

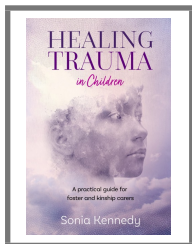
Practical CBT: Using transdiagnostic case formulations and therapies based on problem-maintaining circles

Gary Bakker

Practising Clinical Psychologist

In 2008, clinical psychologist Gary Bakker introduced the problem-maintaining circle (PMC) model to the clinical application of CBT. Drawing on 40 years of clinical practice and research, learn how best to communicate the CBT approach to clients and get them to do their homework effectively. Select and apply evidence-based CBT therapies. Includes 72 Homework sheets, including verbatim scripts to help ensure clients get the best out of therapy and a downloadable PDF booklet of 33 client handouts.

■ ISBN	9781925644449
■ PUB Date	April 2021
■ RRP	\$108.95
■ Pages	324

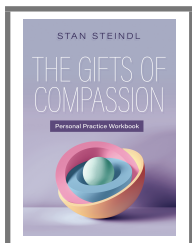


Healing Trauma in Children: A practical guide for foster and kinship carers

Sonia Kennedy

This book aims to help foster and kinship carers understand trauma and its impact on the vulnerable child they are caring for. It gives practical strategies for dealing with day-to-day care emergencies as well as more long-term solutions. It is not about medication; it's not about behaviour management plans, punishment, judgement, or diagnosis. It is about developing a carer's awareness, kindness, compassion, patience, strength, and education.

■ ISBN	9781925644531
■ PUB Date	April 2021
■ RRP	\$32.95
■ Pages	172



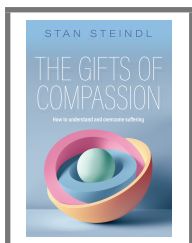
The Gifts of Compassion Personal Practice Workbook

Stan Steindl

Psychology Consultants Pty Ltd

This workbook is designed to accompany Stan Steindl's popular self-help book *The Gifts of Compassion: How to understand and overcome suffering*. Following the same chapter structure as the book, it presents a series of exercises and activities designed to deepen your understanding and practice of compassion for others, receiving compassion from others, and offering compassion to yourself and your own challenges and struggles.

■ ISBN	9781925644500
■ PUB Date	January 2021
■ RRP	\$19.95
■ Pages	88



The Gifts of Compassion: How to understand and overcome suffering

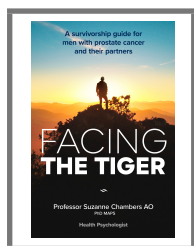
Stan Steindl

Psychology Consultants Pty Ltd

Through a clear series of steps and practices, noted clinical psychologist Dr Stan Steindl explains how compassion evolved as a vital part of our nature and thought, and the way we look after one another, and even ourselves. He then shows how to use our compassion as a key to a healthier mental life.

■ ISBN	9781925644487
■ PUB Date	December 2020
■ RRP	\$34.95
■ Pages	186



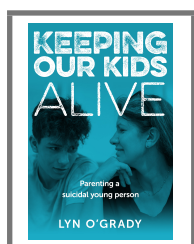


Facing the Tiger: A Survivorship Guide for Men with Prostate Cancer and their Partners

Professor Suzanne Chambers AO

It's tough living with a diagnosis of prostate cancer. The side-effects of treatment can be life-long and take a heavy toll on men's mental health. This book gives the reader practical strategies to manage stress and anxiety, improve health and wellbeing, and make tough decisions. It is essential reading for all men with prostate cancer, their partners, and their healthcare professionals. It is particularly appropriate when delivered as a guided or unguided self-help strategy for a low intensity mental health intervention.

■ ISBN	9781925644425
■ PUB Date	October 2020
■ RRP	\$24.95
■ Pages	182



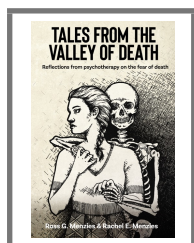
Keeping Our Kids Alive: Parenting a suicidal young person

Dr Lyn O'Grady

Psychological Services Group

Psychologist Lyn O'Grady has spent decades working, researching and presenting on better mental health for children, young people and families. So she wrote this book to explain exactly what it means to be a parent of a teenager who is struggling with suicidal thoughts and behaviours and how to help. This book will help any parent or health worker working with families to understand how to connect and communicate with teenagers when dealing with the topic of suicide.

■ ISBN	9781925644401
■ PUB Date	March 2020
■ RRP	\$34.95
■ Pages	230

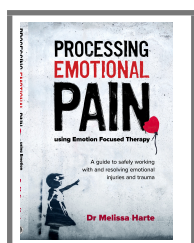


Tales from the Valley of Death: Reflections from psychotherapy on the fear of death

Ross G. Menzies & Rachel E. Menzies

Explore and learn from the complex lives of ten individuals who have been crippled by death-related fears and related existential issues as revealed by candid interviews with their psychotherapist. These intimate personal tales reveal fears ranging from sudden death from anaphylactic shock to being attacked by dinosaurs lurking in kitchen cupboards. Discover how the dread of death can strike at the heart of the human experience, and the power of effective therapy to improve the lives of others.

■ ISBN	9781925644357
■ PUB Date	November 2019
■ RRP	\$29.95
■ Pages	268

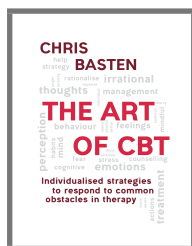


Processing Emotional Pain using Emotion Focused Therapy: A guide to safely working with and resolving emotional injuries and trauma

Dr Melissa Harte

Before her untimely death early in 2021, Dr Melissa Harte was an internationally accredited Emotion Focused Therapy (EFT) trainer and renowned counselling psychologist. Here she set out a framework and model that works gently, effectively and deeply to assist in reversing the psychological, emotional, spiritual and physical damage of unresolved emotional pain. This is a 'how-to' book, presenting techniques and concepts to assist practitioners, including investigating the use of the impacts of trauma case studies.

■ ISBN	9781925644333
■ PUB Date	October 2019
■ RRP	\$34.95
■ Pages	172



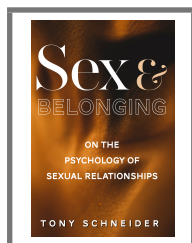
The Art of CBT: Individualised strategies to respond to common obstacles in therapy

Chris Basten

Basten & Associates

Chris Basten is a highly experienced therapist who has worked in public health and the private sector for over 25 years. Here he presents a master class in CBT — discover the art within the science of evidence-based practice. The highly readable text is supplemented by practical examples of therapist statements and client case examples that unfold as you read. The Art of CBT is the essential clinical handbook for all CBT practitioners.

