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clinician's theoretical orientation, this practical handbook offers them down-to-earth advice and shows what it takes to be an effective therapist. Filled with real-world

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**examples, this book walks
through the steps of the
therapeutic process from
the first contact to
termination.**

**Treating Complex Trauma
and Dissociation is the**

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**ideal guide for the front-
line clinician whose
clients come in with
histories of trauma,
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flashbacks, suicidal
behavior, and more. The**

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*book helps clinicians
develop their own*

*responses and practical
solutions to common
questions, including "How
do I handle this?" "What
do I say?" and "What can I*

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***do?" Treating Complex
Trauma and Dissociation is
the book clinicians will
want to pick up when
they're stuck and is a
handy reference that
provides the tools needed***

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*to deal with difficult
issues in therapy. It is
supportive and respectful
of both therapist and
client, and, most of all,
useful in the office.
The need to support*

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refugees has never been more urgent, but how can everyone working with them provide consistently effective care? Written for a range of professionals including

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***therapists, teachers,
social workers, housing
support workers and
healthcare professionals,
this essential guide
offers a holistic, person-
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***ensure that all those
working with refugees to
provide them with
excellent support.***

***Informed by the authors'
direct work with refugees,
the book starts with a***

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to understanding the
underlying issues that
lead to the complex needs
of an asylum seeking
client group. Using an
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'why?' and 'how?'
structure, within the four
key phases of refugee
experience. It also shows
professionals how to
sensitively address
trauma, loss and

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***separation with clients
who are adjusting to a
foreign culture and
language using three core
principles (therapeutic
relationship, bearing
witness and psycho-***

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*education). Informed and
accessible, this guide
will help you create a
safe, welcoming
environment for asylum
seekers in all stages of
their journey to improve*

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***their psychosocial
wellbeing and mental
health.***

***Lessons from the personal
experience and reflections
of a therapist. The
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training psychotherapists properly is well known. It is far easier to provide a series of classes while ignoring the more challenging personal components of training.

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*Despite the fact that the
therapist's self-insight,
emotional maturity, and
calm centeredness are
critical for successful
psychotherapy, rote
knowledge and technical*

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skills are the focus of most training programs. As a result, the therapist's personal growth is either marginalized or ignored. The Making of a Therapist counters this trend by

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and beginning therapists a
personal account of this
important inner journey.
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look inside the mind and
heart of an experienced**

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***therapist. Readers will
find an exciting and
privileged window into the
experience of the
therapist who, like
themselves, is just
starting out. In addition,***

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***The Making of a Therapist
contains the practical
advice, common-sense
wisdom, and self-
disclosure that practicing
professionals have found
to be the most helpful***

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during their own training. The first part of the book, 'Getting Through Your First Sessions,' takes readers through the often-perilous days and weeks of conducting

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***initial sessions with real
clients. Cozolino
addresses such basic
concerns as: Do I need to
be completely healthy
myself before I can help
others? What do I do if***

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***someone comes to me with
an issue or problem I
can't handle? What should
I do if I have trouble
listening to my clients?
What if a client scares
me?The second section of***

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the book, 'Getting to Know Your Clients,' delves into the routine of therapy and the subsequent stages in which you continue to work with clients and help them. In this context,

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Cozolino presents the notion of the 'good enough' therapist, one who can surrender to his or her own imperfections while still guiding the therapeutic relationship

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*to a positive outcome. The
final section, 'Getting to
Know Yourself,' goes to
the core of the
therapist's relation to
him- or herself,
addressing such issues as:*

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How to turn your weaknesses into strengths, and how to deal with the complicated issues of pathological caretaking, countertransference, and self-care. Both an

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***excellent introduction to
the field as well as a
valuable refresher for the
experienced clinician, The
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offers readers the tools
and insight that make the***

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*journey of becoming a
therapist a rich and
rewarding experience.
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**model in which
occupational therapists
practice as part of a team
of vision rehabilitation
professionals serving
adults with low vision.
Occupational therapists**

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**offer a unique
contribution to the vision
rehabilitation team, with
a focus on meaningful
occupational goals, the
incorporation of
occupation into therapy,**

