collaborative Problem Solving (CPS) approach for changing child behavior in mental health and home settings. This must-have resource distills the multistep approach into six easy-to-follow panels for in-the-moment reference.

**J. STUART ABLON, PhD**, is an associate professor at Harvard Medical School and founder and director of Think:Kids at Massachusetts General Hospital. **ALISHA R. POLLASTRI, PhD**, is a clinical psychologist and researcher, the director of research and evaluation at Think:Kids, and a faculty member at Harvard Medical School.

ISBN: 978-1-324-01955-8 • 2021 • 6 pages • 8.5×11 laminated card • \$12.99



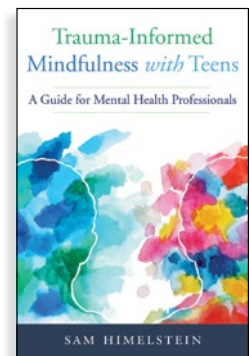
## TRAUMA-INFORMED MINDFULNESS WITH TEENS

*A Guide for Mental Health Professionals*

SAM HIMELSTEIN

Through practical methods along with real world examples, this book offers a clear conceptual understanding for why mindfulness may help youth impacted by trauma, understanding about when and how to adapt mindfulness meditations, and practical “mini-modules” for presenting and teaching mindfulness with a trauma-informed lens. Specific guidelines for how to teach mindfulness will be presented within a relationship-based framework for building the therapeutic alliance and aiding to other psychotherapy interventions. Case examples illuminate the common experiences that arise with trauma-impacted youth and detailed descriptions of exercises and curricula will be presented. This book is a must for therapists sharing mindfulness with trauma-impacted youth.

ISBN: 978-0-393-71344-2 • 2019 • 288 pages • Paperback • \$24.95



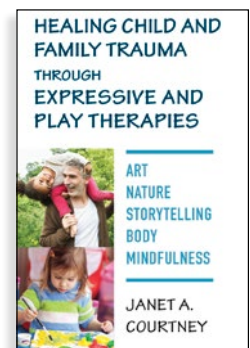
## HEALING CHILD AND FAMILY TRAUMA THROUGH EXPRESSIVE AND PLAY THERAPIES

*Art, Nature, Storytelling, Body, Mindfulness*

JANET A. COURTNEY

Leaning on our ancestral wisdom of healing through play, art, nature, storytelling, body, touch, imagination, and mindfulness practice, Janet Courtney helps the clinician bring a variety of practices into the therapy room. This book identifies seven stages of therapy that provide a framework for working with client's emotional, cognitive, somatic, and sensory experiences to heal from trauma. Practice exercises interspersed throughout guide practitioners to personally engage in the creative expressive and play therapy techniques presented in each chapter, augmenting professional self-awareness and skill-building competencies.

ISBN: 978-0-393-71375-6 • 2020 • 224 pages • Hardcover • \$28.95



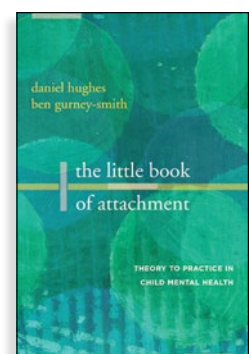
## THE LITTLE BOOK OF ATTACHMENT

*Theory to Practice in Child Mental Health with Dyadic Developmental Psychotherapy*

DANIEL A. HUGHES and BEN GURNEY-SMITH

This book both explains and illustrates how the practice of child mental health professionals can be enhanced, whatever their treatment approach, to encourage engagement, resilience, and development in children with mental health problems. Alongside practical recommendations, Daniel Hughes and Ben Gurney-Smith use dialogue from clinical work to illustrate applications of these principles from Dyadic Developmental Psychotherapy as well as other attachment-based practices with parents and children.

ISBN: 978-0-393-71435-7 • 2020 • 288 pages • Paperback • \$27.50



See pages 4, 20, 28, 35, 65, and 77 for more books by Daniel A. Hughes.

