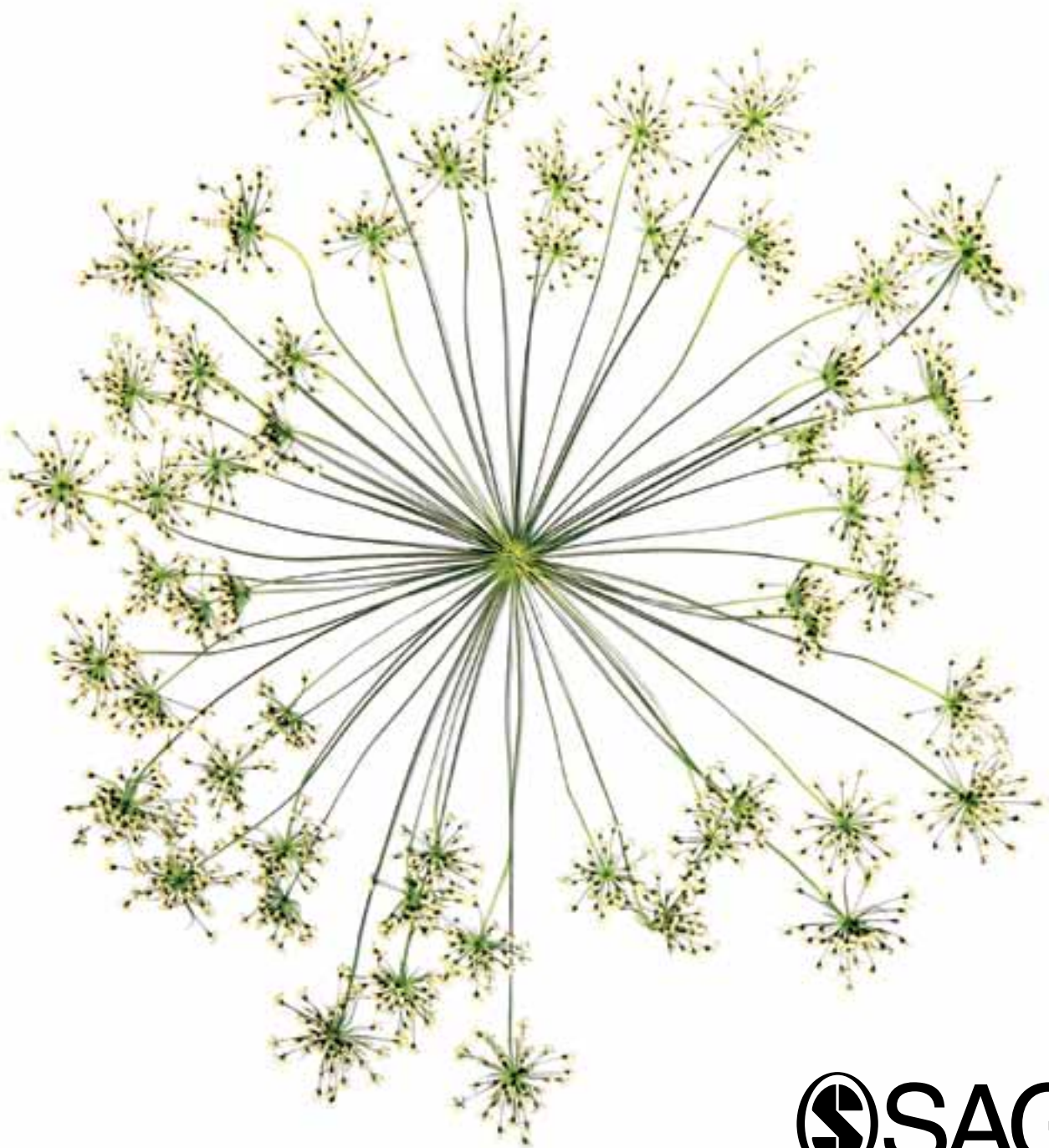


Counselling & Psychotherapy

Books, Journals &
Textbooks Catalogue

2012



 **SAGE**

Welcome...

Welcome to the 2012 SAGE Counselling & Psychotherapy catalogue, in which you'll find information on the latest textbooks, handbooks and journals to support you in your learning, teaching, research and practice.

First and foremost, I'm excited to announce the forthcoming publication of Andrew Reeves' *An Introduction to Counselling and Psychotherapy* - the definitive introduction for professional trainees. The book takes the reader through the entire therapeutic process, introducing the theory and applying it to actual practice. This engaging, accessible book represents a benchmark in understanding and applying the principles and practice of counselling and psychotherapy.

In January SAGE published the third edition of *The SAGE Handbook of Counselling and Psychotherapy*, paving the way for new editions of *Skills in Person-centred Counselling & Psychotherapy* and Brian Thorne's *Carl Rogers*, and brand new course texts like *Reflective Writing in Counselling & Psychotherapy* and *The Student Guide to Counselling & Psychotherapy Approaches*.

It is not possible to list every title in this catalogue, so to find out more about our publishing or to see the full list, visit www.sagepub.co.uk/counselling. If you have any questions about this catalogue, or publishing ideas to discuss, we would be delighted to hear from you.

Alice Oven, Commissioning Editor • alice.oven@sagepub.co.uk

Key titles



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NEW!

AN INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY

From Theory to Practice

Andrew Reeves *University of Liverpool Counselling Service*

This book represents a benchmark in understanding and applying the principles and practice of counselling and psychotherapy. It takes professional trainees through the entire therapeutic process, introducing the theory and applying it to real-life practice.

Drawing on years of experience as a counselling practitioner and researcher, Andrew Reeves provides a uniquely practical consideration of counselling and psychotherapy theory, linked to the development of appropriate skills and located within the context of therapeutic practice today. Engagingly and accessibly written, the book is packed with learning features including a glossary, chapter summaries, discussion points, indicated further reading and skills practice sections. Case scenarios and detailed vignettes illustrate key ideas in action, including several repeating cases used throughout the book to provide comparison between modalities or contexts.

CONTENTS

Introduction to Counselling and Psychotherapy: From Theory to Practice \ PART ONE: SETTING THE CONTEXT \ Becoming a Counsellor or Psychotherapist: The Training Journey \ Principal Counselling and Psychotherapy Approaches and Skills \ Professional Settings and Organisations \ Law, Policy, Values and Ethics \ PART TWO: THE THERAPEUTIC RELATIONSHIP \ Clients and Presenting Issues \ Managing Aspects of the Therapeutic Relationship \ Challenges in the Therapeutic Relationship \ Working with Diversity and Difference \ PART THREE : THE PROFESSIONAL SELF \ Managing Professional Responsibilities \ Supervision and Consultation \ Counselling, Psychotherapy and Research \ Endings and the Next Steps

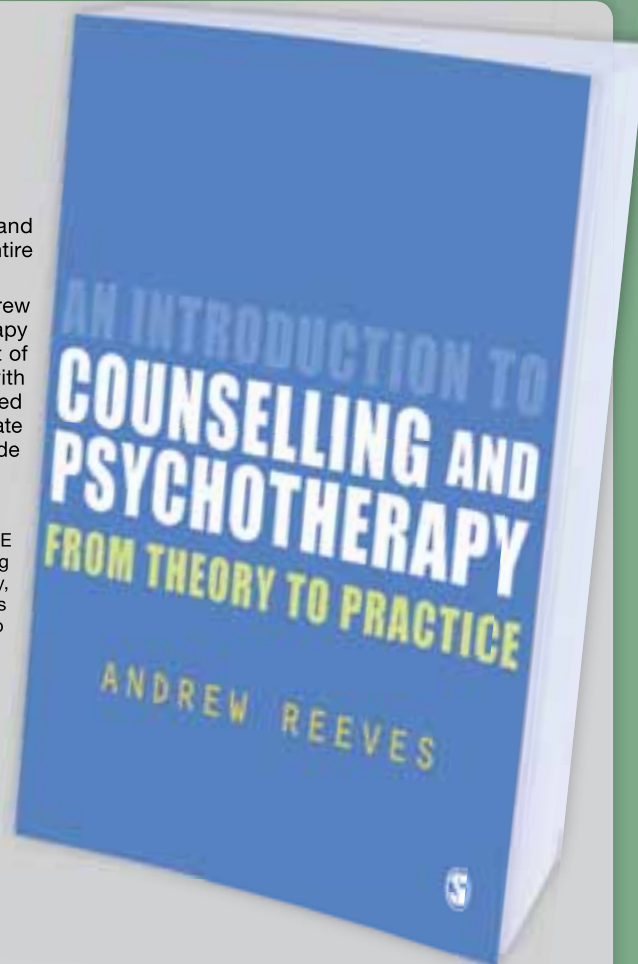
READERSHIP

Counselling trainees

November 2012 • 576 pages

Cloth (978-0-85702-054-3) • £85.00

Paper (978-0-85702-055-0) • £29.99



DR ANDREW REEVES

Dr Andrew Reeves has worked as a counsellor and supervisor in various settings, for over twenty years. Originally qualified as a social worker, he specialised in child protection and adult mental health before moving to working full-time as a counsellor at the University of Liverpool. Following the death by suicide of one of his clients early in his career, he undertook extensive research into ways in which counsellors and psychotherapists work with suicidal clients and he has written extensively about this since. His recent book with SAGE, **Counselling Suicidal Clients** (2010) has quickly become a popular title, as has **Key Issues for Counselling in Action: Second Edition**, which he co-edited with Prof Windy Dryden. His award-winning training DVD, **Tight Ropes and Safety Nets: Counselling Suicidal Clients** (with Jon Shears and Sue Wheeler) is now being used by many therapy training programmes throughout the UK.



His new book, **An Introduction to Counselling and Psychotherapy: From Theory to Practice** (2012) has several aims: to help provide prospective students of counselling and psychotherapy with information to support their training decisions; to help integrate theory into their early steps in working with clients on a practice placement; and to help bridge the move from qualification into practice as a therapist.

He has other new projects in the pipeline, including editing the new series, **Essential Issues for Counselling and Psychotherapy** in which he will be writing the new title, **Working with Risk in Counselling and Psychotherapy**, as well as working with Windy Dryden on the sixth edition of the bestselling SAGE text, **The Handbook of Individual Therapy**.

THE TRAINEE HANDBOOK

A Guide for Counselling & Psychotherapy Trainees

Third Edition

Edited by **Robert Bor** *Royal Free Hospital* and **Mary Watts** *City University*

Now in its **Third Edition**, **The Trainee Handbook** has been fully updated to take account of the significant changes that have taken place in the therapy professions over the last few years.

It now includes new and important chapters on:

- the dynamics and practicalities of facilitating client referral
- the processes involved in assessing a client's mental state
- useful tips and hints from former trainees.

ABRIDGED CONTENTS

Setting the Scene \ Mapping Training Routes into Working as a Therapist \ Effective Essay Writing \ Handling and Processing a Referral \ Assessing a Client's Mental State \ The First Session with a New Client: Five Stages \ Constructing Stories about Clients' Needs: Developing Skills in Formulation \ Written Communication and Counselling \ How to Write a Client Case Study \ How to Write a Process Report \ Supervision: Making It Work for You \ What Do I Do if...? Questions Commonly Asked by Trainees \ The Clinical Placement in Mental-Health Training \ Guidelines for Professional Practice \ Getting the Most out of Personal Therapy \ Psychopharmacology: A Primer \ Planning, Conducting and Writing up Research \ A Trainee's Perspective \ Student Top Tips \ Preparing for a Job \ Looking to the Future

READERSHIP

Trainee students on counselling, psychotherapy and counselling psychology courses; also a useful reference text for practitioners in these fields



2010 • 400 pages

Cloth (978-1-84920-625-9) • £90.00

Paper (978-1-84920-626-6) • £29.99



DRYDEN'S HANDBOOK OF INDIVIDUAL THERAPY

Fifth Edition

Edited by **Windy Dryden**
Goldsmiths, University of London



An important book, not to be missed by any serious counselling student or practitioner

- *British Journal of Guidance and Counselling*



The updated **Fifth Edition** of this classic text presents a comprehensive overview of the key approaches to individual therapy practice, including three new chapters on narrative therapy, solution-focused therapy, and integrative and eclectic approaches.

Written by experts in their own therapeutic fields, the book introduces the principles and methods of individual therapy concisely and accessibly. Following a clearly defined structure, each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice. Each form of therapy is described in terms of: its historical context; the main theoretical assumptions; the mode of practice; which clients will benefit most; and the general strengths and limitations of the approach.

ABRIDGED CONTENTS

The Cultural Context of British Psychotherapy \ Psychodynamic Therapy: The Freudian Approach \ Psychodynamic Therapy: The Kleinian Approach \ Psychodynamic Therapy: The Jungian Approach \ Adlerian Therapy \ Person-Centred Therapy \ Personal Construct Theory \ Existential Therapy \ Gestalt Therapy \ Transactional Analysis \ Cognitive Analytic Therapy \ Cognitive Therapy \ Behaviour Therapy \ Rational Emotive Behaviour Therapy \ Solution-Focused Therapy \ Narrative Therapy \ Integrative and Eclectic Approaches \ Methods, Outcomes and Processes in the Psychological Therapies across Four Successive Research Generations \ The Training and Supervision of Individual Therapists

READERSHIP

Trainees in counselling, psychotherapy, counselling psychology, nursing, social work and education; also practising professionals



2007 • 584 pages

Cloth (978-1-4129-2237-1) • £99.00

Paper (978-1-4129-2238-8) • £31.99

THE COMPLETE HANDBOOK OF COACHING

Edited by **Elaine Cox**, **Tatiana Bachkirova** both at *Oxford Brookes University* and **David Clutterbuck** *Clutterbuck Associates*



Easy to understand and read, the **Handbook** provides a comprehensive coverage of the key areas in coaching and is a good introduction to the subject matter. As a single reference it sets the standard for its breadth of coverage of the field of coaching

- *Dr Caroline Horner, Director, I-Coach Academy*

This comprehensive guide to coaching explores a full variety of coaching theories, approaches and settings, and offers strategies for the reader to identify and develop a personal style of coaching. Written by leading international authors, each chapter makes explicit links between theory and practice, and generic questions facilitate further reflection on the topic. There are also suggestions for further reading and short case studies.

ABRIDGED CONTENTS

INTRODUCTION \ PART ONE: THEORETICAL PERSPECTIVES \ PART TWO: CONTEXTS AND GENRES \ PART THREE: PROFESSIONAL PRACTICE ISSUES \ CONCLUSION

READERSHIP

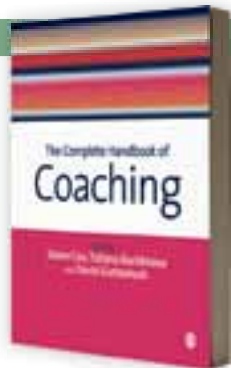
Postgraduate students taking coaching and mentoring courses, counselling professionals looking to adapt their skills in a coaching environment, and business and management students focusing on coaching and leadership



2009 • 464 pages

Cloth (978-1-84787-542-6) • £87.00

Paper (978-1-84920-288-6) • £28.99



HANDBOOK OF MULTICULTURAL MEASURES

Glenn C Gamst, **Christopher Liang** and **Aghop Der-Karabetian** all at *University of La Verne*

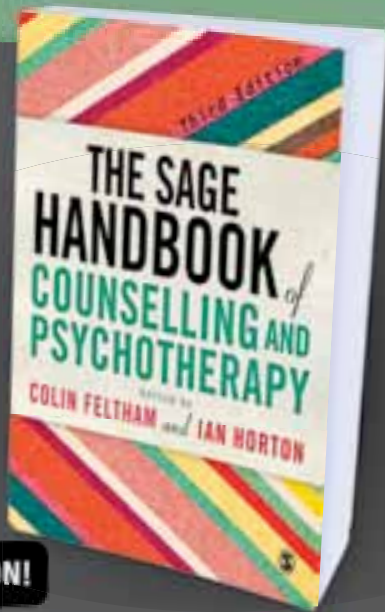
Providing readers with cutting-edge details on multicultural instrumentation, theories and research in the social, behavioural and health-related fields, this **Handbook** offers extensive coverage of empirically-supported multicultural measurement instruments that span a wide variety of subject areas.

2011 • 688 pages

Cloth (978-1-4129-7883-5) • £95.00

SAGE Reference Online (978-1-4129-9675-4)





NEW EDITION!

THE SAGE HANDBOOK OF COUNSELLING AND PSYCHOTHERAPY

Third Edition

Edited by **Colin Feltham** *Sheffield Hallam University* and **Ian Horton** *University of East London*

At about 700 pages and with contributions from more than 100 authors, the editors have shown considerable skill, not to mention application, in sculpting a text that is economically delivered and lucid in its writing

- **Dave Mearns, Professor Emeritus, University of Strathclyde**

The field of counselling and psychotherapy moves on but **The SAGE Handbook of Counselling and Psychotherapy** keeps up!

- **Professor Sue Wheeler, Director of the Doctoral Programme, Institute of Lifelong Learning, University of Leicester**

This book is the definitive text on the theory and practice of counselling and psychotherapy. The editors are to be commended!

- **Professor Robert Bor, Counselling and Health Psychologist, Royal Free Hospital and Co-Director, Dynamic Change Consultants**

This long-awaited **Third Edition** brings together the fundamentals of counselling and psychotherapy theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know, do, think, feel and use in a way that is entirely comprehensive, accessible and jargon-free.

Including new material on interpersonal psychotherapy, cognitive analytic therapy, pluralistic therapy and mindfulness, as well as body psychotherapy, hypnotherapy, Asperger Syndrome, ADHD, and low self-esteem, this book continues to be essential reading for trainees or experienced practitioners alike.

CONTENTS

PART ONE: COUNSELLING AND PSYCHOTHERAPY IN CONTEXT \ PART TWO: SOCIO-CULTURAL PERSPECTIVES \ PART THREE: THERAPEUTIC SKILLS AND CLINICAL PRACTICE \ PART FOUR: PROFESSIONAL ISSUES \ PART FIVE: THEORY AND APPROACHES \ PART SIX: CLIENT PRESENTING PROBLEMS \ PART SEVEN: SPECIALISMS AND MODALITIES

READERSHIP

Counselling and psychotherapy trainees and practitioners



January 2012 • 736 pages
Cloth (978-0-85702-325-4) • £110.00
Paper (978-0-85702-326-1) • £36.99

THEORIES OF COUNSELING AND THERAPY

An Experiential Approach

Second Edition

Jeffrey A Kottler *California State University, Fullerton* and **Marilyn Montgomerys** *Florida International University*

Through a unique approach that makes understanding theories in counselling and psychotherapy stimulating and personally meaningful, this fully updated **Second Edition** helps students comprehend the various and complex theories.



2011 • 440 pages
Paper (978-1-4129-7926-9) • £59.00



THE SAGE HANDBOOK OF ACTION RESEARCH

Participative Inquiry and Practice

Second Edition

Edited by **Peter Reason** *University of Bath* and **Hilary Bradbury** *Oregon Health Sciences University, Portland*

Building on the strength of the seminal first edition, this **Handbook** has been completely updated to bring chapters in line with the latest research approaches in this field of social inquiry.

2007 • 752 pages
Cloth (978-1-4129-2029-2) • £95.00



TALES FROM THE THERAPY ROOM

Shrink-Wrapped

Phil Lapworth *Private Practice*

These engaging, moving, informative, warm and surprising stories convey the key points in counselling and psychotherapy practice. Overall, a beautifully written book that should be a real asset to the counselling and psychotherapy literature

- **Mick Cooper, Professor of Counselling, University of Strathclyde**

These 10 fictional short stories give students a unique insight into what actually goes on in therapy. Exploring aspects of the client-therapist relationship, the reader is given a fly-on-the-wall view of the therapeutic process. Rather than suggesting a 'correct' approach, the stories explore possibilities and provide entertaining, vivid and thought-provoking descriptions of the therapeutic journey.

ABRIDGED CONTENTS

The Stories \ The Carving \ Subterranean \ Holding Boundaries \ Not Playing It by the Book \ In at the Deep End \ High Spirits \ The Audition \ First Nature \ Dream on \ Chance Is a Fine Thing \ Unwrapping through Discussion

READERSHIP

Students on counselling and psychotherapy courses



2011 • 168 pages
Cloth (978-0-85702-494-7) • £50.00
Paper (978-0-85702-495-4) • £14.99



NEW!

THE STUDENT GUIDE TO COUNSELLING & PSYCHOTHERAPY APPROACHES

Adrian Pennington

This pocket guide to modality approaches in counselling and psychotherapy is a one-stop-shop for trainees on introductory counselling courses. It describes 12 models of therapy, as well as introducing the origins of counselling and providing guidance and tips on practical issues like time-keeping, supervision, endings and boundaries. Each short, approach-specific chapter has a consistent structure that allows easy comparison and cross-referencing between the modalities. The chapters cover:

- origins and background
- big names and big ideas
- how the approach works and who it is for
- critical considerations
- identifying features
- reflection and summary
- learning ideas and suggested further reading.

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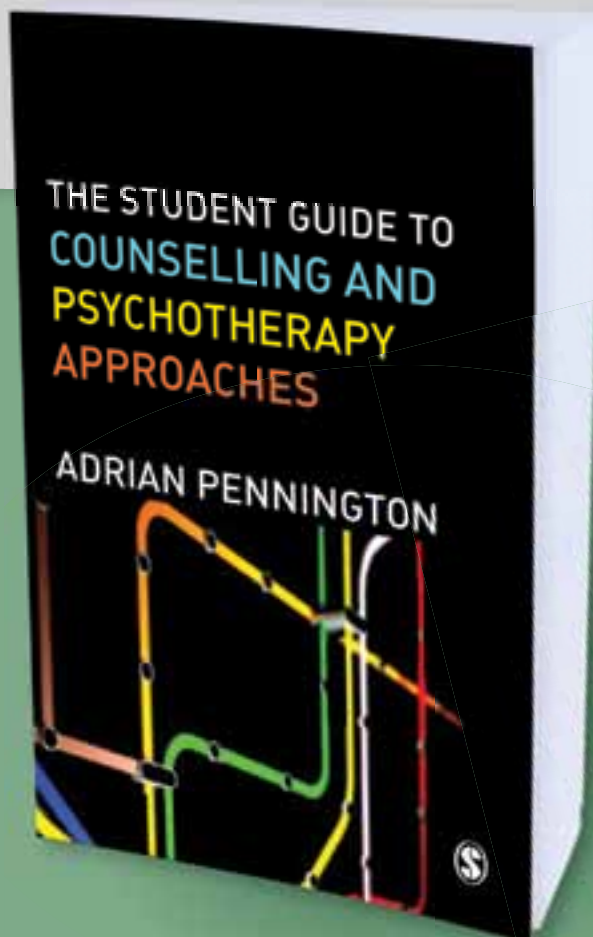
How to Use this Guide \ In the Beginning \ Behaviour Therapy \ Cognitive Analytical Therapy [CAT] \ Cognitive Behaviour Therapy [CBT] \ Cognitive Therapy \ Developmental Counselling \ Existential Counselling \ Gestalt Therapy \ Integrative Counselling \ Psychodynamic Counselling and Psychotherapy \ Rational Emotive Behaviour Therapy [REBT] \ Transactional Analysis [TA] \ At the End \ References \ Index

READERSHIP

An introduction to theory for first-year counselling and psychotherapy trainees; also PGDip counselling trainees on specific modality courses and mental health trainees wanting an overview of different counselling approaches



October 2012 • 128 pages
Cloth (978-1-4462-4867-6) • £55.00
Paper (978-1-4462-4868-3) • £16.99



sample cover

BECOMING A COUNSELLOR

A Student Companion

Kirsten Amis *Anniesland College*



I wish I had read this book during my training! It answers so many of the questions I had wanted to ask, but didn't because I feared I should have known the answers. Amis writes skilfully using her own experience as a trainer, counsellor and supervisor, and does so with warmth, compassion and knowledge. I strongly recommend this book for anyone in training, or contemplating it

- *Dr Andrew Reeves, Counsellor, Supervisor, Trainer and Editor, Counselling and Psychotherapy Research*

Becoming a Counsellor is a one-stop reference book for all new counselling trainees. 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. The book covers a comprehensive range of topics, including:

- choosing a course and theoretical orientation
- clarifying roles - who's who on the course?
- explaining common pedagogical activities and expectations
- assessment, supervision and support
- ethical and legal issues.

ABRIDGED CONTENTS

An Introduction to Counselling Training \ Starting out \ Theoretical Orientation \ Who Needs Counselling? \ Counselling Contexts \ Who's Who on the Course \ Personal Development \ Personal Journal \ Co-Counselling \ Working on Counselling Skills \ Academic Assignments \ Ethical and Legal Issues \ Relational Issues \ Supervision and Support \ The Residential Experience \ Research \ Placement \ Certification, Registration and Accreditation \ Professional Considerations \ The End of the Course

READERSHIP

Students on introductory and foundation level courses in counselling and counselling skills; also those starting out on PGDip programmes



2011 • 248 pages
Cloth (978-1-84860-881-8) • £60.00
Paper (978-1-84860-882-5) • £18.99

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HANDBOOK OF COUNSELOR PREPARATION

Constructivist, Developmental, and Experiential Approaches

Edited by **Garrett McAuliffe** *Old Dominion University*, **Karen Eriksen** *Eriksen Institute for Ethics, Radford University* and the **Association for Counselor Education and Supervision (ACES)**

This definitive, single-volume guide is the first of its kind on teaching and developing counsellor educator programmes that embrace constructivist and developmental theory.

2011 • 464 pages
Cloth (978-1-4129-9177-3) • £59.00



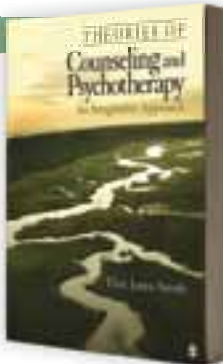
THEORIES OF COUNSELING AND PSYCHOTHERAPY

An Integrative Approach

Elsie Jones-Smith

This book compares and contrasts theories, showing strengths and weaknesses in a way to help students to apply them flexibly.

2011 • 696 pages
Cloth (978-1-4129-1004-0) • £65.00



THE POCKET GUIDE TO THERAPY

A 'How to' of the Core Models

Edited by **Stephen Weatherhead** and **Graeme Flaherty-Jones**

A brave, well wrought and extremely valuable précis of the major talking therapies, this book promises to be the trainee's key "how-to" text in a field that can often be bewildering. The authors are to be congratulated!

- **Colin Feltham, Emeritus Professor of Critical Counselling Studies, Sheffield Hallam University**

This is the essential companion for mental-health trainees requiring basic knowledge of the key therapeutic approaches. Placing specific emphasis on practical application, it introduces the most established therapeutic models as well as more recent additions to mainstream therapy like mindfulness and narrative therapy. The book:

- includes case examples from a wide range of settings
- is embedded with worksheets, sample questions and diagrams
- highlights the strengths and weaknesses of each approach.

ABRIDGED CONTENTS

Principles of Therapy \ Motivational Interviewing \ Cognitive-Behavioural Therapy \ Cognitive Analytic Therapy \ Psychodynamic Therapy \ Systemic Therapies \ Narrative Therapy \ Person-Centred Therapy \ Mindfulness \ Solution-Focused Brief Therapy \ Dialectical-Behaviour Therapy \ Outcomes in Therapy

READERSHIP

Trainees in mental health across counselling, psychotherapy, psychology, health, nursing and social work

2011 • 272 pages
Cloth (978-0-85702-492-3) • £65.00
Paper (978-0-85702-493-0) • £22.99



HANDBOOK OF COUNSELLING PSYCHOLOGY

Third Edition

Edited by **Ray Woolfe** *Private Practice*, **Sheelagh Strawbridge** *Independent Practice*, **Barbara Douglas** *BPS Registrar, Counselling Psychology* and **Windy Dryden** *Goldsmiths, University of London*

This **Third Edition** of a seminal text reflects new developments within counselling psychology. In seven sections, it covers areas such as neuroscience, narrative approaches and post-modernist thinking. Special attention has been paid to the research evidence, current debates, professional and ethical issues, theoretical and philosophical underpinnings, and illustrative case material.

