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## Counselling

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## ACCEPTANCE AND COMMITMENT THERAPY

### Acceptance and Commitment Therapy: The Process and Practice of Mindful Change 2ed

Steven C Hayes, Kirk D Strosahl and Kelly G Wilson

NEW

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT - from conceptual and empirical foundations to clinical techniques - written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout.

COURSE USE: May serve as a text in graduate-level psychotherapy courses.

Hbk 402pp 9781609189624 A\$63 NZ\$89 2011.10 Guilford Publications Inc

### Essentials of Acceptance and Commitment Therapy

Sonja Batten

This practical, easy-to-use book introduces the theory and practice of Acceptance and Commitment Therapy (ACT), a key contextual third wave CBT approach. The book takes the reader through the therapeutic stages from start to end, showing how to use acceptance and mindfulness together with commitment and behaviour change strategies to improve mental health. This is a uniquely concise and clear introduction that does not require prior knowledge of the approach.

COURSE USE: Suitable for rehabilitation counselling.

Pbk 136pp 9781849201681 A\$43.95 NZ\$61 2011.03 Sage Publications Ltd

## ADDICTION

### Clinical Textbook of Addictive Disorders 3ed

Richard J Frances, Sheldon Irvin Miller and Avram H Mack

This authoritative work comprehensively examines all aspects of addictive disorders and their treatment. Leading researchers and practitioners identify best practices in assessment and diagnosis and provide tools for working with users of specific substances. Issues in working with particular populations - including polysubstance abusers, culturally diverse patients, women, and older adults - are addressed, and widely used psychosocial and pharmacological treatment approaches are reviewed. An indispensable text for anyone studying or treating these prevalent, challenging disorders, the book describes ways to tailor interventions to each patient's needs while delivering compassionate, evidence-based care.

COURSE USE: Suitable for courses in addiction psychiatry and substance abuse counselling.

Pbk 684pp 9781609182052 A\$68 NZ\$96 2011.01 Guilford Publications Inc

### Counselling for Alcohol Problems 3ed

Richard Velleman

*Counselling for Alcohol Problems*, third edition, is a practical and bestselling guide to working with people who have problems with their use of alcohol. It is the key book recommended by most alcohol counselling courses in the UK, including the Scottish national alcohol counsellors training scheme. The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual, attempting to understand and therefore enable the client to understand, what they are doing and why.

Pbk 208pp 9781848601505 A\$53.95 NZ\$74 2011.02 Sage Publications Ltd

## AGEING AND DEMENTIA

### Transforming Dementia through Therapeutic Thematic Arts Programming: A New Psychology of Art, Brain, and Cognition

Linda Levine Madori

NEW

Participation in the creative arts has been shown to promote cell growth that enhances the brain's ability to learn and recall new information, create new ideas, and make new connections. Using 12 separate forms of creative expression - ranging from sculpture and painting to physical movement and mental imagery - TTAP builds on themes in an integrative way that helps each individual with dementia draw upon memories, feelings, and intellectual reserves that promote positive self-regard and active social participation. Sample activity protocols guide you through the process of engagement to help you quickly master the steps.

By blending the principles of art and therapeutic recreation with the latest findings in brain research, *Transforming Dementia through Therapeutic Thematic Arts Programming* presents an exciting new psychological taxonomy that captures the dynamic interplay between brain functioning and expressive and emotional stimulation.

Pbk 256pp 9781932529722 A\$59.95 NZ\$84 2011.08 Health Professions Press

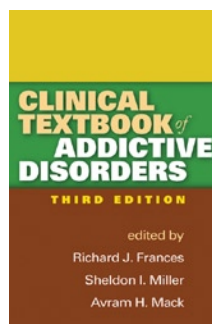
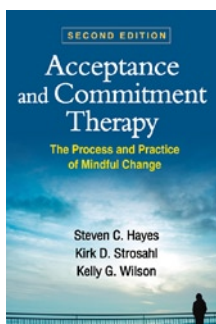
### Counselling Older People with Alcohol Problems

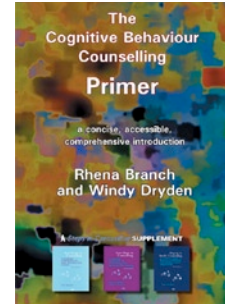
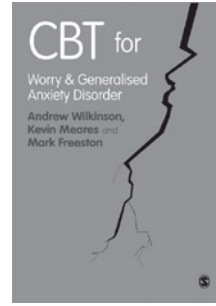
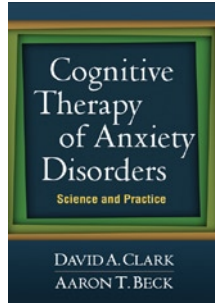
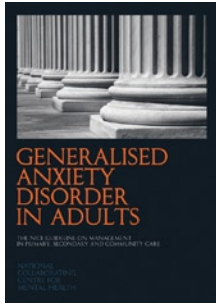
Mike Fox and Lesley Wilson

Alcohol misuse is becoming an increasingly significant issue for people aged 55 and over, and providing effective counselling services to this growing client group requires a unique and specialised approach. This practical guide explores the factors that differentiate older drinkers and introduces an innovative person-centred model that will help counsellors and other healthcare professionals to give older people with alcohol problems the support they need.

COURSE USE: This book will prove an invaluable resource for trainee courses in clinical psychology, social work, occupational therapy and community psychiatric nursing.

Pbk 224pp 9781849051170 A\$36.95 NZ\$49.95 2011.01 Jessica Kingsley Publishers





## ANXIETY

### Generalised Anxiety Disorder in Adults: The NICE Guideline on Management in Primary, Secondary and Community Care (Plus CD-ROM)

National Collaborating Centre for Mental Health (section of the Royal College of Psychiatrists)

NEW

This guideline reviews the evidence for both low- and high-intensity psychological interventions and drug treatments, and also gives an insight into the experience of care of people with GAD, which is a common mental health problem and often co-occurs with other anxiety and depressive disorders. The book contains the full guidelines that cannot be obtained in print anywhere else. It brings together all of the evidence that led to the recommendations made, detailed explanations of the methodology behind their preparation, plus an overview of the condition covering detection, diagnosis and assessment, and the full range of treatment and care approaches.