## THE SCHOOL-SAVVY THERAPIST

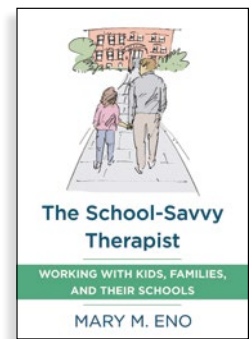
*Working with Kids, Families, and their Schools*

MARY M. ENO

"[An] authoritative handbook on how to effectively collaborate with school systems and personnel to foster a truly supportive family-child-school dynamic." —Eleanor DiMarino-Linnen, PhD, Superintendent of Schools, Rose Tree Media School District, Licensed Psychologist, Certified School Psychologist

Drawing on research, case examples, and in-depth interviews, this practical resource describes what therapists need to know about schools and how they can effectively foster a supportive family-child-school dynamic. From reviewing test results, conducting school observations, and attending IEP meetings to helping parents advocate for their kids, the book provides the tools and guidance needed in every situation and at every stage to collaborate with schools and families for positive therapeutic outcomes.

ISBN: 978-0-393-71190-5 • 2019 • 272 pages • Paperback • \$29.95



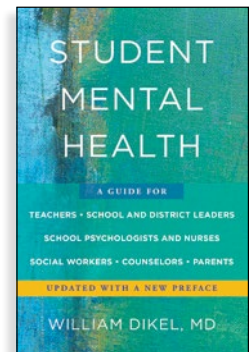
## STUDENT MENTAL HEALTH

*A Guide for Teachers, School and District Leaders, School Psychologists and Nurses, Social Workers, Counselors, and Parents*

WILLIAM DIKEL

"The wealth of knowledge captured in each section exemplifies the significance of school-based mental health service and support. **This guide should be a permanent reference in the public and personal libraries of practitioners and parents** who seek an extensive review of evidence-based techniques to effectively address factors associated with school mental health. . . . Highly recommended." —*CHOICE*

William Dikel demystifies the most common child and adolescent mental health issues, describes how they affect students' ability to learn, and provides practical, evidence-based interventions. This updated and expanded edition incorporates the most current research, providing a comprehensive reference on identifying and responding to the mental health needs of students with a full continuum of school-based services.



**Topics include:** Why School Mental Health? • Mood Disorders • Attention-Deficit/Hyperactivity Disorder • Psychotic Disorders • Working with Students Who Have Mental Health Disorders • General Education, Special Education, and 504 Plan Students • Overview of Psychotherapy for Children and Adolescents

**William Dikel, MD**, is a child and adolescent psychiatrist who assists school districts nationwide.

ISBN: 978-1-324-05214-2 • 2019 • 384 pages • Paperback • \$34.95

## TRANS KIDS AND TEENS

*Pride, Joy, and Families in Transition*

ELIJAH C. NEALY

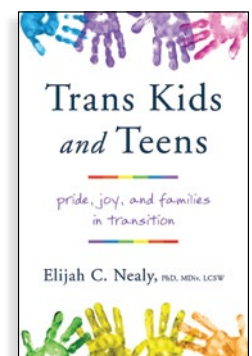
"[A] critical volume for anyone involved with schools or working or volunteering with children and teens. . . . Nealy powerfully makes the case for what can be done to ease the pain of these children. **A must-read for anyone who wants to help trans youth.**" —*Booklist*, starred review

"Here's the book that caregivers and family members of transgender children have been waiting for. With equal measures sound scientific reasoning and genuine human compassion, Elijah Nealy provides a thoughtful roadmap for anyone trying to support our precious—and endangered—trans youth. An invaluable resource." —**Jennifer Finney Boylan**, author of *She's Not There* and *Long Black Veil*

Transgender life has made its way into mainstream consciousness and kids are coming out as trans at younger and younger ages. Elijah Nealy (1958-2021)—a therapist, pastor, former deputy director of NYC's LGBT Community Center, and himself a trans man—covers all aspects of family, school, and mental health issues, as well as physical, social, and emotional transitions. This edition contains a new preface by the author detailing the latest information on the physical, social, and emotional aspects of transition.

ISBN: 978-0-393-71399-2 • 2019 • 448 pages • Paperback • \$28.99

Previously published in hardcover as *Transgender Children and Youth*.