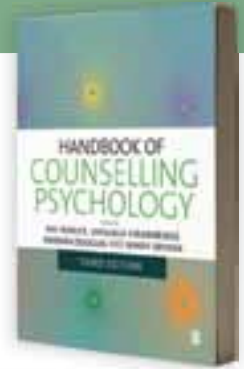
ABRIDGED CONTENTS

PART ONE: WHAT IS COUNSELLING PSYCHOLOGY? \ PART TWO: TRADITION, CHALLENGE AND CHANGE \ PART THREE: DIFFERENCE AND DISCRIMINATION \ PART FOUR: DEVELOPMENTAL THEMES \ PART FIVE: OPPORTUNITIES AND TENSIONS IN DIFFERENT CONTEXTS \ PART SIX: PROFESSIONAL AND ETHICAL ISSUES \ PART SEVEN: FUTURE OPPORTUNITIES AND CHALLENGES

READERSHIP

Third-year undergraduate, masters and doctoral-level students taking courses in counselling psychology; also practitioners in the field of counselling psychology at all stages of their career and across the whole range of settings

2009 • 712 pages
Cloth (978-1-84787-078-0) • £102.00
Paper (978-1-84787-079-7) • £33.99



PLURALISTIC COUNSELLING AND PSYCHOTHERAPY

Mick Cooper *University of Strathclyde* and **John McLeod** *University of Abertay, Dundee*

This book comes at an opportune moment for practitioner training and practice. It will be an invaluable source text for trainees and experienced practitioners seeking support in developing their understanding of, and practice in, contemporary counselling and therapy

- **Dr Lynne Gabriel, Reader in Counselling and Relational Ethics and Chair, BACP**

Mick Cooper and John McLeod pioneer a major new framework for counselling theory, practice and research - the 'pluralistic' approach. This model breaks away from the orientation-specific way in which counselling has traditionally been taught, reflecting and responding to shifts in counselling and psychotherapy training.

ABRIDGED CONTENTS

Introducing the Pluralistic Approach \ Foundations for a Pluralistic Approach \ Building a Collaborative Therapeutic Relationship \ Client Goals: The Starting Point for Therapy \ Tasks: Focusing the Therapeutic Work \ Methods: Resources for Facilitating Change \ Research: Developing Pluralistic Counselling and Psychotherapy \ Supervision, Training, CPD and Service Delivery: Pluralistic Perspectives \ Discussion: Towards a New Paradigm

READERSHIP

Students at all levels in counselling and psychotherapy

2010 • 208 pages
Cloth (978-1-84787-344-6) • £68.00
Paper (978-1-84787-345-3) • £22.99



NEW!

THE THERAPEUTIC ENCOUNTER

A Cross-Modality Approach

David Bott and Pam Howard both at University of Brighton

'Some books are before their time and some are written too late, but **The Therapeutic Encounter** is a book "just in time" - Paul Stenner, *Professor of Social Psychology, The Open University*

This book introduces a cross-modality approach to the client-therapist encounter, drawing from humanistic, psychoanalytic, systemic and integrative approaches. Chapters introduce a range of client themes - the refusal to join in, the battle for control, the emotionally unavailable - and show how these are enacted in the relationship. The authors provide a coherent framework within which to understand both the therapeutic relationship and the principles of their approach.

ABRIDGED CONTENTS

Theorising 'Process': Contemporary Perspectives \ The Refusal to Join In: Dilemma: How Can I Take Part if I Can't Make a Mistake? \ The Battle for Control: Dilemma: How Can I Find Love When I Can't Show That I'm Vulnerable? \ Engaging with the Emotionally Unavailable: Dilemma: How Can I Get Close and Still be Myself? \ The Need to be Loved: Dilemma: How Can I Keep Everyone Happy and Still Get My Own Needs Met? \ An Inability to Relate: Dilemma: How Can I Get Love and Still Be Self-Sufficient? \ Encountering Oppositionality: Dilemma: How Can I Get My Way When I Can't Say What I Want? \ Conclusion: The Therapeutic Encounter: A Safe Emergency

READERSHIP

Postgraduate counselling and psychotherapy trainees



February 2012 • 120 pages
Cloth (978-0-85702-232-5) • £65.00
Paper (978-0-85702-233-2) • £22.99



NEW!

MOTIVATIONAL CAREER COUNSELLING & COACHING

Cognitive and Behavioural Approaches

Steve Sheward and Rhena Branch
Goldsmiths, University of London



This book lives up to its billing. It adds to the literature on CBT and careers counselling and will benefit practitioners in both fields

- Windy Dryden, *Goldsmiths, University of London*

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients?

This book is the first to combine the theory and practice of cognitive behavioural therapy (CBT) with careers counselling, presenting cognitive and behavioural approaches to help clients think and act more effectively in challenging situations in order to obtain their goals. It provides clear strategies and a wealth of materials that can be used with clients in one-to-one or group settings.

ABRIDGED CONTENTS

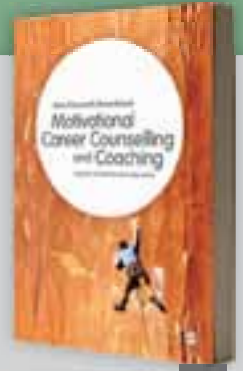
Introduction to CBT Career Counselling Theory \ Enabling Clients to Succeed at Interview \ Supporting Clients in Decision-Making \ Cognitive Behavioural Approaches to Career Counselling in the Workplace \ Supporting Unemployed Clients \ Supporting Clients in Education \ Reflective Practice and Using Assessment and Self-Help Tools \ Ethical Issues \ Career Counselling and Coaching for Self-Care

READERSHIP

Trainees studying for a careers guidance qualification as well as CBT trainees who wish to use this approach in careers counselling



April 2012 • 224 pages
Cloth (978-1-4462-0181-7) • £65.00
Paper (978-1-4462-0182-4) • £22.99



NEW!

THEORY AND PRACTICE OF NLP COACHING

A Psychological Approach

Bruce Grimley *Chartered Occupational Psychologist and Accredited Coach*

Struggling with the complexities of neuro-linguistic programming (NLP)?

This book demystifies the popular view of NLP, providing a clear and practical guide to understanding the psychological theories and principles that form the basis of the approach.

Packed with practical hints and tips, case studies and exercises, Bruce Grimley introduces and explores:

- what is NLP coaching?
- what are the general theories and principles that underpin the NLP approach?
- how does theory transition into practice?
- what is the research evidence to say NLP coaching works?

ABRIDGED CONTENTS

Introduction to NLP \ The History of Coaching \ What is NLP Coaching? \ NLP Coaching Psychology: Theories and Principles \ NLP Pre-Suppositions \ The Meta Model \ The Milton Model \ Reframing \ The Cognitive Element \ Anchoring: The Behavioural Connection \ Eye Accessing Cues \ Meta Programs \ Modeling \ Systems Thinking \ Basic NLP Coaching Models \ Meeting Professional Coaching Standards \ Research: Who Says this all Works? \ NLP Resources \ Conclusion: Where NLP Goes from Here

READERSHIP

Trainees, coaches, psychologists and professionals wanting to develop their knowledge of this approach

December 2012 • 248 pages
Cloth (978-1-4462-0171-8) • £70.00
Paper (978-1-4462-0172-5) • £23.99



UNDERSTANDING ASSESSMENT IN COUNSELLING AND PSYCHOTHERAPY

Sofie Bager-Charleson and Biljana van Rijn both at *Metanoia Institute*

This book offers students and trainees a thorough guide to clinical assessment.

It covers different types of clinical assessment and explores the implications of the alternative views on clients' needs and treatment. It explores clinical assessment as an 'art and science' and brings the reader up to date with new requirements placed on therapists in both organisational and clinical practice-based settings. In addition to outlining models for clinical assessment, it looks at the use of evidence-based practice in assessments. There are sections on doing assessments within organisations as well as from private practice.

ABRIDGED CONTENTS

Introduction \ The Role of the Assessor in Private Practice \ 'Diagnosing' Problems \ Treatment - Illuminating Shaded Areas? \ Assessment in Organisations: An Overview \ Conducting an Assessment \ Assessment Skills

READERSHIP

Counsellors in training

A LEARNING MATTERS PUBLICATION
COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



2011 • 152 pages
Paper (978-0-85725-473-3) • £16.99



NEW!

DIAGNOSIS AND TREATMENT PLANNING SKILLS FOR MENTAL HEALTH PROFESSIONALS

A Popular Culture Casebook Approach

Alan M Schwitzer *Old Dominion University* and **Lawrence Rubin** *University of St Thomas*

This text will help students develop critical skills in diagnosis, case conceptualization and treatment planning by presenting a series of diagnostic cases based on characters from popular culture. The text is a unique and engaging way to help students practice these vital skills on characters that are familiar from the popular media. This approach has been used by the authors in their classes for years and has been very popular among students.

ABRIDGED CONTENTS

PART ONE: INTRODUCTION AND OVERVIEW \ Overview of the Book \ Popular Culture as a Learning Tool in Counseling and Psychotherapy \ PART TWO: DIAGNOSIS, CASE CONCEPTUALIZATION AND TREATMENT PLANNING \ Clinical Thinking Skills \ Diagnosis \ Case Conceptualization \ Treatment Planning \ PART THREE: DIAGNOSIS, CASE CONCEPTUALIZATION AND TREATMENT PLANNING: 30 CASE ILLUSTRATIONS \ Child and Video Game Characters \ Troubled Youth in Film and on Stage \ Animated Characters \ Adults in Television Sitcoms and Drama \ Characters in Music, Musicals, and Advertising \ Characters in Literature and Comics \ PART FOUR: EPILOGUE AND MEDIA RESOURCES \ Epilogue \ Getting to Know the Clients Through Internet Sources, Published Literature, and Film

READERSHIP

Trainees looking for a way to enhance their skills



January 2012 • 624 pages
Paper (978-1-4129-8882-7) • £42.99



PROGRAM DEVELOPMENT IN THE 21ST CENTURY

An Evidence-Based Approach to Design, Implementation and Evaluation

Nancy G Galley *University of Detroit, Mercy*

Using a unique, 14-step model, the author guides readers through every stage of the process, from identifying a need, establishing a research basis and designing the clinical programme through implementing, evaluating and sustaining it.

2011 • 544 pages
Paper (978-1-4129-7449-3) • £43.99



SOCIAL JUSTICE COUNSELING

The Next Steps Beyond Multiculturalism

Rita Chi-Ying Chung and **Fred Bemak** *George Mason University, Australia*

Addressing issues of social class, race and ethnicity among others, this book reflects the shift in recent years towards social justice counselling for all mental health professionals.

December 2011 • 288 pages
Paper (978-1-4129-9952-6) • £25.99



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Many of our textbooks are supported by accompanying websites which contain extra resources to assist lecturers with the planning of lectures and to help promote student learning. Additional material typically includes:

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- Testbanks of questions
- Instructor's manual or teaching notes
- Case studies
- Glossaries
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- Data sets

A current list of textbooks with accompanying websites is available at www.sagepub.co.uk/companionsites.sp

NEW!

IN CONFLICT AND CUSTODY

Therapeutic Counselling for Women

Rani Dhavan Shankardass *Secretary, General Penal Reform and Justice Association, Gurgaon, India and President, Penal Reform International, London*

Myriads of unhappy women feel overwhelmed by formal legal processes and a criminal justice system they believe to be ridden with gender and other biases. **In Conflict and Custody** recommends agenda-free professional counselling as the most constructive method of addressing the mental health issues of women in two problematic contexts in Indian society - conflict and custody.

The book imparts theoretical and practical guidance for trainers and would-be counsellors to equip them for therapeutic counselling of women faced with a range of personal, social and legal problems. It demonstrates how professionally conducted therapeutic intervention can be the most empathetic way of enabling and empowering distressed women to take charge of their lives.

ABRIDGED CONTENTS

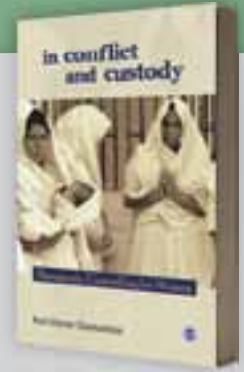
Introductory Insights \ Theoretical and Experiential Fundamentals Relating to Women and Mental Health \ Definitions, Aims and Approaches \ Structuring and Getting Started \ Conflict Resolution and Mediation \ Women in Prisons \ Selecting and Training Counsellors

READERSHIP

Students, academics and researchers in counselling, psychotherapy and women's issues, NGOs and policy makers

May 2012 • 336 pages

Paper (978-8-13-210889-4) • £14.99



THE DOMESTIC ECONOMY OF THE SOUL

Freud's Five Case Studies

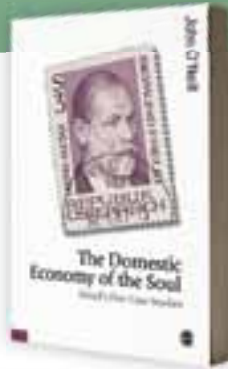
John O'Neill *York University, Canada*

Comprising an in-depth, unique analysis of five of Freud's most interesting case studies from a leading academic, this book challenges many of the traditional approaches to Freud's canon used by psychologists and social scientists today.

PUBLISHED IN ASSOCIATION WITH THEORY, CULTURE & SOCIETY

2010 • 240 pages

Cloth (978-1-84920-585-6) • £79.00



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STANDARDS AND ETHICS FOR COUNSELLING IN ACTION

Third Edition

Tim Bond *University of Bristol*

Since it first appeared in 1993 this text has been the leading guide to counselling ethics. Developed in line with the BACP's own guidelines, its discussion of a wide range of ethical problems and advice on identifying and resolving these dilemmas has made it an invaluable resource. In this fully revised and updated edition, the author takes account of the changing legal, professional and cultural context of counselling and considers recent developments in law concerning the implementation of the Human Rights Act and child protection that impact on counselling

ABRIDGED CONTENTS

PART ONE: THE BACKGROUND \ What Is Counselling? \ Sources of Counselling Ethics \ Frameworks for Counselling Ethics and Standards \ PART TWO: RESPONSIBILITY TO THE CLIENT \ Safety, Negligence and Insurance \ Respect for Client Autonomy \ Suicide and Refusal to Accept Life-Saving Treatment \ Counsellor Competence \ Avoiding the Exploitation of Clients \ Confidentiality \ PART THREE: THE COUNSELLOR AND OTHERS \ Responsibility to Oneself, Colleagues and the Community \ Counselling Supervision \ Record-Keeping \ Monitoring Counselling \ PART FOUR: THE WHOLE PICTURE \ Ethical Problem-Solving \ Implications for Practice

READERSHIP

Practising and trainee counsellors, psychotherapists and counselling psychologists

COUNSELLING IN ACTION SERIES



2009 • 280 pages
Cloth (978-1-4129-0238-0) • £81.00
Paper (978-1-4129-0239-7) • £26.99



NEW!

ETHICS IN COUNSELING AND THERAPY

Developing an Ethical Identity

Rick A Houser and Stephen Thoma
both at *University of Alabama*

This book develops students' ethical competence through an understanding of theory. The author helps the counsellor form his or her own ethical identity by presenting a theoretical framework that draws on theories from disciplines such as philosophy, sociology and moral psychology.

June 2012 • 536 pages
Cloth (978-1-4129-8137-8) • £58.00



ANTI-DISCRIMINATORY PRACTICE IN COUNSELLING AND PSYCHOTHERAPY

Second Edition

Edited by Colin Lago *University of Sheffield* and Barbara Smith

Anti-Discriminatory Practice in Counselling and Psychotherapy is a groundbreaking text which identifies the ease with which individuals can be disadvantaged merely on the basis of their gender, race, culture, age, sexuality or ability. Examining these and other areas of discrimination, leading experts highlight how vital it is for counsellors, psychotherapists - and others in the helping professions - to be aware of and engage with their own social, political and cultural attitudes, and how they must develop their skills as culturally sensitive, reflective practitioners if counselling is to be truly accessible to all members of society.

Each thought-provoking chapter now:

- links theory to practice by providing case studies and extracts from therapeutic dialogues
- assesses the most recent research findings
- provides exercises for enhancing awareness and skills within each different domain or care setting
- presents references for further recommended reading.

ABRIDGED CONTENTS

Ethical Practice and Best Practice \ Anti-Discriminatory Practice Revisited \ Racism as a Trauma \ Child-Centred Practice \ Sexualities, Sexual Identities and Gender \ Working with Women \ Disfigurement and Visible Difference \ Therapy with Seriously Distressed Clients \ Counselling, Psychotherapy and Religion \ Counselling Older People \ Working with Refugees \ Class and Counselling \ Therapy, Disability and Ethnicity \ Multiple Identities and Anti-Discriminatory Counselling Practice \ Critical Thinking

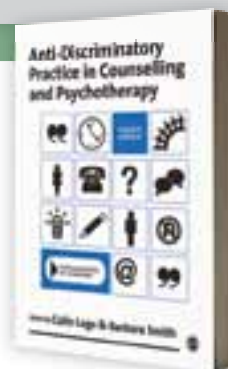
READERSHIP

Students on diploma and masters-level counselling courses; also practising counsellors and psychotherapists

PROFESSIONAL SKILLS FOR COUNSELLORS SERIES



2010 • 184 pages
Cloth (978-1-84860-768-2) • £68.00
Paper (978-1-84860-769-9) • £22.99



DECODING THE ETHICS CODE

A Practical Guide for Psychologists

Updated Second Edition

Celia B Fisher *Fordham University*

This special update of the **Second Edition** covers the new guidelines and terminology regarding human rights and recognises the controversial requirement to disobey laws if they are inconsistent with human rights.



2011 • 408 pages
Paper (978-1-4129-9437-8) • £35.99



ESSENTIAL LAW FOR COUNSELLORS AND PSYCHOTHERAPISTS

Barbara Mitchels *Solicitor and Director, Watershed Counselling Service and*
Tim Bond *University of Bristol*

'A comprehensive and easily readable text for all practitioners practising the talking therapies. It will prove to be an essential reference in this evermore demanding field where therapists are coming into contact with the law in their every day work' - **Sandi Toksvig, Vice President of BACP, Writer and Broadcaster**

This third book in the authoritative *BACP Legal Resources for Counsellors and Psychotherapists* series provides a user-friendly guide to the law for all those practising and training in the counselling profession. The book makes legal issues relevant and brings them alive. Packed with practical examples, it helps the reader to understand and address legal issues that may arise in their practice and assists them in finding any additional resources they may need.

ABRIDGED CONTENTS

Law and Ethics \ Public Interest and Professional Standards \ Liability in Tort: Negligence \ Contracts \ Therapists and Criminal Activity \ Insurance \ Premises \ Self-Employed Therapists \ Therapist as Employer / Employee \ Dealing with Legal Claims

READERSHIP

Trainee counsellors and practitioners of counselling and psychotherapy

LEGAL RESOURCES FOR COUNSELLORS & PSYCHOTHERAPISTS



2010 • 176 pages
Cloth (978-1-84860-885-6) • £62.00
Paper (978-1-84860-886-3) • £19.99



NEW!

CREATIVE ETHICAL PRACTICE IN COUNSELLING & PSYCHOTHERAPY

Patti Owens, Bee Springwood
and **Michael Wilson**

[This book] is both a helpful and practical guide, encouraging a deep enquiry into the values that counsellors and psychotherapists bring to their work and, at the same time, a source of wisdom in its own right, one that draws on the evidently rich experience of the authors

- **Sean Maloney, UKCP Registered Psychotherapist and Supervisor, and Chair of Ethics for the Karuna Institute**



Can I be a creative therapist without overstepping boundaries and risking complaints?

Can I practise safely and ethically whilst remaining true to my humanistic values?

This book answers 'yes' by offering a safety net to trainees and therapists working in the context of today's 'complaints culture'. Exploring what safe and creative practice means in relation to the key cornerstones in therapy, the authors offer practical guidance to assist the reader in reflecting on and negotiating the challenges of boundaries, legalities and defensive practice. **Creative Ethical Practice for Counselling and Psychotherapy** considers the necessary structures and processes that must inform creative, humanistic practice for it to be a safe, ethical therapeutic framework.

Packed with reflective exercises, summaries, case examples and step-by-step guidance, the book takes the reader from establishing the therapeutic relationship to worst-case scenarios like complaints procedures and legal action. It is essential reading for legal and ethical modules on all counselling courses.

ABRIDGED CONTENTS

Contemporary Therapeutic Practice \ Cornerstones of Therapy \ Creating and Maintaining Therapy Agreements \ Framing the Therapeutic Process \ Dealing with Mistakes in Therapeutic Practice \ Reviewing Your Practice and Looking Forward

READERSHIP

Postgraduate trainees in counselling and psychotherapy



March 2012 • 136 pages
Cloth (978-1-4462-0201-2) • £60.00
Paper (978-1-4462-0202-9) • £19.99

LEGAL ISSUES ACROSS COUNSELLING & PSYCHOTHERAPY SETTINGS

A Guide for Practice

Barbara Mitchels *Solicitor and Director, Watershed Counselling Service and*
Tim Bond *University of Bristol*

Helping practitioners move between different practice settings, the fourth book in the *BACP Legal Resources for Counsellors and Psychotherapists* series explores how the legal framework within which they work varies across contexts. It introduces the statutory structure and obligations of different types of counselling and psychotherapy services, setting out implications for practice. For each setting, the book considers the statutory basis, how the legal framework impacts on services to clients, responsibility for decision-making, and the restrictions and empowerment of therapists and clients within the context of that setting.

ABRIDGED CONTENTS

Private Practice \ Commercial and Employee Assistance Programme Provision \ Voluntary Work \ Working with Adults in the Context of Social Care Agencies \ Education \ The National Health Service and Private Health Care \ Counselling in Spiritual or Pastoral Settings \ Working with Children and Young People \ Adoption Support Services \ Forensic Work \ Counselling in Police and Home Office Settings

READERSHIP

Anyone studying counselling, psychotherapy or clinical psychology, as well as practitioners working across a range of practice settings

LEGAL RESOURCES FOR COUNSELLORS & PSYCHOTHERAPISTS



2011 • 232 pages
Cloth (978-1-84920-623-5) • £65.00
Paper (978-1-84920-624-2) • £21.99



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NEW!

REFLECTIVE WRITING IN COUNSELLING AND PSYCHOTHERAPY

Jeannie Wright *University of Warwick* and **Gillie Bolton** *Freelance Consultant*

This book offers a gentle and creative invitation to the use of reflective writing in counselling and psychotherapy. In supplying a clear account of different approaches to reflective writing, and a large number of stimulating writing tasks, this book makes a timely, welcome and necessary contribution to this area of therapeutic training and practice

- **John McLeod**, *Professor of Counselling, University of Abertay, Dundee*

Have you been asked to keep a personal development portfolio or reflective journal? Are you struggling to know where to start, how to write or what to include? If the answer is 'yes', this book will provide you with a straightforward route in, telling you all you need to know about writing reflectively for your own personal and professional development.

Offering staged exercises, case studies, examples and ideas for self-directed learning, this book will lead the reader along an exciting journey of written self-awareness, covering:

- the background - what exactly is reflective writing and why is it important
- the decisions - when and how to start
- the practicalities - the essentials of writing reflectively
- the stumbling blocks - dealing with obstacles and difficulties
- the long haul - maintaining reflective enquiry as a lifelong habit.

CONTENTS

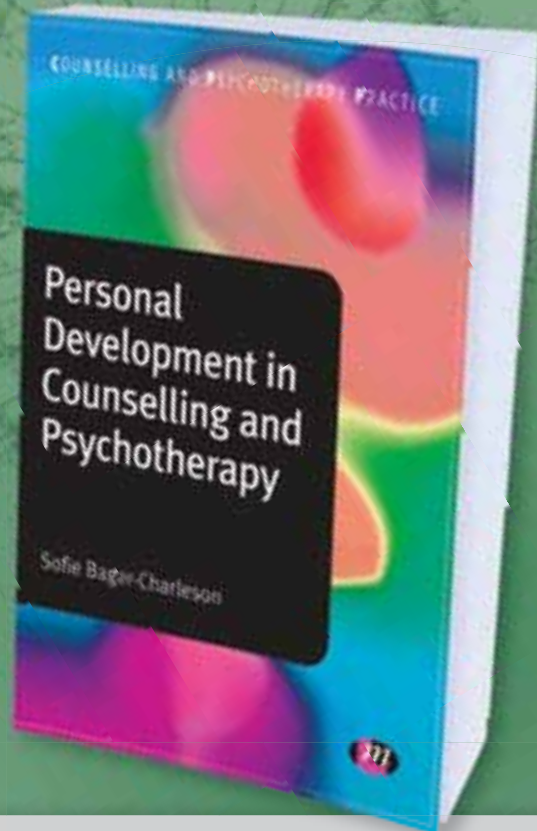
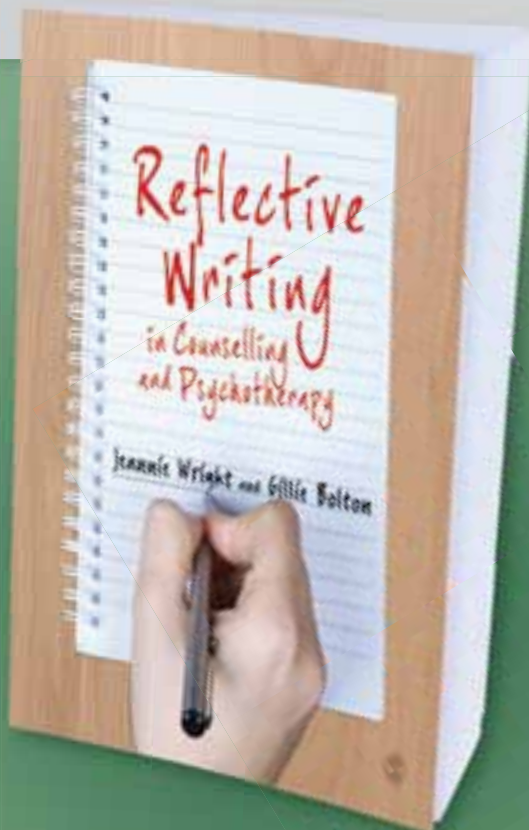
PART ONE: MAPS \ Preparing for the Journey \ Why Take the Journey? \ Preparing for the Adventure \ Starting out: How to Write Reflectively \ Writing to Identify Prejudice \ PART TWO: NAVIGATION \ With Company or Travelling Alone? \ Writing the Past \ Here and Now: Writing the Present \ Looking back to Look forward: Writing the Future \ PART THREE: SIGNPOSTS \ Getting Stuck: How to Deal with Blocks, Obstacles and General Difficulties \ Supervision, Reflexive and Reflective Writing \ Assessment \ Arrivals and Continuing the Journey

READERSHIP

All counselling and psychotherapy trainees from certificate to postgraduate level



March 2012 • 224 pages
Cloth (978-0-85702-327-8) • £65.00
Paper (978-0-85702-328-5) • £20.99



NEW!

PERSONAL DEVELOPMENT IN COUNSELLING AND PSYCHOTHERAPY

Sofie Bager-Charleson *Metanoia Institute*

There is an increased emphasis on self-awareness and self-care in counselling and psychotherapy training, with a focus on how the therapist, as a person, affects the therapeutic outcome. This timely book responds to these complex issues and is designed to help counselling students, trainees and graduates with integrating their personal development into their professional planning. There are chapters on bringing the self into therapy, choosing the right training and how to succeed as an accredited practitioner. Activities and research summaries throughout give this book a fully integrated approach ideal for busy students.

CONTENTS

Introduction \ Learning an 'Impossible' Profession \ What Is the Point of 'Reflective Learning'? \ Bringing Self into Therapy \ Choosing the Right Training for You - and Your Clients \ Developing into, and Holding onto, the Status of an Accredited Practitioner \ Being a Listener with a Voice \ Taking Charge of Your Own Learning and Development \ Conclusion

READERSHIP

Counsellors in training

A LEARNING MATTERS PUBLICATION

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



July 2012 • 184 pages
Cloth (978-1-4462-5711-1) • £60.00
Paper (978-0-85725-935-6) • £17.99

NEW EDITION!

PERSONAL DEVELOPMENT IN COUNSELLOR TRAINING

Second Edition

Hazel Johns *University of Bristol*



This really is an excellent book without equal. The title belies its wider appeal and potential value. Experienced trainers and practitioners will find much to challenge their ingenuity and refresh ways of enhancing what Johns describes as the "life-long and career-long process" of personal development. This **Second Edition** expands significantly on the first edition. It's well organised and written in a clearly accessible and engaging style. For me it has always been a "must buy"!

- Ian Horton, formerly of University of East London

This book provides the answers to that all-important question: What are personal and professional development and why are they necessary for counsellors? The new edition explores:

- the importance of personal development and the core concepts that underpin it
- the aims, commonalities and differences of personal development in different settings and levels of training
- the key differences in theoretical approaches and their implications for personal development
- communication and relationships between counsellors and professional organizations, society and the 'virtual' world, with all its demands on identity, privacy and congruence
- the trainee and trainer and the challenges of personal development.