- ISBN 9781925644302
- PUB Date September 2019
- RRP \$34.95
- Pages 168

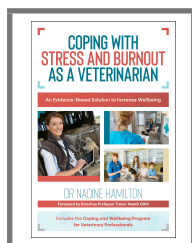


Sex and Belonging: On the Psychology of Sexual Relationships

Tony Schneider

In this stunning new work, Tony Schneider, a practising clinical psychologist for over 30 years, outlines a new model of psychological drives around sexual behaviour. He describes a dual biological and subjective, multiple-drive profile, that energises and directs individual sexual behaviour. The book takes a middle path between the determinist thinking that frequently underpins scientific psychological research, and the psychodynamic theory often used by clinicians.

- ISBN 9781925644234
- PUB Date May 2019
- RRP \$34.95
- Pages 276

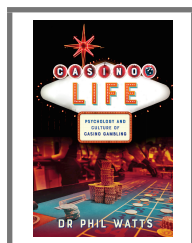


Coping with Stress and Burnout as a Veterinarian: An Evidence-Based Solution to Increase Wellbeing

Nadine Hamilton

The suicide rate for veterinarians is almost four times higher than the general population across the UK, Australia, US, New Zealand and Canada. If we are to reduce this tragic statistic we need to find out what hinders a vet's wellbeing and use targeted solutions that work. This unique book presents an examination of the problem, the ways vet mental health is influenced by their daily work and the science we can use to tackle it head on. It is a book for every veterinarian veterinary student and veterinary nurse.

- ISBN 9781925644197
- PUB Date February 2019
- RRP \$29.95
- Pages 190

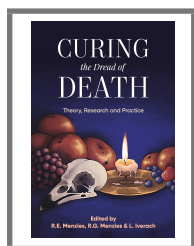


Casino Life: Psychology and Culture of Casino Gambling

Phil Watts

Want to know more about casinos and their psychological effects on people? Casino Life reveals an intriguing and often hidden world with its own culture, pace, rules, social etiquette, and shared expectations. Learn why people gamble and the elaborate theories people use to explain why they try to defy mathematical odds.

- ISBN 9781925644173
- PUB Date September 2019
- RRP \$24.95
- Pages 106

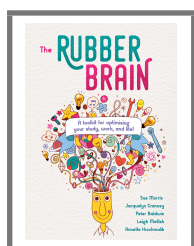


Curing the Dread of Death: Theory, Research and Practice

Edited by Rachel E. Menzies, Ross G. Menzies, Lisa Iverach

This unique book explores the dread of death and its management from a wide range of perspectives with researchers and writers from a variety of cultures, academic traditions and disciplines across the globe. The fields covered are broad — including palliative care and grief, psychodynamic theory, social, developmental and clinical psychology, sociology and anthropology, counselling practice as well as history, art, and philosophy.

■ ISBN	9781925644111
■ PUB Date	August 2018
■ RRP	\$29.95
■ Pages	272

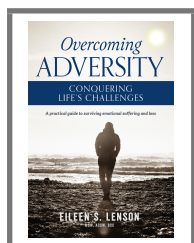


The Rubber Brain: A toolkit for optimising your study, work, and life!

Sue Morris, Jacquelyn Cranney, Peter Baldwin, Leigh Mellish, Annette Krochmalik

Failed an exam, bungled an interview, screwed up a relationship, broken your diet, or stuffed up at work? Your brain is the key to getting back on track. Learn from five leading psychological educators how to 'rubberise' your brain to optimise your thinking using simple tools derived from solid science. Change your life for the better.

■ ISBN	9781925644081
■ PUB Date	July 2018
■ RRP	\$29.95
■ Pages	276



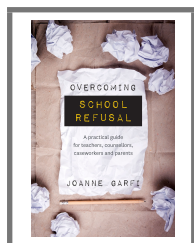
Overcoming Adversity: Conquering Life's Challenges

Eileen S. Lenson

Lenson Life Coaching

What do we do to prevent our lives from spiraling out of control when we encounter traumatic events that threaten our safety, careers, emotions, health, or relationships? In this pragmatic and inspirational book, experienced life coach Eileen Lenson shows us tools to turn suffering into hope and develop resilience by combining scientific research with an understanding of our emotional and spiritual lives.

■ ISBN	9781925644067
■ PUB Date	March 2018
■ RRP	\$29.95
■ Pages	276

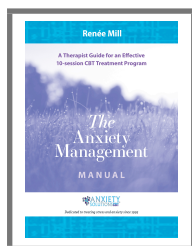


Overcoming School Refusal: A practical guide for teachers, counsellors, caseworkers and parents

Joanne Garfi

School refusal affects up to 5% of children and is a complex and stressful issue for the child, their family and school. Psychologist Joanne Garfi spends most of her working life assisting parents, teachers, school counsellors, caseworkers, and community policing officers on how best to deal with school refusal. Now her experiences and expertise are available in this easy-to-read practical book.

■ ISBN	9781925644043
■ PUB Date	January 2018
■ RRP	\$24.95
■ Pages	120



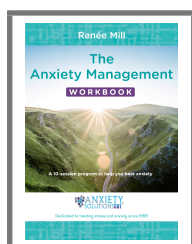
The Anxiety Management Manual: A therapist guide for an effective 10-session CBT treatment program

Renée Mill

Anxiety Solutions CBT

- ISBN 9781922117687
- PUB Date December 2017
- RRP \$34.95
- Pages 282

This manual is designed for the busy health professional treating a wide range of clients who suffer from anxiety or stress. It outlines an easy to use manualised CBT treatment program with over 20 years of successful client outcomes. Get client results with this 10-week program based on a 4-step process that can help any person regardless of whether the symptoms of anxiety are mild, moderate or severe. It is effective if the anxiety presents alone or co-exists with other mental health conditions including depression, bipolar disorder and borderline personality disorder.



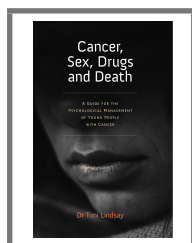
The Anxiety Management Workbook: A 10-session program to help you beat anxiety

Renée Mill

Anxiety Solutions CBT

- ISBN 9781922117694
- PUB Date December 2017
- RRP \$29.95
- Pages 266

This workbook is for clients undertaking professional therapy from Renée Mill's Anxiety Solutions CBT program. Overcoming significant levels of anxiety that affect your day-to-day life takes effort, practice and a little help from a professional. This workbook is designed to accompany therapy and help you work with your practitioner to develop new ways of thinking and feeling — effectively “rewiring” pathways in your brain to create a better functioning you.