## HOW TO BE A BETTER CHILD THERAPIST

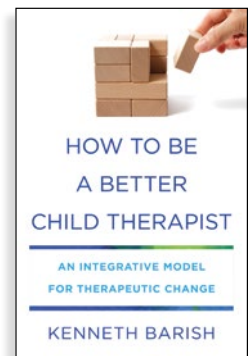
### *An Integrative Model for Therapeutic Change*

KENNETH BARISH

“Ken Barish has once more demonstrated the quintessence of the evidence-based practitioner. This book should be required reading for every professional working with troubled children. It is wisdom, pure and simple.” —Marshal P. Duke, PhD, Charles Howard Candler Professor of Psychology, Senior Faculty Fellow, Emory Center for Ethics, Interdisciplinary Faculty Fellow, Institute for Liberal Arts, Department of Psychology, Emory University

Drawing on several decades of experience working with children and parents, Kenneth Barish presents a comprehensive, multi-faceted approach to therapeutic work with children and families, based on a contemporary understanding of children's emotions and emotional needs. This book offers a wealth of practical recommendations to help child therapists solve the varied issues that come up in daily clinical work.

ISBN: 978-0-393-71234-6 • 2018 • 320 pages • Hardcover • \$35.00



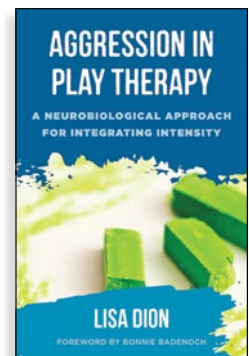
## AGGRESSION IN PLAY THERAPY

### *A Neurobiological Approach for Integrating Intensity*

LISA DION, Foreword by BONNIE BADENOCH

“Dion’s approach to this complex and rarely explored subject is comprehensive, the use of uncomplicated language makes the text accessible to many. . . . **An excellent introduction to working therapeutically with aggression in play therapy.** It may also be helpful to signpost to social workers and clinicians doing direct work—particularly for the chapters on the Nervous System and Basics on Regulating.” —*British Journal of Play Therapy*

This book offers a way to work with aggressive play that allows children to learn how to integrate the intensity they are experiencing from their thoughts, emotions, and sensations while simultaneously supporting regulation in the therapist’s nervous system. These will help therapists understand the neurobiological processes that lead kids to dysregulation and help them facilitate emotional healing in their clients.



**Contents:** 1. Aggression in the Playroom 2. Exploring a New Perspective: Embracing Aggression 3. Understanding the Nervous System 4. What Regulation Really Means 5. Developing Yourself as the External Regulator 6. The Basics of Regulating 7. The Setup 8. Authentic Expression 9. Setting Boundaries 10. It Is Too Intense: Working with Emotional Flooding 11. Observing Aggressive Play 12. Hyper-Aroused Play 13. Hypo-Aroused Play 14. Supporting Parents During Aggressive Play

**Lisa Dion, LPC, RPT-S**, is the founder and President of the Play Therapy Institute of Colorado and the creator of “Synergetic Play Therapy,” a model of play therapy that bridges the gap between neuroscience and psychology. Lisa is the recipient of the Association for Play Therapy’s 2015 Professional Education and Training Award.

ISBN: 978-0-393-71319-0 • 2018 • 288 pages • Hardcover • \$27.50

## THE DEVELOPMENTAL SCIENCE OF EARLY CHILDHOOD

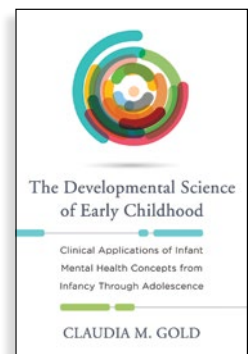
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“Particularly helpful for child therapists, who will regularly encounter many of the examples that Gold uses. . . . [T]he book could also be used to increase parents’ understanding of their child. . . .” —*BACP Children & Young People*

This friendly guide distills developmental science into key ideas and clinical scenarios that practitioners can make sense of and use in their day-to-day work. Gold reviews the newest science, exploring the way relationships change the brain, breakthrough attachment theory, epigenetics, the polyvagal theory of emotional development, the role of stress response systems, and many other illuminating concepts.

