

Acces PDF Psychology Gillian
Butler

Psychology ***Gillian Butler***

This original and lucid account of
the complexities of love and its
essential role in human well-being

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draws on the latest scientific research. Three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned

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about the primitive functions of the human brain. A General Theory of Love demonstrates that our nervous systems are not self-contained: from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm

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that alters the very structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Explaining how relationships function, how parents shape their child's developing self, how psychotherapy

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really works, and how our society dangerously flouts essential emotional laws, this is a work of rare passion and eloquence that will forever change the way you think about human intimacy.

This book contains the handouts

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accompanying the audio / video series "Overcoming Social Anxiety: Step by Step." Each handout is a cognitive strategy that will reduce social anxiety in conjunction with the therapy series itself. It helps you to develop a full arsenal of skills for

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quieting negative thoughts, changing negative thinking habits, and learning to feel less anxious. You are in control of this happening. With this book of handouts, you'll learn how to: * Challenge automatic negative thoughts and beliefs *

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Develop rational, helpful thoughts
and belief systems * Calm yourself
down in social situations * Accept
yourself for who you are * Feel
empowered and in control of your
life Our hope is that this new series
will be used by millions of people

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with social anxiety disorder, as they begin learning the cognitive strategies that will help them get better. The brain's "neuroplasticity" is amazing, and you can learn to think, believe, and feel rationally, instead of letting anxiety cripple

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your life.

Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme, written by one of the

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UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised

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anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety

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disorders: www.social-anxiety.org.uk www.stress.org.uk
www.triumphoverphobia.com

Up to the 1960s, psychology was deeply under the influence of behaviourism, which focused on stimuli and responses, and regarded

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consideration of what may happen in the mind as unapproachable scientifically. This began to change with the devising of methods to try to tap into what was going on in the 'black box' of the mind, and the development of 'cognitive

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psychology'. With the study of patients who had suffered brain damage or injury to limited parts of the brain, outlines of brain components and processes began to take shape, and by the end of the 1970s, a new science, cognitive

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neuroscience, was born. But it was with the development of ways of accessing activation of the working brain using imaging techniques such as PET and fMRI that cognitive neuroscience came into its own, as a science cutting across psychology

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and neuroscience, with strong connections to philosophy of mind. Experiments involving subjects in scanners while doing various tasks, thinking, problem solving, and remembering are shedding light on the brain processes involved. The

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research is exciting and new, and often makes media headlines. But there is much misunderstanding about what brain imaging tells us, and the interpretation of studies on cognition. In this Very Short Introduction Richard Passingham, a

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distinguished cognitive neuroscientist, gives a provocative and exciting account of the nature and scope of this relatively new field, and the techniques available to us, focusing on investigation of the human brain. He explains what brain

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imaging shows, pointing out common misconceptions, and gives a brief overview of the different aspects of human cognition: perceiving, attending, remembering, reasoning, deciding, and acting. Passingham concludes with a

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discussion of the exciting advances that may lie ahead. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the

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perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Overcoming Anxiety
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Introducing Cognitive Analytic
Therapy

Cognitive Behaviour Therapy for
Psychiatric Problems

The Talking Cure

The Second Wave

Psychology: A Very Short

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Introduction

Cognitive behavior therapy is now firmly established as the leading psychological treatment for many psychiatric conditions,

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and numerous controlled trials have demonstrated its effectiveness. This innovative book provides detailed guidance on how to practice cognitive behavior therapy with

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patients suffering from a wide range of emotional disorders. Unlike most existing handbooks this guide concentrates on how to do treatment. The

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editors have drawn
together contributions
from acknowledged
experts in the practice,
teaching, and empirical
investigation of
cognitive-behavioral

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principles, followed by a detailed account of how to carry out a cognitive-behavioral assessment. Subsequent chapters provide self-contained descriptions

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of how to use cognitive behavior therapy to treat particular conditions, including panic and generalized anxiety, phobic disorders, depression,

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obsessional disorders, somatic problems, eating disorders, chronic psychiatric handicaps, marital problems, and sexual dysfunctions. A final chapter describes

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problem solving. Each chapter begins with a description of the condition under consideration, outlines assessment procedures and how to formulate the

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problem, and then takes the reader step-by-step through treatment, emphasizing how to overcome difficulties encountered during treatment. Extensive use

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is made of clinical material and case illustrations.

