Psychological Investigations - Lois Holzman - 2004-11-23
“Psychological Investigations” lets readers listen in on one of the most exciting developments in psychology today as it is unfolding. With the current trend in therapy reflecting a movement away from traditional psychology and towards more postmodern psychologies, social therapy, a psychotherapeutic approach developed by Fred Newman, emerges as a qualitatively new way of doing therapy. Social therapy blends philosophy, the arts, and political concerns into a group approach that focuses on improved social functioning. “Psychological Investigations” provides insight into the revolutionary development of social therapy—an improvisational, investigatory, development-focused method of treatment. Featuring dialogues drawn from transcripts of teaching and supervisory sessions between Newman and therapists, the book presents a comprehensive guide to the core philosophical and political issues of social therapy and the social therapeutic group process. Instead of introspection and insight—traditional means to self-realization—Newman and social therapy encourages activity, involvement and commitment to causes larger than the individual ego.

Managing Social Anxiety - Debra A. Hope - 2010
This revised workbook is designed for patients’ use as they work, either with a qualified mental health professional or on their own, to manage social anxiety. Based on the principles of cognitive-behavioral therapy, the treatment program described is evidence-based and proven effective. Complete with user-friendly forms and worksheets, as well as relatable case examples and chapter review questions, this workbook contains all the tools necessary to help patients manage their anxiety and improve their quality of life.

Understanding Narrative Therapy - Sonia L. Abels, MSW - 2001-03-20
A clear guide to one of today’s most popular treatment modalities, this volume explores why the narrative metaphor is important in the therapeutic relationship, and how to incorporate narrative techniques into social work practice. Building on basic insights about how stories shape people’s lives, and how destructive stories can be modified, the authors explore various applications of the narrative approach. These applications include conducting groups, working with multicultural clients, and supplementary classroom discussions.

A Therapist’s Guide to Treating Eating Disorders in a Social Media Age - Shauna Frisbie - 2020-09-08
An innovative therapeutic approach for countering the impact of social media on eating disorders and identity formation. All humans need space to think, to be, and to process without constant distraction. This is especially true of adolescents and young adults, for whom identity formation is a consuming task. Social media has generated both a place for the creation of identity and an audience. But constant connection leaves little space

Social Therapy - Derek Milne - 1999-04-06
This text outlines practical methods for helping mental health clients in the community through the enhancement of their social relationships.

Treating Bipolar Disorder - Ellen Frank - 2013-10-15
This innovative manual presents a powerful approach for helping people manage bipolar illness and protect against the recurrence of manic or depressive episodes. Interpersonal and social rhythm therapy focuses on stabilizing moods by improving medication adherence, building coping skills and relationship satisfaction, and shortening the regularity of daily rhythms or routines. Each phase of this flexible, evidence-based treatment is vividly detailed, from screening, assessment, and case conceptualization through acute therapy, maintenance treatment, and periodic booster sessions. Among the special features are reproducible assessment tools and a chapter on how to overcome specific treatment challenges.

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This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Association’s Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