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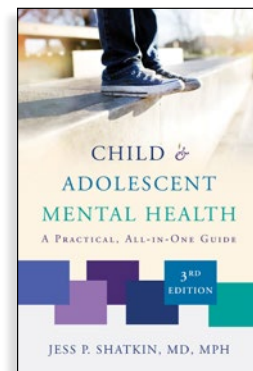
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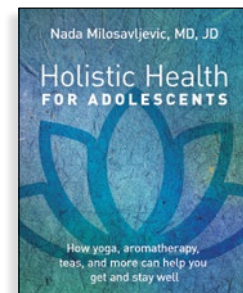
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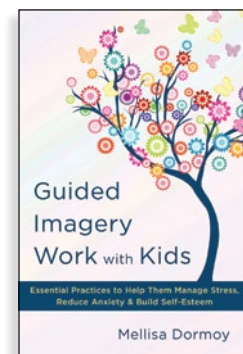
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*Essential Practices to Help Them Manage Stress, Reduce Anxiety, & Build Self-Esteem*

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Guided imagery has been shown to alleviate a host of common emotional issues in kids, from anxiety and insecurity to stress, anger, and the effects of bullying. Easier to practice than meditation or hypnosis, it allows kids to quickly focus, integrate their thoughts, emotions, and feelings, and practice self-compassion, all without the need for extraordinary discipline or time investment. This short, practical book lays out all the guidelines for using guided imagery in therapy, counseling, and any type of helping work with children. It provides dozens of detailed guided imagery scripts that can immediately be put to use to address a variety of particular emotional challenges.

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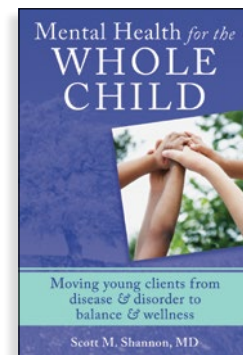
*Moving Young Clients from Disease & Disorder to Balance & Wellness*

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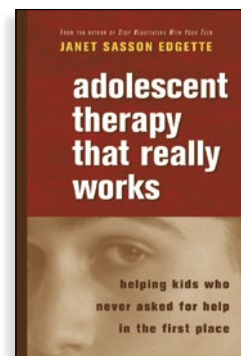
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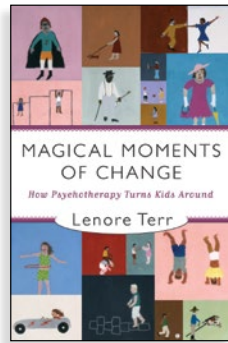
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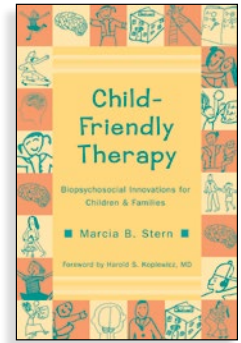
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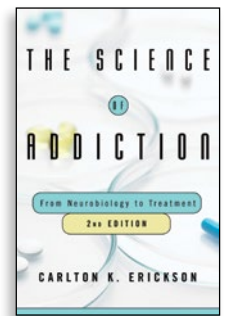
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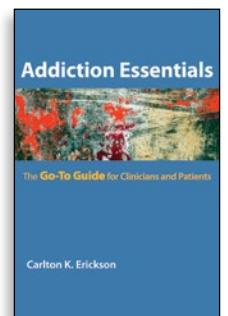
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**PATIENTS WITH SUBSTANCE ABUSE PROBLEMS**