Psychology is part of everyone's experience: it influences the way we think about everything

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from education and intelligence, to relationships and emotions, advertising and criminality. People readily behave as amateur psychologists,

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offering explanations for what people think, feel, and do. But what exactly are psychologists trying to do? What scientific grounding do they have

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for their approach? This book provides an understanding of some of psychology's leading ideas and their practical relevance, making it a stimulating

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introduction for anyone
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expert authors combine
facts, analysis,
perspective, new ideas,
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Manage Your Mind is a book for building resilience, overcoming emotional difficulties and enabling self-development. It is for any of us who wish to

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understand ourselves better, to be more effective in day-to-day life, or to overcome current problems; or who want to support others in these tasks. The

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authors have, between them, almost 100 years of experience of helping people through difficult times. This experience, together with the results from scientific

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research, leads to
Manage Your Mind
distilling effective
techniques and ideas so
that readers can select
those that suit their
preferences and needs.

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The book explains and illustrates how to respond skilfully to life's challenges.

Clinical psychology makes a significant contribution to mental

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health care across the world. The essence of the discipline is the creative application of the knowledge base of psychology to the unique, personal

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experiences of individuals who are facing difficulties or changes in their lives. Rather than addressing such experiences as primarily a medical,

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political or legal
problem, clinical
psychologists approach
personal distress as an
unhappy outcome of
certain ways of
thinking, behaving and

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relating, often occurring within difficult social, cultural or economic circumstances. Clinical psychologists work with people to try and help

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them change what is distressing or concerning them, based on a belief in the value of the individual to determine what happens to them and on the

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importance of using
approaches which have
been demonstrated
through research to be
effective. In this Very
Short Introduction Susan
Llewellyn and Katie

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Aafjes-van Doorn provide insights into the world of clinical psychologists and their clients or patients, and cover the range of domains of practice, the

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difficulties tackled, and the approaches and models used. They consider the challenges and controversies facing the profession today, and also how it varies

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across the globe. Finally, they discuss the key questions surrounding clinical psychology, such as whether it should compete or collaborate

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with psychiatry, how far it is yet another instrument of social control, what new technology can offer in the future, and whether clinical psychology can

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ever really be

considered a science.

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analysis, perspective,
new ideas, and
enthusiasm to make
interesting and
challenging topics
highly readable.

A Very Short

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Introduction

A Degree in a Book:

Psychology

A self-help guide using
cognitive behavioural
techniques

Mastering Clinical

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Challenges

Overcoming Social

Anxiety: Step by Step

Clinical Psychology

Helping therapists bring about
enduring change when treating
clients with any anxiety disorder,

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this invaluable book combines expert guidance, in-depth exploration, and innovative clinical strategies. The authors draw on extensive experience and research to provide a framework for constructing lucid formulations of complex cases.

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They identify obstacles that frequently arise during the early, middle, and later stages of treatment and present a wide range of practical solutions. The volume demonstrates clear-cut yet flexible ways to enhance client engagement, foster

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metacognitive awareness,
facilitate emotional processing,
address low self-esteem and fear
of uncertainty, and much more.
Reproducible handouts and forms
are included.

