

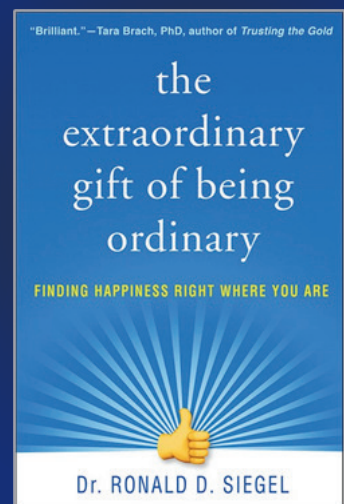
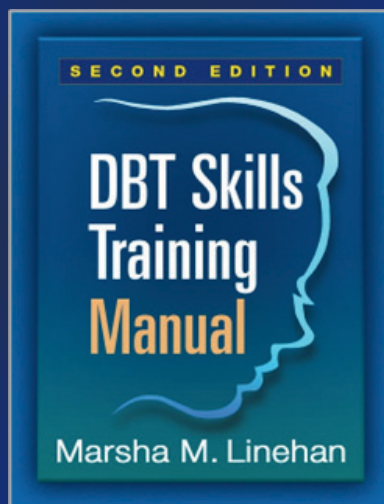
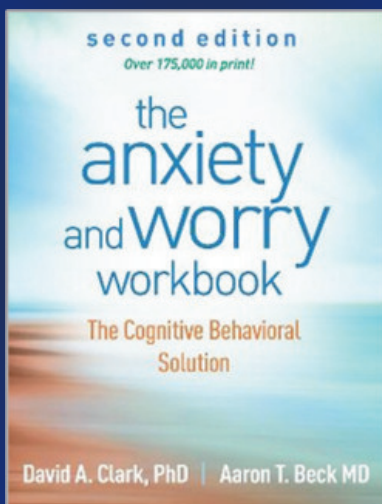
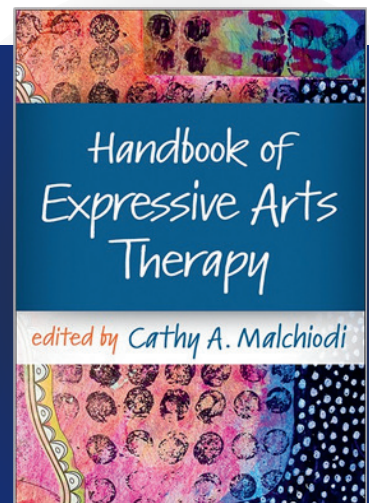
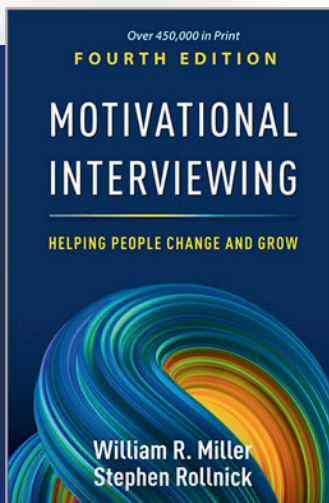
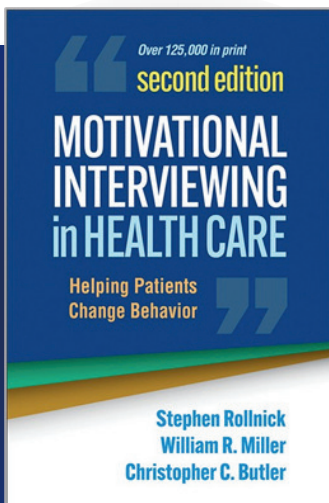


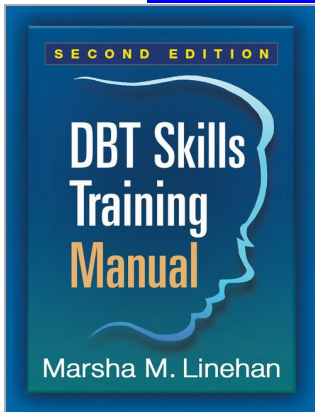
GUILFORD

GUILFORD PRESS

BESTSELLING TITLES

OCTOBER 2023





DBT Skills Training Manual 2/e

By Marsha M. Linehan

From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, handouts, and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting clients to DBT, plus teaching notes for the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. Handouts and worksheets are not included in the book; purchasers get access to a Web page where they can download and print all the handouts and worksheets discussed, as well as the teaching notes.

GUILFORD PUBLICATIONS

OTHER MEDICINE

Disc: TEXT

Paperback

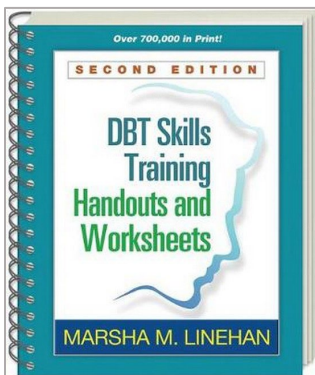
279 X 216 mm

504 Pages

Rel Date: December 2014

9781462516995

AUD\$: 133.00



DBT Skills Training Handouts and Worksheets 2/e

By Marsha M. Linehan

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All the handouts and worksheets discussed in Marsha M. Linehan's *DBT Skills Training Manual, Second Edition*, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their needs. The 8 1/2" x 11" format and spiral binding facilitate photocopying.

GUILFORD PUBLICATIONS

OTHER MEDICINE

Disc: ACAD & PROFESSIONAL

Paperback

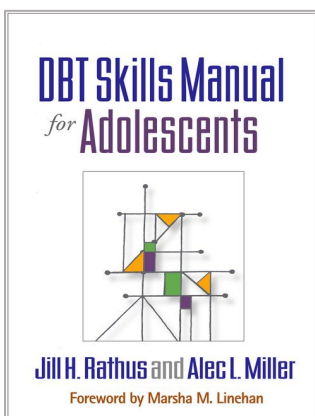
279 X 216 mm

422 Pages

Rel Date: January 2015

9781572307810

AUD\$: 95.99



DBT Skills Manual for Adolescents

By Jill H. Rathus, Alec L. Miller

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

GUILFORD PUBLICATIONS

OTHER MEDICINE

Disc: TEXT

Paperback

266 X 203 mm

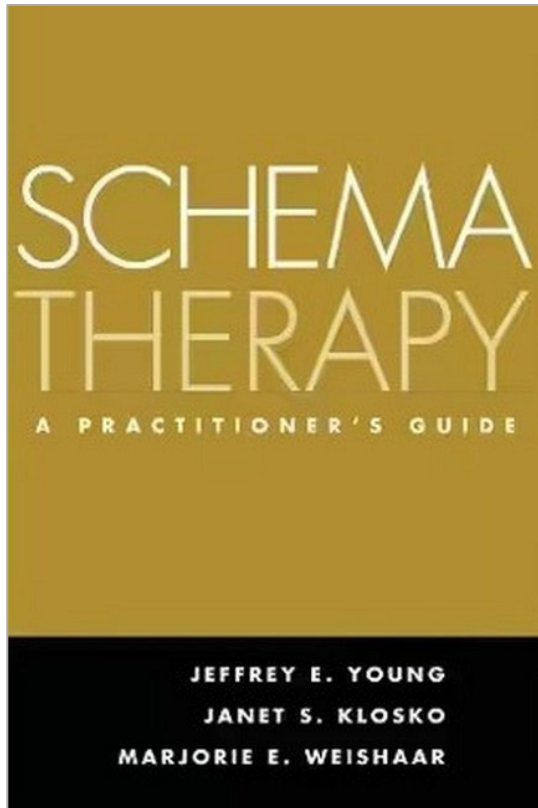
392 Pages

Rel Date: February 2015

9781462515356

AUD\$: 112.00





Schema Therapy

A Practitioner's Guide

By Jeffrey E Young, Janet S. Klosko, Marjorie E. Weishaar

Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of other widely practiced therapies.

This book--written by the model's developer and two of its leading practitioners--is the first major text for clinicians wishing to learn and use this popular approach.

Described are innovative ways to rapidly conceptualize challenging cases, explore the client's childhood history, identify, and modify self-defeating patterns, use imagery and other experiential techniques in treatment, and maximize the power of the therapeutic relationship.

Including detailed protocols for treating borderline personality disorder and narcissistic personality disorder, the book is illustrated with numerous clinical examples.

GUILFORD PUBLICATIONS

Category: CLINICAL/INT'L MEDIC

Disc: ACAD & PROFESSIONAL

235 X 156 mm

Release Date: January 2007

9781593853723

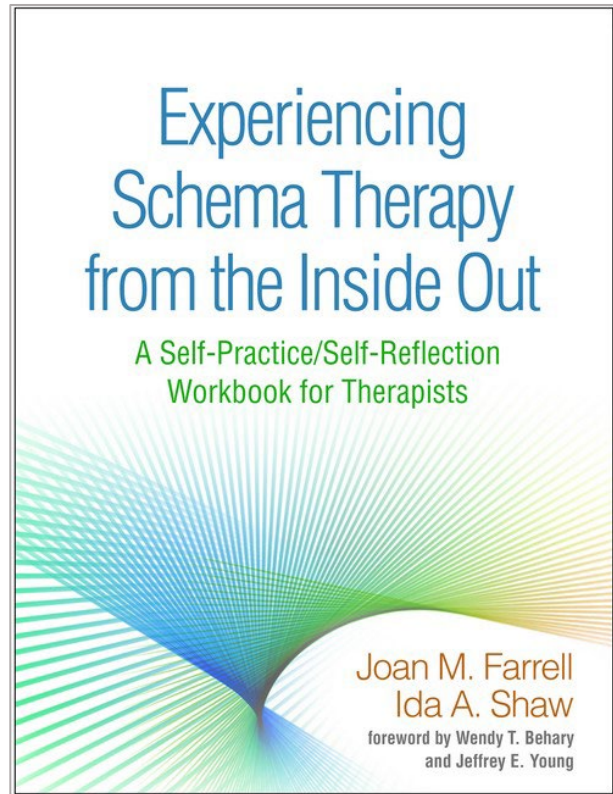
Paperback

436 pages

AUD\$: 126.00



9 781593 853723



Experiencing Schema Therapy from the Inside Out

A Self-Practice/Self-Reflection Workbook for Therapists

By Joan M. Farrell, Ida A. Shaw

This unique resource helps therapists build their skills in schema therapy (ST) by applying ST techniques to themselves and reflecting on the experience. Designed for use by individuals or groups, the book harnesses the power of self-practice/self-reflection (SP/SR), an evidence-based training strategy.

Twenty modules take therapists step by step through using ST to address a professional or personal problem--from establishing safety and creating a self-conceptualization to implementing mode change work, including cognitive, experiential, and behavioral pattern-breaking interventions.

In a convenient large-size format, the book is illustrated with vivid therapist examples and features numerous reproducible worksheets and forms for doing the SP/SR exercises. Purchasers get access to a Web page where they can download and print the reproducible materials.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE

Disc: TEXT

266 X 203 mm

Release Date: February 2018

9781462533282

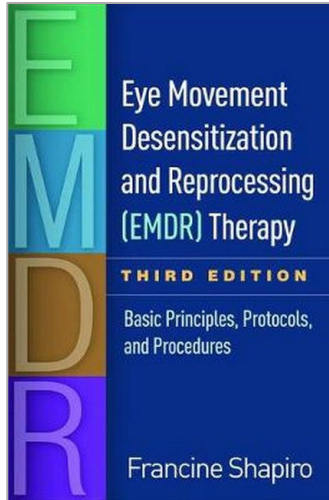
Paperback

318 pages

AUD\$: 79.99



9 781462 533282



Eye Movement Desensitization and Reprocessing (EMDR) Therapy 3/e

Basic Principles, Protocols, and Procedures

By *Francine Shapiro*



The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy. MDR originator Francine Shapiro reviews the therapy theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE

Disc: TEXT

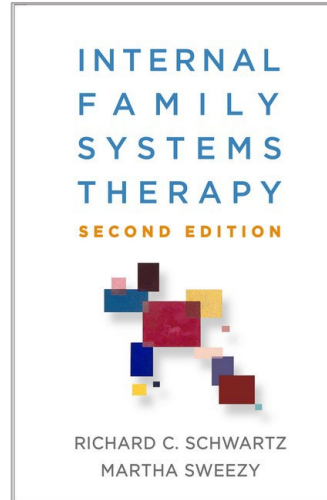
235 X 156 mm

Release Date: February 2018

9781462532766

Hardback
568 pages

AUD\$: 153.00



Internal Family Systems Therapy 2/e

By *Richard C. Schwartz, Martha Sweezy*



IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE

Disc: ACAD & PROFESSIONAL

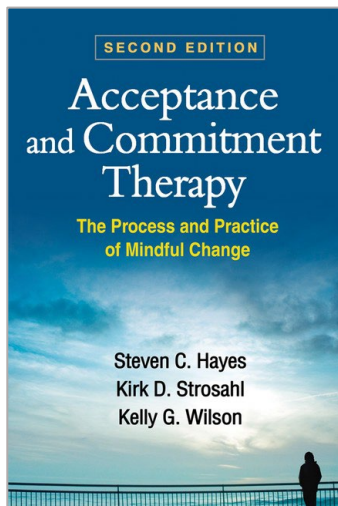
229 X 152 mm

Release Date: November 2019

9781462541461

Hardback
304 pages

AUD\$: 112.00



Acceptance and Commitment Therapy 2/e

The Process and Practice of Mindful Change

By *Steven C. Hayes, Kirk D. Strosahl*



Since the original publication of this seminal work, acceptance, and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE

Disc: ACAD & PROFESSIONAL

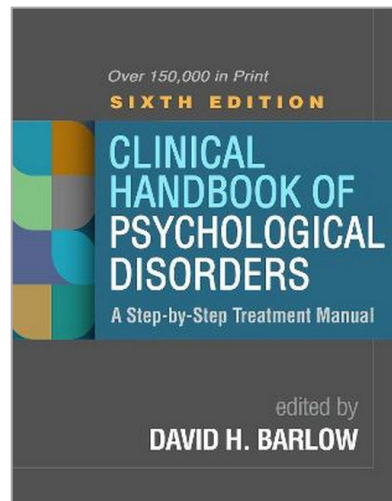
229 X 152 mm

Release Date: October 2016

9781462528943

Paperback
402 pages

AUD\$: 112.00



Clinical Handbook of Psychological Disorders 6/e

A Step-by-Step Treatment Manual

By *David H. Barlow*



Now in a revised and expanded sixth edition, this is the leading text on evidence-based treatments for frequently encountered mental health problems.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE

Disc: ACAD & PROFESSIONAL

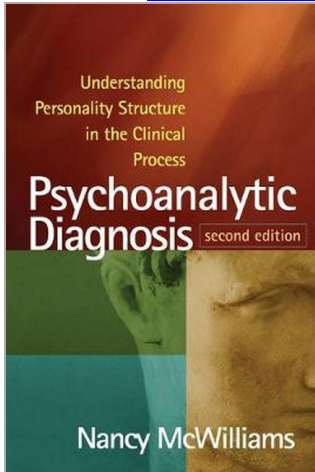
150 X 150 mm

Release Date: August 2021

9781462547043

Hardback
822 pages

AUD\$: 217.00



Psychoanalytic Diagnosis 2/e

Understanding Personality Structure in the Clinical Process

By Nancy McWilliams

This acclaimed clinical guide and widely adopted text has filled a key need in the field since its original publication. Nancy McWilliams makes psychoanalytic personality theory and its implications for practice accessible to practitioners of all levels of experience. She explains major character types and demonstrates specific ways that understanding the patient's individual personality structure can influence the therapist's focus and style of intervention. Guidelines are provided for developing a systematic yet flexible diagnostic formulation and using it to inform treatment. Highly readable, the book features a wealth of illustrative clinical examples.

GUILFORD PUBLICATIONS

PSYCHOLOGY

Disc: TEXT

Paperback

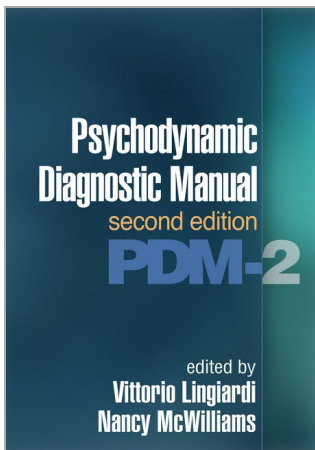
229 X 152 mm

426 Pages

Rel Date: May 2020

9781462543694

AUD\$: 91.99



Psychodynamic Diagnostic Manual 2/e

PDM-2

By Vittorio Lingiardi, Nancy McWilliams

Now completely revised (over 90% new), this is the authoritative diagnostic manual grounded in psychodynamic clinical models and theories. Explicitly oriented toward case formulation and treatment planning, PDM-2 offers practitioners an empirically based, clinically useful alternative or supplement to DSM and ICD categorical diagnoses. Leading international authorities systematically address personality functioning and psychological problems of infancy, childhood, adolescence, adulthood, and old age, including clear conceptualizations and illustrative case examples. Purchasers get access to a companion website where they can find additional case illustrations and download and print five reproducible PDM-derived rating scales in a convenient 8 1/2" x 11" size.

GUILFORD PUBLICATIONS

PSYCHOLOGY

Disc: TEXT

Paperback

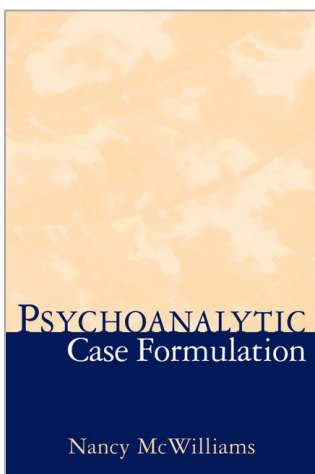
254 X 178 mm

1078 Pages

Rel Date: August 2017

9781462530540

AUD\$: 153.00



Psychoanalytic Case Formulation

By Nancy McWilliams

This invaluable book shows that while seasoned practitioners rely upon established diagnostic categories for record-keeping, their actual clinical concepts and practices reflect more inferential, subjective, and intuitive processes. From the author of the landmark text Psychoanalytic Diagnosis, the volume takes clinicians step-by-step through developing a dynamic case formulation and using this information to guide and inform treatment decisions. Synthesizing extensive clinical literature, diverse psychoanalytic viewpoints, and empirical research in psychology and psychiatry, McWilliams brings assessment to life and illuminates the entire psychotherapeutic process.

GUILFORD PUBLICATIONS

PSYCHOLOGY

Disc: TEXT

Hardback

229 X 152 mm

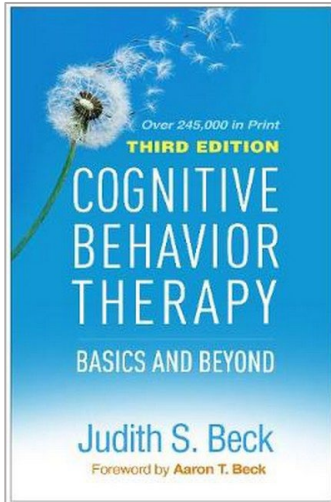
240 Pages

Rel Date: May 1999

9781572304628

AUD\$: 120.00





Cognitive Behavior Therapy 3/e
Basics and Beyond

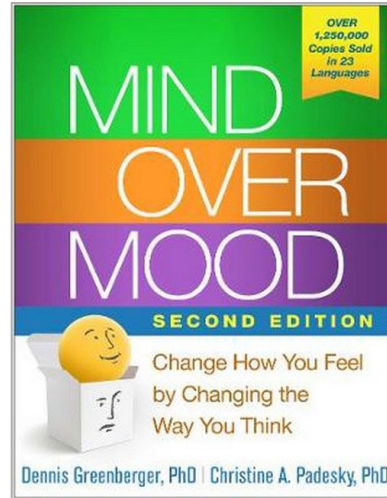
By *Judith S. Beck*



Leading expert Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan individualized treatment, structure sessions, and implement core cognitive, behavioral, and experiential techniques.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TEXT
229 X 152 mm
Release Date: January 2021
9781462544196

Hardback
414 pages
AUD\$: 133.00



Mind Over Mood 2/e
Change How You Feel by Changing the Way You Think

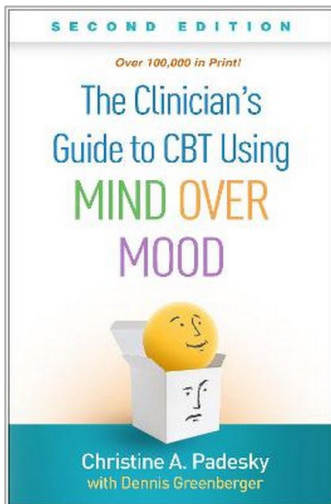
By *Dennis Greenberger, Christine A. Padesky*



Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,100,000 readers use cognitive-behavioral therapy.

GUILFORD PUBLICATIONS
Category: SELF-HELP/PRACTICAL
Disc: TRADE INTERNATIONAL
266 X 203 mm
Release Date: October 2015
9781462520428

Paperback
341 pages
AUD\$: 71.99



The Clinician's Guide to CBT Using Mind Over Mood 2/e

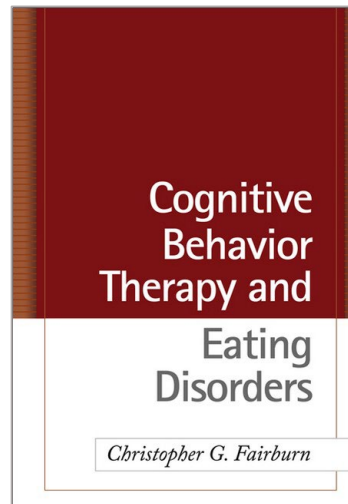
By *Christine A. Padesky*



This authoritative guide has been completely revised and expanded with over 90% new material in a new step-by-step format. It details how, when, and why therapists can make best use of each chapter in *Mind Over Mood, Second Edition (MOM2)*, in individual, couple, and group therapy).

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: May 2020
9781462542574

Paperback
488 pages
AUD\$: 103.00



Cognitive Behavior Therapy and Eating Disorders

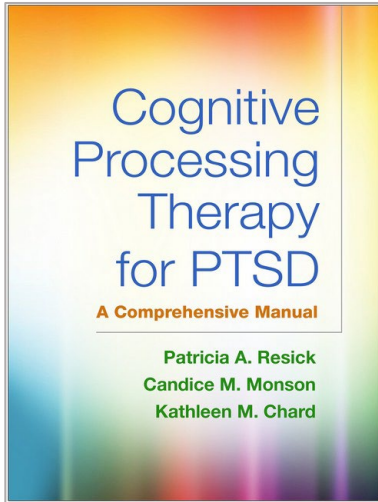
By *Christopher G. Fairburn*



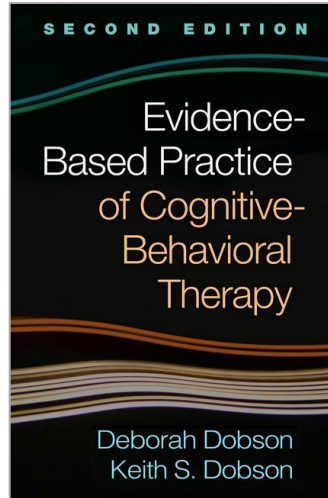
Presents a comprehensive guide to the practice of "enhanced" cognitive behaviour therapy (CBT-E), the leading empirically supported treatment for eating disorders. This book provides the first comprehensive guide to enhanced cognitive behavior therapy (CBT-E), the leading empirically supported treatment for eating disorders in adults.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: June 2008
9781593857097

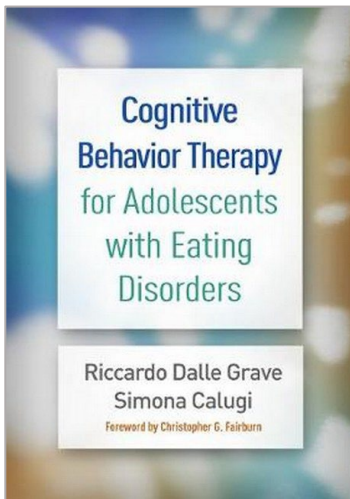
Hardback
324 pages
AUD\$: 130.00

**Cognitive Processing Therapy for PTSD**
A Comprehensive Manual*By Patricia A. Resick, Candice M. Monson*

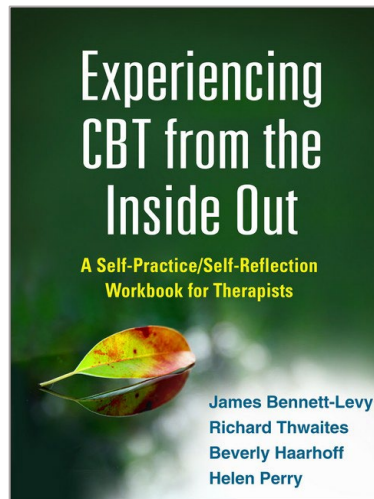
The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD).

GUILFORD PUBLICATIONSCategory: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
266 X 203 mm
Release Date: February 2017
9781462528646Paperback
312 pages**AUD\$: 112.00****Evidence-Based Practice of Cognitive-Behavioral Therapy 2/e***By Deborah Dobson, Keith S Dobson*

From an experienced clinician and a prominent psychotherapy researcher, this book synthesizes the evidence base for cognitive-behavioral therapy (CBT) and translates it into practical clinical guidelines.

