

# The Feminist Bookshop

## Psychology and Psychotherapy Books

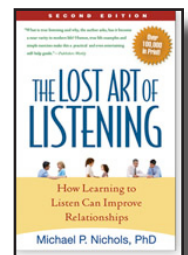
### CLINICAL PSYCHOLOGY

#### **The Lost Art of Listening: How Learning to Listen Can Improve Relationships 2ed**

*Michael P Nichols*

This perennial bestseller has already helped many thousands of readers resolve conflicts and transform their relationships with family members, romantic partners, colleagues, and friends. Experienced therapist Michael P Nichols explains why we often feel cut off from those we care about and provides easy-to-learn techniques for really hearing and being heard.

Pbk 314pp 9781593859862 A\$39.95 NZ\$52.95 2009.03 Guilford Publications Inc



#### **Motivational Interviewing: Preparing People For Change 2ed**

*William R Miller and Stephen Rollnick*

Since the initial publication of this breakthrough work, motivational interviewing (MI) has been used by countless clinicians. Extensively rewritten, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. The authors explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach, and reflect on the process of learning MI.

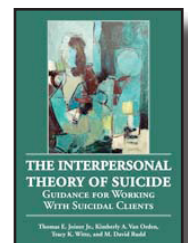
Hbk 426pp 9781572305632 A\$99 NZ\$126 2002 Guilford Publications Inc

#### **The Interpersonal Theory of Suicide: Guidance for Working with Suicidal Clients**

*Thomas E Joiner, Kimberly A Van Orden, Tracy K Witte and M David Rudd*

This book offers a new theoretical framework for diagnosis and risk-assessment of a patient's entry into the dark and obscure mental world of suicidality, and for the creation of preventive and public-health campaigns aimed at the disorder. More important, though, the book provides new, effective clinical guidelines for crisis intervention and for therapeutic alliances in psychotherapy and suicide prevention.

Hbk 256pp 9781433804267 A\$129 NZ\$162 2009.01 American Psychological Assoc

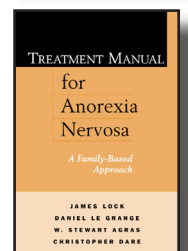


#### **Treatment Manual for Anorexia Nervosa: A Family Based Approach**

*James Lock, Daniel L Grange, WS Agras and Chris Dare*

This practical manual offers a step-by-step guide to the treatment of anorexia nervosa in adolescents. Unique in its focus on mobilising parents and siblings as a resource in treatment, the approach is ideal for short-term treatment and has demonstrated effectiveness in controlled clinical trials. Intervention is divided into three clearly defined phases.

Pbk 270pp 9781572308367 A\$61 NZ\$77 2002 Guilford Publications Inc

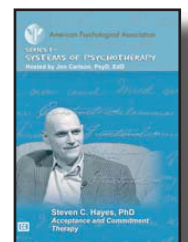


#### **Acceptance and Commitment Therapy (DVD)**

*Steven C Hayes*

In *Acceptance and Commitment Therapy*, Dr. Steven C Hayes illustrates this empirically supported intervention. The goal of acceptance and commitment therapy (ACT) is to increase psychological flexibility, or the ability to enter the present moment more fully and either change or persist in behaviour when doing so serves valued ends

DVD 9781433803703 A\$199 NZ\$249 2008 American Psychological Assoc



#### **Treatment with Defiant and Aggressive Adolescents (DVD)**

*Fred J Hanna*

In *Treatment with Defiant and Aggressive Adolescents*, Dr. Fred J Hanna demonstrates his practical approach to working with adolescents who have behaviour problems. Dr. Hanna's precursors to change model has been used successfully with

teenagers who are involved in drugs, gangs, violence, or serious misbehaviour in school and other situations.

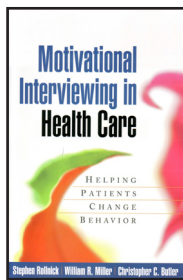
DVD 9781433803659 A\$199 NZ\$249 2008 American Psychological Assoc

## Motivational Interviewing in Health Care: Helping Patients Change Behavior

*Stephen Rollnick, William R Miller and Christopher C Butler*

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behaviour change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices.