'Until you make the unconscious
conscious, it will direct your life

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and you will call it fate.' Carl Jung The essence of successful therapy is the relationship, a dance of growing trust and understanding between the therapist and the patient. It is an intimate, messy, often surprising and sometimes confusing

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business - but when it works, it's life-changing. Gill Straker and Jacqui Winship, two esteemed Sydney-based psychotherapists, bring us nine inspiring stories of transformation. They introduce us to their clients, fictional amalgams of real-life cases, and

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reveal how the art of talking and listening helps us understand deep-seated issues that profoundly influence who we are in the world and how we see ourselves in relation to others. We come to understand that the transformative power of the

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therapeutic relationship can be replicated in our everyday lives by the simple practice of paying attention and being present with those we love. Whether you have experienced therapy (or are tempted to try it), or you are just intrigued by the possibilities of a

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little-understood but
transformative process, this wise
and compassionate book will
deepen your understanding of
what it is to be open to
connection - and your
appreciation that to be human is
to be a little bit mad.

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Instant Psychology pulls together all the pivotal psychological knowledge and thought into one concise volume. Each page contains a discrete "cheat sheet", which tells you the most important facts in bite-sized chunks, meaning you can become

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an expert in an instant. From Freud and Jung to the Rorschach test, the Stanford prison experiment, cognitive bias and the availability heuristic, every key figure, discovery or idea is explained with succinct and lively text and graphics. Perfect for the

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knowledge hungry and time poor, this collection of graphic-led lessons makes psychology interesting and accessible.

Everything you need to know is here.

Are we born with our fears or do we learn them? Why do our fears

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persist? What purpose does anxiety serve? In this Very Short Introduction we discover what anxiety is, what causes it, and how it can be treated. Looking at six major anxiety disorders, the authors introduce us to this most ubiquitous and essential of

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emotions.

Cognitive Neuroscience

Using Attachment Theory to Find
a Solution

The Exercise of Control

A Self-Help Guide Using
Cognitive Behavioral Techniques

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Overcoming Depression 3rd Edition

Psychology is part of everyone's experience: it influences the way we think about everything from education and intelligence, to relationships and emotions, advertising and criminality.

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People readily behave as amateur psychologists, offering explanations for what people think, feel, and do. But what exactly are psychologists trying to do? What scientific grounding do they have for their approach? This book provides an understanding of some of

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psychology's leading ideas and their practical relevance, making it a stimulating introduction for anyone interested in understanding the human mind.

*Originally published in 1995, the first edition of **Managing Your Mind***

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established a unique place in the self-help book market. A blend of tried-and-true psychological counseling and no-nonsense management advice grounded in the principles of CBT and other psychological treatments, the book straddled two types of self-help

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literature, arguing that in one's personal and professional life, the way to success is the same. By adopting the practical strategies that mental health experts Butler and Hope have developed over years of clinical research and practice, one can develop

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the "mental fitness" necessary to resolve one's personal and interpersonal challenges at home and work and to live a productive, satisfying life. The first edition addressed how to develop key skills to mental fitness (e.g., managing one's

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time better, facing and solving problems better, keeping things in perspective, learning to relax, etc.), how to improve one's relationships, how to beat anxiety and depression, and how to establish a good mind-body balance. For this new edition, Butler

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and Hope have updated all preexisting material and have added five new chapters-on sexuality and intimate relationships; anger in relationships; recent traumatic events and their aftermath; loss and bereavement; and dealing with the past.

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For the newly trained Cognitive Behavioural Therapist, there are a wealth of challenges and difficulties faced, as they try and apply their new found skills in the outside world. These might include the stresses of working in isolation, and finding it difficult to

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widen their scope or bounce ideas of other CBT therapists; or the need for practical advice on setting up group therapy; the possible conflicts between ethical practice and theory; how to retain ones integrity as a therapist, while maintaing a viable

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business practice; dealing with diverse communities, or becoming a supervisor. The Oxford Guide to Surviving CBT Practice is the one-stop resource for the newly trained therapist. It offers practical guidance on a range of issues and challenges

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faced by the therapist. Written by people with vast experience of training and practising CBT, it draws on real life situations to help the reader hone and develop their skills, adjust to life as a therapist, and maintain a successful and satisfying career whilst

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helping others. With thousands of new CBT therapists being trained over the coming years, this book will be a constant companion for all those starting life as a therapist, one they will want to have to hand at all times.

