

MENTAL HEALTH CONDITIONS



Jessica Kingsley
Publishers



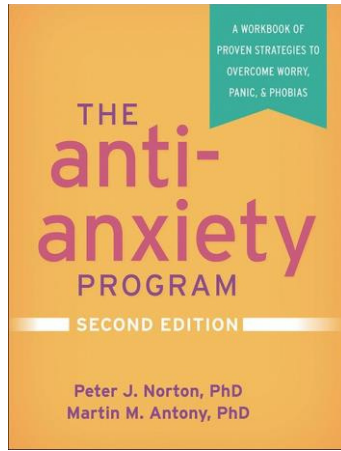
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The Anti-Anxiety Program 2/e

By Peter J. Norton and Martin M. Antony
GUILFORD PUBLICATIONS

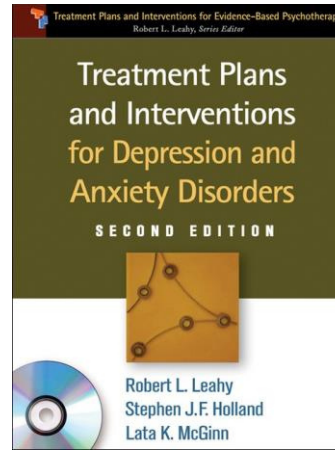


A lifeline for anxiety sufferers, this expertly crafted workbook has been revised and updated to be even more user-friendly. Readers discover a new sense of freedom as they work through this comprehensive program grounded in cognitive-behavioural therapy (CBT).

AUS AUTHOR

AUD RRP: \$49.99
Release Date: 31/03/2021
Format: Paperback
Illustration: Not illustrated

ISBN-13: 9781462543618
Size: 266 X 203
Pages: 258



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

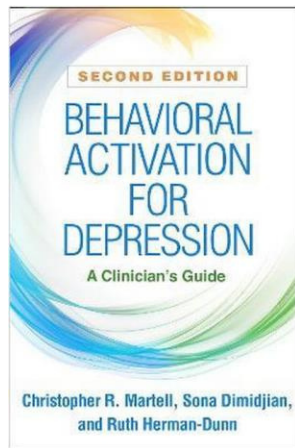
By Robert L. Leahy and Stephen J.F. Holland
GUILFORD PUBLICATIONS



This practical resource provides busy practitioners with empirically supported treatments for seven common disorders. Chapters describe basic cognitive-behavioural therapy (CBT) techniques and how to tailor them to each disorder. The searchable CD-ROM enables clinicians to generate treatment plans and learn more about CBT.

AUD RRP: \$157.00
Size: 266 X 203
Format: Paperback

ISBN-13: 9781609186494
Size: 266 X 203
Pages: 490



Behavioral Activation for Depression

By Martell Christopher R.
GUILFORD PUBLICATIONS

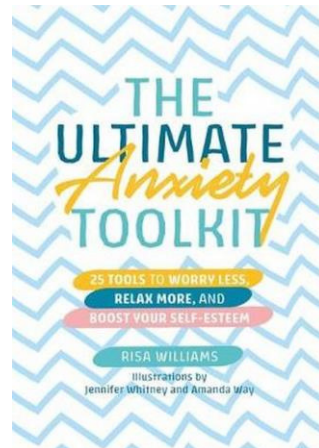


Noted for its clarity and practical utility, the definitive guide to behavioural activation (BA) is now in a revised and expanded second edition. The authors are leading experts who enumerate BA principles and provide guidelines for assessment and intervention.

NEW RELEASE

AUD RRP: \$70.99
Release Date: 04/05/2022
Format: Paperback

ISBN-13: 9781462548385
Size: 229 X 152
Pages: 242



The Ultimate Anxiety Toolkit

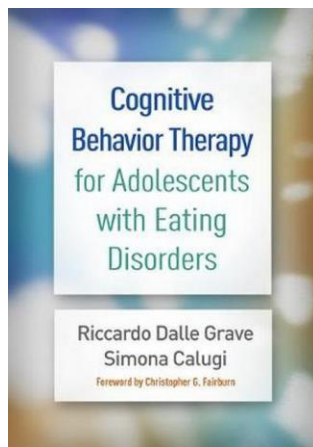
By Williams Risa
JESSICA KINGSLEY PUBLISHERS



Anxiety can feel like a huge number of different things to a huge variety of people. No matter the experience, they all have one thing in common: feeling anxiety is never fun. If you're looking to manage your anxious feelings and reduce your stress, this is the book for you.

