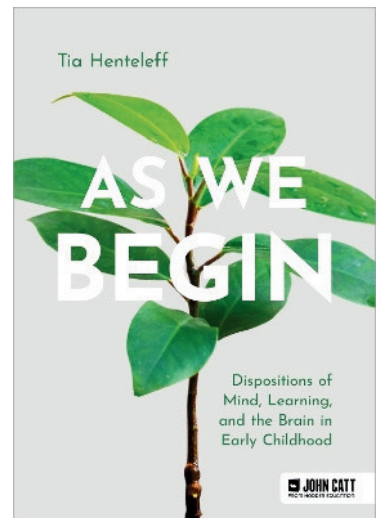
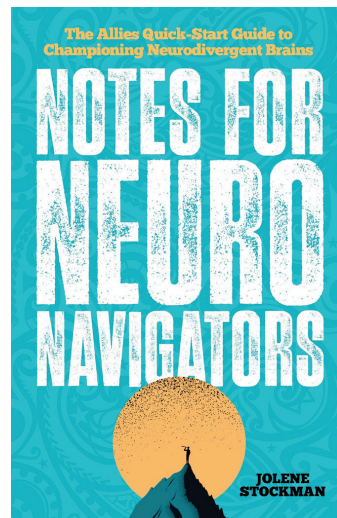
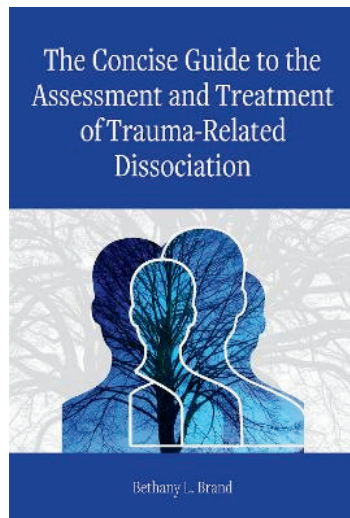
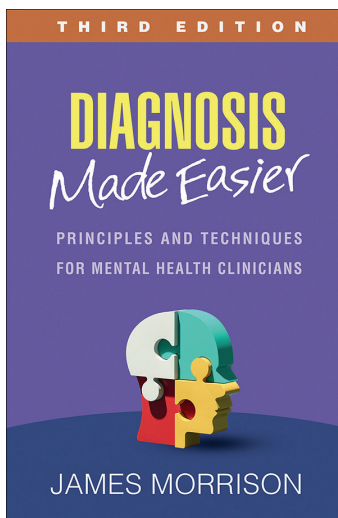




# March 2024

## Health and Education New Release Catalogue



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THIRD EDITION

# DIAGNOSIS Made Easier

PRINCIPLES AND TECHNIQUES  
FOR MENTAL HEALTH CLINICIANS

JAMES MORRISON

## Diagnosis Made Easier 3/e

Principles and Techniques for Mental Health Clinicians

*By James Morrison*

The third edition of this incisive practitioner resource and course text—updated for the DSM-5 Text Revision (DSM-5-TR)—takes the reader step by step through diagnostic decision making in mental health.

Guidelines are presented for evaluating information from multiple sources, constructing a wide-ranging differential diagnosis, creating a safety hierarchy, and using decision trees to derive a valid working diagnosis.

The book addresses specific issues in diagnosing the conditions most often seen in mental health practice, with an emphasis on how diagnosis informs effective treatment.

More than 100 vivid vignettes illustrate the diagnostic process and allow readers to practice their skills.

New to This Edition:

\*Revised throughout for DSM-5-TR, including the new diagnosis of prolonged grief disorder.

\*Chapter on eating and sleeping disorders, including new decision trees.

\*New and updated vignettes and suggested readings.

**Author Bio:**

James Morrison, MD, is Affiliate Professor of Psychiatry at Oregon Health & Science University in Portland. His long career includes extensive experience in both the private and public sectors. With his acclaimed practical books—including DSM-5-TR Made Easy; Diagnosis Made Easier, Third Edition; The First Interview, Fourth Edition; and others—Dr. Morrison has guided hundreds of thousands of mental health professionals and students through the complexities of clinical evaluation and diagnosis.

**GUILFORD PUBLICATIONS**

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229 X 152 mm

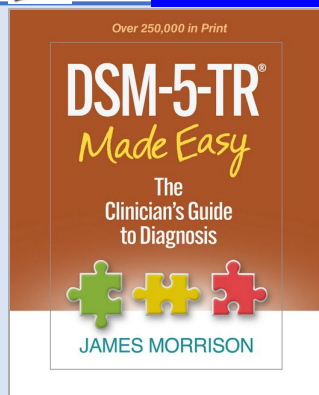
Release Date: March 2024

**9781462553402**

Paperback

346 pages

**AUD\$: 103.00**



## DSM-5-TR (R) Made Easy

The Clinician's Guide to Diagnosis

By James Morrison

Fully updated for the DSM-5 Text Revision (DSM-5-TR), this trusted guide presents the breadth of DSM diagnoses in an accessible, engaging, and clinically useful format. Master diagnostician James Morrison demystifies the dense DSM-5-TR criteria with more than 130 detailed case vignettes that illustrate typical patient presentations. Succinct descriptions of each disorder, along with many tips, side bars, tables, and caveats, capture the intricacies of psychiatric symptoms and impairments to make accurate diagnosis cleaner and simpler. For DSM-5-TR, Morrison has incorporated the new diagnosis of prolonged grief disorder, updates to over 70 criteria set, new and revised ICD-10-CM codes, and vignettes for additional subtypes.

**GUILFORD PUBLICATIONS**

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**9781462551347**

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## The First Interview 4/e

By James Morrison

This trusted practitioner resource and course text is grounded in James Morrison's experience with more than 15,000 mental health patients. Morrison provides a complete framework for interviewing adult patients about their current symptoms, personal and family history, mental status, behavioral risks, and other relevant issues. He offers guidance for selecting the best strategy for any clinical situation, building rapport, overcoming common challenges, and communicating findings. Appendices include a detailed semi structured interview and a self-assessment tool for interviewers, both with permission to photocopy. Purchasers also get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

**GUILFORD PUBLICATIONS**

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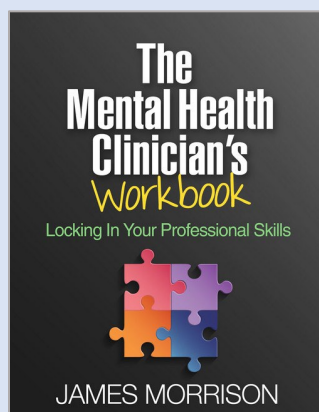
229 X 152 mm

369 Pages

Rel Date: **February 2017**

**9781462529834**

**AUD\$: 77.99**



## The Mental Health Clinician's Workbook

Locking In Your Professional Skills

By James Morrison

Rich with compelling case material, this hands-on workbook helps mental health practitioners and students build essential skills for clinical evaluation and differential diagnosis. Renowned diagnostician and bestselling author James Morrison (DSM-5 Made Easy and other works) invites the reader to interview and evaluate 26 patients with a wide spectrum of presenting complaints and ultimate diagnoses. Using multiple-choice questions and fill-in-the-blank exercises, clinicians practice the arts of interviewing and making diagnostic decisions. The convenient large-size format facilitates use. Extensive tables in the appendix provide a quick-reference guide to the interviewing techniques, diagnostic principles, and clinical diagnoses discussed in each case.

**GUILFORD PUBLICATIONS**

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Disc: TEXT

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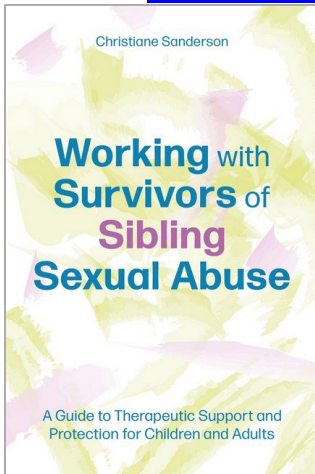
326 Pages

Rel Date: **May 2018**

**9781462534845**

**AUD\$: 77.99**





## Working with Survivors of Sibling Sexual Abuse

A Guide to Therapeutic Support and Protection for Children and Adults

By *Christiane Sanderson*

Sibling sexual abuse is one of the most common forms of child sexual abuse within the family setting, yet it is often ignored, downplayed, or denied in spite of the impact on survivors. Shining a spotlight on the hidden phenomenon, Christiane Sanderson provides a rigorous account of the nature and dynamics of sibling sexual abuse. She provides a clear explanation of the difference between developmentally appropriate, consensual sexual exploration and developmentally inappropriate, non-consensual sexual behaviour. The focus is on how these behaviours impact the sibling being harmed, the sibling who is harming, the wider family and adult survivors. This book is essential reading for anyone involved in assessing, supporting, safeguarding, or treating individuals or families impacted by sibling sexual abuse.

JESSICA KINGSLEY

PUBLISHERS

SOCIETY CULTURE

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Paperback

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208 Pages

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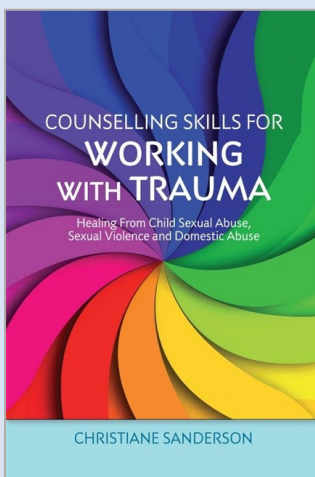
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9781805011262

AUD\$: 78.99



### ALSO BY CHRISTIANE SANDERSON – AVAILABLE AND IN STOCK NOW



## Counselling Skills for Working with Trauma

Healing From Child Sexual Abuse, Sexual Violence and Domestic Abuse

By *Christiane Sanderson*

Written in an accessible style, it provides a comprehensive introduction to complex trauma accompanied by advice on how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms, to aid healing and post traumatic growth. The book covers all the key principles including understanding the role of dissociation in complex trauma; the role of attachment; managing flashbacks, panic attacks, nightmares, and dissociation; responding to shame and guilt; managing relationships; and the impact of working with complex trauma. It explores how practitioners can work more effectively with trauma and offers techniques and skills which can easily be integrated into different therapeutic models.