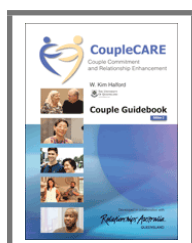


Cancer, Sex, Drugs and Death: A Clinician Guide to the Psychological Management of Young People with Cancer

Dr Toni Lindsay

- ISBN 9781922117625
- PUB Date November 2017
- RRP \$29.95
- Pages 160

This book is a must read for any psychologist, psychiatrist, therapist or counsellor dealing with a young client undergoing cancer treatment. A strong clinical focus throughout the text provides guidance and structure, showing how to work effectively with young people through learning the language of cancer diagnosis and treatment so that the therapeutic skills you already possess are translatable to cancer-related issues.



CoupleCare: Couple Commitment and Relationship Enhancement (Ed II) Couple Guidebook

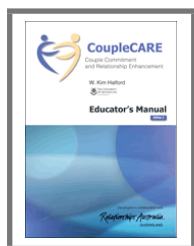
W. Kim Halford

The University of Queensland

- ISBN 9781922117892
- PUB Date May 2017
- RRP \$24.95
- Pages 128

This book is designed for couples undertaking the CoupleCARE relationship enhancement program. To be used with the accompanying second edition CoupleCARE Video Guide (ISBN 9781922117908), this guidebook contains six chapters in which to record and practice what you have learned with your partner with telephone, online chat, or video call support from a professional relationship educator, counsellor or therapist. For further information about the CoupleCARE program go to www.couplecare.info





CoupleCare: Couple Commitment and Relationship Enhancement (Ed II) Educator's Manual

W. Kim Halford

The University of Queensland

The complete practitioner resource for the second edition CoupleCARE relationship enhancement program. It includes the CoupleCARE Video Guide DVD, a complete copy of the CoupleCARE Couple Guidebook, as well as an overview of the program, suggestions on how to make it work most effectively, a semi-structured intake interview template, and detailed suggestions of how to conduct the program in flexible delivery mode. For further information about the CoupleCARE program go to www.couplecare.info

■ ISBN	9781922117885
■ PUB Date	May 2017
■ RRP	\$145.00
■ Pages	204



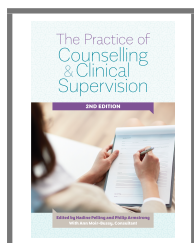
CoupleCare: Couple Commitment and Relationship Enhancement (Ed II) Video Guide

W. Kim Halford

The University of Queensland

This DVD is designed for couples undertaking the CoupleCARE relationship enhancement program. To be used with the accompanying second edition CoupleCARE Couple Guidebook (ISBN 9781922117892), the DVD contains six sessions for you and your partner to watch with telephone, online chat, or video call support from a professional relationship educator, counsellor or therapist. For further information about the CoupleCARE program go to www.couplecare.info

■ ISBN	9781922117908
■ PUB Date	May 2017
■ RRP	\$24.95
■ Pages	

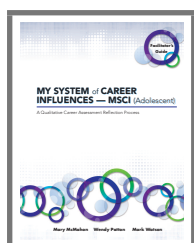


The Practice of Counselling and Clinical Supervision 2nd Edition

Edited by Nadine J. Pelling and Philip Armstrong

In this new and expanded edition of the leading state-of-the-art text for supervision training of a range of clinical therapists comprehensively covers the entire range of professional, personal and organisational issues that need to be addressed to ensure quality supervision for both counsellors and clinicians. With a global focus and an impressive list of 16 experienced contributors from Australia, Canada and the US.

■ ISBN	9781922117861
■ PUB Date	March 2017
■ RRP	\$54.95
■ Pages	444

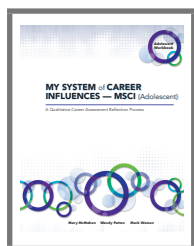


MY SYSTEM of CAREER INFLUENCES — MSCI (Adolescent): Facilitator's Guide

Mary McMahon, Wendy Patton, Mark Watson,

The *MSCI* is a qualitative career assessment tool based on the constructivist theory from cognitive psychology. This book describes the Systems Theory Framework of career development that provides the theoretical background to the MSCI as well as a step-by-step user guide to conducting the MSCI process with adolescents using the *MSCI (Adolescent) Workbook* (sold separately). With its attention to an holistic and storied approach to career intervention, My System of Career Influences (MSCI) (Adolescent) is an essential resource for all career practitioners working with adolescents.

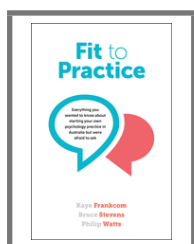
■ ISBN	9781922117793
■ PUB Date	December 2016
■ RRP	\$44.95
■ Pages	68



MY SYSTEM of CAREER INFLUENCES — MSCI (Adolescent): Workbook
 Mary McMahon, Wendy Patton, Mark Watson,

This client booklet is to be used in conjunction with the MSCI (Adolescent) Facilitators Guide and is not useful for any other purpose.

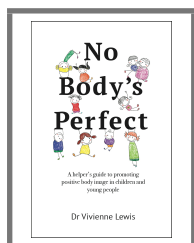
■ ISBN 9781922117809
 ■ PUB Date December 2016
 ■ RRP \$14.95
 ■ Pages 28



Fit to Practice: Everything you wanted to know about starting your own psychology practice in Australia but were afraid to ask.
 Kaye Frankcom, Bruce Stevens, Philip Watts

Australian psychology practice today is a dynamic, well respected and increasingly competitive environment. Many new psychologists graduate with an expectation of setting up their own private practice. Written by three highly experienced psychologists with more than 75 years of private practice experience between them this book is designed for those either entering private practice or already practicing who might want to continue their professional development.

■ ISBN 9781922117779
 ■ PUB Date November 2016
 ■ RRP \$29.95
 ■ Pages 176

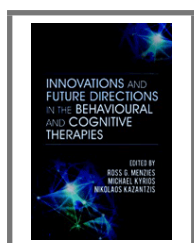


No Body's Perfect: A helper's guide to promoting positive body image in children and young people

Dr Vivienne Lewis
 University of Canberra

In today's image-conscious world it is important that we help children and youngsters feel better about their bodies. *No Body's Perfect* is written for teachers, counsellors, parents, and carers. It promotes positive body image and good mental health using easy to implement evidence-based strategies. It is appropriate for use with children aged six years and up. Recommendations are also made for educators to foster healthy body image and well-being at school.