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Using Books in Clinical Social Work Practice: A Guide to Bibliotherapy introduces clinical social workers and other helping professionals to bibliotherapy, an innovative approach to helping individuals deal with psychological, social, and developmental problems. Literally meaning “treatment through books,” bibliotherapy actively involves the client in the therapeutic process through the reading of carefully selected and evaluated books. With this guide, the therapist you give will provide information and insight, stimulate discussion, communicate new values and attitudes, create awareness that others have similar problems, and provide solutions to problems. Using Books in Clinical Social Work Practice offers a detailed approach for helping clinicians use bibliotherapy in practice. You’ll discover which types of problems best respond to bibliotherapy and you’ll learn how to select the most effective books to treat those problems. You’ll even find the structure of the book helpful, as it introduces you to the basics of bibliotherapy provides a detailed examination of the techniques for using books in treatment reviews and analyzes the extensive research that has been conducted on bibliotherapy focuses on the problems most effectively treated with bibliotherapy—divorce and remarriage, dysfunctional families, parenting, adoption and foster care, self-development, serious illness, substance abuse offers an authoritative guide to over 300 books found to work most effectively—including summaries and levels of interest presents conclusions and a summary for the use of books in treatment Although bibliotherapy is a well-established practice technique in other professions, including psychiatry and psychology, social work practitioners have not traditionally used bibliotherapy as part of their practice. Using Books in Clinical Social Work Practice gives today’s helping professional an approach to problem solving that you and your clients will find refreshing and effective.
it works, including the beginning, middle, and ending stages of the therapy process. She elaborates on the psychological, social, and developmental problems. Literally meaning “treatment through books,” bibliotherapy actively involves the client in the therapeutic process through the reading of carefully selected and evaluated books. With this guide, the therapy you give will provide information and insight, stimulate discussion, communicate new values and attitudes, create awareness that others have similar problems, and provide solutions to problems. Using Books in Clinical Social Work Practice offers a detailed approach for helping clinicians use bibliotherapy in practice. You’ll discover which types of problems best respond to bibliotherapy and you’ll learn how to select the most effective books to treat those problems. You’ll even find the structure of the book helpful, as it introduces you to the basics of bibliotherapy provides a detailed examination of the techniques for using books in treatment reviews and analyzes the extensive research that has been conducted on bibliotherapy focuses on the problems most effectively treated with bibliotherapy—divorce and remarriage, dysfunctional families, parenting, adoption and foster care, self-development, serious illness, substance abuse offers an authoritative guide to over 300 books found to work most effectively—incorporating summaries and levels of interest presents conclusions and a summary for the use of books in treatment Although bibliotherapy is a well-established practice technique in other professions, including psychiatry and psychology, social work practitioners have not traditionally used bibliotherapy as part of their practice. Using Books in Clinical Social Work Practice gives today’s helping professional an approach to problem solving that you and your clients will find refreshing and effective.


Here is the first published manual for cognitive-behavioral group therapy for social phobia (CBGT), an empirically supported treatment approach that has been applied in clinical and research settings for over 20 years. The authors demonstrate how to orient clients to the approach; implement in-session exposures, cognitive restructuring techniques, and homework assignments; and overcome stumbling blocks in treatment. Filled with helpful clinical pointers, case examples, and therapist--client dialogues, the book also includes sample handouts and forms.


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Principles of Trauma Therapy - John N. Briere - 2014-03-25

Thoroughly updated with DSM-5 content throughout, Principles of Trauma Therapy, Second Edition: DSM-5 Update is both comprehensive in scope and highly practical in application. This popular text provides a creative synthesis of cognitive-behavioral, relational, affect regulation, mindfulness, and psychopharmacologic approaches to the "real world" treatment of acute and chronic posttraumatic states. Grounded in empirically-supported trauma treatment techniques and adapted to the complexities of actual clinical practice, this book is a hands-on resource for front-line clinicians, those in private practice, and graduate students of public mental health

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A guidebook to understanding and getting the most out of therapy. This book is for clients—and for clinicians to recommend to their clients—who want to enhance the process of psychotherapy and get the most out of a therapeutic relationship. Kaiser writes in a friendly, accessible tone, and explains what exactly therapy is and how dynamics of the relationship between therapist and client, including such issues as power, boundaries, trust, and termination, and describes the four common factors of change: the client, the therapeutic relationship, hope, and technique. Furthermore, she explains the basic aspects of brain development and how psychotherapy physically changes the brain. This book familiarizes potential clients with four major therapeutic approaches—psychodynamic, developmental, cognitive–behavioral, and humanistic—and explains the characteristics of individual, family, and group therapy. Through case studies, Kaiser reveals the healing potential of the therapeutic relationship, including the experience of being deeply understood by and coming to trust a therapist. Kaiser offers much food for thought, as well as compassion, wisdom, encouragement, and practical suggestions for those who choose to take this fascinating and fruitful journey.


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Managing Social Anxiety, Therapist Guide - Debra A. Hope - 2019

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Play Therapy - David A. Crenshaw - 2016-02-22

This authoritative work brings together leading play therapists to describe state-of-the-art clinical approaches and applications. The book explains major theoretical frameworks and summarizes the contemporary play therapy research base, including compelling findings from neuroscience. Contributors present effective strategies for treating children struggling with such problems as trauma, maltreatment, attachment difficulties, bullying, rage, grief, and autism spectrum disorder. Practice principles are brought to life in vivid case illustrations throughout the volume. Special topics include treatment of military families and play therapy interventions for adolescents and adults.