Pbk 400pp 9781904671428 A\$98 NZ\$137 2011.08 Royal College of Psychiatrists

### Cognitive Therapy of Anxiety Disorders: Science and Practice

David A Clark and Aaron T Beck

NEW

Updating and reformulating Aaron T Beck's pioneering cognitive model of anxiety disorders, this book is both authoritative and highly practical. The authors synthesise the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioural intervention. They provide evidence-based mini-manuals for treating the five most common anxiety disorders: panic disorder, social phobia, generalised anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder.

COURSE USE: Suitable as a text in graduate-level CBT and psychotherapy courses.

Pbk 628pp 9781609189921 A\$53.95 NZ\$77 2011.08 Guilford Publications Inc

## COGNITIVE BEHAVIOUR THERAPY

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

Judith S Beck

NEW

The leading text for students 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 conceptualisation, plan treatment, and structure sessions effectively. Core cognitive, behavioural, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools, including the Cognitive Therapy Rating Scale and other therapist and client materials, can be downloaded and printed in a convenient A4 size.

COURSE USE: Suitable as a text in graduate-level CBT and psychotherapy courses.

Hbk 391pp 9781609185046 A\$69 NZ\$97 2011.07 Guilford Publications Inc

### CBT for Worry and Generalised Anxiety Disorder

Andrew Wilkinson, Kevin Meares and Mark Freeston

Bridging the gap between theory and practice, this practical introduction helps trainees use cognitive behavioural therapy to assess and treat generalised anxiety disorder (GAD), one of the most commonly presented client issues. Taking the reader step-by-step through each stage of CBT with anxiety and worry, the authors illustrate the whole range of different treatment techniques whilst keeping the book accessible and concise.

COURSE USE: Suitable for courses on CBT and postgraduate counselling, psychotherapy and clinical psychology courses.

Pbk 160pp 9781849203340 A\$46.95 NZ\$65 2011.03 Sage Publications Ltd

### The Cognitive Behaviour Primer: a concise, accessible, comprehensive introduction

Rhena Branch and Windy Dryden

This series presents unparalleled, comprehensive descriptions of key counselling approaches in the twenty-first century. Ideal for students requiring a theory bridge between introductory, intermediate and diploma courses or focused input for comparative essays and integrative theory assignments. Individual volumes are perfect supplements to the Steps in Counselling series as students progress in their training.

Pbk 122pp 9781898059868 A\$28.95 NZ\$39.95 2008 PCCS Books

### Metacognitive Therapy for Anxiety and Depression

Adrian Wells

This groundbreaking book explains the "whats" and "how-tos" of metacognitive therapy (MCT), an innovative form of cognitive-behavioural therapy with a growing empirical evidence base. MCT developer Adrian Wells shows that much psychological distress results from how a person responds to negative thoughts and beliefs - for example, by ruminating or worrying - rather than the content of those thoughts. He presents practical techniques and specific protocols for addressing metacognitive processes to effectively treat generalised anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and major depression.

COURSE USE: May serve as a text in graduate-level psychotherapy courses and in psychiatric residency programs.

Pbk 316pp 9781609184964 A\$35.95 NZ\$51.95 2011.05 Guilford Publications Inc

### CBT for Personality Disorders

Henck van Bilsen and Brian Thomson

This key new text on CBT for personality disorders offers a unique trainee guide to this complex area. The book provides a practical, hands-on overview of the treatment strategies for working with personality disorders, linking these with the theory of both cognitive and behavioural approaches. Covering the full range of personality disorders, this is the most rounded and introductory guide yet.

COURSE USE: Suitable for courses on Cognitive Behaviour Therapy (CBT).

Pbk 168pp 9781849202947 A\$46.95 NZ\$65 2011.03 Sage Publications Ltd

**Cognitive Therapy in a Nutshell 2ed**

Michael Neenan and Windy Dryden

A concise introduction to one of the most widely-practised approaches to counselling and psychotherapy. Leading authors, Michael Neenan and Windy Dryden, explain the model and the core techniques used during the therapeutic process to elicit and examine negative automatic thoughts, uncover and explore underlying assumptions as well as rules and core beliefs (schemas), and maintain gains from therapy.

Pbk 128pp 9780857023384 A\$29.95 NZ\$39.95 2010 Sage Publications Ltd

**Cognitive Behavioural Counselling in Action 2ed**

Peter Trower, Jason Jones, Windy Dryden and Andrew Casey

This best-selling, eminently practical, evidence-based guide to the cognitive-behavioural approach to counselling has now been substantially revised and updated to reflect current theoretical and practical developments in the CBT field. The second edition contains an expanded Basic Guide to Cognitive Behavioural Counselling which takes the practitioner, step-by-step, through the actual process of counselling, from initial contact with a client to the termination of counselling. The guide follows a skills-based format, and uses carefully-chosen case studies and illustrative dialogue to take each task in sequential order, providing a briefing on each task along with the practical steps needed to effect its implementation.

COURSE USE: Suitable for trainee and practicing counsellors and psychotherapists and all other helping professions interested in implementing a cognitive behavioural approach.

Pbk 296pp 9781849201940 A\$52.95 NZ\$74 2010 Sage Publications Ltd

**An Introduction to Cognitive Behaviour Therapy: Skills and Applications 2ed**

David Westbrook, Helen Kennerley and Joan Kirk

In this eagerly-awaited second 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. Practical illustrations of how these techniques can be applied to the most common mental health problems ensure that theory translates into real-life practice.

COURSE USE: This fully updated introduction remains the key textbook for those coming to CBT for the first time.

**ANC** ANCILLARY MATERIAL: A companion website featuring streamed extracts from video role-plays will be available to book purchasers, illustrating some of the key strategies described in the book. This material has been selected from the Oxford Cognitive Therapy Centre's pioneering online training materials, and book buyers will be able to purchase discounted access to the full versions of these and other OCTC Online training modules.

Pbk 448pp 9781848606876 A\$59.95 NZ\$85 2011.03 Sage Publications Ltd

**Psychodynamic Counselling in a Nutshell 2ed**

Susan Howard

*Psychodynamic Counselling in a Nutshell* explains in clear, jargon-free style, the concepts at the heart of the psychodynamic approach, and drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces the history of the approach, the key main concepts, and the practical techniques used by practitioners. This new and revised edition also now includes new material on supervision and ethics, on Freud and Jung, and on outcome research and the most recent developments in the field.

