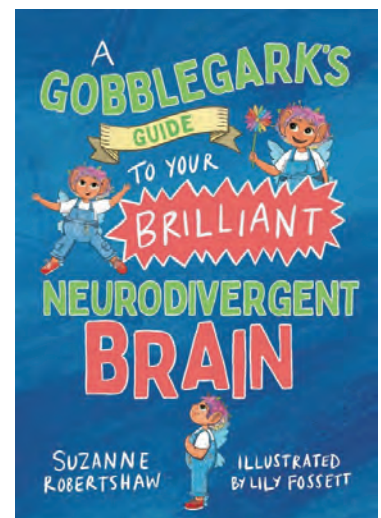
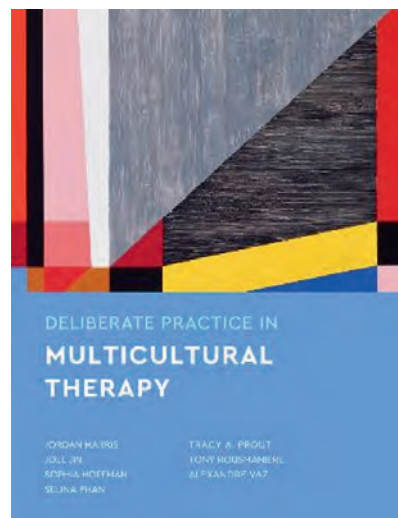
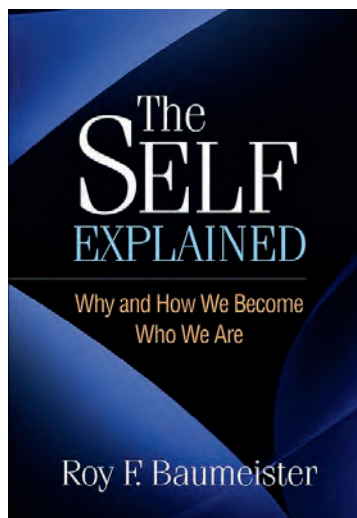
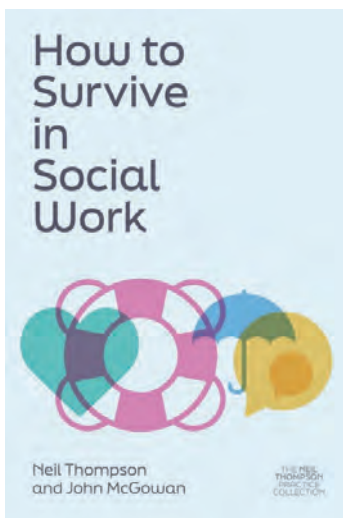




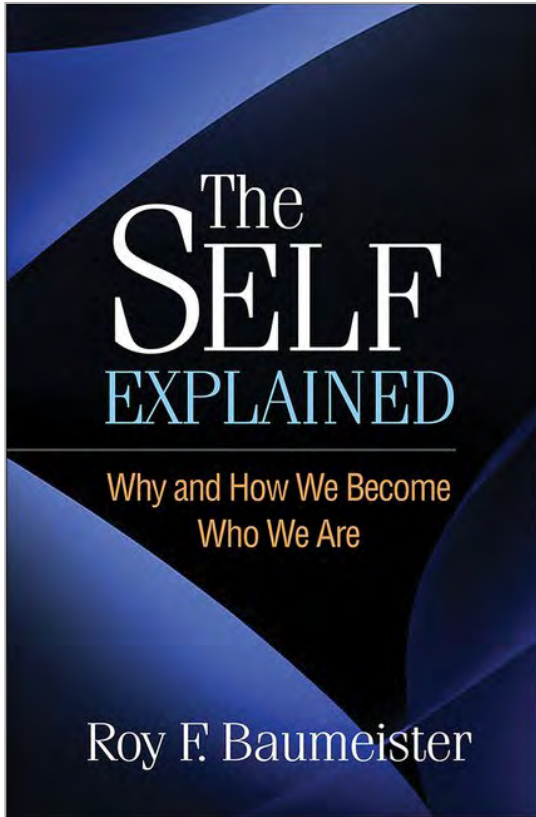
January 2024

Health and Education New Release Catalogue



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The Self Explained
Why and How We Become Who We Are

By Roy F. Baumeister

The idea of the self is immediately familiar to everyone, yet elusive to define and understand.

From pioneering researcher Roy F. Baumeister, this volume synthesizes a vast body of knowledge to provide a panoramic view of the human self--how it develops and functions, why it exists, and what problems it encounters on the journey through life.

What are the benefits of self-knowledge, and how attainable is it? Do we have oneself, or many? What is the relationship of self and society?

In 28 concise chapters, Baumeister explains complex concepts with clarity and insight.

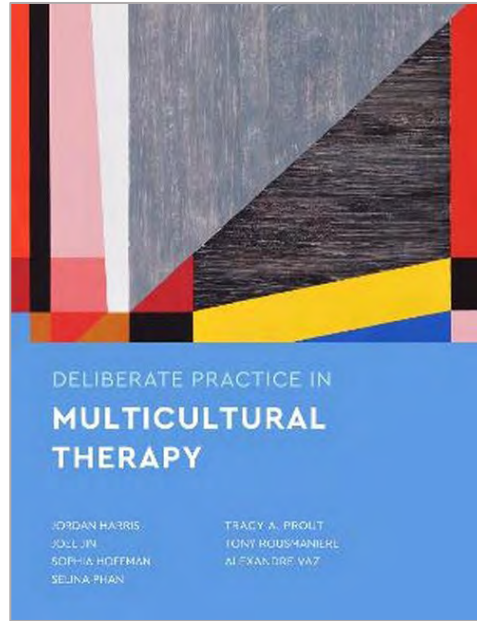
He reveals the central role played by the self in enabling both individuals and cultures to thrive.

GUILFORD PUBLICATIONS

Category: PSYCHOLOGY
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: January 2024
9781462553792

Paperback
420 pages

AUD\$: 103.00



Deliberate Practice in Multicultural Therapy

By Jordan Harris, Joel Jin, Sophia Hoffman, Selina Phan, Tracy A Prout

Deliberate practice exercises provide trainees and students opportunities to develop a more multicultural, intersectional approach to psychotherapy and hone their own personal therapeutic style.

These exercises present role-playing scenarios in which two trainees act as a client and a clinician, switching back and forth under the guidance of a supervisor. The clinician improvises appropriate and authentic responses to client statements organized into three difficulty levels--beginner, intermediate, and advanced--that reflect common client questions and concerns.

Each of the first 13 exercises focuses on a single skill, such as developing cultural self-awareness and cultural humility, exploring cultural implications and explanations of clients' concerns, and repairing culturally based ruptures in the working alliance. Two comprehensive exercises follow in which trainees integrate these essential skills into a single multicultural therapy session.

Step-by-step instructions guide participants through the exercises, identify criteria for mastering each skill, and explain how to monitor and adjust difficulty. Guidelines to help trainers and trainees get the most out of training are also provided.

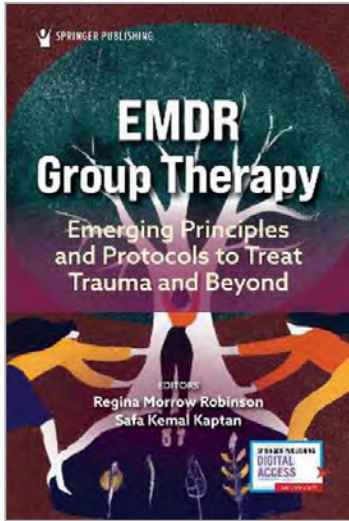
AMERICAN PSYCHOLOGICAL ASSOCIATION

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
279 X 216 mm
Release Date: January 2024
9781433836671

Paperback
215 pages

AUD\$: 116.00





EMDR Group Therapy
Emerging Principles and Protocols to Treat Trauma and Beyond

By Regina Morrow Robinson, Safa Kemal Kaptan

This innovative handbook is the first to present EMDR Group Therapy as a pragmatic approach to trauma care that enables practitioners to scale up mental health services while ensuring cost and time efficiency. It delivers step-by-step guidance--supported by real-life case examples--for practicing this safe, effective, and culturally adaptable modality in a wide range of situations and conditions. EMDR group protocols are applicable to inpatient and outpatient settings, strangers experiencing similar or different events, families, and a wide range of ages.

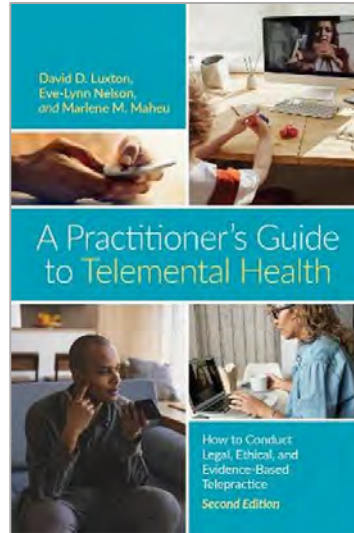
The book explores how and why EMDR group protocols are applicable to disaster response, addictions, schools, medical challenges, grief, families, refugees, victims of sexual violence, emergency responders and more. The text describes the theoretical underpinnings and practical applications of *EMDR Group Therapy*, comparing nine group protocols through the lens of the eight phases of EMDR therapy and early intervention principles.

To promote in-depth understanding, chapters provide Learning Objectives, Learned Through Experience boxes, Case Examples focusing on a variety of specific groups and problems, Discussion Questions to reinforce knowledge, and unique Pocket Guides refining protocols and derived techniques in a clear snapshot. A full Glossary of terms is also provided at the end of the book. Purchase includes online access via most mobile devices or computers.