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Vygotsky at Work and Play - Lois Holzman - 2016-12-14

Vygotsky at Work and Play is an intimate portrayal of the Vygotskian-inspired approach to human development known as ‘social therapeutics’ and ‘the psychology of becoming’. Holzman provides an accessible, practical-philosophical portrayal of a unique performance-based methodology of development and learning that draws upon a fresh reading of Vygotsky. This expanded edition includes new content dealing with how Lev Vygotsky’s work can be applied to profound social issues of our times, including worsening police/community relations, authoritarianism in schools, the medical-model approach to social/emotional life, and the erosion of play in Western cultures. Holzman also weaves together Vygotsky’s discoveries with qualitative case studies from organizations that practice the approach in psychotherapy offices, classrooms, outside-of-school programs, corporate settings. The new edition of Vygotsky at Work and Play poses a practical-critical challenge to many traditional conceptions and methods of psychotherapy. It introduces performance as a new ontology and the author’s own activist research performance as a new way to do psychology. It is an essential read for researchers and professionals in educational and developmental psychology, psychotherapy, cultural historical activity, social science, performance studies and education.

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The Art Therapist’s Guide to Social Media - Gretchen M. Miller - 2017-10-10

The Art Therapist’s Guide to Social Media offers the art therapy community a guide that addresses content related to social media use, its growing influence, and the impact social networking has on the profession and work of art therapists. This book presents a framework of relevant theories, best practices, and examples to explore existing and emerging areas of social networking’s power for art therapists as practitioners and artists. Divided into three sections that highlight the themes of connection, community, and creativity, chapters explore timely topics such as the professional use of social media, ethical considerations, potential benefits and challenges, and strategies to embrace the possibilities that social media can create for the field widely. Art therapists in training, art therapy educators and supervisors, and practicing art therapists will find content in this text helpful for their learning and professional practice.

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The Introductory Guide to Art Therapy - Susan Hogan - 2014-02-05

The Introductory Guide to Art Therapy provides a comprehensive and accessible text for art therapy trainees. Susan Hogan and Annette M. Coulter here use their combined clinical experience to present theories, philosophies and methods of working clearly and effectively. The authors cover multiple aspects of art therapy in this overview of practice, from working with children, couples, families and offenders to the role of supervision.
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A Clinical Guide to Psychodynamic Psychotherapy - Deborah Abrahams - 2021-01-19

A Clinical Guide to Psychodynamic Psychotherapy serves as an accessible and applied introduction to psychodynamic psychotherapy. The book is a resource for psychodynamic psychotherapy that gives helpful and practical guidelines around a range of patient presentations and clinical dilemmas. It focuses on contemporary issues facing psychodynamic psychotherapy practice, including issues around research, neuroscience, mentalising, working with diversity and difference, brief psychotherapy adaptations and the use of social media and technology. The book is underpinned by the psychodynamic competence framework that is implicit in best practice. The book includes a foreword by Prof. Peter Fonagy. This new edition also includes the core components of CBT—core beliefs, intermediate beliefs, and anger problems. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. This fully revised and updated second edition of CBT Made Simple takes a unique perspective on the concept of “care” that is invested in wellbeing. The authors push the boundaries of what constitutes art in art therapy, re-conceptualizing notions of care and wellbeing as an ongoing process, narratives.


Art Therapy for Social Justice seeks to open a conversation about the cultural turn in art therapy to explore the critical intersection of social change and social justice. By moving the practice of art therapy beyond standard individualized treatment models, the authors promote scholarship and dialogue that opens boundaries; they envision cross disciplinary approaches with a focus on intersectionality through the lens of black feminism, womanism, antiracism, queer theory, disability studies, and cultural theory. In particular, specific programs are highlighted that re-conceptualize art therapy practice away from a focus on pathology towards “models of caring” based on concepts of self-care, radical caring, hospitality, and restorative practice methodologies. Each chapter takes a unique perspective on the concept of “care” that is invested in wellbeing. The authors push the boundaries of what constitutes art in art therapy, re-conceptualizing notions of care and wellbeing as an ongoing process, emphasizing the importance of self-reflexivity, and reconsidering the power of language and art in trauma narratives.

Examining Social Identities and Diversity Issues in Group Therapy - Michele D. Ribeiro - 2020-05-22

A unique blend of theory and practice within the world of group psychotherapy, this text discusses diversity issues in group contexts within the realm of teaching, consulting, and facilitating psychotherapy groups. Chapters present a unique perspective on diversity issues within certain populations, such as prisoners, elite athletes, and high-risk youth, and examine questions around race, language, ability, gender, and the similarities and differences between the leader and their clients. Such examples provide an intricate look into the psychological dynamics that arise within these populations and the skill of group therapists in honoring their clients’ humanity. Readers will appreciate the practical examples of how to navigate difficult dynamics such as microaggressions and the role of compassion as a foundational principle of practice for group therapists.