COURSE USE: Suitable for students reading about the psychodynamic approach for the first time.

Pbk 120pp 9781849207461 A\$29.95 NZ\$43.95 2011.02 Sage Publications Ltd

**Strength-Centered Counseling: Integrating Postmodern Approaches and Skills with Practice**

Collin C Ward and Teri Reuter

This text provides a framework for the synthesis of postmodern theories of counselling. The cutting-edge Strength Centred Counselling model can be incorporated effectively with the more traditional models of counselling, resolving the ambiguity about how postmodernism fits into every day practice and results in more direct application of knowledge and skill sets for training in counsellor education.

COURSE USE: Suitable for counselling theories and counselling skills related courses in counselling, psychology, and related fields.

**ANC** ANCILLARY MATERIAL: Companion website for instructors and study site for students.

Pbk 216pp 9781412973298 A\$55.95 NZ\$77 2010 Sage Publications Inc

**The Essential Counselor: Process, Skills, and Techniques 2ed**

NEW

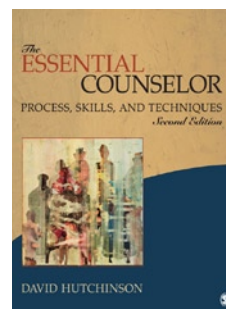
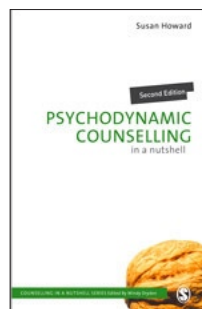
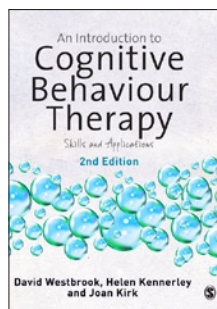
David Hutchinson

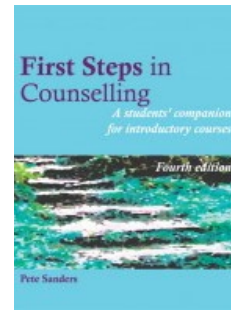
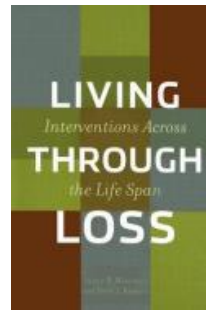
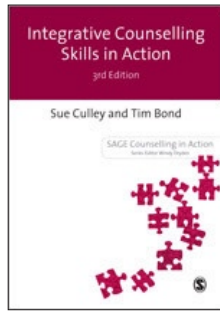
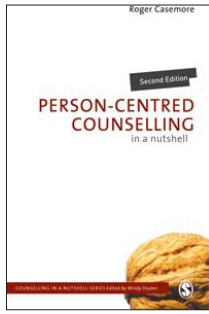
The Second Edition of *The Essential Counselor* is a practical and inspirational text. With a warm and passionate writing style, David Hutchinson demonstrates the process of becoming a counsellor and developing key skills from start to finish. The author gains credibility through his real world examples and reflection activities, helping students feel less intimidated. The book covers all the key counselling skills learned in a skills/methods course, including skills for engaging a client, tools for engagement, lab practice activities, listening skills, developing empathy, and more advanced skills such as assessment, goal setting, and action planning.

COURSE USE: Suitable for Assessment in Counselling and Counselling Interventions courses.

**ANC** ANCILLARY MATERIAL: An accompanying DVD that demonstrates skills used with six different client groups.

Pbk 464pp 9781452205021 A\$109 NZ\$152 2011.11 Sage Publications Inc





## Person-Centred Counselling in a Nutshell 2ed

Roger Casemore

*Person-Centred Counselling in a Nutshell* is a short, accessible guide to one of the most popular approaches to counselling. Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main principles of the person-centred approach, using the core therapeutic conditions:- Congruence, Unconditional Regard, and Empathy.

COURSE USE: Provides a concise introduction to the theory and practice of person-centred counselling.

Pbk 144pp 9781849207355 A\$29.95 NZ\$39.95 2011.02 Sage Publications Ltd

## Integrative Counselling Skills in Action 3ed

Sue Culley and Tim Bond

*Integrative Counselling Skills in Action, third edition*, is a bestselling introduction to the core counselling skills. It takes you step-by-step through the skills and strategies needed at each stage of the counselling process - beginning, middle and end - using illustrative case examples and providing practical checklists and summaries. *Integrative Counselling Skills in Action* is used by many thousands of students who need guidance on using counselling skills in a variety of helping settings.

Pbk 224pp 9781848601529 A\$51.95 NZ\$72 2011.03 Sage Publications Ltd

## Living Through Loss: Interventions Across the Life Span

Nancy R Hooyman and Betty J Kramer

Nancy R Hooyman and Betty J Kramer's *Living Through Loss* is the first book to identify the many ways in which people experience loss over the course of life and to discuss the interventions most effective at each stage of life. They approach loss from the perspective of the resilience model, which acknowledges the capacity of people to integrate loss into their lives, and write sensitively about the role of age, race, culture, sexual orientation, gender, and spirituality in a person's response to loss. The book begins with a concise introduction to current theories of loss and the concepts and goals that underlie the resilience model. The heart of the book follows - paired chapters that pinpoint the intersection of loss and a particular stage of life, along with evidence-based interventions appropriate to that period of life and congruent with a strengths perspective, from childhood to old age.

COURSE USE: It is intended for undergraduate students, social workers, and other health and human service professionals who seek a definitive, single-source reference.

Pbk 480pp 9780231122474 A\$47.95 NZ\$68 2008 Columbia University Press

## COUNSELLING - INTRODUCTORY

### Basic Counselling Skills: A Helper's Manual 3ed

Richard Nelson-Jones

NEW

From leading skills expert Richard Nelson-Jones, this third edition remains the most accessible and practical introduction to the basic counselling skills essential for the helping professions. Steeped in vivid case examples, experimental activities and therapeutic dialogue, this book provides a thorough, step-by-step guide to the subject, working through each stage of the helping process.