ABRIDGED CONTENTS

The Contexts of Counselling Training \ Why Personal Development? \ Communication and Relationships in the 2010s \ Counselling Training: Aims and Levels \ Theoretical Differences and Personal Development \ Trainees and Personal Development \ Trainers and Their Courses \ A Curriculum for Personal Development: Contradiction or Paradox? \ Personal Development through Individual Exploration \ Personal Development through Structured Activities \ Personal Development through Groups

READERSHIP

Counselling trainees and practitioners

COUNSELLOR TRAINER & SUPERVISOR



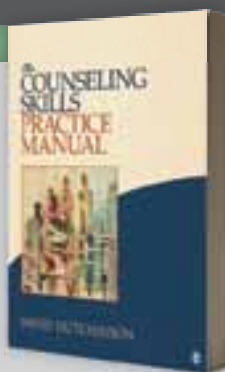
January 2012 • 216 pages
Cloth (978-0-85702-496-1) • £70.00
Paper (978-0-85702-497-8) • £24.99

NEW!

THE COUNSELING SKILLS PRACTICE MANUAL

David Hutchinson

Johnson State College, Vermont



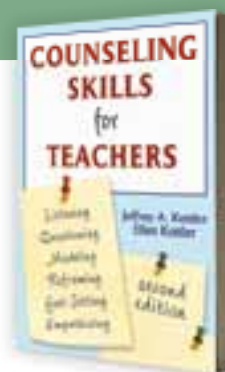
This is a practical guide for students who are working on improving their counselling skills. The manual works directly with the student, offering a discussion of each skill set along with examples and practice exercises. It will help students become more competent in their use of counselling skills and feel more comfortable and confident in their roles as emerging counselling professionals.

January 2012 • 128 pages
Paper (978-1-4522-1687-4) • £25.99

COUNSELING SKILLS FOR TEACHERS

Second Edition

Jeffrey A Kottler and Ellen Kottler both at *California State University, Fullerton*



Relationship building is key to the successful mentoring and teaching of today's youth. This book is an indispensable reference for both students in teacher education programs and experienced classroom teachers

- David Capuzzi, *Counseling and Human Services, Johns Hopkins University*

A CORWIN PUBLICATION

2007 • 160 pages
Cloth (978-1-4129-4921-7) • £46.99
Paper (978-1-4129-4922-4) • £20.99



PRACTICAL COUNSELLING AND HELPING SKILLS

Text and Activities for the Lifeskills Counselling Model

Fifth Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*



The new **Fifth Edition** shows Richard Nelson-Jones at his very best: clear, concise and helpful in a practical way. I strongly recommend this text

- Windy Dryden, *Professor of Counselling, Goldsmiths, University of London*

The **Fifth Edition** of this bestselling title presents the core skills needed to be a successful counsellor. Fully revised and updated, the text is based on the Relationship-Understanding-Changing (RUC) lifeskills counselling model. This provides a systematic approach for clients to develop specific life skills to change how they feel, think, communicate and act, and this book provides ways for the counsellor to facilitate this change.

ABRIDGED CONTENTS

PART ONE: INTRODUCTION \ What Is Counselling and Helping \ Create Communication Skills and Feelings \ Create Mind Skills \ The Lifeskills Counselling Model \ PART TWO: THE RELATING STAGE \ Pre-Counselling Contact \ Listening Skills \ Show Understanding Skills \ Start the Counselling and Helping Process \ PART THREE: THE UNDERSTANDING STAGE \ Clarify Problems Skills \ Assess Feelings and Physical Reactions \ Assess Thinking \ Assess Communication and Actions \ Agree On a Shared Analysis of Problems \ PART FOUR: THE CHANGING STATE \ Plan Interventions \ Deliver Interventions \ Interventions for Thinking \ Interventions for Communication and Actions \ Interventions for Feelings \ Systematic Desensitization \ Negotiate Homework \ Conduct Middle Sessions \ End and Client Self-Helping \ PART FIVE: FURTHER CONSIDERATIONS \ Ethics in Practice and Training \ Diversity-Sensitive Counselling and Helping \ Supervision \ Personal Counselling and Continuing Professional Development

READERSHIP

Undergraduate students on counselling, counselling psychology and psychotherapy courses



2005 • 512 pages
Cloth (978-1-4129-0387-5) • £94.00
Paper (978-1-4129-0388-2) • £29.99

INTRODUCTION TO COUNSELLING SKILLS

Text and Activities

Third Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*



This book is a superb reference for counselling skills trainers and students. It presents practical key skills that are described and discussed clearly and concisely

- **Dr Margaret E Smith**, Programme Leader, University of Derby

Introduction to Counselling Skills is designed to help readers acquire and develop the counselling skills key to effective helping relationships, using an easy-to-follow, three-stage model. The book has been fully updated, adding new material on relaxation techniques and managing crises.

ABRIDGED CONTENTS

PART ONE: INTRODUCTION \ PART TWO: THE RELATING STAGE \ PART THREE: THE UNDERSTANDING STAGE \ PART FOUR: THE CHANGING STAGE \ PART FIVE: FURTHER CONSIDERATIONS

READERSHIP

Students on introductory courses in counselling skills, counselling and many other professional areas

IC 2008 • 320 pages
Cloth (978-1-84787-338-5) • £65.00
Paper (978-1-84787-339-2) • £25.99

THEORY AND PRACTICE OF COUNSELLING & THERAPY

Fifth Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*



The **Fifth Edition** of Richard Nelson-Jones' **Theory and Practice of Counselling and Therapy** provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. 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.

ABRIDGED CONTENTS

PART ONE: INTRODUCTION \ Creating Counselling and Therapy Approaches \ PART TWO: PSYCHODYNAMIC THERAPIES \ Freud's Psychoanalysis \ Jung's Analytical Therapy \ PART THREE: HUMANISTIC-EXISTENTIAL THERAPIES \ Person-Centred Therapy \ Gestalt Therapy \ Transactional Analysis \ Reality Therapy \ Existential Therapy \ Logotherapy \ PART FOUR: COGNITIVE-BEHAVIOUR THERAPIES \ Behaviour Therapy \ Rational Emotive Behaviour Therapy \ Cognitive Therapy \ Multimodal Therapy \ PART FIVE: POSTMODERN THERAPIES \ Solution-Focused Therapy \ Narrative Therapy \ PART SIX: MULTICULTURAL AND GENDER THERAPIES \ Multicultural Therapy \ Gender Therapy \ PART SEVEN: CONCLUSION \ Evaluation, Eclecticism and Integration

READERSHIP

Students on counselling and psychotherapy courses; also those on allied health, mental-health, nursing and social work courses taking introductory modules on counselling

IC **e** 2010 • 512 pages
Cloth (978-1-84920-402-6) • £93.00
Paper (978-1-84920-403-3) • £30.99

NEW EDITION!

INTRODUCTION TO COUNSELLING SKILLS

Text and Activities

Fourth Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*

Praise for previous editions:

With every edition this book gets better and better. Always a useful adjunct to introductory courses on counselling skills, this book continues to provide trainers and trainees alike with ways to develop the practical skills that are crucial to anyone working in this field

- **Jill Mytton**, London Metropolitan University

As a course book or an aide to individual learning, this book contains a wealth of information and guidance based on years of study and practice. It is easy to use because it is clearly signposted. I particularly like the way the author addresses the range of issues a student needs to consider before embarking on a counselling course. The structure of building block by block, skill by skill simplifies assessment

- **Counselling and Psychotherapy Journal**

From leading skills expert Richard Nelson-Jones, this bestselling book is the ideal companion for any trainer or trainee wanting to acquire and develop the counselling skills key to effective therapeutic relationships. Using an easy-to-follow, three-stage model, this **Fourth Edition** provides the answers to those all important questions:

- what are counselling skills and why are they important?
- how can I become more skilled and put the skills I have learnt into practice?
- what skills will help me manage crises and work effectively with diversity, ethical issues and dilemmas?
- how can I help my client to develop his/her own self-helping skills and maintain change after the counselling relationship has terminated?

Accessible, practical and concise, this new edition is packed full of up-to-date case examples, more material on self-care and diversity, as well as a brand new chapter on using technology in counselling.

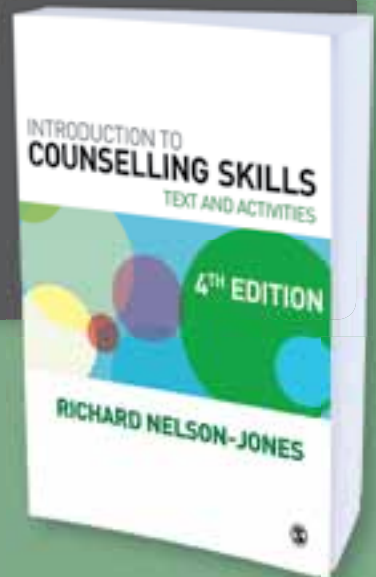
CONTENTS

PART ONE: INTRODUCTION \ Who Are Counsellors and Helpers? \ Creating Communication Skills and Feelings \ Creating Mind Skills \ The Counselling and Helping Process \ Counselling and Helping Relationships \ PART TWO: THE RELATING STAGE \ Understanding the Internal Frame of Reference \ Showing Attention and Interest \ Reflecting Feelings \ Starting the Counselling and Helping Process \ Managing Resistance and Making Referrals \ PART THREE: THE UNDERSTANDING STAGE \ Assessing Feelings and Physical Reactions \ Assessing Thinking \ Assessing Communication and Actions \ Challenges, Feedback and Self-Disclosure \ Monitoring, Summarizing and Identifying Skills \ PART FOUR: THE CHANGING STAGE \ Helping to Solve Problems \ Coaching Skills: Speaking, Demonstrating and Rehearsing \ Improving Communication and Actions \ Improving Thinking \ Negotiating Homework \ Conducting Middle Sessions \ Terminating Counselling and Helping \ PART FIVE: FURTHER CONSIDERATIONS \ Relaxation Interventions \ Managing Crises \ Multicultural and Gender Aware Counselling and Helping \ Ethical Issues and Dilemmas \ Training Groups, Supervision and Support \ Using Technology in Counselling \ Becoming More Skilled and Human

READERSHIP

Counsellors, trainee social workers, teachers and mental health nurses

IC November 2012 • 320 pages
Cloth (978-1-4462-1059-8) • £75.00
Paper (978-1-4462-1060-4) • £26.99



BASIC COUNSELLING SKILLS

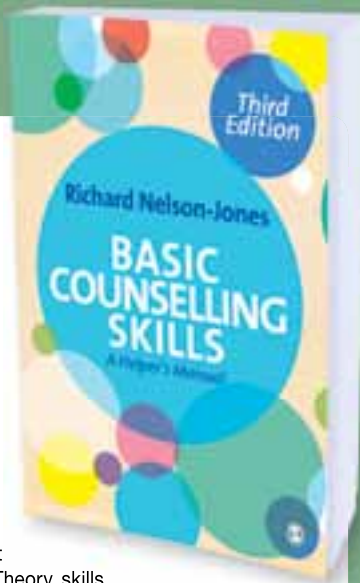
A Helper's Manual

Third Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*

This is a back-to-basics, down-to-earth, no-nonsense, concise and to-the-point summary of counselling skills. Theory, skills and practice blend together for a comprehensive overview of what skills underpin counselling

- **Professor Michael Carroll, Visiting Industrial Professor, University of Bristol**



SIX KEY APPROACHES TO COUNSELLING AND THERAPY

Second Edition

Richard Nelson-Jones *Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy*

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:

- cognitive therapy and solution-focused therapy from the cognitive-behavioural school
- person-centred and Gestalt therapy from the humanistic school
- Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school.

ABRIDGED CONTENTS

Introducing Counselling and Therapy Approaches \ Freud's Psychoanalysis \ Jung's Analytical Therapy \ Person-Centred Therapy \ Gestalt Therapy \ Cognitive Therapy \ Solution-Focused Therapy \ Evaluation, Eclecticism and Integration

READERSHIP

Students on introductory level courses in counselling and psychotherapy and counselling psychology; also those taking modules on courses in the allied health/helping professions such as mental health, nursing and social work



2010 • 216 pages

Cloth (978-0-85702-399-5) • £75.00

Paper (978-0-85702-400-8) • £24.99

NEW!

COLLABORATIVE HELPING SKILLS

David Pare

Collaborative Helping Skills is a key text for courses in the helping professions that will help students learn the basic skills of helping.

This book has a focus on developing skills that are collaborative by involving the client in the helping process/solution and it has an integrated focus on multicultural skills and social justice. The book first outlines the basic process of counselling and counsellor self-care, then goes into conversation and counselling, receiving, attending, listening, positive regard, empathy and connection. The author then moves onto the basics of developing a relationship with the client as well as relating to the experience. Finally, the book moves toward the treatment-planning stage via a shared experience by involving the client in the process.

Every chapter contains the following pedagogy:

- case study
- sample dialogue
- chapter objectives
- boxed capsules to highlight key skills
- reflections on practice
- experiential exercises
- questions for reflection
- video demonstrations.

READERSHIP

Students in counselling, psychotherapy and social work

November 2012 • 448 pages

Paper (978-1-4129-9509-2) • £52.00

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, the book provides a thorough, step-by-step guide to the subject, working through each stage of the helping process. The key skills covered include:

- starting, structuring and summarizing the helping process
- active listening
- offering challenges and feedback
- facilitating problem solving
- improving clients' self-talk, rules and perceptions
- coaching, demonstrating and rehearsing
- managing resistance and changing referrals
- conducting middle sessions and terminating help.

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.

CONTENTS

PART ONE: INTRODUCTION \ Who Are Counsellors and Helpers? \ What Are Basic Counselling Skills? \ Helpers and Clients as Diverse Persons \ What You Bring to Counselling and Helping \ The Helping Relationship \ The Helping Process \ PART TWO: SPECIFIC COUNSELLING SKILLS \ Understanding the Internal Frame of Reference \ Showing Attention and Interest \ Paraphrasing and Reflecting Feelings \ Starting, Structuring and Summarizing \ Asking Questions \ Monitoring \ Offering Challenges and Feedback \ Self-Disclosing \ Managing Resistances and Making Referrals \ Facilitating Problem Solving \ Coaching, Demonstrating and Rehearsing \ Training Clients in Relaxation \ Improving Clients' Self Talk \ Improving Clients' Rules \ Improving Clients' Perceptions \ Negotiating Homework \ Conducting Middle Sessions \ Terminating Helping \ PART THREE: FURTHER CONSIDERATIONS \ Ethical Issues and Dilemmas \ Multicultural and Gender Aware Helping \ Getting Support and Being Supervised \ Becoming more Skilled \ Appendix 1: Annotated Bibliography \ Appendix 2: Professional Associations in Britain, Australia and America

READERSHIP

Undergraduate students in a range of different disciplines, from introductory counselling courses through to certificate/diploma and up to BA counselling studies courses; also students on nursing and HNC social care courses and social work courses with a counselling communication skills component



2011 • 208 pages

Cloth (978-0-85702-416-9) • £70.00

Paper (978-0-85702-417-6) • £23.99

DEVELOPING YOUR COUNSELLING & PSYCHOTHERAPY SKILLS & PRACTICE

Ladislav Timulak *Trinity College*

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 aligned to actual practice, this text covers the research-informed skills, interventions, processes and issues that students need to know once they have covered the basics. It includes:

- specific techniques from different therapeutic orientations
- advice on how to tailor the skills used to the specific client problem
- case conceptualization and management
- how to deal with situations such as silence, crying and aggression.

ABRIDGED CONTENTS

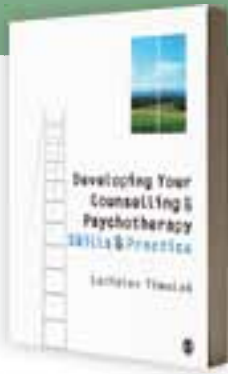
PART ONE: INTRODUCTION \ Current Psychotherapy and Counselling \ PART TWO: BASIC SKILLS OF CONDUCTING PSYCHOTHERAPY AND COUNSELLING \ Building the Therapeutic Alliance \ Case Conceptualization \ Ethical Aspects of Psychotherapy and Counselling \ Interventions, Facilitating, Exploration and Understanding \ Promotion of Change and Its Application outside the Therapy Session \ Specific Therapeutic Techniques \ PART THREE: ADJUSTING THERAPEUTIC STRATEGY \ Specific Situations in the Process of Therapy \ Specifics of Psychotherapy and Counselling for Some Psychological Disorders and Difficulties

READERSHIP

Postgraduates on counselling and psychotherapy diplomas and masters courses; also clinical and counselling psychology students



2010 • 248 pages
Cloth (978-1-84860-623-4) • £67.00
Paper (978-1-84860-624-1) • £21.99



PERSON-CENTRED COUNSELLING IN A NUTSHELL

Second Edition

Roger Casemore *University of Warwick*

'This handy little book provides an accessible overview to many of the central tenets of person-centred practice and the philosophy that underpins it' - *Peter Pearce, Metanoia Institute*

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.

This **Second Edition** includes new material on professional issues, on the use of person-centred counselling in short-term therapy, and on the wider application of the person-centred approach.

ABRIDGED CONTENTS

An Overview of the Person-Centred Approach to Counselling and to Life \ The Beliefs Underpinning the Person-Centred Approach \ Beginning the Counselling Relationship \ The Challenge of the Three Central Conditions \ The Process of Personality Change in Counselling and in Life \ The Relationship Is the Therapy

READERSHIP

Anyone reading about the person-centred approach for the first time

COUNSELLING IN A NUTSHELL



2011 • 144 pages
Cloth (978-1-84920-734-8) • £55.00
Paper (978-1-84920-735-5) • £12.99



COUNSELLING IN A NUTSHELL SERIES

Series Editor: **Windy Dryden**

Books in the *Counselling in a Nutshell* series provide concise introductions to the key elements of theory and practice underpinning major therapeutic approaches. Each book looks at a different form of therapy and provides an accessible way of understanding complex ideas and concepts.

COUNSELLING IN A NUTSHELL

Second Edition

Windy Dryden *Goldsmiths, University of London*

What is counselling and how does it work?

Counselling in a Nutshell provides the answers to these questions and more, as part of a step-by-step guide to the counselling relationship and the therapeutic process. Drawing together theory from the psychodynamic, person-centred and cognitive-behavioural approaches, Windy Dryden explores:

- bonds between counsellor and client
- goals and tasks of counselling
- stages of the therapeutic process
- core therapeutic change.

This revised and updated **Second Edition** also includes new material on the law and policy, a discussion of the types of clients who come for counselling, and provides an insight into how clients themselves experience the counselling process.

ABRIDGED CONTENTS

The Components of Counselling in a Nutshell \ Bonds \ Views \ Goals \ Tasks \ Counselling as a Process \ A Final Note

READERSHIP

Anyone considering becoming a counsellor, trainee counsellors at the beginning of their studies and anyone wanting to know more about counselling

COUNSELLING IN A NUTSHELL



2010 • 144 pages
Cloth (978-0-85702-114-4) • £57.00
Paper (978-0-85702-115-1) • £13.99



NEW!

GESTALT COUNSELLING IN A NUTSHELL

Gaie Houston *Gestalt Centre, London*

This pocket-sized book is the beginners guide to the essentials of Gestalt therapy, from its principles to practice. Assuming no previous knowledge of the subject, the book introduces the origins of the approach, the key theory and concepts, and the skills and techniques important to practice.

Written in an accessible, jargon-free style, this book includes vivid case examples, end of chapter exercises and a glossary of terms to help aid understanding.

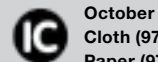
ABRIDGED CONTENTS

Human Nature and Gestalt \ Gestalt Therapy Theory \ Assessment \ Gestalt Dialogue \ Anxiety, Excitement and Experiment \ Integration and Evolution of Gestalt

READERSHIP

Anyone reading about gestalt therapy for the first time

COUNSELLING IN A NUTSHELL



October 2012 • 112 pages
Cloth (978-1-4462-0837-3) • £55.00
Paper (978-1-4462-0838-0) • £12.99



PSYCHODYNAMIC COUNSELLING IN A NUTSHELL

Second Edition

Susan Howard *University of Surrey*

The book will be of especial use to trainees as well as to practising counsellors and others working in the welfare field. I recommend it highly

- **Larry O'Carroll**, *Goldsmiths College, University of London*



Psychodynamic Counselling in a Nutshell explains in clear language 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, the book introduces the history of the approach, the key concepts and practical techniques used by practitioners.

This **Second Edition** includes new material on supervision and ethics, on Freud and Jung, and recent developments in the field.

ABRIDGED CONTENTS

Beginnings \ Key Concepts in Psychodynamic Counselling \ How Did We Get Here? \ Foundations of Psychodynamic Thinking \ Developments in Psychodynamic Thinking \ Putting Concepts into Practice: What Happens in Psychodynamic Counselling? \ Practical Skills in Psychodynamic Counselling \ Beyond Theory and Practice

READERSHIP

Anyone reading about the psychodynamic approach for the first time

COUNSELLING IN A NUTSHELL



2011 • 120 pages

Cloth (978-1-84920-745-4) • £55.00

Paper (978-1-84920-746-1) • £13.99

RATIONAL EMOTIVE BEHAVIOUR THERAPY IN A NUTSHELL

Second Edition

Michael Neenan *Centre for Stress Management, Blackheath, London* and
Windy Dryden *Goldsmiths, University of London*

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. Michael Neenan and Windy Dryden then go on to explain the core of the therapeutic process.

As an introduction to the basics of the approach, this updated and revised edition is the ideal first text and a springboard to further study.

ABRIDGED CONTENTS

The Distinctive Features of Rational-Emotive Behaviour Therapy \ The REBT 'Situational ABC' Model \ Assessment \ Disputing \ Homework \ Working through and Promoting Self-Change

READERSHIP

Anyone reading about the REBT approach for the first time on undergraduate, postgraduate, certificate, diploma or foundation courses in counselling and counselling skills

COUNSELLING IN A NUTSHELL



2010 • 120 pages

Cloth (978-0-85702-331-5) • £57.00

Paper (978-0-85702-332-2) • £15.99



COGNITIVE THERAPY IN A NUTSHELL

Second Edition

Michael Neenan *Centre for Stress Management, Blackheath, London* and
Windy Dryden *Goldsmiths, University of London*

Cognitive Therapy in a Nutshell is a concise introduction to one of the most widely practised approaches to counselling and psychotherapy. 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, rules and core beliefs (schemas)
- maintain gains from therapy.

ABRIDGED CONTENTS

The Components of Counselling in a Nutshell \ Bonds \ Views \ Goals \ Tasks \ Counselling as a Process

READERSHIP

Anyone reading about the cognitive-behavioural therapy approach for the first time, whether on undergraduate, certificate, foundation or postgraduate courses in counselling and counselling skills; also other health trainees within mental-health nursing and social work

COUNSELLING IN A NUTSHELL



2010 • 128 pages

Cloth (978-0-85702-337-7) • £57.00

Paper (978-0-85702-338-4) • £13.99



See the full listing of all our Counselling & Psychotherapy titles online at www.sagepub.co.uk

See the index for titles in these series.

Series in Counselling & Psychotherapy

SAGE publishes a wide range of series in Counselling and Psychotherapy. Each is edited by leading trainers and practitioners who draw together experienced and well known authors from a variety of backgrounds. Some are ideal for students and trainees, offering short and practical introductions to theory and practice, whilst others delve more deeply into the subject, providing thought-provoking reading for qualified counsellors, psychotherapists and other practitioners in the helping professions.

BRIEF THERAPIES SERIES

Series Editor: Stephen Palmer

Associate Editor: **Gladeana McMahon**

This series of books focuses on the specific skills, theories and practices involved in brief and time-limited therapies. It is aimed at students, beginning and experienced counsellors, therapists and other members of the helping professions.



COUNSELLING IN ACTION SERIES

Series Editor: **Windy Dryden**

SAGE *Counselling in Action* is a bestselling series of short, practical books developed especially for students and trainees. They have become core texts for many courses, both in counselling and other professions such as nursing, social work, education and management.



COUNSELLING IN A NUTSHELL SERIES

Series Editor: **Windy Dryden**

Books in the *Counselling in a Nutshell* Series provide concise introductions to the key elements of theory and practice underpinning major therapeutic approaches. Each book looks at a different form of therapy and provides an accessible way of understanding complex ideas and concepts.



CREATIVE THERAPIES IN PRACTICE SERIES

Series Editor: **Paul Wilkins**

These books introduce and explore a range of arts therapies, drawing on case material to demonstrate the methods and techniques involved. The books are lively and informative introductions to using the creative arts in therapeutic practice.

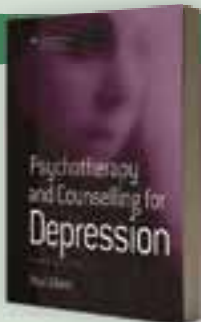


COUNSELLING IN PRACTICE SERIES

Series Editor: **Windy Dryden**

Associate Editor: **E Thomas Dowd**

This series focuses on specific client problem areas. The volumes transcend particular counselling approaches to explore ways of working with clients from a broad theoretical framework.



COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES

Series Editor: **Norman Claringbull**

Counselling and Psychotherapy Practice is a Learning Matters series written specifically to support students on Counselling and Psychotherapy courses. These books are practical in focus, concentrate on linking theory to everyday practice, and include practical activities to aid learning.



find out more at www.sagepub.co.uk/cp

SHORT INTRODUCTIONS TO THE THERAPY PROFESSIONS SERIES

Series Editor: **Colin Feltham**

These books examine the different professions which provide help for people experiencing emotional or psychological problems. The books are a source of up-to-date information about: the nature of the work; training, continuing professional development and career pathways; the structure and development of the profession; and more.



PROFESSIONAL SKILLS FOR COUNSELLORS SERIES

Series Editor: **Colin Feltham**

The *Professional Skills for Counsellors* series covers the practical, technical and professional skills and knowledge which trainee and practising counsellors need to improve their competence in key areas of therapeutic practice.



ETHICS IN PRACTICE SERIES

Series Editor: **Tim Bond**

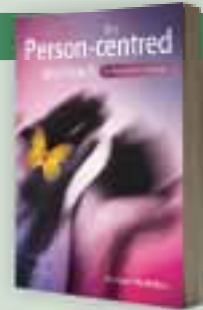
Books in this series offer short, practical guides to ethical issues which confront counsellors, psychotherapists and other professionals everyday. Suitable for both students and practitioners, the books are designed to give a clearer understanding of issues which are often considered complex and contentious.



SAGE THERAPEUTIC CHANGE SERIES

Series Editor: **Windy Dryden**

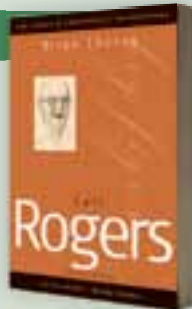
These books examine 'change' as the goal of counselling and psychotherapy. Each book takes a different therapeutic approach and looks at how change is conceptualised and worked with by practitioners from that approach.



KEY FIGURES IN COUNSELLING AND PSYCHOTHERAPY SERIES

Series Editor: **Windy Dryden**

The books in this series introduce readers to the life, work and influence of leading innovators whose theoretical and practical contributions have shaped the development of contemporary counselling and psychotherapy.



SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

Series Editor: **Francesca Inskipp**

Skills in Counselling & Psychotherapy is a series of practical guides for trainees and practitioners. Each book takes one of the main approaches to therapeutic work and describes the core skills and techniques used within that approach.



LEGAL RESOURCES FOR COUNSELLORS AND PSYCHOTHERAPISTS SERIES

These highly practical books, themed around broad topics, reflect the most 'frequently asked questions' that are asked of the British Association for Counselling and Psychotherapy's professional advice line.



DEVELOPING COUNSELLING SERIES

Series Editor: **Windy Dryden**

Developing Counselling is an innovative series of books which provides counsellors and counselling trainees with practical hints and guidelines on the problems they face in the counselling process.



NEW!

PERSON-CENTRED THERAPY AND CBT

Siblings not Rivals

Roger Casemore and Jeremy Tudway both at *University of Warwick*

Why do I need to learn about cognitive behavioural therapy (CBT)? What can cognitive behavioural techniques contribute to my counselling training and practice?

This book has the answers, showing humanistic and integrative therapists and trainees how to get to grips with CBT. Responding to the growing need for integrative eclectic practice, person-centred therapist and author Roger Casemore joins forces with CBT trainer Jeremy Tudway to show how counsellors can incorporate relevant cognitive and behavioural skills into their work without betraying their humanistic values.

