Anger Management

Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management
Kate Collins-Donnelly
Pbk | 176pp | 9781849054935 | 21/08/2014 | RRP (inc GST) | A$29.99 | NZ$37.99
Jessica Kingsley Publishers

Help children to understand and manage their anger with this fun and imaginative workbook. Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and colouring, drawing, and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.

Anxiety

Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids
Cathy Creswell, Monika Parkinson, Kerstin Thrillwall and Lucy Willetts
The Guilford Press

Parents can play a strong role in helping their children overcome anxiety disorders—given the right tools. This innovative, research-based book shows clinicians how to teach parents cognitive-behavioral therapy (CBT) techniques to use with their 5- to 12-year-old. Session-by-session guidelines are provided for giving parents the skills to promote children’s flexible thinking and independent problem solving, help them face specific fears, and tackle accompanying difficulties.

The CBT Art Workbook for Coping with Anxiety
Jennifer Guest
Pbk | 176pp | 9781787750128 | 18/07/2019 | RRP (inc GST) | A$37.99 | NZ$44.99
Jessica Kingsley Publishers

Using the principles of CBT, these 150 information pages and worksheets help adults to understand and manage symptoms of anxiety. The activities follow the framework of a typical CBT course: how it works, looking at the nature of the anxiety, linking thoughts, feelings, behaviour and physiology cycles, exploring different levels of thinking and beliefs, and identifying goals and future planning. Suitable for adults in individual or group work, this is an excellent resource to use as a standalone resource or in conjunction with professional therapy to deal with...

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People
Kate Collins-Donnelly
Pbk | 168pp | 9781849053419 | 15/01/2013 | RRP (inc GST) | A$29.99 | NZ$34.99
Jessica Kingsley Publishers

Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlins in order to manage their anxiety. Age 10+.
This step-by-step manual explains how to adapt CBT (Cognitive Behaviour Therapy) approaches to OCD (Obsessive Compulsive Disorder) for individuals on the autism spectrum. It outlines the rationale for the need to adapt treatment for the autism population, and includes detailed guidance on each phase of the approach. It explains assessment of OCD in autism, the links between the two conditions and difficulties in identifying aspects of OCD in autistic people.

The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth, genuineness and empathy in order to foster a collaborative relationship. This does not reflect the different approaches needed to establish a therapeutic partnership. This book takes a client group and disorder approach with chapters split into four sections: General issues; Specific disorders; Working with specific client group; Interpersonal considerations in particular delivery situations.

Now revised and expanded with over 50% new material, this definitive clinical reference is the text of choice for graduate-level courses in evidence-based psychotherapy. Foremost authorities describe the conceptual and scientific foundations of cognitive-behavioral therapy (CBT) and provide a framework for assessment and case formulation. Major approaches are reviewed in detail, including emotion centered problem-solving therapy, rational emotive behavior therapy, cognitive therapy, schema therapy, mindfulness- and acceptance-based therapies.

This workbook incorporates the best and most effective Cognitive Behavior Therapy (CBT) techniques and tips for the treatment of Obsessive Compulsive Disorder (OCD) especially in children and young adults. Research indicates that CBT with Exposure and Response Prevention (ERP) works best in treating OCD. This workbook describes a CBT programme for children and young adolescents who have OCD. It is best suited for those who have been diagnosed with OCD, and are intending to commence treatment with a CBT Therapist. Age 7-18

Obsessive-compulsive disorder (OCD) affects approximately one in a hundred young people, and often makes it difficult to lead happy and productive lives. This manual from the distinguished Maudsley hospital guides therapists through the process of treating young people with the disorder and supporting patients and their families. Designed to be used in conjunction with the complementary workbook OCD - Tools to Help You Fight Back!
Structured as a flexible 14-session programme, this workbook is intended to be used in conjunction with the clinical manual for this title, *OCD - Tools to Help Young People Fight Back*. It sets out an evidence-based treatment for young people with OCD using Cognitive Behavioural Therapy and Exposure and Response Prevention techniques. Designed to be employed in a clinical setting, it uses simple diagrams and illustrations to explain ways to cope with OCD thoughts and behaviours, and provides activities for use both within sessions and at home.