COURSE USE: Accessible, practical and concise, this bestselling book also discusses ethical issues and dilemmas, multicultural and gender aware helping, providing a master class for anyone using counselling skills in the course of their work.

Pbk 208pp 9780857024176 A\$53.95 NZ\$74 2011.11 Sage Publications Ltd

### Becoming a Counsellor: A Student Companion

Kirsten Amis

*Becoming a Counsellor* is a one-stop reference book for all new counselling trainees. Whether starting out on an introductory course or tackling a postgraduate diploma, this book will make the journey to professional qualification that little bit easier. It addresses the complexities and challenges of counselling training by confronting and unpicking the many potentially daunting issues and questions faced by students throughout their training.

COURSE USE: This engaging, straightforward introduction to counselling will be an essential companion for students new to counselling.

Pbk 248pp 9781848608825 A\$43.95 NZ\$62 2011.03 Sage Publications Ltd

### First Steps in Counselling: A Students' Companion for Introductory Courses 4ed

Pete Sanders

With over 100,000 copies sold, *First Steps in Counselling* remains the text of choice for both students and tutors participating in introductory courses. Setting the standard for approachable entry-level books, the 4th revised edition provides an absolutely up-to-date text for today's students, covering theory, personal development and building helping skills.

Pbk 204pp 9781906254414 A\$43.95 NZ\$61 2011.06 PCCS Books

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## Theory and Practice of Counselling and Therapy 5ed

Richard Nelson-Jones

OZ

This comprehensive and accessible book has been substantially revised and updated, and now includes two brand new chapters on solution-focused therapy and narrative therapy by Alasdair Macdonald and Martin Payne. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions.

**COURSE USE:** Suitable for undergraduate and postgraduate students on all counselling and psychotherapy courses. Also suitable for students of allied health, mental health, nursing and social work courses taking introductory modules on Counselling.

Pbk 512pp 9781849204033 A\$65 NZ\$92 2010 Sage Publications Ltd

## Developing Your Counselling and Psychotherapy Skills and Practice

Ladislav Timulak

This book offers a helping hand to trainees wishing to make the transition to the next level in their counselling and psychotherapy training. With wide-ranging content closely aligned to actual practice, this intermediate level text covers the research-informed skills, interventions, processes and issues that students need to know once they've covered the basics.

**COURSE USE:** Suitable for postgraduates on counselling and psychotherapy diplomas and masters courses.

Pbk 248pp 9781848606241 A\$47.95 NZ\$67 2010 Sage Publications Ltd

## Theories of Counseling and Psychotherapy: A Multicultural Perspective 7ed

Allen E Ivey, Michael J D'Andrea and Mary Ivey

*Theories of Counseling and Psychotherapy* provides future mental health practitioners with a solid foundation in the theoretical concepts of the major theories of counselling and psychotherapy, enabling them to take these theories directly into clinical practice and to assist them in examining present-day counselling and therapy from a practical culture-centred perspective while simultaneously respecting traditional individual approaches to the field. The book is unique among other texts in that it fully integrates neuroscience and a multicultural approach, which is demonstrated throughout every chapter and reflects the need for mental health practitioners to have a heightened level of cultural competence and understanding of neuroscience in the future.

**COURSE USE:** Suitable for Marriage and Family Counselling and Theories of Counselling courses.

ANC

**ANCILLARY MATERIAL:** Companion website for instructors and study site for students.

Hbk 776pp 9781412987233 A\$134 NZ\$188 2011.06 Sage Publications Inc

## The Trainee Handbook: A Guide for Counselling and Psychotherapy Trainees 3ed

Robert Bor and Mary Watts

Written by a team of leading trainers, practitioners and supervisors, this bestselling book provides all the help and advice you'll need as you start and progress through your training in counselling and psychotherapy. It will also be an essential resource as you go on to take your first steps into therapeutic practice. The book identifies and guides you through the practical skills and knowledge you'll need to make a success of your training - from writing essays, through case formulation, and on to preparing for your first meeting with a client. A further important function of the book is to address and allay the concerns which are common to all students.

**COURSE USE:** This book will be an invaluable companion and source of information and guidance for all trainees in counselling, psychotherapy, and counselling psychology.

Pbk 400pp 9781849206266 A\$68 NZ\$95 2010 Sage Publications Ltd

## Understanding Counselling and Psychotherapy

Meg Barker, Andreas Vossler and Darren Langridge

*Understanding Counselling and Psychotherapy* focuses on common problems such as anxiety and depression, exploring how different therapeutic approaches understand and work with them. Counselling and psychotherapy are considered within the wider context of their history and the mental health systems in which they are often located. In addition to this, the book introduces key aspects of the theory and practice of counselling and psychotherapy, and the increasing relevance of research in this area. This accessible and stimulating text uses innovative activities and case illustrations to demonstrate how people experience common problems, and how counsellors and psychotherapists work with these.

Pbk 320pp 9781849204767 A\$53.95 NZ\$75 2010 Sage Publications Ltd

## Six Key Approaches to Counselling and Therapy 2ed

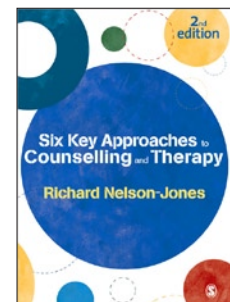
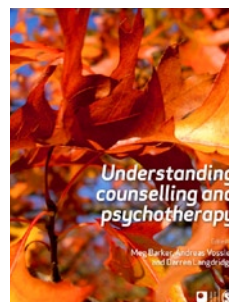
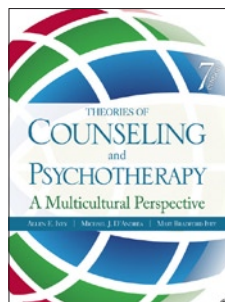
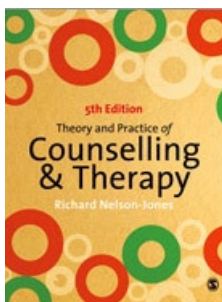
Richard Nelson-Jones