■ ISBN 9781922117748
 ■ PUB Date October 2016
 ■ RRP \$24.95
 ■ Pages 180



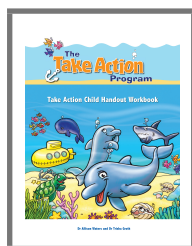
Innovations and Future Directions in the Behavioural and Cognitive Therapies

Psychology as a Profession in Australia
 Edited by Ross G. Menzies, Michael Kyrios, Nikolaos Kazantzis

University of Sydney, Australian National University, Monash University

This unique book draws together a veritable 'who's who' of leading CBT researchers and practitioners who presented their work at the 2016 WCBCT. Over 190 leading researchers and practitioners from across Britain, Europe, North and South America, Asia and Australia contribute to 53 concise and insightful essays summarising their work, where it fits in the broader field, clinical implications, and directions for future research and practice.

■ ISBN 9781922117700
 ■ PUB Date June 2016
 ■ RRP \$34.95
 ■ Pages 318

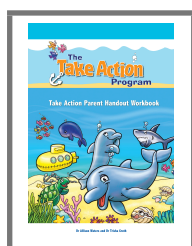


Take Action Child Handout Workbook

Allison Waters and Trisha Groth
Griffith University

This workbook is to be used only in conjunction with the Take Action Practitioner Guidebook. It provides all 84 Child handouts and work sheets from the Take Action program bound and numbered in a 92-page colour cover A4 sized book with contents page.

■ ISBN	9781922117281
■ PUB Date	January 2016
■ RRP	\$15.00
■ Pages	92

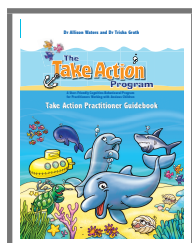


Take Action Parent Handout Workbook

Allison Waters and Trisha Groth
Griffith University

This workbook is to be used only in conjunction with the Take Action Practitioner Guidebook. It provides all 40 Parent handouts and work sheets from the Take Action program bound and numbered in a 44-page colour cover A4 sized book with contents page.

■ ISBN	9781922117298
■ PUB Date	January 2016
■ RRP	\$15.00
■ Pages	42

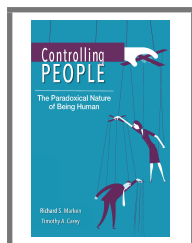


Take Action Practitioner Guidebook

Allison Waters and Trisha Groth
Griffith University

The complete practitioner guide for the Take Action Program — a user-friendly CBT program designed for mental health professionals who work with anxious children aged 4-12 years. It is an evidence-based intervention combining recent research on threat-based cognitive biases and maladaptive thinking styles in childhood anxiety disorders with the well-established principles of CBT. This practitioner guidebook uses an easy-to-read standardised layout to guide you through the steps covered in each of six treatment modules as well as including child and parent handouts which may be photocopied.

■ ISBN	9781922117274
■ PUB Date	January 2016
■ RRP	\$85.00
■ Pages	226



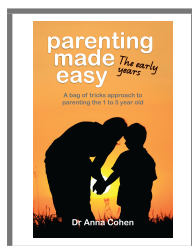
Controlling People: The Paradoxical Nature of Being Human

Richard S. Marken and Timothy A. Carey

Based on Perceptual Control Theory (PCT), this entertaining book explores the paradox of why we often lose control by trying to be in control and why our controlling nature makes it difficult to stop this self-defeating behavior. Understanding PCT opens the window to understanding and learning about ourselves as controlling people and equips us to lead more effective and satisfying lives.

■ ISBN	9781922117649
■ PUB Date	December 2015
■ RRP	\$24.95
■ Pages	164





Parenting Made Easy: The early years

Dr Anna Cohen

Kids & Co

The early years of parenting are often a tricky and challenging time — a time when you will watch your baby fade and a child emerge, a time of amazing growth, development and change. Your 'bag of tricks' to deal with these changes must take into account your child's development and cognitive abilities at any given stage. This book provides ideas for parenting that have worked for thousands of families to foster children's positive self-identity. The strategies advocated promote positive nurturing relationships while helping you to find effective solutions to the challenge of parenting the preschooler.

- ISBN 9781922117441
- PUB Date July 2015
- RRP \$29.95
- Pages 116



Learn to Dance on a Moving Carpet: How to create a balanced and meaningful life

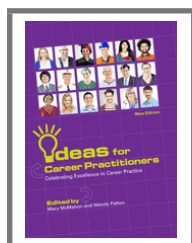
Jacky Dakin

Halifax House Consulting, Adelaide

Kick start yourself into action and achieve balance and resilience in your life.

In today's busy fast-changing world many people feel they have lost their way and struggle with the aspects of everyday life. In this quick 'go to' self-help guide psychologist Jacky Dakin packages up key concepts and actions for everyday coping. Based on more than 25 years experience and feedback from a range of counselling and coaching clients, this book contains easy-to-digest practical advice and information along with exercises and inspirational quotes to help you find greater meaning and purpose in your life.

- ISBN 9781922117427
- PUB Date June 2015
- RRP \$29.95
- Pages 134

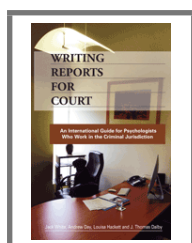


Ideas for Career Practitioners: Celebrating Excellence in Career Practice

Edited by Mary McMahon & Wendy Patton

Presenting a smorgasboard of 48 ideas from over 50 experienced career practitioners, researchers and theoreticians from six countries, this book is an essential resource for everyday work in the career guidance field, including counselling, programs, assessment and education. Practical activities, instruments, methodologies, reviews and ideas are presented in an easy-to-read format suitable for a range of client groups including adults, adolescents, primary aged children, rural and remote communities, and indigenous populations.

- ISBN 9781922117397
- PUB Date March 2015
- RRP \$59.95
- Pages 274

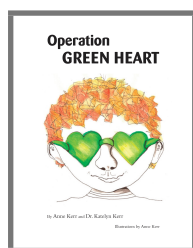


Writing Reports for Court: An International Guide for Psychologists Who Work in the Criminal Jurisdiction

Jack White, Andrew Day, Louisa Hackett and J. Thomas Dalby

Provides essential support for psychologists when preparing a court report and giving evidence. This book offers guidance on the content and structure of reports, highlights the importance of assessments that directly address the legal questions under consideration, and includes detailed descriptions of relevant law and practice in Australia, Canada, the United States, the United Kingdom, New Zealand and Singapore. Featuring several comprehensive case studies, it serves as an excellent resource for any working psychologist as well as any psychologist or student considering a career in forensic work.