AUD RRP: \$39.99
Release Date: 27/09/2021
Format: Paperback
Illustration: B&W Throughout

ISBN-13: 9781787757707
Size: 246 X 173
Pages: 144



Cognitive Behavior Therapy for Adolescents with Eating Disorders

By Riccardo Dalle Grave and Simona Calugi
GUILFORD PUBLICATIONS

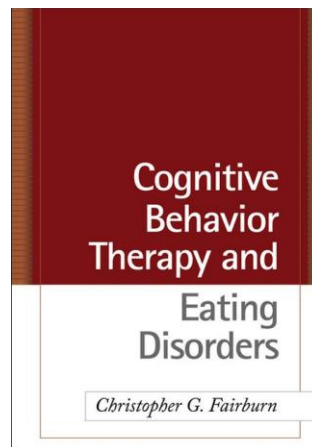


9 781462 1542734

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.

AUD RRP: \$78.99
Release Date: 01/11/2020
Format: Hardback

ISBN-13: 9781462542734
Size: 254 X 178
Pages: 344



Cognitive Behavior Therapy and Eating Disorders

By Fairburn Christopher G.
GUILFORD PUBLICATIONS

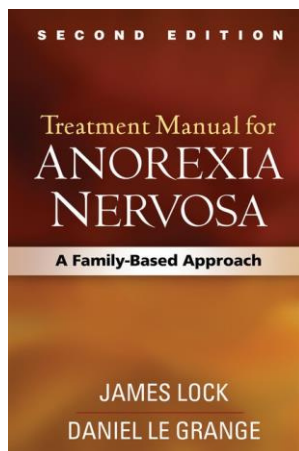


9 781593 857097

Presents a comprehensive guide to the practice of "enhanced" cognitive behaviour therapy (CBT-E), the leading empirically supported treatment for eating disorders. This book describes how to tailor CBT-E to the needs of individual patients, and how to adapt it for adolescents and patients who require hospitalization.

AUD RRP: \$97.99
Release Date: 28/06/2008
Format: Hardback

ISBN-13: 9781593857097
Size: 254 X 178
Pages: 324



Treatment Manual for Anorexia Nervosa 2/e

By James Lock and Daniel Le Grange
GUILFORD PUBLICATIONS

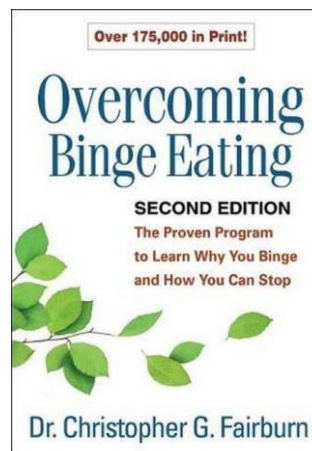


9 781462 152346

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 throughout therapy.

AUD RRP: \$64.99
Release Date: 25/09/2015
Format: Paperback

ISBN-13: 9781462523467
Size: 229 X 152
Pages: 289



Overcoming Binge Eating 2/e

By Fairburn Christopher G.
GUILFORD PUBLICATIONS

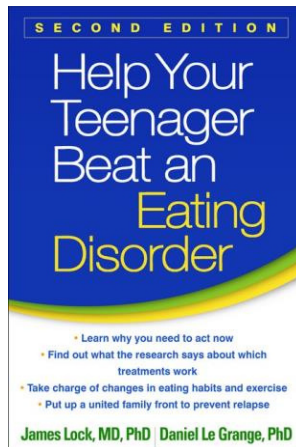


9 781572 1305618

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. Clear, step-by-step guidelines show you how to overcome the urge to binge, gain control over what and when you eat and break free of strict dieting.

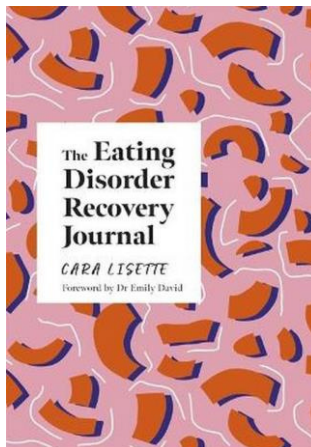
AUD RRP: \$33.99
Release Date: 08/09/2013
Format: Paperback