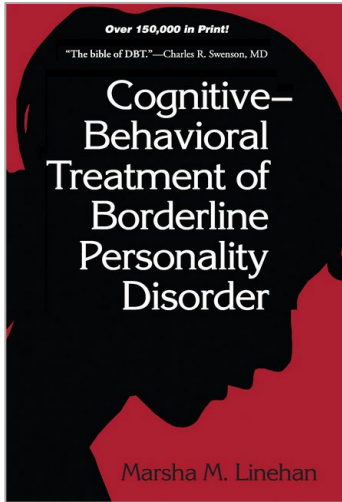
GUILFORD PUBLICATIONSCategory: OTHER MEDICINE
Disc: TEXT
229 X 152 mm
Release Date: September 2018
9781462538027Paperback
354 pages**AUD\$: 71.99****Cognitive Behavior Therapy for Adolescents with Eating Disorders***By Riccardo Dalle Grave, Simona Calugi*

This state-of-the-art guide provides a powerful transdiagnostic approach for treating adolescent eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorder, and others) in either outpatient or inpatient settings.

GUILFORD PUBLICATIONSCategory: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: November 2020
9781462542734Hardback
344 pages**AUD\$: 103.00****Experiencing CBT from the Inside Out**
A Self-Practice/Self-Reflection Workbook for Therapists**AUS & NZ AUTHORS***By James Bennett-Levy, Richard Thwaites*

Engaging and authoritative, this unique workbook enables therapists and students to build technical savvy in contemporary CBT interventions while deepening their self-awareness and therapeutic relationship skills.

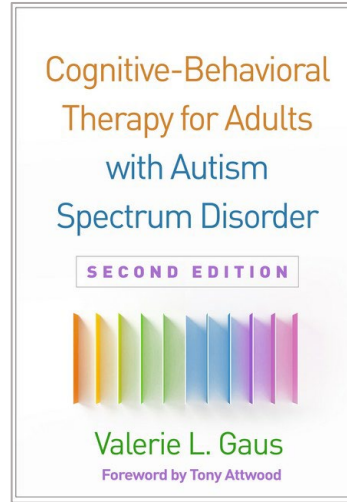
GUILFORD PUBLICATIONSCategory: OTHER MEDICINE
Australian and NZ Authors
Disc: TEXT
266 X 203 mm
Release Date: April 2015
9781462518890Paperback
278 pages**AUD\$: 79.99**

**Cognitive-Behavioral Treatment of Borderline Personality Disorder***By Marsha M. Linehan*

In this work, Marsha M. Linehan not only provides specific guidelines that creatively combine the best elements of behavioral, personality, psychoanalytic, strategic, and other commonly employed modalities, but helps the therapist survive.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
235 X 156 mm
Release Date: July 1993
9780898621839

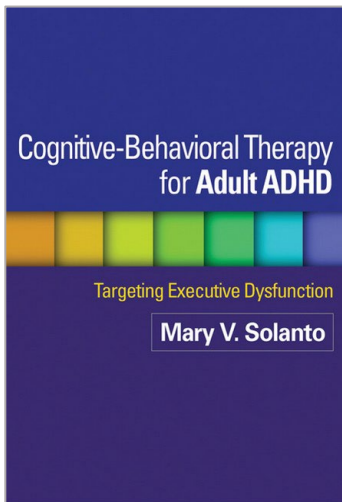
Hardback
558 pages
AUD\$: 194.00

**Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder 2/e***By Valerie L. Gaus*

Now revised and expanded, this is the leading resource for psychotherapists working with adults who have autism spectrum disorder (ASD) without significant cognitive and language impairments (also known as Asperger syndrome).

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TEXT
254 X 178 mm
Release Date: February 2019
9781462537686

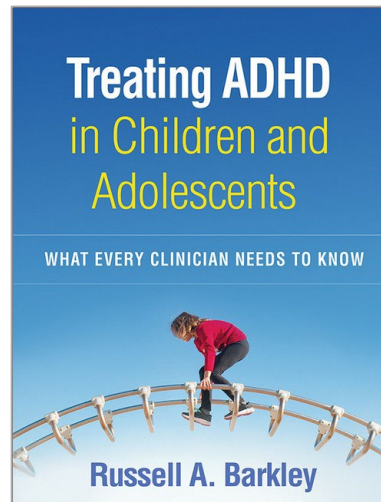
Hardback
312 pages
AUD\$: 85.99

**Cognitive-Behavioral Therapy for Adult ADHD****Targeting Executive Dysfunction***By Mary V. Solanto*

This highly practical book provides evidence-based strategies for helping adults with ADHD build essential skills for time management, organization, planning, and coping.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: November 2013
9781462509638

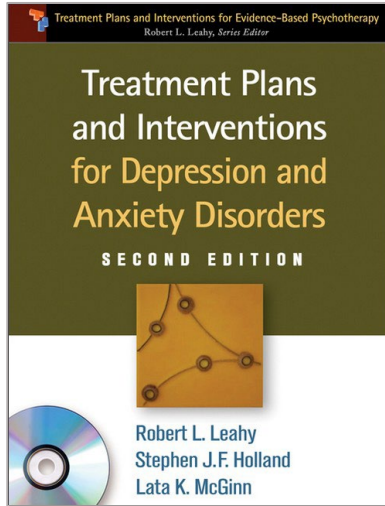
Paperback
214 pages
AUD\$: 79.99

**Treating ADHD in Children and Adolescents****What Every Clinician Needs to Know***By Russell A. Barkley*

From foremost authority Russell A. Barkley, this book presents essential principles and practices for managing attention-deficit/hyperactivity disorder (ADHD) in children and teens.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
265 X 200 mm
Release Date: September 2022
9781462545148

Paperback
364 pages
AUD\$: 103.00



Treatment Plans & Interventions for Depression & Anxiety Disorders 2/e

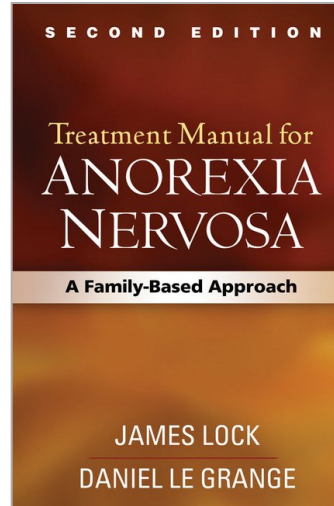
By Robert L. Leahy, Stephen J. F. Holland



This practical resource provides busy practitioners with empirically supported treatments for seven common disorders. Chapters describe basic cognitive-behavioral therapy (CBT) techniques and how to tailor them to each disorder.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: TEXT
 266 X 203 mm
 Release Date: January 2012
9781609186494

Paperback
 490 pages
AUD\$: 169.00



**Treatment Manual for Anorexia Nervosa 2/e
 A Family-Based Approach**

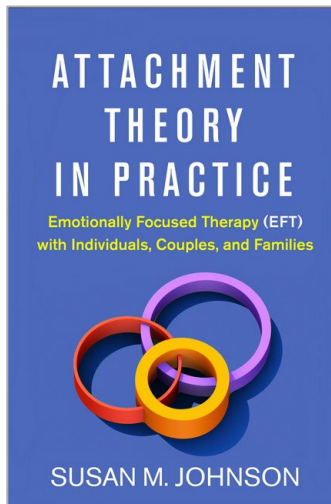
By James Lock, Daniel Le Grange



This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 229 X 152 mm
 Release Date: September 2015
9781462523467

Paperback
 289 pages
AUD\$: 88.99



Attachment Theory in Practice
 Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

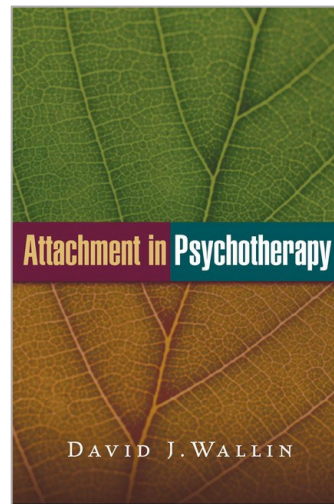
By Susan M. Johnson



Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 229 X 152 mm
 Release Date: March 2019
9781462538249

Hardback
 278 pages
AUD\$: 95.99



Attachment in Psychotherapy

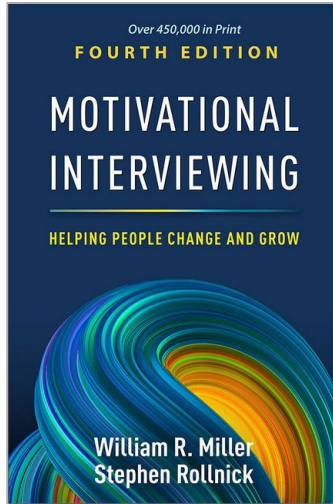
By David J. Wallin



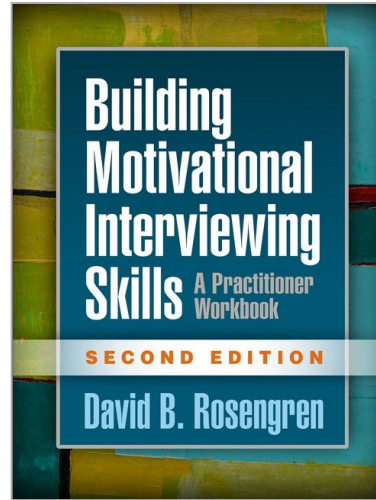
This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship.

GUILFORD PUBLICATIONS
 Category: PSYCHOLOGY
 Disc: ACAD & PROFESSIONAL
 229 X 152 mm
 Release Date: August 2015
9781462522712

Paperback
 366 pages
AUD\$: 88.99

**Motivational Interviewing 4/e**
Helping People Change and Grow*By William R. Miller, Stephen Rollnick***NEW EDITION**

Now in a fully rewritten fourth edition, this is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. The book reviews the evidence base for the approach and covers ways to assess the quality of MI.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
228 X 152 mm
Release Date: August 2023
9781462552795Hardback
338 pages
NOT ILLUSTRATED
AUD\$: 149.00**Building Motivational Interviewing Skills 2/e**

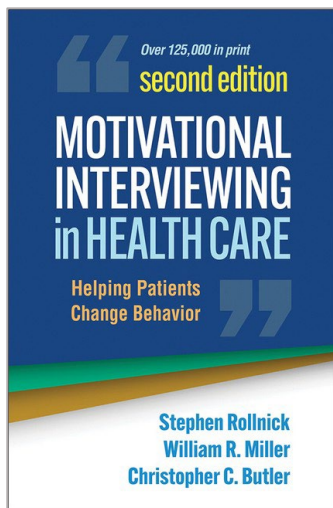
A Practitioner Workbook

*By David Rosengren***SECOND EDITION**

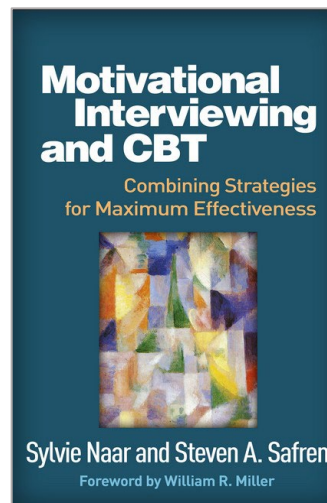
David B. Rosengren



Many tens of thousands of mental health and health care professionals have used this essential book. Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities.

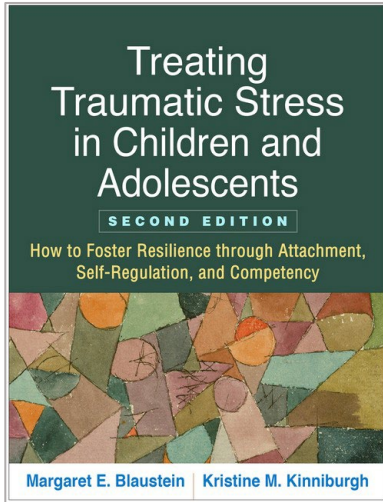
GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
266 X 203 mm
Release Date: November 2017
9781462532063Paperback
513 pages
AUD\$: 126.00**Motivational Interviewing in Health Care 2/e**
Helping Patients Change Behavior*By Stephen Rollnick, William R. Miller***NEW EDITION**

The definitive guide to motivational interviewing (MI) for health care practitioners has been completely revised to reflect important developments and make the approach even more accessible.