Pbk 204pp 9781593856120 A\$49.95 NZ\$63 2007 Guilford Publications Inc

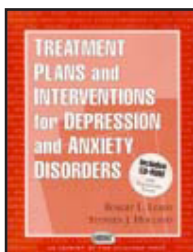


## Treatment Plans and Interventions for Depression and Anxiety Disorders (Book & CD)

*Robert L Leahy and Steven J Holland*

This one-of-a-kind resource provides the busy practitioner with empirically supported treatments for seven frequently encountered disorders: major depression, generalised anxiety, panic and agoraphobia, PTSD, social phobia, specific phobia, and obsessive-compulsive disorder. Serving as ready-to-use treatment packages, chapters describe basic cognitive-behavioural therapy (CBT) techniques and how to tailor them to each disorder. Also featured are diagnostic flow charts; therapist forms for assessment and record keeping; client handouts and homework sheets; and session-by-session case examples. Tips for troubleshooting common therapeutic roadblocks are presented, as are strategies for ensuring third-party payment authorisation. (Includes CD-ROM with Reproducible Forms.)

Pbk 320pp 9781572305144 A\$132 NZ\$166 2000 Guilford Publications Inc

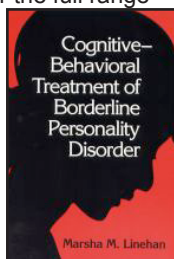


## Cognitive-Behavioral Treatment of Borderline Personality Disorder

*Marsha M Linehan*

The two volumes in Dr. Linehan's program cover the full range of borderline conditions. In her far-reaching classic, *Cognitive-Behavioral Treatment of Borderline Personality Disorder*, Linehan describes in persuasive clinical detail the development and implementation of DBT. Because the behavioural skills training element of her program is so critical for working with borderline individuals, the companion Skills Training Manual presents session-by-session guidelines for imparting and integrating into the patient's repertoire four key psychosocial skills notably absent in borderlines.

Hbk 500pp 9780898621839 A\$132 NZ\$167 1993 Guilford Publications Inc



## Cognitive Therapy Techniques: A Practitioner's Guide

*Robert L Leahy*

An indispensable clinical companion, this book is packed with useful tools and interventions that will expand the repertoire of novice and experienced cognitive therapists. Detailed are the full variety of evidence-based techniques that can be brought to bear on specific client problems and therapeutic challenges.

Therapists will rediscover or learn for the first time a wealth of effective ways to identify and challenge thoughts and core beliefs; modify patterns of worry, self-criticism, and approval-seeking; evaluate personal schemas; intervene in emotional processes; and activate new experiences for the client. Each technique is thoroughly described in Robert L Leahy's trademark accessible style and illustrated with vivid case examples.

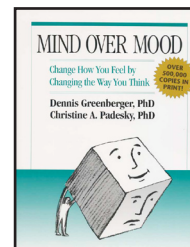
Pbk 348pp 9781572309050 A\$85 NZ\$107 2003 Guilford Publications Inc

## Mind Over Mood: Change How You Feel by Changing the Way You Think

*Dennis Greenberger and Christine A Padesky*

Today it is essential for clinicians to maximise limited therapy time. An ideal home assignment, *Mind Over Mood* is an effective, step-by-step program that can be effectively used to address a wide variety of psychological problems, including depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy - one of the most effective and widely practiced forms of psychotherapy.

Pbk 243pp 9780898621280 A\$43.95 NZ\$55.95 1995 Guilford Publications Inc



## Attachment Theory and Research in Clinical Work with Adults

*Joseph H Obegi and Ety Berant*

Written with the practicing psychotherapist in mind, this invaluable book presents cutting-edge knowledge on adult attachment and explores the implications for day-to-day clinical practice. Leading experts illustrate how theory and research in this dynamic area can inform assessment, case formulation, and clinical decision making.

Hbk 518pp 9781593859985 A\$112 NZ\$142 2008 Guilford Publications Inc



## Effective Treatments for PTSD: Practice Guidelines from the International Society for Traumatic Stress Studies 2ed

*Edna B Foa, Terence M Keane, Matthew J Friedman and Judith A Cohen*

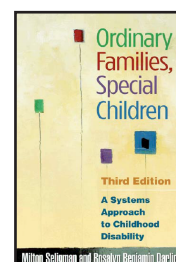
Developed under the auspices of the PTSD Treatment Guidelines Task Force of the International Society for Traumatic Stress Studies, this tightly edited work is the definitive best-practice reference for practitioners caring for any trauma population. Leading clinical scientists thoroughly review the clinical and research literature on widely used therapeutic approaches.