- ISBN 9781922117403
- PUB Date February 2015
- RRP \$34.95
- Pages 174

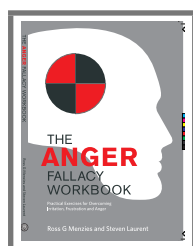


Operation Green Heart

Anne Kerr and Dr Katelyn Kerr

This is a book written for children to assist military and ex-military personnel and their families deal with difficult feelings that may have arisen as a result of their service including a diagnosis of posttraumatic stress disorder (PTSD). It tells the story from Max's viewpoint of the trouble Max's dad is having dealing with his angry and sad feelings. Together as a family they come up with a way to once again show their love for each other.

■ ISBN	9781922117359
■ PUB Date	October 2014
■ RRP	\$19.95
■ Pages	30



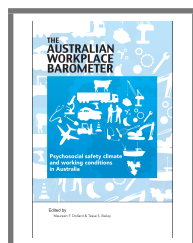
The Anger Fallacy Workbook: Practical Exercises for Overcoming Irritation, Frustration and Anger

Ross G Menzies and Steven Laurent

Based on their ground-breaking book *The Anger Fallacy*, leading psychologists Ross Menzies and Steven Laurent have put together 35 simple, practical exercises to help rid your life of anger.

Using this workbook, either on your own or with a therapist, you can practice the anger management concepts from *The Anger Fallacy*, and learn to master anger, the most toxic of emotions.

■ ISBN	9781922117373
■ PUB Date	September 2014
■ RRP	\$24.95
■ Pages	166



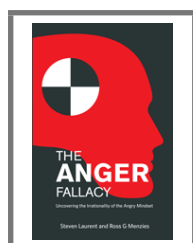
The Australian Workplace Barometer: Psychosocial safety climate and working conditions in Australia

Edited by Maureen F. Dollard & Tessa S. Bailey

Asia Pacific Centre for Work Health and Safety, University of South Australia

Work related stress represents a huge cost for worker health and -productivity and is broadly regarded as an important social -determinant of global health. The Australian Workplace Barometer (AWB) project was developed in order to provide national benchmarks needed to develop best practice standards in the area of worker psychological health and wellbeing. It provides a step towards social action and work environments that will stimulate problem solving, creativity and innovation at work rather than despair through compromised health and wellbeing.

■ ISBN	9781922117342
■ PUB Date	September 2014
■ RRP	\$34.95
■ Pages	302

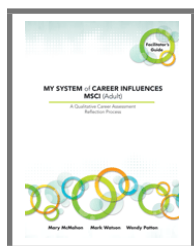


The Anger Fallacy: Uncovering the Irrationality of the Angry Mindset

Steven Laurent and Ross G Menzies

Is anger really ever useful? And can we learn to overcome it? In this entertaining and ground-breaking book, two of Australia's leading clinical psychologists take a radical approach to anger management, exploding the irrational beliefs that fuel this noxious and misunderstood emotion. Through numerous examples from popular culture and the consulting room, and with a sizable dose of humour, the authors show how to combat anger by substituting empathy and understanding for righteous angry judgments.

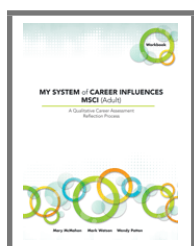
■ ISBN	9781922117199
■ PUB Date	December 2013
■ RRP	\$24.95
■ Pages	256



MY SYSTEM of CAREER INFLUENCES
MSCI (Adult): Facilitator's Guide
 Mary McMahon, Mark Watson, Wendy Patton

The *MSCI* is a qualitative career assessment tool based on the constructivist theory from cognitive psychology. This book describes the Systems Theory Framework of career development that provides the theoretical background to the MSCI as well as a step-by-step user guide to conducting the MSCI (Adult) process using the *MSCI (Adult) Workbook* (sold separately). With its attention to an holistic and storied approach to career intervention *My System of Career Influences (MSCI) (Adult)* is an essential resource for all career practitioners working with adults in today's workplaces.

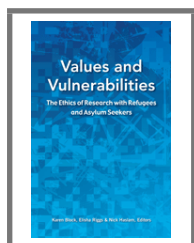
■ ISBN 9781922117212
 ■ PUB Date November 2013
 ■ RRP \$44.95
 ■ Pages 70



MY SYSTEM of CAREER INFLUENCES
MSCI (Adult): Workbook
 Mary McMahon, Mark Watson, Wendy Patton

NOTE: This client booklet is to be used in conjunction with the MSCI (Adult) Facilitators Guide and is not useful for any other purpose.

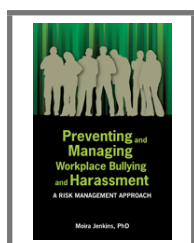
■ ISBN 9781922117229
 ■ PUB Date November 2013
 ■ RRP \$16.95
 ■ Pages 28



Values and Vulnerabilities: The Ethics of Research with Refugees and Asylum Seekers
 Edited by Karen Block, Elisha Riggs and Nick Haslam

There are many ethical complications in conducting research with uprooted people, who have often been exposed to persecution and marginalisation in conflict situations, refugee camps, immigration detention settings, and following resettlement. This book brings together for the first time key scholars across a range of disciplines including anthropology, bioethics, public health, criminology, psychology, socio-linguistics, philosophy, psychiatry, social policy and social work to discuss the ethical dimensions, challenges and tensions of such research.

■ ISBN 9781922117137
 ■ PUB Date May 2013
 ■ RRP \$39.95
 ■ Pages 240

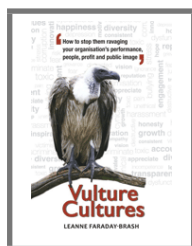


Preventing and Managing Workplace Bullying and Harassment: A Risk Management Approach

Dr Moira Jenkins
 aboto: your human resources partner

Preventing and managing workplace bullying, including sexual harassment, is not just a 'feel good' exercise, or something organisations should only do when they are faced with a complaint. It is part of core business. Employers and managers have a duty of care as part of occupational health and safety laws to prevent hazards that might contribute to workplace injuries. This book shows you how to meet these responsibilities using practical, sensible strategies.