GUILFORD PUBLICATIONS
Category: PSYCHOLOGY
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: December 2022
9781462550371Paperback
216 pages
AUD\$: 79.99**Motivational Interviewing and CBT**
Combining Strategies for Maximum Effectiveness*By Sylvie Naar, Steven A. Safren*

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TEXT
254 X 178 mm
Release Date: October 2017
9781462531547Hardback
242 pages
AUD\$: 79.99



Treating Traumatic Stress in Children and Adolescents 2/e

How to Foster Resilience through Attachment, Self-Regulation, and Competency

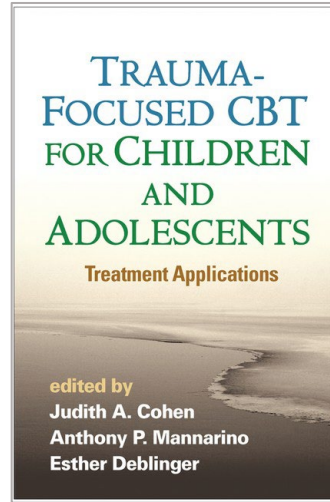
By *Margaret E. Blaustein, Kristine M. Kinniburgh*



Packed with practical clinical tools, this guide explains how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic trauma.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: TEXT
 266 X 203 mm
 Release Date: January 2019
9781462537044

Paperback
 528 pages
AUD\$: 120.00



Trauma-Focused CBT for Children and Adolescents
 Treatment Applications

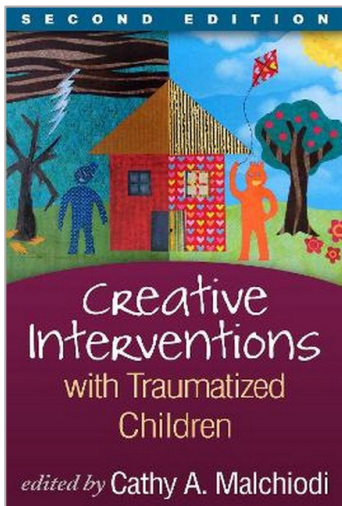
By *Judith A. Cohen, Anthony P. Mannarino*



Featuring a wealth of clinical examples, this book facilitates implementation of Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) in a range of contexts. It demonstrates how assessment strategies and treatment components.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 229 X 152 mm
 Release Date: December 2016
9781462527779

Paperback
 308 pages
AUD\$: 79.99



Creative Interventions with Traumatized Children 2/e

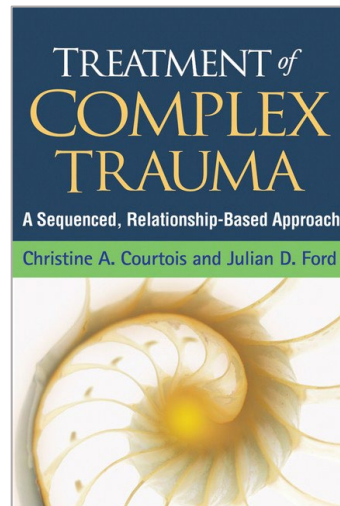
By *Cathy A. Malchiodi, Bruce D. Perry*



A trusted, bestselling resource, this volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Author is from Australian Contributor
 Disc: ACAD & PROFESSIONAL
 254 X 178 mm
 Release Date: October 2021
9781462548491

Paperback
 364 pages
 NOT ILLUSTRATED
AUD\$: 88.99



Treatment of Complex Trauma
 A Sequenced, Relationship-Based Approach

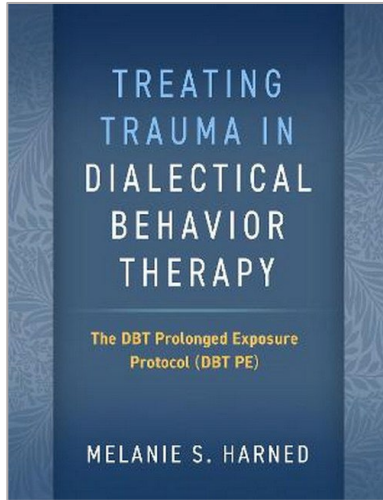
By *Christine A. Courtois, Julian D. Ford*



This insightful guide provides a pragmatic roadmap for treating adult survivors of complex psychological trauma. Christine Courtois and Julian Ford present their effective, research-based approach for helping clients move through three phases.

GUILFORD PUBLICATIONS
 Category: OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 235 X 156 mm
 Release Date: December 2015
9781462524600

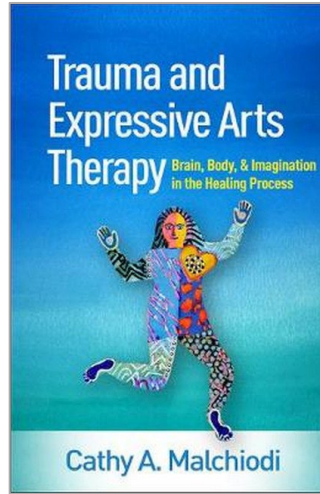
Paperback
 378 pages
AUD\$: 88.99

**Treating Trauma in Dialectical Behavior Therapy**
The DBT Prolonged Exposure Protocol (DBT PE)*By Melanie S. Harned*

Many DBT clients suffer from posttraumatic stress disorder (PTSD), but until now the field has lacked a formal, tested protocol for exactly when and how to treat trauma within DBT.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
270 X 210 mm
Release Date: August 2022
9781462549122

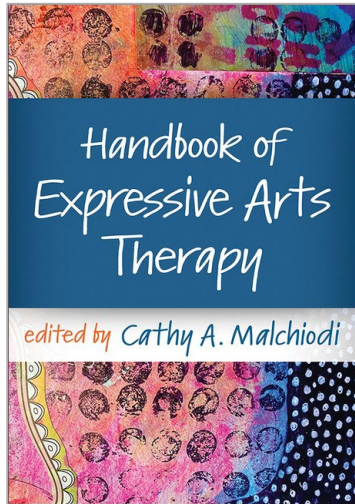
Paperback
442 pages
AUD\$: 108.00

**Trauma and Expressive Arts Therapy**
Brain, Body, and Imagination in the Healing Process*By Cathy A. Malchiodi*

From pioneering therapist Cathy A. Malchiodi, this book synthesizes the breadth of research on trauma and the brain and presents an innovative framework for treating trauma through the expressive arts.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
235 X 156 mm
Release Date: November 2020
9781462543113

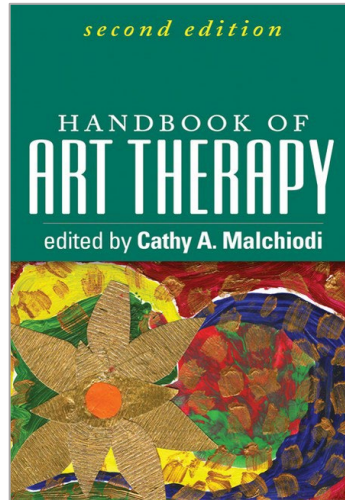
Hardback
406 pages
AUD\$: 103.00

**Handbook of Expressive Arts Therapy****NEW***By Cathy A. Malchiodi*

Authoritative work on helping adults heal, edited by a renowned expert. Research is growing for the use of expressive arts to access and regulate powerful emotions and support recovery.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Author is from Australian Contributor
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: February 2023
9781462550524

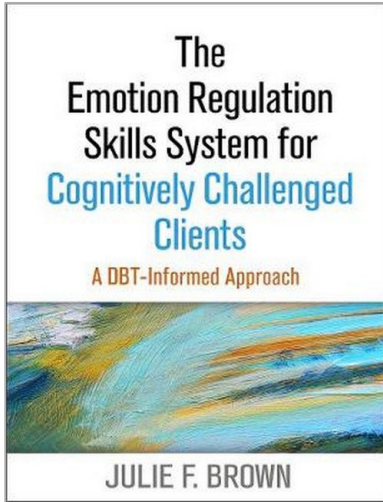
Paperback
334 pages
AUD\$: 91.99

**Handbook of Art Therapy 2/e***By Cathy A. Malchiodi*

Widely regarded as the standard reference in the field, this Handbook provides a complete overview of art therapy, from theory and research to practical applications.

GUILFORD PUBLICATIONS
Category: NURSING & ANCILLARY
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2012
9781609189754

Hardback
496 pages
AUD\$: 181.00

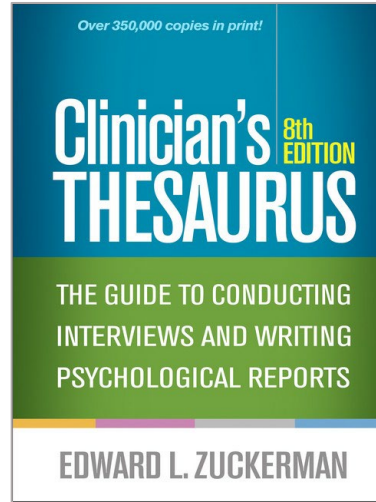
**The Emotion Regulation Skills System for Cognitively Challenged Clients**
A DBT-Informed ApproachBy *Julie F. Brown*

9 781462 519286

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for participants with cognitive challenges.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
266 X 203 mm
Release Date: February 2016
9781462519286

Paperback
367 pages
AUD\$: 88.99

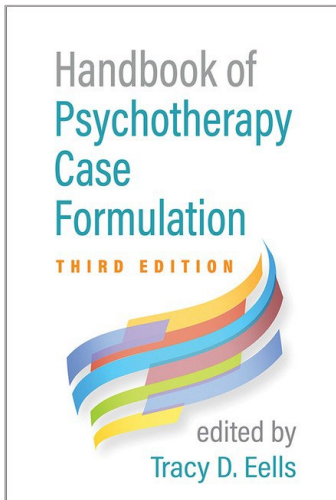
**Clinician's Thesaurus 8/e**
The Guide to Conducting Interviews and Writing Psychological ReportsBy *Edward L. Zuckerman*

9 781462 538805

Hundreds of thousands of students and early-career professionals have relied on this authoritative report-writing tool, now updated for DSM-5/ICD-10-CM and newer types of evaluations.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TEXT
266 X 203 mm
Release Date: June 2019
9781462538805

Paperback
400 pages
AUD\$: 120.00

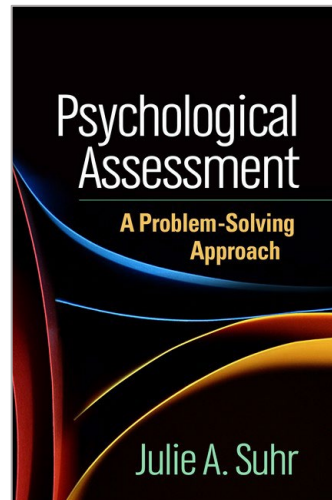
**Handbook of Psychotherapy Case Formulation 3/e**By *Tracy D. Eells, Ephi J. Betan*

9 781462 548996

Now in a significantly revised third edition featuring 60% new material, this is the authoritative clinical reference and course text on a crucial psychotherapy skill. Leading practitioners of major psychotherapies describe individual treatment.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
234 X 156 mm
Release Date: September 2022
9781462548996

Paperback
488 pages
AUD\$: 103.00

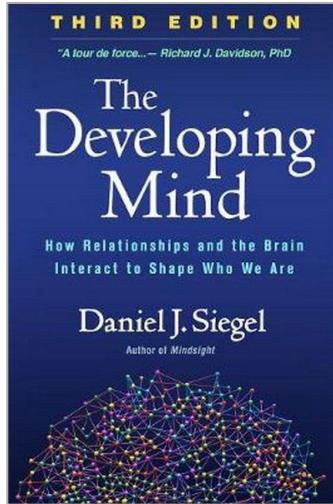
**Psychological Assessment**
A Problem-Solving ApproachBy *Julie A. Suhr*

9 781462 519583

This authoritative clinical reference and text provides a complete guide to conducting empirically based assessments to support accurate diagnoses and better clinical care. The book builds crucial skills for gathering and interpreting data.

