

New

## Cognitive-Behavioral Therapy of Addictive Disorders

Bruce S. Liese, PhD

Aaron T. Beck, MD

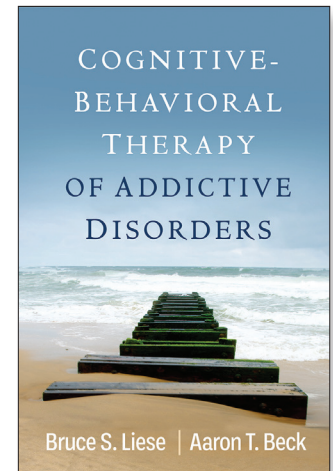
Grounded in decades of CBT research and clinical practice, as well as cutting-edge cognitive science, this book provides critical tools for understanding and treating the full range of addictive behaviors. Bruce S. Liese and Aaron T. Beck explain how to systematically develop case conceptualizations and support clients in achieving their recovery goals. The authors use vivid case examples to illustrate CBT techniques, structure, psychoeducation, motivational interviewing, group treatment, relapse prevention, and other effective therapeutic components. **Several reproducible forms can be downloaded and printed in a convenient 8½" x 11" size.** Reflecting nearly 30 years of important advances in the field, this entirely new book replaces the authors' classic *Cognitive Therapy of Substance Abuse*.

### CRITICAL ACCLAIM

"Beck and Liese have done a superb job of describing the theory, scientific foundations, and applications of CBT for addictive disorders, while simultaneously demonstrating how their approach fits into the larger continuum of care. The authors highlight the need to address stigma and discrimination and recognize the shifting legal and sociopolitical contexts of substance use and nonchemical addictions. Whether students, clinical novices, or seasoned professionals, readers will find their own thinking and behavior changed as they become empowered to provide more efficient, effective treatment."  
—John F. Kelly, PhD

"This timely successor to the classic book on CBT for addictive disorders is replete with proven practices, case reports, and innovative supplemental interventions. This is a practical, useful guidebook for clinicians!"  
—Donald Meichenbaum, PhD

"The addictions field has long needed an updated guide to the cognitive-behavioral approach to treating substance use disorders, because evaluating beliefs is a central feature of diagnosing and treating these problems. Who better to provide such a resource than Liese and Beck, two of the pioneers? This is a very welcome and valuable resource for clinicians working with persons who have addictive disorders."  
—Mark B. Sobell, PhD and Linda C. Sobell, PhD



Includes Reproducible Forms

2022, 6" x 9" Hardcover, 292 Pages  
ISBN 978-1-4625-4884-2, \$40.00



### ABOUT THE AUTHORS



**Bruce S. Liese, PhD, ABPP**, is Professor of Family Medicine and Psychiatry at the University of Kansas Medical Center and Clinical Director of the Cofrin Logan Center for Addiction

Research and Treatment at the University of Kansas.



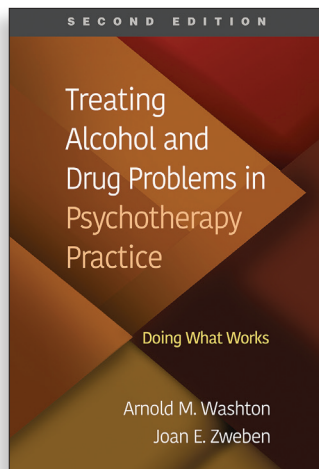
**Aaron T. Beck, MD**, until his death in 2021, was Professor Emeritus of Psychiatry at the University of Pennsylvania and President Emeritus of the Beck Institute for Cognitive Behavior Therapy.

With a career spanning more than 70 years, Dr. Beck has been credited with shaping the face of American psychiatry and was cited by *American Psychologist* as "one of the five most influential psychotherapists of all time."

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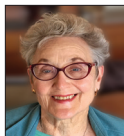
ISBN 978-1-4625-5092-0, \$89.00

#### ABOUT THE AUTHORS



**Arnold M. Washton, PhD**, is a psychologist in private practice in New York and New Jersey, specializing in the treatment of substance use and other behavioral health problems since 1975.

Dr. Washton has devoted most of his career to developing individualized approaches to treating addiction that incorporate the principles and practice of client-centered psychotherapy.



**Joan E. Zweben, PhD**, is an addiction psychologist who began treating co-occurring psychiatric and addictive disorders, and training treatment practitioners, in the 1970s. She has a broad-based

background in mental health, alcoholism, and drug dependence, and has experience with both residential and outpatient modalities.

#### New Edition—Revised & Updated

## Treating Alcohol and Drug Problems in Psychotherapy Practice

SECOND EDITION

*Doing What Works*

**Arnold M. Washton, PhD**

**Joan E. Zweben, PhD**

Providing a framework for treating substance use disorders (SUDs) in office-based psychotherapy, the second edition of this trusted work has been updated throughout and features two entirely new chapters. The authors show how clinicians from any background can leverage the therapeutic skills they already have to address clients' alcohol and drug problems competently and effectively. Vivid case examples demonstrate ways to engage clients at different stages of change; set collaborative treatment goals; address SUDs concurrently with other psychological problems; and interweave motivational, cognitive-behavioral, and other interventions, tailored to each individual's needs. Reproducible forms and handouts can be downloaded and printed in a convenient 8½" x 11" size.

#### NEW TO THIS EDITION

- ✓ Chapter on evidence-based principles and interventions.
- ✓ Chapter on moderation-focused alcohol treatment.
- ✓ Revised throughout with current data, clinical techniques, and examples.
- ✓ Reflects over 15 years of important changes in the field—increased demand for integrated treatment, the ongoing opioid crisis, the growth of harm reduction and medication-assisted treatments, and more.

