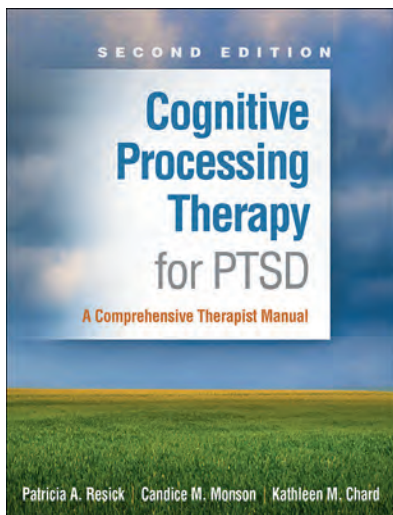




# July 2024

## Health and Education New Release Catalogue



CREATIVE WAYS  
TO HELP CHILDREN  
**REGULATE AND  
MANAGE ANGER**

IDEAS AND ACTIVITIES FOR WORKING  
WITH ANGER AND EMOTIONAL REGULATION

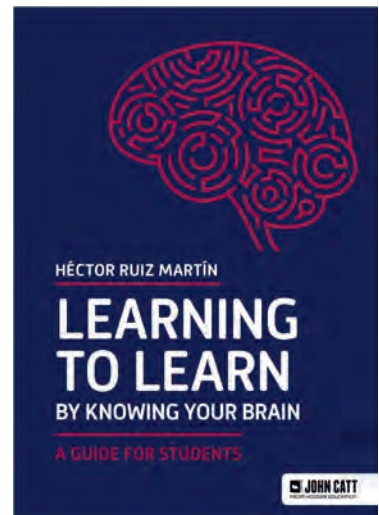


**DR FIONA ZANDT**  
FOREWORD BY LORRI YASENIK

**A  
Ar  
Arri  
Arriv  
Arrivin  
Arriving Late**

The lived  
experience  
of women  
receiving a  
late autism  
diagnosis

Jodi Lamanna



HÉCTOR RUIZ MARTÍN

**LEARNING  
TO LEARN**

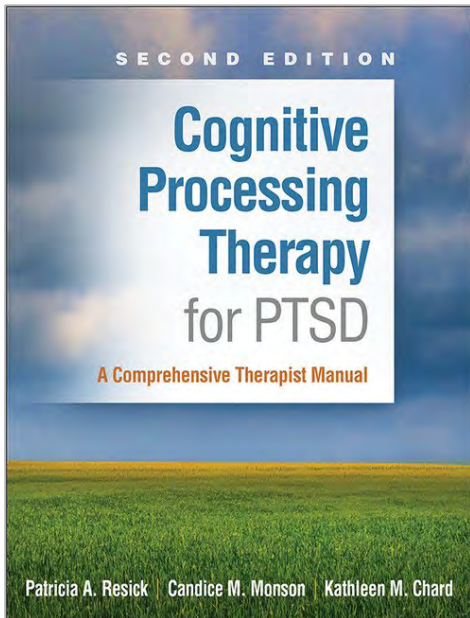
BY KNOWING YOUR BRAIN

A GUIDE FOR STUDENTS

JOHN CATT

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P: (02) 8445 2300 | E: [info@woodslane.com.au](mailto:info@woodslane.com.au)



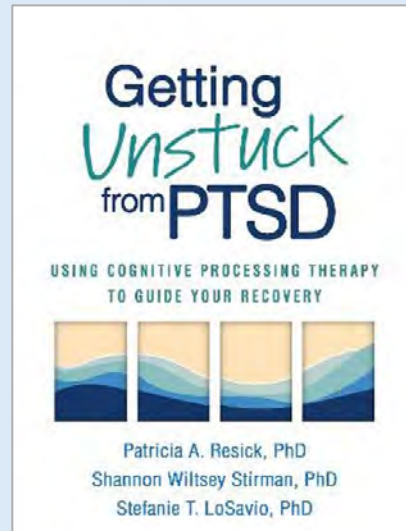
Cognitive Processing Therapy for PTSD 2/e
A Comprehensive Therapist Manual

By Patricia A. Resick, Candice M. Monson, Kathleen M. Chard

The authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD) is now in a revised and updated second edition...

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
267 X 203 mm
Release Date: May 2024
9781462554270

Paperback
340 pages
NOT ILLUSTRATED
AUD\$: 113.00



Getting Unstuck from PTSD
Using Cognitive Processing Therapy to Guide Your Recovery

By Patricia A. Resick, Shannon Wiltsey Stirman, Stefanie T. LoSavio

Anyone who is struggling to recover from trauma can now receive one of the gold-standard treatments for PTSD.

Leading authorities--including the originator of CPT--have created a complete program featuring step-by-step exercises...

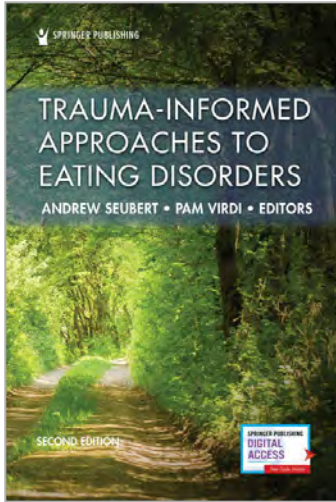
CPT helps PTSD sufferers systematically reexamine unhelpful thoughts about traumatic experiences...

It helps people navigate the impact of trauma in relationships and restore a sense of safety and trust.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TRADE INTERNATIONAL
260 X 200 mm
Release Date: April 2023
9781462549832

Paperback
305 pages
AUD\$: 64.99





### Trauma-Informed Approaches to Eating Disorders 2/e

By Andrew Seubert, Pam Virdi

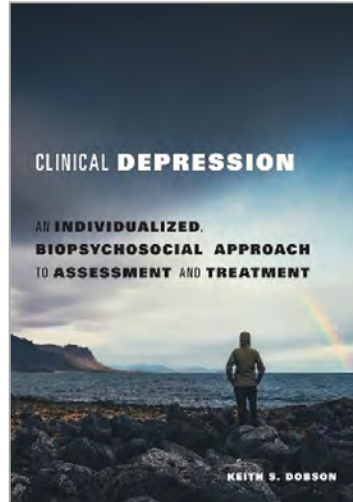


The most comprehensive and practical book examining the relationship between trauma, dissociation, and eating disorders. This hands-on clinical guide delivers a trauma-informed phase model that promotes effective treatment for individuals with all forms of eating disorders.

**SPRINGER PUBLISHING COMPANY**

Category: OTHER MEDICINE  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: July 2024  
9780826147974

Paperback  
427 pages  
B&W THROUGHOUT  
AUD\$: 127.00



### Clinical Depression: An Individualized, Biopsychosocial Approach to Assessment and Treatment

By Keith S. Dobson



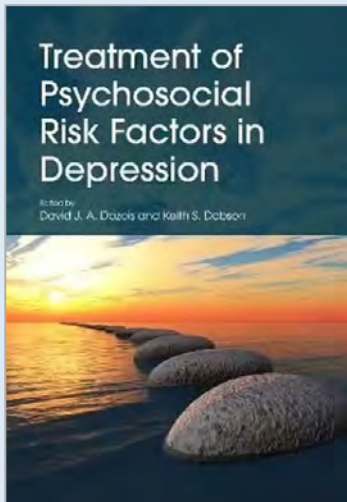
This book offers integrative treatments for clinical depression based on the biopsychosocial model. Keith Dobson synthesizes decades of research and professional experience in this comprehensive guide that follows the therapy process from beginning to end.

**AMERICAN PSYCHOLOGICAL ASSOCIATION**

Category: PSYCHOLOGY  
Disc: ACAD & PROFESSIONAL  
254 X 178 mm  
Release Date: July 2024  
9781433836701

Paperback  
269 pages  
AUD\$: 158.00

**ALSO BY KEITH S. DOBSON**



### Treatment of Psychosocial Risk Factors in Depression

By David J. A. Dozois, Keith S. Dobson

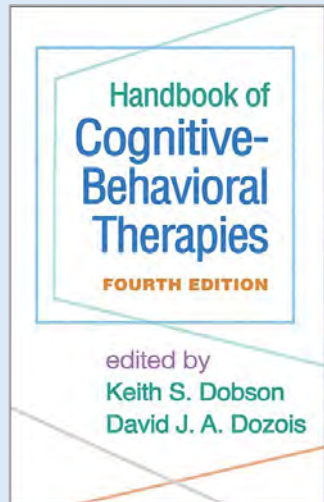


This innovative book explores a range of well-established risk factors for clinical depression and links them to targeted, evidence-based treatments. Focus on intervention from a specific conceptual vantage point, such as cognitive-behavioral.