ISBN-13: 9781572305618
Size: 229 X 152
Pages: 243



Help Your Teenager Beat an eating disorder 2/e

By James Lock and Daniel Le Grange
GUILFORD PUBLICATIONS



The Eating Disorder Recovery Journal

By Lisette Cara
JESSICA KINGSLEY PUBLISHERS



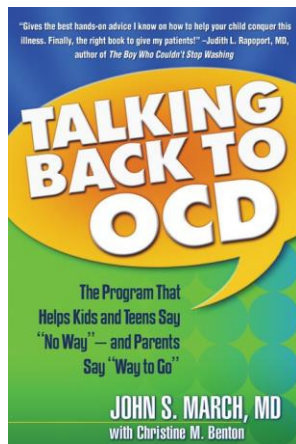
Tens of thousands of parents have turned to this compassionate resource for support and practical advice grounded in cutting-edge scientific knowledge. Numerous vivid stories show how to recognize and address anorexia nervosa, bulimia nervosa, and other devastating eating disorders that wreak havoc on teens and their families.

This journal is a safe space to explore and challenge your eating disorder. Filled with creative activities, CBT and mindfulness techniques, colouring pages, and positive affirmations, it is designed to support and motivate you throughout your recovery journey.

NEW RELEASE

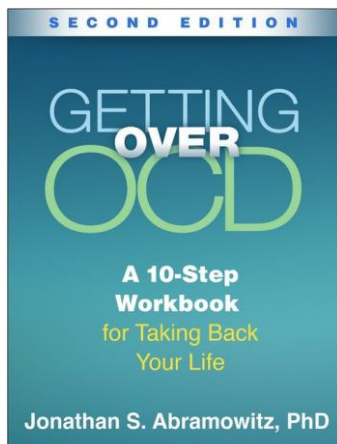
AUD RRP: \$37.99 **ISBN-13:** 9781462151748
Release Date: 01/05/2015 **Size:** 229 X 152
Format: Paperback **Pages:** 310

AUD RRP: \$39.99 **ISBN-13:** 9781839970856
Release Date: 02/05/2022 **Size:** 246 X 173
Format: Paperback **Pages:** 128
Illustration: Colour Section(S)



Talking Back to OCD

By March John
GUILFORD PUBLICATIONS



Getting Over OCD, Second Edition

By Abramowitz Jonathan S.
GUILFORD PUBLICATIONS



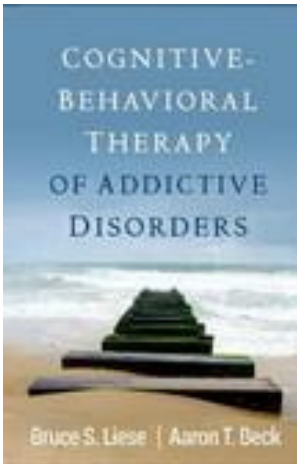
Fourteen-year-old Eric is plagued by thoughts that germs on his hands could be making his family sick. Kelly, age 8, feels distressed if she can't count her pencils in multiples of four. Based on effective known treatment for OCD, this book demonstrates ways to "boss back" when OCD butts in, enabling youngsters to eliminate their symptoms.

Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT).

AUD RRP: \$33.99 **ISBN-13:** 9781593853556
Release Date: 18/02/2007 **Size:** 254 X 178
Format: Paperback **Pages:** 276

AUD RRP: \$44.99 **ISBN-13:** 97814621529704
Release Date: 20/04/2018 **Size:** 266 X 203
Format: Paperback **Pages:** 294

Cognitive-Behavioral Therapy of Addictive Disorders



Bruce S. Liese and Aaron T. Beck

Grounded in decades of CBT research and clinical practice, as well as cutting-edge cognitive science, this book provides critical tools for understanding and treating the full range of addictive behaviors. Bruce S. Liese and Aaron T. Beck explain how to systematically develop case conceptualizations and support clients in achieving their recovery goals. The authors use vivid case examples to illustrate CBT techniques, structure, psychoeducation, motivational interviewing, group treatment, relapse prevention, and other effective therapeutic components. Several reproducible forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