Psychology: A Very Short

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Introduction
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Formulation in Psychology and
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*Imagery-Based Cognitive Therapy for
Bipolar Disorder and Mood Instability
Key thinkers, theories, discoveries and
concepts*

A Books on Prescription Title
Overcoming Social Anxiety and
Shyness is a self-help manual for

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this common problem, which explains why it happens and sets out practical methods of resolving it. Don't let shyness ruin your life
Everyone feels foolish, embarrassed, judged or criticised at times, but this becomes a problem

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when it undermines your confidence and prevents you from doing what you want to do. At its most extreme, shyness can be crippling but it is easily treated using Cognitive Behavioural Therapy. Using real-life examples,

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Professor Gillian Butler sets out a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety. Indispensable for those affected by shyness and social anxiety Excellent resource

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for therapists, psychologists and doctors Contains a complete self-help program and work sheets
Since its inception, psychoanalysis has been hailed as a revolutionary theory of how the mind works, whilst some of its ideas such as the

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Oedipus complex have become part of everyday conversation. In *Psychoanalysis: A Very Short Introduction*, Daniel Pick offers a lucid, lively, and wide-ranging survey of psychoanalysis. This book offers the reader a flavour of

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what it might be like to enter treatment, and suggests the possible surprises that can await both analyst and patient, as well as the potential benefits. Yet whilst Freud's writings have shaped the way many of us understand

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dreams, desires, and destructiveness, as well as anxieties, blunders, and guilt, numerous critics have warned of the dangerous methods and time-bound assumptions of psychoanalysis, doubted the

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efficacy of its drawn-out methods, and dismissed its core claims as pseudo-science. Looking at modern ideas of the self, exploring the nature of unconscious aspects of relationships, and considering how psychoanalysis has evolved, Pick

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ponders the particular challenges now facing the analytic profession, and shows why psychoanalysis remains an important resource for investigating the mind, its creative functioning and many afflictions.

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analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

'the main value of this book for the sex therapist is an overview of cognitive behaviour therapy, and in

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particular an up-to-date account of its application to particular disorders and the context of sex therapy within this' -Brian Daines, BASMT Bulletin 14 (1997) 'This is a broad textbook written by the leading British cognitive-behaviour

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therapists, which covers the present state of both the theory and practice of CBT. This book is highly recommended reading for all practicing cognitive-behavioural therapists.' -Lars-Gunnar Lundh, Overcoming app now available via

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iTunes and the Google Play Store.
A Books on Prescription Title Break
free from the hell of depression If
you suffer from depression you are
far from alone. Depression is very
common, affecting over 300 million
people around the world. Written by

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Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the

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medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing

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compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

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Cross-Cultural Psychology

I'll Be Gone in the Dark

A Practical Guide

One Woman's Obsessive Search

for the Golden State Killer

Making sense of people's problems

Learning

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Why Don't I Feel Good Enough? Using Attachment Theory to Find a Solution offers a guide to how early emotional bonds affect our adult relationships and how psychological theory can help us to find the origin and solution to a number of life's problems. Bringing a wealth of therapeutic experience and

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the latest scientific research, Helen Dent introduces the benefits that understanding attachment theory can bring to all areas of life. You will find this particularly helpful if you struggle with everyday relationships and have difficulties managing your emotions. Using practical guidance, real-life

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examples and questionnaires to help you locate your own 'attachment style', she provides the tools and guidance to help you move on and develop secure, positive attachments. *Why Don't I Feel Good Enough?* will be an important guide and resource for psychotherapists, counsellors, clinical

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psychologists and their clients. It provides a good introduction to attachment theory for professionals in training.

This volume collects many of the major essays of feminist theory of the past 40 years-works which have made key contributors to feminist thought.