SPRINGER PUBLISHING COMPANY

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: January 2024
9780826152947

Paperback
366 pages
B&W THROUGHOUT
AUD\$: 133.00



A Practitioner's Guide to Telemental Health 2/e

How to Conduct Legal, Ethical, and Evidence-Based Telepractice

By David D. Luxton, Eve-Lynn Nelson, Marlene Maheu

Now in its second edition, *A Practitioner's Guide to Telemental Health* is significantly updated with coverage of current best practices, evidence-based recommendations, and attention to nuanced refinements of telemental health in the face of recent accelerated growth in the field, due in part to the Covid-19 pandemic.

Telemental health, or TMH, has become integral to nearly all aspects of behavioral health service, including research and delivery of treatment, assessment, psychoeducation, training, supervision, and consultation. This has removed significant barriers to care access for many underserved groups; however, it also means that the field overall must build its capacity to provide TMH.

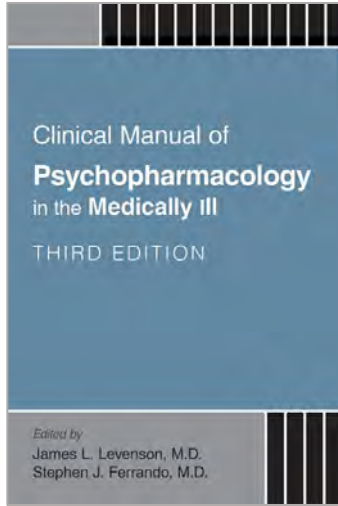
This book is for seasoned clinicians as well as new providers preparing to enter the mental and behavioral health care professions. Its chapters provide a guide for increasing TMH competencies, which require keeping up to date with the scientific evidence base and ongoing collegial discussion with informed leaders in the clinical, ethical, and legal realms. Readers will benefit from the research presented, as well as the description of practical steps they can take to ensure they are providing rewarding, safe, and quality TMH care for their patients.

AMERICAN PSYCHOLOGICAL ASSOCIATION

Category: MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: January 2024
9781433842764

Paperback
151 pages
AUD\$: 116.00





Clinical Manual of Psychopharmacology in the Medically Ill 3/e

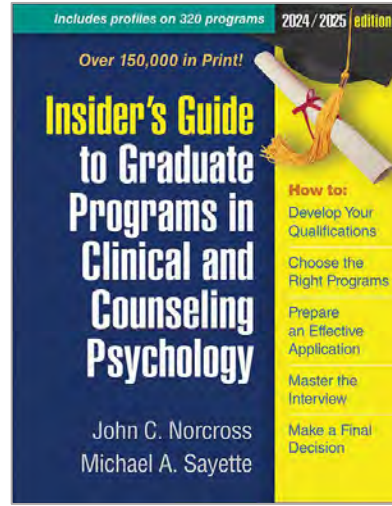
By James L. Levenson, Stephen J. Ferrando



With examinations of 19 new psychiatric drugs, 19 new forms of previously available drugs, and a host of new medical agents, this third edition of the Clinical Manual of Psychopharmacology in the Medically Ill has been updated to include medical and psychiatric drugs that have become available since the publication of the second edition in 2017.

AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
210 X 140 mm
Release Date: January 2024
9781615375134
Paperback
277 pages
B&W THROUGHOUT
AUD\$: 223.00



Insider's Guide to Graduate Programs in Clinical and Counseling Psychology 2024/2025 Edition

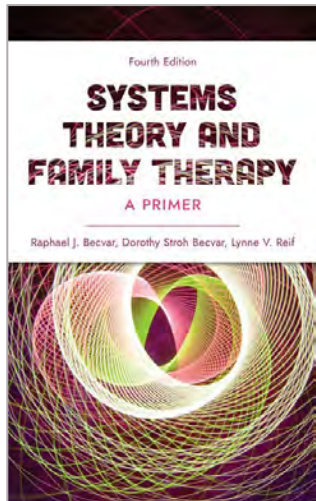
By John C. Norcross, Michael A. Sayette



Featuring expert advice for applying to graduate school in clinical and counseling psychology--as well as profiles of 320 doctoral programs--this authoritative resource has now been updated for 2024/2025. This is the book that students rely on for finding the programs that meet their needs and maximising their chances of getting in.

GUILFORD PUBLICATIONS

Category: PSYCHOLOGY
Disc: ACAD & PROFESSIONAL
279 X 215 mm
Release Date: January 2023
9781462553136
Paperback
470 pages
NOT ILLUSTRATED
AUD\$: 68.99



Systems Theory and Family Therapy 4/e A Primer

By Raphael J. Becvar, Dorothy Stroh Becvar



A concise, readable introduction to systems theory (and especially second-order cybernetics) with practical applications to family therapy. The text is replete with ideas for therapists to identify those changes and work with the family through their identified challenges according to the family's narrative.

ROWMAN & LITTLEFIELD PUBLISHERS

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: January 2024
9781538185674
Paperback
176 pages
B&W THROUGHOUT
AUD\$: 38.99



Emerging Adulthood A Psychodynamic Approach to the New Developmental Phase of the 21st Century

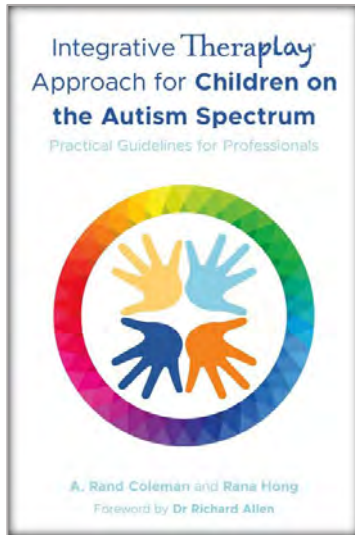
By Karen J. Gilmore, Pamela Meersand



What makes an adult? Is it living independently, having a stable career path, getting married, or becoming a parent? In the digital age, such traditional markers have been increasingly postponed and redefined. examines the overarching similarities and developmental distinctions.

AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: January 2024
9781615374199
Paperback
B&W THROUGHOUT
AUD\$: 188.00



Integrative Theraplay® Approach for Children on the Autism Spectrum
Practical Guidelines for Professionals

By Rana Hong, A. Rand Coleman, Richard Allen

Key Sales Points:

* A key text for practitioners on using Theraplay (R) to enhance social and emotional functioning among children on the autism spectrum.

Communication and social skills are a key challenge for children on the autism spectrum, and a fundamental priority for care professionals to support their clients' progress. Using case studies and evidence-based advice, this book guides readers through an integrated Theraplay (R) approach to helping young people on the autism spectrum.

The interventions emphasise interactivity and fun to help children build social and emotional skills through play. From using balloons to encourage eye contact to turn-taking play for fostering social awareness, each Theraplay (R) activity is tailored to support children on the autism spectrum and includes suggestions for further adaptations to suit each child's unique needs. Parents' and guardians' needs are also addressed in the context of Theraplay (R), examining common sources of frustration and providing advice on effective treatment plans. Officially supported by the Theraplay (R) Institute, this handbook guides readers towards a thoughtful, focused application of Theraplay (R) to support children on the autism spectrum.

JESSICA KINGSLEY PUBLISHERS
Category: CLINICAL/INT'L MEDIC
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: January 2024
9781787750685

Paperback
208 pages
AUD\$: 53.99



Supervision Can Be Playful 2/e
Techniques for Child and Play Therapist Supervisors

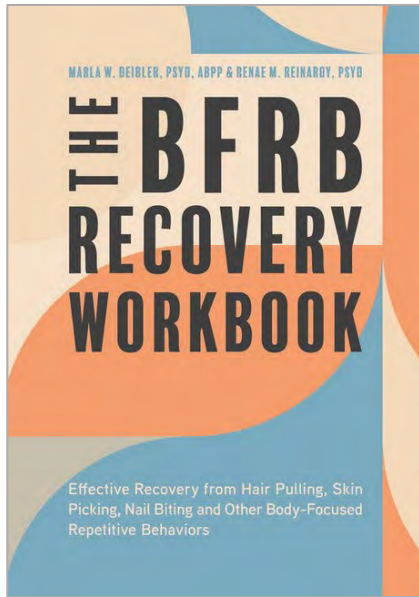
By Athena A. Drewes, Jodi Ann Mullen, Eliana Gil

This book offers a unique perspective on clinical supervision, foregrounding experiential techniques and offering a refreshing, playful approach to professional development. *Supervision Can Be Playful: Techniques for Child and Play Therapist Supervisors, Second Edition* offers a holistic approach covering contextual factors, theory, practice, special topics, international voices, practical support, supervisor, and supervisee self-care, and play within supervision itself. This book balances theory-driven chapters with intervention-driven chapters offering hands-on, creative methods for specialty supervision in play therapy, and speaks from the "experience of clinical supervision." This volume is useful for training, teaching, and clinical supervision with clearly organized and logically positioned chapters, to provide educational and practical support for clinicians and supervisors from beginning levels to the most experienced supervisor. The overall approach to this second edition demonstrates in-depth knowledge and understanding of the specialist demands of supervision for child therapists. The editors are themselves internationally renowned practitioners and they have brought together practitioners and educators recognized in the field to contribute from their expertise. The structure of the book addresses key issues in complementary sequence that builds up the reader's knowledge and understanding of the multi-faceted layers that can support truly interpersonal, creative, and culturally sensitive supervision. The chapters have been carefully considered and are inclusive, contemporary, comprehensive and practitioner friendly.

ROWMAN & LITTLEFIELD PUBLISHERS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: **October 2023**
9781538167472

Paperback
368 pages
B&W THROUGHOUT
AUD\$: 69.99





The BFRB Recovery Workbook
Effective Recovery from Hair Pulling, Skin Picking, Nail Biting, and Other Body-Focused Repetitive Behaviours

By Dr. Marla Deibler, Dr. Renae Reinardy

Key Sales Points:

* A step-by-step guided workbook for overcoming Body-Focused Repetitive Behaviours using CBT, DBT ACT and habit reversal training techniques.