GUILFORD PUBLICATIONS
Category: OTHER MEDICINE
Disc: TEXT
229 X 152 mm
Release Date: May 2015
9781462519583

Hardback
308 pages
AUD\$: 141.00



The Developing Mind
3/e
 How Relationships and the Brain Interact to Shape Who We Are

By **Daniel J. Siegel**

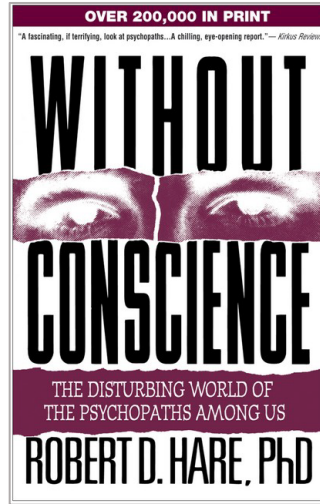


This highly influential work--now in a revised and expanded third edition incorporating major advances in the field--gives clinicians, educators, and students a new understanding of what the mind is, how it grows, and how to promote.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE
 Disc: TEXT
 235 X 156 mm
 Release Date: November 2020
9781462542758

Hardback
 674 pages
AUD\$: 120.00



Without Conscience
 The Disturbing World of the Psychopaths Among Us

By **Robert D. Hare**

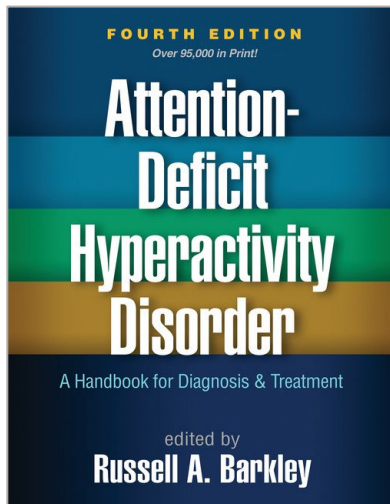


The book presents a compelling portrait of male and female psychopaths, based on 25 years of distinguished scientific research, providing solid information and surprising insights for anyone seeking to understand this devastating condition.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE
 Disc: TRADE INTERNATIONAL
 210 X 140 mm
 Release Date: June 1999
9781572304512

Paperback
 236 pages
AUD\$: 47.99



Attention-Deficit Hyperactivity Disorder 4/e
 A Handbook for Diagnosis and Treatment

By **Russell A. Barkley**

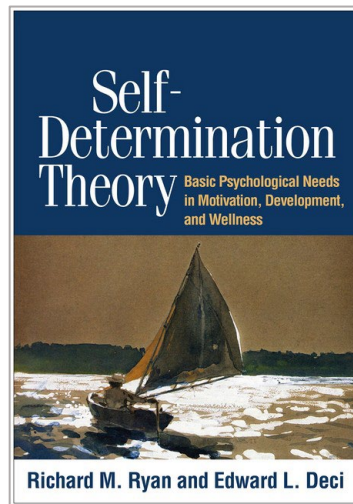


Widely regarded as the standard clinical reference, this volume provides the best current knowledge about attention-deficit/hyperactivity disorder (ADHD) in children, adolescents, and adults.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 235 X 187 mm
 Release Date: December 2018
9781462538874

Paperback
 898 pages
AUD\$: 149.00



Self-Determination Theory
 Basic Psychological Needs in Motivation, Development, and Wellness

By **Richard M. Ryan, Edward L. Deci**

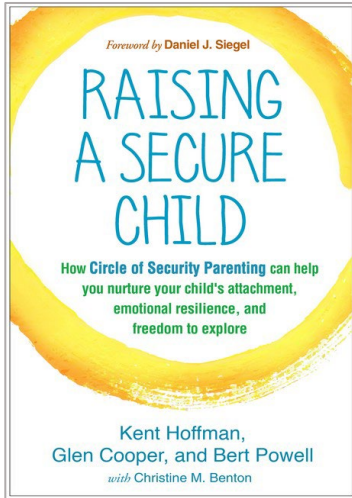


Self-determination theory (SDT) provides a framework for understanding the factors that promote motivation and healthy psychological and behavioral functioning. In this authoritative work, the codevelopers of the theory comprehensively.

GUILFORD PUBLICATIONS

Category: PSYCHOLOGY
 Disc: TEXT
 254 X 178 mm
 Release Date: January 2019
9781462538966

Paperback
 756 pages
AUD\$: 120.00



Raising a Secure Child
How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore

By *Kent Hoffman, Glen Cooper*

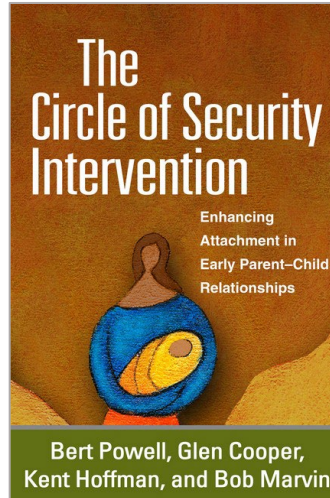


Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: March 2017
9781462527632

Paperback
280 pages
AUD\$: 39.99



The Circle of Security Intervention
Enhancing Attachment in Early Parent-Child Relationships

By *Bert Powell, Glen Cooper*

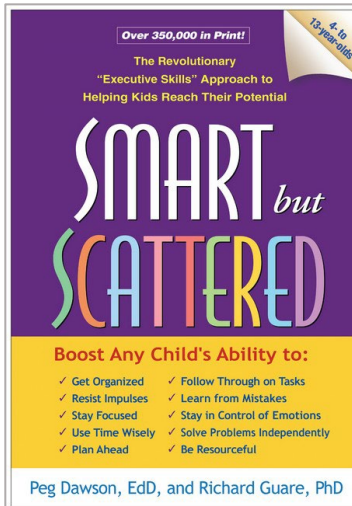


Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention.

GUILFORD PUBLICATIONS

Category: OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: December 2016
9781462527830

Paperback
396 pages
AUD\$: 88.99



Smart but Scattered
The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

By *Peg Dawson, Richard Guare*

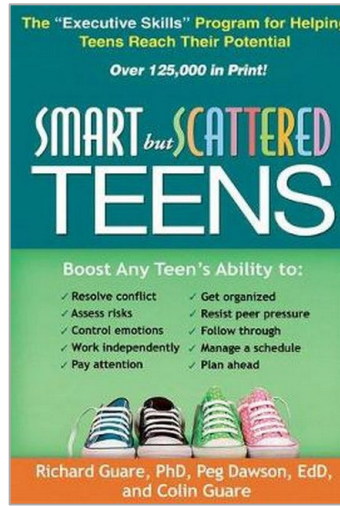


Presents ways to assess children's strengths and weaknesses. This book offers guidance on day-to-day issues like following instructions in the classroom, doing homework, completing chores, reducing performance anxiety, and staying cool.

GUILFORD PUBLICATIONS

Category: EDUCATION
Disc: TRADE INTERNATIONAL
254 X 178 mm
Release Date: December 2008
9781593854454

Paperback
314 pages
AUD\$: 47.99



Smart but Scattered Teens
The "Executive Skills" Program for Helping Teens Reach Their Potential

By *Richard Guare, Peg Dawson*

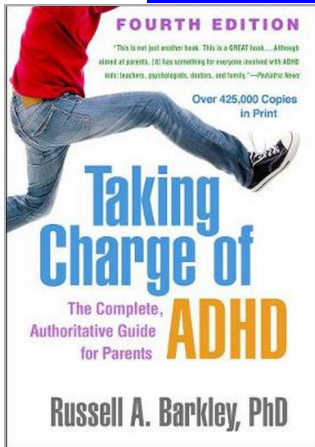


This positive guide provides a science-based program for promoting teens independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
Disc: TRADE INTERNATIONAL
254 X 178 mm
Release Date: February 2013
9781609182298

Paperback
293 pages
AUD\$: 47.99



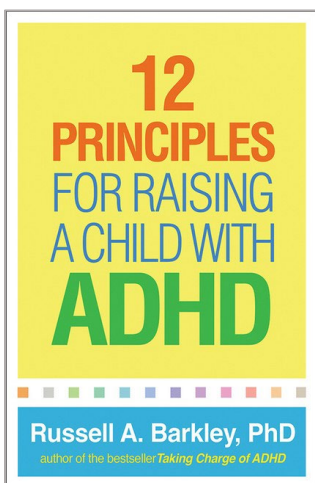
Taking Charge of ADHD 4/e

The Complete, Authoritative Guide for Parents

By **Russell A. Barkley**

The leading parent resource about attention-deficit/hyperactivity disorder (ADHD) and its treatment has now been revised and updated with the latest information and resources. Prominent authority Russell A. Barkley compassionately guides you to: * Understand why kids with ADHD act the way they do. * Get an accurate diagnosis. * Work with school and health care professionals to find needed support. * Implement a proven eight-step behavior management plan. * Build your child's academic and social skills. * Restore harmony at home. New to the fourth edition are a chapter on health risks associated with ADHD, the latest information on the causes of the disorder, current facts on medications, a new discussion of sibling issues, advice for parents who might have ADHD themselves, downloadable practical tools, and much more.

GUILFORD PUBLICATIONS
SOCIAL WELFARE
Disc: TRADE INTERNATIONAL
Paperback
150 X 150 mm
381 Pages
Rel Date: August 2020
9781462542673
AUD\$: 52.99

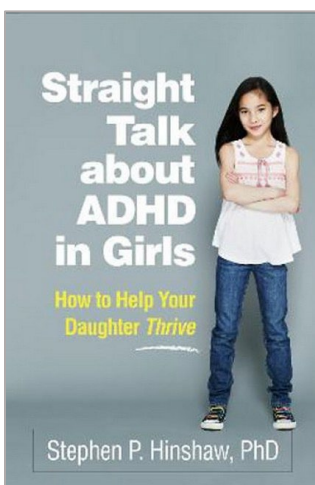


12 Principles for Raising a Child with ADHD

By **Russell A. Barkley**

From his decades of research and work with thousands of families, leading authority Russell A. Barkley knows how overwhelming the everyday challenges of ADHD can be. This unique book guides parents to help their child or teen thrive and keep their loving connection strong, even in hot-button situations. Dr. Barkley presents 12 key parenting principles that address the most common problems that ADHD poses, such as family conflicts, difficult behavior, school problems, out-of-control emotions, and parental stress. He shows how cultivating a mindset of acceptance and compassion—together with an understanding of the executive function deficits of ADHD—gives parents powerful new tools for supporting their child's success. Concise, inspiring, and filled with quick-reference lists and tips, this is the perfect book for parents to read cover to cover or pick up any time they need extra support.

GUILFORD PUBLICATIONS
SOCIAL WELFARE
Disc: TRADE INTERNATIONAL
Paperback
100 X 100 mm
205 Pages
Rel Date: January 2021
9781462542550
AUD\$: 44.99



Straight Talk about ADHD in Girls

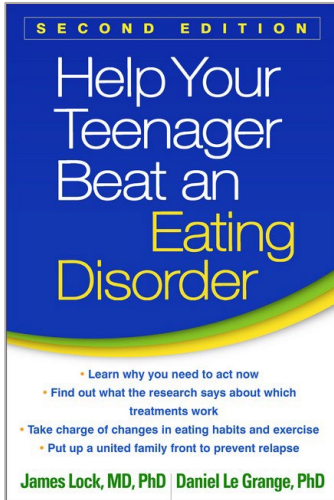
How to Help Your Daughter Thrive

By **Stephen P. Hinshaw**

Parenting a daughter with attention-deficit/hyperactivity disorder (ADHD) is no easy path—especially because of the myth that the disorder is rare to non-existent in girls. Pioneering researcher Stephen P. Hinshaw provides parents of preschool through high school age girls with vital information and advice in this empathic, empowering guide. Dr. Hinshaw delivers up-to-date facts on what ADHD is, why symptoms often appear differently in girls than in boys, why girls with ADHD behave the way they do, how to get an accurate diagnosis, and what treatments are most effective. There is so much pressure on girls to be “perfect;” for those with ADHD, it feels especially hard to measure up. Parents learn concrete steps they can take to support their daughter's success in school and beyond—while nurturing her confidence and self-worth.

GUILFORD PUBLICATIONS
SOCIAL WELFARE, CRIM
Disc: TRADE INTERNATIONAL
Paperback
229 X 152 mm
258 Pages
NOT ILLUSTRATED
Rel Date: September 2022
9781462547517
AUD\$: 44.99





Help Your Teenager Beat an Eating Disorder 2/e

By James Lock, Daniel Le Grange

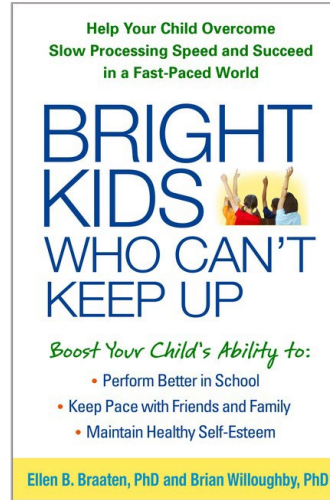


Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge. Numerous vivid stories show how to recognize and address anorexia nervosa, and bulimia.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: May 2015
9781462517480

Paperback
 310 pages
AUD\$: 49.99



Bright Kids Who Can't Keep Up
 Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Pac

By Ellen Braaten, Brian Willoughby

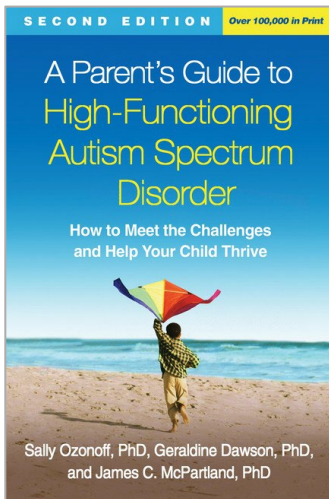


Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done--whether completing homework, responding when spoken to, or getting dressed and ready in the morning?