**AMERICAN PSYCHOLOGICAL ASSOCIATION**

Category: PSYCHOLOGY  
Disc: ACAD & PROFESSIONAL  
254 X 178 mm  
Release Date: April 2023  
9781433834066

Paperback  
277 pages  
AUD\$: 228.00



### Handbook of Cognitive-Behavioral Therapies 4/e

By Keith S. Dobson, David J.A. Dozois

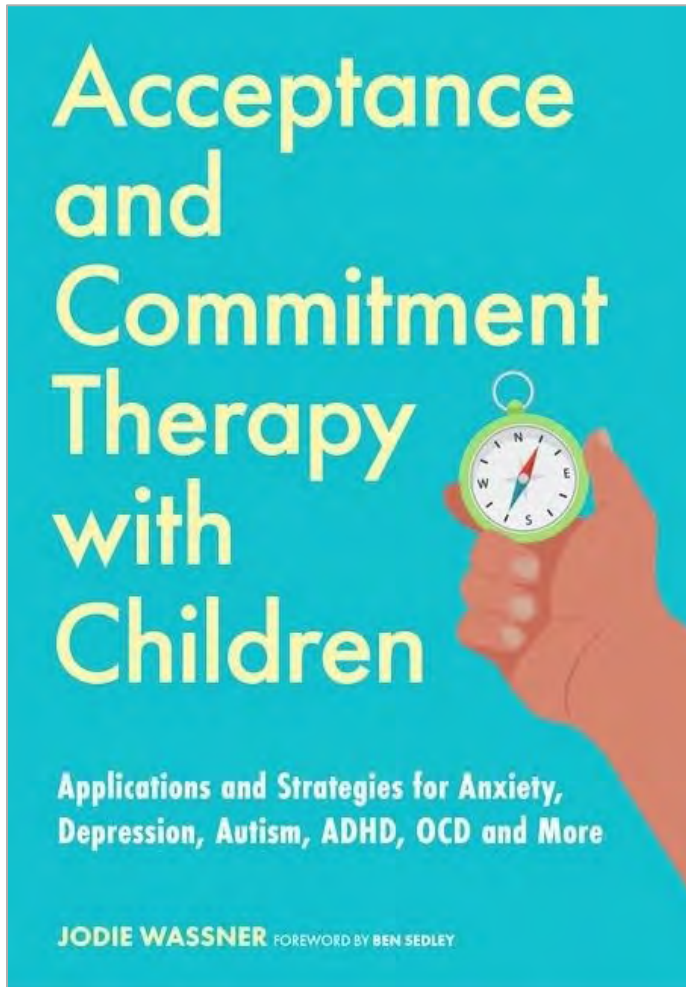


Now revised and expanded with over 50% new material, this definitive clinical reference is the text of choice for graduate-level courses in evidence-based psychotherapy.

**GUILFORD PUBLICATIONS**

Category: OTHER MEDICINE  
**Australian Contributor**  
Disc: ACAD & PROFESSIONAL  
234 X 156 mm  
Release Date: August 2021  
9781462547722

Paperback  
526 pages  
AUD\$: 107.00



## Acceptance and Commitment Therapy with Children

Applications and Strategies for Anxiety, Depression, Autism, ADHD, OCD and More

*By Jodie Wassner and Forward by Ben Sedley*

Acceptance and Commitment Therapy (ACT) helps clients to embrace their feelings and use their personal values to improve their lives.

Its popularity has grown significantly in recent years, but the number of ACT resources designed to support children is still limited.

The ACT strategies and activities in this guide have been designed specifically for use with children aged 5-12, with a particular focus on the uniquely delicate connection needed for a successful practitioner-client relationship.

The approach is designed to fit children’s stages of development and learning styles, allowing young clients to build skills in a way that suits their age and cognitive patterns.

Built from the authors extensive experience in child psychology, this guide offers ways to tailor ACT for effective work with children.

It includes specific and detailed guidance on tailoring ACT to specific presentations, including OCD and neurodivergent populations, as well as parenting.

### Author Bio:

Jodie Wassner is an Educational and Developmental Psychologist with over 15 years’ experience using ACT with children and young people, and over 25 years’ experience as a child psychologist. She divides her time between her private practice in Melbourne, Australia, where she works predominantly with anxiety, autism, OCD and ADHD in children, and running training and workshops for psychologists and other health professionals. She has written a 10-session manual for psychologists working with anxious children using the principles of ACT and she recently launched a YouTube channel featuring explainer videos for children to assist them to notice and manage difficult thoughts and feelings via an ACT lens. Jodie is an active member of the Association for Contextual Behavioural Sciences (ACBS) and President of the International Autism and ACT ACBS group. She is also frequently invited to present at conferences.

### JESSICA KINGSLEY PUBLISHERS

Category: OTHER MEDICINE

Author is from Australia

B&W Throughout

Disc: Acad & Professional  
229 X 152 mm

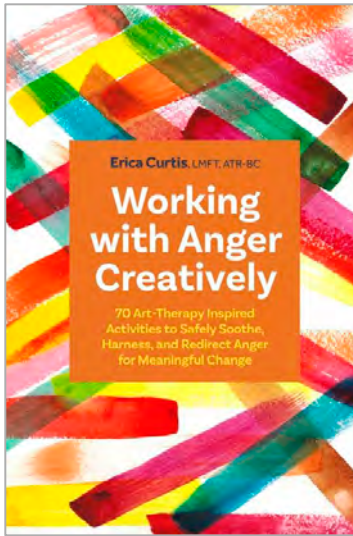
Release Date: July 2024

9781839975820

Paperback  
208 pages

AUD\$: 59.99





**Working with Anger Creatively**  
70 Art-Therapy Inspired Activities to Safely Soothe, Harness, and Redirect Anger for Meaningful Change

By Erica Curtis

**Key Sales Points:**

\* Creative activities to create meaningful change in anger management for therapists and educators to use with children, adolescents, and adults.

Working with anger takes a delicate balance of containment and expression. Creativity helps us do just that.

Based on art therapy theory and practice, the activities, materials, instructions, process, and reflection questions in this practical guide are all thoughtfully designed as avenues for therapeutic change.

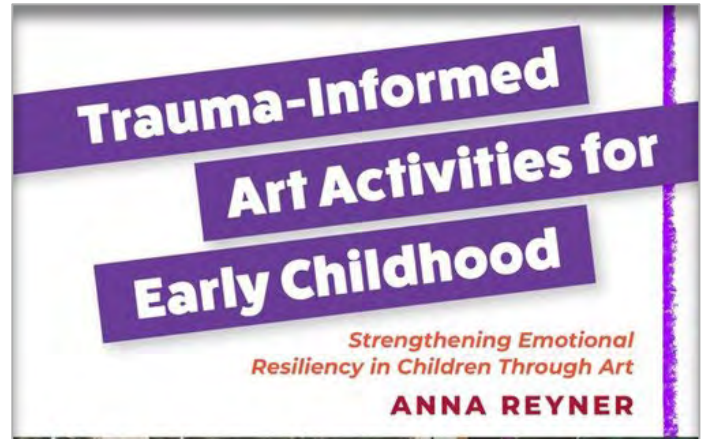
Helpful tips provide adaptations for meeting the unique needs of art-adverse clients, as well as varying ages and abilities, so everyone can benefit from creative approaches to working with anger.

Anger is a vital part of the emotional landscape, and a thoughtful approach to its nuances can make all the difference in avoiding harmful outcomes.

The exercises in this book help you to guide clients toward finding meaningful roles for anger so that it enriches, rather than diminishes, their quality of life.

**JESSICA KINGSLEY PUBLISHERS**  
Category: NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: **May 2024**  
**9781805010135**

Paperback  
192 pages  
B&W THROUGHOUT  
**AUD\$: 45.99**



**Trauma-Informed Art Activities for Early Childhood**  
Strengthening Emotional Resiliency in Children Through Art

By Anna Reyner

**Key Sales Points:**

\* This dynamic therapeutic resource supports trauma-informed work using art with young children ages 3-8.

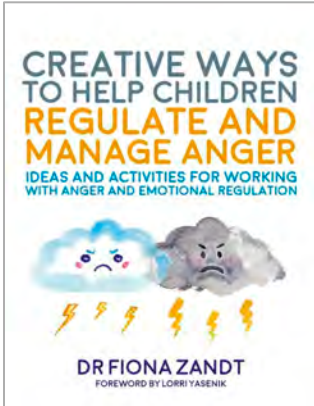
Covering the fundamental principles of art therapy informed activities, this easy-to-use resource delves into the importance and usefulness of art in early childhood development to heal trauma.