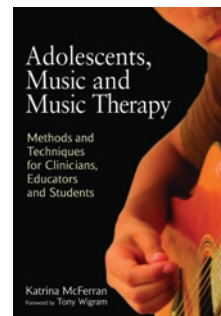
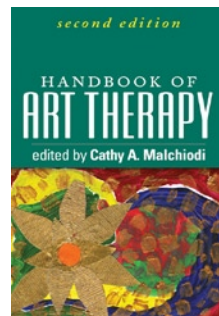
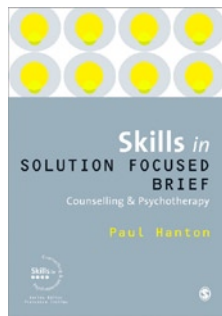
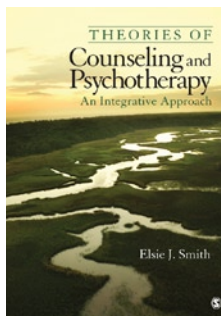
OZ

This updated and revised new edition of *Six Key Approaches to Counselling and Therapy* provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading.

**COURSE USE:** This excellent textbook is a vital resource for students on introductory courses.

Pbk 216pp 9780857024008 A\$47.95 NZ\$67 2010 Sage Publications Ltd





## Theories of Counseling and Psychotherapy: An Integrative Approach

Elsie J Smith

This text offers an extensive array of theories, including all the mainstream approaches as well as contemporary ones such as narrative, feminist, and postmodern. The author provides an integrative framework that allows students to assess the various theories with respect to possible clinical application. By comparing and contrasting the theories, as well as analysing strengths and weaknesses of each, students will learn to apply them more flexibly in practice. The book is divided into four major theoretical forces in psychotherapy and introductory sections are provided to help students place a particular theory within a major theoretical period. The four theoretical forces discussed are: (1) psychoanalytical and psychodynamic; (2) behavioural and cognitive school(s); (3) existentialism and humanism; and (4) social constructivism school of psychotherapy. The author discusses social constructivism and then describes at least five theoretical approaches within this theoretical force - solution-focused therapy, narrative therapy, strengths-based therapy, and so on.

COURSE USE: Suitable for Theories of Counselling courses.

**ANC** ANCILLARY MATERIAL: Companion website for instructors and study site for students.  
Hbk 696pp 9781412910040 A\$138 NZ\$193 2011.05 Sage Publications Inc

## The Personal Development Group: The Student's Guide

Chris Rose

The personal development group is a feature of many counselling and psychotherapy trainings. How does it facilitate personal development? Could it be more effective? Looking from the perspective of the student, this book offers an insight into the workings of the group and the communications that take place within it. The complex relationship between group and individual is explored in the wider context of culture and society. Through examples and exercises, readers can learn about themselves as they learn about the group processes that they are experiencing.

Pbk 164pp 9781855755352 A\$37.95 NZ\$49.95 2008 Karnac Books Ltd

## Skills in Solution Focused Brief Counselling and Psychotherapy

Paul Hanton

In recent years solution focused brief therapy (SFBT) has emerged as the therapy of choice for many health and social care professionals. Its simplicity and brevity means it is effective, economical and adaptable across many settings, and it also has a strong evidence base. As part of the bestselling SAGE Skills in Counselling and Psychotherapy series, this book is one of the first to focus specifically on SFBT skills and practice. Aimed at those new to the approach and as a refresher to those that have started using SFBT, it covers the key techniques and interventions. Structured step-by-step along the lines of an actual therapy session, the book can be dipped into or read cover-to-cover.

COURSE USE: Supported by case studies, therapeutic dialogue, hints and tips, exercises and points for reflection, the book is an ideal companion for any counselling, health or social care trainee.  
Pbk 152pp 9781849206228 A\$44.95 NZ\$62 2011.04 Sage Publications Ltd

## Integrative Counselling and Psychotherapy: A Relational Approach

Ariana Faris and Els van Ooijen

NEW

This is an accessible and user friendly guide to the theory and practice of relational counselling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counselling and psychotherapy modalities: humanistic, psychodynamic and Cognitive-behavioural including mindfulness and compassion based approaches.

COURSE USE: Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base of students.

Pbk 208pp 9780857021274 A\$87 NZ\$121 2011.10 Sage Publications Ltd

## CREATIVE THERAPY

### Handbook of Art Therapy 2ed

Cathy A Malchiodi

NEW

Widely regarded as the standard reference in the field, this handbook provides a complete overview of art therapy, from theory and research to practical applications. Leading practitioners demonstrate the nuts and bolts of arts-based intervention with children, adults, families, couples, and groups dealing with a wide range of clinical issues. Rich with illustrative case material, the volume features over 100 sample drawings and other artwork.

COURSE USE: Serves as a text in art therapy courses.

Hbk 496pp 9781609189754 A\$89 NZ\$126 2011.11 Guilford Publications Inc

### Adolescents, Music and Music Therapy: Methods and Techniques for Clinicians, Educators and Students

Katrina McFerran

OZ

When guided effectively, the relationship between adolescents and music can offer powerful opportunities for expression and release. This book provides music therapists with the complete 'how to' of working with teenage clients. Helpful and accessible, the book explains the methodology used in music therapy, a topic that has been considered only briefly until now. The author presents an empowering approach to practice, discussing how the therapist can be placed in a collaborative relationship with the individual or with the group.

Pbk 304pp 9781849050197 A\$42.95 NZ\$59.95 2010 Jessica Kingsley Publishers

## FAMILY THERAPY

### Family Therapy: A Constructive Framework

Roger Lowe

OZ

*Family Therapy* introduces the principles of using a constructive and collaborative approach with families. The approach builds on a strengths-based philosophy and focuses on enhancing family resilience and competence in a way that is both time-efficient and comprehensive. It brings together skills from contemporary models such as solution-focused, narrative and conversational therapies and adapts them to the specific challenges of working with family relationships.

Pbk 224pp 9780761943037 A\$49.95 NZ\$69 2004 Sage Publications Ltd

## MENTAL HEALTH

### A Straight-Talking Introduction to Psychological Treatments for Mental Health Problems

David Pilgrim

Psychological treatments is shorthand for a range of interventions, which are called 'talking treatment', 'psychological therapy', 'counselling' or 'psychotherapy'. In this compact book, David Pilgrim explores the origins, trustworthiness and usefulness of these interventions and concludes with a comprehensive glossary describing over 20 different approaches to psychotherapy. The challenging content and accessible style ensure that students of mental health services will be both informed and stimulated.