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Behavioural experiments are one of the central and most powerful methods of intervention in cognitive therapy. Yet until now, there has been no volume specifically dedicated to guiding physicians who wish to design and implement behavioural experiments across a wide range of clinical

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problems. The Oxford Guide to Behavioural Experiments in Cognitive Therapy fills this gap. It is written by clinicians for clinicians. It is a practical, easy to read handbook, which is relevant for practising clinicians at every level, from trainees to cognitive therapy supervisors. Following a

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foreword by David Clark, the first two chapters provide a theoretical and practical background for the understanding and development of behavioural experiments. Thereafter, the remaining chapters of the book focus on particular problem areas. These include problems which have

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been the traditional focus of cognitive therapy (e.g. depression, anxiety disorders), as well as those which have only more recently become a subject of study (bipolar disorder, psychotic symptoms), and some which are still in their relative infancy (physical health problems, brain

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injury). The book also includes several chapters on transdiagnostic problems, such as avoidance of affect, low self-esteem, interpersonal issues, and self-injurious behaviour. A final chapter by Christine Padesky provides some signposts for future development. Containing examples of over 200

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behavioural experiments, this book will be of enormous practical value for all those involved in cognitive behavioural therapy, as well as stimulating exploration and creativity in both its readers and their patients.

This Very Short Introduction looks at the nature of learning and how it takes

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place. From the early experiments of Pavlov, Thorndike, and others to the most recent studies in social learning, Haselgrove discusses learning in both humans and other animals.

Overcoming Social Anxiety and
Shyness

Everything You Need to Know to

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Anxiety: A Very Short Introduction

A Self-Help Guide Using Cognitive
Behavioral Techniques (Large Print
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Overcoming Stress

Oxford Guide to Imagery in Cognitive
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*A perfect introduction
for students and
laypeople alike, A
Degree in a Book:
Psychology provides you
with all the concepts
you need to understand*

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*the fundamental issues.
Filled with helpful
diagrams, suggestions
for further reading, and
easily digestible
features on the history
of psychology, this book*

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makes understanding the human mind easier than ever. Including the theories of Francis Galton, Sigmund Freud, Ivan Pavlov, and many more, it covers the

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*whole range of
psychological research.
By the time you finish
reading this book, you
will be able to answer
questions such as: • How
do we learn? • Do groups*

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*make better decisions
than individuals? • How
do we study the living
brain? • What are the
components of
personality?*

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*Formulation in
Psychology and
Psychotherapy caught the
wave of growing interest
in formulation in a
clinical context. This
completely updated and*

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practice, research,
developments and debates
while retaining the
features that made the
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the field. It contains new chapters on personal construct formulation, formulation in health settings, and the innovative practice of using formulation in

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*teams. The book sees
formulation as a dynamic
process which explores
personal meaning
collaboratively and
reflectively, taking
account of relational*

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*and social contexts. Two
case studies, one adult
and one child,
illustrate the use of
formulation from the
perspectives of expert
clinicians from six*

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different theoretical positions. The book encourages the reader to take a constructively critical perspective on the many philosophical, professional and ethical

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debates raised by the process of formulating people's problems. Among the issues explored are: The social and political context of formulation Formulation in relation

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*to psychiatric diagnosis
The limitations of
formulation
Controversies and
debates about
formulation This
readable and*

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comprehensive guide to the field provides a clear, up to date and thought-provoking overview of formulation from a number of perspectives, essential

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*for clinicians working
in all areas of mental
health and social care,
psychology, therapy and
counselling.*

*Lie detection, offender
profiling, jury*

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selection, insanity in the law, predicting the risk of re-offending , the minds of serial killers and many other topics that fill news and fiction are all

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*aspects of the rapidly
developing area of
scientific psychology
broadly known as
Forensic Psychology.*

*Forensic Psychology: A
Very Short Introduction*

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discusses all the aspects of psychology that are relevant to the legal and criminal process as a whole. It includes explanations of criminal behaviour and

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criminality, including the role of mental disorder in crime, and discusses how forensic psychology contributes to helping investigate the crime and catching

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the perpetrators. It also explains how psychologists provide guidance to all those involved in civil and criminal court proceedings, including

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both the police and the accused, and what expert testimony can be provided by a psychologist about the offender at the trial. Finally, David Canter

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*examines how forensic
psychology is used,
particularly in prisons,
to help in the
management, treatment
and rehabilitation of
offenders, once they*

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have been convicted.