#### CRITICAL ACCLAIM

“The second edition takes what was already a pragmatic clinical text and offers key updates related to client-centered care, harm reduction, and evidence-based adjunctive pharmacotherapies. This is a book written by therapists for therapists. It provides the perfect combination of clinical wisdom and science-based recommendations.”

—Molly Magill, LICSW, PhD

“As a trainer of mental health practitioners, I highly recommend this book. Washton and Zweben offer a foundational approach to individualized treatment that is engaging and humane and that meets people ‘where they are’ with non-stigmatizing language and a harm reduction mindset. Readers will understand how office-based treatments are an effective and accessible piece of the SUDs treatment continuum. For the novice or seasoned clinician, this book offers a menu of options for integrative care that will immediately inform clinical work with complex, co-occurring challenges, particularly those associated with the opioid epidemic.”

—Mark S. Woodford, PhD

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9. Treatment Planning: Meeting Patients “Where They Are”
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- New Patient Questionnaire
- 10 Tips for Cutting Down on Your Drinking
- Inventory of “Triggers” for Alcohol and Drug Use
- Preparing to Go Off Antabuse



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New

# The CRAFT Treatment Manual for Substance Use Problems

Working with Family Members

Jane Ellen Smith, PhD

Robert J. Meyers, PhD

Foreword by William R. Miller, PhD

Packed with practical tools, this authoritative manual offers a complete guide to implementing the evidence-based Community Reinforcement and Family Training (CRAFT) program. Jane Ellen Smith and Robert J. Meyers have spent decades developing and refining their approach for helping concerned significant others (CSOs) of treatment-refusing individuals with substance use problems. Structured yet flexible, CRAFT teaches loved ones to change their behavior with the identified patient to encourage treatment entry and enhance their own well-being. The volume features step-by-step implementation guidelines, case examples, sample dialogues, troubleshooting tips, and **24 reproducible forms, handouts, and checklists that can be downloaded and printed in a convenient 8½" x 11" size.**

## CRITICAL ACCLAIM

“What you have in this volume from Bob Meyers and Jane Ellen Smith is seasoned professional advice from the very psychologists who have grown and tested the CRAFT approach, based on their decades of clinical experience and research. CRAFT has been successfully delivered in individual, group, and even self-directed formats. The procedures are specific and learnable, offering hope and change for distressed families who are wondering what to do....We who go into helping professions hope that we can contribute to the alleviation of suffering in the world, and here is a very practical and effective way to do it.”

—from the Foreword by William R. Miller, PhD

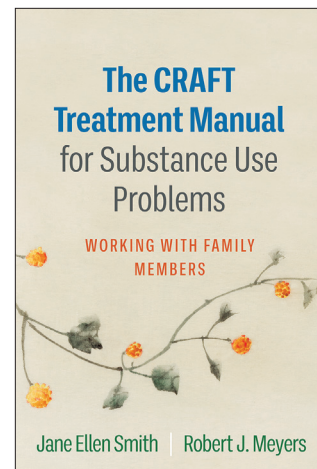
“In this era of tragic overdose deaths, families need more than knowledge and boundaries. They need skills to help their loved one seek treatment, to reduce the loved one’s substance use, and to improve their own quality of life. Smith and Meyers harness decades of research in a practical and easy-to-apply format, designed to uplift concerned families everywhere to become a part of the solution.”

—Joseph Lee, MD

“CRAFT is menu-driven but flexible and client centered. It offers a tailored approach to reducing the stress and self-blame of CSOs and helping them communicate and interact more effectively with their loved one. Smith and Myers provide a host of tools and strategies, as well as realistic therapist–client dialogues that highlight key concepts. This manual will be very useful for any practitioner who works with family and friends of individuals experiencing substance use disorders. It provides a complete picture of the science and practice of this well-established, innovative approach. Trainers and educators of practitioners could use the manual and the rich clinical examples to help students understand CSOs’ concerns and conflicts.”

—Carlo C. DiClemente, PhD

Coming in January



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## ABOUT THE AUTHORS



Jane Ellen Smith, PhD, is Professor of Psychology at the University of New Mexico (UNM). She was the first woman to be tenured in the Psychology Department, to become Director of

Clinical Training, and to become Chair of the Department, a role she filled for 12 years.



Robert J. Meyers, PhD, is Director of Robert J. Meyers, PhD, and Associates, and is Emeritus Research Associate Professor of Psychology at UNM, where his primary

affiliation is with the Center on Alcohol, Substance use, And Addictions (CASAA).

## CONTENTS

Foreword, Miller

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12. Using the Community Reinforcement Approach with the IP

13. Scientific Support for CRAFT

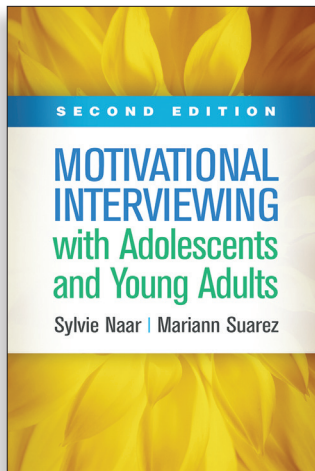
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**New Edition—A Major Revision!**

## Motivational Interviewing with Adolescents and Young Adults, SECOND EDITION

**Sylvie Naar, PhD**, Florida State University  
**Mariann Suarez, PhD, ABPP**, University of South Florida Health,  
Morsani College of Medicine

“The second edition provides updated evidence that supports motivational interviewing (MI), along with expanded practical strategies for working with youth struggling with a wide range of concerns in mental health, substance use, and medical settings. Graduate faculty and clinical supervisors will be impressed by the scholarship on every page; trainees will appreciate the practical tools and examples.”