JESSICA KINGSLEY

PUBLISHERS

SOCIAL WELFARE

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Paperback

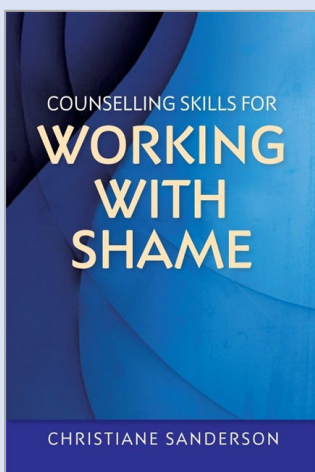
230 X 157 mm

328 Pages

Rel Date: November 2013

9781849053266

AUD\$: 61.99



## Counselling Skills for Working with Shame

By *Christiane Sanderson*

*Counselling Skills for Working with Shame* helps professionals to understand and identify shame and to build shame resilience in both the client and themselves. Shame is ubiquitous in counselling where there is an increased vulnerability and risk of exposure to shame. While many clients experience feelings of shame, it is often overlooked in the therapeutic process and as a result can be left untreated. It is particularly pertinent when working with clients who have experienced trauma, domestic or complex abuse, or who struggle with addiction, compulsion, and sexual behaviours.

JESSICA KINGSLEY

PUBLISHERS

SOCIAL WELFARE

Disc: TEXT

Paperback

226 X 152 mm

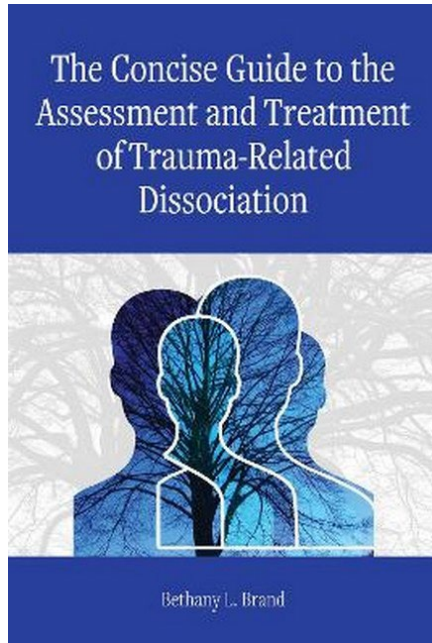
264 Pages

Rel Date: October 2015

9781849055628

AUD\$: 55.99





### **The Concise Guide to the Assessment and Treatment of Trauma-Related Dissociation**

**By Bethany L. Brand**

Dissociation is one of the common sequelae of trauma, yet few clinicians have received training in evidence-based assessment and treatment of trauma-related dissociation (TRD). This book provides a concise overview of trauma-related dissociation, issues around misdiagnosis, methods for assessment, and guidance on treatment planning. Trauma-related symptoms and disorders are often overlooked, or mis conceptualized by mental health professionals. Failure to correctly diagnose and treat trauma-related dissociation can lead to prolonged suffering and a range of costs to individual clients and their loved ones, as well as to the health care system and society at large.

This book addresses the lack of adequate training and knowledge about TRD by providing a systematic overview of methods for assessing it and a discussion of using assessment results to guide treatment planning. It provides a concise overview of conceptualizations of TRD and the reasons it is often overlooked or misdiagnosed, psychological disorders in which TRD is a key symptom, etiological theories of dissociation, the application of assessment data in treatment planning, issues specific to treatment of children and adolescents, and more topics that are imperative to understanding trauma-related dissociation.

**AMERICAN PSYCHOLOGICAL ASSOCIATION**

Category: CLINICAL PSYCHOLOGY

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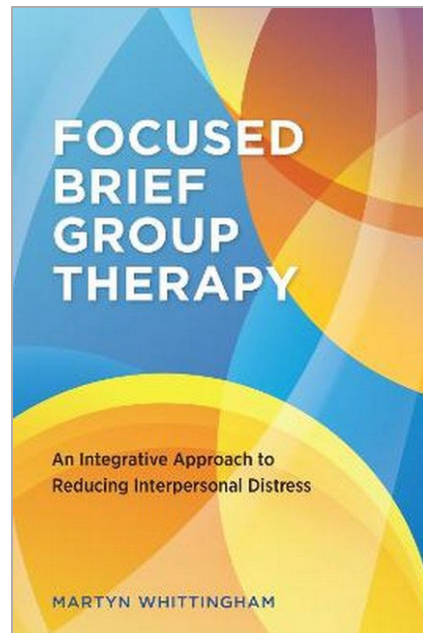
Release Date: March 2024

**9781433837715**

Paperback

353 pages

**AUD\$: 109.00**



### **Focused Brief Group Therapy** An Integrative Approach to Reducing Interpersonal Distress

**By Martyn Whittingham**

*Focused Brief Group Therapy* is an integrative interpersonal approach to brief group therapy that uses formal assessment to guide and inform treatment.

Interpersonal relationships are an essential component of our physical and mental health, but developing meaningful relationships in today's world is an ever-present struggle.

This book introduces mental health providers to focused brief group therapy (FBGT) and shows how it can help reduce a patient's distress from loneliness and disconnection.

Blending the art and science of therapy, this semi-structured model enables therapists to improve their client's existing interpersonal relationships or develop new ones.

Part I offers an overview of the underlying constructs, integrated theory, and overall structure of FBGT.

Part II provides strategies and techniques for implementation and discusses the future of FBGT and its applications.

**AMERICAN PSYCHOLOGICAL ASSOCIATION**

Category: CLINICAL PSYCHOLOGY

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229 X 152 mm

Release Date: March 2024

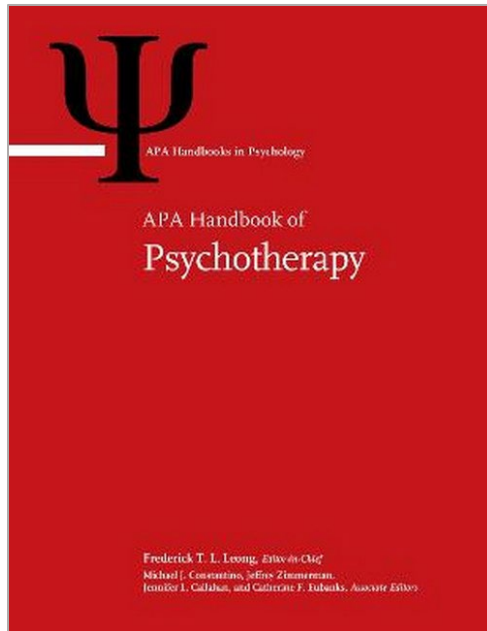
**9781433836510**

Paperback

280 pages

**AUD\$: 127.00**





## APA Handbook of Psychotherapy Volume 1 & Volume 2

**By Frederick T. L. Leong, Michael J. Constantino, Jeffrey Zimmerman, Jennifer L. Callahan, Catherine F. Eubanks**

The 2-volume *APA Handbook of Psychotherapy* comprehensively presents the field based on the primary ways in which professionals practice psychotherapy and affect such practice through theory, research, and training. 50 authoritative chapters capture the most representative ways in which psychotherapists characterize the driving forces behind their foundational therapeutic approaches.

Therapists may: Administer psychotherapy according to a specific theoretical orientation, applying this model across most patients and contexts, Use a specific, "named" therapy to primarily treat patients suffering from a particular disorder, Draw on research evidence to administer psychotherapy in a way that can include, but also transcend, specific theoretical orientations and disorder-specific interventions, Generate data and draw on varied forms of research psychotherapy in a participant-driven and contextually responsive manner, These chapters represent the latest thinking and evidence on the most relevant topics across the "big four" psychotherapy domains of theory, research, practice, and training. All four parts are written for researchers, practitioners, scholars, and trainers, with the major difference among the sections being their emphasis on, and order of, discussing the "big four" elements.

### AMERICAN PSYCHOLOGICAL ASSOCIATION

Category: CLINICAL PSYCHOLOGY

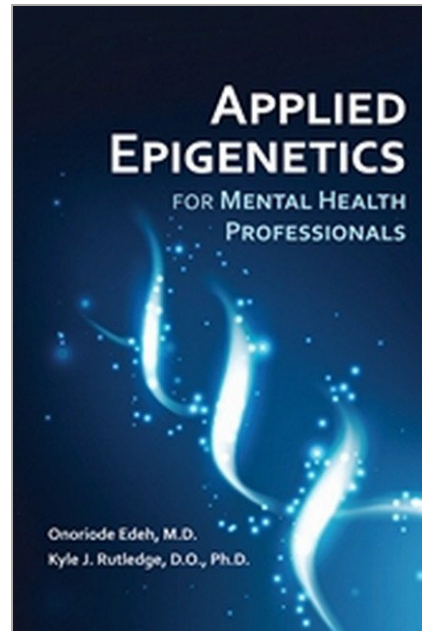
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279 X 216 mm

Release Date: March 2024

9781433836749

Mixed media product  
821 pages

AUD\$: 732.00



## Applied Epigenetics for Mental Health Professionals

**By Onoriode Edeh, Kyle Rutledge**

Epigenetics—the study of cellular events that affect gene expression without changing the DNA sequence—is having an increasing impact on the field of biology, where it has improved our understanding of the development of pathology and led to novel treatments. The same is true in psychiatry, where epigenetics has provided new perspectives on neurodevelopment across the life span. But although the topic is increasingly present in clinical research (as well as in education, licensing, and board exams), its more complex aspects often exceed the scope of preclinical training.

This essential guide is designed for practicing psychiatrists, nurse practitioners, physician assistants, trainees, and students. Numerous tables and figures, key points that summarize the most pertinent information, and study questions at the end of each chapter are the book's standout features, reinforcing the specific and broadly applicable information throughout. Opening with an accessible primer to the major concepts that arise in current applications of epigenetics in psychiatry, the book goes on to examine how epigenetics has improved the understanding of Mood disorders, with a focus on depression, Neurodevelopmental and neurodegenerative disorders, Trauma, toxic stress.

### AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING

Category: CLINICAL PSYCHOLOGY

Disc: ACAD & PROFESSIONAL  
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Release Date: March 2024

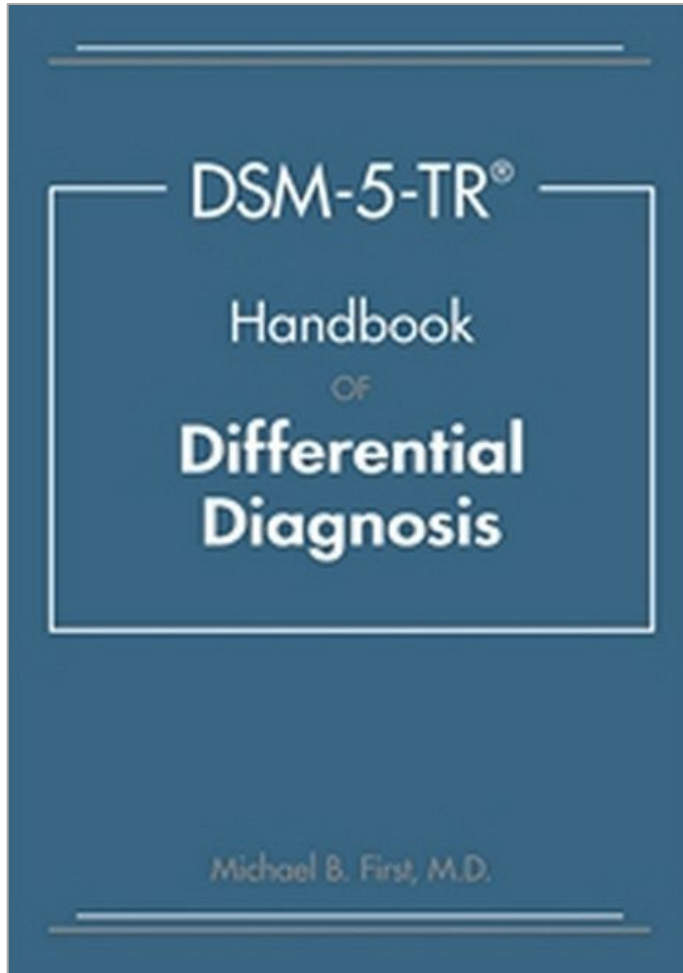
9781615374137

Paperback

B&W THROUGHOUT

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## DSM-5-TR (R) Handbook of Differential Diagnosis

By **Michael B. First**

*The DSM-5-TR Handbook of Differential Diagnosis* is the preeminent guide to differential diagnosis for both clinicians and students learning psychiatric diagnosis.

Fully updated to reflect the recent Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR), it offers a rich selection of diagnostic lenses through which to consider symptomatic presentations in an easy-to-use format. The author, an expert on psychiatric diagnosis and assessment, recognizes that psychological distress cannot be reduced to a rubric.

The clinician must have empathy, listening skills, the ability to identify symptoms and contextualize them, and a familiarity with the body of knowledge represented by DSM-5-TR. This handbook brings these critical skills together in a well-written, accessible, and reader-friendly volume that is grounded in the latest research and standard of practice.

The handbook offers an assortment of approaches to differential diagnosis and a number of features designed to benefit clinicians in the evaluation, including:

- \* A six-step framework for diagnosing patients that proceeds from determining if the symptom is real to establishing the boundary between disorder and normality, with intermediary steps to rule out substance etiology and medical conditions, as well as to determine the primary disorder and to differentiate adjustment disorders from other mental disorders.
  - \* Thirty symptom-oriented decision trees that provide detailed decision points to facilitate the process of generating the differential diagnosis based on the presenting symptoms and eliminate formulating premature conclusions.
  - \* Sixty-seven differential diagnosis tables, one for each of the most important disorders in DSM-5-TR, cross-referenced with the terminal branches of the decision trees presented in the handbook to provide a head-to-head comparison of each disorder, highlighting similarities and differences.
  - \* The DSM-5-TR Classification, to facilitate coding and to provide an overview of all the DSM-5-TR diagnoses that must be considered in formulating a differential diagnosis.
  - \* Alphabetical indexes of the decision trees and differential diagnosis tables to help readers readily locate desired material.
- DSM-5-TR Handbook of Differential Diagnosis* provides a comprehensive overview of the process of diagnosing DSM-5-TR disorders while serving as a reference guide to assist in the differential diagnosis of individual patients.

The handbook is an invaluable addition to the DSM-5-TR collection and an important contribution to the mental health profession.

### Author Bio:

Michael B. First, M.D., is Professor of Clinical Psychiatry at Columbia University and a Research Psychiatrist in the Division of Clinical Phenomenology at the New York State Psychiatric Institute in New York, New York.

### AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING

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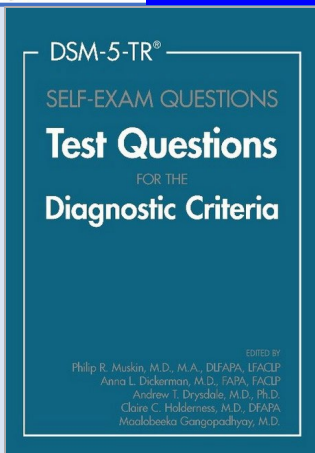
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9781615373598

Paperback  
pages

AUD\$: 255.00





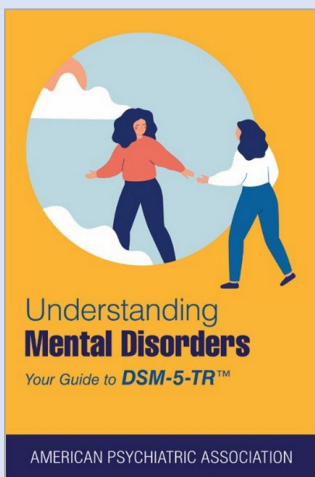
## DSM-5-TR (R) Self Exam Questions

Test Questions for the Diagnostic Criteria

By *Philip R. Muskin, Anna L. Dickerman*

*DSM5TR® SelfExam Questions: Test Questions for the Diagnostic Criteria* elucidates the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision, through self-exam questions designed to test the readers knowledge of the new editions diagnostic criteria. Mental health professionals, ranging from clinicians and students to psychiatric nurses and social workers, will benefit from this substantive texts 300plus questions. This book is a "must have" for anyone seeking to fully understand the changes brought about by the groundbreaking publication of DSM5 and DSM5TR.

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450 Pages  
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**AUD\$: 190.00**



## Understanding Mental Disorders

Your Guide to DSM-5-TR (R)

By *American Psychiatric Association*

*Understanding Mental Disorders: Your Guide to DSM-5-TR* is a valuable guide for anyone who has been touched by mental illness. Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who love and care for them. Based on the latest edition of the *Diagnostic and Statistical Manual of Mental Disorders*-known as *DSM-5-TR-Understanding Mental Disorders* provides useful insight on what to expect from an illness and its treatment-and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.

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**9781615375219**  
**AUD\$: 69.99**



## DSM-5-TR (TM) Clinical Cases

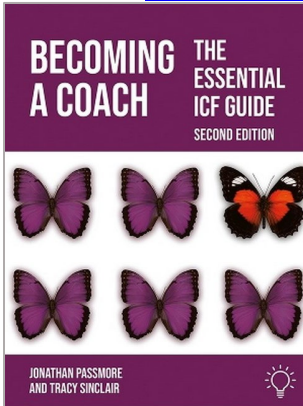
By *John W. Barnhill*

*DSM-5-TR Clinical Cases* presents patient cases that exemplify the mental disorders categorized in DSM-5-TR, bringing DSM-5-TR alive for teachers and students of psychiatry, psychology, social work, nursing, and related mental health and healthcare fields. With chapters that correspond to the main DSM-5-TR diagnostic categories (i.e., the first 19 chapters in Section II), this book guides the reader through the complexities of clinical assessment and the many types of contextual information needed to obtain a full diagnostic picture of a patient.

**AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING**  
OTHER MEDICINE  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 175 mm  
425 Pages  
B&W THROUGHOUT  
Rel Date: **July 2023**  
**9781615373611**  
**AUD\$: 222.00**







## Becoming a Coach 2/e

### The Essential ICF Guide

By *Jonathan Passmore, Tracy Sinclair*

How can you become the very best coach you can be? *Becoming a Coach* provides all the knowledge and inspiration needed to reflect on who you are, what you do, and how you can develop as a professional coach. Drawing on the latest ICF coach competence framework and up-to-date coaching research, the authors set out a wide range of contemporary coaching models and techniques and show how they can be integrated to deliver an evidence-based coaching service to the very highest professional standards. Deepening readers' understanding of core competencies and broadening thinking on how to apply them in practice, *Becoming a Coach* is the only book to align directly with the world's most widely accepted and up-to-date professional coaching guidance.

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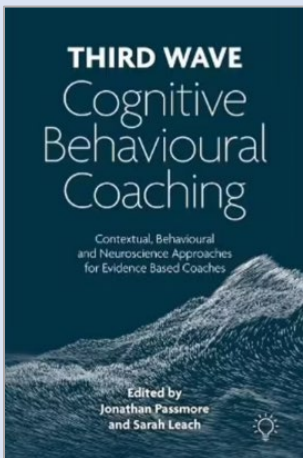
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## ALSO BY JONATHAN PASSMORE – AVAILABLE AND IN STOCK NOW



## Third Wave Cognitive Behavioural Coaching

### Contextual, Behavioural and Neuroscience Approaches for Evidence Based Coaches

By *Jonathan Passmore, Sarah Leach*

Coaching is an emerging discipline that is continually exploring new frontiers. An area of particularly fertile ground is cognitive behavioural therapy (CBT). Developed from behavioural roots by integrating cognitive models of behaviour, and since developed in a range of directions to place increased value on individuals' histories, emotions and potential, CBT offers a host of interrelated, evidence-based approaches that draw on psychology and our knowledge of the brain to help people cope with psychological challenges.

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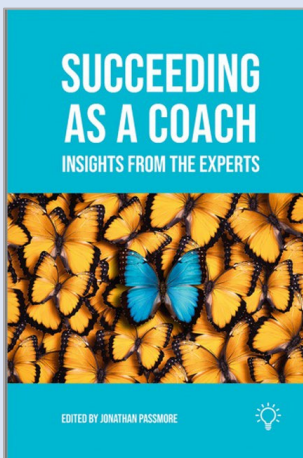
350 Pages

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**9781803880006**

**AUD\$: 89.99**



## Succeeding as a Coach

### Insights from the Experts

By *Jonathan Passmore*

*Succeeding as a Coach* is aimed at coaches who have completed their training and are looking to take the next steps on their professional journey. It provides insights from expert practitioners in a uniquely concise format, with frequently asked questions discussed in bitesize chapters that allows any coach or trainee to quickly find the specific guidance they need to add new ideas to their coaching repertoire. The content is divided into five sections: Section 1 deals with training, setting up in practice, attracting business and planning sessions; Section 2 looks at starting a session and establishing the coaching relationship; Section 3 covers core skills such as reflection, listening, questioning and the coaching mindset; Section 4 explores how to manage time and close sessions; and finally Session 5 considers wider coaching issues such as supervision, personal development and developing self-awareness.