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*new ideas, and
enthusiasm to make
interesting and
challenging topics
highly readable.*

*Psychology is part of
everyone's experience.*

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Here, Dr. Gillian Butler and Dr. Freda McManus provide an understanding of some of psychology's leading ideas and their practical relevance.

They answer some of the

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*most frequently asked
questions about
psychology in a
stimulating introduction
for anyone interested in
understanding the human
mind and behavior.*

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*Managing Your Mind
Cognitive-Behavioral
Therapy for Anxiety
Disorders
Normal people, their
hidden struggles and the
life-changing power of*

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therapy

Manage Your Mind

Psychopathy

Oxford Guide to

Surviving as a CBT

Therapist

This Very Short

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Introduction tracks child development from birth to early adolescence.

Exploring the process of attachment and psychological relationships, as well as methods of active

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**learning, including
language and reasoning,
Usha Goshwami explains
how children develop as
they do and how we can
understand developmental
differences.**

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Psychology is part of everyone's experience: it influences the way we think about everything from education and intelligence, to relationships and emotions, advertising and

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**criminality. People readily
behave as amateur
psychologists, offering
explanations for what
people think, feel, and do.
But what exactly are
psychologists trying to do?**

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What scientific grounding do they have for their approach? This Very Short Introduction explores some of psychology's leading ideas and their practical relevance. In this new

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edition, Gillian Butler and Freda McManus explore a variety of new topics and ways of studying the brain. Until recently it was not possible to study the living human brain directly, so

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psychologists studied our behaviour, and used their observations to derive hypotheses about what was going on inside. Now - through neuroscience - our knowledge of the workings

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**of the brain has increased
and improved technology
provides us with a scientific
basis on which to
understand the structure
and workings of the brain,
and allows brain activity to**

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**be observed and measured.
Exploring some of the most
important advances and
developments in psychology
- from evolutionary
psychology and issues
surrounding adolescence**

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**and aggression to cognitive
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stimulating introduction for
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disorder are particularly vulnerable to anxiety and intrusive mental imagery, which can contribute to mood swings and a heightened risk for relapse. This book presents a novel

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**therapists with tested
techniques for formulating
individualized treatment
targets, using
metacognitive strategies to
reduce the power of images,
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**images, and building
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—Stephen King For more than ten years, a mysterious and violent predator committed fifty sexual assaults in Northern California before moving south, where he

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Michelle McNamara, a true crime journalist who created the popular website TrueCrimeDiary.com, was determined to find the violent psychopath she called "the Golden State

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model of psychotherapy. This
new edition of the definitive
text to CAT offers a
systematic and
comprehensive introduction
to its origins, development,
and practice. It also provides***

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***a fully updated overview of
developments in the theory,
research, and applications of
CAT, including clarification
and re-statement of basic
concepts, such as reciprocal
roles and reciprocal role
procedures, as well as***

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extensions into new areas of expertise. Introducing Cognitive Analytic Therapy: Principles and Practice of a Relational Approach to Mental Health, 2nd Edition starts with a brief account of the scope and focus of CAT and

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how it evolved and explains the main features of its practice. It next offers a brief account of a relatively straightforward therapy to give readers a sense of the unfolding structure and style of a time-limited CAT.