Pbk 220pp 9781906254162 A\$24.95 NZ\$33.95 2009 PCCS Books

## PSYCHOANALYSIS

### A Short Introduction to Psychoanalysis 2ed

Jane Milton, Caroline Polmear and Julia Fabricius

*A Short Introduction to Psychoanalysis* offers a user-friendly introduction to arguably the most misunderstood of all the psychological therapies. This fully updated and revised second edition explains what psychoanalysis really is and provides the reader with an overview of its basic concepts, historical development, critiques and research base. Demonstrating the far reaching influence of psychoanalysis, the authors - all practicing psychoanalysts - describe how its concepts have been applied beyond the consulting room and examine its place within the spectrum of other psychological theories. The text is enlivened by numerous clinical examples.

COURSE USE: This down-to-earth guide provides the ideal 'way-in' to the subject for new trainees.

Pbk 224pp 9780857020598 A\$49.95 NZ\$69 2011.03 Sage Publications Ltd

## PSYCHOTHERAPY

### An Introduction to Transactional Analysis: Helping People Change

Phil Lapworth and Charlotte Sills

NEW

This thoroughly revised edition of *Transactional Analysis Counselling* introduces the theory and practice of TA - which integrates cognitive behavioural and psychodynamic theories within a humanistic philosophy - from a unique relational perspective. While most TA books focus on one field, this approach demonstrates the benefits of TA across a wide variety of helping settings, business and management, education and coaching as well as counselling. Case studies from a variety of contexts bring TA to life for trainees in any of these disciplines, and the accessible, engaging writing style makes difficult concepts understandable for undergraduates and postgraduates alike.

COURSE USE: This book is an essential companion for those embarking on specialist TA courses or studying TA as part of wider training.

Pbk 224pp 9780857029089 A\$47.95 NZ\$66 2011.09 Sage Publications Ltd

### Attachment in Psychotherapy

David J Wallin

This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalised secure base for which their early relationships provided no foundation.

COURSE USE: May serve as a supplemental text in graduate-level courses in attachment theory or attachment-based psychotherapy.

Hbk 366pp 9781593854560 A\$69 NZ\$98 2007 Guilford Publications Inc

### The Pocket Guide to Therapy: A 'How to' of the Core Models

Stephen Weatherhead and Graeme Jones

NEW

Trainees in all mental health professions need basic knowledge of the key therapeutic approaches in counselling and psychotherapy. *The Pocket Guide to Therapy* is therefore the essential companion, placing specific emphasis on practical application to guide the reader in the 'how to' of conducting each therapeutic model. Written in language familiar to first-year trainees and using a range of features to enhance learning, this pocket guide is ideal for those embarking on mental health training across counselling, psychotherapy, psychology, health, nursing and social work.

Pbk 280pp 9780857024930 A\$52.95 NZ\$74 2011.11 Sage Publications Ltd

### Emotion Regulation in Psychotherapy: A Practitioner's Guide

Robert L Leahy, Dennis Tirsch and Lisa A Napolitano

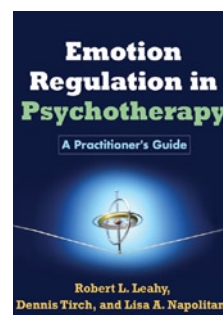
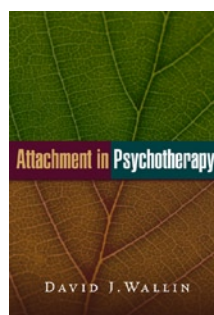
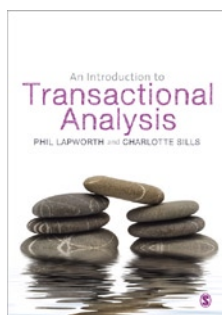
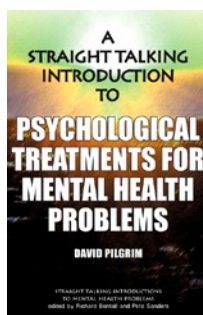
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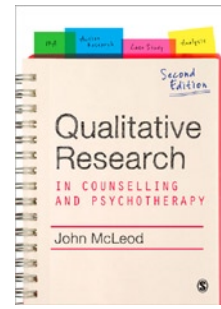
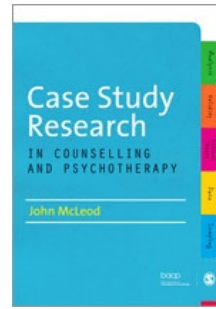
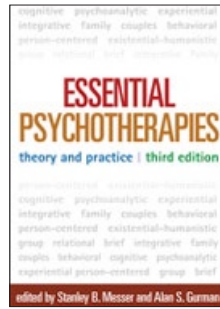
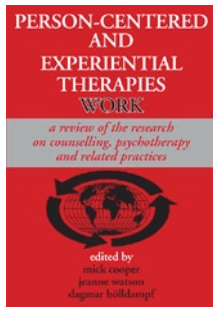
Highly practical and accessible, this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences. The book presents a menu of effective intervention options - including schema modification, stress management, acceptance, mindfulness, self-compassion, cognitive restructuring, and other techniques - and describes how to select the best ones for particular patients or situations. Provided are sample questions to pose to patients, specific interventions to use, suggested homework assignments, illustrative examples and sample dialogues, and troubleshooting tips. In a large-size format for easy photocopying, the volume is packed with over 65 reproducible handouts and forms.

COURSE USE: May serve as a text in graduate-level psychotherapy courses.

Pbk 304pp 9781609184834 A\$54.95 NZ\$77 2011.08 Guilford Publications Inc

 Guilford Press





## Person-Centred and Experiential Therapies Work

Mick Cooper, Jeanne Waston and Dagmar Hölldampf

*Person-Centred and Experiential Therapies Work* provides a comprehensive, systematic and accessible review of the evidence-base for the approach and the methods and measures by which it can be evaluated. It gives clear evidence for the effectiveness of person-centred and experiential therapies, and is an essential resource for students and practitioners who want to know more about the empirical support for their work, and to promote it with confidence.