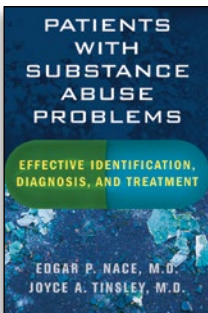
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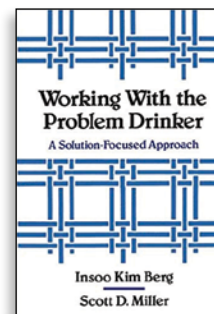
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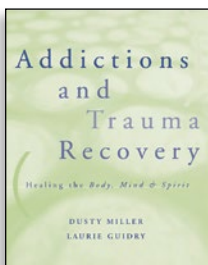
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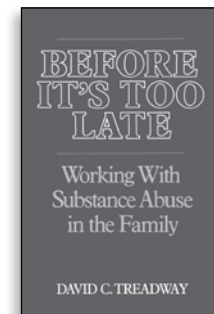
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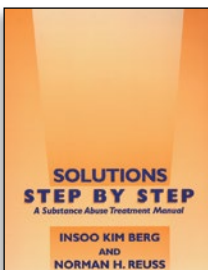
*A Substance Abuse Treatment Manual*

INSOO KIM BERG and  
NORMAN H. REUSS

"[A]n excellent reminder of the flexibility of the solutions approach and some very good and clear examples of how it has been used effectively to bring about change." —*DECP Debate*

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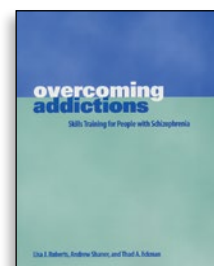
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**LAUREL PARNELL, PhD**, is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops.

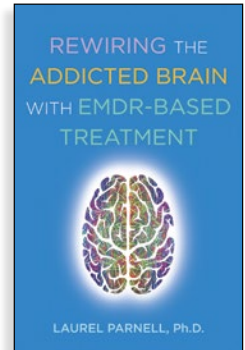
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"Parnell's work has provided a clinical framework that functions to reprocess traumas that drive addictive behavior and help the individual stop their addictive behaviors by building stronger internal resources. I recommend it highly." —Roy A. Blankenship, M.A., LPC, LMFT, CSAT, CAADC, Chief Executive Officer, HopeQuest Addiction Recovery Center, Woodstock, GA

This book presents a brain-wise, compassionate, resilience-supporting approach to the treatment of addictions. Written not only for EMDR therapists but for substance abuse counselors as well, this book presents user-friendly tools to help support clients in recovery with EMDR-based techniques that can be easily integrated into all levels of addiction treatment. Case material is interwoven throughout the text; also included are chapters presenting in-depth cases which illustrate the techniques. Therapists and substance abuse counselors will find this a useful guide to help them navigate the difficult and complex terrain of addiction treatment.

**Topics include:** Overview of the Rewiring the Addicted Brain Treatment Model • Getting to the Root of the Problem: Reprocessing Traumas with EMDR • Resource Tapping for Addictions: Activating and Integrating Resilience • The Four Foundational Resources • Resource Tapping Tools for Managing Anxiety • Repairing Developmental Deficits

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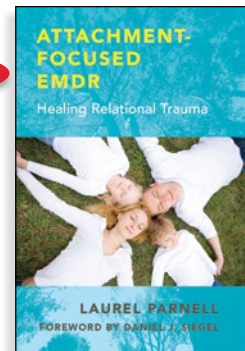
Foreword by DANIEL J. SIEGEL

"Readers will benefit from Parnell's wisdom, clinical experience, and direct and down-to-earth writing style, as well as the case examples she provides with transcripts from actual sessions. **I highly recommend this book with its relational focus, it will enrich and deepen the practice of any clinician interested in working more effectively.**" —Diana Fosha, PhD, Developer of AEDP, coeditor of *The Healing Power of Emotion*

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**BESTSELLER**

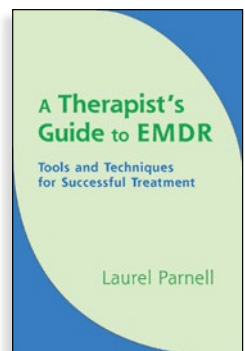


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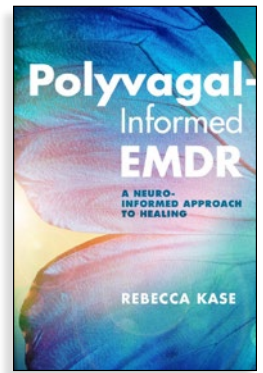
The integration of Polyvagal Theory within the eight phases of EMDR Therapy offers the psychotherapist a robust, dynamic, neuro-informed framework for case conceptualization, treatment planning, and client transformation. The approach applies not only to work with trauma and PTSD, but also in the treatment of addictions, anxiety, depression, grief, chronic pain, and adjustment disorders.