Hbk 604pp 9781606230015 A\$142 NZ\$178 2008 Guilford Publications Inc

## Ordinary Families, Special Children: A Systems Approach to Childhood Disability 3ed

*Milton Seligman and Rosalyn Benjamin Darling*

This popular clinical reference and text provides a multi-systems perspective on childhood disability and its effects on family life. The volume examines how child, family, ecological, and socio-cultural variables intertwine to shape the ways families respond to disability, and how professionals can promote coping, adaptation, and empowerment. Accessible and engaging, the book integrates theory and research with



vignettes and firsthand reflections from family members.  
Pbk 434pp 9781606233177 A\$54.95 NZ\$71 2009.02 Guilford Publications Inc

## Skills Training Manual for Treating Borderline Personality Disorders

*Marsha M Linehan*

This hands-on companion presents in session-by-session replicable detail the clinical strategies designed to remediate four specific skills areas arrested in the BPD patient: 'mindfulness' (balancing emotion and rationality to achieve wisdom), interpersonal effectiveness, emotion, regulation, and distress tolerance. The manual also features practical pointers on when to use the other treatment strategies described in CBT-BPD. Currently employed in a variety of inpatient and outpatient settings, this user-friendly manual provides everything a clinician needs.

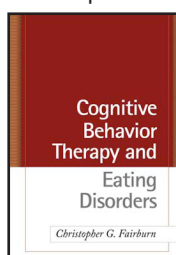
Pbk 140pp 9780898620344 A\$73 NZ\$92 1993 Guilford Publications Inc

## Cognitive Behavior Therapy and Eating Disorders

*Christopher G Fairburn*

This book provides the first comprehensive guide to the practice of "enhanced" cognitive behaviour therapy (CBT-E), the leading empirically supported treatment for eating disorders. Written with the practitioner in mind, the book demonstrates how this trans-diagnostic approach can be used with the full range of eating disorders seen in clinical practice.

Hbk 264pp 9781593857097 A\$79 NZ\$99 2008 Guilford Publications Inc



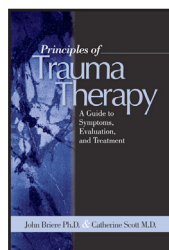
## COGNITIVE BEHAVIOURAL THERAPY

### Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment

*John Briere and Catherine Scott*

*Principles of Trauma Therapy* provides a creative synthesis of cognitive-behavioural, relational/psychodynamic, and psychopharmacologic approaches to the "real world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques, and adapted to the complexities of actual clinical practice, it is a hands-on resource for both front-line clinicians in public mental health and those in private practice.

Pbk 312pp 9780761929215 A\$92 NZ\$116 2006 Sage Publications Inc



## CREATIVE THERAPY

### Connecting Through Music with People with Dementia: A Guide for Caregivers

*Robin Rio*

For people suffering with dementia, the world can become a lonely and isolated place. Music has long been a vital instrument in transcending cognitive issues; bringing people together, and allowing a person to live in the moment. This user-friendly book demonstrates how even simple sounds and movements can engage people with dementia, promoting relaxation and enjoyment.

Pbk 144pp 9781843109051 A\$35.95 NZ\$44.95 2009.03 Jessica Kingsley Publishers

### Play Therapy with Abused Children 2ed

*Ann Cattanach*

The book provides practical ways of starting play therapy with abused children and explains how the child can use this process for healing. Models of intervention are described with

consideration given to the particular needs of the child and the work setting of the therapist.

Pbk 192pp 9781843105879 A\$44.95 NZ\$57.95 2008 Jessica Kingsley Publishers

## Play as Therapy: Assessment and Therapeutic Interventions

*Karen Stagnitti and Rodney Cooper*

*Play as Therapy* provides background theory and practical applications of original research on play assessment and interventions used in therapy. The book offers a solid foundation for identifying and assessing play dysfunction, understanding play in different cultural contexts and considerations when intervening with play. The practical approach is underpinned by theory, research and case vignettes to explain how to utilise play as therapy with challenging children.

Pbk 240pp 9781843106371 A\$48.95 NZ\$62 2009.04 Jessica Kingsley Publishers



OZ Author



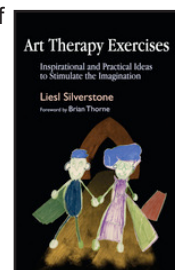
## Art Therapy Exercises: Inspirational and Practical Ideas to Stimulate the Imagination

*Liesl Silverstone*

This accessible book comprises a collection of 80 tried-and-tested exercises, with guidelines for applying them and advice for devising new ones. Liesl Silverstone offers a variety of exercises for a diverse and multicultural client base, such as guided fantasies, one-to-one and group work focusing on the group dynamic, and some examples of working with adults with learning difficulties and children.

Pbk 112pp 9781843106951 A\$41.95 NZ\$52.95 2009.01

Jessica Kingsley Publishers



## EATING DISORDERS

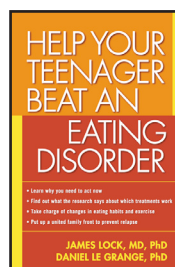
### Help Your Teenager Beat an Eating Disorder

*James Lock and Daniel le Grange*

Always harmful and potentially deadly, eating disorders can wreak havoc on families.