Offering vital tools for working with 4 to 18 year-olds in a wide range of settings, this book presents engaging cognitive-behavioral therapy (CBT) activities that can be implemented rapidly and flexibly. Concise chapters guide the provider to quickly identify meaningful points of intervention for frequently encountered clinical concerns, and to teach and model effective strategies. Each intervention includes a summary of the target age, module, purpose, rationale, materials needed, and expected time for completion, as well as clear instructions and sample

Using creative therapy techniques developed through years of working with young children, this activity book will be an invaluable resource for professionals working with children aged 6-11. Unique drawing exercises develop confidence, encourage self awareness and help open up conversations where children are struggling to verbalise their thoughts or emotions. In this interactive book, 50 illustrated, entertaining characters help children explore and process their emotions.

This engaging book—now revised and updated—has helped tens of thousands of students and novice cognitive behavioral therapy (CBT) practitioners build skills and confidence for real-world clinical practice. Hands-on guidance is provided for developing strong therapeutic relationships and navigating each stage of treatment; vivid case material illustrates what CBT looks like in action.

This is the essential book for any health professionals whose role incorporates low intensity CBT. It introduces readers to the principles and skills of cognitive behaviour therapy, and guides them through the entire process of working with adult patients with common mental health problems. Beginning at the initial assessment, it takes students through the implementation of interventions to the management of ending. Detailed case studies illustrate each step of patients’ recovery journeys.
Treating OCD in Children and Adolescents: A Cognitive-Behavioral Approach

Martin E Franklin, Jennifer B Freeman and John S March

Hbk | 308pp | 9781462538034 | 1/01/2019 | RRP (inc GST) A$69 | NZ$82
The Guilford Press

From foremost experts, this authoritative work offers a framework for helping children overcome obsessive-compulsive disorder (OCD) using the proven techniques of cognitive-behavioral therapy (CBT). Therapists gain knowledge and tools to engage 6- to 18-year-olds and their parents and implement individualized CBT interventions, with a focus on exposure and response prevention. In a user-friendly, conversational style, the authors provide real-world clinical guidance illustrated with vivid case examples.

Culturally Responsive Cognitive Behavior Therapy: Practice and Supervision 2ed

Gayle Iwamasa and Pamela Hays

Pbk | 348pp | 9781433830167 | 23/10/2018 | RRP (inc GST) A$97 | NZ$114
American Psychological Association

This volume shows mental health providers how to integrate cultural factors into cognitive behavior therapy (CBT). Contributing authors describe the application of CBT with clients of diverse cultures and discuss how therapists can refine CBT to increase its effectiveness with clients from a variety of cultural backgrounds. They examine the unique characteristics of, and the use of CBT with, various racial, ethnic, and religious minority groups.

Exploring Depression, and Beating the Blues

Tony Attwood and Michelle Garnett

Pbk | 272pp | 9781849055024 | 1/09/2016 | RRP (inc GST) A$37.99 | NZ$44.99
Jessica Kingsley Publishers

For people with ASDs, depression is common, and has particular features and causes. This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by depression. With ready-to-use, photocopiable activities and clinician’s notes, this manual for professionals provides a complete 10-session CBT programme to be used with young people with autism spectrum disorder affected by depression.

CBT for Depression: An Integrated Approach

Stephen Barton and Peter Armstrong

Pbk | 312pp | 9781526402745 | 10/11/2018 | RRP (inc GST) A$69 | NZ$83
SAGE Publications Ltd

This book introduces an approach to CBT for depression that integrates cognitive-behavioural models, evidence and therapies. Rooted in evidence-based practice and practically focused, it draws on components of first, second and third-wave CBT to help readers tailor therapy to the needs of individual clients.