So, you want to work on recovery from your body-focused repetitive behavior (BFRB)? Chances are, this is not the first time you've thought about changing your BFRB. And it's probably not the first time you've taken action to overcome it.

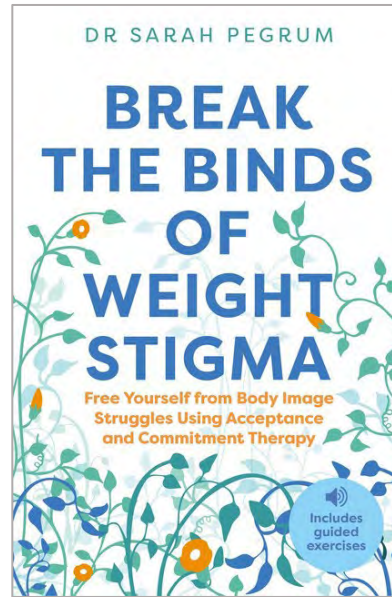
This workbook provides evidence-based tools consistent with the most up-to-date behavioral science to examine your BFRB in a new way, shift perspective on how you relate to your BFRB experience, reduce the behavior with individually tailored interventions, and transform your life and sense of self for the better.

Written by licensed clinical psychologists, this integrative behavioral therapy (IBT) approach is rooted in behavioral and cognitive psychology, utilizing CBT, ACT, DBT and habit reversal training, and is applicable to all BFRBs, including nail biting, hair pulling, and skin picking. Make your way through the workbook at your own pace, with the authors' compassionate guidance, and return to it as often as needed.

JESSICA KINGSLEY PUBLISHERS

Category: FAMILY & HEALTH
Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: January 2024
9781839976551

Paperback
224 pages
B&W THROUGHOUT
AUD\$: 51.99



Break the Binds of Weight Stigma
Free Yourself from Body Image Struggles Using Acceptance and Commitment

By Dr. Sarah Pegrum

Key Sales Points:

* A guide to improving body image and overcoming the impact of weight stigma and fatphobia, using Acceptance and Commitment Therapy (ACT).

"I can't do that until I've lost a bit of weight". "I need to slim down first". "When I'm thinner Ill..." What if you didn't feel held back by your body?

This guide helps you to free yourself from harmful social attitudes about weight and to start living now.

Break the Binds of Weight Stigma draws on Acceptance and Commitment Therapy (ACT), a positive, action-based form of therapy that works by accepting your natural emotions and using your own personal values to build a path to the life you want to live. Stories, worksheets, reflection questions, and guided exercises show you how to embrace yourself and fight back against the social structures that tie value to size.

This is not a book about changing your body or losing weight. It's a guide to help you connect with the things that are important to you regardless of your weight. It's a step towards countering the harmful messages in society about our bodies. It's a movement. Its radical. Its freedom.

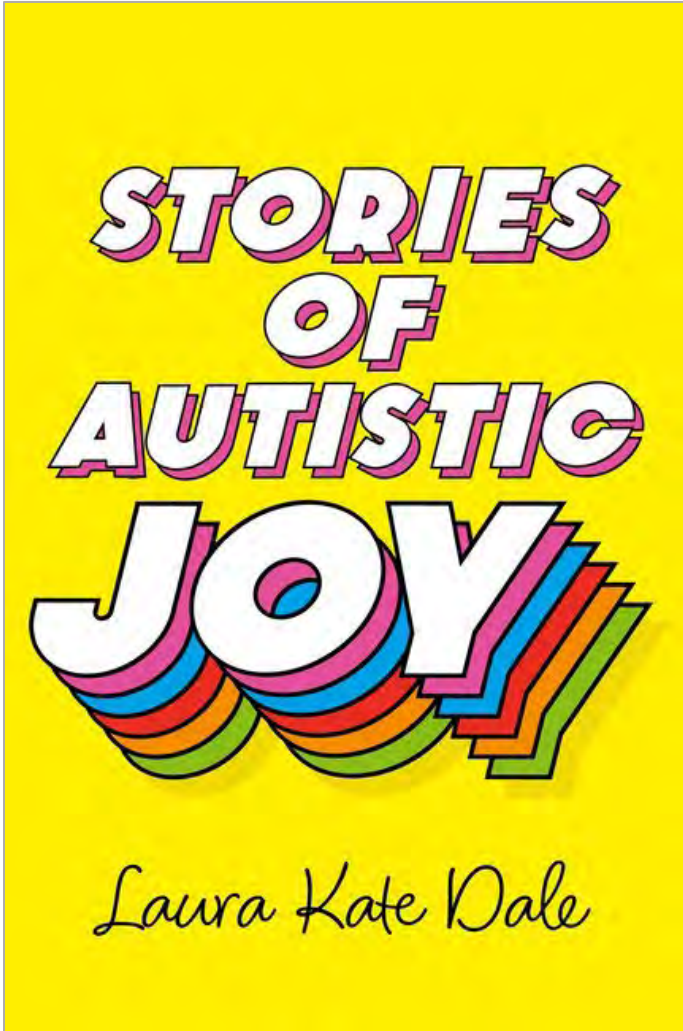
JESSICA KINGSLEY PUBLISHERS

Category: FAMILY & HEALTH
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: January 2024
9781839977237

Paperback
208 pages

AUD\$: 40.99





Stories of Autistic Joy

By *Laura Kate Dale*

Key Sales Points:

* An anthology of stories celebrating autistic joy.

'I love that I don't need to feel ashamed of my happiest, and that my joy no longer needs to go through a filter before it's ready to see the light of day'.

Laura Kate Dale and 15 other autistic authors from around the globe, open the door and invite you in to explore and celebrate the candid, uplifting and intimate moments of autistic joy.

More often than not autism is viewed through the lens of struggles and challenges - *Stories of Autistic Joy* is here to shift that narrative and turn the spotlight onto the unique joys that shape autistic people's lives.

From loving relationships, fantasy writing, building soft forts to curl up in and echolalia to peaceful (or very unpeaceful!) solitude, Pokemon, stimming freely and unmasking for the first time, joy comes in all shapes and sizes.

So, step inside and explore the diverse and heart-warming stories from around the world and celebrate what makes experiencing autistic joy so special.

Author Bio:

Laura Kate Dale is a queer trans woman and author, who uses She / Her pronouns. Laura lives near London, UK, with her cat Smudge, and her wife Jane. When Laura isn't writing she loves to play roller derby and play video games with her friends.

JESSICA KINGSLEY PUBLISHERS

Category: CLINICAL/INT'L MEDIC

B&W Throughout

Disc: Trade International

229 X 152 mm

Release Date: January 2024

9781839978098

Paperback

176 pages

AUD\$: 37.99





Uncomfortable Labels My Life as a Gay Autistic Trans Woman

By *Laura Kate Dale*

Being LGBT and having autism is actually fairly common and yet often misinterpreted.

This groundbreaking first-hand account uses personal experiences from birth to late diagnosis to explore this connection, and the nuances of both gender identity and ASD.

Looking at everyday struggles faced by the author, such as learning feminine presentation through observation of subtle cues due to her autism, issues around sensory processing and LGBT spaces, socially difficult situations exacerbated by gender identity, and even coming out as trans during an autistic meltdown, this gives a unique insight into the links between autism, sexuality, and gender.

Split into three sections, it begins with life prior to transition and diagnosis, moving on to the years of self-discovery and finally shows the upsides and downsides of being autistic and on the LGBT spectrum.

JESSICA KINGSLEY PUBLISHERS

Category: SOCIETY CULTURE

Disc: TRADE INTERNATIONAL

196 X 132 mm

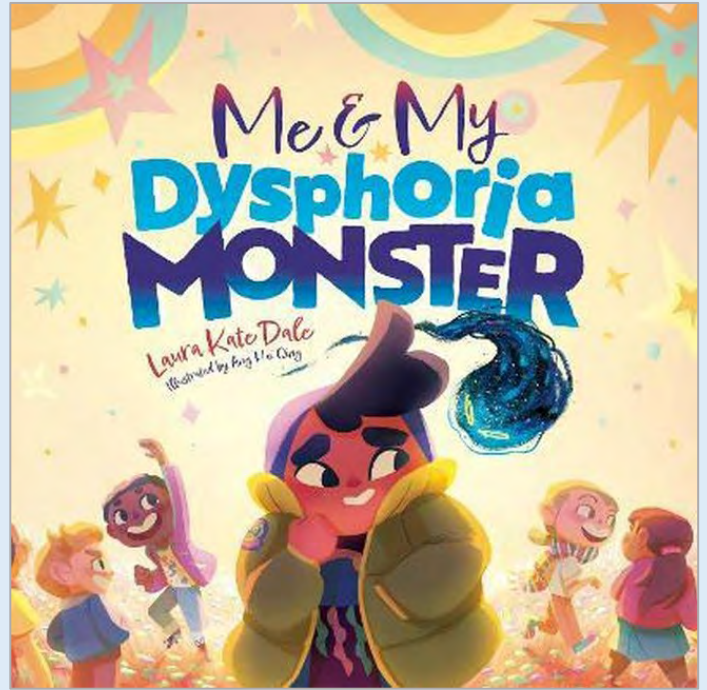
Release Date: **September 2019**

9781785925870

Paperback

192 pages

AUD\$: 36.99



Me and My Dysphoria Monster

An Empowering Story to Help Children Cope with Gender Dysphoria

By *Laura Kate Dale, Hui Qing Ang*

Key Sales Points:

* The first children's book to fully explore what gender dysphoria feels like and how to cope with it.

Nisha's monster follows her everywhere. It used to be small, but recently her monster has begun to grow. And as her monster gets bigger and bigger, Nisha feels more and more unlike herself.

When people refer to her as a boy, or when she tries to hide her true gender identity, Nisha's dysphoria monster grows larger and larger. Until, one day, Nisha meets Jack - a trans man - who shows Nisha how she can shrink her dysphoria monster back down to size.