■ ISBN 9781922117113
 ■ PUB Date May 2013
 ■ RRP \$34.95
 ■ Pages 232



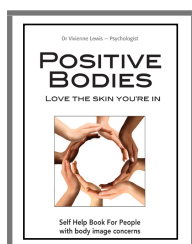
Vulture Cultures: How to stop them ravaging your organisation's performance, people, profit and public image

Leanne Faraday-Brash

Brash Consulting

Vulture Cultures is a provocative and entertaining book that articulates, in vivid detail, the tell-tale signs and symptoms of destructive workplaces. From the incompetent to the incomprehensible, the disruptive to the dastardly, this book will explain how bad behaviour gains a foothold and what perpetuates it against all good common sense.

■ ISBN	9781922117038
■ PUB Date	November 2012
■ RRP	\$34.95
■ Pages	204



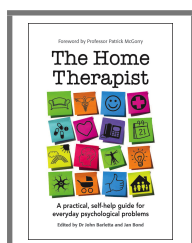
Positive Bodies: Loving the Skin You're In

Dr Vivienne Lewis

University of Canberra, Private Practice

Positive Bodies is designed to equip you with the skills, knowledge, and thinking to foster a positive body image in yourself and others. It is based on tried and tested CBT principles and features real-life examples of those who have struggled but won their war against body image dissatisfaction and self-hatred. Appropriate for men and women of any age including adolescents and children, *Positive Bodies* can also assist parents, teachers and counsellors wanting to help others with body dissatisfaction issues.

■ ISBN	9781921513947
■ PUB Date	October 2012
■ RRP	\$24.95
■ Pages	216



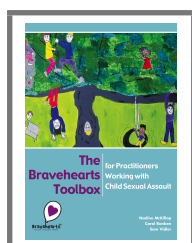
The Home Therapist: A practical, self-help guide for everyday psychological problems

Edited by Dr John Barletta and Jan Bond

Private Practice

This unique and easy-to-read book is a practical guide to over 130 psychological issues that you may face across a lifetime. It is both a self-help manual and an educational resource, featuring expert opinion from a range of experienced professionals. A must-have for the family bookshelf, it provides a wealth of information and helpful tips that can be used for self-care, as an addition to therapy, or in the support of others.

■ ISBN	9781921513916
■ PUB Date	July 2012
■ RRP	\$54.95
■ Pages	446



The Bravehearts Toolbox for Practitioners Working with Child Sexual Assault

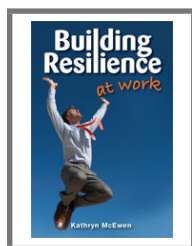
Nadine McKillop, Carol Ronken, Sam Vidler

Bravehearts Inc.

Combining the expertise of both researchers and practitioners specialising in the area of child sexual assault, this book provides an innovative, evidence-based approach to working with children and young people affected by sexual assault. Its purpose is to build the confidence of these frontline workers and to reassure them that they do in fact possess the necessary skills to continue to work with their client once the issue of sexual assault has been raised.

■ ISBN	9781921513886
■ PUB Date	December 2011
■ RRP	\$64.95
■ Pages	136





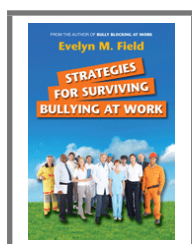
Building Resilience at Work

Kathryn McEwen

Psychology at Work

Our resilience, or capacity to bounce back and even thrive in pressured times, is critical in workplaces today. With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival. Based on sound psychological theory, *Building Resilience at Work* is a practical and easy-to-read book providing a proven path to self-help in developing personal resilience.

- ISBN 9781921513831
- PUB Date June 2011
- RRP \$29.95
- Pages 150



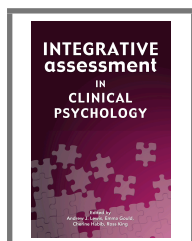
Strategies for Surviving Bullying at Work

Evelyn Field

Private Practice

From the author of the highly successful introduction to workplace bullying "Bully Blocking at Work", comes a practical guide to empower all employees to care for themselves and colleagues when faced with bullying behaviours. Beginning with an overview of social and emotional resiliency at work, the reader is shown how six key strategies based on the development of social skills can equip them to fight even the most persistent of bullies.

- ISBN 9781921513817
- PUB Date June 2011
- RRP \$29.95
- Pages 166



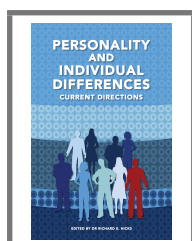
Integrative Assessment in Clinical Psychology

Edited by Andrew James Lewis, Emma Gould, Cherine Habib, Ross King

Deakin University

This book demonstrates an integrated model of clinical psychology practice where disorders are understood as the outcome of multiple interacting factors across different levels of analysis: biological, psychological and psycho-social. Using real-life case studies with expert analysis and interpretation by leading clinical psychologists and educators, the editors show how the planning of intervention needs to be informed by the available evidence.

- ISBN 9781921513589
- PUB Date December 2010
- RRP \$54.95
- Pages 304



Personality and Individual Differences: Current Directions

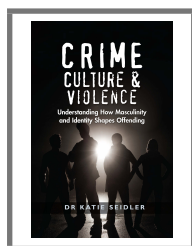
Edited by Richard Hicks

Bond University

Interest and research in personality and individual differences, in why people behave the way they do and the implications for life and living, remain unabated around the world. Similarities and differences underpin many implicit and espoused theories of behaviour and of personal and professional practice, informing the decisions on what we will do and when. This book demonstrates an emphasis on theoretical models and on clinical, forensic, organisational, cross-ideological and cross-cultural research.

- ISBN 9781921513664
- PUB Date October 2010
- RRP \$59.95
- Pages 356



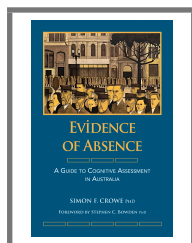


Crime, Culture & Violence: Understanding How Masculinity and Identity Shapes Offending

Dr Katie Seidler

From prison interviews with violent offenders and a wealth of experience and research, an Australian psychologist explores the complex interaction between crime and culture. Fifteen convicted adult male violent offenders explain their understanding, motivations and rationalisations for their actions in relation to values. This nuanced understanding adds significantly to criminological theory, as well as providing suggestions for better policing, offender management, and rehabilitation.

■ ISBN	9781921513565
■ PUB Date	August 2010
■ RRP	\$34.95
■ Pages	210



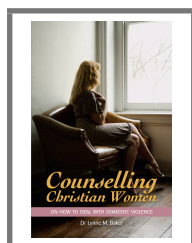
Evidence of Absence: A Guide to Cognitive Assessment in Australia

Simon F. Crowe

La Trobe University

This book offers Australian mental health clinicians a locally written guide to the clinical interpretation of cognitive assessments using the Wechsler scales, including the WAIS-IV, the WMS-IV and the Advanced Clinical Solutions for WAIS-IV and WMS-IV. Using Australian case material, the reader is provided with empirical and interpretative analysis based upon the varying State legal requirements, the range of sociocultural uses to which intellectual assessment is put, and consideration of appropriate norms.