COMING SOON

GUILFORD PUBLICATIONS

AUD RRP: \$80.99

ISBN13: 9781462548842

Release Date: 05/11/2022

Format: Hardback

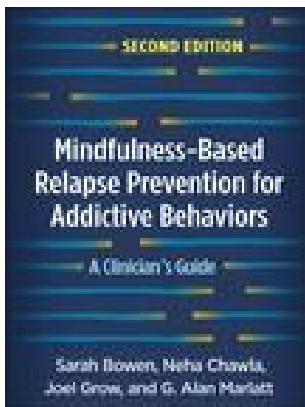
Pages: 292

Size: 229 X 152

Illustrations: NOT ILLUSTRATED



Mindfulness-Based Relapse Prevention for Addictive Behaviors



Sarah Bowen Neha Chewla and Joel Grow

This authoritative book--now revised and expanded with important clinical and research advances--presents a proven approach for helping people meet the day-to-day challenges of recovery from addiction and maximize their well-being. Mindfulness-based relapse prevention (MBRP) integrates carefully tailored meditation practices with cognitive and behavioral skills building. In a convenient large-size format, the book includes instructions for setting up and running MBRP groups, session-by-session implementation guidelines, sample scripts, and 27 reproducible handouts and forms. Purchasers can download and print the reproducible materials at the companion website, which also features audio recordings of the guided practices.

GUILFORD PUBLICATIONS

AUD RRP: \$78.99

ISBN13: 9781462545315

Release Date: 28/04/2021

Format: Paperback

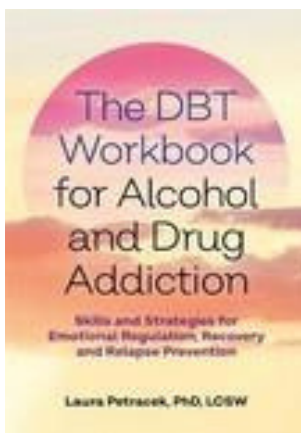
Pages: 204

Size: 266 X 203

Illustrations: NOT ILLUSTRATED



The DBT Workbook for Alcohol and Drug Addiction



Petracek Laura J.

When recovering from addiction and managing a mental illness, it can feel like both have the ability to take over your life. Applying the principles of Dialectical Behaviour Therapy (DBT) to the 12 Steps addiction recovery approach, this workbook equips you with the tools to regulate your emotions, develop self-management skills, reduce anxiety, and stress, and feel yourself again. DBT is a type of talking therapy tailored to those who feel emotions very intensely. Exploring skills and strategies drawn from DBT that correspond with each of the 12 Steps, this book provides a new roadmap to reduce symptoms of emotional distress and to support your sobriety and mental health. Written by clinical psychologist, Laura Petracek, this ground-breaking workbook draws on the author's clinical and lived experience of addiction recovery and bipolar disorder.

COMING SOON

JESSICA KINGSLEY PUBLISHERS

AUD RRP: \$46.99

ISBN13: 9781839972522

Release Date: 19/10/2022

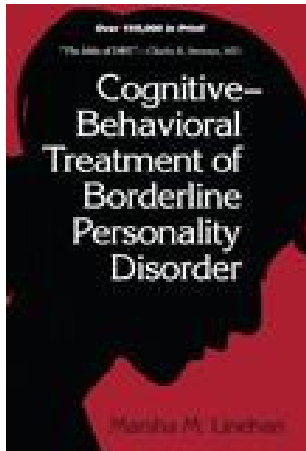
Format: Paperback

Pages: 144

Size: 246 X 173



Cognitive-Behavioral Treatment of Borderline Personality Disorder



Linehan Marsha M.

For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behaviour therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems.

GUILFORD PUBLICATIONS

AUD RRP: \$157

ISBN13: 9780898621839

Release Date: 28/07/1993

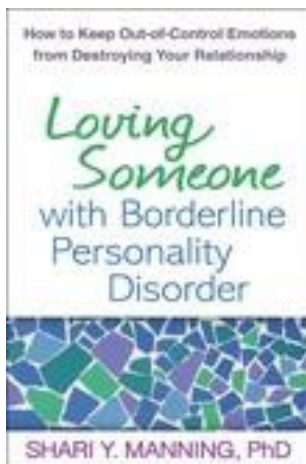
Format: Hardback

Pages: 558

Size: 235 X 156



Loving Someone with Borderline Personality Disorder



Manning Shari Y.

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 understand why their spouse, adult child, or other family member acts so "impossible" -- and learn to respond differently. She presents simple yet powerful strategies that can radically transform a troubled relationship. Loads of true stories demonstrate ways to defuse crises, set limits, and help the person with BPD build crucial problem-solving and emotion-management skills. Empathic, hopeful, and science based, this is the first book for significant others grounded in dialectical behavioral therapy (DBT), the most effective treatment for BPD.