Full of practical activities, techniques and downloadable lesson plans, this resource is ready for use in your educational and therapeutic environments.

**JESSICA KINGSLEY PUBLISHERS**  
Category: NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
216 X 279 mm  
Release Date: July 2024  
**9781839974687**

Paperback  
208 pages  
B&W THROUGHOUT  
**AUD\$: 42.99**





### Creative Ways to Help Children Regulate and Manage Anger

Ideas and Activities for Working with Anger and Emotional Regulation

By Fiona Zandt, Richy K. Chandler

Support children to better understand and manage their anger with this practical guide of therapeutic activities. From exploring a child's first steps in therapy to helping parents and carers with their responses, this book provides practical advice for working with children aged 4-12 and families navigating issues of anger and emotional regulation. The book includes over fifty playful, practical, and purposeful activities to use in therapy. Grounded in theory and research around anger in children, the activities include clear therapeutic rationales for practitioners, considerations for older and younger children, suggestions for the inclusion of parents and carers, and adaptations for online practice. This is the ultimate tool for therapists looking to develop their clinical practice with creative ways to help children manage their anger.

JESSICA KINGSLEY PUBLISHERS PSYCHOLOGY Author is from Australia Disc: ACAD & PROFESSIONAL Paperback 279 X 216 mm 224 Pages B&W THROUGHOUT Rel Date: June 2024 9781839975561 AUD\$: 56.99



ALSO BY FIONA ZANDT



### Creative Ways to Help Children Manage BIG Feelings

A Therapist's Guide to Working with Preschool and Primary Children

By Fiona Zandt, Suzanne Barrett

To be able to effectively offer therapy to children, complex therapeutic concepts need to be presented in an appropriate and engaging manner. This practical guide provides clinicians with a way in which to do so, with numerous games and imaginative activities to help children aged 4-12 to express and understand their feelings. Part I provides a comprehensive guide to working therapeutically with children and families, while Part II outlines 47 creative therapeutic activities. Each activity is presented with clear instructions using inexpensive and readily available resources and the objective and rationale of each activity is given, making it easily applicable.

JESSICA KINGSLEY PUBLISHERS EDUCATION Authors are from Australia Disc: ACAD & PROFESSIONAL Paperback 276 X 214 mm 200 Pages B&W THROUGHOUT Rel Date: June 2017 9781785920745 AUD\$: 56.99



### Creative Ways to Help Children Manage Anxiety

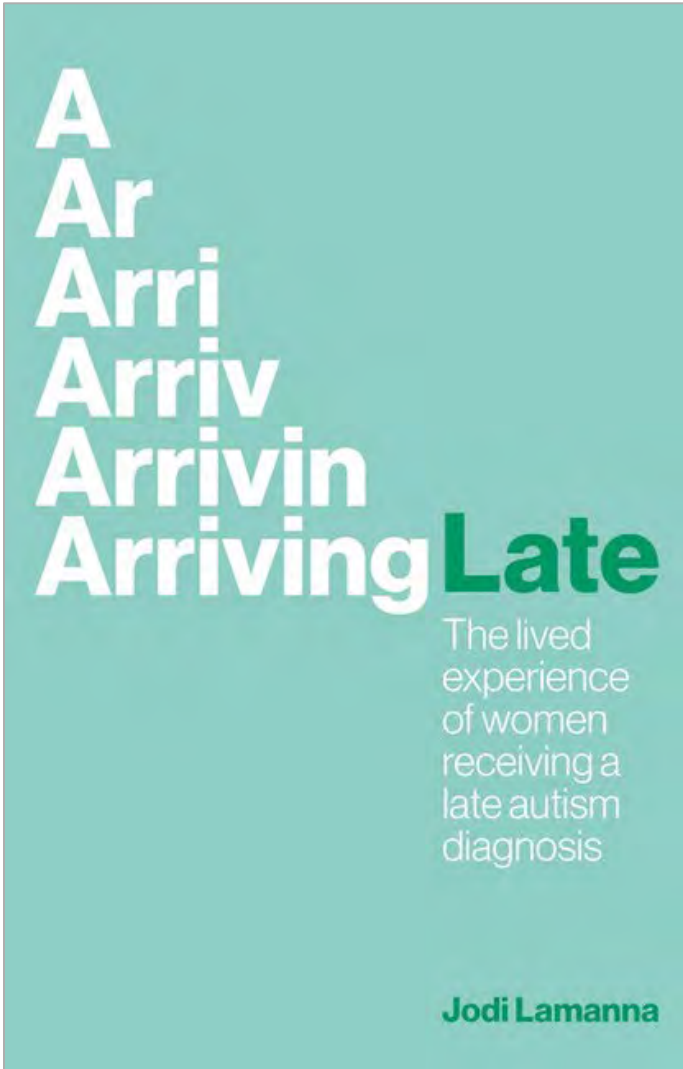
Ideas and Activities for Working Therapeutically with Worried Children and Their Families

By Fiona Zandt, Suzanne Barrett

This book sets out therapeutic activities to help children aged 4-12 years and their families to better understand and manage anxiety. It explains how to work with anxious children, providing a framework for assessment and therapy that draws on CBT, ACT, and narrative therapy approaches. Lots of practical tips for therapists are included and important developmental considerations are discussed, including adapting therapy for children with developmental difficulties, and working with families and schools. Over 50 playful therapeutic activities are included, which have been developed through the authors extensive work with children, giving children an arsenal of coping strategies.

JESSICA KINGSLEY PUBLISHERS PSYCHOLOGY Authors are from Australia Disc: ACAD & PROFESSIONAL Paperback 279 X 216 mm 208 Pages B&W THROUGHOUT Rel Date: January 2021 9781787750944 AUD\$: 56.99





## Arriving Late

The lived experience of women receiving a late autism diagnosis

*By Jodi Lamanna*

An eye-opening exploration into the lived experience of women diagnosed as autistic in adulthood.

"The stories within this book tell of the journey women take to late autism diagnosis: stories of discovery, strength, self-awareness and belonging."

An honest and eye-opening collection of stories from the lives of late diagnosed autistic women across the world, brought together with thoughtful observations from neurodivergent advocate, Jodi Lamanna.

Exploring life before and after diagnosis and covering topics such as masking, social interaction, parenting and employment, this book provides much-needed insight into the challenges and successes of late diagnosed women.

With chances for reflection on your own experiences, informative diagnosis tips and guidance on what can be done in the future to properly support autistic women, this is an essential read for late diagnosed women and those supporting them.

### JESSICA KINGSLEY PUBLISHERS

Category: CLINICAL/INT'L MEDIC

Author is from Australia

B&W Throughout

Disc: Trade International

216 X 138 mm

Release Date: July 2024

9781839975103

Paperback

192 pages

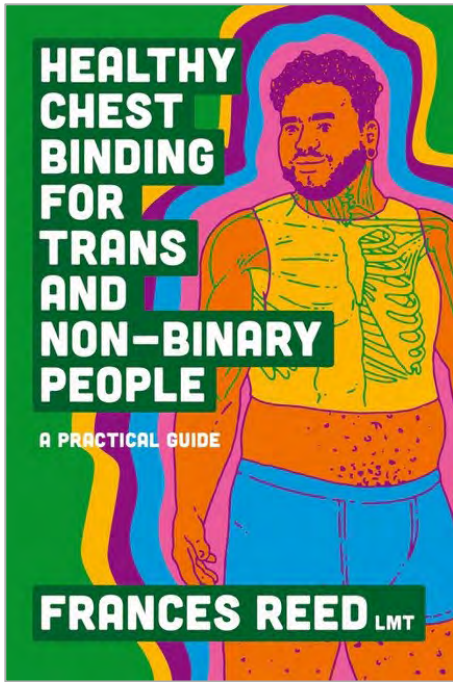
AUD\$: 45.99



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#### Author Bio:

Jodi Lamanna currently works in the field of systemic advocacy, policy, and research around disability. Jodi has previously worked on research projects in the tertiary sector focusing on equity, disability and higher education. Jodi has published academic articles, and co-edited a book on career development learning and the United Nations sustainability development goals.



**Healthy Chest Binding for Trans and Non-Binary People**  
A Practical Guide

*By Frances Reed LMT*

**Key Sales Points:**

\* The first practical guide to healthy chest binding for trans and non-binary people.