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: October 2014
9781609184728

Paperback
 207 pages
AUD\$: 39.99



A Parent's Guide to High-Functioning Autism Spectrum Disorder 2/e
 How to Meet the Challenges and Help Your Child Thrive

By Sally Ozonoff, Geraldine Dawson

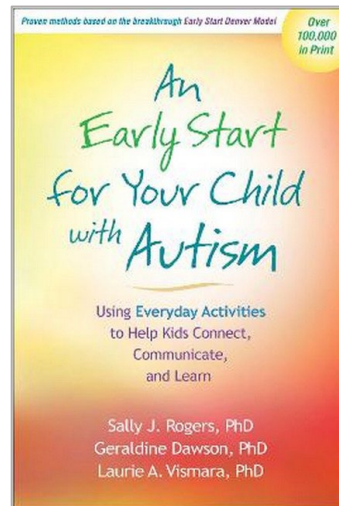


Over 100,000 parents have found the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome, in this indispensable guide. Leading experts show how you can work with your child's unique impairments.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: February 2015
9781462517473

Paperback
 308 pages
AUD\$: 49.99



An Early Start for Your Child with Autism
 Using Everyday Activities to Help Kids Connect, Communicate, and Learn

By Sally J. Rogers, Geraldine Dawson

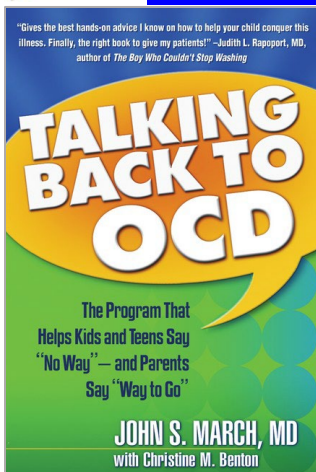


Cutting-edge research reveals that parents can play a huge role in helping toddlers and preschoolers with autism spectrum disorder (ASD) connect with others and live up to their potential.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 254 X 178 mm
 Release Date: August 2012
9781609184704

Paperback
 342 pages
AUD\$: 44.99



Talking Back to OCD

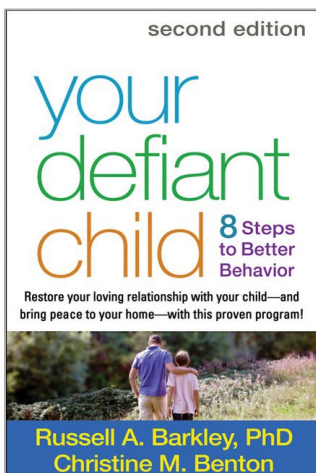
The Program That Helps Kids and Teens Say No Way -- and Parents Say Way

By John S. March, Christine M. Benton

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps young readers zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. Dr. March demonstrates how to:

- *Create a nickname for the illness to remember that OCD isn't you
- *Make a symptom chart so you can plan when and where to start talking back
- *Break the disorder's rules about the rituals.

GUILFORD PUBLICATIONS
 PSYCHOLOGY
 Disc: TRADE INTERNATIONAL
 Paperback
 254 X 178 mm
 276 Pages
 Rel Date: February 2007
9781593853556
AUD\$: 44.99



Your Defiant Child 2/e

Eight Steps to Better Behavior

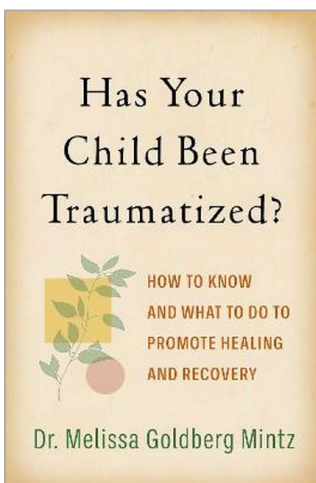
By Russell A. Barkley, Christine M. Benton

Discover a way to end constant power struggles with your defiant, oppositional, ""impossible"" 5- to 12-year-old, with the help of leading child psychologist Russell A. Barkley. Dr. Barkley's approach is research based, practical, and doable--and leads to lasting behavior change. Vivid, realistic stories illustrate what the techniques look like in action. Step by step, learn how you can:

- * Harness the power of positive attention and praise.
- * Use rewards and incentives effectively.
- * Stay calm and consistent--even on the worst of days.
- * Establish a time-out system that works.
- * Target behavioral issues at home, in school, and in public places.

Thoroughly revised to include the latest resources and 15 years' worth of research advances, the second edition also reflects Dr. Barkley's ongoing experiences with parents and kids.

GUILFORD PUBLICATIONS
 FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 Paperback
 229 X 152 mm
 257 Pages
 Rel Date: September 2013
9781462510078
AUD\$: 44.99



Has Your Child Been Traumatized?

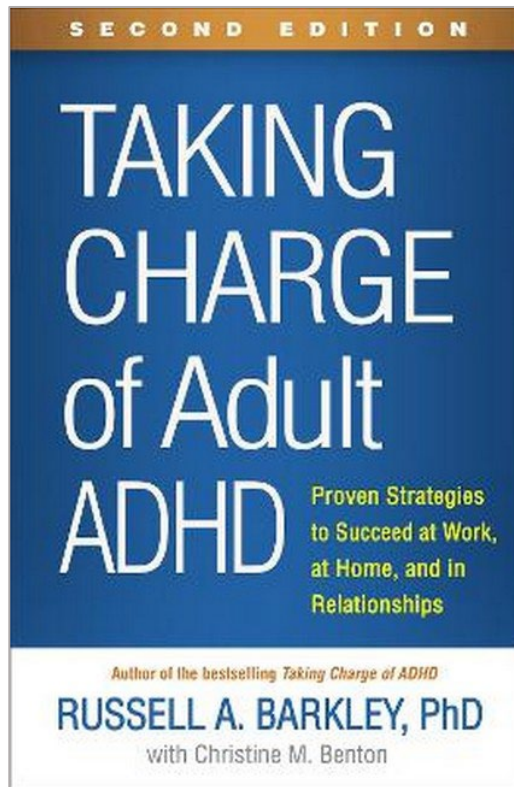
How to Know and What to Do to Promote Healing and Recovery

By Melissa Goldberg Mintz

When a child has been through an upsetting or stressful event, it can feel overwhelming. Is my child traumatized? Are new behaviours normal, or signs of PTSD? What can I do to make my child feel safe again? In this wise and authoritative guide, psychologist Melissa Goldberg Mintz assures loving parents that the tools necessary for supporting a traumatized child are ones they already possess, from promoting recovery at home, to knowing when professional help is needed. Dr. Goldberg Mintz shares specific, critical information and insights into what trauma looks like at different ages, why some kids exposed to the same event react very differently, how to help a child through trauma triggers, and more. Most important, she shows parents how to ensure that kids don't feel constrained by fear--and can face future challenges with hope and resilience.

GUILFORD PUBLICATIONS
 OTHER MEDICINE
 Disc: ACAD & PROFESSIONAL
 Paperback
 229 X 152 mm
 212 Pages
 Rel Date: August 2022
9781462547494
AUD\$: 34.99





Taking Charge of Adult ADHD 2/e
Proven Strategies to Succeed at Work, at Home, and in Relationships

By Russell A. Barkley, Christine M. Benton

Many tens of thousands of readers have found needed information and support in this authoritative guide, now in a revised and updated second edition.

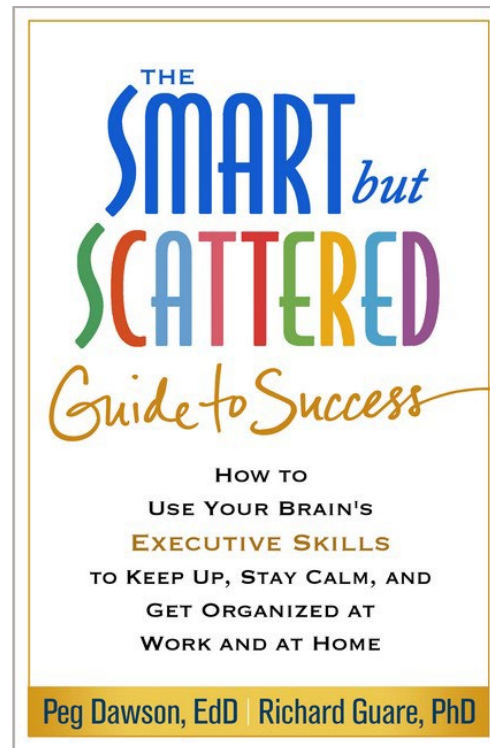
Preeminent expert Russell A. Barkley explains what ADHD looks like in adults, how to get an accurate evaluation, and how sufferers can manage symptoms and build the life they want.

Readers get hands-on skill-building exercises plus clear answers to frequently asked questions about medications and other treatments. Dr. Barkley offers step-by-step strategies for overcoming challenges in specific areas, such as relationships, parenting, work, money management, and driving.

Featuring the latest resources and medication facts, the second edition includes new or expanded discussions of mindfulness, emotional self-control, time management, building a successful career, maintaining a healthy lifestyle, and more.

GUILFORD PUBLICATIONS
Category: CLINICAL/INT'L MEDIC
Disc: TRADE INTERNATIONAL
254 X 178 mm
Release Date: February 2022
9781462546855

Paperback
316 pages
AUD\$: 47.99



The Smart but Scattered Guide to Success
How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home

By Peg Dawson, Richard Guare

Are you smart, scattered, and struggling? You're not alone. Cutting-edge research shows that today's 24/7 wired world and the growing demands of work and family life may simply max out the part of the brain that manages complex tasks.

That's especially true for those lacking strong executive skills--the core brain-based abilities needed to maintain focus, meet deadlines, and stay cool under pressure.

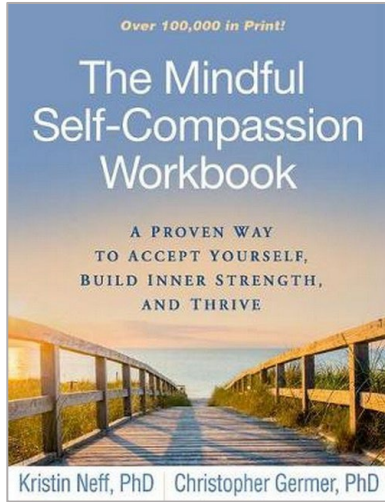
In this essential guide, leading experts Peg Dawson and Richard Guare help you map your own executive skills profile and take effective steps to boost your organizational skills, time management, emotional control, and nine other essential capacities.

The book is packed with science-based strategies and concrete examples, plus downloadable practical tools for creating your own personalized action plan. Whether on the job or at home, you can get more done with less stress.

GUILFORD PUBLICATIONS
Category: SELF-HELP/PRACTICAL
Disc: TRADE INTERNATIONAL
254 X 178 mm
Release Date: February 2016
9781462516964

Paperback
294 pages
AUD\$: 44.99





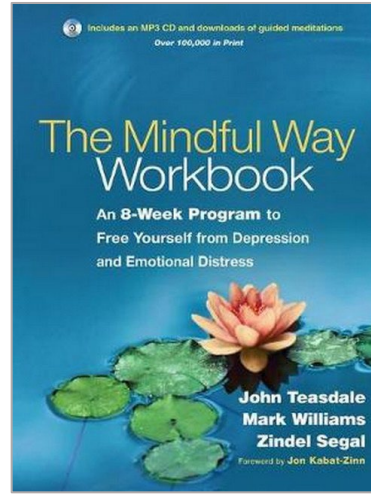
The Mindful Self-Compassion Workbook
A Proven Way to Accept Yourself, Build Inner Strength, and Thrive
By Kristin Neff, Christopher Germer



Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach.

GUILFORD PUBLICATIONS
 Category: SELF-HELP/PRACTICAL
 Disc: TRADE INTERNATIONAL
 266 X 203 mm
 Release Date: October 2018
9781462526789

Paperback
 206 pages
AUD\$: 52.99



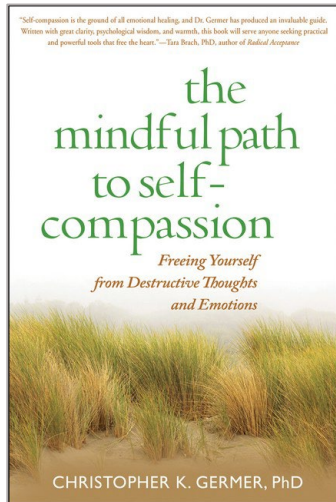
The Mindful Way Workbook
An 8-Week Program to Free Yourself from Depression and Emotional Distress
By John Teasdale, J. Mark G. Williams



Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT).

GUILFORD PUBLICATIONS
 Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 266 X 203 mm
 Release Date: March 2014
9781462508143

Paperback
 228 pages
AUD\$: 65.99



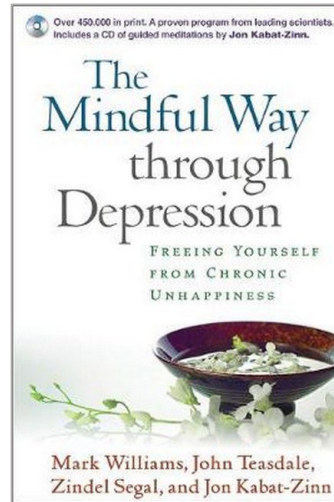
The Mindful Path to Self-Compassion
Freeing Yourself from Destructive Thoughts and Emotions
By Christopher Germer



Illuminates the nature of self-compassion and offers steps for incorporating it into daily life. This book is suitable for readers new to mindfulness or those who want to take their practice to the next level.