This touching story is the perfect book for discussing gender dysphoria with children, explaining what it is and how they and their families can deal with it. It also includes an accompanying guide for parents with further information about gender dysphoria, terminology, and first-hand examples of the author's own experiences.

JESSICA KINGSLEY PUBLISHERS

Category: SOCIETY CULTURE

Disc: TRADE INTERNATIONAL

251 X 248 mm

Release Date: **November 2022**

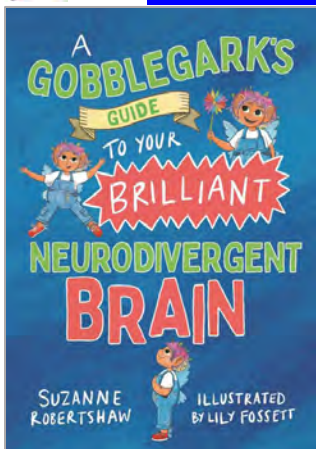
9781839970924

Hardback

40 pages

AUD\$: 35.99



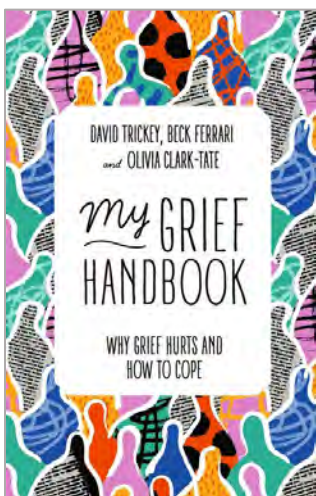


A Gobblegark's Guide to Your Brilliant Neurodivergent Brain

By *Suzanne Robertshaw, Lily Fossett*

Psst...over here... I'm Jangles... I'm a Gobblegark!... No time to explain, join me on a treasure hunt! This is no ordinary treasure hunt. In fact, this book is quite magical. You'll meet caterpillars and gobblegarks and best of all? You'll see how fantastic being neurodivergent is! Win keys by completing some challenges along the way, each one leading you closer to the treasure and to knowing a bit more about yourself and your brain. Built-in breaktimes ensure that you won't get overwhelmed. Afterall, it can be tiring investigating your brain, making your way through a maze, and finding out how to use the strengths of your brain and understand yourself! Downloadable worksheets let you truly make this book your own because you can go back to activities as many times as you need, or do them in different ways, (and of course skip the ones you don't!). Let's make our brilliant brains even more amazing with this Gobblegark Guide!

JESSICA KINGSLEY PUBLISHERS
EDUCATION
AGES: 7-12
Disc: TRADE INTERNATIONAL
Paperback
246 X 173 mm
128 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781839978524
AUD\$: 45.99



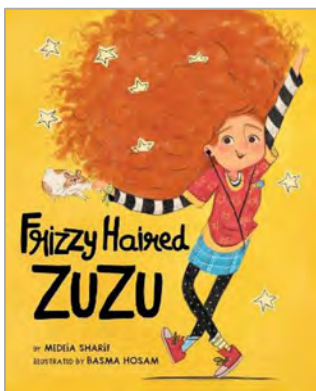
My Grief Handbook

Why Grief Hurts and How to Cope

By *Beck Ferrari, David Trickey*

Grief can be complicated and painful. Our memories, relationships, good times and worries are unique, and these all affect how we experience a loss. No two people will experience grief in the same way because all our relationships are specific to us. But there are frameworks for understanding our reactions when someone dies. Lots of people have found it helpful to understand these frameworks, as knowing what's going on with grief can help us find ways to cope with the loss, let go of some of the pain, and find ways to still have a good future. Based on years of research, this book includes some first-hand experiences from people who have been through grief, to show how the ideas could work in real life. However, this is not another person's story. It is a guide to understanding your own. By getting to know how we are processing grief, we can start getting on with it - working alongside it and moving forward.

JESSICA KINGSLEY PUBLISHERS
LIFE SKILL/GEN STUDS
Age: 12+ years
Disc: TRADE INTERNATIONAL
Paperback
216 X 138 mm
176 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781839970696
AUD\$: 34.99



Frizzy Haired Zuzu

By *Medeia Sharif, Basma Hosam*

Frizzy Haired Zuzu is a children's picture book about accepting and loving your appearance. Zuzu loves riding her bike and dancing to all kinds of music. Her curly red hair would bounce when she danced. But Zuzu hates her hair. The older she gets, the bigger it grows. With her sisters and mother, she tries several hilarious-yet disastrous-solutions to tame her frizzy hair. Finally, she saves up all her money to visit a salon. But with straighter hair, will she still feel like herself? Zuzu must dig deep down to sort out her feelings about what is beautiful to others...and herself.

MAGINATION PRESS
FICTION
Age: 4+ years
Disc: TRADE INTERNATIONAL
Hardback
254 X 203 mm
32 Pages
Rel Date: January 2024
9781433841576
AUD\$: 38.99





Gender is Really Strange

By Teddy G. Goetz, Sophie Standing

Key Sales Points:

* A science-based graphic medicine comic unpacking the complexity of gender, where it comes from and how to explore and understand your own gender identity.

What does it mean to be trans? Non-Binary? Gender Diverse? What parts of gender come from society? What parts come from within? How much is biology, and how much is socialization?

Part of the Really Strange series, this science-based graphic medicine comic addresses these questions and more, revealing the inherent messiness of gender identity and sex.

A mysterious amalgam of biology and society, inherently sensed, yet societally defined, the complexity of gender is revealed through examining neuroscience, biology, hormones, mental health, behaviour and how much of gender comes from society.

Exploring theories, thinkers, terminology, history and gender cultures around the world and across different religions, this easy-to-understand and engaging book will help you to question perceived norms and engage critically with your own gender identity.

Get ready to break down the binary B.S. and celebrate gender in all its messy glory!

JESSICA KINGSLEY PUBLISHERS

Category: SOCIETY CULTURE

Colour Section(S)

Disc: Trade International

170 X 230 mm

Release Date: January 2024

9781839975127

Paperback

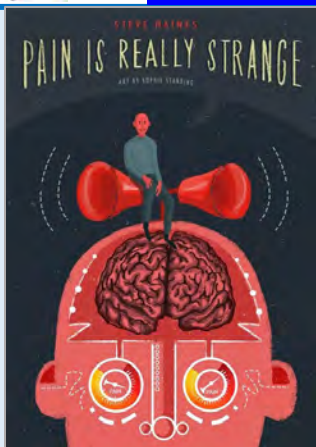
40 pages

AUD\$: 26.99



Author Bio:

Dr. Teddy G. Goetz is a trans, queer psychiatrist based in Philadelphia. Prior to earning their M.D at Columbia University, Teddy studied biochemistry and gender studies at Yale. They have previously co-edited Gender-Affirming Psychiatric Care for Transgender and Gender Diverse People.



Pain is Really Strange

By Steve Haines, Sophie Standing

Answering questions such as how can I change my pain experience? what is pain? and how do nerves work? This short research-based graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects. Studies show that understanding how pain is created and maintained by the nervous system can significantly lessen the pain you experience. The narrator in this original, gently humorous book explains pain in an easy-to-understand, engaging graphic format and reveals how to change the mind's habits to transform pain.

JESSICA KINGSLEY

PUBLISHERS

SELF-HELP/PRACTICAL

Disc: TRADE INTERNATIONAL

Paperback

226 X 160 mm

32 Pages

Rel Date: **August 2015**

9781848192645

AUD\$: 26.99



Anxiety is Really Strange

By Steve Haines, Sophie Standing

What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book responds to these questions and more, revealing just how strange anxiety is, but also how to unravel its mysteries and relieve its effects. Understanding how anxiety is created by our nervous system trying to protect us and how our fight-or-flight mechanisms can get stuck can significantly lessen the fear experienced during anxiety attacks. In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms and change the mind's habits for a more positive outlook.

JESSICA KINGSLEY

PUBLISHERS

SELF-HELP/PRACTICAL

Disc: TRADE INTERNATIONAL

Paperback

224 X 177 mm

32 Pages

Rel Date: **March 2018**

9781848193895

AUD\$: 26.99



Touch is Really Strange

By Steve Haines, Sophie Standing

Why can't we tickle ourselves? How can slow touch convey more powerful emotions than fast touch? How does touch shape our perception of the world? The latest addition to the Really Strange series, this science-based graphic comic addresses these questions and more, revealing the complexity of touch and exploring its power and limits. Used positively, touch can change pain and trauma, communicate compassion, and love and generate social bonding. Get it wrong and it can be abusive and terrifying. Everyone's initial experience of life and existence is tactile and spatial at its core. Before we have language, our concepts are formed as we meet a world full of edges and textures. *Touch is Really Strange* celebrates the power of inward touch (interception) and looks at how we can use skilful contact to promote feelings of joy, connection, and vitality inside another.