Pbk 220pp 9781906254254 A\$49.95 NZ\$69 2010 PCCS Books

## Essential Psychotherapies: Theory and Practice 3ed

Stanley B Messer and Alan S Gurman

The leading survey text for basic psychotherapy courses, this book offers authoritative, engaging presentations of the 12 most important forms of psychotherapy practiced today. Prominent experts cover traditional treatments as well as influential models that have been developed relatively recently, giving students and practitioners a solid grasp of foundational theories, techniques, and research. Each chapter follows a common set of organisational guidelines; features illustrative vignettes and a full case example; and concludes with readings and resources to guide further study.

Hbk 516pp 9781609181970 A\$103 NZ\$143 2011.05 Guilford Publications Inc

## RATIONAL EMOTIVE BEHAVIOUR THERAPY

### Rational Emotive Behaviour Therapy in a Nutshell 2ed

Michael Neenan and Windy Dryden

*Rational Emotive Behaviour Therapy in a Nutshell* provides a concise overview of a popular therapeutic approach, starting with the ABCDE Model of Emotional Disturbance and Change. Written by leading REBT specialists, Michael Neenan and Windy Dryden, the book goes on to explain the core of the therapeutic process.

COURSE USE: For anyone reading about the REBT approach for the first time on undergraduate, postgraduate, certificate, diploma or foundation courses in counselling and counselling skills

Pbk 120pp 9780857023322 A\$33.95 NZ\$45.95 2010 Sage Publications Ltd

### Rational Emotive Behavior Therapy

Albert Ellis and Debbie Joffe Ellis

*Rational Emotive Behavior Therapy* provides an introduction to the theory, history, research, and practice of this influential approach. In this essential primer, amply illustrated with case examples featuring diverse clients, Ellis and Joffe Ellis present and explore this influential, practical, and compassionate approach, its theory, history, therapy process, primary change mechanisms, and the empirical basis for its effectiveness.

COURSE USE: Suitable for graduate students studying theories of therapy and counselling.

Pbk 160pp 9781433809613 A\$38.95 NZ\$53.95 2011.02 American Psychological Assoc

## RESEARCH

### Case Study Research in Counselling and Psychotherapy

John McLeod

Case-based knowledge forms an essential element of the evidence base for counselling and psychotherapy practice. This book provides the reader with a unique introduction to the conceptual and practical tools required to conduct high quality case study research that is grounded in their own therapy practice or training. Drawing on real-life cases at the heart of counselling and psychotherapy practice, John McLeod makes complex debates and concepts engaging and accessible for the trainees and practitioners at all levels, and from all theoretical orientations.

COURSE USE: All trainees in counselling, psychotherapy and clinical psychology are required to complete case reports, and this is the only textbook to cover the topic in real depth.

Pbk 272pp 9781849208055 A\$49.95 NZ\$71 2010 Sage Publications Ltd

### Qualitative Research in Counselling and Psychotherapy 2ed

John McLeod

The need to show how and why counselling works has led to an explosion of research activity, and a growing focus on research in counselling and psychotherapy teaching and practice. Yet this book, even now in its second edition, stands alone in addressing qualitative research in therapy. Leading expert John McLeod helps readers through each stage of the research process, explaining techniques for gathering data, writing up the study and evaluating the findings. Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses. Examples from actual research studies are given to show how the methods work in practice. This new edition incorporates developments in qualitative research over the last ten years and includes eight new chapters.

Pbk 352pp 9781849200622 A\$57.95 NZ\$82 2011.03 Sage Publications Ltd



## SCHOOL COUNSELLING

### Counseling Children and Adolescents in Schools

Robyn Hess, Sandy Magnuson and Linda Beeler

*Counseling Children and Adolescents in Schools* is a text and workbook designed to help aspiring school psychologists and counsellors gain the necessary theoretical background and skill set to work effectively with youth in schools. The dual focus on school counsellors and school psychologists provides students a broader view of the different mental health professionals in the schools, with an emphasis on collaboration. This interdisciplinary text can be used across pre-practica, practica, and other school-based field experiences.

COURSE USE: Suitable for Child Welfare, Counselling Skills, and Child and Adolescent Counselling courses.

Pbk 320pp 9781412990875 A\$84 NZ\$116 2011.12 Sage Publications Inc

### Counseling Children and Adolescents in Schools: Practice and Application Guide

Sandy Magnuson, Robyn Hess and Linda Beeler

Pbk 144pp 9781412990882 A\$41.95 NZ\$56.95 2011.12 Sage Publications Inc

### Counseling Children and Adolescents in Schools (Package of Bk 9781412990875 and Workbook 9781412990882)

Sandy Magnuson, Robyn Hess and Linda Beeler

Pbk 464pp 9781452216805 A\$100 NZ\$135 6/12/2011 Sage Publications Inc

NEW

NEW

## SOLUTION FOCUSED THERAPY

### Solution Focused Therapy for the Helping Professions

Barry Winbolt

Solution Focused Brief Therapy (SFBT) is an effective goal-focused therapeutic approach that involves working in partnership with the client, and empowers them by focusing on their strengths and achievements, the present and future, rather than examining their inner world and past events. Drawing on over 20 years' of experience advising and training people in the caring professions, Barry Winbolt explains the basic steps involved in the SFBT approach and covers the organising principles, the main tools and how to become comfortable using them.

Pbk 176pp 9781843109709 A\$33.95 NZ\$46.95 2010 Jessica Kingsley Publishers

### Solution-Focused Therapy 2ed

Alasdair Macdonald

This second edition of *Solution-focused Therapy* remains the most accessible yet comprehensive case-based introduction to the history, theory, research and practice of solution-focused therapy (SFT) within mental health care and beyond.

COURSE USE: This highly practical guide should be on the desk of every student or trainee.

Pbk 256pp 9780857028907 A\$49.95 NZ\$69 2011.08 Sage Publications Ltd

## TRAUMA

### 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 post-traumatic 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. This book describes assessment approaches and specific interventions not only for the cognitive and emotional processing of trauma memories, but also for the treatment of problems related to affect dysregulation, identity/self-disturbance, cognitive distortions, negative relational schema, and avoidance responses such as substance abuse, dissociation, and tension-reduction behaviour.