ABRIDGED CONTENTS

Experiences of Misunderstandings, Conflicts, Prejudices and Disrespect about and between the Two Approaches \ The Basic Philosophies of Each of the Approaches \ The History and Development of the Approaches \ The Underpinning Theories - Dissonance and Complementarity \ CBT and Person-Centred Counselling in Action \ Formulation and Assessment \ Therapy versus Working Therapeutically \ A Dialogue on Similarity and Difference \ Reflections

READERSHIP

Anyone studying CBT modules on counselling and psychotherapy courses, or wishing to adapt or structure their practice for multi-disciplinary, NHS, time-pressured or improving access to psychological therapies-focused settings

September 2012 • 192 pages
Cloth (978-0-85702-391-9) • £65.00
Paper (978-0-85702-392-6) • £23.99



NEW EDITION COMING SOON

PERSON-CENTRED COUNSELLING IN ACTION

Third Edition

Dave Mearns *University of Strathclyde* and **Brian Thorne** *Norwich Centre for Personal and Professional Development*



If new to counselling, this is a "must have". If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf, the challenge of the new theoretical material is persuasive, but if that is not enough, then the updated practice guidance, the practical questions and answers, and the comprehensive references must make this new edition another bestseller

- *Therapy Today*

It is now almost 20 years since the first edition of **Person-Centred Counselling in Action** appeared. In that time, this bestseller has maintained enormous popularity with trainees and practitioners and has achieved worldwide acclaim. This substantially revised **Third Edition** provides an excellent introduction to the theory and practice of person-centred counselling while incorporating exciting new developments in the approach.

Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors. At the same time, they provoke reflection on many of the key issues which concern not only person-centred practitioners but those across the whole counselling and psychotherapy field.

Features new to this edition include:

- the inclusion of 'relational depth', a key development for the person-centred approach and counselling generally
- extended discussion of the counsellor's use of self
- a new chapter containing the authors' answers to frequently asked questions
- the inclusion of diversity issues covering religion, gender and sexual orientation
- further reading suggestions.

ABRIDGED CONTENTS

The Person-Centred Approach: A Contemporary Review and Basic Theory \ Recent Developments in Person-Centred Theory \ The Counsellor's Use of the Self \ Empathy \ Unconditional Positive Regard \ Congruence \ 'Beginnings' \ 'Middles' \ 'Endings'

READERSHIP

Trainees, trainers and practitioners of counselling, psychotherapy and counselling psychology

COUNSELLING IN ACTION SERIES

2007 • 264 pages
Cloth (978-1-4129-2854-0) • £70.00
Paper (978-1-4129-2855-7) • £23.99

WORKING AT RELATIONAL DEPTH IN COUNSELLING AND PSYCHOTHERAPY

Dave Mearns and Mick Cooper both at *University of Strathclyde*

The book represents a "gentle revolution". The gentleness comes from its lack of stridency and from its inclusiveness, and the radical quality is that person-centred therapy in particular, and all therapeutic work in general, cannot be the same again



- *Therapy Today*

Working at Relational Depth in Counselling and Psychotherapy is a groundbreaking text which goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence.

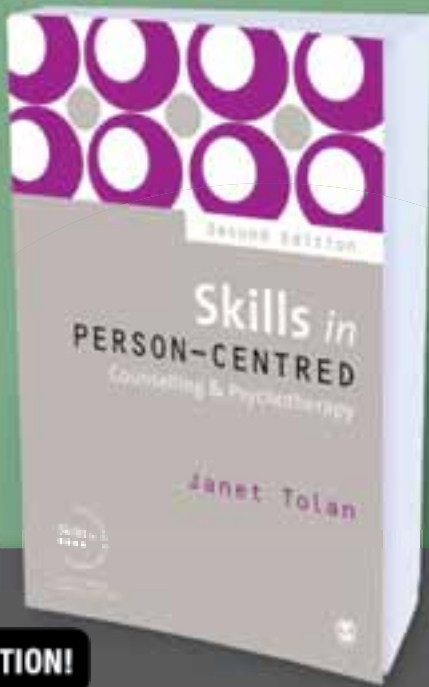
ABRIDGED CONTENTS

Towards a Relational Therapy \ Psychological Distress \ The Nature and Experience of Relational Depth in Counselling and Psychotherapy \ Reaching the Parts \ Working with Dominic \ Earning the Right to Work with Rick \ Facilitating a Meeting at Relational Depth \ The Therapist's Developmental Agenda \ Towards a Revolution

READERSHIP

Trainees and practitioners of all orientations in counselling and psychotherapy

2005 • 200 pages
Cloth (978-0-7619-4457-7) • £72.00
Paper (978-0-7619-4458-4) • £23.99



NEW EDITION!

SKILLS IN PERSON-CENTRED COUNSELLING & PSYCHOTHERAPY

Second Edition

Janet Tolan *Consultant, Private Practice*

A classic text - now updated to address some key developments and debates in the contemporary person-centred field. Accessible, practical and inspiring, this book will be an invaluable read for all trainees of the approach

- Mick Cooper, *Professor of Counselling, University of Strathclyde*

'With two superb new chapters (and a third substantially revised), clarifications to some points of theory and up-to-date and comprehensive guides to further reading, this accessible, contemporary and imaginative introduction to the skills of person-centred therapy is a masterpiece'

- Paul Wilkins, *Consultant and Private Practitioner, Manchester*

This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its **Second Edition**, this step-by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways that are thoroughly grounded in person-centred principles.

Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this edition contains two new chapters: 'Debates and Developments in Practice' and 'Edgy and Ethical Issues'.

CONTENTS

The Theoretical Framework \ Empathy \ Empathic Understanding \ Congruence \ Congruence in Practice \ Unconditional Positive Regard \ Psychological Contact - Basic and Cognitive Contact \ Psychological Contact - Emotional and Subtle Contact \ The Therapeutic Process \ Beginnings and Endings \ Professional Issues \ Managing the Work in an Organization \ Ethical Practice \ Debates and Developments in Practice

READERSHIP

Practitioners and trainee therapists interested in a person-centred approach

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

January 2012 • 216 pages
Cloth (978-1-84860-094-2) • £70.00
Paper (978-1-84860-095-9) • £23.99



NEW EDITION!

CARL ROGERS

Third Edition

Brian Thorne *Norwich Centre for Personal and Professional Development* and Pete Sanders

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas.

This **Third Edition** is co-authored by Brian Thorne and Pete Sanders, leading person-centred practitioners and bestselling authors. Pete Sanders contributes a new chapter 'the ongoing influence of Carl Rogers', covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the medical profession.

ABRIDGED CONTENTS

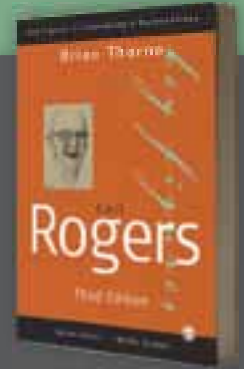
The Life of Carl Rogers \ Rogers' Major Theoretical Contributions \ Rogers' Major Practical Contributions \ Criticisms and Rebuttals \ The Overall Influence of Carl Rogers \ A Select Bibliography of the Works of Carl Rogers \ Important Events in the Life of Carl Rogers \ Carl Rogers' Ongoing Influence

READERSHIP

All practitioners and students of the person-centred approach

KEY FIGURES IN COUNSELLING AND PSYCHOTHERAPY SERIES

November 2012 • 168 pages
Cloth (978-1-4462-5222-2) • £70.00
Paper (978-1-4462-5223-9) • £24.99



CLIENT ISSUES IN COUNSELLING AND PSYCHOTHERAPY

Person-centred Practice

Edited by Janet Tolan *Consultant, Private Practice* and Paul Wilkins *Manchester Metropolitan University*

A long-awaited, magnificent text.... I can't recommend it highly enough

- Colin Feltham, *Emeritus Professor of Critical Counselling Studies, Sheffield Hallam University*

This is the first book to focus on commonly occurring client issues and explore how to work with them from a person-centred perspective. Extensive case studies translate person-centred theory into effective practice, enabling therapists to work successfully with clients presenting a variety of different problems.

ABRIDGED CONTENTS

PART ONE: LIFE EVENTS \ A Person-Centred Approach to Loss and Bereavement \ Person-Centred Approaches to Trauma, Critical Incidents and PTSD \ Person-Centred Therapy with Adults Sexually Abused as Children \ PART TWO: EMOTIONAL REACTIONS TO LIFE EVENTS \ Person-Centred Therapy with People Experiencing Depression: When You Can't Just Snap out of It \ Anxiety and Panic: Person-Centred Interpretations and Responses \ Person-Centred Approaches to Different Realities \ PART THREE: BEHAVIOURAL REACTIONS TO LIFE EVENTS \ Working with Drug and Alcohol Issues \ Working with Clients Who Have Eating Problems \ A Person-Centred Perspective on Self-Injury \ Person-Centred Therapy in Practice

READERSHIP

Counselling and psychotherapy trainees and practitioners

2011 • 184 pages
Cloth (978-1-84860-026-3) • £60.00
Paper (978-1-84860-027-0) • £19.99



INTEGRATIVE COUNSELLING SKILLS IN ACTION

Third Edition

Sue Culley *Retired freelance consultant* and **Tim Bond** *University of Bristol*

'I find this book such an excellent resource. It is invaluable in my teaching as well as supporting learning in supervision. Culley and Bond use their extensive experience as practitioners to demystify potentially complex ideas' - **Dr Andrew Reeves, Editor of Counselling and Psychotherapy Research**

This bestselling introduction takes the reader step by step through the skills and strategies needed at each stage of the counselling process using illustrative case examples and providing practical checklists and summaries. New to the **Third Edition**: negotiating and managing a counselling contract; using self-disclosure; preparing for and using supervision; an example of supervision included in an extended case study; and a new preface.

ABRIDGED CONTENTS

Learning Counselling Skills \ Overview of the Integrative Skills Model \ The Foundation Skills \ The Beginning Stage: Exploration, Contracting and Assessment \ The Middle Stage: Reassessment and Challenging \ The Ending Stage: Action and Closure \ Case Study \ Demanding Situations \ On Being Successful in Using Counselling Skills

READERSHIP

Beginners on the certificate in counselling, those on diploma courses and also on postgraduate counselling courses

COUNSELLING IN ACTION SERIES



2011 • 224 pages
Cloth (978-1-84860-151-2) • £65.00
Paper (978-1-84860-152-9) • £22.99



INTEGRATIVE COUNSELLING AND PSYCHOTHERAPY

A Relational Approach

Ariana Faris *University of Wales* and **Els van Ooijen**

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. This exciting new text:

- outlines the history of integration in the field
- clarifies the nature of psychotherapeutic integration
- defines different models of integration
- provides a clear and rich discussion of what it means to work relationally
- outlines a coherent and flexible framework for practice
- demonstrates how this framework can be successfully utilized
- provides a detailed guide to working with the Relational-Integrative Model (RIM) for a range of professional issues.

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

ABRIDGED CONTENTS

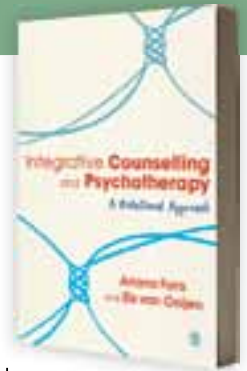
Foreword by Professor Neil Frude \ Acknowledgements \ Introduction \ Models of Integration \ Approach \ Method \ Technique: The RIM in Practice \ Professional Issues

READERSHIP

Students, trainers and practitioners looking to develop their theoretical knowledge



2011 • 192 pages
Cloth (978-0-85702-126-7) • £65.00
Paper (978-0-85702-127-4) • £21.99



INTEGRATION IN COUNSELLING & PSYCHOTHERAPY

Developing a Personal Approach

Second Edition

Phil Lapworth *Private Practice* and **Charlotte Sills** *Metanoia Institute* and *Ashridge College*

Offering clear strategies for integration rather than a new therapeutic model, this practical **Second Edition**:

- puts added emphasis on the integrative framework and procedural strategies
- integrates recent thinking and research in psychotherapy, human development and neuroscience
- discusses how developments in relational approaches impact on integration in practice.

ABRIDGED CONTENTS

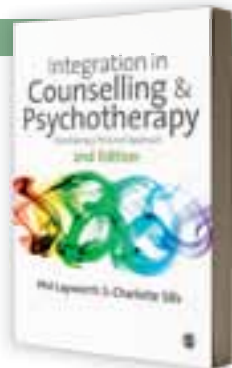
PART ONE: INTEGRATION: CONTEXT AND CONCEPTS \ A Brief History of Integration and Some Recent Developments \ Generic Elements of Counselling and Psychotherapy \ How to Integrate \ PART TWO: AN EXERCISE IN INTEGRATION \ Developing a Theory of Human Beings \ Developing an Integrative Framework \ An Integrative Framework in Practice \ PART THREE: OTHER FRAMEWORKS AND PROCEDURES FOR INTEGRATION \ The Therapeutic Relationship \ Multimodal Therapy \ The Comparative Script System \ The Seven-Level Model

READERSHIP

Trainee and practising counsellors and psychotherapists who are interested in applying an integrative approach



2009 • 200 pages
Cloth (978-1-84860-443-8) • £72.00
Paper (978-1-84860-444-5) • £23.99



THEORIES OF COUNSELING AND PSYCHOTHERAPY

A Multicultural Perspective

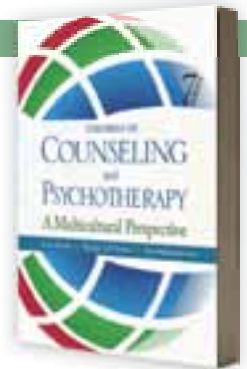
Seventh Edition

Allen E Ivey *University of Massachusetts*, **Michael J D'Andrea** *Seton Hall University*, *St Mary's University* and **Mary Bradford Ivey** *University of South Florida at Tampa*

Theories of Counseling and Psychotherapy fully integrates a multicultural approach which is demonstrated in practice throughout every chapter and every theoretical approach.



2011 • 776 pages
Cloth (978-1-4129-8723-3) • £63.00



GESTALT COUNSELLING IN ACTION

Third Edition

Petruska Clarkson



The reader looking for a clear and comprehensive introduction to Gestalt counselling need look no further. This work can be recommended wholeheartedly

- *British Gestalt Journal*

This bestselling text is a lively and authoritative introduction to the approach, beginning with the theoretical and philosophical basis of Gestalt. It clearly sets out the six main phases of the therapeutic process, introducing readers to a client 'Gary' whose case is used throughout the book to illustrate the process of therapy and the techniques used in each of the phases.

ABRIDGED CONTENTS

Introduction to Gestalt \ Fundamentals of the Gestalt Approach to Counselling \ The Healthy Cycle and Its Application to the Counselling Process \ Dysfunctions and Disturbances in the Cycle \ Sensation and the Necessary Preconditions for Counselling \ Awareness and the Initial Phases of the Counselling Process \ Mobilization and the Post-Preliminary Phases of the Counselling Process \ Action and the Middle Phases of the Counselling Process \ Final Contact and the Later Phases of the Counselling Process \ Satisfaction and the Penultimate Phases of the Counselling Process \ Withdrawal and the Final Phases of the Counselling Process \ Responsibility and Freedom in Counselling \ Concluding Reflections on Gestalt's Future Frontiers

READERSHIP

Students and practitioners in Gestalt counselling and psychotherapy

COUNSELLING IN ACTION SERIES

IC 2004 • 216 pages
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Paper (978-1-4129-0085-0) • £23.99

SKILLS IN GESTALT COUNSELLING & PSYCHOTHERAPY

Second Edition

Phil Joyce *Metanoia Institute* and
Charlotte Sills *Metanoia Institute* and
Ashridge College



This is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process. Taking the reader through these stages, the book focuses on skills that arise out of Gestalt theory as well as those invoked by the therapeutic relationship.

ABRIDGED CONTENTS

PART ONE: GESTALT THERAPY IN PRACTICE \ Preparing for the Journey \ Phenomenology and Field Theory \ Awareness \ The Therapeutic Relationship \ Assessment and Diagnosis \ Treatment Considerations \ Strengthening Support \ Shame \ Experimenting \ Modifications to Contact \ Unfinished Businesses \ Transference and Counter-Transference \ Body Process \ Working with Dreams \ Using Supervision and Identifying Your Personal Style \ Research and Reflection \ Ending the Journey \ PART TWO: WORKING WITH DISTURBED AND DISTURBING CLIENTS \ Managing and Assessing Risk with Disturbing Clients \ Depression and Anxiety \ PART THREE: GESTALT PRACTICE IN CONTEXT \ Brief Therapy \ Diversity, Culture and Ethics \ Spiritual Counselling \ Coaching

READERSHIP

Students on counselling and counselling skills courses, especially those training in Gestalt or humanistic therapy

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES

IC **e** 2009 • 288 pages
Cloth (978-1-84787-599-0) • £69.00
Paper (978-1-84787-600-3) • £22.99

NEW!

AN INTRODUCTION TO GESTALT

Charlotte Sills *Metanoia Institute* and
Ashridge College, Phil Lapworth *Private Practice* and
Billy Desmond



This thoroughly revised edition of **Gestalt Counselling** introduces the fundamental concepts of Gestalt and systematically demonstrates how to apply and use these in practice. The authors explore how Gestalt can be used in a wide variety of 'helping conversations' from counselling, psychotherapy and coaching to mentoring, managing, consulting and guiding. After placing Gestalt in its current sociopolitical context, each chapter:

- defines a major concept
- provides examples from a variety of settings to bring the theory to life and suggest how that concept may be usefully applied
- includes exercises for readers to practise themselves and with their clients.

ABRIDGED CONTENTS

PART ONE: BACKGROUND \ A Brief History of Gestalt \ An Overview of Gestalt Principles and Recent Developments \ PART TWO: GESTALT THEORIES \ The Relationship in Gestalt Practice \ Awareness \ Embodiment \ Wholeness \ The Inter-Connectedness and the Field \ PART THREE: GESTALT PRACTICE \ Assessment and the Process of Change \ Phenomenology and Awareness \ Working in the Dialogic Relationship \ Promoting Healthy Process \ Experiments \ With the Gestalt Counsellor: A Case Example \ Gestalt in Organizations: The Gestaltist as Coach and Consultant

READERSHIP

Undergraduate and postgraduate students of Gestalt counselling and psychotherapy

IC October 2012 • 208 pages
Cloth (978-1-4462-0727-7) • £65.00
Paper (978-1-4462-0728-4) • £21.99

NEW!

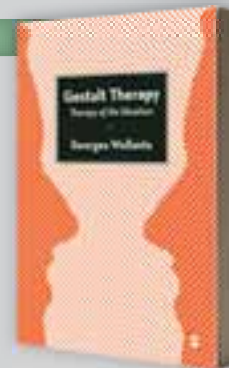
GESTALT THERAPY

Therapy of the Situation

Georges Wollants

'This welcome new book is a valuable addition to the literature of Gestalt therapy and deserves to become widely known and read. It will deepen understanding, educate therapists and change people's **thinking...** Georges Wollants has written not just a good book but a great one'

- *Malcolm Parlett, British Gestalt Journal*



This seminal textbook on Gestalt therapy refreshes the theory of Gestalt therapy revisiting its European roots. Taking the basic premise that people do the best they can in relation to their own situation, leading European therapist Georges Wollants explains Gestalt theory and provides a useful critique of commonly taught concepts. Features of the book include:

- each section approaches a key area of psychotherapy theory in context
- commentaries from current experts in different areas of Gestalt
- the author brings in his extensive knowledge of European philosophers and psychologists to offer a unique insight.

ABRIDGED CONTENTS

From a Mono-Personal Approach to a Therapy of the Situation \ The Developing Situation \ Damaging Situations - Disordered Person-World Interactions \ Concepts of Gestalt Therapy Revised \ The Bodying Forth of the Situation \ The Therapeutic Situation in Practice

READERSHIP

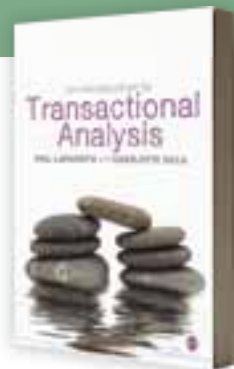
Trainees in humanistic and integrative counselling and psychotherapy as well as those studying pastoral care

IC **e** February 2012 • 168 pages
Cloth (978-0-85702-984-3) • £65.00
Paper (978-0-85702-985-0) • £22.99

AN INTRODUCTION TO TRANSACTIONAL ANALYSIS

Helping People Change

Phil Lapworth *Private Practice* and
Charlotte Sills *Metanoia Institute* and
Ashridge College



Now in its **Second Edition**, this book is established reading for any practitioner or trainee wishing to develop his/her own personal style of working. Offering clear strategies for integration rather than a new therapeutic model, this practical new edition:

- puts added emphasis on the integrative framework and procedural strategies
- integrates recent thinking and research in psychotherapy, human development and neuroscience
- discusses how developments in relational approaches have an impact on integration in practice.

ABRIDGED CONTENTS

An Introduction to Transactional Analysis \ Making Contracts \ Ego States: A Theory of Personality \ The Analysis of Transactions: Understanding Communication \ Functional Analysis: Behavioural Options in Relationship \ Strokes and Other Human Hungers \ Life Scripts: The Development of a Lived Narrative \ Games: Understanding Relational Dynamics \ Rackets: Maintaining Scripts in the Internal World \ Assessment and the Process of Change \ Relating for a Change

READERSHIP

Students taking modules on transactional analysis in counselling and psychotherapy, cognitive behavioural, psychodynamic and humanistic courses



2011 • 224 pages
Cloth (978-0-85702-907-2) • £65.00
Paper (978-0-85702-908-9) • £20.99

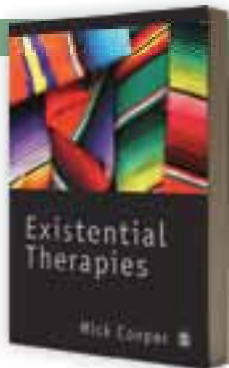
EXISTENTIAL THERAPIES

Mick Cooper *University of Strathclyde*

'Concise and easy to read, despite the fact that it deals with some fairly complex ideas' - **CounsellingResource.com**

Focusing on practical, face-to-face work with clients this book:

- introduces readers to six key existential therapies
- discusses key figures and their contributions including: Irvin Yalom; Emmy van Deurzen; Ernesto Spinelli; Viktor Frankl; and R D Laing
- compares and contrasts the various approaches
- outlines key debates within the existential therapy field.



ABRIDGED CONTENTS

Existential Philosophy \ Daseinsanalysis \ Logotherapy \ The American Existential-Humanistic Approach \ R D Laing \ The British School of Existential Analysis \ Brief Existential Therapies \ Dimensions of Existential Therapeutic Practice

READERSHIP

Trainees and practitioners in counselling, counselling psychology and psychotherapy



2003 • 192 pages
Cloth (978-0-7619-7320-1) • £75.00
Paper (978-0-7619-7321-8) • £24.99

NEW!

EXISTENTIAL COUNSELLING AND PSYCHOTHERAPY

Darren Langdrige
The Open University



This contemporary introduction provides a comprehensive survey of past and present existential ideas, philosophers and practice. Darren Langdrige makes existential therapy accessible through clear language, numerous case studies, chapter summaries, activities and further reading lists. The three parts cover all the key areas taught on existential therapy courses, from the fundamental theory of - and key figures in - the approach, to its application in practice, using illustrative case studies. The final section develops contemporary cross-cutting issues in existential therapy, including the role of language/narrative, power and politics, and evaluation research.

ABRIDGED CONTENTS

PART ONE: FOUNDATIONS OF THEORY AND PRACTICE \ Introducing Phenomenology \ The Development of Existential Therapy \ Fundamentals of Existential Practice \ PART TWO: DEVELOPING EXISTENTIAL THERAPY \ Anxiety - The Core of Existence \ The Dimensions of Existence \ Freedom, Choice and Responsibility \ Relatedness \ Emotions and Embodiment \ PART THREE: EXTENDING THE THEORY AND PRACTICE OF EXISTENTIAL THERAPY \ Researching Existential Therapy \ Power, Politics and Language

READERSHIP

Counselling and psychotherapy trainees new to existential counselling; also more experienced practitioners wanting a view on existential therapy today



November 2012 • 192 pages
Cloth (978-1-84920-768-3) • £65.00
Paper (978-1-84920-769-0) • £21.99

SKILLS IN EXISTENTIAL COUNSELLING & PSYCHOTHERAPY

Emmy van Deurzen and **Martin Adams**
both at *New School of Psychotherapy and Counselling, London*



At last - a lucid and accessible overview of the "British model" of existential therapy. With its clear language and well-judged examples of practice this is an essential resource for trainees and practitioners alike

- **Professor Simon du Plock**, *Metanoia Institute, London and Middlesex University*

This is the first practical introduction to a skills-based existential approach. Accessible for those without a philosophical background, it describes the concrete and tangible skills, tasks and interactions of existential practice. The book covers:

- the theoretical background and history of existential therapy
- phenomenological practice - the centre of existential therapy
- the process of therapy and the nature of change
- misconceptions about the existential approach.

ABRIDGED CONTENTS

The Framework of Existential Therapy \ The Person of the Therapist \ Working Phenomenologically: The Centre of Existential Therapy \ Developing an Existential Attitude \ From Theory into Practice \ The Process of Existential Therapy \ Putting It All Together: Summing up

READERSHIP

Practitioners and students of counselling interested in the existential approach

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



2010 • 176 pages
Cloth (978-1-4129-4779-4) • £63.00
Paper (978-1-4129-4780-0) • £20.99

NEW EDITION!

EXISTENTIAL COUNSELLING & PSYCHOTHERAPY IN PRACTICE

Third Edition

Emmy van Deurzen *New School of Psychotherapy and Counselling, London*

Praise for the previous edition:

'For a book with such a reflective and philosophical element, this is a surprisingly readable and grounded read. This is perhaps the strongest aspect of van Deurzen's approach - an ability to understand social development and its often profoundly disturbing effects on the psychology of the individual and to remind us of what is really important in living'

- *Counsellingbooks.com*

'van Deurzen's introduction to existential counselling is outstanding and almost entirely devoid of the linguistic contortions which characterize some of the philosophical literature underpinning the field. For those with an interest in the practical side of existential approaches to counselling and psychotherapy - emphasising the challenges of living in the world rather than focusing on personal psychopathology - I can recommend none better'

- *CounsellingResource.com*

Offering a concrete framework and practical methods for working from an existential perspective, the bestselling **Existential Counselling and Psychotherapy in Practice** is now in its **Third Edition**.

Central to the book is the belief that many of our problems arise out of the essential paradoxes of human existence, rather than from personal pathology. From this perspective, the purpose of counselling and psychotherapy is not viewed as problem-solving, but as a mean of enabling people to come to terms with living life as it is, with all its inherent contradictions.

Emmy van Deurzen, a leading existential philosopher and therapist, presents a practical method of working, using systematic observation, clarification and reflection to help clients rediscover their inner strengths. She shows how personal assumptions, values and talents, once acknowledged, can be turned to constructive use. Using wide-ranging case examples, the author also demonstrates the effectiveness of the existential approach in many different situations - from crisis work to dealing with chronic unhappiness.