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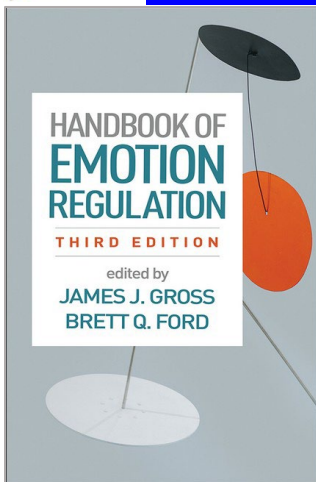
228 Pages

Rel Date: **June 2021**

**9781914010262**

**AUD\$: 83.99**



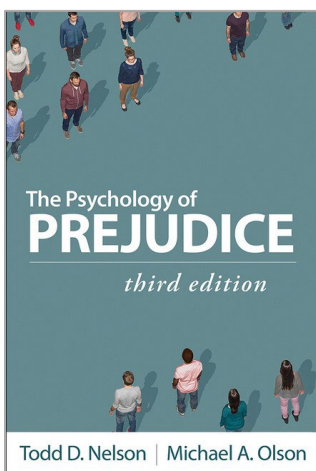


## Handbook of Emotion Regulation 3/e

By James J. Gross, Brett Q. Ford

This definitive handbook is now in an extensively revised third edition with all-new chapters and many new topics. Leading authorities present cutting-edge knowledge about how and why people try to regulate their emotions, the consequences of different regulatory strategies, and interventions to enhance this key area of functioning. The biological, cognitive, developmental, and social bases of emotion regulation are explored. The volume identifies critical implications of emotion regulation for mental and physical health, psychopathology, educational achievement, prosocial behavior, and other domains. Clinical and nonclinical interventions are critically reviewed, and state-of-the-art measurement approaches described.

**GUILFORD PUBLICATIONS**  
 PSYCHOLOGY  
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 Paperback  
 254 X 178 mm  
 602 Pages  
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 Rel Date: March 2024  
**9781462549412**  
**AUD\$: 149.00**

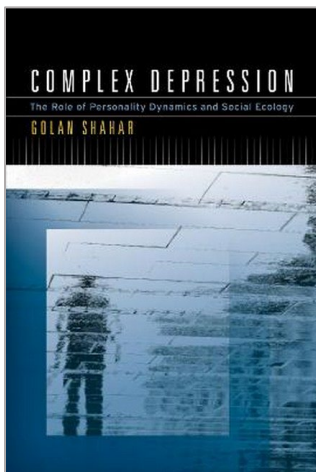


## The Psychology of Prejudice 3/e

By Todd D. Nelson, Michael A. Olson

Addressing core questions about prejudice and stereotyping—their causes, consequences, and how to reduce them—this noted text is now in a thoroughly revised third edition with 50% new material. Written in an engaging, conversational style, the book brings social psychological theories and research to life with compelling everyday examples. The text explores the personal and societal impacts of different forms of prejudice. Students learn about the cognitive, emotional, motivational, contextual, and personality processes that make stereotyping and prejudice more (or less) likely to occur. The book reviews anti-bias interventions and critically evaluates the evidence for their effectiveness. Every chapter concludes with an instructive glossary and discussion questions.

**GUILFORD PUBLICATIONS**  
 PSYCHOLOGY  
 Disc: ACAD & PROFESSIONAL  
 Paperback  
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 464 Pages  
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**9781462553235**  
**AUD\$: 150.00**



## Complex Depression

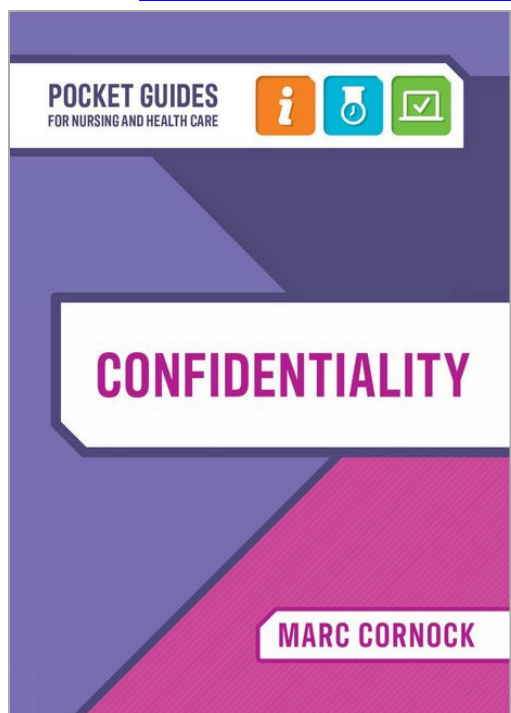
The Role of Personality Dynamics and Social Ecology

By Golan Shahar

Golan Shahar argues that the dynamic relationship between personality and social factors, which he terms "ecodynamics," is the root cause of complex depression and leads to severe consequences, including suicide. Dr. Shahar examines foundational psychoanalytic research on depression, particularly Melanie Klein's object relation theory and her depressive position. He elaborates upon these concepts with a transtheoretical lens those accounts for key factors, including affect (primarily self-criticism); affect regulation; schemas and scripts that reinforce self-criticism; projections of the self into the future; and externalization of depressive feelings that creates a vicious cycle. Shahar explores specific ecodynamics patterns that lead to complication like chronicity, heterogeneity, comorbidity with other disorders, health and legal problems, and suicidality.

**AMERICAN PSYCHOLOGICAL ASSOCIATION**  
 PSYCHOLOGY  
 Disc: ACAD & PROFESSIONAL  
 Paperback  
 229 X 152 mm  
 212 Pages  
 Rel Date: March 2024  
**9781433836077**  
**AUD\$: 217.00**





## Confidentiality

A Pocket Guide for Nursing and Health Care

By Marc Cornock

A handy pocket guide to help demystify the subject of Confidentiality for all those working in health and social care. *Confidentiality* is a tricky concept in health care that can be difficult to understand, but it does not have to be.

This book is a handy pocket-sized guide that clarifies the obligations that a health care practitioner has to their patient and the patient's personal information. It places confidentiality in the clinical setting and relates the principles of confidentiality to your practice.

From Caldicott Guardians to public interest, via Lasting Power of Attorney, it's full of practical detail about: what confidentiality is and why it is important, what constitutes confidential information, when information can be shared, who information can be shared with, when information must be shared.

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

### SCION PUBLISHING LTD

Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL

148 X 105 mm

Release Date: March 2024

9781914962127

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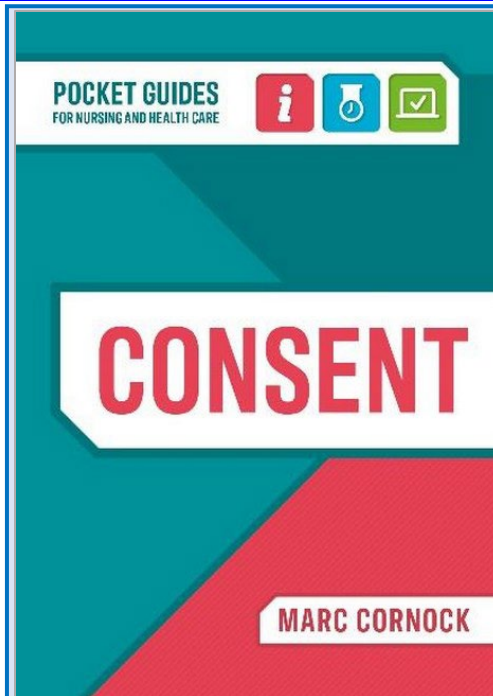
96 pages

NOT ILLUSTRATED

AUD\$: 26.99



9 781914 962127



## Consent

A Pocket Guide for Nursing and Health Care

By Marc Cornock

A handy pocket guide to help demystify the subject of Consent for all those working in health and social care.

*Consent* is a concept that can be complex and difficult to understand, but it does not have to be.

This book is a handy pocket-sized guide to the consent process that treats consent as an essential part of your everyday practice.

From assent to self-determination, via legally valid consent, it's full of practical detail about: what consent is, who can give consent, the ways in which consent can be given, when consent can be given, how you can work with your patient through the consent process.

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

### SCION PUBLISHING LTD

Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL

148 X 105 mm

Release Date: September 2023

9781914962066

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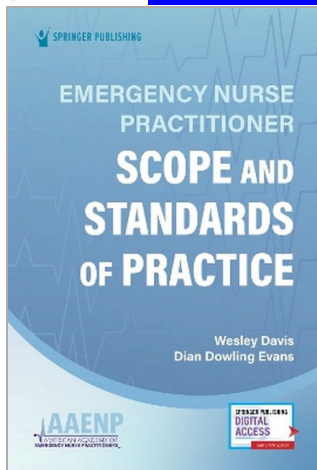
70 pages

NOT ILLUSTRATED

AUD\$: 26.99



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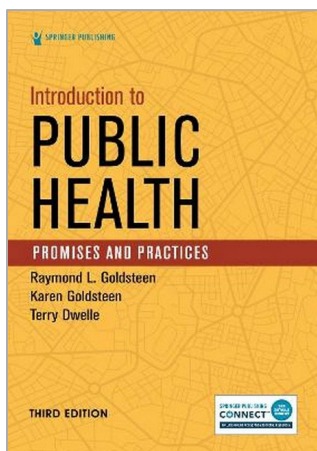


## Emergency Nurse Practitioner Scope and Standards of Practice

By *Wesley Davis, Dian Evans*

This professional resource for ENPs delivers essential information supporting and delineating the growing role of the advanced practice nurse within emergency care settings. Co-published with the American Academy of Emergency Nurse Practitioners (AAENP), it provides the ENP with a standard of care and scope of practice congruous with use in both clinical practice and academic preparation. The text brings together recognized leaders in ENP practice from diverse settings nationwide and describes in depth the professional expectations of the ENP. With detailed information for educators, regulatory bodies, and practicing NPs, the book charts ENP standards of practice, competencies, and academic requirements and emphasizes the collaborative aspects of the ENP role as a member of the health care team.