JESSICA KINGSLEY

PUBLISHERS

GRAPHIC NOVELS

Disc: TRADE INTERNATIONAL

Paperback

230 X 170 mm

32 Pages

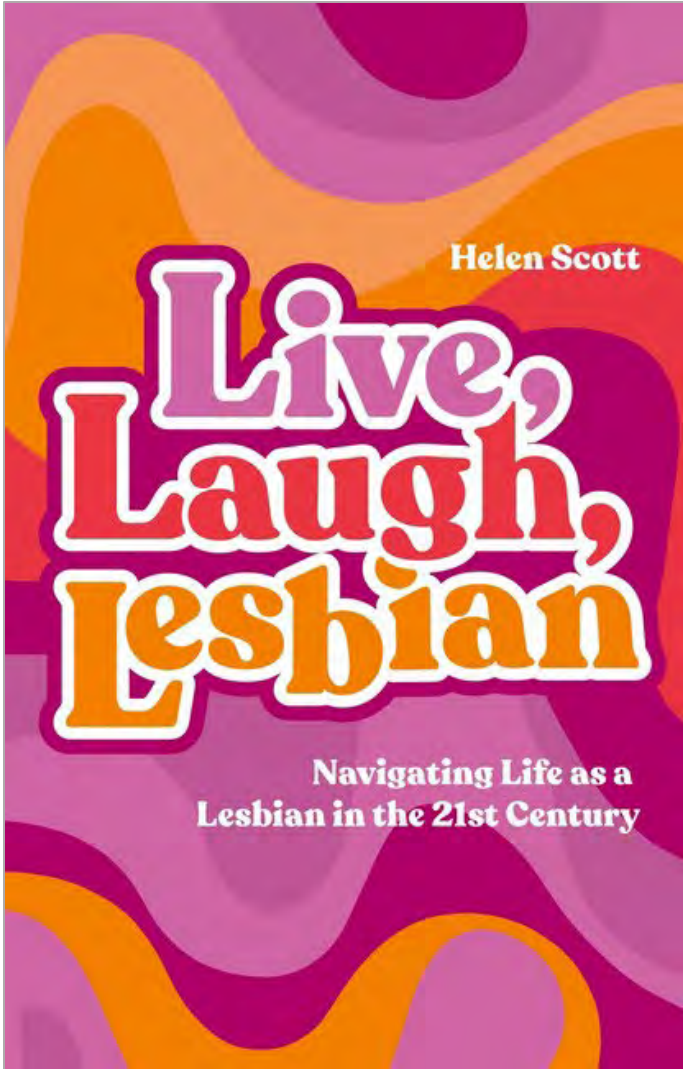
B&W THROUGHOUT

Rel Date: **June 2021**

9781787757103

AUD\$: 26.99





Live, Laugh, Lesbian

Navigating Life as a Lesbian in the 21st Century

By Helen Scott

Key Sales Points:

* First-of-its-kind self-help guide for lesbians by a popular online influencer and presenter.

“Sometimes, it’s easy to feel like the only lesbian in the world – let alone in the village. But wherever you are with your sexuality, you’ve just picked up a book with the word ‘lesbian’ in the title and I know baby you would be so proud.”

From strap-ons and Lesbian Bed Death to dealing with homophobic microaggressions in the workplace and finding your second family, Helen Scott, lesbian big sister, and lipstick femme in chief is here to hold your hand as you travel your own unique path to Gay Town.

Half memoir, half guide, and 100% big lesbian hug, plunge with Helen into the highs and lows of navigating lesbian life in the modern world and emerge with all the lesbian life hacks you’ll need to get out there and live the life of your dreams.

Candid, wise, bold, and hilarious – it’s time to reclaim the L in LGBTQ+.

JESSICA KINGSLEY PUBLISHERS

Category: SOCIETY CULTURE

B&W Throughout

Disc: Trade International

216 X 138 mm

Release Date: January 2024

9781839978142

Paperback

224 pages

AUD\$: 34.99



9 781839 978142

Author Bio:

Helen Scott is a presenter, broadcaster, content creator and a vocal ambassador for the lesbian community. She’s hosted variously on BBC Radio, ITV and Virgin, and is one of TikTok’s top presenters, as well as writing a regular column for Gay London Life. Helen is based in Manchester.



Pride Families

By Amie Taylor, Kaspia Clarke

Key Sales Points:

* A celebratory children's book about LGBTQIA+ families.

Families come in all different shapes and sizes, and each one is perfect!

Come and celebrate what it means to be a PRIDE FAMILY in this beautifully illustrated book written by LGBTQIA+ author, Amie Taylor and Illustrated by Kaspia Clarke.

LGBTQIA+ families come in all the colours of the rainbow. Perhaps you belong to a Pride family, or maybe you have a friend who belongs to a Pride Family?

This educational children's book explores what these families look like with a focus on trans, non-binary, gay, lesbian, and polyamorous family set ups.

Covering themes such as, pregnancy, donor conception and surrogacy alongside a guide for adults that helps explain terminology, this book is an invaluable resource for sharing and celebrating what it means to be a Pride family.

JESSICA KINGSLEY PUBLISHERS

Colour Section(S)

Disc: Trade International

246 X 243 mm

Release Date: January 2024

9781839976810

Hardback

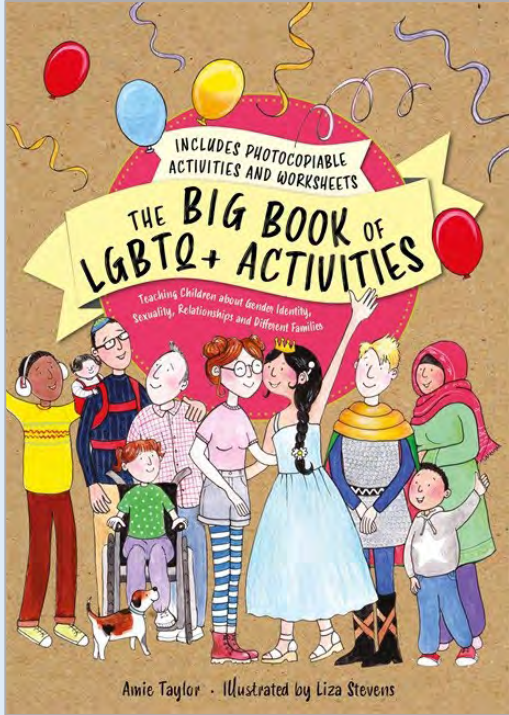
40 pages

AUD\$: 34.99



Author Bio:

Amie Taylor (she/her) is an LGBTQIA+ writer, theatre maker and workshop facilitator. She runs a theatre company that produces productions and workshops for young people about LGBTQIA+. She contributes regularly to BBC Radio London, where she speaks on LGBTQ+ arts and culture. She has previously published The Big Book of LGBTQ+ Activities and The Monster Book of Feelings. When she's not writing and theatre making, she works for 3 days a week at Fun Palaces, and organisation that campaigns for cultural democracy so that everyone has a say in what counts as culture, where it happens, who makes it, and who experiences it.



Big Book of LGBTQ+ Activities
Teaching Children about Gender Identity, Sexuality, Relationships and Different Families

By Amie Taylor, Liza Stevens

Illustrated fairytales teaching children aged 6 - 9 about gender identity and relationships. This engaging workbook will support inclusive learning environments in schools and the fun activities help children connect with and explore the ideas raised in each story.

With 5 fun tales featuring merpeople, a rainbow wedding and a back-to-front horse, this captivating guide to LGBTQ+ identities take you on a journey through Clear Sky Castle to promote inclusion for children aged 6 to 9.

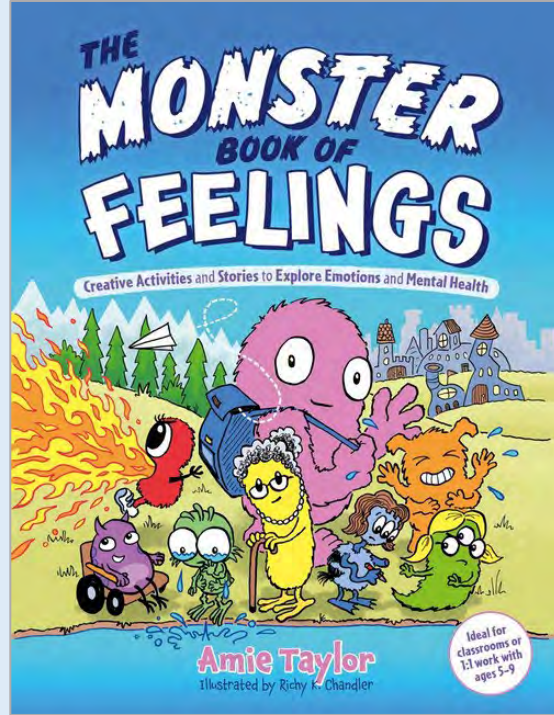
The interactive stories and games - including drawing, sculpting, word searches and quizzes - raise awareness of different kinds of families, as well as identities such as gay, lesbian, bisexual, transgender and non-binary, and teach acceptance for all.

The resourceful Guide for Adults at the end of the book offers advice, answers to activities throughout, and signposts to helpful organisations for the adult reading the book with the child.

JESSICA KINGSLEY PUBLISHERS

Category: FAMILY & HEALTH
Disc: ACAD & PROFESSIONAL
296 X 208 mm
Release Date: **December 2020**
9781787753372

AGES: 6-9
Paperback
144 pages
AUD\$: 38.99



The Monster Book of Feelings
Creative Activities and Stories to Explore Emotions and Mental Health

By Amie Taylor, Richy K. Chandler

Key Sales Points:

* Fun stories and creative activities to teach children aged 5-9 about emotions and managing their mental health.

This book is designed to help children to understand and articulate the emotions they might experience - feelings of anxiety and worry, pride, joy and excitement, sadness, anger, and jealousy - and provides simple strategies for managing their mental health.

Full of monster-themed stories, activities, and downloadable worksheets, it is ideal to use individually or in group settings with ages 5-9. Children will meet characters like Thomas, the big purple monster who has a heavy backpack full of his worries, and Geronimo, who inconveniently creates small floods with his tears all around Icicle Island.

The second part of the book is a detailed guide for adults with explanations of key concepts, support for delivering the activities, suggested discussion points and drama activities to consolidate learning.

JESSICA KINGSLEY PUBLISHERS

Category: EDUCATION
Disc: TRADE INTERNATIONAL
279 X 216 mm
Release Date: **May 2022**
9781787759008

AGES: 5-9
Paperback
208 pages
AUD\$: 60.99





How to Survive in Social Work



Neil Thompson and John McGowan

THE NEIL THOMPSON PRACTICE COLLECTION

How to Survive in Social Work

By Neil Thompson, John McGowan, Ruth Allen

Key Sales Points:

* A practical, accessible guide to surviving and thriving in social work from two knowledgeable figures in social work.