COURSE USE: Suitable for courses on Aggression and Violence and Violence/Abuse.

Pbk 312pp 9780761929215 A\$78 NZ\$107 2006 Sage Publications Inc

## SOCIAL WORK

### Counselling Skills for Social Work 2ed

Lisa Miller

This new edition of *Counselling Skills for Social Work* argues that good counselling skills are at the heart of effective social work practice. Building on the success of the first edition, this core textbook brings a range of therapeutic models, with their theoretical underpinnings and skills, directly into a social work context. By looking at how the underlying theory can be applied to professional practice, chapters identify the key skills which can be employed for the most effective social work intervention.

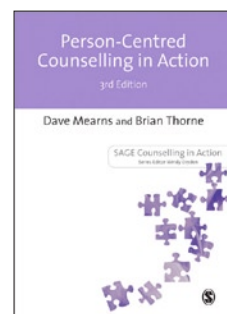
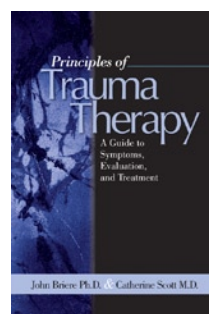
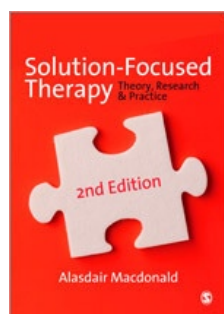
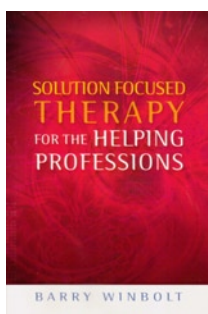
COURSE USE: Written in a lively and engaging style this updated new edition will be an invaluable text for undergraduate students in social work.

Pbk 224pp 9780857028594 A\$53.95 NZ\$75 2011.12 Sage Publications Ltd

NEW



Jessica Kingsley Publishers



ISBN	Title	Author	Pub Date	Aus RRP\$ (Inc GST)	NZ RRP\$ (Inc GST)	Binding	
9780761949695	Developing Person-Centred Counselling 2ed	MEARNS	2002.11	\$49.95	\$69.00	Pbk	
9781606232996	Building Motivational Interviewing Skills: A Practitioner Workbook	ROSENGREN	2009.07	\$57.95	\$79.00	Pbk	
9781847873392	Introduction to Counselling Skills: Text and Activities 3ed	NELSON-JONES	2008.11	\$53.95	\$75.00	Pbk	OZ
9781847873453	Pluralistic Counselling and Psychotherapy	COOPER	2010.11	\$51.95	\$72.00	Pbk	
9781847875518	Relationship Counselling for Children, Young People and Families	GELDARD	2008.12	\$56.95	\$78.00	Pbk	OZ
9781847875624	Practical Interventions for Young People at Risk	GELDARD	2009.07	\$44.95	\$59.95	Pbk	OZ
9781847876041	Youth Work Ethics	SERCOMBE	2010.01	\$41.95	\$58.95	Pbk	
9781412948340	Counselling Children: A Practical Introduction 3ed	GELDARD	2007.12	\$53.95	\$75.00	Pbk	OZ
9781433804519	Helping Skills: Facilitating Exploration, Insight, and Action 3ed	HILL	2009.04	\$94.00	\$129.00	Hbk	ANC
9781606235683	Collaborative Brief Therapy with Children	SELEKMAN	2010.04	\$55.95	\$78.00	Hbk	
9781593851392	Mindfulness and Psychotherapy	GERMER	2005.03	\$64.00	\$89.00	Hbk	
9780761941088	Doing Counselling Research 2ed	MCLEOD	2003.05	\$57.95	\$79.00	Pbk	
9781412949903	Applied Helping Skills: Transforming Lives	BREW	2007.12	\$109.00	\$149.00	Pbk	ANC
9780761961185	Skills in Person-Centred Counselling and Psychotherapy	TOLAN	2003.02	\$49.95	\$73.00	Pbk	
9780857021151	Counselling in a Nutshell 2ed	DRYDEN	2010.12	\$29.95	\$39.95	Pbk	
9781412902397	Standards and Ethics for Counselling in Action 3ed	BOND	2009.11	\$58.95	\$82.00	Pbk	
9781412920131	Narrative Therapy 2ed	PAYNE	2006.02	\$55.95	\$77.00	Pbk	
9781412926218	Narrative Counseling in Schools: Powerful and Brief 2ed	WINSLADE	2006.12	\$49.95	\$68.00	Pbk	
9781412928205	Strengths-Based Counseling with At-Risk Youth	UNGAR	2006.03	\$39.95	\$57.95	Pbk	
9781412928557	Person-Centred Counselling in Action 3ed	MEARNS	2007.05	\$54.95	\$75.00	Pbk	
9781412929851	Solution-Focused Groupwork 2ed	SHARRY	2007.10	\$53.95	\$74.00	Pbk	
9781412946544	Skills in Psychodynamic Counselling and Psychotherapy	HOWARD	2009.10	\$46.95	\$65.00	Pbk	
9781412946681	Working with Loss and Grief: A New Model for Practitioners	MACHIN	2008.12	\$49.95	\$69.00	Pbk	
9781412947800	Skills in Existential Counselling and Psychotherapy	VAN DEURZEN	2010.11	\$44.95	\$62.00	Pbk	
9781412949224	Counseling Skills for Teachers 2ed	KOTTLER	2006.11	\$45.95	\$63.00	Pbk	
9781848606432	Counselling Adolescents: The Proactive Approach for Young People 3ed	GELDARD	2009.10	\$53.95	\$75.00	Pbk	OZ
9781843104131	Receptive Methods in Music Therapy	GROCKE	2006.12	\$39.95	\$54.95	Pbk	OZ
9781606230398	Treating Complex Traumatic Stress Disorders: An Evidence-Based Guide	COURTOIS	2009.02	\$85.00	\$119.00	Hbk	
9781412903882	Practical Counselling and Helping Skills: Text and Activities for the Lifeskills Counselling Model 5ed	NELSON-JONES	2005.05	\$65.00	\$89.00	Pbk	OZ