The existential approach is a well-respected form of psychotherapy, but most writing on the subject tends to be heavily theoretical. This book offers a practical and accessible alternative, which will be invaluable to those in training as well as to more experienced practitioners

CONTENTS

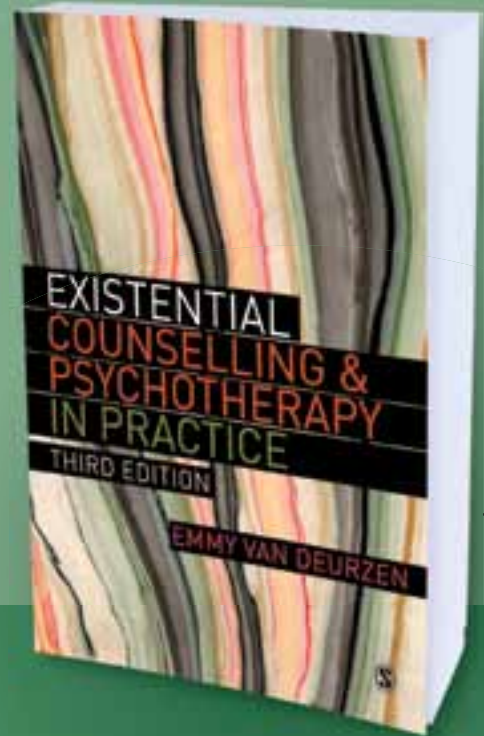
Introduction: The Origin of Existential Therapy \ Aim and Framework: Basic Assumptions \ The Aim of Existential Psychotherapy and Counselling \ The Attitude of the Existential Practitioner \ Chapter Summary \ Establishing Contact: Starting Point: Anxiety Towards Authentic Living \ Finding Guidelines \ Chapter Summary \ Clarification of Personal Worldview: The Physical World \ The Social World \ The Personal World \ The Spiritual World \ Chapter Summary \ Taking Stock: Defining Assumptions \ Determining Values \ Exploring Talents \ Chapter Summary \ Creative Explorations: Understanding Emotions \ Discovering Meaning \ Working with Dreams \ Playing with Imagination \ Chapter Summary \ Coming to Terms with Life: Facing the World Alone \ Action and Commitment \ Communicating and Relating \ Living in Time \ Chapter Summary

READERSHIP

Trainee counsellors focusing on the existential approach; also practitioners



October 2012 • 256 pages
Cloth (978-1-84920-067-7) • £70.00
Paper (978-1-84920-068-4) • £23.99



sample cover

EMMY VAN DEURZEN

Emmy van Deurzen is a philosopher, existential psychotherapist and counselling psychologist, with a dozen books to her name. She was the inspiration and creative force behind the launch of the Society for Existential Analysis and its journal of the same name in 1988, the same year that her book **Existential Counselling and Psychotherapy in Practice** was first published by SAGE. She founded both the School of Psychotherapy and Counselling at Regent's College and the New School of Psychotherapy and Counselling, of which she continues to be Principal. Her application of philosophical ideas to psychology, psychotherapy, counselling and coaching has revolutionized the field and has established the existential approach firmly in the UK, inspiring many European and international developments. Her work has been translated into a dozen languages and she lectures all around the world. She is visiting Professor of Psychotherapy with Middlesex University and has been a professor with Regent's College and an honorary professor with Schiller International University and the University of Sheffield, as well as a visiting fellow of Darwin College, Cambridge. She was the first chair of the United Kingdom Council for Psychotherapy and external relations officer to the European Association for Psychotherapy and representative to the European Commission and the Council of Europe for many years.

Amongst her books are the bestseller **Existential Psychotherapy and Counselling in Practice, Psychotherapy and the Quest for Happiness** (SAGE, 2009) and **Everyday Mysteries** (Second edition, Routledge, 2010). SAGE published her co-authored book **Skills in Existential Psychotherapy and Counselling** in 2011.

Emmy lives in the Peak District with her husband Prof. Digby Tantam, where she enjoys hill walking alongside her writing, painting and singing song-writing.



Emmy ↗

NEW!

CONCISE INTRODUCTION TO EXISTENTIAL COUNSELLING

Martin Adams *New School of Psychotherapy and Counselling, London*

Concise Introduction to Existential Counselling is just that, a brief and accessible pocket guide to the existential approach - its underlining theory and practice. Addressing what every new trainee needs to know, do, think and feel in a way that is entirely accessible and jargon-free, this book:

- provides a short history of the existential tradition
- puts key concepts into contexts, showing how theory translates into practice
- discusses issues in the therapeutic process
- shows how to work effectively with whatever the client brings to the table
- addresses the significance of existential thought in the wider world

ABRIDGED CONTENTS

An Overview of Existential Counselling \ Some Key Concepts in Existential Counselling \ Putting Theory into Practice \ Working with What the Client Brings \ Issues in the Therapy Process \ Contextual and Professional Issues \ Understanding and Working with Particular Issues

READERSHIP

New trainees looking to start on their path to thinking and acting existentially

December 2012 • 128 pages

Cloth (978-1-4462-0843-4) • £60.00

Paper (978-1-4462-0844-1) • £16.99



SKILLS IN PSYCHODYNAMIC COUNSELLING AND PSYCHOTHERAPY

Susan Howard *University of Surrey*

This practical text address the competencies and techniques central to the delivery of effective psychodynamic practice. It provides a framework for the therapist to develop his/ her skills and apply them to practice by:

- discussing the personal and professional growth which underpins a professional and ethical attitude to the therapist's work
- linking specific competencies to the theory base underpinning them
- using case material to illustrate competencies and dilemmas.

ABRIDGED CONTENTS

The Psychodynamic Approach \ Becoming a Therapist: The Personal Journey towards Skilled Practice \ Becoming a Therapist: Other Ways to Enhance Personal Growth \ Setting the Scene for Therapy: The Therapeutic Frame \ The First Sessions: The Therapeutic Alliance \ Working with Unconscious Communication \ The Theory Underlying Technique: Transference and Countertransference \ Types of Interpretation \ Interpreting the Transference and Countertransference \ Understanding and Working with Defences \ Assessment and Formulation from a Psychodynamic Perspective \ Managing the Therapeutic Process \ The Real Relationship and Other Dilemmas \ Skills in Using Supervision

READERSHIP

Trainees on psychodynamic counselling and psychotherapy courses as well as practitioners

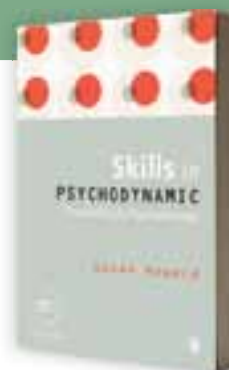
SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



2009 • 176 pages

Cloth (978-1-4129-4653-7) • £66.00

Paper (978-1-4129-4654-4) • £21.99



A SHORT INTRODUCTION TO PSYCHOANALYSIS

Second Edition

Jane Milton, Caroline Polmear and **Julia Fabricius** all at the *British Psychoanalytical Society*

The best simply got better. The thoroughly updated **Second Edition** retains all the powerful features of the first including its remarkable clarity and accessibility

- **Professor Peter Fonagy, University College London**

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. New to this edition, the book:

- further investigates psychotherapy in the NHS and the improving access to psychological therapies (IAPT) programme
- includes new research studies and addresses the new field of psychosocial studies.

ABRIDGED CONTENTS

What Is Psychoanalysis? \ Basics of Psychoanalytic Theory \ A Brief History of Psychoanalysis \ Psychoanalysis across Cultures \ Critiques of Psychoanalysis \ Psychoanalysis and Research \ Psychoanalysis beyond the Consulting Room \ Psychoanalysis and the Psychotherapies \ The Profession: Organization, Communication and Regulation

READERSHIP

Undergraduate and postgraduate students in counselling and psychotherapy, also those taking courses specifically on psychoanalysis

SHORT INTRODUCTIONS TO THE THERAPY PROFESSIONS



2011 • 224 pages

Cloth (978-0-85702-058-1) • £65.00

Paper (978-0-85702-059-8) • £21.99



PSYCHODYNAMIC COUNSELLING IN ACTION

Fourth Edition

Michael Jacobs *Visiting Fellow, Bournemouth University*

Praise for the third edition:

'Brilliant, enlightening, practical. A gem of a book' - **British Journal of Guidance and Counselling**

Psychodynamic Counselling in Action is widely regarded as the most accessible introduction to the psychodynamic approach, making it ideal for readers who are new to the subject. Michael Jacobs describes the psychodynamic counselling process from initial meeting right through to the end of the relationship. He sets out the main theory and principles involved in psychodynamic work and shows how these can be applied creatively and effectively within the process. In this updated edition, each chapter includes a set of thought-provoking training exercises, designed to help readers develop their psychodynamic counselling skills, to promote discussion of each stage of the counselling process and to translate psychodynamic theory into practice.

ABRIDGED CONTENTS

Introducing the Psychodynamic Approach \ The First Session \ After the First Session \ The Importance of Time and Boundaries \ The Middle Phase of Counselling \ The Middle Phase of Counselling \ Breaks and Endings

READERSHIP

Trainee and practising counsellors with an interest in the psychodynamic approach; also those on generic or integrative counselling courses

COUNSELLING IN ACTION SERIES



2010 • 216 pages

Cloth (978-1-84920-802-4) • £75.00

Paper (978-1-84920-803-1) • £24.99



SKILLS IN SOLUTION FOCUSED BRIEF COUNSELLING AND PSYCHOTHERAPY

Paul Hanton *Independent Practitioner, Consultant and Trainer*



Rich descriptions of the key solution-focused skills, illustrated with examples from Paul's extensive experience of practice, offer the reader many opportunities to extend their own practice repertoire

- **John Wheeler, Solution-Focused Practitioner, Trainer and Supervisor**

As part of the bestselling *SAGE Skills in Counselling & Psychotherapy* series, this book is one of the first to focus specifically on SFBT skills and practice. Structured step-by-step along the lines of an actual therapy session, the book covers: assumptions, expectations and ways of working; the role of the solution focused brief therapist; the miracle question; and ending sessions and closures.

ABRIDGED CONTENTS

Solution Focused Brief Therapy (SFBT): Skills, Assumptions and Ways of Working \ Openings in SFBT and the Role of the Therapist \ Pre-Session Change, Exceptions and Coping Questions \ The Use of Scales in SFBT \ Co-Creating Preferred Futures \ End of Sessions, Tasks and Feedback \ Subsequent Sessions and Closures in SFBT \ What Next?

READERSHIP

Counsellors and psychotherapists new to SFBT and professionals working in health and social care where SFBT skills are relevant; also students training to become counsellors

SKILLS IN COUNSELLING & PSYCHOTHERAPY SERIES



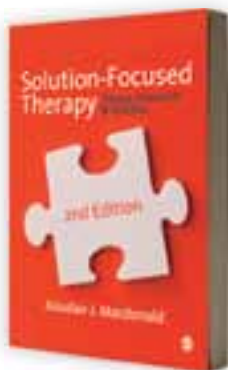
2011 • 152 pages
Cloth (978-1-84920-621-1) • £60.00
Paper (978-1-84920-622-8) • £19.99

SOLUTION-FOCUSED THERAPY

Theory, Research & Practice

Second Edition

Alasdair Macdonald



This **Second Edition** 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. Drawing on contemporary research and the author's own extensive experience, the fully revised and updated new edition includes:

- a new chapter on challenges to SFT and the integration of SFT with other therapeutic approaches
- topical exploration of the application of SFT to patients with personality disorders and dementias
- contemporary research on solution-focused coaching and approaches to organizational change.

ABRIDGED CONTENTS

The Solution-Focused Therapy Model: The First Session: Part One \ The Solution-Focused Therapy Model: Part Two \ Case Study \ Ethical Issues in Therapy \ The Historical Roots of Solution-Focused Brief Therapy \ The Research and Evidence Base for Solution-Focused Therapy \ Applying Solution-Focused Brief Therapy within Mental-Health Services \ Solution-Focused Approaches to Severe Mental Illnesses \ Solution-Focused Approaches in the Workplace \ Common Questions about Solution-Focused Approaches \ Future Directions in Solution-Focused Therapy

READERSHIP

Students and trainees studying solution-focused therapy



2011 • 256 pages
Cloth (978-0-85702-889-1) • £65.00
Paper (978-0-85702-890-7) • £21.99

NEW EDITION!

SOLUTION-FOCUSED THERAPY

Third Edition

Bill O'Connell *Focus on Solutions Limited, Birmingham*



As part of the popular *Brief Therapies* series, this long awaited **Third Edition** will tell you all you need to know about solution-focused therapy (SFT) and more. This popular introduction takes the reader step-by-step through the counselling process, providing insight into how to structure and manage therapeutic work in ways that are grounded in solution-focused principles. The book includes:

- a detailed introduction to the theory and practice of 'brief' therapy
- a discussion of the foundations of SFT
- exercises to use with clients and/or trainees
- brand new case examples relating theory directly to practice
- an insightful reflection on the journey of the practitioner.

ABRIDGED CONTENTS

Preface to the Third Edition \ Brief Therapy \ Foundations of SFT \ Overview of the Model \ The First Session \ Second Sessions and beyond: Keeping the Focus on Solutions \ The Solution-Focused Journey \ Solution-Focused Supervision \ Frequently Asked Questions about SFT \ An Integrative Solution-Focused Approach \ Tips and Exercises for Using the SF Approach

READERSHIP

Counselling trainees and practitioners

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Reviews

Sample

...the information boxes dotted throughout mean that...
...and the illustrations show mechanisms of...
...of the book not so thick as to be off-putting

NEW!

COGNITIVE BEHAVIOUR THERAPIES

Edited by **Windy Dryden** *Goldsmiths, University of London*

Windy Dryden has assembled a distinguished group of CBT specialists who provide clear and well-written chapters on their various approaches. An important addition to your CBT bookshelf

- **Michael Neenan**, *Centre for Stress Management, London*

Cognitive Behaviour Therapy has become more established as the therapy of choice in recent years, and consequently different voices in the CBT tradition have become prominent. This book brings together these voices by offering its readers a one-stop guide to the major approaches.

Each chapter offers an overview of a particular approach to CBT, covering:

- the historical development of the approach
- theoretical underpinnings
- practical applications
- case examples
- research status.

CONTENTS

Cognitive Behaviour Therapies in Britain: The Historical Context and Present Situation \ Beck's Cognitive Therapy \ Mindfulness-Based Cognitive Therapy \ Acceptance and Commitment Therapy \ Dialectical Behaviour Therapy \ Metacognitive Therapy \ Compassion-Focused Therapy \ Schema Therapy \ Rational Emotive Behaviour Therapy (REBT) \ Narrative CBT \ Behavioural Activation \ The Transdiagnostic Approach to CBT

READERSHIP

CBT trainees and practitioners as well as those training within the broader field of counselling and psychotherapy



January 2012 • 304 pages
Cloth (978-0-85702-118-2) • £75.00
Paper (978-0-85702-119-9) • £24.99



THE CBT HANDBOOK

Edited by **Windy Dryden** and **Rhena Branch** both at *Goldsmiths, University of London*

This book is a treasure trove of 26 up-to-date chapters by key people in the field covering a wide range of subjects and approaches. This is a seriously useful resource that is bound to find itself on the shelves of many cognitive behaviour therapists - certainly mine

- **Professor Paul Gilbert**, *Derbyshire Healthcare NHS Foundation Trust*

There are now a number of guides for CBT, but this handbook reaches the parts that the other books fail to reach. In addition to excellent overviews of theories, problems and practice, the book places the therapeutic relationship at the centre of CBT, and provides in-depth discussions of a range of professional issues not seen in other handbooks

- **Mick Power**, *Professor of Clinical Psychology, University of Edinburgh*

The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike. Comprising 26 accessible chapters from leading experts in the field, the book covers cognitive behaviour therapy (CBT) theory, practice and research. Chapters include:

- CBT theory
- CBT skills
- assessment and case formulation in CBT
- the therapeutic relationship in CBT
- values and ethics in CBT
- reflective and self-evaluative practice in CBT
- supervision of CBT therapists
- multi-disciplinary working in CBT practice.

CONTENTS

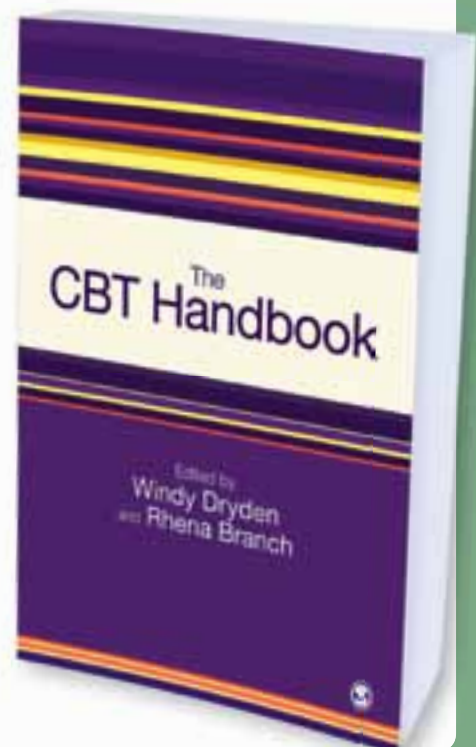
Editor's Introduction \ PART ONE: CBT THEORY \ What Is CBT and What Isn't CBT? \ CBT Theory \ CBT: Past, Present and Future \ Common Myths and Misconceptions about CBT \ PART TWO: CBT PRACTICE \ The Therapeutic Relationship in CBT \ Assessment and Formulation in CBT \ CBT Skills \ Working with Comorbidity in CBT \ Working with 'Diversity' in CBT \ Levels of Therapist Involvement in CBT \ Multidisciplinary Working in CBT Practice \ Adapting CBT to a Broad Clientele \ PART THREE: CBT: COMMON CHALLENGES \ Challenges in the CBT Client-Therapist Relationship \ Challenges with Homework in CBT \ Challenges with Maintenance and Change in CBT \ PART FOUR: CBT: SPECIFIC POPULATIONS AND SETTINGS \ CBT with Children and Adolescents \ CBT with Older People \ CBT with People with Intellectual and Developmental Disabilities \ CBT in Health and Social Care Settings \ CBT in Criminal Justice Settings \ CBT in Private Practice \ PART FIVE: CBT: PROFESSIONAL ISSUES \ Ethical Principles for CBT Practitioners \ Therapist Development and Self-care in CBT \ Supervision of CBT Therapists \ Getting the Most from Your CBT Training \ Reflective and Self-Evaluative Practice in CBT

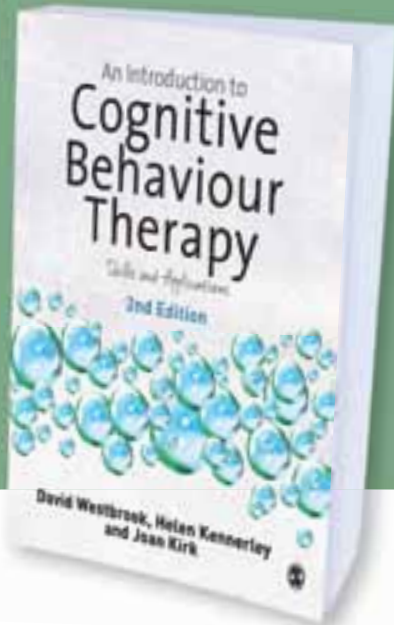
READERSHIP

CBT trainees and practitioners



2011 • 512 pages
Cloth (978-1-84920-551-1) • £85.00
Paper (978-1-84920-552-8) • £29.99





AN INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

Skills and Applications

Second Edition

David Westbrook, Helen Kennerley and Joan Kirk
all at Oxford Cognitive Therapy Centre

This text is a very well-organized, comprehensive and highly accessible introduction to CBT. The authors' proficient understanding of the breadth and complexity of CBT shines through making this an excellent overview of the current state of knowledge and practice

- Professor Willem Kuyken, Mood Disorders Centre

An Introduction to Cognitive Behaviour Therapy is the definitive beginner's guide to the basic theory, skills and applications of cognitive behavioural therapy (CBT). 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. New to this edition, the authors examine:

- cultural diversity in greater depth
- the current topicality of CBT, especially within the NHS
- the latest Roth & Pilling CBT competencies
- the impact of third wave and other developments in CBT in more detail.

A Companion Website featuring streamed extracts from video role-plays will be available to book purchasers and adopters, 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 access to the full versions of these training modules at a 25% discount.

CONTENTS

Basic Theory, Development and Current Status of CBT \ Distinctive Characteristics of CBT \ The Therapeutic Relationship \ Assessment and Formulation \ Measurement in CBT \ Helping Clients Become Their Own Therapists \ Socratic Method \ Cognitive Techniques \ Behavioural Experiments \ Physical Techniques \ The Course of Therapy \ Depression \ Anxiety Disorders \ Anxiety Disorders: Specific Models and Treatment Protocols \ Wider Applications of CBT \ Alternative Methods of Delivery \ Developments in CBT \ Evaluating CBT Practice \ Using Supervision in CBT

READERSHIP

Anyone beginning a course on CBT; postgraduate trainees on PG Cert/Dip/MA CBT courses or CBT modules on PG Cert/Dip/MA counselling and psychotherapy courses; also IAPT trainees, clinical psychologists, mental health nursing and social work trainees



2011 • 448 pages
Cloth (978-1-84860-686-9) • £75.00
Paper (978-1-84860-687-6) • £25.99

NEW!

CBT WITH CHILDREN, YOUNG PEOPLE AND FAMILIES

Peter Fuggle, Sandra Dunsmuir
and Vicki Curry

With the recent expansion of increasing access to psychological therapies (IAPT) CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings.

At the centre of this book is the child, the authors moving outwards to cover childhood itself, the principles, core practice and techniques of CBT and its adaptation to the context of the therapy.

ABRIDGED CONTENTS

PART ONE: KNOWLEDGE OF CHILDREN AND THEIR CONTEXT \ Parents and Child Development \ The Wider Context: Families, Schools, Culture And Safety \ Childhood Problems and Distress \ PART TWO: CORE CBT PRACTICE \ Assessment and Formulation \ Evaluating Practice \ Setting The Right Context \ Therapeutic Alliance \ Collaboration \ Strengthening The Therapeutic Process \ Facilitating Psychological Understanding \ Facilitating Acceptance and Coping \ Facilitating Change: Behavioural Techniques \ Facilitating Change: Cognitive Techniques \ PART THREE: CBT IN CONTEXT \ Moderating Factors to Effective Practice \ The Role of Supervision \ What to Do if CBT is not Working

READERSHIP

Specialist child trainees and practitioners, including new IAPT therapists, counsellors, nurses, teachers and social workers



December 2012 • 240 pages
Cloth (978-0-85702-727-6) • £65.00
Paper (978-0-85702-728-3) • £21.99



NEW!

CBT FOR COMMON TRAUMA RESPONSES

Michael J Scott
Private Practice, Liverpool

This is the first book to show how to use CBT with the full spectrum of post-traumatic responses; exploring how they affect and relate to one another. After discussing how to tailor CBT practice to work most effectively with trauma responses in real-world settings, the book goes on to explore the step-by-step treatment of post-traumatic stress disorder, other commonly occurring disorders, and finally, secondary traumatization.

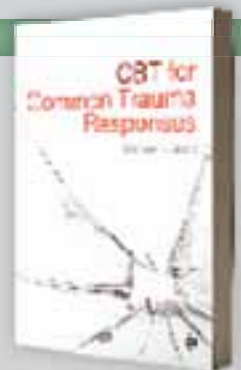
ABRIDGED CONTENTS

The Real World Treatment of Common Adverse Trauma Responses \ Identifying Distress and Tailoring CBT \ PART ONE: POST-TRAUMATIC STRESS DISORDER \ PTSD - Treatment Rationale \ PTSD Treatment - Phase One Coping Skills \ PTSD Treatment - Phase Two Trauma Focussed CBT \ PTSD Group Treatment - A Coping Skills Approach \ PTSD and the Dual Treatment of Depression, Substance Abuse, Panic Disorder and Borderline Personality Disorder \ PART TWO: PRINCIPAL DISORDERS OTHER THAN PTSD \ The CBT Treatment of Sub-Syndromal PTSD and Phobia \ The CBT Treatment of Prolonged Duress Stress Disorder \ The CBT Treatment of Chronic Adjustment Disorder \ PART THREE: SPECIAL POPULATIONS \ The CBT Treatment of Traumatised Children \ The CBT Treatment of Traumatised Clients with a Severe Mental Illness \ PART FOUR: SECONDARY TRAUMATISATION \ The CBT Treatment of Pain and Disability \ The CBT Treatment of Head Injury \ The CBT Treatment of Disfigurement

READERSHIP

CBT practitioners and trainees encountering clients with diverse presentations following trauma

December 2012 • 216 pages
Cloth (978-1-4462-0864-9) • £65.00
Paper (978-1-4462-0865-6) • £23.99



ESSENTIALS OF ACCEPTANCE AND COMMITMENT THERAPY

Sonja Batten *United States Department of Veterans Affairs*

'The literature on acceptance and commitment therapy (ACT) is vast but if you want to dig down to the essentials of ACT you've found the right volume. Nothing central is left out and nothing unnecessary is left in. Written by one of the world's experts on ACT, this book delivers. Highly recommended' **Dr Steven C Hayes, Foundation Professor, University of Nevada**

This practical, easy-to-use book introduces the theory and practice of acceptance and commitment therapy (ACT), a key contextual third wave cognitive behavioural therapy (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.

ABRIDGED CONTENTS

The ACT Conceptual Framework \ The ACT Therapeutic Stance \ Moving from Control to Willingness \ Reducing the Hold of Language \ Contacting the Present Moment \ Identifying a Consistent Self-Perspective \ Clarifying Individual Life Values \ Building a Life through Committed Action \ ACT for Anxiety \ ACT for Depression \ ACT for Substance Use and Addictive Disorders \ Special Considerations in Applying ACT

READERSHIP

Students on diploma, postgraduate diploma and masters courses in cognitive-behavioural therapy and those taking modules on third wave CBT therapies



2011 • 136 pages
Cloth (978-1-84920-167-4) • £60.00
Paper (978-1-84920-168-1) • £19.99



ASSESSMENT AND CASE FORMULATION IN COGNITIVE BEHAVIOURAL THERAPY

Alec Grant *University of Brighton*,
Michael Townend *University of Derby*,
Jem Mills *Managing Director, Aurora CBT Ltd* and **Adrian Cockx** *Community Psychiatric Nurse*

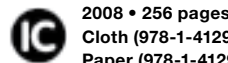
This is a comprehensive guide to key areas of professional knowledge and skill. Drawing directly on their own clinical work, the authors describe how assessment and formulation should evolve throughout the process. The case examples chosen include helping individuals with axis I and II problems such as psychosis, depression, borderline personality disorder and family case formulation.

ABRIDGED CONTENTS

PART ONE: COGNITIVE BEHAVIOURAL ASSESSMENT AND CASE FORMULATION \ Assessment in CBT \ Process and Related Issues in Cognitive Behavioural Assessment \ The Fundamentals of Case Formulation \ The Transdiagnostic Turn and Models of Assessment and Case Formulation in Action \ PART TWO: CASE STUDIES \ 'Ian' \ 'Alice' \ An Organizationally Focused Case Study of PTSD \ Case Formulation \ Broadening the Cognitive-Behavioural Formulation for Low Self-Esteem \ Wade Epeley and the Liquid Face Masks: A Cognitive-Behavioural Case Formulation for Distressing Psychosis \ Health Anxiety \ A Case Study and Formulation of Chronic Depression in a Client with High Self-Criticism \ PART THREE: CONCLUDING REFLECTIONS

READERSHIP

Experienced CBT psychotherapists, teachers and students of the approach



2008 • 256 pages
Cloth (978-1-4129-3506-7) • £75.00
Paper (978-1-4129-3507-4) • £24.99



NEW!

OVERCOMING OBSTACLES IN CBT

Craig Chigwedere, Yvonne Tone, Brian Fitzmaurice and Michael McDonough all at *Trinity College, Dublin*

While many textbooks explain the techniques of cognitive behavioural therapy (CBT), few fully explore the issues surrounding their application to real-life practice. This book comes to the rescue of anyone struggling with the challenges of practising CBT. It examines key obstacles, issues and difficulties encountered over the course of the therapy, illustrated with extensive case examples. Acknowledging that people are more complex than just the presenting disorder, the authors consider questions around:

- good practice in assessment and case formulation
- the challenge of diagnosis
- key client issues, such as guilt and shame, perfectionism and inability to tolerate storing feeling
- the therapeutic relationship.