**Rebecca Kase, LCSW**, is a licensed clinical social worker in Washington state. She is an EMDR consultant and trainer, who has been practicing EMDR since 2006. She owns Rebecca Kase & CO, Training and Consultation, and has an online counseling practice.



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NEW



## EMDR THERAPY AND SOMATIC PSYCHOLOGY

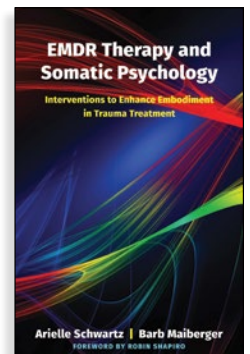
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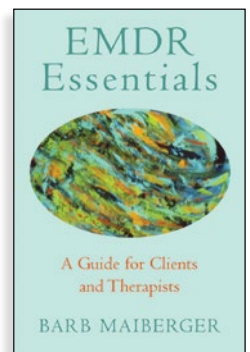
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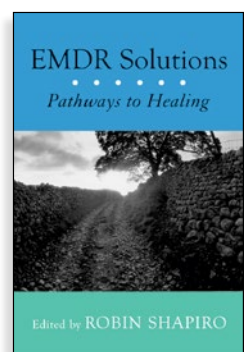
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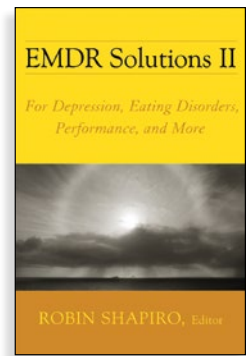
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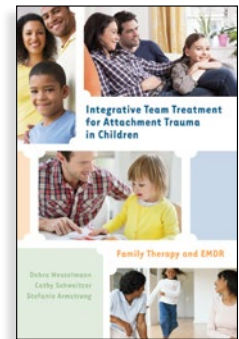
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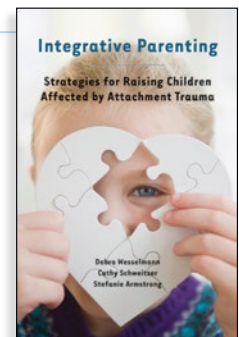
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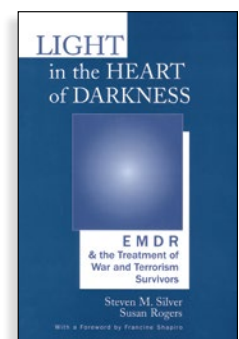
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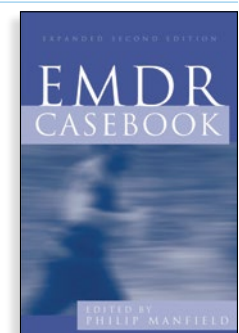
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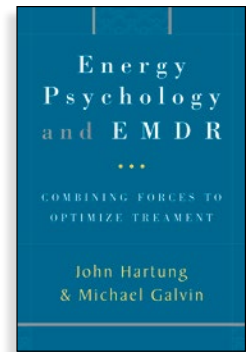
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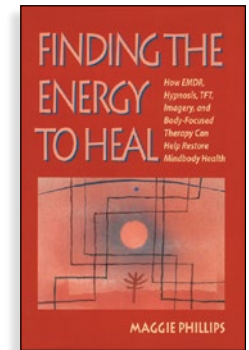
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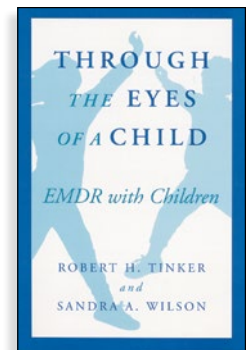
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