—Terry Stancin, PhD

The significantly revised second edition of this unique practitioner guide features **65% new material and a new organizing structure**. The authors show how to use MI to have productive conversations about behavior change with adolescents and young adults in any clinical context. Noted for its clarity, the book includes extended case examples, sample dialogues, quick-reference tables, and “dos and don’ts.”

**NEW TO THIS EDITION:** ✓ More integrative and cohesive: every chapter weaves in diverse clinical issues, replacing the prior edition’s population-specific chapters. ✓ Chapters on MI in groups and involving caregivers in treatment. ✓ Restructured around the current four-process model of MI, and proposes maintenance of change as a fifth process. ✓ Incorporates the rapidly growing research base on MI with youth. ✓ Reflects the ongoing refinement of the authors’ training approach; includes skill-building activities at the end of each chapter.

★ **Bestselling Clinical Guide and Text**

## Motivational Interviewing in Social Work Practice SECOND EDITION

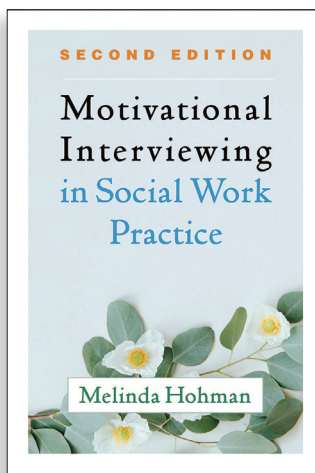
**Melinda Hohman, PhD, MSW**, San Diego State University

“There is so much to love about this text. I teach two full semesters of MI to master’s-level social work students each year and the first edition of this book has been required reading. I look forward to using the second edition in my MI classes, and I also plan to incorporate it into my courses on substance use disorders....The writing style is warm and accessible and every chapter is rich with relevant examples.”

—Mary Marden Velasquez, PhD

The definitive text on MI written by and for social workers has now been **updated and expanded with 60% new material, including a revised conceptual framework, cutting-edge applications, and enhanced pedagogical features**. Melinda Hohman and her associates demonstrate what MI looks like in action, how it transforms conversations with clients, and how to integrate it into social work practice in a wide range of settings.

**NEW TO THIS EDITION:** ✓ Expanded and restructured around the current four-process model of MI (engaging, focusing, evoking, and planning). ✓ Content is explicitly linked to the Council on Social Work Education’s Educational Policy and Accreditation Standards (EPAS) and the Grand Challenges for Social Work. ✓ Chapter on MI through the lens of critical race theory. ✓ Chapter on innovative applications in the areas of trauma, food insecurity, and environmental justice. ✓ Additional pedagogical features—“Voices from the Field” boxes written by social workers in a variety of roles, and end-of-chapter reflection questions.



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★ *New Edition of a Bestseller—A Major Revision!*

# Motivational Interviewing in Health Care

SECOND EDITION

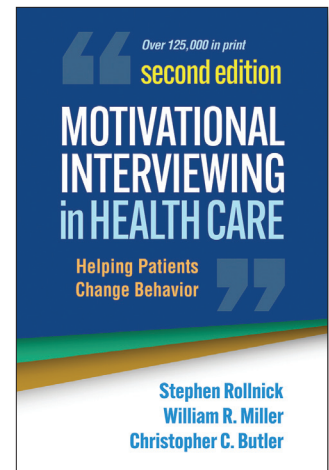
*Helping Patients Change Behavior*

**Stephen Rollnick, PhD**

**William R. Miller, PhD**

**Christopher C. Butler, MD**

125,000  
In Print



Now in a significantly revised second edition, this concise work is an ideal recommendation for physicians, nurses, and other health care professionals, and a valuable resource for mental health clinicians who practice or provide training in medical settings. The book explains ways that motivational interviewing (MI) techniques can transform conversations about managing chronic and acute conditions and making healthier choices. It includes vivid sample dialogues, tips, and scripts. Readers learn how even the briefest clinical interaction can serve to build trust, clarify patients' goals as well as reasons for ambivalence, and guide them to take positive steps in such areas as medication adherence, smoking, diet, and preventive care.

### NEW TO THIS EDITION

- ✓ Restructured around the current four-process model of MI (engaging, focusing, evoking, and planning).
- ✓ Incorporates lessons learned from the authors' ongoing clinical practice and practitioner training workshops.
- ✓ Chapters on advice-giving, brief consultations, merging MI with assessment, MI in groups, and making telehealth consultations more effective.
- ✓ Additional practical features—extended case examples, “Try This” activities, and boxed reflections from practitioners.

### CRITICAL ACCLAIM

“This book guides us towards a process of care that is more effective for those we serve and more rewarding for ourselves. The second edition thoroughly updates this classic resource for delivering value-based care.”  
—David Rakel, MD

“Provides practical guidance on how clinicians in health care settings can apply MI to promote change in a range of health-related behaviors... Has the potential to make an important long-term impact on both individual and population health outcomes.”  
—Drug and Alcohol Review

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ISBN 978-1-4625-5038-8, \$85.00



### ABOUT THE AUTHORS



**Stephen Rollnick, PhD**, is Honorary Distinguished Professor in the School of Medicine at Cardiff University, Wales, United Kingdom. He is a cofounder of MI, with a career in clinical psychology and academia that focused on how to improve conversations about change, and helped to create the Motivational Interviewing Network of Trainers.