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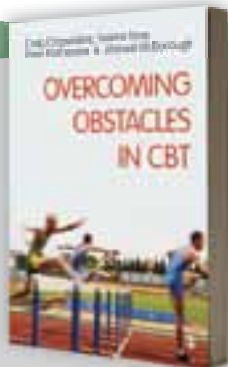
Problem Focus and Case Conceptualization \ Therapeutic Relationship: Obstacles and Opportunities \ Obstacles with Timing and Endings in CBT \ Families and Extra-Therapeutic Relationships \ Perfectionism \ Working with Experiential Intolerance \ Shame and Guilt Issues as Obstacles in Therapy \ Intrusive Thoughts, Rumination and Agitation \ Working with Physical Symptoms: Connecting Body and Mind \ Organizational Expectations and Resources for CBT

READERSHIP

CBT trainees and therapists



December 2011 • 248 pages
Cloth (978-1-84920-615-0) • £65.00
Paper (978-1-84920-616-7) • £22.99



COGNITIVE BEHAVIOURAL THERAPY IN MENTAL HEALTH CARE

Second Edition

Alec Grant *University of Brighton*,
Michael Townend *University of Derby*,
Ronan Mulhern *Nursing Consultant, Jersey* and **Nigel Short** *Institute of Psychiatry, London*

'This book is a state-of-the-art text on the application of CBT to mental-health care. It will have lasting value for novice and trained CBT practitioners who wish to work with clients with psychological disorders. A gem of a book'

- **Professor Windy Dryden, Goldsmiths, University of London**

ABRIDGED CONTENTS

PART ONE: FUNDAMENTALS \ The Therapeutic Relationship \ Case Formulation \ Assessment, Therapy Structure and Change Management \ PART TWO: DISORDERS \ Depression \ Anxiety \ Personality Disorder \ Psychosis \ Bipolar Disorder and Perceptual Control Theory \ PART THREE: CONTEXTUAL ISSUES AND CHALLENGES \ Providing CBT in Different Work Settings \ Working with Diversity \ Working with Children and Adolescents \ Working with Older People \ The Service-User Perspective in CBT \ CBT from an Holistic Perspective \ Developments within Cognitive Behavioural Psychotherapy \ Continuous Professional Development for the Cognitive Behavioural Practitioner \ A Critique of Emotional Behavioural Mental Health and Its Relationship to CBT

READERSHIP

Trainee psychologists and psychotherapists, as well as clinicians in mental-health services and private practices; also of value to CBT practitioners



2010 • 328 pages
Cloth (978-1-84787-605-8) • £75.00
Paper (978-1-84787-606-5) • £24.99



NEW EDITION!

COGNITIVE BEHAVIOURAL THERAPY

An Introduction

Third Edition

Frank Wills *University of Wales, Newport* with Diana Sanders *Oxfordshire and Buckinghamshire Mental Health Partnership NHS Trust*



Praise for the previous edition:

It is particularly useful that main points are summarised in tables, making this a very easy-to-read book. It is evident from the way the material is presented that the authors are experienced therapists who have a deep understanding of the cognitive therapy process *per se* and the applications of cognitive theory in general

- *Accident and Emergency Nursing*

Well organized and easy to read, usefully illustrated with case examples and each chapter is supported by a specific further reading list. In my view, it is appropriate for both the cognitive therapist in training and for the more experienced therapist who wants a stimulating and helpful summary of the new ideas in the area and wants to reflect on therapeutic process as much as content

- *Clinical Child Psychology and Psychiatry*

In their established introduction to contemporary cognitive behavioural therapy (CBT) theory and practice, Diana Sanders and Frank Wills show how therapeutic change takes place across an holistic network of cognitive, emotional and behavioural functioning. They explain the central concepts of CBT and illustrate how these can effectively be put into practice at each stage of the therapeutic process. The revised **Third Edition** now includes:

- recent developments in the CBT field, such as new settings and applications including guided self-help, computerised CBT, IAPT and stepped care
- two new chapters on mindfulness and increasing access to CBT
- extra case studies, chapter previews, exercises and suggested further reading, plus an appendix of further resources
- coverage of a wider range of client issues.

CONTENTS

PART ONE: CBT THEORY AND STRUCTURE \ CBT: A Developing Mode \ Formulation: At the Heart of CBT \ Interpersonal CBT and the Therapeutic Relationship \ PART TWO: CBT IN PRACTICE \ Beginning Therapy \ New Behavioural Trends in CBT \ Cognitive Interventions in CBT \ Mindfulness in CBT \ Difficulties in CBT \ Ending Therapy and Preventing Relapse \ PART THREE: CBT IN CONTEXT \ CBT Applications and Settings \ Increasing Access to CBT

READERSHIP

Those working - or training to work - in the psychological therapies and mental health



October 2012 • 312 pages
Cloth (978-1-84920-564-1) • £75.00
Paper (978-1-84920-565-8) • £24.99

CBT FOR BEGINNERS

Jane Simmons and Rachel Griffiths
both *Practising Clinical Psychologists*

'This text should be on the shelves of trainee cognitive-behavioural psychotherapists for a considerable time to come' - **Dr Alec Grant, University of Brighton**

This practical guide to cognitive behaviour therapy (CBT) will interest a wide range of professionals and trainees. Focusing on case formulation, the authors show how to build a 'picture' of each individual client, using his/her case history to inform interventions. The book covers:

- the CBT model and how to explain it to clients
- CBT assessment and formulation
- cognitive and behavioural interventions.

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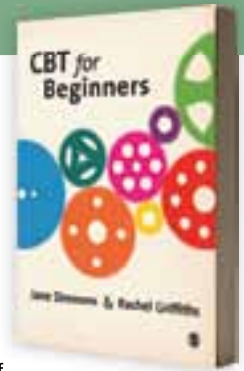
PART ONE: CBT: WHAT IS IT? \ What Is CBT? \ Who Benefits from CBT? \ The CBT Model \ Levels of Cognitions (Thoughts, Beliefs and Assumptions) \ Structure of Therapy and Sessions \ The Therapeutic Relationship \ PART TWO: CBT - HOW DO YOU DO IT? \ CBT Assessment \ CBT Formulation \ Setting Therapy Goals \ Coping Strategies \ Behavioural Interventions \ Cognitive Interventions: Identifying Negative Automatic Thoughts (NATs) \ Cognitive Interventions: Evaluation of Negative Automatic Thoughts or 'Thought Challenging' \ Cognitive Interventions: Working with Assumptions and Core Beliefs \ PART THREE: - AND THE REST \ Problem Solving \ Working with Emotions \ Motivation for Change \ Therapeutic Endings \ Supervision

READERSHIP

Trainees and professionals across health and social care who are new to CBT, including clinical psychologists, nurses and mental-health workers



2008 • 240 pages
Cloth (978-1-4129-4806-7) • £66.00
Paper (978-1-4129-4813-5) • £21.99



NEW!

COGNITIVE BEHAVIOUR THERAPY CASE STUDIES

Mike Thomas and Mandy Drake both
at *University of Chester*

'This text is more than a cook book representation of CBT - it shows how some real-world creative work can be done' - **Michael Worrell, Royal Holloway, University of London**

This book uniquely combines cognitive behavioural therapy (CBT) with the Department of Health stepped-care model to provide the first comprehensive case study approach textbook. A step-by-step guide to using CBT, the book is structured around case studies of clients who present with the most commonly encountered conditions; from mild to more complex, enduring symptoms and diagnosis. The format is ideal in showing how to put the principles of CBT and stepped care into effect, providing an insight into real-world practice.

ABRIDGED CONTENTS

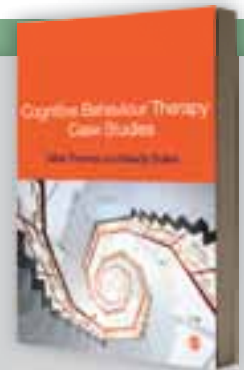
Principles of Cognitive Behavioural Therapy \ Client Presenting with Panic Disorder (without Agoraphobia) \ Client Presenting with First-Onset Depression \ Client Presenting with Dysthymia (Chronic Depression) \ Client Presenting with Social Phobia \ Client Presenting with Obsessive Compulsive Disorder (OCD) \ Client Presenting with Generalised Anxiety Disorder (GAD) \ Client Presenting with Conduct Disorder \ Client Presenting with Vaginismus \ Client Presenting with Post-Traumatic Stress Disorder (PTSD) \ Client Presenting with Chronic Bulimia Nervosa \ Client Presenting with Anorexia Nervosa \ Client Presenting with Dependent Personality Disorder

READERSHIP

Trainees on improving access to psychological therapies (IAPT) programmes, also anyone studying on postgraduate CBT courses



December 2011 • 264 pages
Cloth (978-0-85702-075-8) • £65.00
Paper (978-0-85702-076-5) • £22.99



COGNITIVE BEHAVIOURAL COUNSELLING IN ACTION

Second Edition

Peter Trower, Jason Jones both at *University of Birmingham*, **Windy Dryden Goldsmiths**, *University of London* and **Andrew Casey** *Director of Casey Consulting Ltd*



This bestselling 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 cognitive behavioural therapy (CBT) field. The **Second Edition** contains an expanded, step-by-step, guide to the process of counselling, from initial contact with the client to termination.

ABRIDGED CONTENTS

What Is Cognitive Behavioural Counselling? \ PART ONE: A BASIC GUIDE TO COGNITIVE BEHAVIOURAL COUNSELLING \ Structure and Outline of the Basic Guide \ Preparation Stage I - Breaking the Ice: Screening, First Meeting, Establishing a Bond \ Preparation Stage II - Will this Help? Clarifying Problems, Goals, the Cognitive Approach, Commitment \ Beginning Stage I - What's the Problem Specifically? Cognitive Assessment of a Specific Example \ Beginning Stage II - What Are We Aiming for? New Thinking, Feeling and Action Goals \ Middle Stage I - Getting Realistic: Challenging and Changing Inferences \ Middle Stage II - Changing Hot Thoughts \ Middle Stage III - Imagery Rescripting \ Middle Stage IV - Working through \ Ending Stage - Coaching the Client to Become His Own Counsellor \ PART TWO: APPLYING CBT TO EMOTIONAL PROBLEMS \ Anxiety \ Depression \ Anger \ Shame and Guilt \ Hurt \ Envy

READERSHIP

Trainee and practising counsellors, psychotherapists and all other helping professions interested in implementing a cognitive-behavioural approach

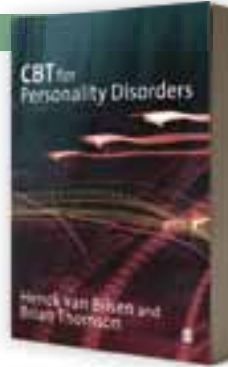
COUNSELLING IN ACTION SERIES



2010 • 296 pages
Cloth (978-1-84920-193-3) • £72.00
Paper (978-1-84920-194-0) • £23.99

CBT FOR PERSONALITY DISORDERS

Henck van Bilsen and Brian Thomson both at the *Cognitive Behaviour Therapy Partnership*



This uniquely practical introductory guide shows trainees how to use cognitive behavioural therapy (CBT) to treat the full range of personality disorders, in a range of multi-disciplinary settings. Key content includes:

- therapist self-care and avoiding pitfalls
- exploration of the therapeutic relationship
- reflections on the evidence for CBT and personality problems.

ABRIDGED CONTENTS

Personality Disorders or Not? \ CBT in the Front-Line \ The Process of CBT: From Symptoms to Problems and Goals, Moving on to Formulation \ Socialising the Client to CBT, Identifying Problems and Goals, and Treatment Evaluation \ Structuring Sessions \ Interventions for (Lasting) Change \ Engagement Strategies \ Reflection on CBT as a Psychological Therapy for Personality Disorders \ Pitfalls for the Therapist

READERSHIP

Students on postgraduate courses in cognitive behaviour therapy; also for high-intensity psychological therapists (IAPT), mental-health nurses and other mental-health students and professionals



2011 • 168 pages
Cloth (978-1-84920-293-0) • £65.00
Paper (978-1-84920-294-7) • £20.99

CBT FOR WORRY AND GENERALISED ANXIETY DISORDER

Andrew Wilkinson, Kevin Meares and Mark Freeston *Newcastle Cognitive and Behavioural Therapies Centre*



This practical introduction will help trainees use cognitive-behavioural therapy (CBT) to assess and treat generalized 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. Tailored to current high and low-intensity (IAPT) training, it covers self-help literature as well as traditional one-to-one therapy.

ABRIDGED CONTENTS

PART ONE: INTRODUCING CBT FOR GENERAL ANXIETY DISORDER (GAD) \ Introducing Generalized Anxiety Disorder \ Key Psychological Processes in GAD \ PART TWO: CBT FOR GAD IN PRACTICE \ The Assessment and Initial Formulation of GAD \ Key Interventions 1: Worry Awareness Training \ Key Interventions 2: Recognising and Overcoming Intolerance of Uncertainty \ Key Interventions 3: Recognising and Overcoming Positive Beliefs about Worry \ Overcoming Worry 1: Real Event Worry \ Overcoming Worry 2: Hypothetical Event Worry \ Relapse Prevention \ GAD and Low-Intensity Approaches \ Co-Morbidity \ Complicating Factors

READERSHIP

All CBT trainees on IAPT programmes, as well as trainees on postgraduate counselling, psychotherapy and clinical psychology courses; also qualified therapists requiring an update in this area



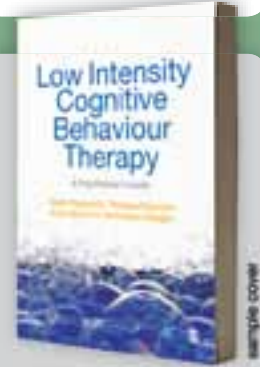
2011 • 160 pages
Cloth (978-1-84920-333-3) • £65.00
Paper (978-1-84920-334-0) • £20.99

NEW!

LOW INTENSITY COGNITIVE BEHAVIOUR THERAPY

A Practitioner's Guide

Mark Papworth, Theresa Marrinan, Brad Martin all at *Newcastle University* and **Dominique Keegan North** *Tyneside PCT*



This groundbreaking book provides a practical, step-by-step introduction to the psychological principles, skills and application of low intensity cognitive behaviour therapy (LICBT). Chapters guide the reader through the therapeutic relationship - from the initial assessment, through the successful implementation of interventions, to the management of endings - with key case examples threading through the book to illustrate each step. The authors have also included a variety of exercises to promote self-development and a deeper understanding of the approach.

ABRIDGED CONTENTS

What is Low Intensity Cognitive-Behaviour Therapy? \ Using Supported Self Help (SSH) \ Understanding the Patient's Problem \ The Therapeutic Relationship \ The Structure of Sessions in LICBT \ Treating Anxiety \ Treating Depression \ Working with Diversity \ Employment and Mental Health \ Supervision \ Trouble Shooting

READERSHIP

Health professionals of all kinds who need a comprehensive guide to applying low intensity cognitive behaviour therapy

December 2012 • 224 pages
Cloth (978-1-4462-0919-6) • £65.00
Paper (978-1-4462-0920-2) • £22.99

THERAPY WITH CHILDREN

Children's Rights, Confidentiality and the Law

Second Edition

Debbie Daniels *UKCP Registered Psychotherapist and University of Kent* and **Peter Jenkins** *University of Salford*



Therapy with Children provides a detailed and accessible insight into the issues regarding the integrity of therapeutic privacy

- **Janette Newton**, *Dudley Counselling Service for Children and Young People*

This **Second Edition** responds to significant shifts in policy and addresses:

- the importance of confidentiality in establishing a working alliance and maintaining a secure environment for therapy with children
- the conflicting pressures faced by therapists concerning issues of parental involvement and children at risk
- changes in light of the Children Act 2004, Mental Health Act 2007 and the Axon case.

ABRIDGED CONTENTS

PART ONE: THEORETICAL FRAMEWORKS \ Children's Rights \ Therapy with Children \ Therapy and the Rights of the Child \ The Law Relating to Therapy with Children \ PART TWO: CASE EXAMPLES \ Parental Oversight of Therapy \ Reporting Child Abuse \ Provisional Confidentiality in Practice \ Working with Risk \ PART THREE: THERAPY WITH CHILDREN: SOME CONCLUSIONS \ Empowering Children

READERSHIP

Trainees in counselling and psychotherapy, students on child psychology/therapy courses and also students of social work and youth work

ETHICS IN PRACTICE SERIES



2010 • 208 pages
Cloth (978-1-84860-998-3) • £69.00
Paper (978-1-84860-999-0) • £22.99

COUNSELLING CHILDREN

A Practical Introduction

Third Edition

Kathryn Geldard *University of the Sunshine Coast* and **David Geldard** *Private Practice Psychologist*



Replete with a wealth of suggested techniques that can be used when working with children of different ages

- **Robyn M Gillies**, *School of Education, University of Queensland*

This highly practical, bestselling guide has been updated to include:

- 36 photocopiable worksheets to help children explore their feelings
- two new chapters on counselling children in groups
- new material on facilitating changes in behaviour
- methods for use in a variety of settings.

ABRIDGED CONTENTS

PART ONE: COUNSELLING CHILDREN \ PART TWO: PRACTICE FRAMEWORKS \ PART THREE: CHILD COUNSELLING SKILLS \ PART FOUR: PLAY THERAPY: USE OF MEDIA AND ACTIVITIES \ PART FIVE: THE USE OF WORK-SHEETS \ PART SIX: IN CONCLUSION

READERSHIP

Counsellors, psychologists, social workers, occupational therapists, nurses, teachers and other professionals working with children



2007 • 328 pages
Cloth (978-1-4129-4833-3) • £78.00
Paper (978-1-4129-4834-0) • £25.99

COUNSELLING ADOLESCENTS

The Proactive Approach for Young People

Third Edition

Kathryn Geldard *University of the Sunshine Coast* and **David Geldard** *Private Practice Psychologist*



Providing an excellent introduction to counselling young people that is theoretically sound and rich in delivering practical techniques, this book is an important addition to the personal library of counselling students and counsellors

- **Associate Professor Sylvia Rodger**, *University of Queensland*

ABRIDGED CONTENTS

PART ONE: UNDERSTANDING THE YOUNG PERSON \ The Nature of Adolescence \ The Influence of Childhood Experiences \ Environmental Stresses for Young People \ Hazards for Young People \ The Development of Mental-Health Problems \ PART TWO: PROACTIVE COUNSELLING FOR YOUNG PEOPLE \ Making Counselling Relevant for Young People \ Foundations of the Proactive Approach \ The Proactive Process for Counselling Young People \ Making Use of Adolescent Communication Processes \ Useful Counselling Micro-Skills \ Promoting Change in Young People \ Maintaining a Collaborative Relationship \ PART THREE: COUNSELLING STRATEGIES \ Symbolic Strategies \ Creative Strategies \ Behavioural and Cognitive Behavioural Strategies \ Psychoeducational Strategies \ PART FOUR: PROACTIVE COUNSELLING IN PRACTICE \ Professional and Ethical Issues

READERSHIP

Trainee and practising counsellors working with children and adolescents; professionals who work with emotionally disturbed young people, for example social workers, educational psychologists, mental-health nurses and teachers



2009 • 320 pages
Cloth (978-1-84860-642-5) • £81.00
Paper (978-1-84860-643-2) • £26.99

NEW!

COUNSELING CHILDREN AND ADOLESCENTS IN SCHOOLS

Robyn Hess *University of Northern Colorado*, **Sandy Magnuson** *Retired Counselor Educator and Elementary School Counselor* and **Linda Beeler** *Capella University*



This text and practice and application guide are designed to help aspiring school practitioners gain the necessary theoretical background and skills to work effectively with youth in schools. The text covers all the basic therapeutic models used in working with children. It offers detailed vignettes, tip boxes, activities, and guided reflections to help students develop a more accurate and realistic expectation of school settings.

ABRIDGED CONTENTS

What Is so Special about Counseling in the Schools? \ Working within Family, School and Community Systems \ Understanding the Developmental Worldview of Children and Adolescents \ Theory Integration and Case Conceptualization \ Adlerian Approaches to Counseling in Schools \ Cognitive-Behavioral Approaches to Counseling in Schools \ Solution-Focused Brief Therapy in Schools \ Choice Theory and Reality Therapy Approaches to Counseling in Schools \ Play and Art-Based Approaches to Counseling in Schools \ Working with Groups in Schools \ Crisis Response and Intervention in the Schools \ Legal and Ethical Issues in School Settings \ Accountability in School-Based Services \ Building Alliances through Consultation and Collaboration \ Creating a Continuum of Care

READERSHIP

Counselling practitioners in school settings

January 2012 • 440 pages
Paper (978-1-4129-9087-5) • £38.99

NEW!

COUNSELING CHILDREN AND ADOLESCENTS IN SCHOOLS

Practice and Application Guide

Sandy Magnuson Retired Counselor Educator and Elementary School Counselor, **Robyn Hess** University of Northern Colorado and **Linda Beeler** Capella University



This practice and application guide is an accompaniment to **Counseling Children and Adolescents in Schools**. Collectively, the set is designed to help aspiring school psychologists and counselors gain the necessary theoretical background and skill set to work effectively with youth in schools. The practice and application guide works in conjunction with the text and provides full-length cases, application of each model to the case, full session transcripts and critical thinking questions.

ABRIDGED CONTENTS

PART ONE: INTRODUCTION TO COUNSELING AND SOCIAL JUSTICE \ PART TWO: MULTI-LEVEL MODEL OF PSYCHOTHERAPY, COUNSELING, SOCIAL JUSTICE AND HUMAN RIGHTS \ PART THREE: SOCIAL JUSTICE JOURNEYS AND PERSONAL APPLICATIONS \ PART FOUR: CRITICAL SOCIAL JUSTICE TOOLS \ PART FIVE: SOCIAL JUSTICE APPLICATIONS \ PART SIX: SOCIAL JUSTICE IN A GLOBAL WORLD

READERSHIP

School psychologists, counsellors, and educational mentors and staff

January 2012 • 128 pages

Paper (978-1-4129-9088-2) • £18.99

AN INTRODUCTION TO CHILD DEVELOPMENT

Second Edition

Thomas Keenan Niagara College and **Subhadra Evans** University of California, Los Angeles



This excellent book provides comprehensive coverage of topics in child development. It presents contemporary evidence in an authoritative and accessible way that draws the reader into this fascinating area from the outset. An essential companion for psychology and education-related courses

- **Jonathan Doherty**, Leeds Metropolitan University

ABRIDGED CONTENTS

PART ONE: INTRODUCTION, THEORIES AND METHODS \ PART TWO: BIOLOGICAL FOUNDATIONS OF DEVELOPMENT \ PART THREE: THE DEVELOPMENT OF PERCEPTION, COGNITION AND LANGUAGE \ PART FOUR: SOCIAL, EMOTIONAL AND MORAL DEVELOPMENT \ PART FIVE: APPLYING THE STUDY OF HUMAN DEVELOPMENT

READERSHIP

Students of psychology, especially developmental psychology, and early childhood studies; trainee and practising teachers in early years education

SAGE FOUNDATIONS OF PSYCHOLOGY SERIES



2009 • 424 pages

Cloth (978-1-4129-1114-6) • £81.00

Paper (978-1-4129-1115-3) • £26.99

BRIEF COUNSELLING IN SCHOOLS

Working with Young People from 11 to 18

Third Edition

Dennis Lines Shenley Academy



This book has earned its place as the most authoritative UK text on this subject. Bang up to date, its authentic examples, strategies, theoretical explanations and references combine to produce an indispensable resource

- **Colin Feltham**, Emeritus Professor, Sheffield Hallam University

This a highly practical and accessible guide to helping and supporting young people experiencing difficulties both at home and at school or college. This fully revised and updated edition:

- includes a whole new chapter on self-harm
- outlines safeguarding legislation and child protection protocols
- considers the harmful effects of cyber-bullying.

ABRIDGED CONTENTS

Brief Counselling \ Brief Counselling Approaches \ Counselling in School \ Legal and Ethical Codes in School Counselling \ Adolescence \ Low Self-Esteem: Depression, Anxiety and Reaction to Abuse \ Self-Harm and Suicide Ideation \ School Bullying \ Anger, Aggression and Violence \ Loss and Bereavement \ Parental Separation and Step-Parent Conflict \ Smoking, Drugs and Alcohol Misuse \ Teenage Sexuality

READERSHIP

Youth counsellors, teachers or social workers based in school or college settings



2011 • 296 pages

Cloth (978-0-85702-511-1) • £70.00

Paper (978-0-85702-512-8) • £23.99

WORKING WITH BEREAVED CHILDREN AND YOUNG PEOPLE

Brenda Mallon Independent Practitioner and Author



'Working with Bereaved Children and Young People provides a valuable guide to the complex issues of working therapeutically with this especially vulnerable client group. It acknowledges their wisdom, courage and resilience, and is suffused throughout with Brenda Mallon's own distinctive sensitivity to the experience and needs of bereaved children and young people' - **Peter Jenkins, Co-Author, with Debbie Daniels, of Therapy with Children (SAGE, 2010)**

This book offers a fresh insight into working practices with children and young people who are experiencing the death of a family member, friend, school peer or in their social network. The wide-ranging content includes:

- a comprehensive review of theoretical approaches to bereavement
- the impact of different types of grief on children
- working with children who have been bereaved in traumatic circumstances, such as through criminal behaviour.

ABRIDGED CONTENTS

Early Attachment and the Building of Resilience: The Theoretical Basis of Bereavement Counselling \ The Impact of Bereavement \ Core Skills in Working for Bereavement Counselling \ Understanding Death: Mental-Health Issues in Vulnerable Children: ADHD, Autism and Children with Special Educational Needs \ The Role of the School: A Whole-School Approach to Bereavement and Loss \ Creative Approaches in Working with Grief and Mourning \ Interactive Support Online \ Traumatic Death and Its Impact \ Working with Dreams to Ease the Grieving Process \ The Spiritual Dimension of Grief

READERSHIP

Students on courses in child bereavement, loss and bereavement, bereavement counselling and counselling children; also those studying disciplines such as social work, psychiatry, nursing and education



2010 • 168 pages


Cloth (978-1-84920-370-8) • £63.00

Paper (978-1-84920-371-5) • £20.99

TREATING COMPLEX TRAUMA IN ADOLESCENTS AND YOUNG ADULTS

John N Briere *University of Southern California Medical Center, Los Angeles* and **Cheryl Lanktree** *Private Practice*

A reader-friendly guide to treating traumatized adolescents, this book covers: problems and symptoms; assessment; treatment overview; relationship-building; psycho-education, training and regulation; interventions with adolescents and their families; and group therapy. It is full of case studies and handouts for training.

 2011 • 272 pages
Paper (978-1-4129-8144-6) • £27.99





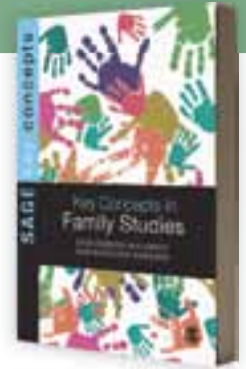
KEY CONCEPTS IN FAMILY STUDIES

Jane Ribbens McCarthy *The Open University* and **Rosalind Edwards** *University of Southampton*

This student-friendly introduction to this interdisciplinary field, explains, contextualizes and cross-references all the key concepts in the broad subject of family studies.

SAGE KEY CONCEPTS SERIES

  2010 • 256 pages
Cloth (978-1-4129-2005-6) • £60.00
Paper (978-1-4129-2006-3) • £19.99



WORKING WITH LOSS AND GRIEF

A New Model for Practitioners

Linda Machin *Visiting Research Fellow, Keele University*

'Linda Machin's] "adult attitude to grief" scale promises to be a useful tool by which problems can be identified and progress monitored

- **Colin Murray Parkes, Honorary Consultant Psychiatrist, St Christopher's Hospice**

Working with Loss and Grief presents a new model which makes clear connections between theory and practice. The 'range of response to loss' model provides a theoretical 'compass' for recognizing the wide variability in reaction to loss. The 'adult attitude to grief' scale is a tool for 'mapping' individual grief and its change over time, providing an individual grief profile. Together these offer a framework for practitioners to:


- listen to stories of grief told by clients
- identify common patterns in grief
- recognize individual difference in grief response
- assess the need for therapeutic intervention or support.

ABRIDGED CONTENTS

Exploring the Landscape of Loss \ Establishing Theoretical Bearings \ Establishing Therapeutic Bearings \ A New Model for Understanding Grief - A Compass and Map \ Exploring the Individual Territory of Loss - Mapping Grief \ Listening to Personal Grief Narratives \ Engaging with the Grief Narrative - Focus on Resilience \ Engaging with the Grief Narrative - Focus on Vulnerability \ Practitioner Perspectives - Maps, Journeys and Destinations

READERSHIP

Practitioners and trainees in counselling and social work, as well as psychologists, doctors, nurses and researchers studying loss and grief

 2008 • 216 pages
Cloth (978-1-4129-4667-4) • £67.00
Paper (978-1-4129-4668-1) • £21.99



NEW EDITION!

CHILD MALTREATMENT

An Introduction

Third Edition

Cindy L Miller-Perrin and Robin D Perrin both at *Pepperdine University*

This thoroughly updated **Third Edition** is designed to provide a comprehensive introduction to child maltreatment by disseminating current knowledge about the various types of violence against children. By helping students understand more fully the etiology, prevalence, treatment, policy issues and prevention of child maltreatment, the authors hope to further our understanding of how to treat child maltreatment victims and how to prevent future child maltreatment.