■ ISBN	9781921513626
■ PUB Date	July 2010
■ RRP	\$54.95
■ Pages	246

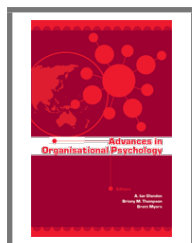


Counselling Christian Women on How to Deal With Domestic Violence

Dr Lynne M. Baker

This book explores women's experiences of physical, verbal, emotional, sexual, financial, and spiritual abuse at the hands of their perpetrator husbands who claim themselves to be good Christians. Through extensive interviews combined with academic research, the reader learns how counselling can be effective through the encouragement of a variety of religious and non-religious coping strategies. Of interest to victims of domestic abuse, as well as to the members of the clergy, psychologists, and counsellors.

■ ISBN	9781921513503
■ PUB Date	June 2010
■ RRP	\$34.95
■ Pages	288



Advances in Organisational Psychology

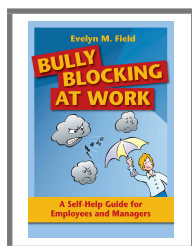
Edited by A. Ian Glendon, Briony Thompson,
and Brett Myers

Griffith University

Presents an impressive array of contemporary topics in industrial and organisational psychology from the Asia-Pacific region. A must read for anyone in the field, with contributions from many prestigious researchers and practitioners.

■ ISBN	9781875378791
■ PUB Date	December 2007
■ RRP	\$59.95
■ Pages	536





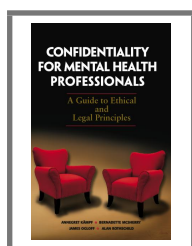
Bully Blocking at Work: A Self-Help Guide for Employees and Managers

Evelyn M. Field

Private practising psychologist, Melbourne

- ISBN 9781921513442
- PUB Date March 2010
- RRP \$29.95
- Pages 230

No one goes to work to be humiliated, abused, ostracised, or assaulted. Yet this is the reality of a working day for more than one in six workers. Most workplaces currently leave the victims of bullying to sink or swim, and the bullies to remain professionally incompetent. This book reveals the evil nature of workplace bullying, its destructive impact on targets, bullies or onlookers — and provides advice for coping and confronting bullying, from both a personal and organisational perspective.



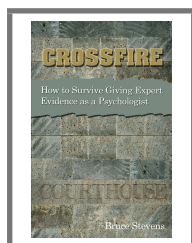
Confidentiality for Mental Health Professionals: A Guide to Ethical and Legal Principles

Annegret Kämpf, Bernadette McSherry, James Ogloff, and Alan Rothschild

Monash University

- ISBN 9781921513428
- PUB Date November 2009
- RRP \$29.95
- Pages 142

Those who work in the mental health sector will sometimes need to consider whether they are ethically or legally obliged to disclose certain personal information revealed by their clients and patients to third parties. This book focuses on the actual decision-making process of disclosing confidential information to allow mental health professionals to find a solution that is ethically and legally sound, and able to be recognised as such by external authorities.



Crossfire! How to Survive Giving Expert Evidence as a Psychologist

Bruce Stevens

Southern Cross College

- ISBN 9781875378814
- PUB Date June 2008
- RRP \$24.95
- Pages 100

Even an experienced psychologist can find a day in court frightening. This book is written in plain language by an experienced forensic psychologist to help the reader acquire the skills to feel confident and effective in presenting expert evidence. The format of the book also reflects a psychologist's professional supervision experience. The reader, listens in on supervision sessions with young psychologists "Jason" and "Mary" as they battle to learn from their own court experiences. The book also includes structured exercises to practice with peers.

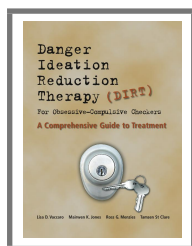


Deadly Healthcare

James Dunbar, Prasuna Reddy and Stephen May

- ISBN 9781921513756
- PUB Date March 2011
- RRP \$34.95
- Pages 204

The story of Australia's own "Dr Death", Jayant Patel, is symptomatic of a challenge for all modern overburdened healthcare systems. In this absorbing book, the authors have ploughed through the mass of public inquiry data, interviewing key figures to reveal in gripping detail how it happened, who was to blame, and how it can be avoided. This is a story for all who are a part of a modern complex healthcare network, from hospital administrators to doctors, nurses, ancillary staff and patients.



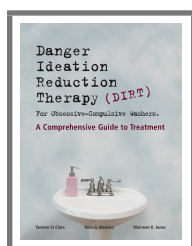
DIRT [Danger Ideation Reduction Therapy] for Obsessive Compulsive Checkers: A Comprehensive Guide to

Lisa D. Vaccaro, Mairwen K. Jones, Ross G. Menzies, and Tamsen St Clare

University of Sydney

DIRT for Checkers is a comprehensive treatment package that has been specifically designed to reduce expectancies of danger or threat in those with obsessive compulsive disorder (OCD) with predominant checking concerns. All information presented is designed to reduce the expectation that harmful events such as the fear of fire, damage, theft, harm to others and other physical losses will follow any failure to check. The treatment includes attentional focusing, cognitive restructuring, double-checking experiments, corrective information, filmed interviews, probability of catastrophe task.

- ISBN 9781921513282
- PUB Date February 2010
- RRP \$95.00
- Pages 244



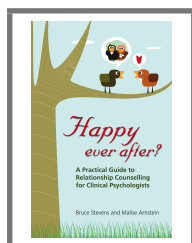
DIRT [Danger Ideation Reduction Therapy] for Obsessive Compulsive Washers: A Comprehensive Guide to

Tamsen St Clare, Ross G. Menzies, Mairwen K. Jones

Sydney West Health Service and University of Sydney

For clinicians and therapists, this unique evidence-based treatment program is designed to reduce expectancies of danger or threat in obsessive-compulsive disordered washers. The DIRT program is based on the rationale that the therapist should provide as much factual information as possible to decrease the expectancy of illness or disease and thus reduce the high dropout rate seen in conventional OCD exposure and response prevention programs. The book includes a resource CD with patient handouts and a DVD of interviews.