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Following that are chapters that consider the normal and abnormal development of the Self and that introduce influential concepts from Vygotskian, Bakhtinian and developmental psychology. Subsequent chapters describe

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***selection and assessment;
reformulation; the course of
therapy; the 'ideal model' of
therapist activity and its
relation to the supervision of
therapists; applications of
CAT in various patient groups
and settings and in treating***

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***personality type disorders;
use in 'reflective practice'; a
CAT perspective on the
'difficult' patient; and
systemic and 'contextual'
approaches. Presents an
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therapy (CAT) Updates the
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decade, in which CAT theory
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approach has been applied to
new patient groups and***

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'how to' descriptions of CAT
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references to CAT published
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further reading within each
chapter Includes a glossary of***

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***terms and several appendices
containing the CAT
Psychotherapy File; a
summary of CAT competences
extracted from Roth and
Pilling; the Personality
Structure Questionnaire; and
a description of repertory grid***

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basics and their use in CAT Co-written by the creator of the CAT model, Anthony Ryle, in collaboration with leading CAT practitioner, trainer, and researcher, Ian B. Kerr
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for CAT practitioners and CAT trainees at skills, practitioner, and psychotherapy levels. It should also be of considerable interest and relevance to mental health professionals of all orientations, including clinical psychologists,

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***psychiatrists, counselors,
mental health nurses, to
those working in forensic and
various institutional settings,
and to a range of other health
care and social work
professionals.***

"Overcoming Social Anxiety

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and Shyness" is a self - help manual for this common problem, which explains why it happens and sets out practical methods of resolving it. Everyone sometimes feels foolish, embarrassed, judged or criticised, but this becomes

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a problem when it undermines their confidence and prevents them doing what they want to do. This easy - to - use guide, full of real - life examples, is for those who suffer from all degrees of social anxiety and

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shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others. Explains the many forms and causes of social anxiety. Contains a complete self - help program and work

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***sheets. Is based on clinically
proven techniques of
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***We all need some stress to
get us going, but too much
can disrupt our lives almost
without our realising it. The
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relationships and work can be extreme, but it isn't inevitable. We can learn to understand and cope with stress, and greatly improve our quality of life. Using well-developed methods of Cognitive Behavioural

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Therapy (CBT), a clinical psychologist demonstrates how to recognise what happens when we are stressed. Considering common sources of stress, she describes how to change how we think, feel and act so

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our lives become more enjoyable and effective. Psychopathy is a personality disorder that has long captured the public imagination. Newspaper column inches have been devoted to murderers with

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psychopathic features, and we also encounter psychopaths in films and books. Individuals with psychopathy are characterised in particular by lack of empathy and guilt, manipulation of other people

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and, in the case of criminal psychopathy, premeditated violent behaviour. They are dangerous and can incur immeasurable emotional, psychological, physical, and financial costs to their victims and their families. Despite the

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public fascination with psychopathy, there is often a very limited understanding of the condition, and several myths about psychopathy abound. For example, people commonly assume that all psychopaths are sadistic

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serial killers or that all violent and antisocial individuals are psychopaths. Yet, research shows that most psychopaths are not serial killers, and, equally, there are plenty of antisocial and violent offenders who are not

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psychopaths. This Very Short Introduction gives an overview of how we can identify individuals with or at risk of developing psychopathy, and how they differ from other people who display antisocial behavior.

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Essi Viding also explores the latest genetic, neuroscience, and psychology evidence in order to illuminate why psychopaths behave and develop the way they do, and considers whether it is possible to prevent or even

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the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite

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Beck's prescience,
clinical research on
imagery, and the
integration of imagery
interventions into
clinical practice,
developed slowly. It is

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only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted. The Oxford Guide to Imagery in Cognitive Therapy is a

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landmark book, which will play an important role in the next phase of cognitive therapy's development. Clinicians and researchers are starting to recognise the

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centrality of imagery in
the development,
maintenance and treatment
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brief history of human
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people like some kinds of foods and not others; how your senses contribute to flavour; the role of genetics in our likes and dislikes; and the differences in learning

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and culture around the world. In turn he considers aspects of diet, nutrition, and health, and the disparity between malnutrition in some places and overconsumption

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in others. Finally, he considers some of the big issues - the obesity crisis, sustainable agriculture, the role of new technologies such as genetic modification of

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