Binding is a crucial strategy in many transgender and non-binary people's lives for coping with gender dysphoria, yet the vast majority of those who bind report some negative physical symptoms.

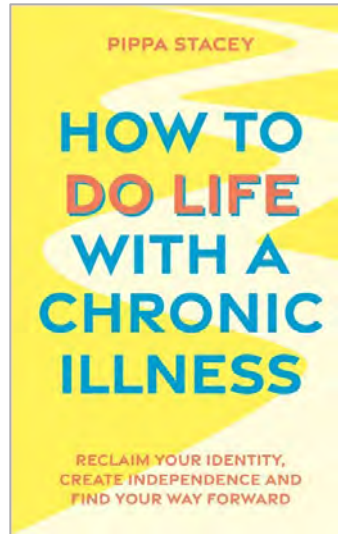
Written by Frances Reed, a licensed bodywork and massage therapist specialising in gender transition, this comprehensive guide helps you make the healthiest choices from the very start of your binding journey.

Including guidance for choosing the right binder, approaching your first bind, an overview of potential health risks and complications, a range of self-massage and self-fascial release exercises to minimize pain and dysphoria, as well as tips and tricks for exercising safely in a binder - this is the ultimate resource for anyone that practices chest binding.

**JESSICA KINGSLEY PUBLISHERS**

Category: SOCIETY CULTURE  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: July 2024  
9781787759480

Paperback  
320 pages  
B&W THROUGHOUT  
AUD\$: 57.99



**How to Do Life with a Chronic Illness**  
Reclaim Your Identity, Create Independence, and Find Your Way Forward

*By Pippa Stacey*

**Key Sales Points:**

\* A friendly guide to making the most out of life when you have a chronic illness - from someone who knows.

'I know that living with a chronic illness in this inaccessible world is tough. Trust me, I know. But you deserve to find peace and contentment just as much as anybody else. So welcome to your one-stop guide on how to make the most of life alongside your condition, in a way that truly works for you'.

Rather than focusing on the medical side of long-term conditions, this book contains bespoke advice for the parts of everyday living that often go unspoken - from practical advice on friendships, dating and independent living, to more reflective guidance on rediscovering your identity and learning to self-advocate.

Chronic illness affects everybody differently, but we all want to find joy where we can and make the most of what we have. This book exists to help you take accessible steps towards that goal and build a life that truly feels like yours. As well as useful advice, inside you'll also find real life experiences from diverse contributors, journal prompts and interactive features, and words of comfort and reassurance that frankly we don't hear enough.

**JESSICA KINGSLEY PUBLISHERS**

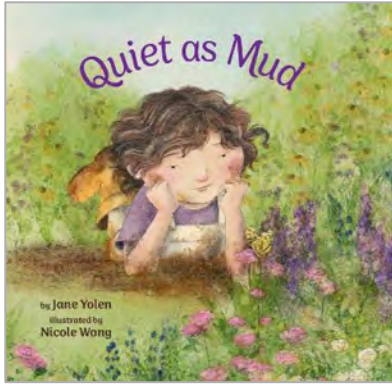
Category: CLINICAL/INT'L MEDIC  
Disc: TRADE INTERNATIONAL  
216 X 138 mm  
Release Date: **June 2024**  
9781805010173

Paperback  
208 pages

**AUD\$: 40.99**







**Quiet as Mud**

*By Jane Yolen, Nicole Wong*

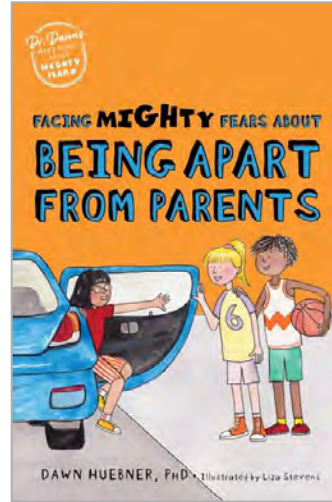


Inspired by a quote from the late, great children's book author Margaret Wise Brown, this poem honours and celebrates the beauty of being your authentic self. Soothing rhymes and soft illustrations convey the peace of being alone with your thoughts. This is a gentle introduction to the concept of being an introvert, as well as an invitation for child and grown-up readers alike to observe and imagine their inner world and the world around them.

**MAGINATION PRESS**

Category: FICTION  
Disc: TRADE INTERNATIONAL  
203 X 203 mm  
Release Date: July 2024  
**9781433841538**

Hardback  
32 pages  
**AUD\$: 38.99**



**Facing Mighty Fears About Being Apart From Parents**

*By Dawn Huebner, Liza Stevens*



Many children worry about doing things on their own, with fears escalating to the point of not being able to leave their parents' side. But staying with a parent isn't always possible, and doing things independently is an important part of growing up.

**JESSICA KINGSLEY PUBLISHERS**

Category: LIFE SKILL/GEN STUDS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: July 2024  
**9781839974649**

Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 31.99**

**ALSO BY DAWN HUEBNER**



**Facing Mighty Fears About Making Mistakes**

*By Dawn Huebner, Liza Stevens*

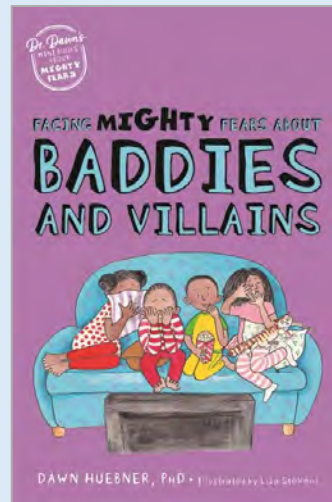


Filled with practical tips and fun facts, this book eases over-size fears about making mistakes, helping 6-10-year-olds live happier lives. Supplemental guidance for parents and caretakers ensures maximum effectiveness.

**JESSICA KINGSLEY PUBLISHERS**

Category: LIFE SKILL/GEN STUDS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: **September 2023**  
**9781839974663**

Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 29.99**



**Facing Mighty Fears About Baddies and Villains**

*By Dawn Huebner, Liza Stevens*

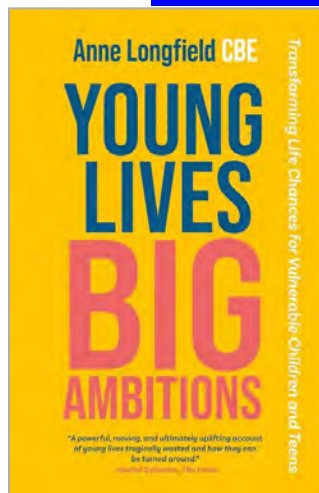


Written with warmth and humour, and filled with practical tips, this book eases oversized fears about real and pretend baddies and villains, helping 6-10-year-olds live happier lives.

**JESSICA KINGSLEY PUBLISHERS**

Category: LIFE SKILL/GEN STUDS  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: **June 2023**  
**9781839974625**

Paperback  
80 pages  
B&W THROUGHOUT  
**AUD\$: 29.99**



### Young Lives, Big Ambitions

Transforming Life Chances for Vulnerable Children and Teens

By Anne Longfield, Jo Green

A difficult home life. A missed diagnosis. A disrupted education. Falling in with a bad crowd. Exploitation. Every year thousands of children fall through the gaps in our society and too often become victims of a destructive cycle. Former Commissioner for Children in England Anne Longfield CBE has met many children and families living through adversity and social inequality. She has witnessed how we have failed to protect and support children and young people - through inadequate mental health support and support in school, unsafe social care, and punitive youth justice. But she has also seen first-hand incredible work pioneered by services and communities to help transform young people's lives for the better. In Young Lives, Big Ambitions Anne Longfield makes a positive case for why we need to do better.

JESSICA KINGSLEY

PUBLISHERS

SOCIAL WELFARE

Disc: TRADE INTERNATIONAL

Paperback

216 X 138 mm

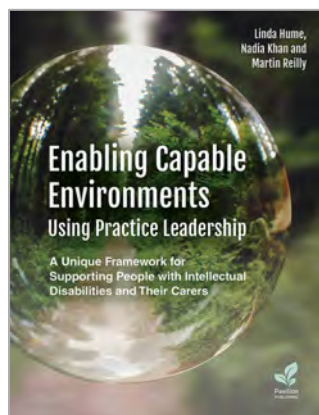
224 Pages

B&W THROUGHOUT

Rel Date: June 2024

9781839972805

AUD\$: 42.99



### Enabling Capable Environments Using Practice Leadership

A Unique Framework for Supporting People with Intellectual Disabilities and Their Carers

By Linda Hume, Nadia Khan

This handbook promotes a perspective shift within learning disability services that aims to move the focus of professional support away from diagnosis and identifying what someone cannot do, towards assessing and supporting strengths and providing opportunities and resources to enhance people's quality of life. Designed to be used both by facilitators and as a self-study guide for those who support people with intellectual disabilities, Enabling Capable Environments will provide direction to enhance practitioners' skills and develop a more collaborative, hands-on leadership approach. The authors set out a unique framework that outlines the critical approaches that underpin enabling capable environments and how these can be implemented successfully.