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**and the orchestration of
environmental, social,
and non-visual personal
factors into a treatment
plan. The authors have
developed a practical and
straightforward text**

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**outlining an evaluation
approach to interventions
that focus on recovering
occupational performance
in adults.**

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**discusses how it affects
the body, safety, side
effects, preparation and
dosage methods, legal
and illegal use, and other
related topics.**

This title combines the

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**many schools of thought
on psychotherapy into
one reader-friendly guide
that coaches
psychotherapists through
the various techniques
needed as the field**

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expands. Unlike any other book on the market, this text considers all of the simultaneous advances in the field, including the neurobiology of emotions, the importance of the

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**unifies views of
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based on the notion of the
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**psychotherapist activity
in all therapies, how they
are performed, and how
they result in therapeutic
change. The book also
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**general practice and
guides the reader to the
specific therapist-patient
interactions needed for
their resolution. With its
big-picture focus on
clinical practice,**

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**Psychotherapy: A
Practical Guide is a
concise resource for
students,
psychotherapists,
psychologists, residents,
and all who seek to**

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beyond traditional face-to-**

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flexibility which email
and the Internet can offer
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legal advice, on the
practicalities of setting
up or joining a service,
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to be an effective online**

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**therapist. Writing for an
international audience,
the authors discuss the
issues for practitioners
using the Internet today,
as well as in the future.**

Introduction to Group

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Therapy



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and Dissociation
A Mindful Approach to
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**Therapeutic
Relationships**

Back to One

Basics of Psychotherapy

A growing number of
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needs are discovering the

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integrated within each chapter are actual case examples with useful tips to guide students to practice and apply what they have learned. Beyond the Classroom Activities exercises at the end of each

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knowledge learned from
topics presented in the
chapter. Check Your
Comprehension exercises at
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emotionally to a level of maturity difficult to achieve by any other approach." —From the Foreword, by Louise F. Guerney, PhD, RPT-S A comprehensive resource that thoroughly teaches the

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determining what limits to
set in the playroom and how
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centered approach to play
therapy and addresses how to

incorporate the approach
into schools, agencies, or
private practice.

Interpersonal reconstructive
therapy incorporates aspects
of biological and

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psychoanalytic attachment
theories into a case

formulation model that
explains symptoms in
relation to client views of
safety and threat. Therapy
follows a set series of
steps, and the therapist

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chooses treatment and specific interventions on the basis of the case formulation and at what point in the therapeutic process the client may be. The client's sense of safety is a central concern, as

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this core mental schema will change as a result of the therapy process. In this program, Dr. Lorna Smith Benjamin works with a 19-year-old single woman with severe anxiety who was hospitalized after

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attempting suicide. Dr. Smith-Benjamin works to understand the worldview of the client and help her begin to move from feeling hopeless and unseen toward a sense of agency. The client in this video is portrayed

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by an actor on the basis of
a composite of case
descriptions.

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*in the play therapy community of
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provides practical ideas about
why we might decide to take play
therapy practice into outdoor
settings and how we might do
this safely and ethically. This
book discusses how nature*

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provides a second intermediate playground and can be seen as a co-therapist in play therapy. It explores the relevance of different environments to the play therapy process by considering the elements of earth, air, fire, water and wood.

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It looks at the way we can connect with nature to find a sense of place and details some activities to do with children in play therapy to get started. The book provides an important guide for the practitioner and talks them through the crucial

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outdoor play therapy and gives a
philosophical perspective to
working in nature. It will be
engaging and essential reading
for play therapists in training and
practice.

The authors present their

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*empirically based model of
therapeutic presence, along with
practical, experiential exercises
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*Resistance--any attitude or
behavior of the therapist, patient,
or system that resists change--is
integral to every therapeutic*

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relationship. Family therapists are all too familiar with challenges to their professional credentials, families' reluctance to convene for treatment, cancellations, rejection of therapy, requests to exclude a family member, and numerous

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other maneuvers that frustrate therapeutic goals. Mastering Resistance presents concrete, accessible strategies for coping directly with specific, commonly encountered problems of resistance. Moreover, it demonstrates how resistance can

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and the vital role shamanism can play
in our recovery.