- ISBN 9781875378838
- PUB Date January 2008
- RRP \$85.00
- Pages 132



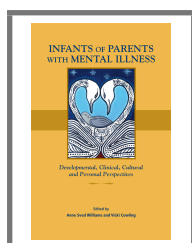
Happy Ever After? A Practical Guide to Relationship Counselling for Clinical Psychologists

Bruce Stevens and Malise Arnstein

University of Canberra and Private Practice

Much relationship counselling today is conducted by generalist psychologists, social workers, and counsellors. Yet there is a strong case for a greater role for clinical psychologists. Accurate assessment during couples therapy is essential, the dynamics between people are complex, and the process is potentially very demanding of clinical skills. This book provides for both students and practitioners an integrated approach to relationship counselling, drawing on the best evidence-based treatments.

- ISBN 9781921513794
- PUB Date June 2011
- RRP \$39.95
- Pages 190



Infants of Parents with Mental Illness: Developmental, Clinical, Cultural, and Personal Perspectives

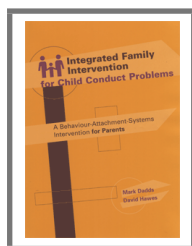
Edited by Anne Sved Williams and Vicki Cowling

Child, Youth and Women's Health Adelaide and Hunter New England Area Health

This book examines how to achieve improved outcomes for infants growing up in situations of risk due to parents' mental health and other related psychosocial circumstances that may impair parental functioning such as migration, substance abuse, and infant hospitalisation. The authors examine the effects of adverse life circumstances on infant and family and, in most cases, also describe assessments and interventions. Several chapters have been written by people personally affected by mental illness, or mental illness of a family member.

- ISBN 9781921513039
- PUB Date December 2008
- RRP \$44.95
- Pages 284





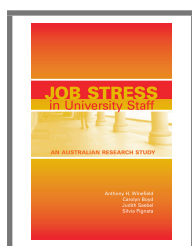
Integrated Family Intervention for Child Conduct Problems: A behaviour-attachment-systems intervention for parents

Mark Dadds and David Hawes

University of New South Wales

Targeted at therapists working with children aged 2–8 with behaviour problems such as aggression, rule breaking, tantrums, and fighting, this book offers an evidence-based 9-session treatment program for conduct problems including client handouts, based on extensive clinical experience. It can be used for individual or group treatment. The program challenges some current parent training approaches by replacing tokens and other artificial rewards with a focus on love, intimacy and acceptance.

- ISBN 9781875378586
- PUB Date January 2006
- RRP \$77.00
- Pages 144



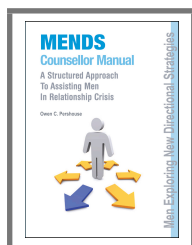
Job Stress in University Staff: An Australian Research Study

Anthony H. Winefield, Carolyn Boyd, Judith L. Saebel, Silvia Pignata

University of South Australia

A variety of changes to academic working conditions have resulted in an increase in occupational stress and a decrease in occupational wellbeing among university academics as well as nonacademic, or general, staff. This book releases for the first time the complete results of the Australian University Staff Stress Project which examined the level, extent, and antecedents of occupational stress experienced by staff, and the consequences on individuals and universities.

- ISBN 9781921513138
- PUB Date December 2008
- RRP \$24.95
- Pages 212



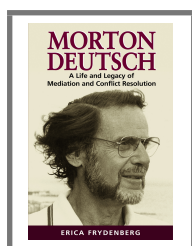
MENDS Counsellor Manual: A Structured Approach to Assisting Men in Relationship Crisis

Owen Pershous

Clinical and Forensic Psychologist in Private Practice

The *MENDS* program aims to reduce anxiety and depression, as well as contain anger and enhance client self-judgments and sense of wellbeing by providing valid and practical information, along with effective methods of self-auditing, planning and progress evaluation. The 12-week program adopts a structured, psycho-educational, and multidisciplinary forum for clients to address areas of psychological wellbeing, physical health, legal/social issues, and relationships.

- ISBN 9781875378890
- PUB Date December 2008
- RRP \$85.00
- Pages 196



Morton Deutsch: A Life and Legacy of Mediation and Conflict Resolution

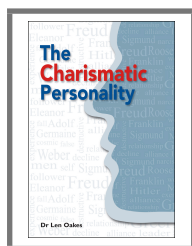
Erica Frydenberg

University of Melbourne

Part biography, part introductory text, this entertaining book presents the life and work of one of the most distinguished psychologists of our time. Morton Deutsch's ideas permeate the boundaries of law, international politics, education, business, and industrial relations, and he is credited as the father of the science of conflict resolution. Featuring interviews with Morton and his many students and colleagues, the book enlightens us about his life as well as illustrating how rigorous theoretical analysis can make a true difference in everyday lives.

- ISBN 9781875378555
- PUB Date January 2005
- RRP \$35.00
- Pages 240



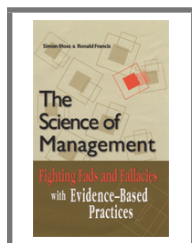


The Charismatic Personality

Dr Len Oakes

The idea that a single person can change the course of nations, peoples, and movements through the force of their own personality is something many may find fascinating and more than a little scary. In his latest book psychologist Len Oakes draws on a range of disciplines including theology, history, sociology and psychoanalysis to explore a personality so different from the general population that it is used by groups to solve problems that reason and tradition have failed to answer.

- ISBN 9781921513466
- PUB Date February 2010
- RRP \$34.95
- Pages 368



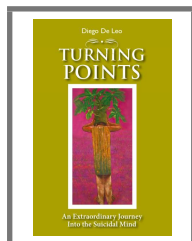
The Science of Management: Fighting Fads and Fallacies with Evidence-Based Practices

Simon Moss & Ronald Francis

Monash University

What are the assumptions and beliefs behind the many management decisions made everyday in companies around the world? Are they based on real evidence or do they simply follow the latest management fad, personal opinion, or anecdotal observation? The authors have collated and analysed almost 16,000 scientific research articles in the fields of psychology and management to uncover significant challenges to many common management assumptions.

- ISBN 9781875378784
- PUB Date December 2007
- RRP \$24.95
- Pages 156



Turning Points: An Extraordinary Journey into the Suicidal Mind

Diego De Leo

Australian Institute for Suicide Research and Prevention

In this remarkable book, Professor Diego De Leo, distinguished Italian psychiatrist and world leading researcher into suicide prevention, takes us on a revealing journey into the suicidal mind. Told in the form of letters, 12 life stories reveal much about the human spirit as well as the deep complexities of suicidal behaviour and the struggle for psychological science to understand this worst of human tragedies.

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