PAVILION PUBLISHING & MEDIA

SOCIAL WELFARE

Disc: ACAD & PROFESSIONAL

Paperback

246 X 189 mm

220 Pages

Rel Date: July 2024

9781803882505

AUD\$: 80.99



### People with Dementia at the Forefront of Research

Co-creating processes to gain knowledge and insight

By Rachael Litherland, Philly Hare

People with dementia are uniquely qualified to discuss the challenges of their condition and the features of effective support, but their voices are all too often drowned out in research and debates about policy. It's time for that to change. Dementia Enquirers is an ambitious and novel programme of work which has tested out what it means for people with dementia to lead research and has developed a new 'driving seat' approach to co-research. This ground-breaking book features 26 research projects led by groups of people with dementia, supported by group facilitators and academics, to make their voices heard. Topics include giving up driving, GP dementia reviews, living alone with dementia, and using AI platforms such as Amazon Alexa.

JESSICA KINGSLEY

PUBLISHERS

CLINICAL/INT'L MEDIC

Disc: TRADE INTERNATIONAL

Paperback

229 X 152 mm

176 Pages

B&W THROUGHOUT

Rel Date: July 2024

9781787757028

AUD\$: 65.99





**Breaking Bad News**  
A Pocket Guide for Nursing and Health Care

By Gillian Oakley

Breaking bad news is a common cause of anxiety for healthcare professionals.

This book is a handy pocket-sized guide that will help you fulfil this difficult task as well as possible.

This book will introduce you to a new model and mnemonic:

- \* S Set the scene,
- \* U Understand your patient's perspective,
- \* P Prepare your patient,
- \* P Pass on the information,
- \* O Observe silence,
- \* R Respect and respond to emotion,
- \* T Time for questions and clarification,
- \* S Summary and close.

Written by an experienced lecturer in palliative care, with input provided by current healthcare students and with space for your own notes, this guidance is produced with you in mind - and you can carry it with you at all times.

**SCION PUBLISHING LTD**  
Category: NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
148 X 105 mm  
Release Date: **June 2024**  
**9781914962189**

Spiral bound  
62 pages  
**AUD\$: 23.99**



**Records and Record-keeping**  
A Pocket Guide for Nursing and Health Care

By Marc Cornock

Effective record-keeping is essential to health care.

This book is a handy pocket-sized guide to keeping good health records that treats the process as an integral part of your everyday practice.

Every healthcare practitioner is expected to record their interactions with a patient in the patient's health record, and this pocket guide is full of practical detail about:

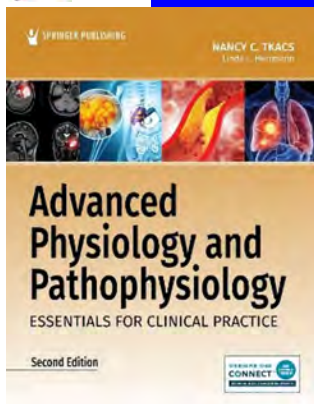
- \* what a health record is and what its purpose is
- how health records are managed
- who has access to health records
- the importance of maintaining a patient's health record
- best practice in keeping records.

Written by an experienced lecturer with input provided by current nursing students, this guidance is produced with you in mind - and you can carry it with you at all times!

**SCION PUBLISHING LTD**  
Category: NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
148 X 105 mm  
Release Date: **June 2024**  
**9781914962202**

Spiral bound  
74 pages  
**AUD\$: 23.99**





### Advanced Physiology and Pathophysiology 2/e

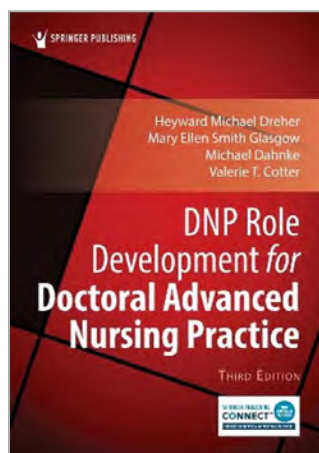
Essentials for Clinical Practice

By Nancy Tkacs, Linda Herrmann

Concise and well-organized, this advanced physiology and pathophysiology text promotes deep understanding of key pathophysiological concepts and relates them to major disorders commonly seen in practice. It is distinguished by its stellar organization and writing that clarifies difficult-to-understand disease mechanisms. The second edition offers several new features that add to its value in preparing the student clinician to care for patients with a broad variety of disorders effectively. The second edition retains the inclusive language and conceptual organization central to the appeal and usefulness of the first edition. Coverage of new scientific advances update the original disease descriptions.

SPRINGER PUBLISHING COMPANY

NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
Paperback  
279 X 216 mm  
888 Pages  
B&W THROUGHOUT  
Rel Date: July 2024  
9780826167552  
AUD\$: 228.00



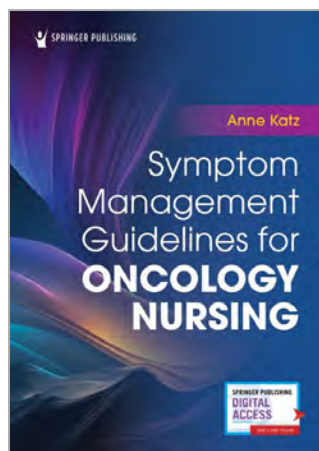
### DNP Role Development for Doctoral Advanced Nursing Practice 3/e

By H. Michael Dreher, Mary Ellen Smith Glasgow

Provides important new content on specific ethical, leadership, and advocacy capabilities that advance the DNP role in nursing practice. This core text for the DNP curriculum encompasses all facets of the evolving advanced practice role including diverse professional opportunities and options for career advancement. With ten completely new chapters, the third edition conveys the latest developments in doctoral-level capabilities, including the specific ethical, leadership, and advocacy components that advance these roles. New content addresses health equity, role negotiation, ethical and leadership dilemmas for the clinician, and the preceptor role in relation to doctoral-level advanced practice.

SPRINGER PUBLISHING COMPANY

NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 178 mm  
512 Pages  
Rel Date: July 2024  
9780826181367  
AUD\$: 177.00



### Symptom Management Guidelines for Oncology Nursing

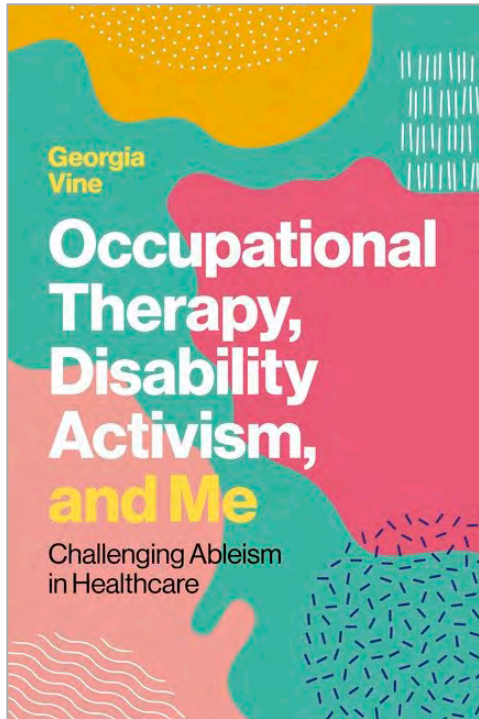
By Anne Katz

Uses a systems-based approach to for rapid access to symptoms commonly experienced during and after treatment. Written in an easy-to-read format for use in daily practice, this evidence-based resource delivers the most current, comprehensive clinical guidelines for key pharmaceutical and supportive interventions with patients suffering from cancer. The book is distinguished by its systems-based approach which addresses--from head-to-toe--the symptoms commonly experienced by cancer patients during and after treatment. Each section of the book offers a comprehensive examination of common cancer symptoms along with clinical guidance on the most effective means of management. Sections cover general symptoms (fatigue, pain, alopecia) as well as those experienced in specific areas including gastrointestinal, genitourinary, pulmonary, neurological, cutaneous, and psychosocial.