GUILFORD PUBLICATIONS

AUD RRP: \$33.99

ISBN13: 9781593856076

Release Date: 18/08/2011

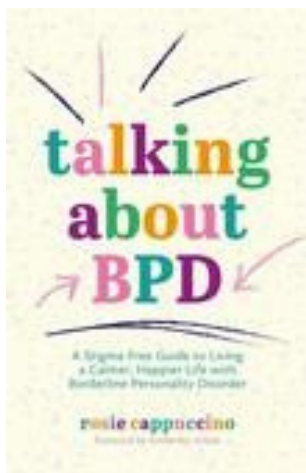
Format: Paperback

Pages: 253

Size: 229 X 152



Talking About BPD



Kimberley Wilson and Rosie Cappuccino

'I am Rosie. I have BPD. I am not an attention-seeker, manipulative, dangerous, hopeless, unlovable, 'broken', 'difficult to reach' or 'unwilling to engage'. I am caring, creative, courageous, determined, full of life and love.' Talking About BPD is a positive, stigma-free guide to life with borderline personality disorder (BPD) from award-winning blogger Rosie Cappuccino. Addressing what BPD is, the journey to diagnosis and available treatments, Rosie offers advice on life with BPD and shares practical tips and DBT-based techniques for coping day to day. Topics such as how to talk about BPD to those around you, managing relationships and self-harm are also explored. Throughout, Rosie shares her own experiences and works to dispel stigma and challenge the stereotypes often associated with the disorder.

JESSICA KINGSLEY PUBLISHERS

AUD RRP: \$39.99

ISBN13: 9781787758254

Release Date: 14/01/2022

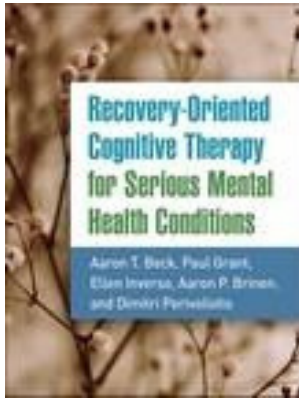
Format: Paperback

Pages: 208

Size: 216 X 138



Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions



Aaron T. Beck and Paul Grant

From pioneering treatment developers, this is the authoritative presentation of recovery-oriented cognitive therapy (CT-R). This evidence-based approach empowers people given a serious mental health diagnosis such as schizophrenia to build a better life in their chosen community. CT-R provides innovative strategies to help individuals shift from a "patient" mode to an adaptive mode of living and take positive steps to pursue valued aspirations. Vivid case vignettes and sample dialogues illustrate ways to access the adaptive mode with people experiencing negative symptoms, delusions, hallucinations, communication difficulties, self-harming or aggressive behaviour, and other challenges. In a convenient large-size format, the book includes reproducible handouts and forms.

GUILFORD PUBLICATIONS

AUD RRP: \$68.99

ISBN13: 9781462545193

Release Date: 31/03/2021

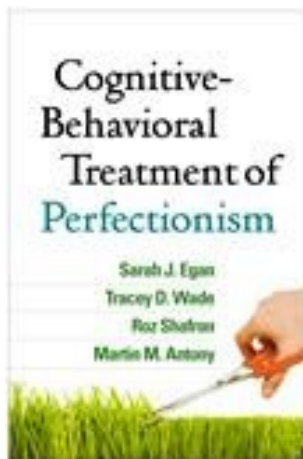
Format: Paperback

Pages: 282

Size: 267 X 203



Cognitive-Behavioral Treatment of Perfectionism



Egan Sarah and Wade Tracey

This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included.

GUILFORD PUBLICATIONS

AUD RRP: \$56.99

ISBN13: 9781462527649

Release Date: 19/08/2016

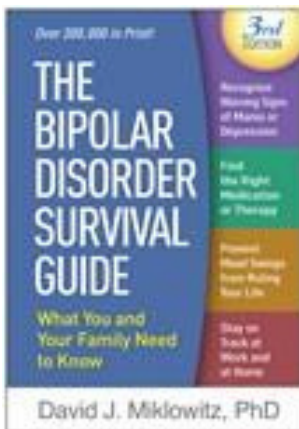
Format: Paperback

Pages: 402

Size: 229 X 152



The Bipolar Disorder Survival Guide 3/e



Miklowitz David J.

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. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.

GUILFORD PUBLICATIONS

AUD RRP: \$42.99

ISBN13: 9781462534982

Release Date: 09/05/2019

Format: Paperback

Pages: 444

Size: 254 X 178





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10 Apollo Street,
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Ph: (02) 8445 2300

Fax: (02) 9997 5850

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