Social worker. You're a helping hand, a rock in the tempest, a friendly face through the hard times, and a catalyst for change. But what about you? How do you keep going when the pressure just keeps rising?

In this no-nonsense handbook, Neil Thompson and John McGowan distil years of social work expertise into key strategies to overcome the challenges that come with the profession.

Each chapter is full of clear, practical advice on staying resilient in the face of tough situations, whether they're political, social, or economic.

Handy frameworks and expert advice will strengthen your practice and give you a solid structure to build on, helping you fulfil your potential as a social worker and provide better support for your clients.

Social work is tough, but with the guidance and support in this book you can learn to tackle the challenges and thrive as a force for change.

Author Bio:

Neil has 45 years of experience in the caring professions as a practitioner, manager, educator, writer, and adviser. He has won awards for his work, including a Lifetime Achievement Award from BASW Cymru. He is renowned for his ability to express complex ideas clearly without oversimplifying them and for making theory relevant to practice.

John McGowan MSc, BA, BSc, DipSW, FRSA is a social worker, lecturer, and the General Secretary of the Social Workers' Union. He has 25 years of experience as a social worker in the field of Children and Families, Fostering and Adoption and as a training officer and practice teacher. John's experiences with social work started with his parents, who were active foster carers in Edinburgh and fostered over 100 children.

JESSICA KINGSLEY PUBLISHERS

Category: SOCIAL WELFARE

B&W Throughout

Disc: Trade International

229 X 152 mm

Release Date: January 2024

9781839978074

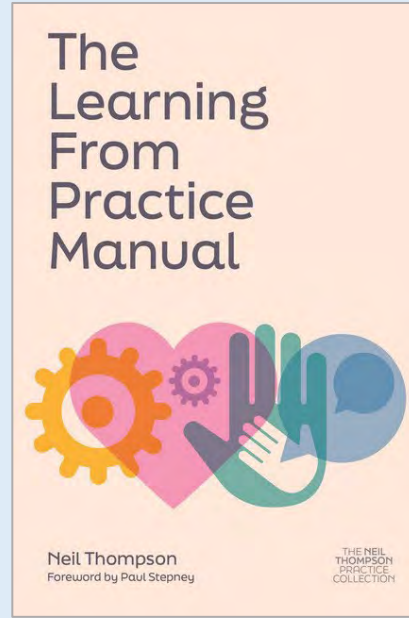
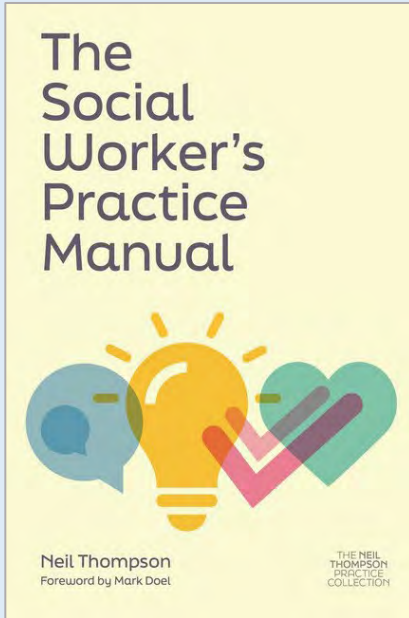
Paperback

240 pages

AUD\$: 53.99



9 781839 978074



The Social Worker's Practice Manual

The Learning From Practice Manual

By Neil Thompson

By Neil Thompson

Key Sales Points:

* A guidebook to the 30 key lessons for success in social work. * Neils work has a reputation for being clearly written and is popular among students. * Simple, clear layout to get points across effectively. * Each manual will be supported by short videos to summarise and explain the content. * Part of a three-book series of social work essentials from a well-known author.

Key Sales Points:

* A hands-on practice manual ideal for anyone involved in promoting workplace learning, whether through supervising students on placement or helping colleagues gain in-service qualifications. * Neils work has a reputation for being clearly written and is popular among students. * Simple, clear layout to get points across effectively. * Part of a three-book series of social work essentials from a well-known author.

An essential handbook for students and experienced social workers alike, this practical guide filters out the jargon and sets out what you really need to know.

Neil Thompson sets out what you really need to know about supporting further learning during placement and practice. Stripping away the confusion and anxiety about what next? This manual goes back to the core theories of how learning works in the first place, and how you can synchronise that with values and reflective practice to help your students and colleagues reach their professional goals.

30 easy-to-follow chapters delve into topics ranging from holistic thinking to effective record keeping, all rooted in Neil Thompsons extensive hands-on experience.

Summaries illustrate and reinforce the guidance, creating a set of easy-to-follow strategies for effective workplace development mentoring. Accessible explanations guide you through the theory and practice, covering everything from fostering a learning environment to troubleshooting difficulties and encouraging a culture of self-directed learning. Grow your mentoring skills and help your colleagues get to grips with not just what to learn, but how to learn it and make it stick.

Complicated subjects such as cultural sensitivity and managing conflict are discussed thoughtfully and pragmatically, helping you understand the roots of tricky situations and find effective solutions.

Each section masterfully combines theory and practice to give a holistic view of social work that can be tailored to help each unique client. 45 years of experience distilled into one manual for success.

JESSICA KINGSLEY PUBLISHERS

Category: SOCIAL WELFARE
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: **November 2023**
9781839978036

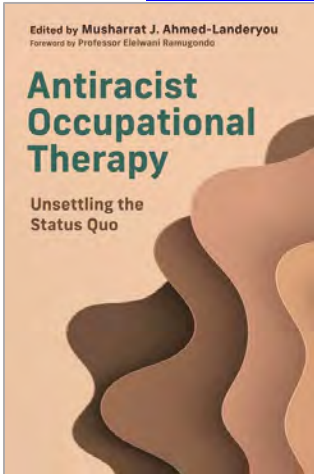
Paperback
304 pages
B&W THROUGHOUT
AUD\$: 51.99

JESSICA KINGSLEY PUBLISHERS

Category: SOCIAL WELFARE
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: **December 2023**
9781839978050

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 56.99





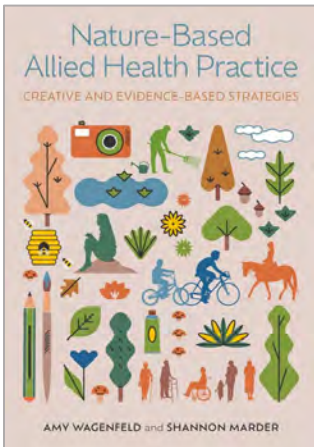
Antiracist Occupational Therapy

Unsettling the Status Quo

By *Musharrat J. Ahmed-Landeryou, Various*

Social justice, inclusion, and person-centredness are the cornerstones of occupational therapy but despite this, the experiences and inequities faced by Black and minoritized populations in health and social care often go unseen and unattended in occupational therapy practice. This timely book provides a compendium of global insights into the inequities faced by Black and minoritized groups in health and social care and considers how key changes in occupational therapy practice and education can redress disparities. Each contributor is active in the occupational therapy community and is incredibly well placed to provide guidance and practical suggestions on how to create sustainable, antiracist practice and disrupt the current status quo. Invaluable to occupational therapy professional bodies, academics, and students alike, this expansive collection of voices is essential reading for those looking to redress the imbalance of power.

JESSICA KINGSLEY PUBLISHERS
 NURSING & ANCILLARY
 Disc: ACAD & PROFESSIONAL
 Paperback
 229 X 152 mm
 208 Pages
 B&W THROUGHOUT
 Rel Date: January 2024
9781839975745
AUD\$: 61.99



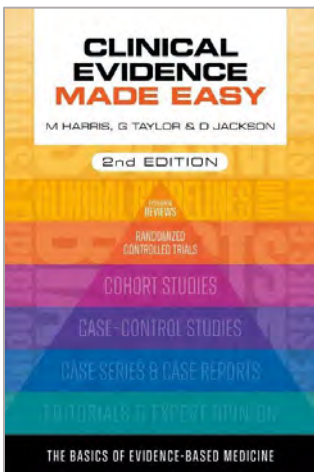
Nature-Based Allied Health Practice

Creative and Evidence-Based Strategies

By *Amy Wagenfeld, Shannon Marder*

The benefits of interacting with nature for our social, cognitive, and physical wellbeing are well documented. But how practical is it to take therapy into nature, or bring nature into therapy? This evidence-based and accessible guide demonstrates easily workable, creative, tried-and-tested strategies for bringing nature into therapy. It includes simple and fun ready-to-go activity ideas. Using the life-course as a framework, the authors highlight the impact of nature at every stage of human development. From younger children to older adults, anyone can benefit from outdoor therapy, and different therapeutic offerings can be adapted to suit most individuals and groups. Resources are included to help assess a programme's readiness to incorporate nature, create plans to take therapy outdoors (or bring the outside in), and evaluate the impact it could have for patients or clients.

JESSICA KINGSLEY PUBLISHERS
 NURSING & ANCILLARY
 Disc: ACAD & PROFESSIONAL
 Paperback
 246 X 173 mm
 352 Pages
 B&W THROUGHOUT
 Rel Date: January 2024
9781805010081
AUD\$: 86.99



Clinical Evidence Made Easy 2/e

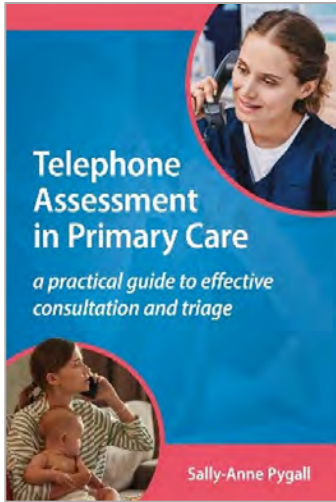
The Basics of Evidence-Based Medicine

By *M. Harris, G. Taylor*

This book will help you to understand and appraise clinical research articles and guidelines and assess how they should influence your practice. Assuming no prior knowledge, *Clinical Evidence Made Easy* starts by explaining the theory of evidence-based practice, including: * understanding the hierarchy of evidence: * how to recognize bias, * assessing research papers, * making sense of qualitative research, * making use of clinical guidelines, * what to do with evidence from pharmaceutical companies, * how to apply the evidence in real life.