ABRIDGED CONTENTS

History and Definitions of Child Maltreatment \ The Study of Child Maltreatment: Theoretical and Methodological Issues \ Child Physical Abuse \ Child Sexual Abuse \ Child Neglect \ Child Psychological Maltreatment \ Additional Forms of Child Maltreatment \ Key Issues in Responding to Child Maltreatment \ Controversial Issues in the Study of Child Maltreatment \ What You Can Do to Help

READERSHIP

Advanced students studying family violence, child maltreatment, family sociology, child welfare and social work in the departments of psychology, counselling, sociology, social work, criminology and education

July 2012 • 432 pages
Paper (978-1-4522-0579-3) • £39.99



COUPLE COUNSELLING

A Practical Guide

Martin Payne *Private Practice, Norwich*

This practical book outlines the essential principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse.



ABRIDGED CONTENTS

PART ONE: IDEAS AND PRACTICES \ Individual Counselling and Couple Counselling \ Narrative Therapy \ PART TWO: SOCIAL AND CULTURAL INFLUENCES ON COUNSELLORS AND COUPLES \ Culturally Formed Attitudes towards Couple Relationships \ Counselling Couples of a Different Sexuality, Age or Cultural Background from the Counsellor \ PART THREE: SESSION ORGANIZATION \ The First Joint Session Framework \ Subsequent Joint Sessions \ Subsequent Individual Sessions \ Advanced Practices \ PART FOUR: SPECIFIC ISSUES \ Tensions That Escalate to Crisis Point \ Problems with Friends and Family Members \ Sexual Difficulties \ Infidelity \ Violence and Abuse

READERSHIP

Students on foundation courses, diplomas, postgraduate diplomas and masters in counselling and psychotherapy, and trained practitioners wanting to specialize in couple counselling



2010 • 200 pages
Cloth (978-1-84860-048-5) • £69.00
Paper (978-1-84860-049-2) • £22.99

EFFECTIVE COUNSELLING WITH YOUNG PEOPLE

Hazel Reid and Jane Westergaard
both at *Canterbury Christ Church University*

This book examines key theoretical counselling perspectives and applies these specifically to work with young people. It establishes how to build counselling relationships in order to support young people and enable them to achieve positive outcomes and to manage their lives effectively. It also identifies the key counselling skills needed to engage in purposeful, helping conversations. There are sections on understanding adolescent development, exploring person-centred principles and understanding and using motivational interviewing - all of which help to blend academic theory with the realities of practice.



ABRIDGED CONTENTS

Understanding Adolescent Development \ Examining an Integrative Approach to Counselling Young People \ Exploring Person-Centred Principles and Developing Counselling Skills \ Embedding Multicultural Principles and Skills into Counselling Work with Young People \ Using Transactional Analysis to Develop Effective Communication in Counselling Young People \ Understanding How Cognitive Behavioural Approaches Can Inform Counselling Practice with Young People \ Using Motivational Interviewing to Engage Young People in Timely Interventions \ Working with Solution-Focused Approaches for Counselling Young People \ Engaging Young People through the Use of a Narrative Approach to Counselling

READERSHIP

Tertiary Education

A LEARNING MATTERS PUBLICATION

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



2011 • 184 pages
Paper (978-0-85725-295-1) • £17.99

COUNSELLING AND SUPPORTING CHILDREN AND YOUNG PEOPLE

A Person-centred Approach

Mark Prever *Lead Professional, Every Child Matters, Yardleys School, Birmingham*

This book is the ideal introduction to counselling and supporting children and young people. Taking a person-centred approach, it offers readers a clear understanding of the theory and practice of working with children and young people in difficulty.



ABRIDGED CONTENTS

PART ONE: THEORY \ Why Working with Children and Young People in a Person-Centred Way Is Different \ The Person-Centred Approach: Theoretical Framework \ Historical, National, Ethical and Legal Issues in Working with Children and Young People \ Measuring Outcomes \ Why Young People Become Unhappy: The Person-Centred Approach in Context \ The Importance of the Relationship \ PART TWO: PRACTICE \ Working with Feelings and Emotions \ Unconditional Positive Regard \ Congruence \ Empathy \ Working Creatively \ Developing Person-Centred Skills, Attitudes and Qualities \ Key Questions about Working with Children and Young People \ Training, Supervision and Well-Being

READERSHIP

Trainees and professionals working with children and young people in the fields of counselling and psychotherapy, education, mental health, nursing, youth work and social work



2010 • 208 pages
Cloth (978-1-84787-934-9) • £63.00
Paper (978-1-84787-935-6) • £20.99

See the full listing of all our Counselling & Psychotherapy titles online at www.sagepub.co.uk

NEW!

SAGE HANDBOOK OF MENTORING AND COACHING IN EDUCATION

Edited by **Sarah Fletcher** *Independent Consultant* and **Carol A Mullen** *University of North Carolina at Greensboro*

This **Handbook** is a leading source of ideas and information. It covers national and international research on schools, higher education and disciplines within and beyond education. It features comprehensive coverage of coaching and mentoring in educational settings from a range of international contributors.

ABRIDGED CONTENTS

PART ONE: OVERVIEWS OF MENTORING AND COACHING \ Mentoring: An Overview \ Coaching: An Overview \ PART TWO: SKILLS, VALUES AND UNDERSTANDINGS \ Improving Coaching By and For School Teachers \ Fostering Face-to-Face Mentoring and Coaching \ Fostering the Use of Web-Based Technology in Mentoring and Coaching \ Operationalizing Phases of Mentoring Relationships \ PART THREE: CULTURALLY BASED CONCEPTS \ Educating the Critically Reflective Mentor \ Politics and Systems of Coaching and Mentoring \ Mentoring: Apprenticeship or Co-enquiry? \ Effects of Race and Racial Dynamics on Mentoring \ Mentoring Innovation through Online Communications in a Digital Culture \ Perspectives on Culture and Mentoring in the Global Age \ PART FOUR: SCHOOL CONTEXTS \ Mentoring and Coaching for School Teachers' ITE and Induction \ Mentoring and Coaching for Teachers' Continuing Professional Development \ A Critical-Constructivist Perspective on Mentoring and Coaching for Leadership \ Mentoring and Coaching for Leadership Development in Schools \ Dialogical Mentoring and Coaching in Early Years Leadership \ Coaching in the K-12 Context \ Using Mentoring and Coaching for Professional Learning in UK Secondary Schools \ Multidimensional Understandings of School-Based Mentoring \ Mentoring Student Teachers in Professional Development Schools in Israel \ PART FIVE: ADULT AND HIGHER EDUCATION CONTEXTS \ Mentoring Doctoral Students in Educational Leadership Programs \ Mentoring and Coaching in Further Education \ Empowerment in the Faculty-Student Mentoring Relationship \ Student Peer-Mentors as Navigational Resource in Higher Education \ PART SIX: INCLUSION \ Using Best Practices for Teaching the Process of Coaching \ Mentoring Graduate Students of Color \ The Role of Mentoring in Adult Literacy and Numeracy in Northern Ireland \ Peer Mentoring and Inclusion in Writing Groups \ PART SEVEN: RESEARCH ISSUES \ E-Mentoring and Educational Research Capacity Development: A Conceptual Perspective \ Knowledge Base of Mentoring and Mentor Preparation \ Mentoring Teacher inquiry: Lessons in Lesson Study \ Research Mentoring in HE

READERSHIP

Practitioners, researchers, educators and policymakers

March 2012 • 568 pages

Cloth (978-0-85702-753-5) • £95.00

SAGE Reference Online (978-1-4462-4754-9)



HANDBOOK OF EMOTIONAL AND BEHAVIOURAL DIFFICULTIES

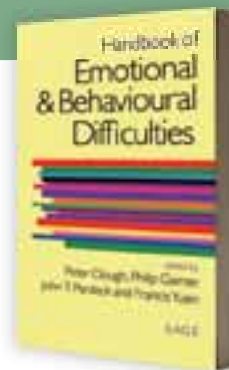
Edited by **Peter Clough** *Liverpool Hope University*, **Philip Garner** *University of Northampton*, **John T Pardeck** *Southwest Missouri State University*, **Springfield** and **Francis Yuen** *California State University, Sacramento*

At first glance I felt that this is a book that I should buy. On reading a selection of the chapters I realized that I must buy it. Each of the four sections has chapters that I know I will want to read and many others that I will read. It is a book that will provide students and authors in Higher Education and practitioners with much food for thought. It also emphasizes the desperate need to cut through much of the polemic that abounds in this field and to return to argument based on carefully conducted empirical work

- **Harry Daniels**, *Deputy Head of School and Director of Research, School of Education, University of Birmingham*

2004 • 464 pages

Cloth (978-0-7619-4066-1) • £95.00



NEW!

SELF-ESTEEM

A Guide for Teachers

David Miller and **Teresa Moran** both at *University of Dundee*

Using insights from theory, research and classroom practice, it provides strategies and techniques that will enhance the confidence of primary school children through authentic learning experiences.

ABRIDGED CONTENTS

An Overview of Self-Esteem Theory \ A Two-Dimensional Model of Self-Esteem \ Self-Esteem and Schools \ Developing Competence: Classroom Techniques \ Developing Self-Competence: Creating Positive Mindsets \ Affirming Intrinsic Worth as an Individual \ Living According to Good Principles

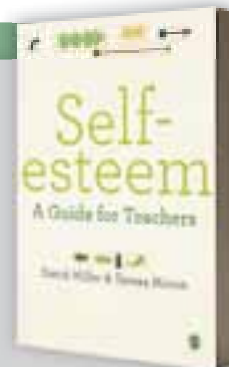
READERSHIP

Trainee teachers, practising teachers and managers keen to enhance self-esteem in their schools

April 2012 • 192 pages

Cloth (978-0-85702-969-0) • £65.00

Paper (978-0-85702-970-6) • £22.99



CRACKING THE HARD CLASS

Second Edition

Bill Rogers *Independent Educational Consultant, Victoria, Australia*

At some point in every teacher's career he/she will encounter the 'hard class'. Bill Rogers highlights many practical strategies that can be implemented to overcome the hard class syndrome.



2006 • 224 pages

Cloth (978-1-4129-2355-2) • £72.00

Paper (978-1-4129-2356-9) • £23.99



INDIVIDUAL AND FAMILY STRESS AND CRISES

Janice Gauthier Weber

Organized by stress model, this book helps readers understand the relationships among models, research, crisis prevention, and crisis management with individuals and families. Providing a balance of theory, research, hands-on applications, and intervention strategies, this innovative text presents a comprehensive overview of the field.

2011 • 272 pages

Paper (978-1-4129-3691-0) • £28.99



NEW EDITION!

CHANGE FOR THE BETTER

Self-Help through Practical Psychotherapy

Fourth Edition

Elizabeth Wilde McCormick

An unusual self-help book with real depth

- Sue Gerhardt, author of *Why Love Matters: How Affection Shapes a Baby's Brain*

This is a good book made better. It retains the clear writing and useful exercises of earlier editions but manages to invite an even more comprehensive exploration of the self

- Dr Anthony Ryle, pioneer of CAT at Guy's and St Thomas' Hospitals

This is a really welcome guide to modern therapy - blending traditional psychological wisdom with a practical cognitive programme that anyone can follow

- Philip Hodson, Psychotherapist and Broadcaster

Change for the Better is for anyone interested in making lasting changes in both their inner and outer lives. It uses a conversational style to help readers identify their own learned patterns of thinking and relating that underlie and contribute to emotional suffering such as depression, anxiety, phobia, eating disorders, relationship and psychosomatic problems. It shows readers how to reflect upon their difficulties, identify problems in relating, and stop and revise attitudes that are out of date. Mindfulness-based experiential exercises are incorporated throughout to help nourish self-awareness and change.

This bestselling book has helped many people find ways of dealing with everyday emotional difficulties and also practitioners of psychotherapy work with their patients. Its continuing popularity has prompted this **Fourth Edition** which features up-to-date thinking and practice from cognitive analytic psychotherapy and from mindfulness.

CONTENTS

Introduction \ About Cognitive Analytic Therapy \ About Mindfulness \ PART ONE: WHO ARE WE? WHAT ARE WE MADE OF? WHAT IS IT THAT CAN CHANGE? \ Change Is Possible \ PART TWO: THE BUILDING BLOCKS OF WHO WE ARE: FEELINGS, EMOTIONS AND RELATIONSHIPS: WITH OURSELVES AND OTHERS \ Understanding Relating: Reciprocal Relationship Procedures \ Problems and Dilemmas within Relationships \ PART THREE: GETTING OFF THE SYMPTOM HOOK: NAMING THE PROBLEM \ Traps \ Dilemmas \ Snags and Self-Sabotage \ PART FOUR: THE TIP OF THE EMOTIONAL ICEBERG: EMOTIONAL STATES, DEPRESSION AND SYMPTOMS \ Unbearable Feelings \ How Unmanageable Feelings Become Symptoms \ PART FIVE: THE EMOTIONAL ROLLER COASTER \ The Challenge of Shifting States \ Living on the Borderline \ PART SIX: GATHERING INFORMATION \ Examining the Impact of Our Beginnings \ PART SEVEN: MAKING THE CHANGE \ Writing Our Life Story \ Targeting the Procedures That Create Problems and Deciding on Aims for Change \ Putting a Diagram in Your Pocket \ Techniques for Working Through the Process of Change \ PART EIGHT: CHANGING WITHIN A RELATIONSHIP \ Love is Not Enough \ PART NINE: HOLDING ONTO CHANGE \ Creative Ways of Practicing with and Holding on to Change \ PART TEN: RESOURCE DIRECTORY FOR THERAPISTS \ CAT Skills \ CAT Theory and Practice \ CAT Research

READERSHIP

Clients undergoing cognitive analytic therapy (CAT), clients wishing to continue their development once therapy has ended, or NHS patients on waiting lists for therapy; also as a training resource for trainee CAT therapists on basic introductory CAT, counselling and psychotherapy, and mental health courses

April 2012 • 344 pages

Cloth (978-1-4462-0814-4) • £75.00

Paper (978-1-4462-0815-1) • £24.99



Liz

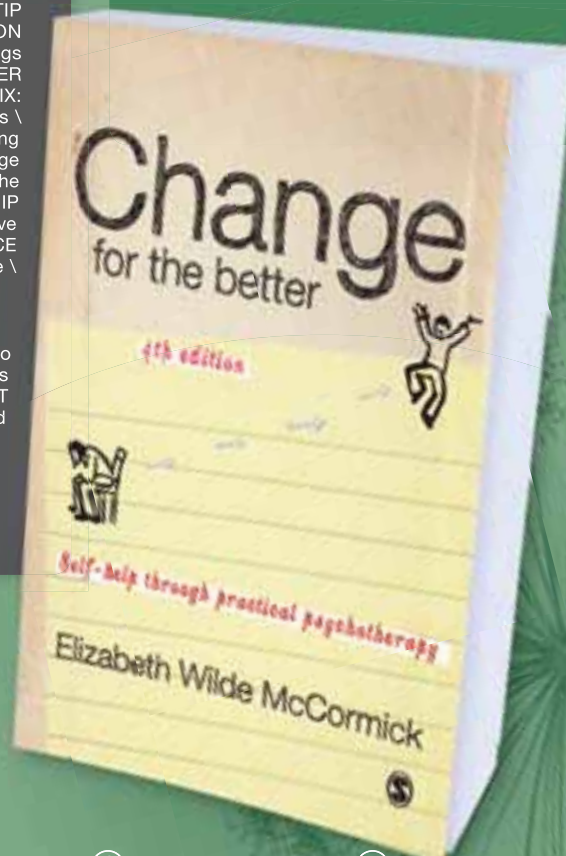
ELIZABETH WILDE MCCORMICK

Liz McCormick has been practising as a psychotherapist for over thirty years, both in the NHS and in private practice. She is also a writer, a teacher and a trainer. Her professional background is in humanistic and transpersonal psychology, social psychiatry and, over the last twelve years, in mindfulness based approaches.

In the early 1980's she joined the time limited therapy project at Guy's Hospital and was part of the development of Cognitive Analytic Therapy, pioneered by Dr Anthony Ryle.

She has always been interested in the interface between psychotherapy and spiritual practice and in how professional skill nourishes a capacity for self awareness already present, but often hidden, within each person. This interest is reflected in her many self help books such as **Living On The Edge**, **Surviving Breakdown**, and **Your Heart and You**. **Change For The Better**, first published in 1990, which combines CAT with mindfulness and has been of value to therapists in training or in practice as well as anyone interested in change. It is described as 'not just another self help book but seriously good.' The fourth edition, published by SAGE, has been updated with new cases and a special section for students of psychotherapy.

Liz now lives on the Suffolk coast with her partner and their dog Daisy. She enjoys music, walking, grandchildren, reading and painting. Last year she published her first novel called **The Pale Green Room** and she is working on a sequel.



NEW!

25 GREAT MYTHS OF HAPPINESS

Shane J Lopez *Gallup/Clifton Strengths School* and
Sarah Pressman *University of Kansas*


Can money buy you happiness? How much happiness is enough? Are married people happier? This book examines widespread myths about happiness, present research evidence demonstrating that these beliefs are fictional, and explore their ramifications in everyday life. The authors examine core areas that are misunderstood such as happiness and money, success, relationships and more.

December 2012 • 216 pages
Paper (978-1-4129-9925-0) • £16.99

INTRODUCTION TO SCHOOL COUNSELING

Robert J Wright *Widener University*

This book focuses on the consultative role of the school counsellor and prepares trainees to handle the problems they will face as professionals at all levels of school settings.

 2011 • 664 pages
Paper (978-1-4129-7871-2) • £48.99



COUNSELLING SUICIDAL CLIENTS

Andrew Reeves *University of Liverpool
Counselling Service*

Counselling Suicidal Clients addresses the important professional considerations when working with clients who are suicidal. The 'bigger picture', including legal and ethical considerations and organizational policy and procedures is explored, as is how practitioners can work with the dynamics of suicide potential in the therapeutic process. The book is divided into six main parts:

- the changing context of suicide
- the prediction-prevention model, policy and ethics
- the influence of the organization
- the client process
- the practitioner process
- the practice of counselling with suicidal clients.



ABRIDGED CONTENTS

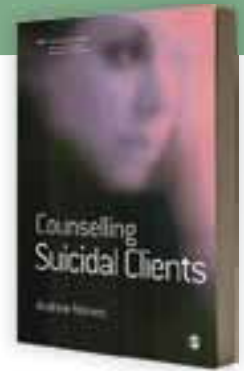
PART ONE: CONTEXTUAL ASPECTS OF WORKING WITH SUICIDE RISK \ PART TWO: THE PREDICTION-PREVENTION MODEL, POLICY AND ETHICS \ PART THREE: ORGANIZATIONS \ PART FOUR: THE CLIENT PROCESS \ PART FIVE: THE COUNSELLOR PROCESS \ PART SIX: KEY ASPECTS OF COUNSELLING WITH SUICIDAL CLIENTS \ PART SEVEN: CONCLUSIONS

READERSHIP

Counsellors and psychotherapists; also any professional who uses counselling skills when supporting suicidal people

COUNSELLING IN PRACTICE SERIES

  2010 • 200 pages
Cloth (978-1-4129-4635-3) • £72.00
Paper (978-1-4129-4636-0) • £23.99



NEW!

COUNSELING LGBTI CLIENTS

Kevin Alderson *University of Calgary*

This practical book is designed for courses for counsellors and other mental health professionals in training and will serve as a guide and text for courses specifically aimed at working with lesbian, gay, bisexual, transgender and intersex (LGBTI) clients and/or courses in multicultural counselling or sex therapy.

It provides an historical and contemporary look at gay, lesbian, bisexual and transgendered clients from a variety of cultural perspectives, as well as offering empirically based counselling strategies and interventions for working with each group.

The book takes a unique cultural approach, as it brings in personal case studies and narratives of a variety of individuals and cultures from around the globe. It contains various self-assessment tools and questionnaires that will aid students and practitioners in examining their own attitudes and beliefs and help challenge current assumptions.

ABRIDGED CONTENTS

Historical and Contemporary Perspectives Regarding LGBTI Individuals \ Gay Boys and Men \ Lesbian Girls and Women \ Bisexual Boys and Men \ Bisexual Girls and Women \ Fetishistic Cross-dressing Children and Adults \ Transsexual Boys and Transwomen \ Transsexual Girls and Transmen \ Intersex Children and Adults

READERSHIP

Counsellors and other mental health professionals in training

June 2012 • 336 pages
Paper (978-1-4129-8718-9) • £29.99



NEW!

PERSPECTIVES ON ADDICTION

An Integrative Treatment Model
with Clinical Case Studies

Margaret Fetting *University of
Southern California*

This text presents a comprehensive, rigorous, and reflective overview of the complex and controversial field of chemical dependency. It is designed for students and clinicians who come in contact with and treat individuals and families struggling with the causes and consequences of substance use disorders.

ABRIDGED CONTENTS

PART ONE: A PERSPECTIVE ON THE WORLD OF ADDICTION \ Cultural Statistics and Stories \ Sociocultural Aspects \ Definitions \ PART TWO: A PERSPECTIVE ON DIAGNOSIS AND SUBSTANCE CLASSIFICATION \ 12 Profiles of Addiction \ Eleven Classes of Psychoactive Substances \ PART THREE: A PERSPECTIVE ON MODELS OF TREATMENT AND THE SUFFERING BEHIND ADDICTION \ 10 Models of Treatment \ Self-Medication, Psychoanalytic and Psychodynamic Theories \ PART FOUR: A PERSPECTIVE ON THE TREATMENT PATH OF ADDICTION WITH CLINICAL CASES \ Stephanie Brown and an Integrative Treatment Model \ Integrative Treatment Model: The Drinking and Usage Stage \ Integrative Treatment Model: The Transition Stage \ Integrative Treatment Model: The Early Recovery Stage \ Integrative Treatment Model: The Ongoing Recovery Stage

READERSHIP

Counselling, social work, psychology and nursing students

January 2012 • 344 pages
Paper (978-1-4129-9099-8) • £47.99



NEW EDITION!

PATHWAYS TO SELF-DISCOVERY AND CHANGE: CRIMINAL CONDUCT AND SUBSTANCE ABUSE TREATMENT FOR ADOLESCENTS

The Participant's Workbook

Second Edition

Harvey B Milkman *Metropolitan State College of Denver* and **Kenneth W Wanberg** *Center for Addictions Research and Evaluation (CARE), Arvada, Colorado*

Now in its **Second Edition**, this guide provides treatment practitioners, program evaluators, and youth services administrators with the most up to date, comprehensive, and accessible information for the treatment and rehabilitation of juvenile justice clients.

ABRIDGED CONTENTS

Phase I: What? Challenge to Change \ Building Trust and Motivation to Change \ Building a Knowledge Base \ Talking about Yourself and Listening to What Others Say \ Backsliding to Drugs and Crime \ Making a Commitment to Change \ Phase II: How?- Commitment to Change \ Basic Communication Skills \ Avoiding Trouble and Playing Fair \ Responsibility to Others and the Community \ Zeroing in on Harm-Directing Thoughts \ Handling Anger, Guilt and Depression \ Phase III: Now! Ownership of Change and Calling the Shots \ Overcoming Prejudice \ Exploring Individual Intimacy \ Problem Solving and Decision Making \ Lifestyle Balance \ Stability and Growth

June 2012 • 325 pages

Paper (978-1-4522-1789-5) • £24.99



NEW EDITION!

CRIMINAL CONDUCT AND SUBSTANCE ABUSE TREATMENT FOR ADOLESCENTS: PATHWAYS TO SELF-DISCOVERY AND CHANGE

The Provider's Guide

Second Edition

Harvey B Milkman *Metropolitan State College of Denver* and **Kenneth W Wanberg** *Center for Addictions Research and Evaluation (CARE), Arvada, Colorado*

Now in its **Second Edition**, this guide provides treatment practitioners, program evaluators and youth services administrators with the most up-to-date, comprehensive and accessible information for the treatment and rehabilitation of juvenile justice clients. It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients, as well as feedback over the past seven years from PSDC counsellors, treatment providers, and program administrators.

ABRIDGED CONTENTS

Introduction: Promoting Adolescent Resiliency \ PART ONE: THEORETICAL AND RESEARCH PERSPECTIVES \ Adolescent Development and Pathways to Problem Behavior \ Causes, Correlates and Consequences of Teenage Substance Abuse \ Mental Disorder within the Juvenile Justice Population \ Substance Abuse and the Adolescent Brain \ Juvenile Crime and Violence \ Addressing Gang Culture in a Treatment Context \ Female-Focused Treatment in the Juvenile Justice System \ Youth and Diversity \ PART TWO: FOUNDATIONAL TREATMENT MODELS: EVIDENCE-BASED APPROACHES \ Treatment Systems, Modalities and Models of Care \ The Cognitive-Behavioral Model and Core Treatment Strategies for Adolescents \ Community Reintegration: Reinforcing Change through Continuing Care \ PART THREE: OPERATIONAL GUIDELINES \ Assessment Strategies for High Risk Youth \ Methods and Procedures for Effective Program Delivery \ PART FOUR: THE TREATMENT CURRICULUM: PRESENTATION GUIDELINES \ PART FIVE: ADJUNCT PROVIDER'S GUIDE FOR TREATING FEMALE JUVENILE JUSTICE CLIENTS

READERSHIP

Counsellors working with at-risk youth

March 2012 • 704 pages

Paper (978-1-4522-0580-9) • £52.00



CHEMICAL DEPENDENCY COUNSELING

A Practical Guide

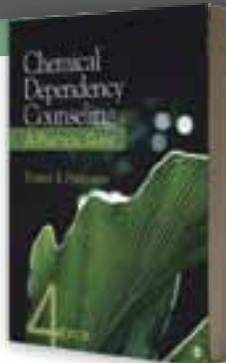
Fourth Edition

Robert R Perkinson *Keystone Treatment Center, Canton, South Dakota*

This basic introduction guides the counsellor through chemical dependency treatment with the aid of over 50 appendices. These include screening questionnaires, scales, history assessments, personal recovery plans, in-patient and out-patient schedules, and many, many more.

2011 • 880 pages

Paper (978-1-4129-7921-4) • £59.00



THE ALCOHOLISM AND DRUG ABUSE CLIENT WORKBOOK

Second Edition

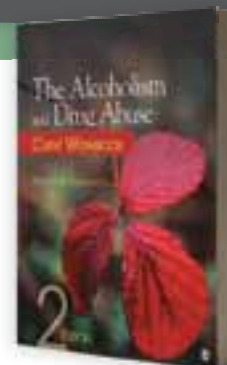
Robert R Perkinson *Keystone Treatment Center, Canton, South Dakota*

The Alcoholism and Drug Abuse Client Workbook is intended for patients in 12-step treatment programmes. Its purpose is to provide a venue for patients to write down their thoughts and experiences as they progress through the 12 steps of treatment.



2011 • 152 pages

Paper (978-1-4129-7922-1) • £15.99



COUNSELLING FOR ALCOHOL PROBLEMS

Third Edition

Richard Velleman *University of Bath and the Avon and Wiltshire Mental Health Partnership NHS Trust*

The **Third Edition** of this bestselling guide to counselling for alcohol problems combines evidence-based examples from the author's personal clinical experience with comprehensive, up-to-date factual information and research.

COUNSELLING IN PRACTICE SERIES



2011 • 208 pages
Cloth (978-1-84860-149-9) • £70.00
Paper (978-1-84860-150-5) • £23.99



THE GAMBLING ADDICTION CLIENT WORKBOOK

Second Edition

Robert R Perkinson *Keystone Treatment Center, Canton, South Dakota*

The **Gambling Addiction Client Workbook** is a client workbook intended to take the client through the recovery process of gambling addiction. It contains specific chapters focused on honesty, relapse prevention and contains a personal recovery plan.



2011 • 168 pages
Paper (978-1-4129-7920-7) • £15.99



MAKING SENSE OF DEATH, DYING AND BEREAVEMENT

An Anthology

Edited by Sarah Earle, Caroline Bartholomew and Carol Komaromy all at *The Open University*

This anthology offers a unique collection of personal accounts of death, dying and bereavement. It examines representations of death, dying and bereavement in fiction, poetry, the media and on the Internet, as well as exploring visual representations of death and dying.

PUBLISHED IN ASSOCIATION WITH THE OPEN UNIVERSITY



2008 • 224 pages
Cloth (978-1-84787-511-2) • £60.00
Paper (978-1-84787-512-9) • £21.99



DEATH AND DYING

A Reader

Edited by Sarah Earle, Carol Komaromy and Caroline Bartholomew all at *The Open University*

This book draws together a range of classic and newly commissioned pieces on the multidisciplinary study of death and dying. Organized into five parts, the book begins with a general exploration of the meaning of death, before moving on to consider caring at the end of life. Further readings explore the moral and ethical dilemmas in the context of death and dying. The fourth part of the book examines the issue of grief and ritual after death, while the final part considers some of the issues that arise when researching in the field of death and dying.