**William R. Miller, PhD**, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. Fundamentally interested in the psychology of change, he is a cofounder of MI and has focused particularly on developing and testing more effective treatments for people with alcohol and drug problems.



**Christopher C. Butler, MD**, is Professor of Primary Care at the Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom, and Professorial Fellow at Trinity College. He is Clinical Director of the University of Oxford Primary Care Clinical Trials Unit, and chairs the Longitude Prize Advisory Panel.

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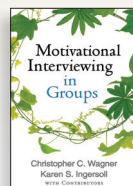
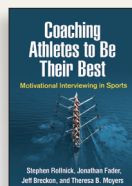
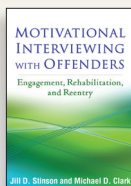
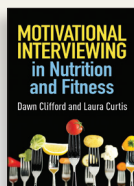
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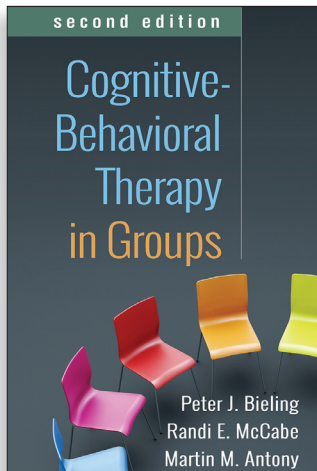


Discover the **Applications of Motivational Interviewing** series

Edited by **Stephen Rollnick, William R. Miller, and Theresa B. Moyers**

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#### ABOUT THE AUTHORS



**Peter J. Bieling, PhD**, is Professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University in Hamilton, Ontario, Canada, and Clinical Consultant for the

Ontario Structured Psychotherapy Program at St. Joseph's Healthcare Hamilton.



**Randi E. McCabe, PhD**, is Professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University in Hamilton, Ontario, Canada, and Director of the Anxiety

Treatment and Research Clinic at St. Joseph's Healthcare Hamilton.



**Martin M. Antony, PhD, ABPP**, is Professor of Psychology at Toronto Metropolitan University in Toronto, Ontario, Canada, and Provincial Clinical and Training Lead for the

Ontario Structured Psychotherapy Program.

#### New Edition—A Major Revision!

## Cognitive-Behavioral Therapy in Groups SECOND EDITION

**Peter J. Bieling, PhD**  
**Randi E. McCabe, PhD**  
**Martin M. Antony, PhD**

The leading guide to group-based CBT has now been significantly revised with 70% new material, reflecting over 15 years of research and clinical advances. Too often, CBT training resources treat groups as simply an extension of individual therapy. Filling an important need, this text helps students and practitioners build essential skills for leveraging group process to optimize outcomes. Featuring sample dialogues and troubleshooting tips, the book provides practical answers to group leaders' most pressing questions. Effective protocols for treating specific disorders are presented, with a focus on CBT techniques and group process factors unique to each type of group.

#### NEW TO THIS EDITION

- ✓ Chapters on inpatient groups and mindfulness-based CBT.
- ✓ Fully rewritten chapters on substance use disorders, anxiety disorders, and psychosis.
- ✓ Chapters on additional disorders: PTSD and borderline personality disorder.
- ✓ Discussions of timely topics, such as conducting virtual groups and the growth of transdiagnostic approaches.
- ✓ Even more clinician friendly; streamlined chapters highlight "what to do when."

#### CRITICAL ACCLAIM

"I am very impressed with this book, which is superior to many others in its comprehensiveness, thoroughness, and use of evaluative data....Students will benefit greatly from the authors' extensive experience and the up-to-date information they provide on group composition, preparation of group members, recommended session agendas, and assessment strategies. Clinical examples from actual groups are an essential feature. A great bibliography is included so students can learn more about various group CBT applications."

—Charles D. Garvin, PhD

"Essential reading. The second edition has been revised throughout to include updates from the literature and to achieve the explicit aim of making the book more user friendly....This state-of-the-art book should be read by any clinician or student who wants to integrate CBT techniques with group process factors."

—Simon A. Rego, PsyD

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5. Structuring and Delivering Group CBT in Acute Inpatient Settings, Emily MacKillop & Randi E. McCabe

##### II. CBT Groups for Specific Populations and Presenting Problems

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7. Obsessive-Compulsive Disorder in Adults

8. Trauma- and Stressor-Related Disorders, Jenna E. Boyd & Randi E. McCabe
9. Mood Disorders
10. Eating Disorders
11. Substance Use Disorders, Tracy O'Leary Tevyaw & Peter M. Monti
12. Borderline Personality Disorder, Amanda A. Ullaszek, Tahira Gulamani, & Janice R. Kuo
13. Psychosis and Psychotic Disorders, Tania Lecomte
- III. Conclusions**
14. Challenges in Group Therapy

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**New—Ideal for Client Recommendation**

## On Second Thought

*How Ambivalence Shapes Your Life*

**William R. Miller, PhD**, University of New Mexico (Emeritus)

“This is the definitive read on mixed feelings: why we have them, how to change them, and when to accept them. Dr. Miller is a trailblazer in psychology—he combines a scientist’s expertise with a therapist’s empathy, and I have no ambivalence about recommending his book. His wisdom will stay with you long after you’ve finished the last page.”  
—Adam Grant, PhD

“Written for general readers but equally appealing to clinicians, this book takes a deep dive into human decision making. When our choices are loaded with implications, ambivalence can be stressful or even paralyzing. But we can also learn from it, and forgive it in ourselves and our patients. Miller explains that ambivalence is a virtue, and invites us to think about it in productive new ways.”  
—Molly Magill, LICSW, PhD

Ideal for client recommendation, this revealing book offers a fresh perspective on why we are so often “of two minds,” and how to work through it. William R. Miller—the codeveloper of motivational interviewing and one of the world’s leading experts on the science of change—is ideally suited to explain the transformative potential of ambivalence. Rather than trying to overcome indecision by force of will, Miller explores what happens when people allow opposing arguments from their “inner committee members” to converse freely with each other. Filled with engaging stories, the book shows how learning to tolerate and even welcome ambivalence can help people get unstuck from unwanted habits, clarify their desires and values, explore the pros and cons of tough decisions, and open doorways to change.