**SPRINGER PUBLISHING  
COMPANY**  
NURSING & ANCILLARY  
Disc: ACAD & PROFESSIONAL  
Paperback  
229 X 152 mm  
100 Pages  
Rel Date: March 2024  
**9780826178473**  
**AUD\$: 73.99**

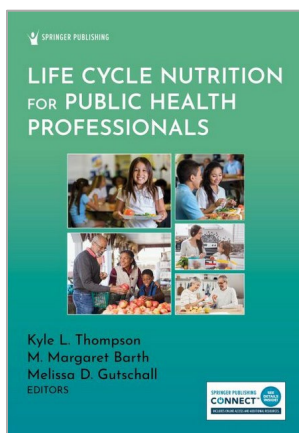


## Introduction to Public Health 3/e Promises and Practices

By *Raymond L. Goldsteen, Karen Goldsteen*

The third edition of *Introduction to Public Health* has been extensively revised and updated to reflect the impact of the COVID-19 pandemic and the need to recalibrate how public health is organized, financed, and planned in the 21st century. Written by experienced public health practitioners and academics, this foundational resource presents a thorough overview of the US public health system from its origins to current state and future directions and examines the new outlook for students seeking careers in this dynamic and exciting field. The textbook offers a sweeping examination of topics such as infectious disease control, injury prevention and non-infectious diseases, system performance and improvement, and public health leadership and communication.

**SPRINGER PUBLISHING  
COMPANY**  
MEDICINE: GEN ISSUES  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 178 mm  
350 Pages  
B&W THROUGHOUT  
Rel Date: March 2024  
**9780826186140**  
**AUD\$: 160.00**



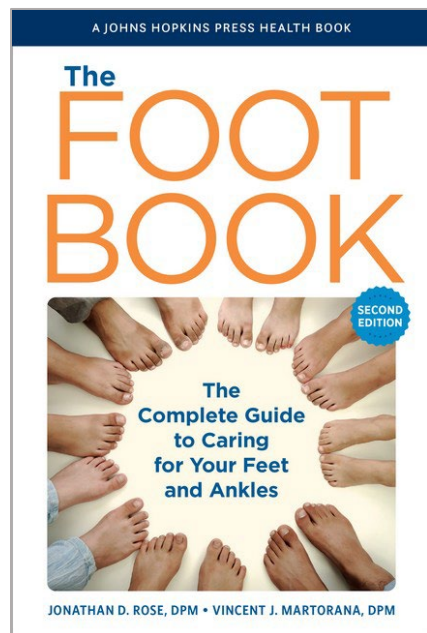
## Life Cycle Nutrition for Public Health Professionals

By *Kyle L. Thompson, M. Margaret Barth*

*Life Cycle Nutrition for Public Health Professionals* is the first textbook using a public health approach and population-focused lens to explore nutrition across each life cycle phase. It provides the basic principles of normal nutrition across each developmental phase in the life course, along with the foundational knowledge of key determinants, challenges, and outcomes among communities and populations within each nutrition phase. Using the Public Health 3.0 framework as a guide, the text illustrates how evidence-based public health nutrition programs can improve individual and population health. This comprehensive text contains chapters spanning every major life cycle phase—from preconception and pregnancy through older adulthood.

**SPRINGER PUBLISHING  
COMPANY**  
MEDICINE: GEN ISSUES  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 178 mm  
550 Pages  
NOT ILLUSTRATED  
Rel Date: March 2024  
**9780826186225**  
**AUD\$: 222.00**





**The Foot Book 2/e**  
**The Complete Guide to Caring for Your Feet and Ankes**

**By Jonathan D. Rose, Vincent J. Martorana**

Now completely revised and updated! The ultimate guide to taking care of your feet.

Written by leading experts with decades of experience in podiatry, this new edition of *The Foot Book* covers everything you need to know to care for your feet. It addresses the entire foot, inside and out, describing in plain English its anatomy and biomechanical operations.

The second edition also: Provides an overview of common and rare foot injuries and syndromes, Includes information on alignment and balance problems, heel pain, skin and toe conditions, flat feet, arthritis, and more, Offers guidance on medications, exercises, stretches, inserts, therapy, and surgery, Explains how to select the right footwear and provides shoe recommendations, Covers foot issues in children, athletes, people with diabetes, and people with nerve or vascular problems, Includes links to supplemental videos that guide you through stretching, flexibility, and strengthening exercises.

Illustrated with nearly 100 images, *The Foot Book* walks you through tips and practices that are essential to caring for your feet.

**JOHNS HOPKINS UNIVERSITY PRESS**

Category: FAMILY & HEALTH

Disc: TRADE INTERNATIONAL

229 X 152 mm

Release Date: March 2024

9781421447285

Paperback

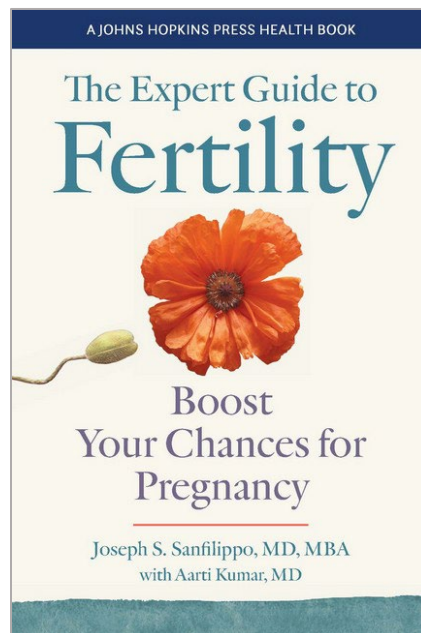
304 pages

B&W THROUGHOUT

AUD\$: 59.99



9 781421 447285



**The Expert Guide to Fertility**  
**Boost Your Chances for Pregnancy**

**By Joseph S. Sanfilippo, Aarti Kumar**

The essential guide to understanding fertility and improving your pregnancy chances. The journey to fertility can be daunting and filled with obstacles. In *The Expert Guide to Fertility*, OB-GYNs Joseph S. Sanfilippo, MD, MBA, and Aarti Kumar, MD, offer the information you need in your journey to achieve pregnancy.

They provide an overview of the human reproductive system, describe issues that may impede conception, and explain various medical, surgical, and lifestyle interventions shown to improve one's chances of becoming pregnant.

Sanfilippo and Kumar offer important information on:

- \* A broad variety of assisted reproductive technologies, including in vitro fertilization,
- \* Diagnostic tests and what to expect throughout your fertility journey,
- \* Fertility-preserving options for people diagnosed with cancer and people with recurrent miscarriages, polycystic ovaries, a low egg supply, or endometriosis,
- \* Fertility options for LGBTQ+ readers, single parents, and military personnel,
- \* Adoption, egg and sperm donation, and egg freezing procedures, Financing options, including tips for working with health care insurers.

**JOHNS HOPKINS UNIVERSITY PRESS**

Category: FAMILY & HEALTH

Disc: TRADE INTERNATIONAL

229 X 152 mm

Release Date: **January 2024**

9781421447063

Paperback

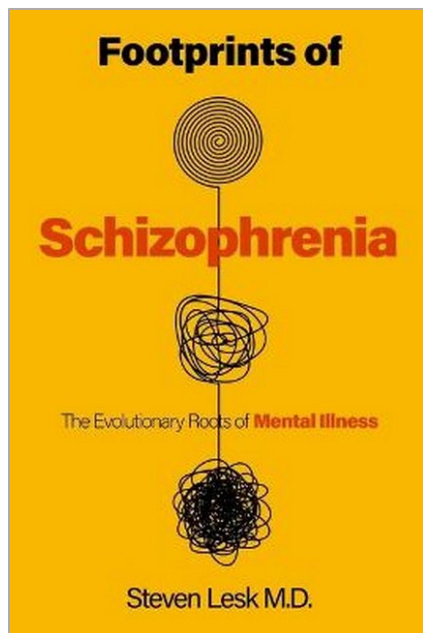
240 pages

B&W THROUGHOUT

AUD\$: 59.99



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## Footprints of Schizophrenia

The Evolutionary Roots of Mental Illness

By **Steven Lesk**

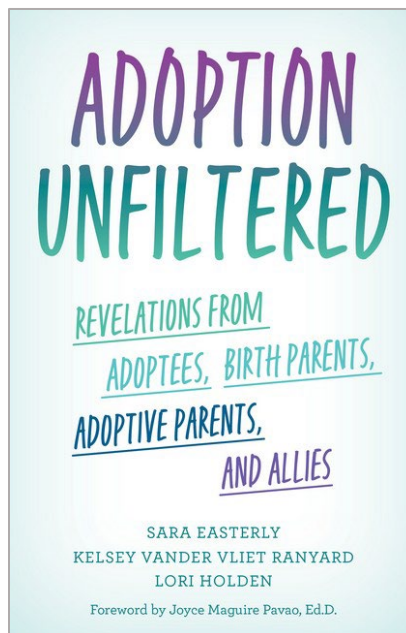
Of all the mental illnesses, schizophrenia eludes us the most. No matter the strides scientists have made in neurological research nor doctors have made in psychiatric treatment, schizophrenia remains misunderstood, almost complacently mythologized. Without a reason for the illness, patients feel even more alienated than they already do, families are left hopeless, and doctors struggle to provide accurate care. Steven Lesk, though, after a medical career dedicated to those affected by schizophrenia and a determination to find the answer to its existence, presents a groundbreaking theory that will forever change the lives of the mentally ill.

In *Footprints of Schizophrenia: The Evolutionary Roots of Madness*, Lesk threads evolutionary evidence with neurological evidence, turning the mysteries of our minds into a tapestry of logic. With his breakthrough theory and this unprecedented book, Lesk will invite necessary cultural dialogue about this stigmatized illness, provoke new psychiatric and pharmacological research, and provide unequivocal comfort to those afflicted and affected by schizophrenia. Lesk's "primitive organization theory" is based in human evolution, from Neanderthals to Homo sapiens, and the specific changes to our brains after the emergence of language.