GUILFORD PUBLICATIONS
 Category: SELF-HELP/PRACTICAL
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: July 2009
9781593859756

Paperback
 306 pages
AUD\$: 44.99



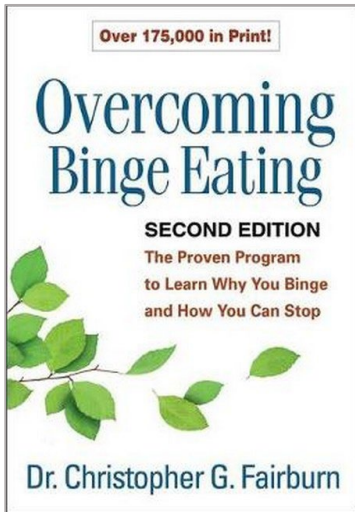
The Mindful Way through Depression
Freeing Yourself from Chronic Unhappiness
By J. Mark G. Williams, John Teasdale



An easy-to-use self-help program that is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden psychological mechanisms that cause chronic unhappiness.

GUILFORD PUBLICATIONS
 Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: July 2007
9781593851286

Paperback
 273 pages
AUD\$: 57.99



Overcoming Binge Eating 2/e
 The Proven Program to Learn Why You Binge and How You Can Stop

By Christopher G. Fairburn



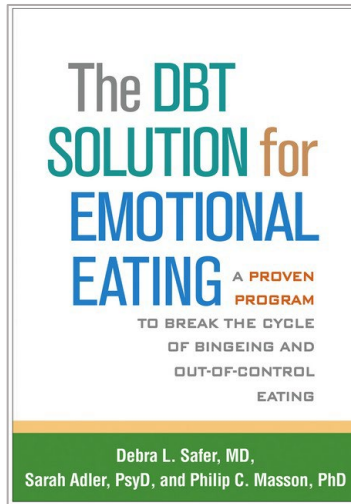
This trusted bestseller provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: September 2013
9781572305618

Paperback
 243 pages

AUD\$: 44.99



The DBT Solution for Emotional Eating
 A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating

By Debra L. Safer, Sarah Adler



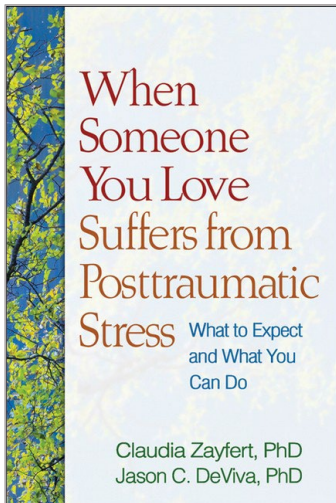
Eating can be a source of great pleasure--or deep distress. If you've picked up this book, chances are you're looking for tools to transform your relationship with food.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 254 X 178 mm
 Release Date: February 2018
9781462520923

Paperback
 278 pages

AUD\$: 49.99



When Someone You Love Suffers from Posttraumatic Stress
 What to Expect and What You Can Do

By Claudia Zayfert, Jason C. DeViva



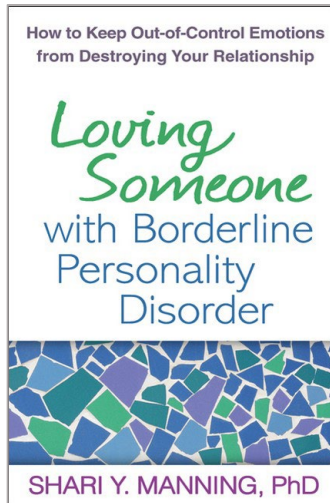
Trauma survivors frequently struggle with unwanted memories, intense emotions, and problems with everyday functioning. Effective help is out there, but the needs of family members -- confused and scared about what has happened to them.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: August 2011
9781609180652

Paperback
 292 pages

AUD\$: 44.99



Loving Someone with Borderline Personality Disorder
 How to Keep Out-of-Control Emotions from Destroying Your Relationship

By Shari Y. Manning



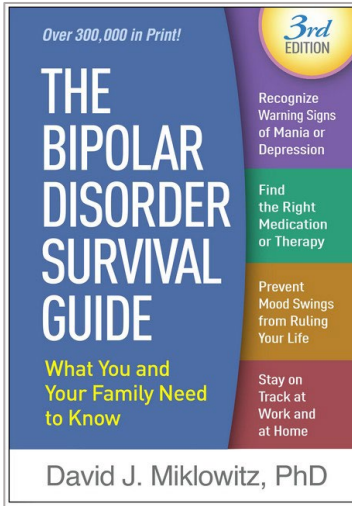
People with BPD can be compassionate, caring, smart, and funny, but they are also prone to explosive emotional outbursts and highly self-destructive acts. BPD expert Dr. Shari Manning helps overwhelmed loved ones.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: August 2011
9781593856076

Paperback
 253 pages

AUD\$: 44.99



The Bipolar Disorder Survival Guide 3/e
What You and Your Family Need to Know

By David J. Miklowitz



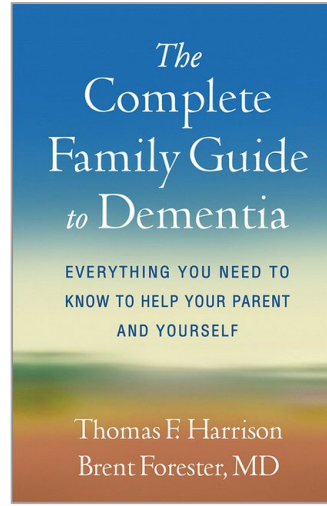
Bipolar disorder is a lifelong challenge--but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 254 X 178 mm
 Release Date: May 2019
9781462534982

Paperback
 444 pages

AUD\$: 57.99



The Complete Family Guide to Dementia
Everything You Need to Know to Help Your Parent and Yourself

By Thomas F. Harrison, Brent P. Forester

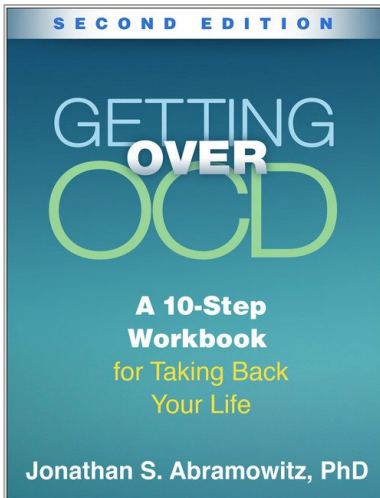


Caring for a parent with dementia presents unique challenges—Mom or Dad so plainly needs assistance, but is confused, sometimes angry, and often resistant to help.

GUILFORD PUBLICATIONS

Category: SOCIAL WELFARE, CRIM
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: November 2022
9781462549429

Paperback
 228 pages
 NOT ILLUSTRATED
AUD\$: 44.99



Getting Over OCD, Second Edition
A 10-Step Workbook for Taking Back Your Life

By Jonathan S. Abramowitz



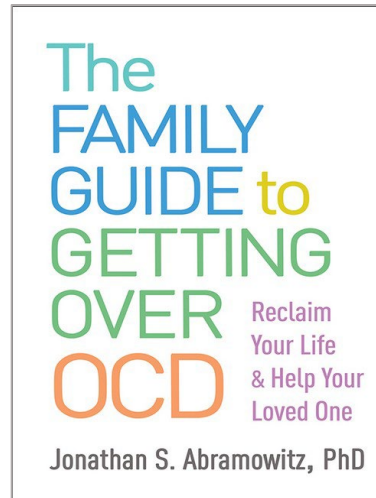
Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviours--and live a freer, happier life.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 266 X 203 mm
 Release Date: April 2018
9781462529704

Paperback
 294 pages

AUD\$: 60.99



The Family Guide to Getting Over OCD
Reclaim Your Life and Help Your Loved One

By Jonathan S. Abramowitz

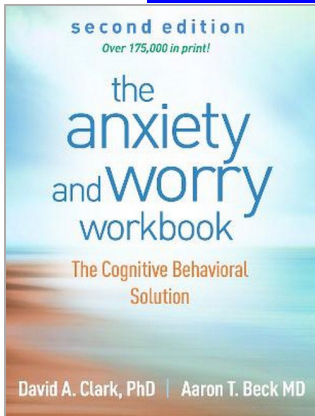


When a loved one is trapped in an endless cycle of obsessions and compulsions, it's a constant struggle for the whole family. The book includes step-by-step strategies for getting family life back on track, practical examples, and downloadable tools.

GUILFORD PUBLICATIONS

Category: FAMILY & HEALTH
 Disc: TRADE INTERNATIONAL
 229 X 152 mm
 Release Date: August 2021
9781462541362

Paperback
 202 pages
 NOT ILLUSTRATED
AUD\$: 44.99



NEW EDITION

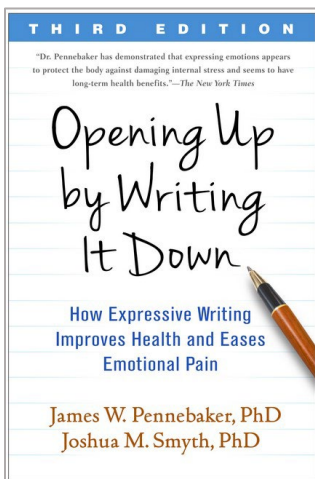
The Anxiety and Worry Workbook 2/e

The Cognitive Behavioral Solution

By *David A. Clark, Aaron T. Beck*

The bestselling workbook that has already helped more than 175,000 people loosen the grip of debilitating anxiety is now in a revised and updated second edition. It is grounded in cognitive behavior therapy (CBT), the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow expert David A. Clark put the tools and techniques of CBT at readers' fingertips in this compassionate guide. Carefully crafted worksheets (additional copies can be downloaded and printed as needed), exercises, and examples reflect the authors decades of experience. Readers learn practical strategies for identifying anxiety triggers, challenging the thoughts and beliefs that lead to distress, safely facing feared situations, and truly loosening anxiety grip--one manageable step at a time.

GUILFORD PUBLICATIONS
OTHER MEDICINE
Disc: ACAD & PROFESSIONAL
Paperback
270 X 200 mm
398 Pages
NOT ILLUSTRATED
Rel Date: August 2023
9781462546169
AUD\$: 61.99



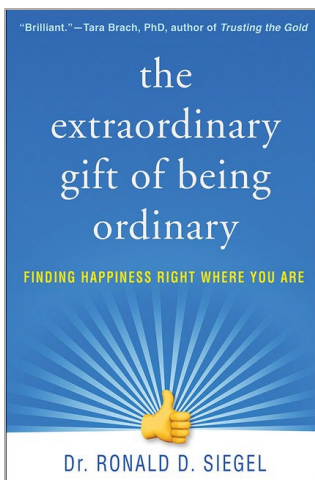
Opening Up by Writing It Down 3/e

How Expressive Writing Improves Health and Eases Emotional Pain

By *James W. Pennebaker, Joshua M. Smyth*

Expressing painful emotions is hard--yet it can improve our mental and physical health. This lucid, compassionate book has introduced tens of thousands of readers to expressive writing, a simple yet powerful self-help technique grounded in scientific research. Leading experts James W. Pennebaker and Joshua M. Smyth describe how taking just a few minutes to write about deeply felt personal experiences or problems may help you: * Heal old emotional wounds, * Feel a greater sense of well-being, * Decrease stress, * Improve relationships, * Boost your immune system. Vivid stories and examples yield compelling insights into secrets, self-disclosure, and the hidden price of silence. The third edition incorporates findings from hundreds of recent studies and includes practical exercises to help you try expressive writing for yourself.

GUILFORD PUBLICATIONS
SELF-HELP/PRACTICAL
Disc: TRADE INTERNATIONAL
Paperback
229 X 152 mm
210 Pages
Rel Date: August 2016
9781462524921
AUD\$: 44.99



The Extraordinary Gift of Being Ordinary

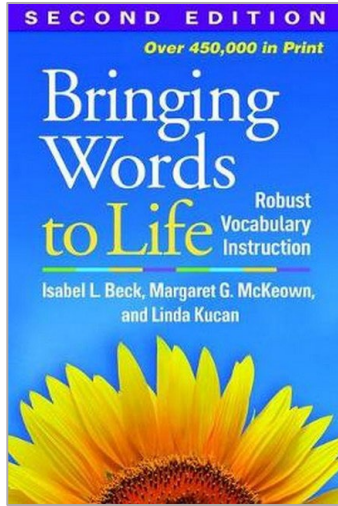
Finding Happiness Right Where You Are

By *Ronald D. Siegel*

"Did I sound stupid?" "Should I have sent that email?" "How do I look?" Many of us spend a lot of time feeling self-conscious and comparing ourselves to others. Why do we judge ourselves so relentlessly? Why do we strive so hard to be special or successful, or to avoid feeling rejected? When psychologist and mindfulness expert Dr. Ronald Siegel realized that he, as well as most of his clients, was caught in a cycle of endless self-evaluation, he decided to do something about it. In this engaging, empowering guide, he sheds light on this very human habit--and explains how to break it. Through illuminating exercises drawn from both contemporary science and ancient traditions, along with moving, often funny stories, Dr. Siegel invites readers to stop obsessing so much about how they measure up.