★ **Bestseller**

## Effective Psychotherapists

*Clinical Skills That Improve Client Outcomes*

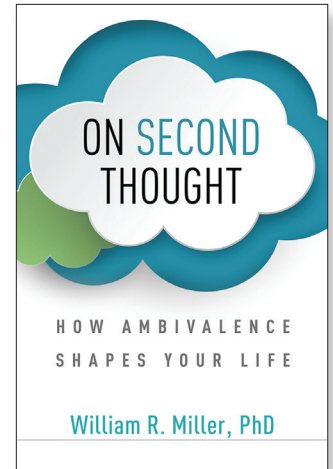
**William R. Miller, PhD**

**Theresa B. Moyers, PhD**, University of New Mexico

“This volume should be required reading for anyone entering the mental health professions.... The field of psychotherapy needs the wisdom in this text. We need to be reminded of the basic truth that interventions offered with skilled compassion and empathy are the essence of effective psychotherapy.”  
—Susan M. Johnson, EdD

“At long last, a book about the most important factor in psychotherapy—the person who delivers the treatment.... This is an invaluable read for any practicing therapist and essential for all trainees. It is a solid supplemental text for a counseling theories course or primary text for a course on basic clinical skills.”  
—Bruce E. Wampold, PhD

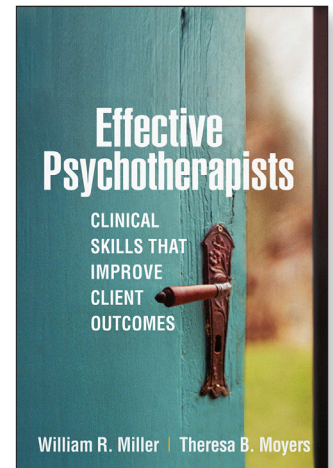
What is it that makes some therapists so much more effective than others, even when they are delivering the same evidence-based treatment? This instructive book identifies specific interpersonal skills and attitudes—often overlooked in clinical training—that facilitate better client outcomes across a broad range of treatment methods and contexts. Reviewing 70 years of psychotherapy research, the preeminent authors show that empathy, acceptance, warmth, focus, and other characteristics of effective therapists are both measurable and teachable. Richly illustrated with annotated sample dialogues, the book gives practitioners and students a blueprint for learning, practicing, and self-monitoring these crucial clinical skills.



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This authoritative book—now revised and expanded with important clinical and research advances—presents a proven approach for helping people meet the day-to-day challenges of recovery from addiction and maximize their well-being. Mindfulness-based relapse prevention (MBRP) integrates carefully tailored meditation practices with cognitive and behavioral skills building. In a convenient large-size format, the book includes instructions for setting up and running MBRP groups, session-by-session implementation guidelines, sample scripts, and 27 reproducible handouts and forms. Purchasers can download and print the reproducible materials at the companion website, which also features audio recordings of the guided practices. A separate website for clients provides the audio files only.

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- ✓ Reflects clinical refinements, the growing MBRP evidence base, and advances in knowledge about both addictive behaviors and mindfulness.
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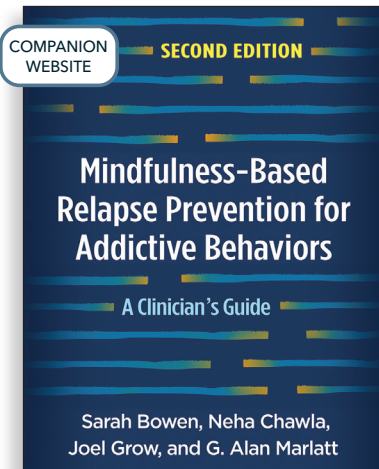
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## ABOUT THE AUTHORS



**Sarah Bowen, PhD**, a clinical psychologist, is Associate Professor at Pacific University in Portland, Oregon. She is a longtime Research Fellow with the Mind and Life Institute and Trainer at the Center for Mindfulness at the University of California, San Diego.



**Neha Chawla, PhD**, a clinical psychologist, is founder and director of the Seattle Mindfulness Center. A co-developer of MBRP, she serves on the clinical faculty of the Department of Psychology at the University of Washington.



**Joel Grow, PhD**, is a clinical psychologist at the Seattle Mindfulness Center and serves on the clinical faculty of the Department of Psychology at the University of Washington. Dr. Grow was a member of the University of Washington research team that developed MBRP.

**G. Alan Marlatt, PhD**, until his death in 2011, was Director of the Addictive Behaviors Research Center and Professor of Psychology at the University of Washington.