### ROWMAN & LITTLEFIELD PUBLISHERS

Category: PSYCHOLOGY  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: March 2024  
**9781633889286**

Hardback  
 250 pages  
**AUD\$: 59.99**



## Adoption Unfiltered

Revelations from Adoptees, Birth Parents, Adoptive Parents, and Allies

By **Sara Easterly, Kelsey Vander Vliet Ranyard, Lori Holden**

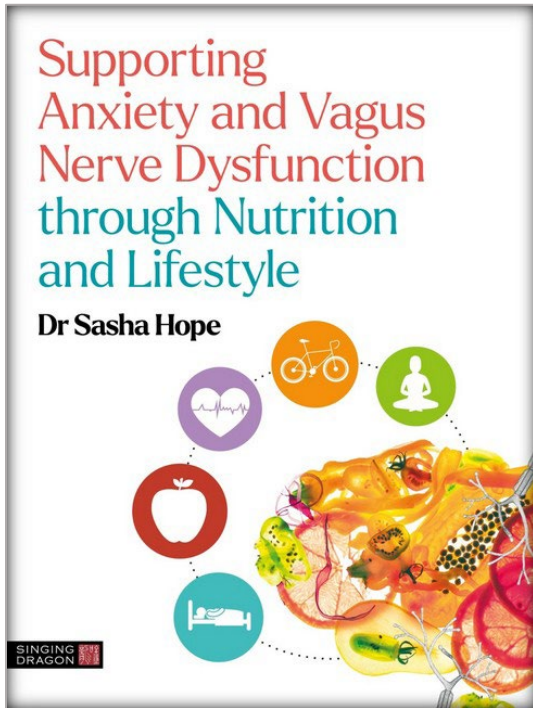
Reveals the candid thoughts and feelings of those most directly involved in adoptions: the adoptee, the adopters, and the birth parents. *Adoption Unfiltered* authors Sara Easterly (adoptee), Kelsey Vander Vliet Ranyard (birth parent), and Lori Holden (adoptive parent) interview more than 30 adoptees, 20 birth parents, a dozen adoptive parents, and several industry professionals—all sharing candidly about the challenges in adoption. While finding common ground in the sometimes-contentious space of adoption may seem like a lofty goal, it reveals the authors' optimistic aim: working together with truth and transparency to move toward healing. Flipping the typical script, in which adoptive parents take the lion's share of the narrative, this book leads with adoptee stories then moves on to stories of challenges and perspectives of birth parents—so often marginalized and silent. The third section offers narratives from adoptive parents who are working through their unique challenges. Finally, we hear from activists and adoption-competent therapists, offering their ideas to make adoption policies and practices better for all involved. Adoption is a beautiful experience but has challenges just like any other relationship or family system.

### ROWMAN & LITTLEFIELD PUBLISHERS

Category: SOCIAL WELFARE  
 Disc: TRADE INTERNATIONAL  
 216 X 140 mm  
 Release Date: **December 2023**  
**9781538174692**

Hardback  
 288 pages  
 B&W THROUGHOUT  
**AUD\$: 68.99**





## Supporting Anxiety and Vagus Nerve Dysfunction through Nutrition and Lifestyle

By *Sasha Hope*

The vagus nerve is responsible for the regulation of all our internal organ functions. When it is damaged, the wide-ranging impact on our nervous system can manifest in a multitude of ways, including anxiety, hormonal imbalances, gastrointestinal distress, and vertigo. Based on current research into the vagus nerve and vagus nerve stimulation, this practical guide addresses a crucial missing link in healthcare and functional medicine by providing an innovative protocol on the management of anxiety and vagus nerve dysfunction through nutrition, exercise, and lifestyle.

With a holistic, whole-person approach, this protocol bridges the divide between the physical and the psychological, providing a holistic approach that can be applied widely across various disciplines within healthcare, bodywork, and mental health. It provides detailed theory and is supplemented with an abundance of practical guidance including various recipes whilst also helping practitioners understand how clients may transition to a more sustainable, long-term protocol.

### SINGING DRAGON

Category: MEDICINE: GEN ISSUES

Disc: ACAD & PROFESSIONAL

254 X 191 mm

Release Date: March 2024

9781839971150

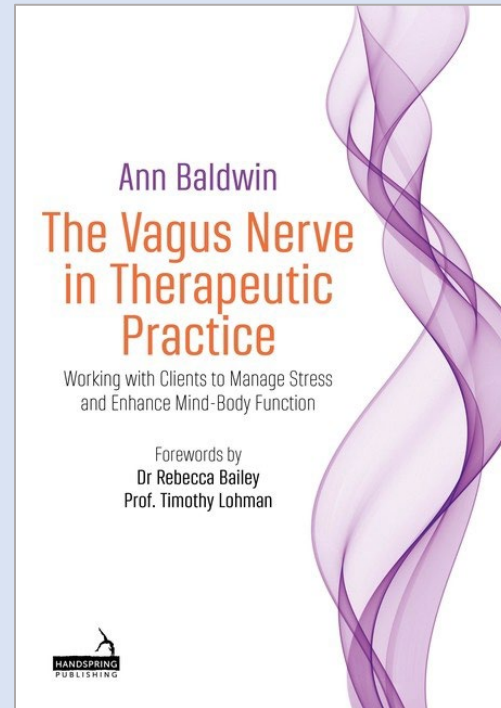
Paperback

368 pages

AUD\$: 72.99



9 781839 971150



## The Vagus Nerve in Therapeutic Practice

Working with Clients to Manage Stress and Enhance Mind-Body Function

By *Ann Baldwin*

*The Vagus Nerve in Therapeutic Practice* describes practical, science-based techniques that can be used to improve vagal performance with the goal of restoring and maintaining mind-body health. Aimed at complementary medicine practitioners and holistic healers such as massage therapists, biofield practitioners, nutritional therapists, aromatherapists and energy healers, it explains how practitioners can adapt their modalities to stimulate the vagus nerve, together with other cranial nerves and the limbic system, to enhance their clients' experience and improve outcomes. The book provides a clear understanding of the importance and benefits of self-regulating the autonomic nervous system, focusing on the vagus nerve.

Each chapter provides practical, evidence-based methods that can be used to stimulate the ventral vagal complex, illustrated by a case history from a complementary medicine or holistic practice. The author addresses the anatomy and evolution of the vagus nerve, including its possible role in promoting social engagement, using the polyvagal theory as a model.

### HANDSPRING PUBLISHING

Category: FAMILY & HEALTH

Disc: ACAD & PROFESSIONAL

246 X 173 mm

Release Date: February 2024

9781913426552

Paperback

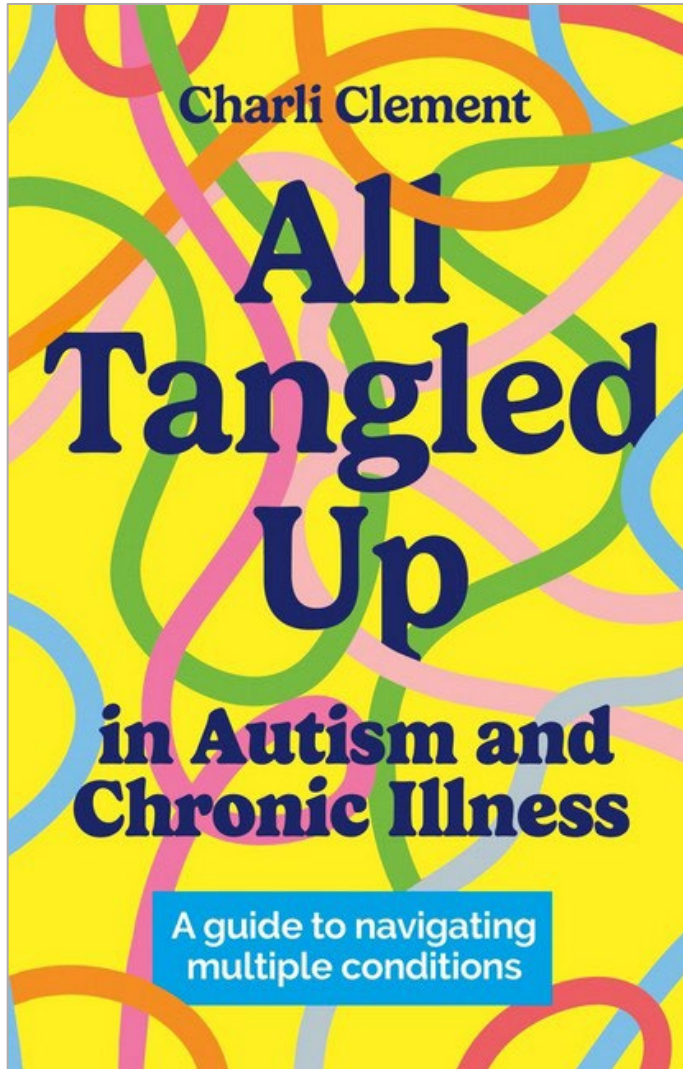
224 pages

B&W THROUGHOUT

AUD\$: 81.99



9 781913 426552



## All Tangled Up in Autism and Chronic Illness

A guide to navigating multiple conditions

*By Charli Clement*

Guide for autistic and chronically ill individuals, providing advice around navigating healthcare systems, managing competing conditions and arranging reasonable adjustments.

In this ground-breaking debut, Charli Clement combines their own experiences alongside unique short profiles from individuals with chronic illness, to provide an intimate and insightful look at the complexities of living with both autism and chronic illness.

From navigating your diagnosis and healthcare, learning how to manage pain and your own sensory needs to dealing with ableism, medical misogyny and transphobia, Clement offers practical advice and delves into the unique challenges faced by individuals living in this intersection.

With a focus on the unique neurodiverse experience and an exploration into disability pride and joy 'Autism and Chronic Illness' is a necessary and empowering resource for autistic and chronically ill people as well as for family members, friends, and healthcare professionals.

### JESSICA KINGSLEY PUBLISHERS

Category: CLINICAL/INT'L MEDIC

B&W Throughout

Disc: Trade International

216 X 138 mm

Release Date: March 2024

**9781839975240**



9 781839 975240

Paperback

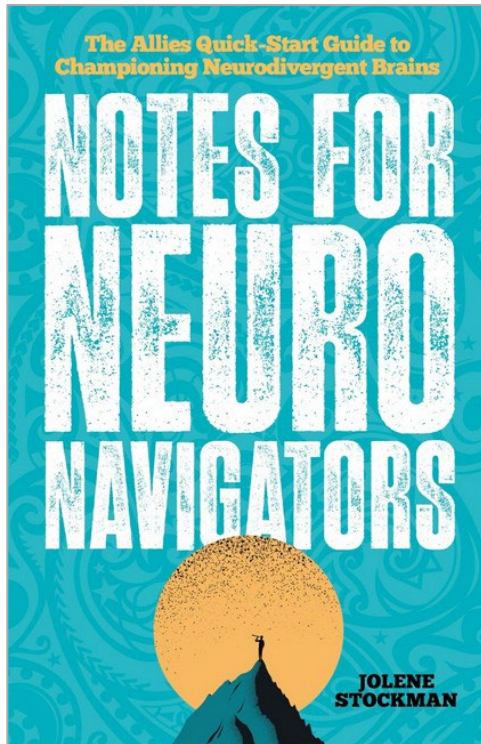
240 pages

**AUD\$: 41.99**

#### **Author Bio:**

Charli Clement is a young autistic and chronically ill person and activist. Charli is a #iwill ambassador for Youth Social Action who has worked with NHS England, the British Institute of Human Rights and Birmingham Women's and Children NHS Trust. Their writing has featured in Vice, Metro, Student Minds and The Unwritten.