GUILFORD PUBLICATIONS
SOCIAL WELFARE, CRIM
Disc: TRADE INTERNATIONAL
Paperback
229 X 152 mm
278 Pages
NOT ILLUSTRATED
Rel Date: July 2022
9781462538355
AUD\$: 44.99



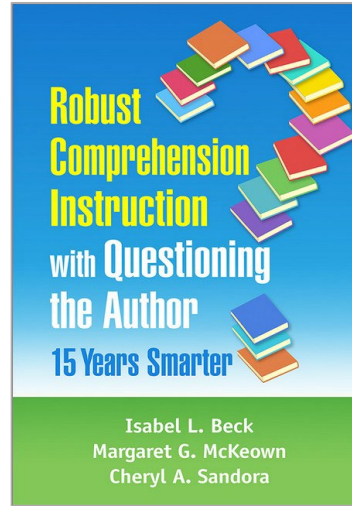
**Bringing Words to Life**
2/e
Robust Vocabulary Instruction*By Isabel L. Beck, Margaret G. McKeown*

Grounded in research, the book explains how to select words for instruction, introduce their meanings, and create engaging learning activities that promote both word knowledge and reading comprehension.

GUILFORD PUBLICATIONS

Category: EDUCATION
Disc: ACAD & PROFESSIONAL
235 X 156 mm
Release Date: May 2013
9781462508167

Paperback
210 pages
AUD\$: 79.99

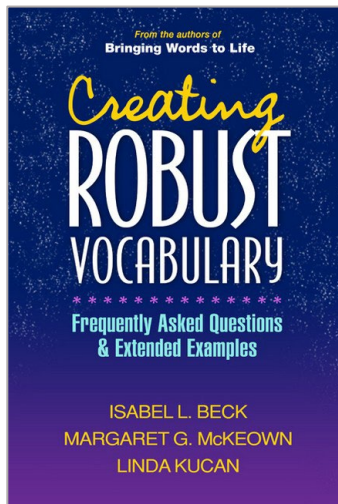
**Robust Comprehension Instruction with Questioning the Author**
15 Years Smarter*By Isabel L. Beck, Margaret McKeown*

This practical K–12 teacher resource explains the "whats," "whys," and "how-tos" of using Questioning the Author (QtA), a powerful approach for enhancing reading comprehension and engagement.

GUILFORD PUBLICATIONS

Category: EDUCATION
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: January 2021
9781462544790

Paperback
192 pages
NOT ILLUSTRATED
AUD\$: 79.99

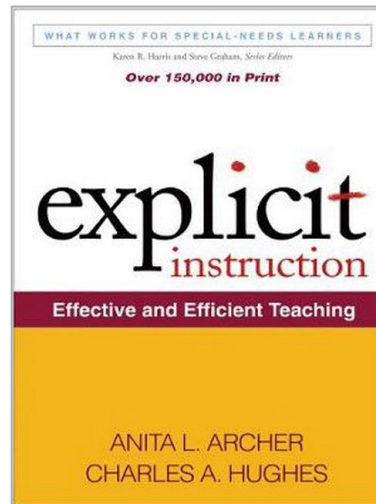
**Creating Robust Vocabulary**
Frequently Asked Questions and Extended Examples*By Isabel L. Beck, Margaret McKeown*

Present tools, tips, and explanations of such questions as which words to teach, when and how to teach them, and how to adapt instruction for English language learners. This volume provides specific instructional sequences.

GUILFORD PUBLICATIONS

Category: EDUCATION
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: July 2008
9781593857530

Paperback
186 pages
AUD\$: 72.99

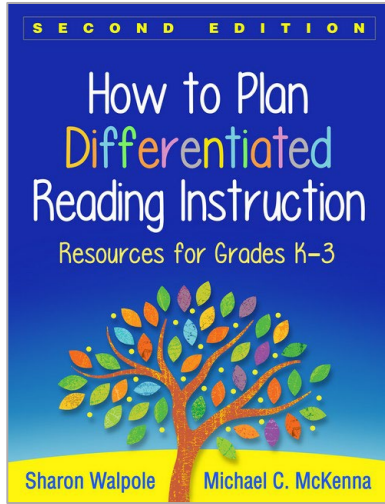
**Explicit Instruction**
Effective and Efficient Teaching*By Anita L. Archer, Charles A. Hughes*

Explicit instruction is systematic, direct, engaging, and success oriented - and has been shown to promote achievement for all students. This highly practical and accessible resource gives special and general education teachers the tools they need.

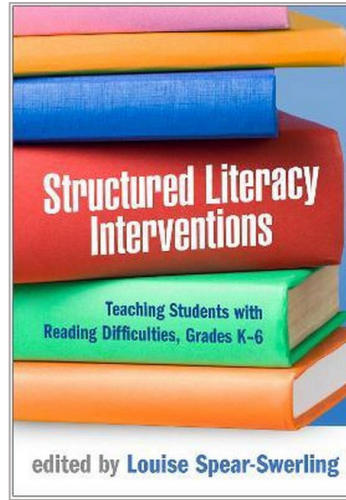
GUILFORD PUBLICATIONS

Category: EDUCATION
Disc: TEXT
266 X 203 mm
Release Date: January 2011
9781609180416

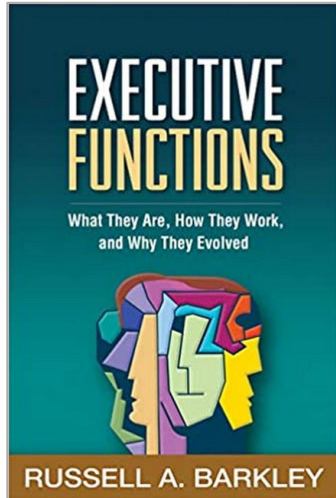
Paperback
290 pages
AUD\$: 99.99

**How to Plan Differentiated Reading Instruction 2/e**
Resources for Grades K-3*By Sharon Walpole, Michael C. McKenna*

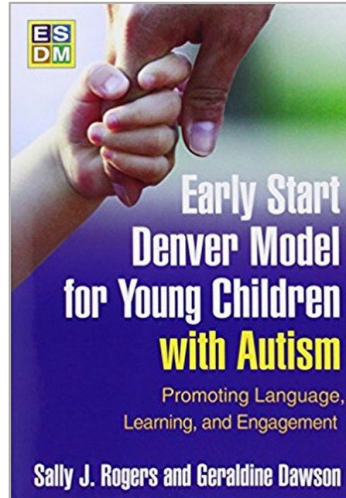
Tens of thousands of K-3 teachers have relied on this book--now revised and expanded with more than 50% new material--to plan and deliver effective literacy instruction tailored to each student's needs.

GUILFORD PUBLICATIONSCategory: EDUCATION
Disc: ACAD & PROFESSIONAL
266 X 203 mm
Release Date: September 2017
9781462531516Paperback
284 pages**AUD\$: 75.99****Structured Literacy Interventions**
Teaching Students with Reading Difficulties, Grades K-6*By Stephanie Al Otaiba, Jill H. Allor*

Comprehensive and evidence-based, structured literacy (SL) approaches place a high value on explicit, systematic, and sequential instruction. This book brings together leading experts on key components of literacy to help K-6 teachers.

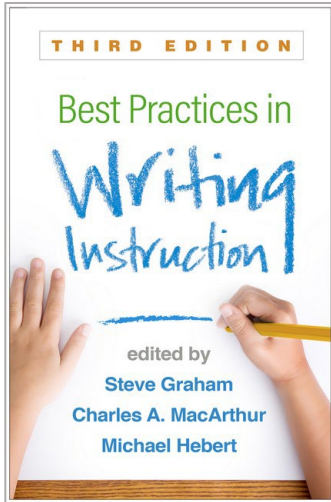
GUILFORD PUBLICATIONSCategory: EDUCATION
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: August 2022
9781462548781Paperback
244 pages
NOT ILLUSTRATED
AUD\$: 88.99**Executive Functions**
What They Are, How They Work, and Why They Evolved*By Russell A. Barkley*

This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF.

GUILFORD PUBLICATIONSCategory: PSYCHOLOGY
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: March 2021
9781462545933Paperback
244 pages**AUD\$: 79.99****Early Start Denver Model for Young Children with Autism**
Promoting Language, Learning, and Engagement*By Sally J Rogers, Geraldine Dawson*

Presents the Early Start Denver Model (ESDM), the comprehensive, empirically tested intervention approach specifically designed for toddlers and preschoolers with autism.

GUILFORD PUBLICATIONSCategory: PSYCHOLOGY
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: March 2010
9781606236314Paperback
297 pages**AUD\$: 149.00**



Best Practices in Writing Instruction 3/e

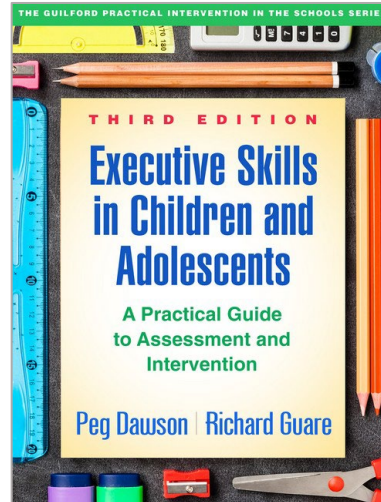
By *Steve Graham, Charles A. MacArthur*



Well established as a definitive text--and now revised and updated with eight new chapters--this book translates cutting-edge research into effective guidelines for teaching writing in grades K-12.

GUILFORD PUBLICATIONS
 Category: EDUCATION
 Disc: TEXT
 229 X 152 mm
 Release Date: March 2019
9781462537969

Paperback
 416 pages
AUD\$: 91.99



Executive Skills in Children and Adolescents 3/e

A Practical Guide to Assessment and Intervention

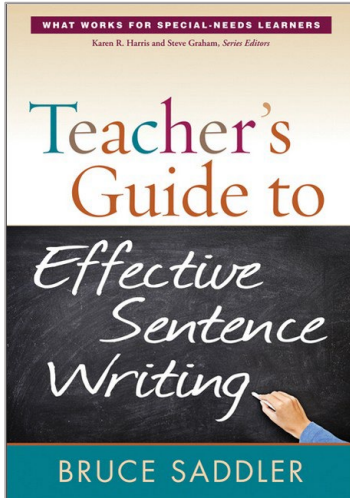
By *Peg Dawson, Richard Guare*



More than 100,000 school practitioners and teachers (K-12) have benefited from the step-by-step guidelines and practical tools in this influential go-to resource, now revised and expanded with six new chapters.

GUILFORD PUBLICATIONS
 Category: EDUCATION
 Disc: ACAD & PROFESSIONAL
 266 X 203 mm
 Release Date: August 2018
9781462535316

Paperback
 332 pages
AUD\$: 103.00



Teacher's Guide to Effective Sentence Writing

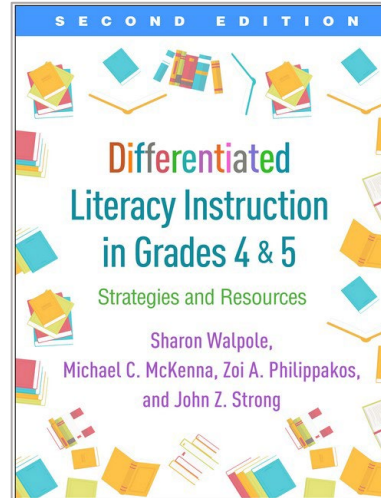
By *Bruce Saddler*



This practical book provides explicit instructions for teaching sentence-level skills to students who have difficulties in this area. The author explains the key role of sentence combining in the writing process and presents effective research.

GUILFORD PUBLICATIONS
 Category: EDUCATION
 Disc: ACAD & PROFESSIONAL
 254 X 178 mm
 Release Date: November 2012
9781462506774

Paperback
 176 pages
AUD\$: 79.99



Differentiated Literacy Instruction in Grades 4 and 5 2/e

Strategies and Resources

By *Sharon Walpole, Michael C. McKenna*



Now revised and updated, with many new lesson plans and a new chapter on writing instruction, this trusted book guides upper elementary teachers to design and implement a research-based literacy program.

GUILFORD PUBLICATIONS
 Category: EDUCATION
 Disc: TEXT
 266 X 203 mm
 Release Date: January 2020
9781462540815

Paperback
 306 pages
AUD\$: 71.99



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