SPRINGER PUBLISHING COMPANY

NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 178 mm  
435 Pages  
NOT ILLUSTRATED  
Rel Date: March 2024  
9780826185273  
AUD\$: 135.00





**Occupational Therapy, Disability Activism, and Me**  
Challenging Ableism in Healthcare

By Georgia Vine

**Key Sales Points:**

\* What a disabled occupational therapist wants practitioners to know about service user experiences and dismantling ableism.

How can health and social care services better serve people with disabilities? How can we meaningfully challenge ableist practice? What would a truly inclusive system look like?

Georgia Vine answers these questions and more as she charts her journey from her experience of children's services to occupational therapist and disability activist.

Discussing stigma, independence, and the transition to adulthood, Georgia provides vital insight into the challenges she has faced and the communities she has built along the way.

Each chapter includes a reflection log enabling health and social care workers to think critically and practically about what they've learnt and how best to apply it to their role.

**JESSICA KINGSLEY PUBLISHERS**

Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL

229 X 152 mm

Release Date: July 2024

9781839976674

Paperback

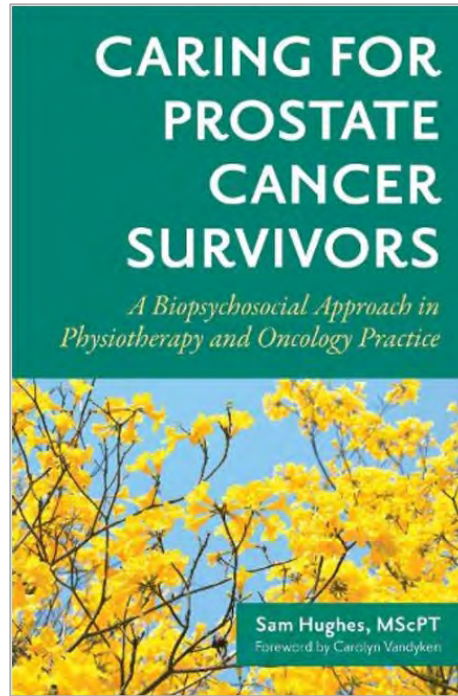
192 pages

B&W THROUGHOUT

AUD\$: 41.99



9 781839 976674



**Caring for Prostate Cancer Survivors**  
A Biopsychosocial Approach in Physiotherapy and Oncology Practice

By Sam Hughes MscPT, Carolyn Vandyken

**Key Sales Points:**

\* Revised and in-depth guide on how to best care for all prostate cancer survivors.

This much-needed, holistic resource is an integrated whole-body approach to the treatment of prostate cancer survivors.

Based on the latest research in men's health, this book goes beyond the biological and surgical implications of prostate cancer treatment and offers invaluable insight into the psychological and social factors of the recovery process including behavioural changes, mental health, pelvic floor muscle training, general exercises, relaxation, and stretches.

Complete with practical strategies and handouts, this book is ideal for physiotherapists, prostate cancer survivors and their families, as well as healthcare workers interested in expanding their knowledge in the second most common form of cancer in men worldwide, this is an essential resource that provides actionable advice and an expansive approach to recovery.

**JESSICA KINGSLEY PUBLISHERS**

Category: NURSING & ANCILLARY

Disc: TRADE INTERNATIONAL

229 X 152 mm

Release Date: July 2024

9781839976698

Paperback

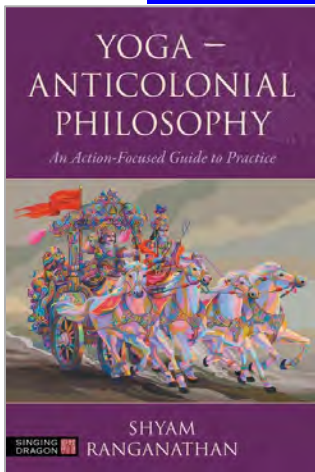
176 pages

B&W THROUGHOUT

AUD\$: 74.99



9 781839 976698



### Yoga - Anticolonial Philosophy

An Action-Focused Guide to Practice

By *Shyam Ranganathan*

Providing a decolonial, action-focused account of Yoga philosophy, this practical work from Dr. Shyam Ranganathan, pioneering scholar in the field of Indian moral philosophy, focuses on the South Asian tradition to explore what Yoga was like prior to colonization. It challenges teachers and trainees to reflect on the impact of Western colonialism on Yoga as well as understand Yoga as the original decolonial practice in a way that is accessible. This book is accessible but thought provoking in its approach, but it will also challenge the way you think. Each chapter takes the reader through a journey of sources and traditions, beginning with an investigation into the colonial -Platonic and Aristotelian- approaches to pedagogy in colonized yoga spaces, through contrary, ancient philosophies of South Asia, such as Jainism, Buddhism, Sankhya, and various forms of Vedanta.

**SINGING DRAGON**

MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL

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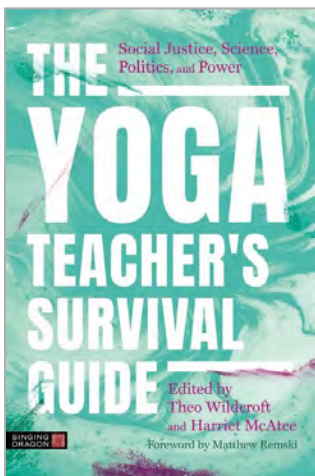
192 Pages

B&W THROUGHOUT

Rel Date: **June 2024**

**9781839978760**

**AUD\$: 57.99**



### The Yoga Teacher's Survival Guide

Social Justice, Science, Politics, and Power

By *Matthew Remski, Theo Wildcroft*

This is a yoga book with a difference. In this guide, the authors embark on a ground-breaking exploration of the multifaceted challenges faced by yoga teachers in today's complex world. Drawing upon their experience in training yoga teachers, Theo Wildcroft and Harriet McAtee have compiled a collection of wisdom from some of the best-known and respected yoga teachers worldwide, including Peter Blackaby, Donna Farhi, Jivana Heyman, and Jules Mitchell. Through this collaboration, these experts address six key themes that resonate deeply within the yoga teaching community: critical thinking, honouring our sources, scientific enquiries, trauma, race and equity, and money and power.

**SINGING DRAGON**

MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL

Paperback

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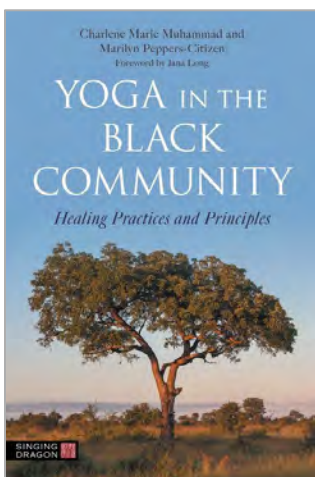
240 Pages

B&W THROUGHOUT

Rel Date: **June 2024**

**9781805011668**

**AUD\$: 51.99**



### Yoga in the Black Community

Healing Practices and Principles

By *Charlene Marie Muhammad, Marilyn Peppers-Citizen*

As the practice of yoga continues to flourish within Western Black and Brown communities, this transformative, Black culturally centered toolkit highlights the barriers that hinder access to yoga. It takes core aspects of yoga philosophy and contextualizes it within Black cultural norms, religious taboos, and historical healing practices, and teaches readers how to foster a haven for their clients and communities. Based on decades' worth of experience and expertise, this dynamic author duo discusses important topics such as health disparities, complementary healthcare, and the rich heritage and resilience of Black communities. This is an invaluable and practical resource that offers practices and actionable guidance and supports practitioners to explore a Black culturally centered approach to yoga whilst facilitating better health and wellbeing for Black people.

**SINGING DRAGON**

MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL

Paperback

229 X 152 mm

192 Pages

B&W THROUGHOUT

Rel Date: **July 2024**

**9781839978623**

**AUD\$: 52.99**





## Learning WalkThrus 4 - Students & Parents - Better Learning, Step by Step

By Tom Sherrington, Oliver Caviglioli

LEARNING WALKTHRUS is a visual guide to key aspects of learning and studying at home and at school.

It features 70+ five-step techniques devised by Tom Sherrington and illustrated by Oliver Caviglioli, with guest authors including Sarah Cottingham, Peps Mccrea, Sara Milne Rowe, Christopher Such, Emma Turner and Jennifer Webb.