This is the set book for The Open University course *Death and Dying* (K260).

ABRIDGED CONTENTS

PART ONE: UNDERSTANDING DEATH \ PART TWO: CARING AT THE END OF LIFE \ PART THREE: MORAL AND ETHICAL DILEMMAS IN PRACTICE \ PART FOUR: EXPLORING GRIEF AND RITUAL AFTER DEATH \ PART FIVE: RESEARCHING DEATH AND DYING

READERSHIP

Students in nursing, medicine, social work, counselling and health and social care

PUBLISHED IN ASSOCIATION WITH THE OPEN UNIVERSITY



2008 • 288 pages
Cloth (978-1-84787-509-9) • £65.00
Paper (978-1-84787-510-5) • £22.99



NEW EDITION!

THERAPY FOR DREAMS AND NIGHTMARES

Evidence-Based Practice

Second Edition

Delia Cushway
University of Birmingham

In this new edition of **Counselling with Dreams and Nightmares**, Delia Cushway continues in her pursuit to show how dreamwork is not the prerogative of expert psychoanalysts, but a fruitful therapeutic tool that can be explored by all counsellors and other practitioners in the helping professions. Emphasising the idea that dreams are the creation and belonging of the dreamer, and therefore a powerful means of accessing an individual's emotions, creativity and wisdom, this new edition now includes:

- skills for working with trauma and survivors of sexual abuse
- cross-cultural, spiritual and religious approaches to dreamwork
- the scientific functions and meanings of dreams and their role in information processing and memory consolidation.

ABRIDGED CONTENTS

Introduction and Background to Dreamwork \ Theories and Models of Dreamwork \ The Language of Dreams \ Objective Approaches to Working with Dreams \ Subjective and Constructivist approaches to Working with Dreams \ Working with Nightmares \ Post-Traumatic Nightmares and Night Terrors \ Group and Creative Methods in Dreamwork \ Themes and Issues in Dreamwork

READERSHIP

All trainee and qualified therapists

COUNSELLING IN PRACTICE SERIES

December 2012 • 168 pages
Cloth (978-1-4462-4709-9) • £75.00
Paper (978-1-4462-4710-5) • £23.99



NEW EDITION!

PRINCIPLES OF TRAUMA THERAPY

A Guide to Symptoms, Evaluation, and Treatment

Second Edition

John Briere and Catherine Scott both at University of Southern California, Keck School of Medicine, Los Angeles

This is a book on the modern treatment of psychological trauma that is both comprehensive in scope yet highly practical in application. It is written for the average trauma clinician (or clinician new to the field who is confronted with a trauma client) to use in his or her daily work.

Features include:

- an easy-to-read writing style
- the translation of complex medical and neurological concepts for therapists and practitioners
- comprehensive pharmacology update
- coverage of all stages of symptoms, evaluation and treatment.

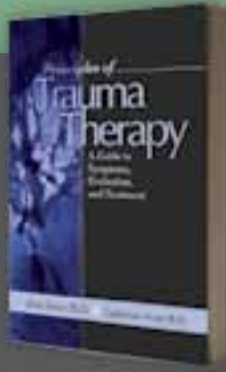
ABRIDGED CONTENTS

PART ONE: TRAUMA, EFFECTS AND ASSESSMENT \ What Is Trauma? \ The Effects of Trauma \ Assessing Trauma and Post-Traumatic Outcomes \ PART TWO: CLINICAL INTERVENTIONS \ Central Issues in Trauma Treatment \ Cognitive Interventions \ Emotional Processing \ Increasing Identity and Relational Functioning \ Mindfulness in Trauma Treatment \ Treating the Effects of Acute Trauma \ Psychobiology and Psychopharmacology of Trauma

READERSHIP

Therapists and practitioners working with trauma victims

September 2012 • 328 pages
Paper (978-1-4129-8143-9) • £31.99



NEW EDITION!

CULTURALLY ALERT COUNSELING

A Comprehensive Introduction

Second Edition

Garrett McAuliffe and Associates Old Dominion University

In this comprehensive, readable introduction to the cultural dimensions of counselling and psychotherapy, national leaders in each topic have been selected to provide an accessible, yet thorough presentation of culturally alert counselling. The book broadens the discussion of culture from ethnicity and race to include class, religion, gender and sexual orientation and is inclusive of all people, including both those in dominant and non-dominant cultural groups. Culturally alert counselling skills are modelled in an accessible, vital demonstration video that accompanies the book.

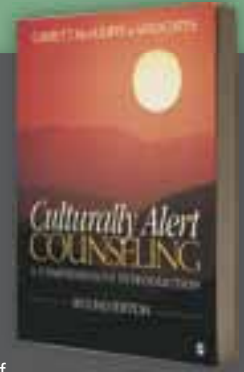
ABRIDGED CONTENTS

PART ONE: INTRODUCTION \ Introduction: Culture and Diversity Defined \ Culture: Clarifications and Complications \ Equity, Advocacy, and Social Justice \ Ethnicity \ Conceptualizing Race and Racism \ PART TWO: MAJOR ETHNIC GROUPINGS \ African Americans \ East and Southeast Asian Americans \ Culturally Alert Counseling with Native Americans \ Culturally Alert Counseling with European Americans \ Counseling Middle Eastern Americans \ Latino/Latina Americans \ South Asian Americans \ PART THREE SOCIAL GROUPS \ Social Class \ Counseling Men and Women: Considering Gender and Sex \ Counseling Lesbian, Gay, Bisexual, and Transgendered Clients \ Religion and Spirituality \ Counseling and Disabilities \ PART FOUR: IMPLICATIONS FOR PRACTICE \ The Practice of Culturally Alert Counseling: Introduction and Accessibility \ The Practice of Culturally Alert Counseling: Assessment and Intervention

READERSHIP

Counselling practitioners and trainees

October 2012 • 416 pages
Paper (978-1-4129-8135-4) • £61.00



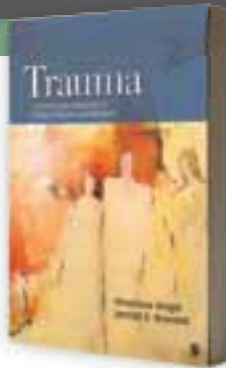
TRAUMA

Contemporary Directions in Theory, Practice and Research

Edited by Shoshana Ringel University of Maryland, Baltimore and Jerrold R Brandell Wayne State University

This groundbreaking book looks at the historical development and theoretical approaches to trauma treatment.

2011 • 272 pages
Paper (978-1-4129-7982-5) • £32.99



CBMCS MULTICULTURAL TRAINING PROGRAM

Richard H Dana Portland State University, Glenn C Gamst and Aghop Der-Karabetian both at University of La Verne

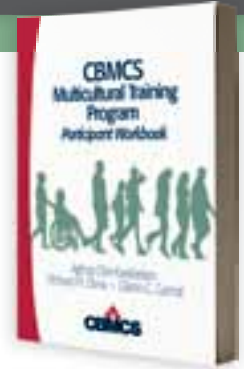
No other training program hones in on these important multicultural topics with the scope and depth of the **CBMCS Multicultural Training Program**. We've had marked success implementing this program - improving cultural competence in providers so they can offer more effective counseling to clients from diverse backgrounds. Trainees have also shown an increase in self-awareness and better understand their influence on therapy. CBMCS should be required training for counselors and social workers as well as others in the mental health field who work with diverse client populations

- Gloria Morrow, GM Psychological Services

Bridging the gap between research and practice, the **CBMCS Multicultural Training Program** will take mental health practitioners from cultural sensitivity to cultural proficiency.

Based on several years of research and collaboration between the University of La Verne, the California Department of Mental Health, the California Institute of Mental Health and the California Mental Health Directors Association, this unique training program gives mental health facilities a valuable tool in working with diverse populations.

2008 • 560 pages
Cloth (978-1-4129-5944-5) • £1687.00



NEW!

COUNSELLING IN TRANSCULTURAL SETTINGS

Priorities for a Restless World

Patricia M d'Ardenne *East London and The City Mental Health NHS Trust*

Drawing on over 40 years experience, Patricia d'Ardenne provides the reader with a unique and practical introduction to counselling and psychotherapy in a world on the move, where ethnic, linguistic, religious, economic, political and environmental differences collide and create a rich and complex setting for contemporary therapeutic practice. Positioning counselling within the shifting contexts of the modern world, this book:

- examines anti-discriminatory practice - its origins and development the complexities of working effectively with refugees, asylum seekers, vulnerable migrants, and the victims of human trafficking
- considers the needs of the cultural traveller
- addresses the intricacies of faith and spirituality
- provides a guide to assessing language and the role of interpreters
- addresses ethics, the law and transcultural issues in Healthcare
- looks at the importance of supervision, personal development and self care.

ABRIDGED CONTENTS

Anti-discriminatory Practice - Its Origins and Development in Transcultural Counselling / Counselling Cultural Travellers / Transcultural Counselling for People with Refugee Experience / Using Interpreters in Transcultural Counselling / Spirituality and Religion in Transcultural Settings / Transcultural Issues in Healthcare / The Voices of Users and Carers in Transcultural Counselling Services / Ethics and Governance in Transcultural Counselling / Supervision, Personal Development and Self Care in Transcultural Counselling / Future Directions for Transcultural Counselling for a Restless World

READERSHIP

Counsellors and psychotherapists at all stages of professional training looking to work beyond their own culture

November 2012 • 184 pages
Cloth (978-1-4462-0066-7) • £65.00
Paper (978-1-4462-0067-4) • £22.99



THE SAGE HANDBOOK OF INTERCULTURAL COMPETENCE

Edited by Darla K Deardorff
Duke University

This title brings together, in one volume, the leading experts and scholars from a variety of fields, and from around the world who do work in intercultural competence.

2009 • 560 pages
Cloth (978-1-4129-6045-8) • £84.00



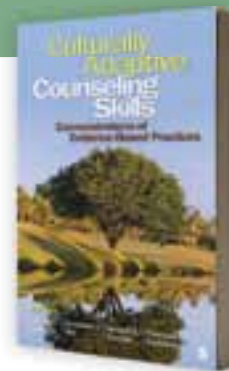
CULTURALLY ADAPTIVE COUNSELING SKILLS

Demonstrations of Evidence Based Practice

Miguel E Gallardo *Pepperdine University*, Christine Yeh *University of San Francisco*, Joseph E Trimble *Western Washington University* and Thomas Parham *University of California at Irvine*

Specifically looking at counselling ethnic minorities in the United States, this book will be of interest to anyone studying or researching comparative counselling.

2011 • 392 pages
Paper (978-1-4129-8721-9) • £25.99



CULTURE AND IDENTITY

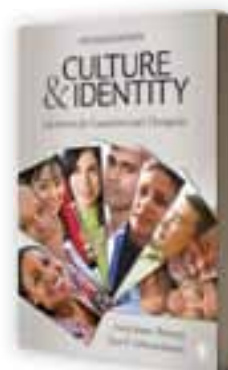
Life Stories for Counselors and Therapists

Second Edition

Anita Jones Thomas *Loyola University, Chicago* and Sara Schwarzbaum *Northeastern Illinois University*

This **Second Edition** is full of interesting, easy-to-read, true life stories, centred on various cultural dimensions that will prepare students for real clinical situations.

2010 • 400 pages
Paper (978-1-4129-8668-7) • £31.99

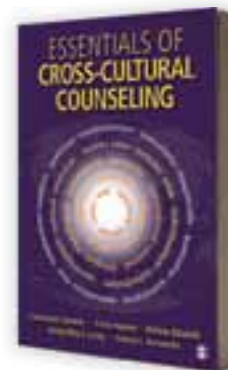


ESSENTIALS OF CROSS-CULTURAL COUNSELING

Edited by Lawrence H Gerstein *Ball State University*, P Paul Heppner *University of Missouri, Columbia*, Stefania Aegisdottir *Ball State University*, Seung-Ming Alvin Leung *Chinese University of Hong Kong* and Kathryn L Norsworthy *Rollins College*

This brief, supplemental text is derived from the **International Handbook of Cross-Cultural Counseling**. Edited by a high-profile team with international expertise, the book focuses on the history, issues, challenges and opportunities for the counselling profession worldwide.

2011 • 280 pages
Paper (978-1-4129-9950-2) • £12.99



MENTAL HEALTH IN COUNSELLING AND PSYCHOTHERAPY

Norman Claringbull

This book examines how counsellors and psychotherapists interact with those clients who may suffer from mental health issues. While practising counsellors and psychotherapists meet clients who have problems across the entire mental health spectrum, there are a number of particular disorders that these practitioners are more likely to encounter. These include anxiety, depression, stress, addiction, phobias and behavioural problems. In this book, all of these conditions are explained and the ways in which therapists can best help such clients are discussed. There are sections on client assessments, as well as addiction issues and understanding mental health law.

ABRIDGED CONTENTS

Core Concepts in Mental Health \ Normalising the Abnormal \ Client Assessment \ Understanding Depression \ Understanding Anxiety \ Understanding Schizophrenia \ Understanding Bipolar Disorder and the Personality Disorders \ Prescription Drugs, Recreational Drugs and Addiction \ Legal and Ethical Issues \ New Ideas about Mental Health

READERSHIP

Counsellors in training

A LEARNING MATTERS PUBLICATION

COUNSELLING AND PSYCHOTHERAPY PRACTICE SERIES



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CORRECTIONAL MENTAL HEALTH

From Theory to Best Practice

Edited by **Thomas J Fagan** *Nova Southeastern University* and **Robert K Ax** *Midlothian, Virginia*

This edited book provides a broad-based, practical guide to treating criminal offenders in a correctional mental health practice.



2011 • 432 pages
Paper (978-1-4129-7256-7) • £36.99



CLINICAL PSYCHOLOGY

Science, Practice, and Culture

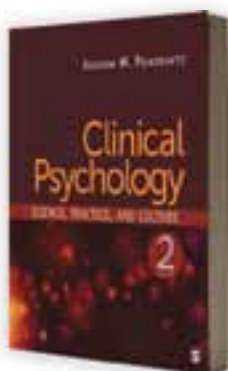
Second Edition

Andrew M Pomerantz
Southern Illinois University

This volume covers all subfields of clinical psychology, including the history and current state of the field, clinical assessment, psychotherapy, ethical and professional issues, and specialized topics such as forensic and health psychology.



2010 • 568 pages
Cloth (978-1-4129-7763-0) • £65.00



NEW!

INTERNATIONAL CASE STUDIES IN MENTAL HEALTH

Edited by **Senel Poyrazli** *Pennsylvania State University* and **Chalmer E Thompson** *Indiana University and Purdue University*

This timely examination of mental-health treatment across the globe focuses on a range of countries and includes interviews with mental health practitioners from around the world. Each chapter includes contributions from a United States expert and an international expert.

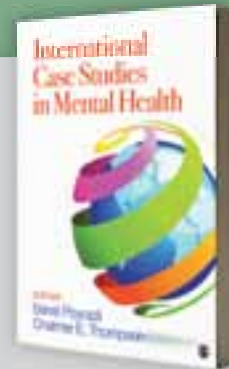
ABRIDGED CONTENTS

Introduction: Towards an Inclusive International Psychology \ The Case Study of Therapy with a Swiss Woman: An Action Theory Perspective \ Victim or Perpetrator? A Child-Soldier's Journey in Sierra Leona \ Bisexual Identity in a Traditional Culture: A Case Study from Turkey \ Case Study from Lebanon \ College Counseling in China: A Case Study \ Counseling a Female Client from Korea: Applying the Han Counseling Model \ Case Study from Guatemala \ Disaster and Crisis Intervention: Story of a Haitian Family \ Mental Health Treatment of a Black Man in the United States \ Working with a Chinese Immigrant with Severe Mental Illness: An Integrative Approach of Cognitive-Behavioral Therapy and Multicultural Case Conceptualization

READERSHIP

Students on counselling, psychotherapy and mental health courses

July 2012 • 360 pages
Paper (978-1-4129-9035-6) • £25.99



NEW!

INTRODUCING COUNSELLING AND PSYCHOTHERAPY RESEARCH

Terry Hanley, Clare Lennie and William West all at *University of Manchester*

Introducing the language of research in counselling and psychotherapy, this book will help students to identify as researchers and develop their research literacy and awareness. Worked examples of research in action demystify the process, rooting it in critical pedagogy and the professional context of counselling.

Introducing Counselling and Psychotherapy Research introduces research through a model of collaborative and experiential learning, with training exercises, student reflections, suggestions for further reading, practical guidance on how to complete a thesis or dissertation, study skills and tips on how to use research supervision and dissemination.

ABRIDGED CONTENTS

Introduction: The Conception of the Book \ The Research Underpinning Therapy: Does Therapy Really Work? \ What Is Research? \ Why Is Research Important to Therapists? \ Considerations When Undertaking Research \ Collecting Numbers in Therapy Research \ Collecting Talk, Thoughts and Feelings in Research \ Ethical Issues in Therapy Research \ The Impact of Undertaking Research on the Researcher \ Talking about Research \ Pulling It Together

READERSHIP

Students on counselling and psychotherapy courses, also practitioners who need to be aware of the research evidence that underpins their practice



December 2012 • 208 pages
Cloth (978-1-84787-247-0) • £65.00
Paper (978-1-84787-248-7) • £20.99



ESSENTIAL RESEARCH FINDINGS IN COUNSELLING AND PSYCHOTHERAPY

The Facts are Friendly

Mick Cooper *University of Strathclyde*



The publication of this book couldn't be more timely. Mick Cooper has a wonderful ability to write about complex things in a clear, accessible way

- Laurie Clark, CEO, British Association for Counselling and Psychotherapy

Essential Research Findings in Counselling and Psychotherapy provides trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field. The book sets out, in a jargon-free way, the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes. It gives suggestions for further reading, definitions of key terms and questions for discussion, making this an ideal text for use in training.

ABRIDGED CONTENTS

Introduction: The Challenge of Research \ The Outcomes of Counselling and Psychotherapy \ Does Orientation Matter? The Great Psychotherapy Debate \ Client Factors: The Heart and Soul of Therapeutic Change \ Therapist Factors: Who Works for What? \ Relational Factors: It's the Relationship That Heals; or Is It? \ Technique and Practice Factors: Is It What You Do or the Way That You Do It?

READERSHIP

Trainees at all levels, practitioners and researchers in counselling and psychotherapy



2008 • 256 pages
Cloth (978-1-84787-042-1) • £69.00
Paper (978-1-84787-043-8) • £22.99

NEW EDITION!

THE PRACTICE OF RESEARCH IN SOCIAL WORK

Third Edition

Rafael J Engel *University of Pittsburgh* and Russell K Schutt *University of Massachusetts*



Designed to help students develop skills in evaluating research and conducting studies, the **Third Edition** of the popular text, **The Practice of Research in Social Work**, makes principles of evidence-based practice come alive through illustrations of actual social work research.

ABRIDGED CONTENTS

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READERSHIP

Social work students

April 2012 • 536 pages
Paper (978-1-4522-2546-3) • £52.00

THE PROCESS OF RESEARCH IN PSYCHOLOGY

Second Edition

Dawn M McBride
Illinois State University



Mirroring the logical progression of the research process, this is an introduction to *doing* research rather than learning isolated concepts. It is accompanied by extensive student and lecturer Companion Websites, and conforms to the latest guidelines of the APA style manual.



April 2012 • 352 pages
Paper (978-1-4129-9955-7) • £29.99

DEVELOPING EFFECTIVE RESEARCH PROPOSALS

Second Edition

Keith F Punch *University of Western Australia*



Keith F Punch's update of his indispensable guide includes: expanded sections covering research strategy, research planning and academic writing; examples of successful research proposals from across the social science disciplines; and a more comprehensive discussion of ethics.



2006 • 176 pages
Cloth (978-1-4129-2125-1) • £72.00
Paper (978-1-4129-2126-8) • £23.99

RESEARCH METHODS FOR EVIDENCE BASED PRACTICE

John Wodarski *University of Tennessee*,
Laura M Hopson *University of Albany, State University of New York*



This practical and student-friendly text offers students an enhanced understanding of the research process. It will equip students with the necessary tools and skills to evaluate studies, translate relevant behavioural science knowledge into practice principles, and implement evaluation procedures in their daily practice.



December 2011 • 192 pages
Paper (978-1-4129-9098-1) • £52.00

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DOING COUNSELLING RESEARCH

Second Edition

John McLeod
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This is a great starting point for anyone studying or interested in counselling research. I thoroughly recommend the **Second Edition** of this book

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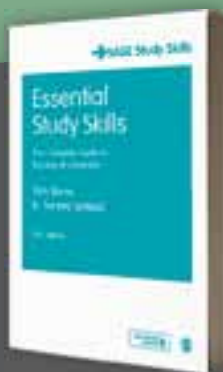
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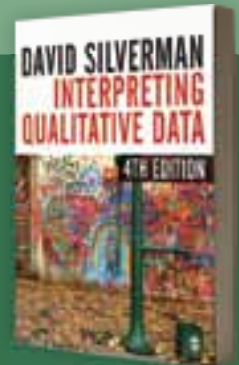
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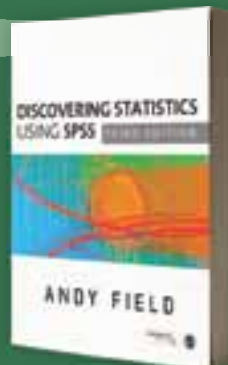
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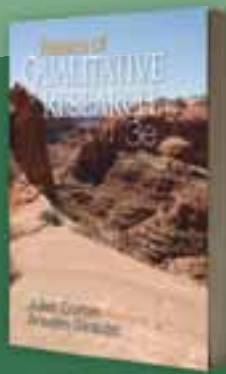
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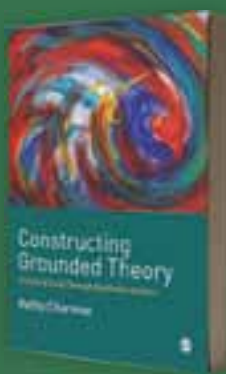
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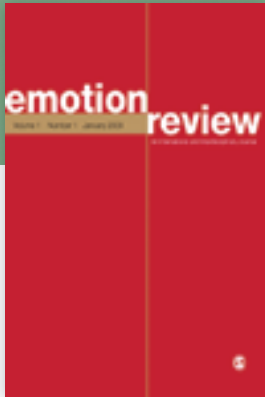
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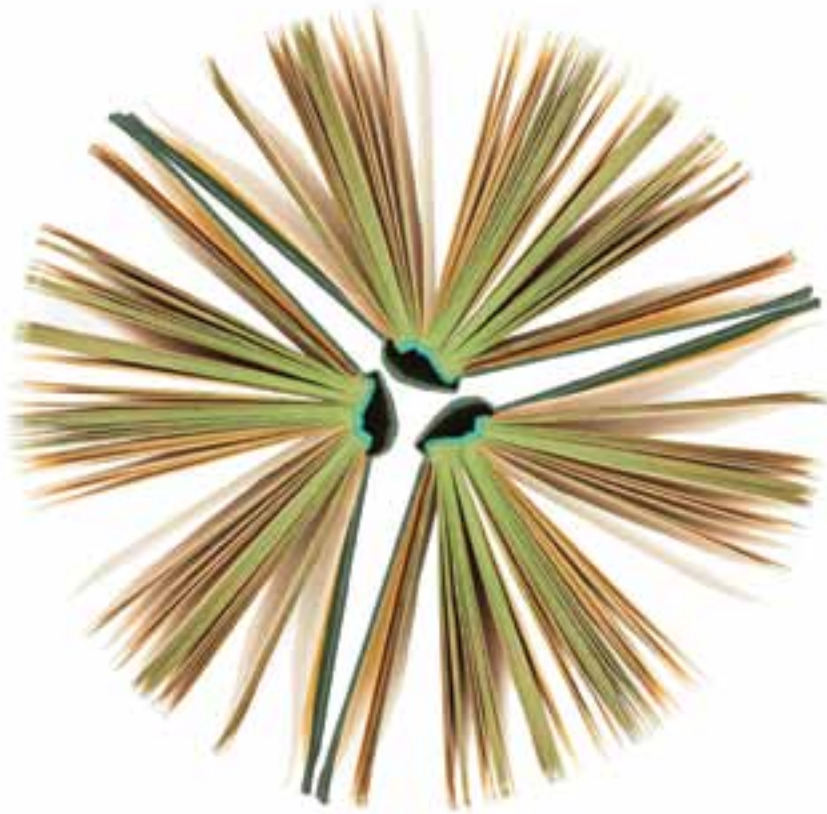
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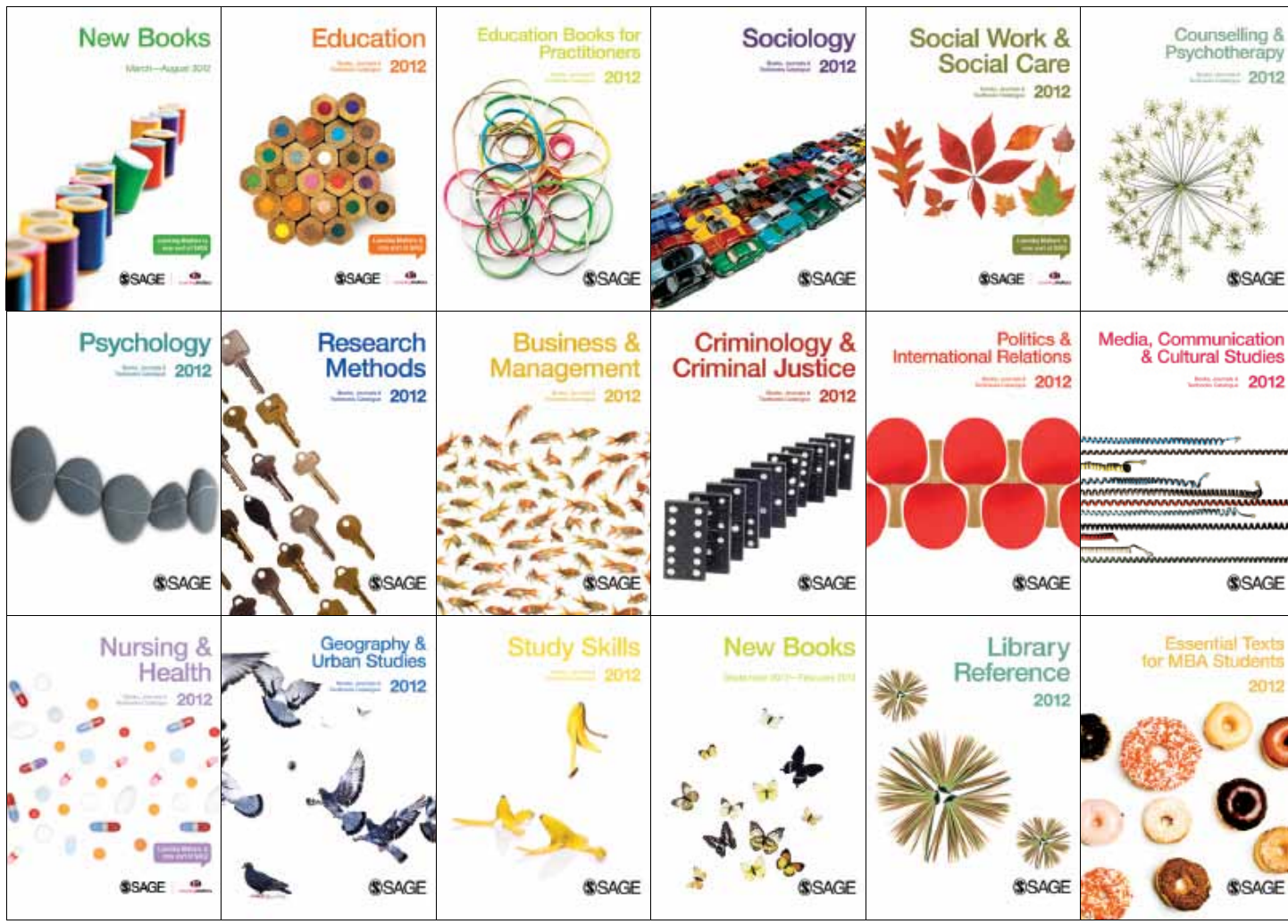
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