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CBT Made Simple - Nina Josefowitz - 2021-01-02

In this second edition of CBT Made Simple, two renowned psychologists and experts in cognitive behavioral therapy (CBT) offer the most comprehensive manual available to help professionals learn CBT and deliver it to clients for better treatment outcomes. CBT is an evidence-based treatment for several mental health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and anger problems. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. This fully revised and updated second edition of CBT Made Simple provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session. This new edition also includes the core components of CBT—core beliefs, intermediate beliefs, and behavioral experiments—to make this the most comprehensive CBT manual you’ll find anywhere. If you are a clinician or student interested in learning more about CBT, this book—part of the New Harbinger Made Simple series that includes ACT Made Simple and DBT Made Simple—has everything you need to hit the ground running. Why not make it a part of your professional library?

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Social Behaviour and Network Therapy for Alcohol Problems - Alex Copello - 2009-06-19
Highly Commended in the Psychiatry category at the 2010 BMA Medical Books Awards! This book serves as a
manual for clinicians working with people with alcohol problems. The manual is based on previous research in
addiction treatment, including family and social network interventions, as well the authors’ own work developing
and evaluating Social Behaviour and Network Therapy (SBNT) for example in the United Kingdom Alcohol Treatment
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Headaches and Mild Brain Trauma - Birgit Gurr - 2021-03-26
This important book describes the biopsychosocial nature of persisting and complex headache presentations
following a mild brain trauma and offers a predominantly cognitive behavioural therapy programme to guide
patients toward better health and less pain. The book provides both a robust theoretical underpinning and
practical therapeutic guidance for helping those who suffer from posttraumatic headaches. Placing physical
at work after brain injury, including the idea that headaches play a functional role for the patient. Updated with
the latest research findings, the book features clinical guidelines, practitioner worksheets and relaxation scripts,
offering an all-inclusive manual for therapists setting up their own programmes. Written with the busy clinician in
mind, it is essential reading for anyone working with brain trauma survivors.

Psychodynamic Therapy - Richard F. Summers - 2012-11-01
Presenting a pragmatic, evidence-based approach to conducting psychodynamic therapy, this engaging guide is
firmly grounded in contemporary clinical practice and research. The book reflects an openness to new influences
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The Art Therapist’s Guide to Social Media - Gretchen M. Miller - 2017-10-12
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therapists in training, art therapy educators and supervisors, and practicing art therapists will find content in this
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The Art Therapist’s Guide to Social Media - Gretchen M. Miller - 2017-10-12
The Art Therapist’s Guide to Social Media offers the art therapy community a guide that addresses content
related to social media use, its growing influence, and the impact social networking has on the profession and
work of art therapists. This book presents a framework of relevant theories, best practices, and examples to
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Positive psychology - essentially the scientific study of the strengths that enable individuals and communities to
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suggests that the principles and theories from this area of study are highly relevant to the practice of counseling
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more traditional focus on pathology and the disease model of mental health. This book provides a comprehensive
introduction to the best-researched positive psychological interventions. It emphasizes clinical application,
Cognitive Behaviour Therapy: A Practical Guide to Helping People Take Control explores the premise that strengths-based therapy, mentoring modalities and more, the volume will provide numerous assessment tools, exercises and worksheets for use throughout the counseling and psychotherapy process. - Summarizes the applications of research from positive psychology to the practice of counseling and psychotherapy - Provides clinician a variety of assessments, worksheets, handouts, and take home and in-session exercises to utilize in the process of conducting therapy from a positive psychological perspective - Provides general treatment planning guidelines for the appropriate use of such assessments, worksheets, handouts, and exercises - Bibliography of positive psychology references to compliment the information provided in this book