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on client interpersonal relationships and the therapeutic relationship. Functional analytic psychotherapy (FAP) is a research-based treatment for mental health disorders and has been shown to enhance the quality of interpersonal relationships. If you're a

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therapist, how you relate to your clients can have a profound impact on treatment outcomes. This book integrates the latest research on the importance of the therapist-client relationship with the new science of social connection into a user-friendly,

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flexible clinical framework. In this book, you'll find an introduction to the conceptual foundations and clinical practice of FAP, with an emphasis on practical clinical scenarios and personal reflection. You'll learn the theoretical basis of FAP in contextual

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behavioral science and how to apply functional analysis—the core assessment method of behavior therapy—to the therapeutic relationship. You'll learn to understand the therapeutic relationship and social connection in terms of the

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Awareness, Courage, and Love model.
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You'll also learn how to balance authenticity and compassion with strategy and case conceptualization to make your therapeutic relationships more compassionate, flexible, and effective. And finally, you'll discover

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how to apply principles to effectively cope with challenging moments in the therapeutic relationships—such as how to address ineffective behavior happening in the therapy interaction from the first moment of therapy, what to do when therapy does not seem to be

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constructivist principles and illuminating what a skilled clinician actually does in day-to-day practice, Michael J. Mahoney shows how to nurture the therapeutic relationship while implementing such creative interventions as centering techniques,

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This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various

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disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of

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*this book, in part, is to emboldened
researchers and clinicians to begin to
apply ACT wherever it seems to fit.
The chapters in the book demonstrate
that ACT may be a useful treatment
approach for a very wide range of
clinical problems. Already there are*

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controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant

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degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of

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the centrality of language and cognition in human functioning.

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*expanded chapter on Massage in
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with disabilities. Written by a sports
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teams at world and Olympic level
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*Massage (formerly Sedative Massage)
& Reflex Therapies (formerly
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throughout the chapters Evolve
Resources – use your unique PIN
code to access video clips of tutorials
and demonstrations of massage*

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*techniques as identified in the book
Literacy work can provide a
therapeutic context in which to
support children with emotional and
behavioural difficulties in mainstream
schools. This text provides a clear
theoretical rationale for therapeutic*

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and varying physical,
cognitive, emotional and
behavioural needs of people
who have experienced brain
injury, including supporting
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healthcare professionals
working in brain injury
services. It offers
considerations for direct
and indirect, systemic and
multi-disciplinary working
through discussion of ACT
concepts alongside examples

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taken from clinical practice and consideration of real-world brain injury cases, across a range of clinical settings and contexts. The book will be relevant to a range of psychologists and related professionals,

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of therapy. Neuroscientific discoveries have begun to illuminate the workings of the active brain in intricate detail. In fact, sometimes it seems that in order to be a cutting-edge therapist, not only do you

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*need knowledge of
traditional
psychotherapeutic models,
but a solid understanding of
the role the brain plays as
well. But theory is never
enough. You also need to
know how to apply the*

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theories to work with actual clients during sessions. In easy-to-understand prose, Being a Brain-Wise Therapist reviews the basic principles about brain structure, function, and development, and explains the

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comprehensive summary of the most important and most immediate therapeutic approaches in the assessment and treatment of burn injuries. Taking into account age-specific needs in pediatric, adult, and elderly burn patients, the book discusses key issues such as pre-

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hospital treatment, wound care and infection control, burn nursing, and critical care. In addition, burn reconstructive surgery and rehabilitation for burn victims are described. Written in a concise manner, Burn Care and Treatment provides guidelines for the optimal care

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in order to improve patient outcome, and thus will be a valuable reference for physicians, surgeons, residents, nurses, and other burn care providers. The book brings together a range of examination and assessment techniques which are otherwise only found in a variety of different places. It

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*presents them in a way relevant to
massage therapists. The book will be
used by MT students to learn of the
existence of these techniques and how
and when to use them. More
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book provides an accessible
introduction to DBT while

enabling therapists of any
orientation to integrate elements
of this evidence-based approach
into their work with emotionally
dysregulated clients. Experienced
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Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skillfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies. See also Dialectical

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