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- Session 6. Seeing Thoughts as Thoughts
- Session 7. Supporting and Sustaining Well-Being
- Session 8. Social Support and Continuing Practice

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# Handbook of Medical Hallucinogens

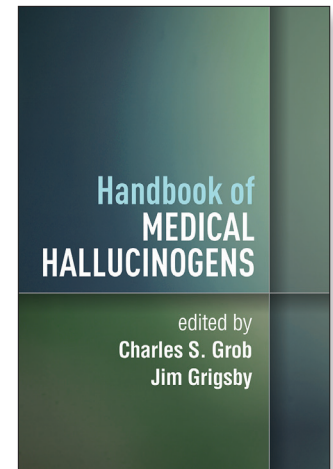
Edited by **Charles S. Grob, MD** and **Jim Grigsby, PhD**

This handbook reviews promising applications of psychedelics in treatment of such challenging psychiatric problems as PTSD, major depression, substance use disorders, and end-of-life anxiety. Experts from multiple disciplines synthesize current knowledge on psilocybin, MDMA, ketamine, and other medical hallucinogens. The volume comprehensively examines these substances' neurobiological mechanisms, clinical effects, therapeutic potential, risks, and anthropological and historical contexts. Coverage ranges from basic science to practical clinical considerations, including patient screening and selection, dosages and routes of administration, how psychedelic-assisted sessions are structured and conducted, and management of adverse reactions.

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"If you're looking for a comprehensive work on hallucinogens, this is it! This book can benefit all, from novice to expert. Grob and Grigsby take the reader on a journey through all aspects of medical hallucinogens, including their neuroscience, therapeutic considerations, and more....This is the ideal reference and text for the current renaissance of psychedelic research."  
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## ABOUT THE EDITORS



**Charles S. Grob, MD**, is Professor of Psychiatry and Pediatrics at the David Geffen School of Medicine at the University of California, Los Angeles, and Director of the Division of Child and Adolescent Psychiatry at Harbor-UCLA Medical Center.



**Jim Grigsby, PhD**, is Professor in the Department of Psychology, and in the Division of Health Care Policy and Research of the Department of Medicine, at the University of Colorado Denver.

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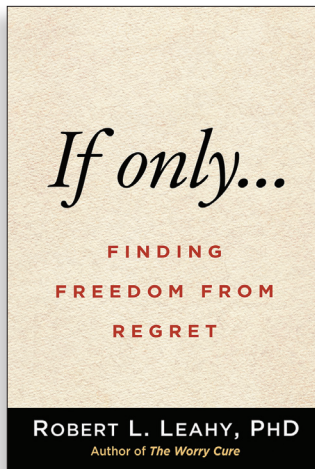
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## If Only...

### Finding Freedom from Regret

**Robert L. Leahy, PhD**, Weill Cornell Medical College;  
American Institute for Cognitive Therapy

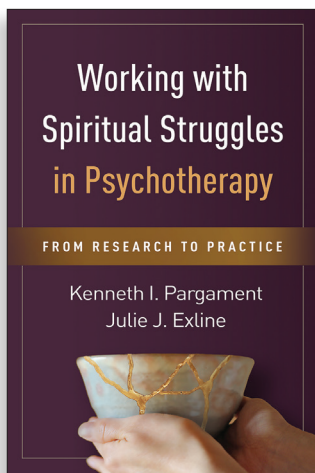
“All too often, regret leads people down a negative spiral of thoughts and emotions, which can feed rumination, insomnia, even depression. Therapists will want to recommend this book to clients who are working to overcome this common thinking style. Dr. Leahy gives readers strategies to use regret as a resource for problem solving and change, rather than letting it disrupt their lives.”

—Patricia A. Resick, PhD

“An internationally acclaimed CBT expert, Leahy helps general readers unravel the mysteries of regret and challenges common misconceptions. This book is uniquely innovative, insightful, clearheaded, and comprehensible. It is packed with examples and practical guidance that can transform regret from a debilitating state to a productive way of living.”

—David A. Clark, PhD

Ideal for client recommendation, this book helps readers get unstuck from regret and move forward in their lives with more clarity and confidence. Renowned cognitive-behavioral therapist Robert Leahy explains why regret can make people feel disappointed, ashamed, and immobilized—but can also be a powerful tool for self-knowledge and change. Vivid examples and **downloadable practical tools** help readers learn how regret works and how to minimize it by thinking through decisions differently. Leahy also teaches vital skills for coping with—and learning from—this inevitable human experience.



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### New

## Working with Spiritual Struggles in Psychotherapy

### From Research to Practice

**Kenneth I. Pargament, PhD**, Bowling Green State University (Emeritus)  
**Julie J. Exline, PhD**, Case Western Reserve University

“Spiritual struggles can affect clients in numerous ways and on many levels, yet most clinicians are not trained to detect them, let alone assess them or make them a focus in treatment. Pargament and Exline provide a wealth of information, guidance, and case examples—and they do so with great compassion. The authors widen our clinical lens and open our eyes to an often-neglected life domain. Clinicians of all orientations and levels of experience will benefit from raising their awareness about how to incorporate spiritual struggles into comprehensive case formulations and treatment plans. A truly valuable contribution!”

—Joan Davidson, PhD

Spiritual trials, doubts, or conflicts are often intertwined with mental health concerns, yet many psychotherapists feel ill equipped to discuss questions of faith. From pioneers in the psychology of religion and spirituality, this book combines state-of-the-art research, clinical insights, and vivid case illustrations. It guides clinicians to understand spiritual struggles as critical crossroads in life that can lead to brokenness and decline—or to greater wholeness and growth. Clinicians learn sensitive, culturally responsive ways to assess different types of spiritual struggles and help clients use them as springboards to change.