## Notes for Neuro Navigators

The Allies Quick-Start Guide to Championing Neurodivergent Brains

By *Jolene Stockman*

"Being autistic is full-on, but being in the life of someone who is autistic? This can be epic, world-changing love."

In a world built for neurotypicals, how can you help autistic loved ones navigate their way to happiness?

Packed with strategies and honest, down-to-earth advice, autistic author Jolene Stockman explores the myriad ways you can boost the autistic in your life: from creating safe spaces and supporting self-care, to changing your own perspective, and advocating for them with others.

Picking up this book is the next step in your journey towards enhancing the lives of autistics - so welcome!

It's time to find out how we can help those we love to navigate the current world and work together to build a brighter one that supports us all.

**JESSICA KINGSLEY PUBLISHERS**  
Category: CLINICAL/INT'L MEDIC

Author is from New Zealand

Disc: TRADE INTERNATIONAL

198 X 129 mm

Release Date: March 2024

9781839978685

Paperback

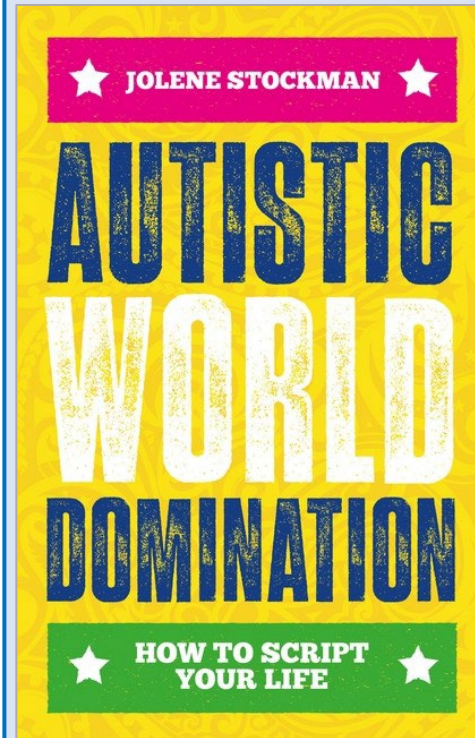
144 pages

B&W THROUGHOUT

AUD\$: 30.99



9 781839 978685



## Autistic World Domination

How to Script Your Life

By *Jolene Stockman*

The neurotypical world doesn't always work for autistic people who often feel they're on the same planet but live in a different world. *Autistic World Domination* is here to rewrite normal.

By helping readers write their own blueprint for life, this book empowers autistic people to create the world they want for themselves.

This vibrant, fresh, and energetic guide blends motivational writing based on Jolene Stockman's own experiences as an autistic woman with practical exercises and actionable plans to help the reader identify who they are, what is important to them and how they might achieve their goals.

This futuristic perspective on autism weaves advice and action together and encourages readers to uncover the truth about themselves and tap into the potential of true autistic power and joy.

**JESSICA KINGSLEY PUBLISHERS**  
Category: CLINICAL/INT'L MEDIC

Author is from New Zealand

Disc: TRADE INTERNATIONAL

220 X 140 mm

Release Date: May 2023

9781839974441

Paperback

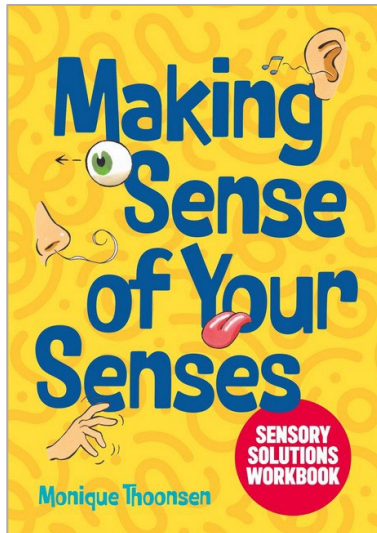
208 pages

NOT ILLUSTRATED

AUD\$: 37.99



9 781839 974441



## Making Sense of Your Senses

### Sensory Solutions Workbook

*By Monique Thoosen*

Do you ever feel like your classroom is just too loud? Maybe it has too many noisy kids in it?!

Or maybe you wish there were more colours on the walls? There is a reason you feel this way and it's all because of your eight (yes eight!) senses.

In this workbook you will get to know all about your senses and several friendly animals along the way.

Fun activities will help you pin down what sorts of smells, sounds, textures, tastes, and movements you like, which you don't like and how much of these is too much.

By completing the worksheets you'll learn all about sensory processing and what effect it can have on how you feel.

Because by finding out for example, that you hate scratchy jumpers, but that the sounds of birds chirping really calms you down, you can find the right kind of sensory input to make you feel better when you need it most!

And adult helpers - there is an instruction manual available for you to know exactly how to coach the child you are supporting, so you can both work together on making sense of your senses!

#### JESSICA KINGSLEY PUBLISHERS

Category: EDUCATION

Disc: TRADE INTERNATIONAL

246 X 173 mm

Release Date: March 2024

9781839978029

Paperback

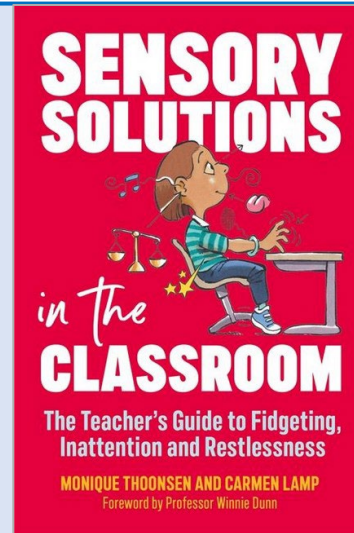
128 pages

B&W THROUGHOUT

AUD\$: 41.99



9 781839 978029



## Sensory Solutions in the Classroom

### The Teacher's Guide to Fidgeting, Inattention and Restlessness

*By Carmen Lamp, Monique Thoosen*

Every teacher knows them - the students who are continuously balancing on their chair legs or who prefer to hide in their hoodies all day long. These students are using all kinds of tricks to be able to stay focused, as they are under- or overresponsive to sensory input and trying to restore their balance. Children who struggle with processing sensory input can experience a wide range of symptoms, including hypersensitivity to sound, sight and touch, poor fine motor skills and easy distractibility. Using this accessible, science-based guide, school staff can support these students by understanding their symptoms and how they impact their learning. Teachers can learn to look at students in a different way: through so-called 'SPi glasses', introduced in the book.

With these glasses on, you learn to recognize behaviours linked to sensory processing and respond quickly, easily and with more understanding, without using a diagnosis, medication, or therapy. The techniques provided help children feel settled and soothed at school, enabling them to learn and communicate better.

Creating the perfect learning environment for all students - a sensory supportive classroom - this tried and tested guide is an essential tool for teachers (with or without prior knowledge of SPD), to better support and understand their students and their sensory needs.

#### JESSICA KINGSLEY PUBLISHERS

Category: EDUCATION

Disc: TRADE INTERNATIONAL

229 X 152 mm

Release Date: February 2022

9781785926976

Paperback

224 pages

B&W THROUGHOUT

AUD\$: 48.99



9 781785 926976



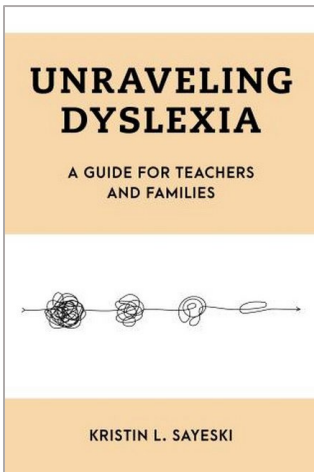
## You're Hired!

**Practical Strategies for Guiding Individuals with Autism Spectrum Disorder to Competitive Employment**

*By Patricia S. Arter, Tammy B. H. Brown*

Despite having marketable skills, individuals with Autism Spectrum Disorder (ASD) have one of the highest unemployment and under-employment rates of all disability groups. *You're Hired! Practical Strategies for Guiding Individuals with ASD to Competitive Employment* is a guidebook to support practitioners who prepare young adults with ASD for competitive employment. Anchored in best practices, this teacher-friendly and classroom-ready resource provides detailed "how-to's" on supporting individuals with ASD from their initial employment exploration through navigating the challenges of the first job. This text is a valuable resource for Special Education practitioners teaching in transition programs and is well-suited for teacher preparation programs that provide ASD certifications.

**ROWMAN & LITTLEFIELD PUBLISHERS**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
254 X 178 mm  
160 Pages  
B&W THROUGHOUT  
Rel Date: **January 2024**  
**9781538177419**  
**AUD\$: 56.99**



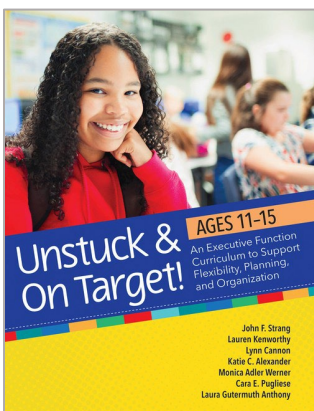
## Unraveling Dyslexia

**A Guide for Teachers and Families**

*By Kristin L. Sayeski*

Despite being the most common learning disability, dyslexia is widely misunderstood—it is not related to a lack of comprehension or having a low IQ, nor is it simply a matter of mixing up the letters "b" and "d". Shrouded by myths and misperceptions, lack of direct, practical information on dyslexia leaves many teachers and families frustrated. Well-intentioned teachers tell parents that all kids learn differently and at a different pace, but as the months turn into years, the gap between skilled readers and those that struggle widens. The antidote to wait-and-see and more-of-the-same is information. In this book, Sayeski and Chandler translate research from neuroscience, cognitive psychology, linguistics, and education into bite-sized, actionable guidance for teachers and parents to follow to put kids on the path to reading.