Positive psychology - essentially the scientific study of the strengths that enable individuals and communities to thrive - is a relatively new discipline that has experienced substantial growth in the last 5-10 years. Research suggests that the principles and behaviors from this area of study are highly relevant to the practice of strengths-based counseling and psychotherapy, and positive psychology presents clinicians and patients with a much needed balance to the more traditional focus on pathology and the disease model of mental health. This book provides a comprehensive introduction to the best-researched positive psychological interventions. It emphasizes clinical application, providing a detailed view of how the research can be applied to patients. Covering the broad-and-build theory, strengths-based therapy, mentoring modalities and more, the volume will provide numerous assessment tools, exercises and worksheets for use throughout the counseling and psychotherapy process. - Summarizes the applications of research from positive psychology to the practice of counseling and psychotherapy - Provides client a variety of assessments, worksheets, handouts, and take home and in-session exercises to utilize in the process of conducting therapy from a positive psychological perspective - Provides general treatment planning guidelines for the appropriate use of such assessments, worksheets, handouts, and exercises - Bibliography of positive psychology references to compliment the information provided in this book

Anxiety in children and adolescents is expected and normal at specific times in development. If anxieties become severe and begin to interfere with the daily activities of childhood, such as separating from parents, attending school and making friends, evidence shows that a treatment program based on the principles of cognitive-behavioral therapy can help. Written by the developers of an empirically supported and effective CBT program for treating adolescents with Social Anxiety Disorder, this therapist guide includes all the information and materials necessary to implement successful treatment with groups. The treatment described is research-based with a proven success-rate when used in a group therapy setting. The renowned authors provide clinicians with step-by-step instructions for teaching their adolescent clients skills that have been scientifically tested and shown to be effective in treating SAD, as well as shyness, lack of assertiveness, or introversion. Designed to be used with the corresponding workbook, this guide outlines a two-phase program focusing on skill development and exposure exercises. When used together, both books form a complete treatment package that can be successfully used by practicing mental health professionals.

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Social phobia, or social anxiety disorder, is among the most common (and debilitating) of the anxiety disorders, and at any given time it effects somewhere between 3 and 5% of the US population, with similar statistics found in countries around the world. Cognitive-Behavioral Therapy (CBT) has been demonstrated to be the most effective form of treatment for social phobia, but research has shown that conventional CBT principles and general interventions fall short of the mark. With this in mind, Hofmann and Otto have composed an organized treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies. This volume builds upon empirical research to address the psychopathology and heterogeneity of social phobia, creating a series of specific interventions with numerous case examples.

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Positive Practice - Alan Carr - 1995

social therapy-a-guide-to-social-support-interventions-for-mental-health-practitioners 7/9

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treatment of youth in a group setting. It helps children and teenagers understand and control their social anxiety.

From cognitive to social psychology, psychiatry to psychoanalysis; and many others in between. It includes early works from psychologists who went on to become leaders in their fields; as well as shaping the world of psychology as we know it today. A great opportunity to acquire an eclectic mix of psychology titles from throughout the twentieth century.

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Systemic Sex Therapy - Katherine M. Hertlein - 2015-02-20
This comprehensive textbook, intended for graduate students in couple and family therapy programs as well as for clinicians of diverse orientations, offers descriptive discussions of sex therapy based on the Intersystem Approach, as developed by Gerald Weeks. The Intersystem Approach considers the biology, psychology, couple dyad, family-of-origin, and larger contextual factors of any sexual disorder or issue. It is grounded in systems theory and represents a new understanding of human sexuality and sexual problems. Appropriate for anyone who wants to progress to a more comprehensive and integrative understanding of sexual dysfunctions, this text will teach the reader how to treat the couple, rather than the individual. Now in a second edition, Systemic Sex Therapy presents 12 updated chapters and two new chapters, bringing the material up-to-date with the DSM-5. Each chapter examines the definition and description of a disorder, its etiology, assessment, treatment, research, and future directions. Experts in the field discuss issues ranging from pharmacology, sexual compulsivity, therapy with lesbian and gay couples, to chapters on male and female lack of desire. A standard text in the field, Systemic Sex Therapy integrates couple and sex therapy to inform the treatment of sexual problems, and to give beginning and experienced clinicians the abilities and confidence they need to produce viable change in their patients’ lives.

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This therapist guide addresses the treatment of shyness and social anxiety in children and adolescents. Social anxiety disorder (SAD) is the third most common mental disorder overall, and the most common anxiety disorder affecting adults, based on recent epidemiological studies. Cognitive behavioural therapy (CBT) is the best available treatment for adults with social anxiety disorder. This programme adapts CBT techniques for the treatment of youth in a group setting. It helps children and teenagers understand and control their social anxiety.