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Repairing Damage and Building Healthy Connections While Overcoming Addiction

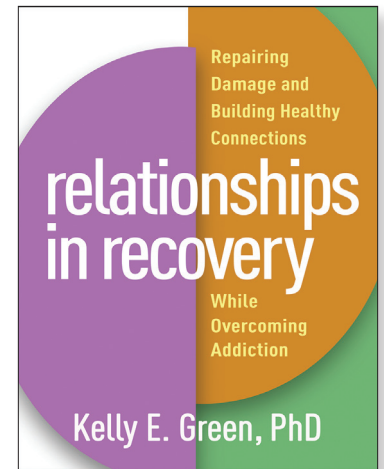
Kelly E. Green, PhD

“What I love most about this book is the flexibility to pursue a range of different goals and the challenging of many myths about addiction and the recovery process. Dr. Green’s compassionate and caring approach is likely to help many people who are seeking to change.” —Katie Witkiewitz, PhD

“A high-quality Guilford workbook....I’d highly recommend this book for anyone who is looking to improve their relationships in the context of difficult life circumstances or clinicians who work with individuals who are seeking to improve their relationships while in recovery.”

—Scott Waltman, PsyD, in *Advances in Cognitive Therapy*

This client workbook addresses a key need for people recovering from addiction—learning to recognize and build healthy relationships. Kelly E. Green shares powerful tools for setting and maintaining boundaries, communicating feelings and needs, ending harmful relationships respectfully, and reestablishing emotional intimacy. Helping readers build essential skills, Green sensitively explores ways that relationship recovery can be complicated by trauma and other concerns. All kinds of relationships are discussed, from romantic partnerships to connections with family members, friends, coworkers, recovery sponsors and coaches, and treatment providers. **User-friendly features include downloadable self-assessment worksheets and exercises, realistic vignettes, practical tips, and helpful resources.**



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### ABOUT THE AUTHOR



**Kelly E. Green, PhD**, a clinical psychologist, is Associate Professor of Psychology at St. Edward’s University in Austin, Texas, where she has received awards for research and teaching excellence. She maintains a private practice specializing in evidence-based addiction treatment, with a particular focus on helping clients and their loved ones improve their relationships.

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Everything You Need to Know Now to Help Your Loved One and Yourself

Thomas F. Harrison, Cambridge, MA

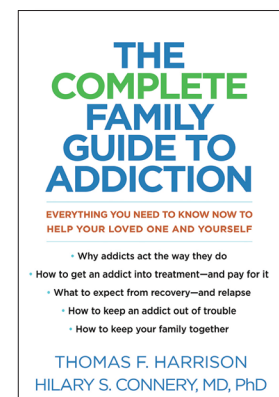
Hilary S. Connery, MD, PhD, Harvard Medical School; McLean Hospital

“Employing sensible, reader-friendly language, the authors give us a comprehensive, evidence-based primer on addictions, the challenges they pose for individuals and families, and the many treatment modalities currently available.”

—Gabor Maté, MD

Addiction practitioners in any setting—regardless of primary treatment approach—will want to recommend this science-based guide to clients and their loved ones. In a highly accessible style, the authors provide practical advice and address crucial emotional, financial, and legal issues that simply aren’t discussed in other addiction books.