**ROWMAN & LITTLEFIELD PUBLISHERS**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
229 X 152 mm  
256 Pages  
B&W THROUGHOUT  
Rel Date: **December 2023**  
**9781538170243**  
**AUD\$: 62.99**



## Unstuck and On Target! Ages 11-15

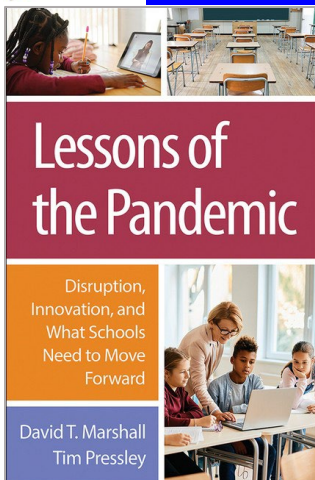
**An Executive Function Curriculum to Support Flexibility, Planning, and Organisation**

*By John F. Strang, Lauren Kenworthy*

The popular, evidence-based *Unstuck and On Target!* curriculum has helped elementary school students across the country develop critical flexibility, planning, and organization skills. Now there's a version of *Unstuck* for ages 11–15—with all-new lessons specially designed to help middle school students build the strong executive function skills they need to manage more complex independent work. The curriculum includes 23 lessons on topics that are key to success in school and life: flexibility, big-picture thinking, planning, compromising, and self-monitoring. These 45-minute lessons are taught in small groups in any setting, including general and special education classrooms, pull-out groups, or after-school clubs.

**BROOKES PUBLISHING CO**  
EDUCATION  
Disc: ACAD & PROFESSIONAL  
Paperback  
279 X 216 mm  
309 Pages  
Rel Date: March 2024  
**9781681254876**  
**AUD\$: 157.00**





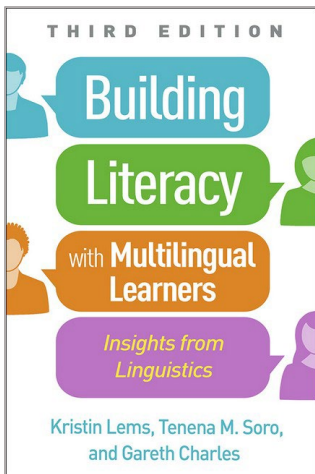
## Lessons of the Pandemic

**Disruption, Innovation, and What Schools Need to Move Forward**

*By David T. Marshall, Tim Pressley*

The impacts of the COVID-19 pandemic on K–12 education have been pervasive and profound. This engaging book concisely outlines the current crisis in schools in the core areas of student learning, student and teacher mental health, and teacher burnout. Synthesizing original research, David T. Marshall and Tim Pressley offer in-depth descriptions of the disruptions caused by prolonged school closures and remote instruction. They also identify some positive changes, such as increased use of online resources and technology, flexible work models, and greater attention to social and emotional learning. Sharing key findings, concrete examples, and teachers’ own voices about what they need to succeed, the book provides clear recommendations for moving schools forward effectively and sustainably.

**GUILFORD PUBLICATIONS**  
 EDUCATION  
 Disc: ACAD & PROFESSIONAL  
 Paperback  
 229 X 152 mm  
 172 Pages  
 NOT ILLUSTRATED  
 Rel Date: March 2024  
**9781462553877**  
**AUD\$: 69.99**



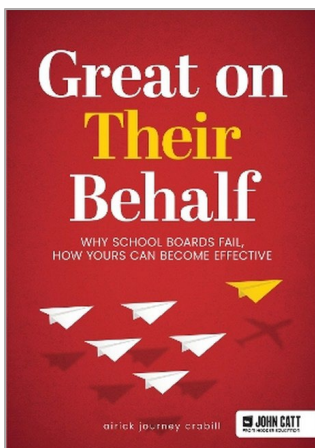
## Building Literacy with Multilingual Learners 3/e

**Insights from Linguistics**

*By Kristin Lems, Tenena M. Soro*

Now in a revised and expanded third edition, this established course text and teacher guide explores the processes involved in second-language acquisition and translates the research into practical instructional strategies for PreK–12. Engaging classroom vignettes and personal reflections from the authors and other seasoned educators bring the teaching methods and linguistic concepts to life. Highlighting ways to draw on emergent bilingual and multilingual students’ strengths, the book presents innovative learning activities, lesson planning ideas, technology applications, downloadable reproducible forms, and other resources.

**GUILFORD PUBLICATIONS**  
 EDUCATION  
 Disc: ACAD & PROFESSIONAL  
 Paperback  
 229 X 152 mm  
 374 Pages  
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## Great On Their Behalf

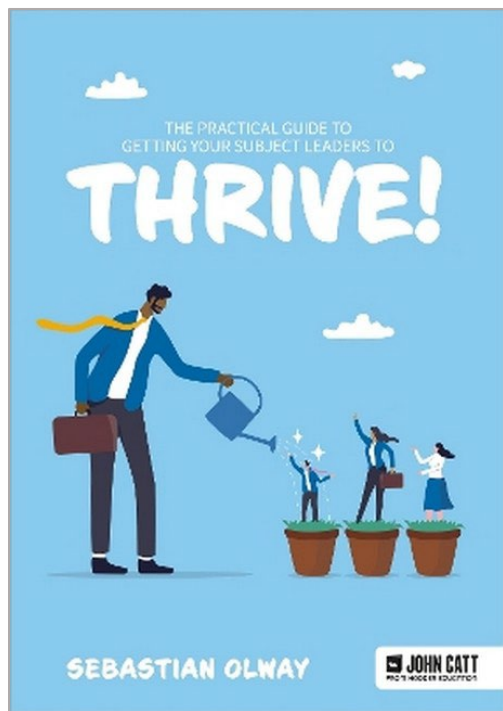
**Why School Boards Fail. How Yours Can Become Effective**

*By Airick Journey Crabill*

School systems nationwide are struggling to excel as they lurch from crisis to crisis—teacher shortages, school shootings, high turnover rates, weak discipline systems, and more. These things can pull the focus of school boards away from why school systems exist: to educate students. Airick Journey Crabill has a track record of helping school systems improve student literacy, numeracy, and career and college readiness rates while simultaneously strengthening the school's financial and operational standing. *Great on Their Behalf* is your practical guide to igniting the transformation of your school board and enabling it to create the conditions for improving what students know and can do. Step by step, the exercises in this book inspire board members to adopt a student-outcomes-focused mindset.

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**The Practical Guide to Getting Your Subject Leaders to THRIVE!**

**By Sebastian Olway**

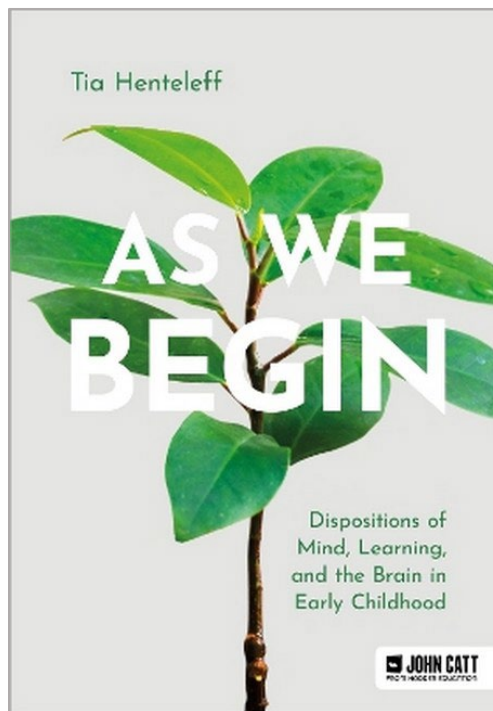
The curriculum is the driving force for excellent teaching and learning in any school. Yet, in primary schools, the curriculum is often led by class teachers who have little or no time to give to this vital part of their role. Schools seeking to develop distributive leadership can find that many barriers arise for middle leaders. Subject leaders have the potential to rapidly improve the way a curriculum is taught within a school, but the challenges they face can seem insurmountable. *The Practical Guide to Getting Your Subject Leaders to THRIVE!* tackles these issues head-on with a framework rooted in educational research.

The six-step THRIVE programme provides school leaders with a structure to support subject leaders and unlock their potential. The programme can also be used to guide an impactful series of professional development meetings, or to offer strategies, tips and resources for individual subject leaders to use in their day-to-day work. Whether you're a primary school headteacher, a senior leader, an experienced subject leader or brand new to the role, this book will help your school to THRIVE!

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Explaining and applying important concepts from the science of teaching and learning in practical classroom terms, she examines the role of play, literacy, numeracy, creativity, and imagination as integrated and essential components of developing a child's intellectual curiosity.

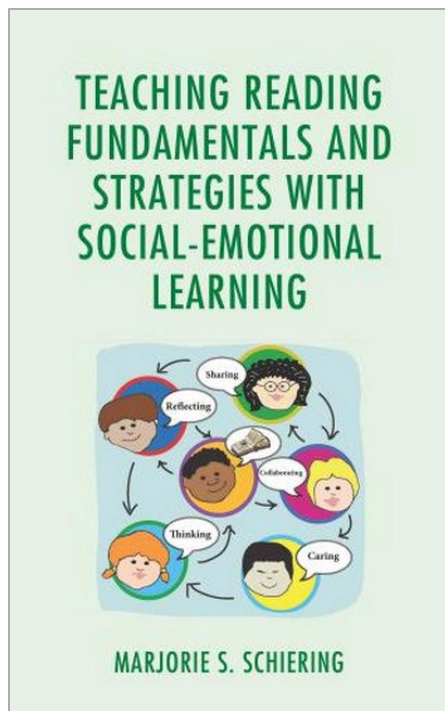
*As We Begin* offers ideas, rather than prescriptions, for a balanced early childhood educational program.

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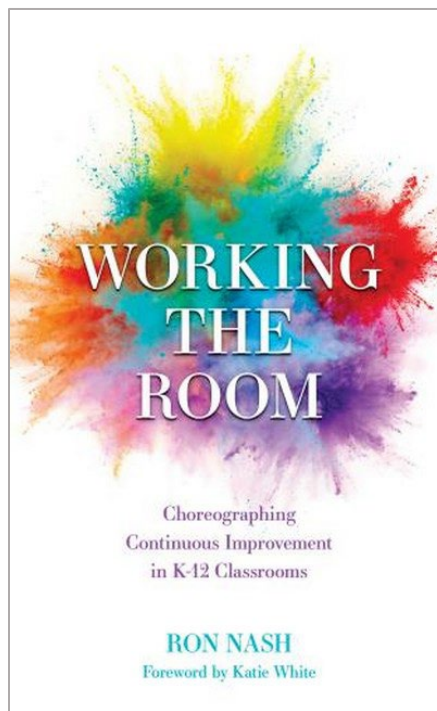
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