SCION PUBLISHING LTD
 MEDICINE: GEN ISSUES
 Disc: ACAD & PROFESSIONAL
 Paperback
 234 X 156 mm
 224 Pages
 NOT ILLUSTRATED
 Rel Date: January 2024
9781914961335
AUD\$: 59.99





Telephone Assessment in Primary Care

A practical guide to effective consultation and triage

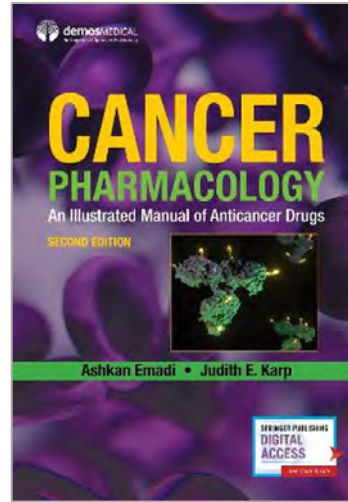
By Sally-Anne Pygall



At a time when primary care has never been busier, the ability to assess effectively by telephone is vitally important. This book provides GPs, practice nurses and out-of-hours workers with a practical guide to what is required when undertaking triage or consultations on the telephone.

SCION PUBLISHING LTD
Category: MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
234 X 156 mm
Release Date: January 2024
9781914961366

Paperback
116 pages
NOT ILLUSTRATED
AUD\$: 52.99



Cancer Pharmacology 2/e

An Illustrated Manual of Anticancer Drugs

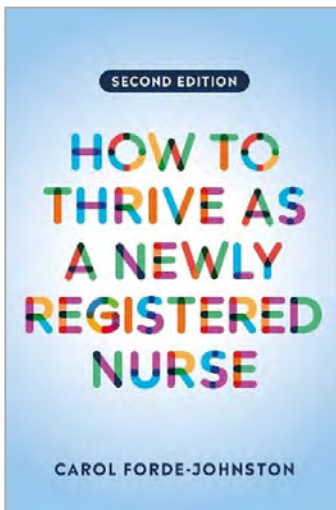
By Ashkan Emadi, Judith E. Karp



A visually engaging reference detailing the essential basic and clinical science of all approved, effective, and life-prolonging drug therapies in oncology. Now with a greater emphasis on clinical context, application, and management, this book provides a practical, bench-to-bedside approach.

SPRINGER PUBLISHING COMPANY
Category: CLINICAL/INT'L MEDIC
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2024
9780826149329

Paperback
360 pages
B&W THROUGHOUT
AUD\$: 178.00



How to Thrive as a Newly Registered Nurse 2/e

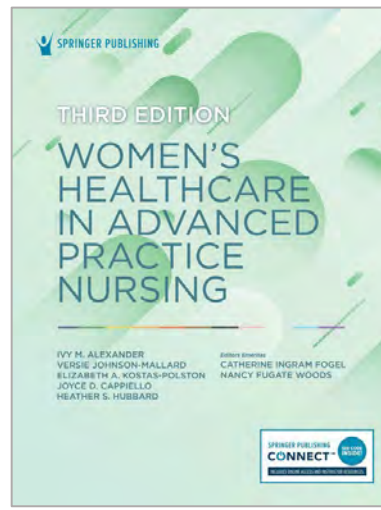
By Carol Forde-Johnston



How to Thrive as a Newly Registered Nurse provides a structured programme of support for nursing students and newly registered nurses during their first year of registration.

SCION PUBLISHING LTD
Category: NURSING & ANCILLARY
Disc: ACAD & PROFESSIONAL
234 X 256 mm
Release Date: January 2024
9781914962103

Paperback
284 pages
AUD\$: 44.99



Women's Healthcare in Advanced Practice Nursing 3/e

By Ivy M. Alexander, Versie Johnson-Mallard



Holistically addresses women's health, encompassing the needs of transgender and nonbinary individuals and considering ethnicity, social class, and disability/ableness.

SPRINGER PUBLISHING COMPANY
Category: CLINICAL/INT'L MEDIC
Disc: ACAD & PROFESSIONAL
279 X 216 mm
Release Date: January 2024
9780826167217

Paperback
1000 pages
AUD\$: 276.00



Medical Imaging for the Health Care Provider

Practical Radiograph Interpretation

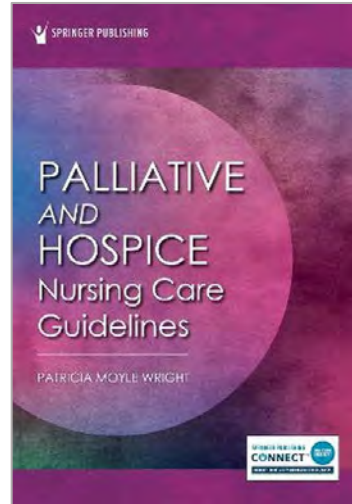
By *Theresa M. Campo*



This is a concise, easy-to-use reference, enabling health care providers to identify and understand how and when to use the full scope of medical imaging testing modalities - radiographs, CTs, nuclear imaging, and ultrasound scans and images.

SPRINGER PUBLISHING COMPANY
Category: NURSING & ANCILLARY
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2024
9780826160461

Paperback
262 pages
B&W THROUGHOUT
AUD\$: 129.00



Palliative and Hospice Nursing Care Guidelines

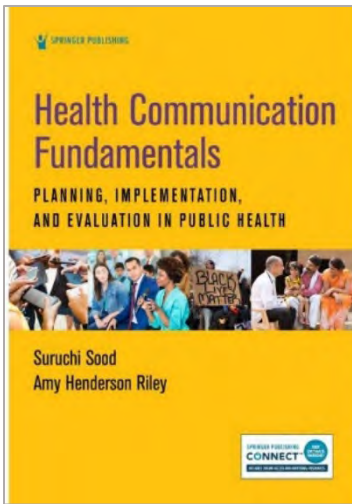
By *Patricia Moyle Wright*



Supports clinicians in providing the best possible care to patients with serious illness The first comprehensive clinical guide for practicing palliative care and hospice clinicians, this evidence-based reference is designed to promote practices.

SPRINGER PUBLISHING COMPANY
Category: NURSING & ANCILLARY
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2024
9780826144492

Paperback
300 pages
AUD\$: 142.00



Health Communication Fundamentals

Planning, Implementation, and Evaluation in Public Health

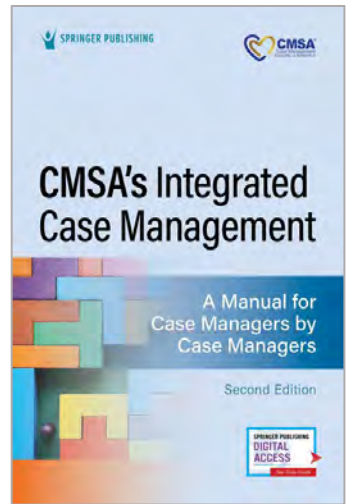
By *Suruchi Sood, Amy Henderson Riley*



A comprehensive, practice-based textbook designed to equip students with the tools needed to excel in the public health communication workforce. Using a mix of examples, the book guides readers through the entire health communication process - from planning and implementation to research, monitoring, and evaluation.

SPRINGER PUBLISHING COMPANY
Category: MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2024
9780826173010

Paperback
400 pages
B&W THROUGHOUT
AUD\$: 184.00



CMSA's Integrated Case Management

A Manual for Case Managers by Case Managers

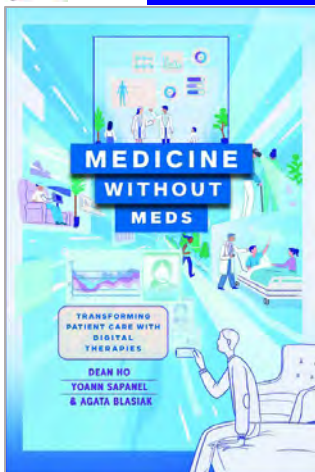
By *Rebecca Perez*



Developed by the Case Management Society of America (CMSA), this manual provides case managers with the essential tools necessary to successfully support quality patient care within today's complex healthcare system. This updated and revised second edition addresses the role of the case manager and unpacks how to assess and treat patients with issues.

SPRINGER PUBLISHING COMPANY
Category: NURSING & ANCILLARY
Disc: ACAD & PROFESSIONAL
279 X 216 mm
Release Date: **August 2023**
9780826188335

Paperback
424 pages
AUD\$: 156.00



Medicine without Meds

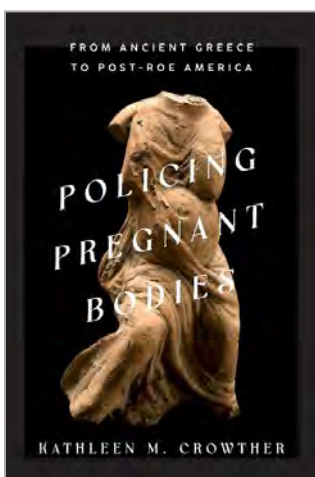
Transforming Patient Care with Digital Therapies

By *Dean Ho, Yoann Sapanel*

How digital therapies can transform your health. Traditional health care has a new ally. Some patients with sleep disorders, back pain, and diabetes are now being prescribed app-based treatment instead of drugs. Algorithms are helping cancer patients manage their symptoms, and video games are improving the attention span of children diagnosed with ADHD. A new class of medicine called digital therapeutics (DTx) is gaining traction and transforming the way patients engage with the health care system. In *Medicine without Meds*, Dean Ho, Yoann Sapanel, and Agata Blasiak explore the exciting potential for these digital therapies to transform patient care.