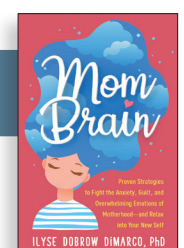
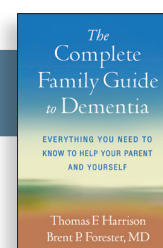
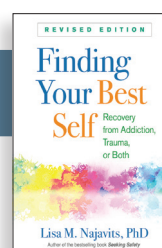
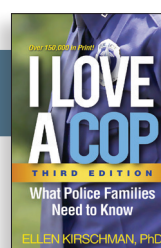
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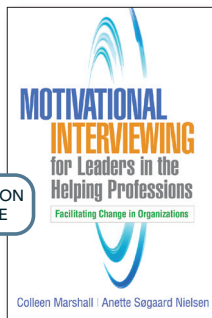
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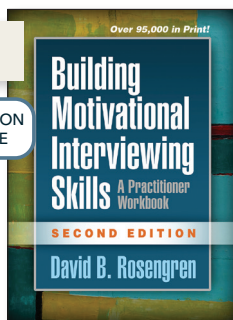
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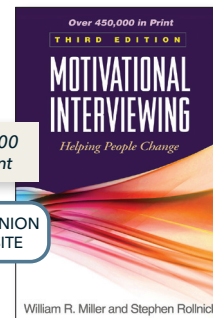
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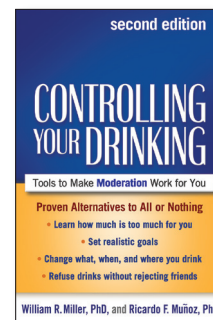
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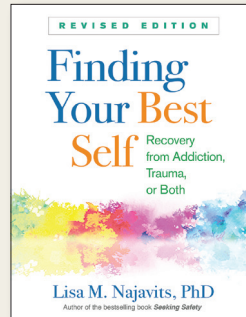
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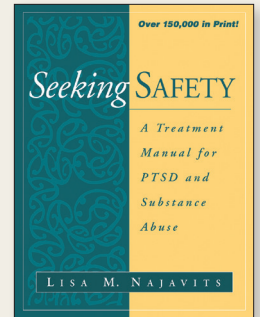
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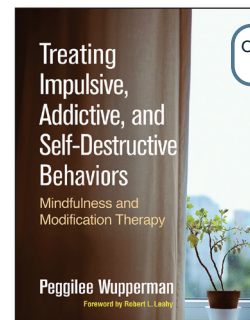
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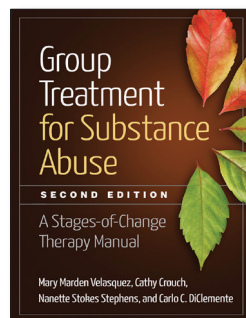
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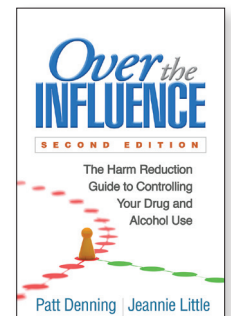
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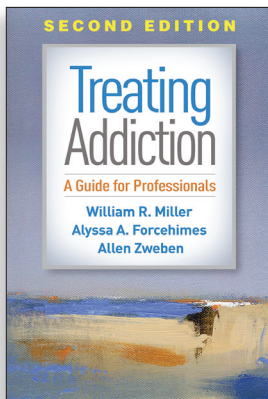
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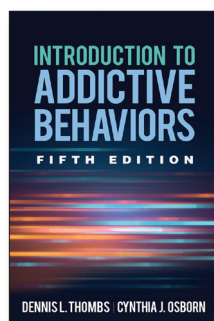
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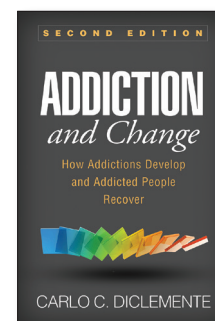
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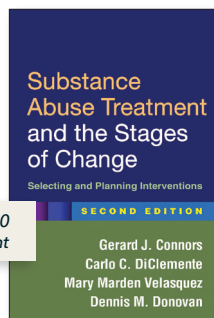
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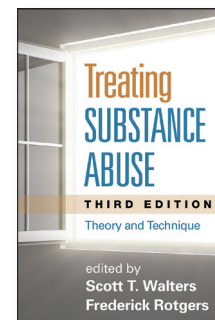
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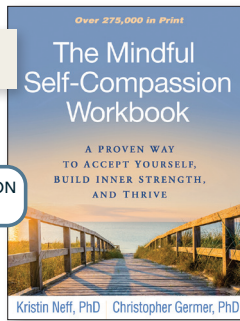
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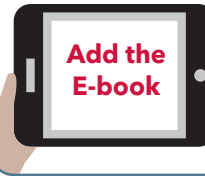
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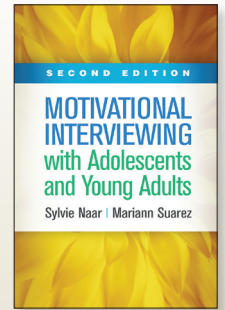
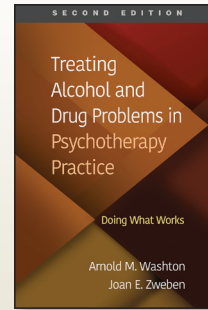
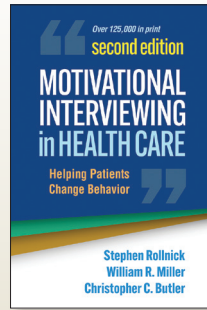
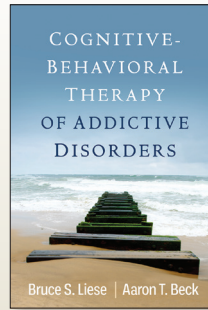
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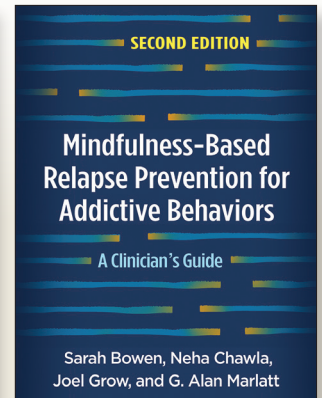
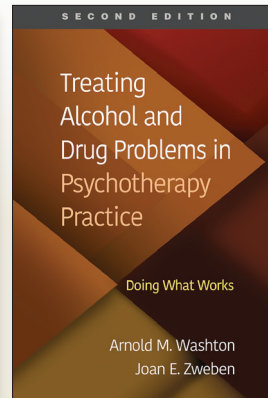
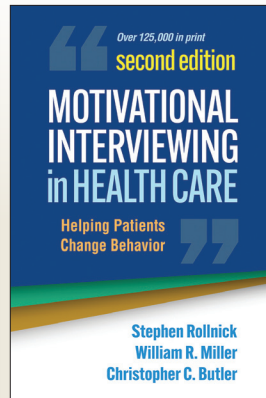
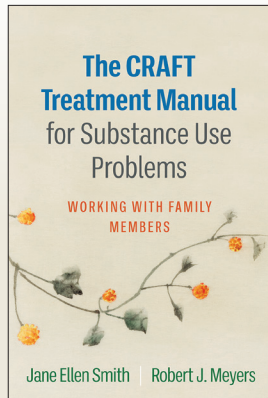
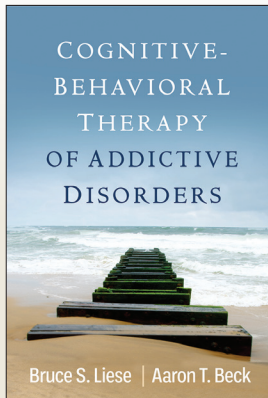
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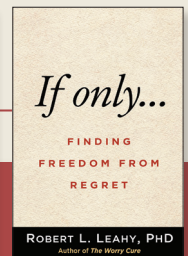
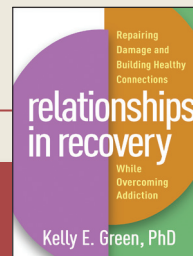
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