Unfortunately, the same can often be said of their treatment: blaming parents for the illness, many eating disorder programs exclude parents and widen the rift in an already shattered family. This powerful and controversial book by top researchers James Lock and Daniel le Grange argues that parents are not the culprits but the key to their teen's recovery. *Help Your Teenager Beat an Eating Disorder* shows how parents can break the disorder's control over their child's mind and re-establish normal eating and family relations. The odds for full recovery drop precipitously if treatment is delayed. A radically important wake up call, this book urges parents to act now.

Pbk 272pp 9781572309081 A\$34.95 NZ\$44.95 2004 Guilford Publications Inc



### Bulimics on Bulimia

*Maria Stavrou*

*Bulimics on Bulimia* is a collection of accounts by people who are living with the disorder, shedding new light on the day-to-day struggle of coping with bulimia. This book challenges the stereotypical image of the bulimic teenage girl, revealing that bulimia affects a far wider range of people, and dispelling the myth that bingeing involves only food and purging involves only vomiting.

Pbk 160pp 9781843106685 A\$31.95 NZ\$39.95 2008 Jessica Kingsley Publishers

## PSYCHOTHERAPY

### Mindfulness Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse

Zindel V Segal, Mark Williams and John D Teasdale

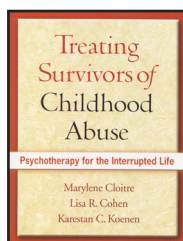
This book presents an innovative eight-session program that has been clinically proven to bolster recovery from depression and prevent relapse. Developed by leading scientist-practitioners, and solidly grounded in current psychological research, the approach integrates cognitive therapy principles and practice into a mindfulness framework.

Hbk 350pp 9781572307063 A\$92 NZ\$116 2001 Guilford Publications Inc

### Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life

Marylene Cloitre, Lisa R Cohen and Karestan C Koenen

Meeting a key need, this book presents a modular adult psychotherapy approach grounded in extensive clinical experience and research. Provided is a flexible, empirically supported framework for helping clients manage symptoms related to past physical or sexual abuse; build emotion regulation and interpersonal skills; and process traumatic memories and their associated feelings of fear, shame, and loss. Session-by-session guidelines include many suggestions for tailoring interventions to each person's needs in the context of a safe, supportive therapeutic environment.



Hbk 337pp 9781593853129 A\$79 NZ\$99 2006 Guilford Publications Inc

### Mindfulness and the Therapeutic Relationship

Steven F Hick and Thomas Bien

A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present. Leading proponents of different treatment approaches - including behavioural, psychodynamic, and family systems perspectives - illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client.

Hbk 236pp 9781593858209 A\$69 NZ\$88 2008 Guilford Publications Inc

### Mindfulness and Acceptance-Based Behavioral Therapies in Practice

Lizabeth Roemer and Susan M Orsillo

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioural practice. The authors interweave elements of

acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behaviour therapy.

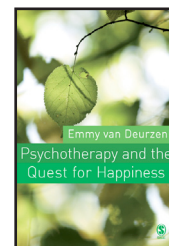
Hbk 252pp 9781593859978 A\$69 NZ\$88 2008 Guilford Publications Inc

### Psychotherapy and the Quest for Happiness

Emmy van Deurzen

In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counsellors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life. *Psychotherapy and the Quest for Happiness* seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness.

Pbk 200pp 9780761944119 A\$64 NZ\$79 2008 Sage Publications Ltd



### Family Therapy: A Constructive Framework

Roger Lowe

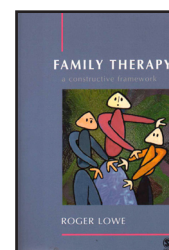
*Family Therapy: A Constructive Framework*

is the first book to integrate skills from solution-focused, narrative and conversational therapies and adapt them to the specific challenges of working with families. Roger Lowe introduces practitioners to an approach built on a strengths-based philosophy and focused on enhancing family resilience and competence in a time-effective yet comprehensive way.

Pbk 224pp 9780761943037 A\$58.95 NZ\$75 2004 Sage Publications Ltd



OZ Author



### The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness (Incl CD-ROM)

J Mark G Williams, John D Teasdale, Zindel V Segal, and Jon Kabat-Zinn

*The Mindful Way through Depression* draws on the collective wisdom of four internationally renowned mindfulness experts, including bestselling author Jon Kabat-Zinn, to provide effective relief from the most prevalent psychological disorder. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of depression.

Pbk 270pp 9781593851286 A\$37.95 NZ\$48.95 2007 Guilford Publications Inc



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