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A Primer for Emotionally Focused Individual Therapy (EFTI) - Susan M. Johnson - 2021-09-29
From best-selling author, Susan M. Johnson, with over 1 million books sold worldwide! This essential text from the leading authority on Emotionally Focused Therapy, Susan M. Johnson, and colleague, T. Leanne Campbell, apply the key interventions of EFT to work with individuals, providing an overview and clinical guide to treating clients with depression, anxiety, and traumatic stress. Designed for therapists at all levels of expertise, Johnson and Campbell focus in-depth on EFT interventions, techniques, and change processes in a highly accessible and practical format. The book begins by summarizing attachment theory and science - the theoretical basis of this model - together with the experiential approach to change in psychotherapy. Chapters describe the three stages of EFTI, macro-interventions, such as the EFTI Tango, and various micro-interventions throughout clinical exercises, case studies, and transcripts to demonstrate this model in practice with individuals, highlighting the unique benefits of EFT as a cross-modality approach for treating emotional disorders. With exercises interwoven throughout the text, this book is built to accompany in-person and online training, helping the practicing clinician offer targeted and empirically tested interventions that not only alleviate symptoms of distress but expand the client’s emotional balance, agency, and sense of self. As the next major extension of the EFT approach, this book will appeal to therapists already working with couples and families as well as those just beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will also find this book invaluable.

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Virtual Reality Therapy for Anxiety - Elizabeth McMahon - 2021-11-22
Practical, down to earth, clearly written, and easy for therapists to understand and apply, Virtual Reality Therapy for Anxiety is a useful guide for any clinician treating anxiety, regardless of setting in (office or via telehealth), theoretical orientation, or level of training. Written by an experienced psychologist who has used multiple VR systems since 2010, it’s the only one up to date, clinically informed, evidence-based training manual available. Easy-to-understand concepts and diagrams explain anxiety and its treatment, and the book incorporates research findings and clinical expertise. VRT is described step by step with multiple case examples, and an extended case-vignette chapter presents a session-by-session treatment protocol of a complex case with transcript excerpts. Key findings and quotations from research are also presented. After completing the guide, therapists and other mental health professionals will understand the unique clinical benefits of VR, be prepared to use VR in therapy comfortably and effectively either in the office or remotely, and will have expertise in a new, needed, and empirically validated treatment for a common clinical problem.

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**Compassion Focused Group Therapy for University Counseling Centers** - Kara Cattani - 2021-09-30

Compassion focused therapy (CFT) articulates an approach that faces suffering head-on to understand, alleviate, and prevent suffering in ourselves and in others. Compassion Focused Group Therapy for University Counseling Centers is a one-of-a-kind 12-session manual for conducting compassion focused group therapy on university campuses with students presenting a diverse set of complex mental health concerns. Beginning with suggested readings designed to enrich understanding of the principles covered, each module presents psychoeducation interventions, engaging intrapersonal and interpersonal exercises, and process-oriented instructions. Modules can be followed session-by-session or adapted according to the needs of the group. Eye-catching handouts are included at the end of the modules to help leaders provide visual representation of the themes discussed in each session. This manual is designed to be used by licensed clinicians and should be used in conjunction with the manual’s companion Compassion Focused Therapy Participant Workbook which provides clients with summaries of each session, handouts, and key exercises.

**Nature-Based Therapy** - Nevin Harper - 2019-07-02

Nature-Based Therapy addresses the underlying disconnection between humans and their ecological home, powerful antidote to the anxiety and stress that tend to exacerbate so many of our mental health struggles. Unplugging from technology and reconnecting with the web of life is a growing concern. The number of people seeking help for a wide range of mental health concerns is growing at an alarming rate. Take advantage of nature’s therapeutic benefits with this guide for counselors, therapists, and educators who work with children, youth, and families. The number of people seeking help for a wide range of mental health concerns is growing at an alarming rate. Unplugging from technology and reconnecting with the web of life is a powerful antidote to the anxiety and stress that tend to exacerbate so many of our mental health struggles.

**Digital Play Therapy** - Jessica Stone - 2020-07-16

Digital Play Therapy focuses on the responsible integration of technology into play therapy. With a respect for the many different modalities and approaches under the play therapy umbrella, this book incorporates therapist fundamentals, play therapy tenets, and practical information for the responsible integration of digital tools into play therapy treatment. Written in a relatable manner, this book provides both the foundation and practical information for confident use of digital tools and brings play therapy, and therapy in general, forward into the 21st century. 

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