JOHNS HOPKINS UNIVERSITY PRESS

MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
Hardback
229 X 152 mm
336 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781421447032
AUD\$: 75.99



Policing Pregnant Bodies

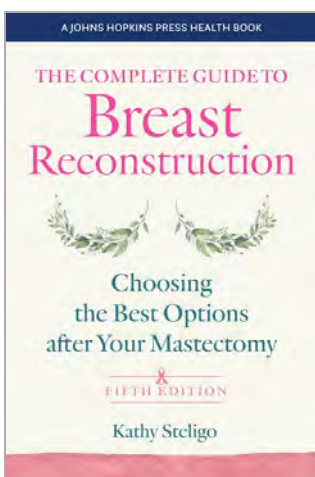
From Ancient Greece to Post-Roe America

By *Kathleen M. Crowther*

Explores the historical roots of controversies over abortion, fetal personhood, miscarriage, and maternal mortality. On June 24, 2022, the US Supreme Court overturned the Roe v. Wade decision, asserting that the Constitution did not confer the right to abortion. This ruling, in the Dobbs v. Jackson Women's Health case, was the culmination of a half-century of pro-life activism promoting the idea that fetuses are people and therefore entitled to the rights and protections that the Constitution guarantees. But it was also the product of a much longer history of archaic ideas about the relationship between pregnant people and the fetuses they carry. In *Policing Pregnant Bodies: From Ancient Greece to Post-Roe America*, historian Kathleen M. Crowther discusses the deeply rooted medical and philosophical ideas that continue to reverberate in the politics of women's health and reproductive autonomy.

JOHNS HOPKINS UNIVERSITY PRESS

MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
Hardback
229 X 152 mm
288 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781421447636
AUD\$: 68.99



The Complete Guide to Breast Reconstruction 5/e

Choosing the Best Options after Your Mastectomy

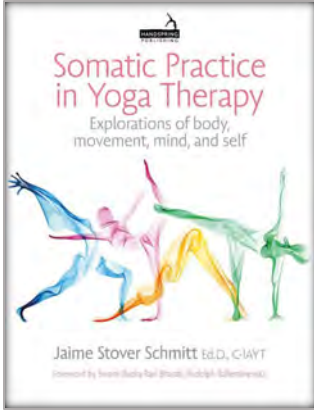
By *Kathy Steligo*

The definitive guide to breast reconstruction—now completely revised and updated. For more than twenty years, *The Complete Guide to Breast Reconstruction* (formerly *The Breast Reconstruction Guidebook*) has been an essential resource for individuals who are undergoing mastectomy and thinking about breast reconstruction. In this revised edition, two-time breast cancer survivor Kathy Steligo covers the critical information patients need, from finding the right surgeon to weighing options and making informed decisions. Anyone considering a mastectomy faces a perplexing array of issues, questions, and decisions in their treatment options. This updated and expanded edition provides a comprehensive road map of the entire mastectomy and reconstruction experience.

JOHNS HOPKINS UNIVERSITY PRESS

FAMILY & HEALTH
Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
368 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781421447599
AUD\$: 63.99



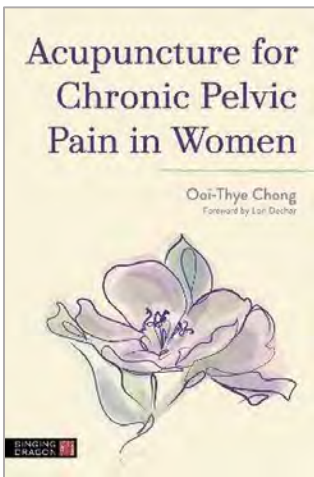


Somatic Practice in Yoga Therapy
Explorations of Body, Movement, Mind and Self

By Jaime Stover Schmitt

One value of yoga therapy is its ability to bring us to our senses-figuratively and literally. Inner body sensing and the knowing it evokes is a large part of how we become aware of what we need to attend to and work on in our growth as individuals. In Spanda (R) Yoga Movement Therapy-the yoga therapy method from which this work arises-embodiment practices are as vital to the process of self-understanding as they are to understanding anatomy, anatomical concepts, and physiological processes. This book shares a host of somatic practices that can readily be used in teaching, therapy, yoga practice and other avenues of personal exploration at the physical, energetic, mental, emotional, and spiritual levels.

HANDSPRING PUBLISHING
FAMILY & HEALTH
Disc: ACAD & PROFESSIONAL
Paperback
246 X 189 mm
304 Pages
Rel Date: January 2024
9781913426514
AUD\$: 81.99

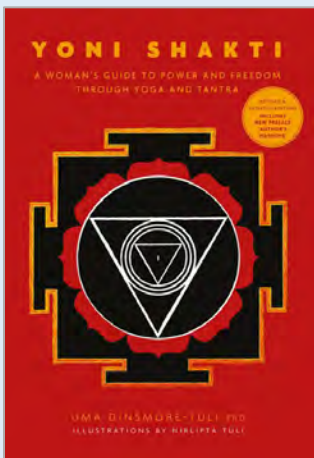


Acupuncture for Chronic Pelvic Pain in Women

By Ooi Thye Chong

One of the first of its kind, this authoritative and extensive pain management resource bridges the divide between Chinese medicine acupuncture and western medical acupuncture in the treatment of chronic pelvic pain in women. It is estimated that one in seven women suffer from chronic pelvic pain which is often associated with various gynaecological conditions including endometriosis and pelvic spasms. Due to unsatisfactory treatment options, patients are often forced to rely on strong, sometimes ineffective pain medication and can consequently suffer from anxiety and depression. This comprehensive and timely book addresses the need for a non-drug, holistic approach for the immediate reduction of pain, and will cover the healing power of the practitioner-patient relationship, the use of the Alchemical Five Element psycho-spiritual approach, the Balance Method, trigger point deactivation and scalp acupuncture.

JESSICA KINGSLEY PUBLISHERS
OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
256 Pages
B&W THROUGHOUT
Rel Date: January 2024
9781787758476
AUD\$: 69.99



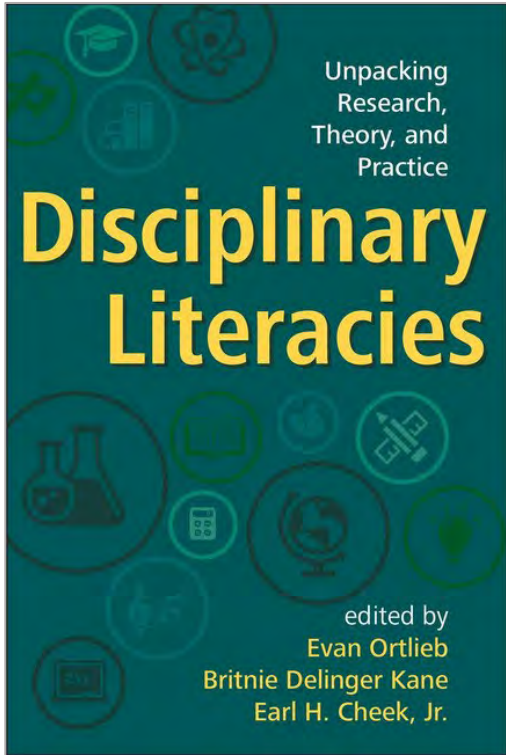
Yoni Shakti
A woman's guide to power and freedom through yoga and tantra
Revised And Updated Edition, Includes New Preface: 'Author's Warning'

By Uma Dinsmore-Tuli, Nirlipta Tuli

In this courageous and radical book, renowned yoga therapist and mother-of-three Uma Dinsmore-Tuli explores the sexual politics of yoga from the perspective that women's spiritual transformation is the most potent revolutionary force. It includes: a comprehensive history section covering women's contribution to (and exclusion from) traditional hatha yoga, a Goddess-inspired section guiding a woman from her first period to post menopause, illuminating personal life stories and experiences from hundreds of women, specially conceived, guided yoga nidra practices, instructions for womb-friendly asana and pranayama practices, including restorative yoga, for every part of a woman's life and menstrual cycle. Intimate and scholarly, irreverent and inspiring, Yoni Shakti brings womb yoga, tantra and feminism together in an astonishingly powerful combination.

YOGAWORDS LTD
MIND, BODY, SPIRIT
Disc: TRADE INTERNATIONAL
Paperback
245 X 173 mm
736 Pages
B&W THROUGHOUT
Rel Date: **February 2021**
9781906756604
AUD\$: 67.99





Disciplinary Literacies

Unpacking Research, Theory, and Practice

By Evan Ortlieb, Britnie Delinger Kane, Earl H. Cheek Jr.

Educators increasingly recognize the importance of disciplinary literacy for student success, beginning as early as the primary grades.

This cutting-edge volume examines ways to help K–12 students develop the literacy skills and inquiry practices needed.

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Bridging the Gap

Creating a Culturally Responsive School

By Hank Gutierrez

Bridging the Gap: Creating a Culturally Responsive School is intended to reach both K-16 educational leaders and classroom teachers alike.

Given the academic perils facing our Black and historically oppressed students of color in the United States, the need to bridge the gap between classroom-based culturally relevant practices and culturally responsive leadership has never been greater. How is this done?

Answering that question is the goal of this book.

Explicit tactics are shared for university and site level leaders in mobilizing the heavy lifting in creating a transformational base - supporting teachers' enactment of culturally responsive pedagogy.

With first-hand testimonies and frameworks from research, this book allows practitioners to regain an understanding of culturally relevant practices, as well as the overlay of culturally responsive transformational leadership (Khalifa, 2016; Northouse, 2019), creating an equitable school climate where Black and historically oppressed students thrive academically.

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