Starving the Depression Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Depression for Young People

Kate Collins-Donnelly

Pbk | 256pp | 9781849056939 | 21/07/2019 | RRP (inc GST) A$36.99 | NZ$43.99
Jessica Kingsley Publishers

Have you met the depression gremlin? He’s a troublesome creature who likes nothing more than to feed off your low mood. And the more he devours, the bigger he gets and the more sadness you feel. But never fear - starve him of depression-related thoughts, feelings and behaviours and watch him shrink and shrivel away! This engaging and accessible workbook helps young people aged 10+ to understand their feelings by explaining what depression is.
Chain Analysis in Dialectical Behavior Therapy
Shireen L. Rizvi
Pbk | 186pp | 9781462538904 | 21/03/2019 | RRP (inc GST) A$56.99 | NZ$67
The Guilford Press

Filled with detailed clinical examples, this book expertly breaks down the process of behavioral chain analysis - the critical foundation for assessment and problem solving in dialectical behavior therapy (DBT). Experienced DBT clinician and trainer Shireen L. Rizvi provides knowledge and skills for conducting chains effectively and overcoming obstacles. She presents guiding principles, questions to ask, strategies for engaging clients and addressing difficult-to-assess problems, and ways to avoid common mistakes.

DBT® Skills Manual for Adolescents
Jill H Rathus and Alec L Miller
Pbk | 392pp | 9781462515356 | 20/11/2014 | RRP (inc GST) A$98 | NZ$115
The Guilford Press

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioural problems of any level of severity. Clinicians are guided step-by-step to teach teens and parents five sets of skills: Mindfulness; Distress Tolerance; Walking the Middle Path (a family-based module developed by the authors specifically for teens); Emotion Regulation; and Interpersonal Effectiveness.

DBT® Skills Training Handouts and Worksheets 2ed
Marsha M Linehan
Sbp | 422pp | 9781572307810 | 21/10/2014 | RRP (inc GST) A$76 | NZ$89
The Guilford Press

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients in dialectical behaviour therapy (DBT) skills training groups or individual therapy. All of the handouts and worksheets discussed in Marsha M Linehan's DBT Skills Training Manual 2ed are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems.

DBT® Teams: Development and Practice
Jennifer H. R. Says and Marsha M. Linehan
Pbk | 228pp | 9781462539819 | 16/07/2019 | RRP (inc GST) A$57.99 | NZ$69
The Guilford Press

The treatment team is an essential component of dialectical behavior therapy (DBT). This much-needed resource from Jennifer H. R. Says and DBT originator Marsha M. Linehan explains how DBT teams work, ways in which they differ from traditional consultation teams, and how to establish an effective team culture. The book addresses the role of the DBT team leader; the structure of meetings; the use of DBT strategies within teams; identifying and resolving common team problems; and important functions before, during, and after suicide crises.

DBT® Skills Training Manual 2ed
Marsha M Linehan
Pbk | 504pp | 9781462516995 | 20/10/2014 | RRP (inc GST) A$113 | NZ$134
The Guilford Press

A comprehensive resource providing tools for implementing DBT skills training. The teaching notes and reproducible handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting individuals with a wide range of problems to DBT and teaching them mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills.
### Introduction to CBT

**Learning Cognitive-Behavior Therapy: An Illustrated Guide 2ed**  
Jesse Wright, Gregory Brown, Michael Thase and Monica Basco  
Pbk | 339pp | 9781615370184 | 1/05/2017 | RRP (inc GST) | A$159 | NZ$186  
American Psychiatric Association Publishing  
*Your Special Price*  
A$127.2  

Building on its successful “read-see-do” approach, this second edition of *Learning Cognitive-Behavioral Therapy: An Illustrated Guide* seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method. Opening with an overview of core cognitive-behavior therapy (CBT) theories and techniques, leading CBT practitioners then describe and demonstrate how to build effective...