### Author Bio:

Tom Sherrington started teaching in 1987 and has had a 35-year career in education. He's now in demand as a consultant and conference speaker, working with schools and colleges to improve teaching, curriculum, and assessment. He is the author of *The Learning Rainforest: Great Teaching in Real Classrooms*, described as 'one of the best teaching books of all time' by Book Authority, the best-selling Rosenshine's *Principles in Action*, and the *Teaching WalkThrus* series. Tom has developed the digital WalkThrus programme of CPD resources in collaboration with Oliver Caviglioli. Oliver Caviglioli is uniquely placed to bridge the gap between education and graphic design. A former special school headteacher, Oliver learned design principles from an early age from his architect and typographer father. Four decades of reading educational research found its visual expression in his spectacular, image-rich book *Dual Coding With Teachers*. He has also co-authored *Organise Ideas* and the *Teaching WalkThrus* series of books and CPD resources.

Students: this book is for you. It's a guide to how we learn and how to study effectively, to help you make the most of your time at school.

Parents: this book is also for you.

We hope it will support you in the vital role you play in your children's education.

Sections include:

- \* How we learn,
- \* In the classroom,
- \* Feedback & improvement,
- \* Study habits & techniques,
- \* Reading & writing,
- \* Independent learning,
- \* Learning in subjects.

Tom and Oliver are the creators of the internationally successful *Teaching WalkThrus* series, comprising three volumes of five-step instructional coaching techniques and a range of online resources.

### JOHN CATT EDUCATIONAL

Category: EDUCATION

Disc: Acad & Professional

148 X 210 mm

Release Date: June 2024

9781036007263

Paperback

168 pages

AUD\$: 25.99





## Teaching Walkthrus

Visual step-by-step guides to essential teaching techniques

By Tom Sherrington, Oliver Caviglioli

Tom Sherrington and Oliver Caviglioli team up to present 50 essential teaching techniques, each with five clear and concise illustrations and explanations. It forms a truly unique repository of key teaching methods, valuable to any classroom practitioner in any setting. The book covers important practical techniques in behaviour and relationships; curriculum planning; explaining and modelling; questioning and feedback; practice and retrieval; and Mode B teaching. Each technique is simply explained and beautifully illustrated in five short steps, to make sense of complex ideas and support student learning.

JOHN CATT EDUCATIONAL

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

148 X 210 mm

140 Pages

B&W THROUGHOUT

Rel Date: February 2021

9781912906765

AUD\$: 29.99



## Teaching WalkThrus 2

Five-step guides to instructional coaching

By Tom Sherrington, Oliver Caviglioli

In the groundbreaking and best-selling Teaching WalkThrus Volume 1, Tom Sherrington and Oliver Caviglioli produced a brilliantly concise and accessible repository to 50 essential teaching techniques. In this follow-up second volume, Tom and Oliver team up with 10 experienced educators to present 50 brand new WalkThrus, covering all the key areas of teaching: behaviour and relationships; curriculum planning; explaining and modelling; questioning and feedback; practice and retrieval; and Mode B teaching. Alex Quigley, Martin Robinson, Claire Stoneman, Bennie Kara, Zoe Enser, Mark Enser, John Tomsett, Simon Breakspear, Bronwyn Ryie Jones and Oliver Lovell bring a huge wealth of expertise as they help to further expand and elaborate this essential teaching manual.

JOHN CATT EDUCATIONAL

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

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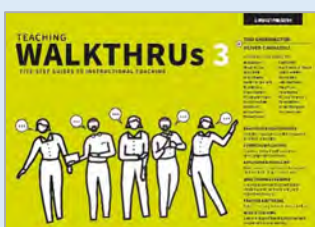
168 Pages

B&W THROUGHOUT

Rel Date: April 2021

9781913622473

AUD\$: 29.99



## Teaching WalkThrus 3

Five-step guides to instructional coaching

By Tom Sherrington, Oliver Caviglioli

Following the break-out success of Teaching WalkThrus Volume 1 (2020) and Volume 2 (2021), Tom Sherrington and Oliver Caviglioli present the third instalment of their five-step instructional coaching techniques. Volume 3 features 50 more essential teaching methods in the authors' concise and accessible format, covering all the key areas of teaching: behaviour and relationships; curriculum planning; explaining and modelling; questioning and feedback; practice and retrieval; and Mode B teaching. Tom and Oliver have teamed up with a stellar supporting cast of educators to present the new WalkThrus, with contributions from: Adam Boxer, Alison Wilcox, Andy Buck, Andy Tharby, Ayellet McDonnell, Bennie Kara, Blake Harvard, Christopher Such, David Goodwin, Efrat Furst, Emma Slade, Emma Turner, Eva Hartell, Harry Fletcher-Wood, Josh Goodrich, Kat Howard, Leila MacTavish, Mary Myatt, Peps Mccrea, Richard Kennett, Shaun Allison, and Sonia Thompson.

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Disc: ACAD & PROFESSIONAL

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168 Pages

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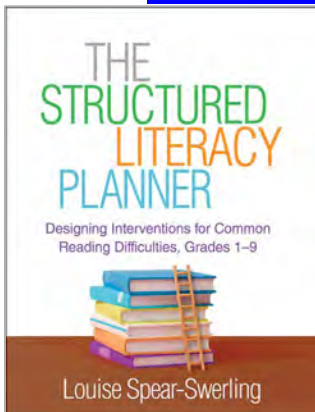
Rel Date: August 2022

9781915261137

AUD\$: 29.99







## The Structured Literacy Planner

Designing Interventions for Common Reading Difficulties, Grades 1-9

By Louise Spear-Swerling

Structured Literacy (SL) approaches are increasingly recognized as the gold standard for teaching struggling readers. This highly practical book walks educators through designing SL interventions for students with common types of reading difficulties—word reading, comprehension, or a combination of both. Louise Spear-Swerling offers tools for assessing students' reading profiles and tailoring SL to their needs. In a convenient large-size format, the volume is packed with case studies, sample lesson plans addressing both early and advanced stages of reading, instructional activities, and application exercises for teachers. A chapter on English language structure presents essential foundations for implementing SL effectively.

**GUILFORD PUBLICATIONS**

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

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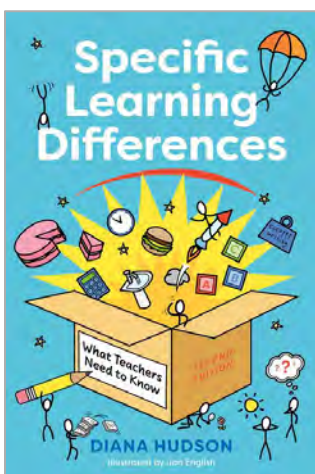
246 Pages

NOT ILLUSTRATED

Rel Date: July 2024

**9781462554317**

**AUD\$: 84.99**



## Specific Learning Differences, What Teachers Need to Know 2/e

By Diana Hudson

The updated, straight-talking, and accessible guide is ideal for teachers, teaching assistants, SENCOs, senior leadership and even home-schooling parents who want to know more about supporting students with Learning Differences. Highlighting some of the more commonly encountered Specific Learning Differences (SpLDs), expert Diana Hudson concisely describes the signs of those that are most encountered in the classroom. Covering: dyslexia, dyspraxia, dyscalculia, dysgraphia, autism spectrum condition, ADHD, OCD and featuring brand new chapters on Pathological Demand Avoidance (PDA), Sensory Processing Disorder (SPD) and tics and Tourette Syndrome, this book covers all the information you need, whilst reminding us that all neurodivergent children are individuals and have different qualities.

**JESSICA KINGSLEY**

**PUBLISHERS**

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

229 X 152 mm

272 Pages

B&W THROUGHOUT

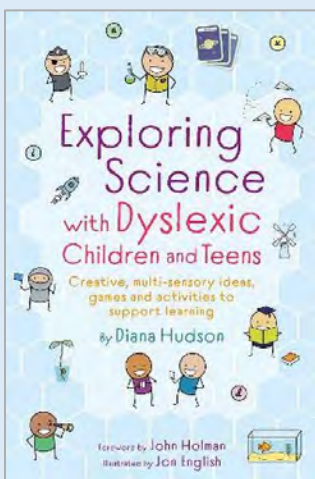
Rel Date: July 2024

**9781839977084**

**AUD\$: 38.99**



### ALSO BY DIANA HUDSON



## Exploring Science with Dyslexic Children and Teens

Creative, Multi-Sensory Ideas, Games and Activities to Support Learning

By Diana Hudson

This book is a collection of ideas, activities, and approaches for science learning, to support kids with learning differences aged 9+ to grow in confidence, recall and understanding. The multi-sensory and fun ideas and activities can be adapted to suit individual students' needs and skills, and curriculum stage. Written by an experienced science teacher, the book includes mnemonics, art, drama and poetry activities, board games, card games, and more. All these strategies will aid neurodiverse students' science learning and memory through boosting their creative thinking, encouraging a play-based and exploratory approach to science. Whether you want to get creative, play a game or try out a fun experiment, you can dip in and out of the activities to suit your student's unique learning style.