### Cognitive Behavior Therapy: Basics and Beyond 2ed

**Judith S Beck**  
Hbk | 391pp | 9781609185046 | 13/07/2011 | RRP (inc GST) | A$109 | NZ$128  
The Guilford Press  
*Your Special Price*  
A$87.2  

The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behaviour therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioural, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse.

### Introduction to Cognitive Behaviour Therapy: Skills and Applications 3ed

**Helen Kennerley, Joan Kirk and David Westbrook**  
Pbk | 512pp | 9781473962583 | 30/11/2016 | RRP (inc GST) | A$82 | NZ$98  
SAGE Publications Ltd  
*Your Special Price*  
A$65.6  

*An Introduction to Cognitive Behaviour Therapy* is the bestselling and definitive guide to the basic theory, skills and applications of cognitive behaviour therapy. In this eagerly-awaited third edition, the authors set out the core concepts and generic skills of CBT, including case formulation; the therapeutic relationship; and cognitive, behavioural and physiological therapeutic strategies. The new edition has been fully updated to reflect recent developments in CBT theory, and includes more in-depth material on working with diversity.

### Motivational Interviewing

**Motivational Interviewing: Helping People Change 3ed**  
William Miller and Stephen Rollnick  
Hbk | 482pp | 9781609182274 | 7/09/2012 | RRP (inc GST) | A$127 | NZ$149  
The Guilford Press  
*Your Special Price*  
A$101.6  

This bestselling work for professionals and students is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI--engaging, focusing, evoking, and planning--and vividly demonstrates what they look like in action.

### Personal Development

**The Mental Health and Wellbeing Workout for Teens: Skills and Exercises from ACT and CBT for Healthy Thinking**  
Paula Nagel  
Pbk | 160pp | 9781785923944 | 21/03/2019 | RRP (inc GST) | A$29.99 | NZ$34.99  
Jessica Kingsley Publishers  
*Your Special Price*  
A$23.99  

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing. Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Age 12-18
Stand Up to OCD!: A CBT Self-Help Guide and Workbook for Teens
Kelly Wood and Douglas Fletcher
Pbk | 164pp | 9781785928352 | 21/06/2019 | RRP (inc GST) A$32.99 | NZ$37.99
Jessica Kingsley Publishers

This illustrated CBT self-help guide and workbook is ideal for young people with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book. Colour illustrations throughout.

Rational Emotive Behavior Therapy 2ed
Albert Ellis and Debbie Joffe Ellis
Pbk | 194pp | 9781433830327 | 26/03/2019 | RRP (inc GST) A$76 | NZ$89
American Psychological Association

Created in the 1950s by the legendary Albert Ellis, rational emotive behavior therapy (REBT) teaches clients to challenge their irrational thinking. REBT is based on the simple idea that it is not external circumstances that make a person happy or unhappy, but rather internal thoughts about events or oneself. Thinking, feeling, and behavior are seen as linked and influencing one another. Because changing one’s thinking is usually the simplest tactic in a given situation, it tends to be the focus of therapy, alongside the humanistic core REBT philosophies of unconditional self-

Working With Emotion in Psychodynamic, Cognitive Behavior, and Emotion-Focused Psychotherapy
Leslie S. Greenberg, Norka Malberg and Michael A. Tompkins
Pbk | 198pp | 9781433830341 | 12/03/2019 | RRP (inc GST) A$103 | NZ$119
American Psychological Association

The authors of this volume investigate the role of emotion in the development and maintenance of psychological problems, and in effecting psychological change. They examine emotion as it is conceptualized and used in three of the most widely practiced approaches today—psychodynamic, cognitive behavior, and emotion-focused psychotherapy. In each chapter, the authors discuss the impact of emotion on child development and learning, the relationship between emotion and motivation, and the ways in which emotion can be harnessed in treatment to