**JESSICA KINGSLEY**

**PUBLISHERS**

FAMILY & HEALTH

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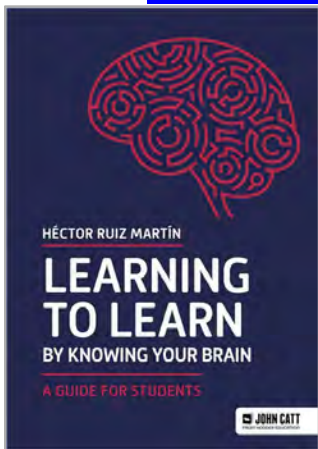
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Rel Date: **August 2021**

**9781787753860**

**AUD\$: 37.99**





## Learning to Learn by Knowing Your Brain

A Guide for Students

By *Hector Ruiz Martin*

Did you know that science has revealed what actions and circumstances make your brain learn more effectively? In this book, a scientist explains in a simple and very entertaining way how your brain learns and what you can do to take advantage of its full potential. Among other things, you will find out that: \* Both people who are good at learning and those who are not can improve their performance if they use the right learning strategies: those that align with the way the brain learns best! \* Most students do not know these strategies and those who spontaneously develop them gain a huge advantage without even realizing it. \* Your brain is much more powerful than you realize in terms of its ability to learn. Every time you learn something, your brain changes its structure! When you learn about how the brain learns, you learn to learn!

**JOHN CATT EDUCATIONAL**

INTERDISCIPLINARY STUDIES

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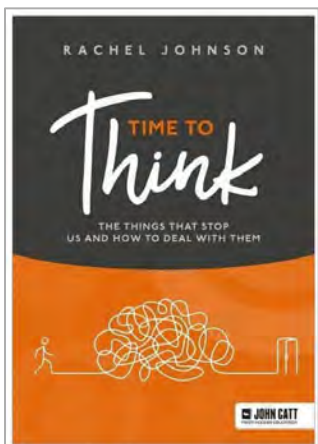
140 Pages

B&W THROUGHOUT

Rel Date: **June 2024**

**9781036005047**

**AUD\$: 33.99**



## Time to Think

The Things that stop us and how to deal with them

By *Rachel Johnson*

Being a leader is a wonderful privilege but can also come with challenges we don't always feel prepared for. How often do we tie ourselves in knots wondering about the right way to deal with a difficult situation at work? Or wondering why no one ever told us how to manage some of the challenges? This book is for people who need practical ways of tackling the tricky issues in leadership to move forward courageously. From people pleasing to crucial conversations, we look at ten areas that can cause us to be stuck and how we can get ourselves free. Dip into this book when you need some support to inspire, motivate, and equip you in whatever stage of leadership you're at so that you can lead more confidently and freely, and be your best more of the time.

**JOHN CATT EDUCATIONAL**

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

208 X 146 mm

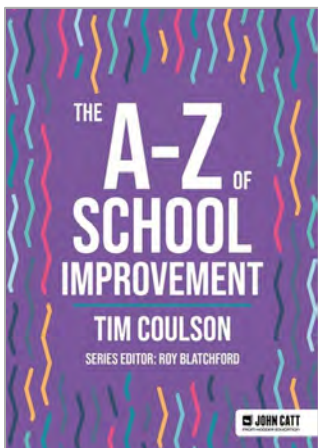
92 Pages

B&W THROUGHOUT

Rel Date: **June 2024**

**9781036004804**

**AUD\$: 29.99**



## The A-Z of School Improvement

By *Tim Coulson*

*The A - Z of School Improvement* is an authoritative 'can-do' guide to all aspects of improving schools, organised around the 26 letters of the English alphabet. School improvement is about getting every detail right. The serious school leader pays attention to every aspect of school life and focuses on improving it and aiming for excellence. One of the marks of the successful school leader is a forensic attention to detail. They will look closely and carefully at every aspect of a particular issue, analyse data, and only agree on interpretations after much consideration. While much of a school leader's work is relational, motivational, and relentless, bringing a forensic mindset to bear ensures that actions towards improvement are focused and thoughtful.

**JOHN CATT EDUCATIONAL**

EDUCATION

Disc: ACAD & PROFESSIONAL

Paperback

210 X 148 mm

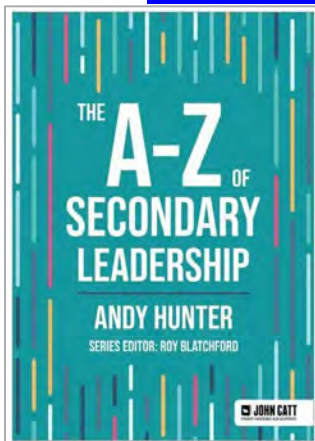
170 Pages

Rel Date: **June 2024**

**9781036005009**

**AUD\$: 31.99**



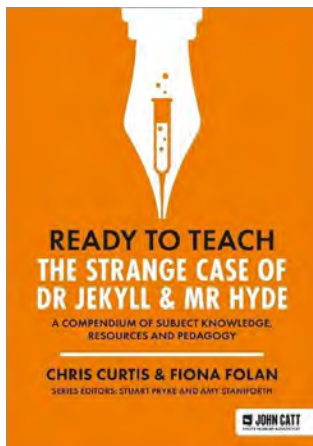


## The A-Z of Secondary Leadership

By Andy Hunter

School leadership is the best job in the world, despite being frustrating, exhausting and at times utterly bamboozling. We are required to change our focus frequently and immediately, planning for the next five years one minute, dealing with the next five seconds the next. We manage multi-million-pound budgets, and we pick up crisp packets. We live a life of constant contrasts, meeting hurtling deadlines, solving inscrutable riddles, experiencing profound joy and heartbreaking disappointment. From time to time, we look up from our work and realise how very privileged we are to work in such an important, rewarding, valuable role. *The A-Z of Secondary Leadership* considers how we approach leadership in secondary schools, from the moment of arrival in a new post to the exploration of further possibilities.

**JOHN CATT EDUCATIONAL**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
210 X 146 mm  
180 Pages  
B&W THROUGHOUT  
Rel Date: **June 2024**  
**9781036005016**  
**AUD\$: 31.99**



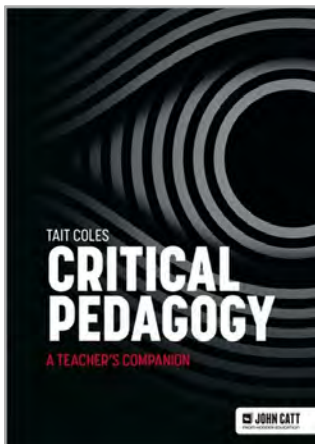
## Reach to Teach

The Strange Case of Dr Jekyll & Mr Hyde

By Chris Curtis, Fiona Folan

*Ready to Teach: The Strange Case of Dr Jekyll and Mr Hyde* is a compendium of background reading, subject knowledge, resources, and classroom strategies to support the teaching of Stevensons gothic tale of morality, murder, and science. Using a combination of pedagogical theory, research, and work from other Victorian writers of the time, the book helps to prepare, develop, or deepen the teaching of the text in the classroom. As part of the Ready to Teach series, each chapter contains lesson-by-lesson essays and commentaries that enhance subject knowledge on key areas of the text alongside fully resourced lessons reflecting current and dynamic best practice. The book also offers an introduction and exploration of Victorian society as seen in the novel but also how other writers of that time presented similar themes or ideas.

**JOHN CATT EDUCATIONAL**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
208 X 148 mm  
476 Pages  
B&W THROUGHOUT  
Rel Date: **June 2024**  
**9781036003203**  
**AUD\$: 37.99**



## Critical Pedagogy

A teacher's companion

By Tait Coles

Critical pedagogy is a transformative approach to education, moving beyond a simple transmission model of teaching where the teacher imparts predetermined knowledge to students. This participatory and empowering pedagogy can ensure classrooms become places of opportunity. Students are encouraged to critique their world and develop the essential attributes needed to become consciously aware, politically knowledgeable, and socially responsible. *Critical Pedagogy: a teacher's companion* provides a refreshing perspective on English secondary education and discusses why critical pedagogy is more essential than ever for our marginalised and oppressed students.

**JOHN CATT EDUCATIONAL**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
210 X 148 mm  
200 Pages  
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