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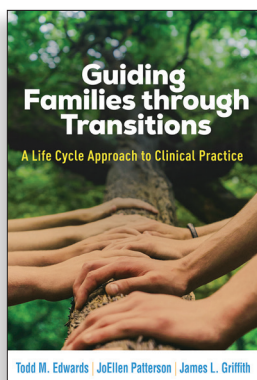
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New

## Guiding Families through Transitions

*A Life Cycle Approach to Clinical Practice*

**Todd M. Edwards, PhD, LMFT,**  
**JoEllen Patterson, PhD, LMFT,** and **James L. Griffith, MD**

An indispensable clinical resource and text, this book offers therapists evidence-based strategies to support families through life's inevitable transitions. Chapters explore typical life cycle stages—couple formation, parenthood, adolescence, young adulthood and midlife, and later life—and describe treatment principles for frequently encountered family challenges. The book normalizes developmental strains and underscores the significance of flexibility, adaptability, and resilience through adversity. Extensive case examples encompass a range of family forms, cultural and individual differences, and life cycle disruptions.

"Outstanding... This book will become the 'go-to' text to teach master's- and doctoral-level students in family therapy, and will be useful for clinical supervisors... Readers will be touched by and learn from the many moving stories of clients navigating the inevitable relational changes that accompany family development."

—Celia J. Falicov, PhD

### CONTENTS

Preface

#### I. Conceptual Foundations

1. The Contexts of Time and System
2. The Family as an Interactive System

#### II. Life Cycle Transitions

3. Committed and Marital Relationships
4. The Transition to Parenthood
5. Risk and Resilience in Childhood

6. Adolescents and Their Parents in a Highly Connected World
7. Emerging Adults and Their Parents at Midlife

8. Elderhood

#### III. Life Cycle Disruptions and Diverse Family Forms

9. Separation and Divorce
10. Single-Parent Families and Stepfamilies
11. Coping with a Chronic Illness
12. Loss, Death, and Grief

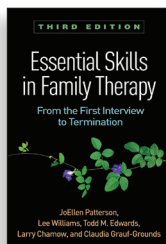
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**Todd M. Edwards, PhD, LMFT**, is Professor and Chair of the Marital and Family Therapy Program at the University of San Diego (USD).

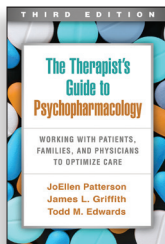
**JoEllen Patterson, PhD, LMFT**, is Professor in the Marital and Family Therapy Program at USD.

**James L. Griffith, MD**, is Professor of Psychiatry and Neurology and former Chair of the Department of Psychiatry and Behavioral Health at the George Washington University School of Medicine and Health Sciences.

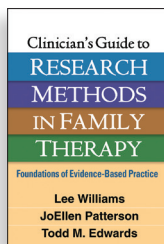
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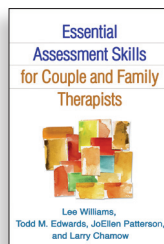
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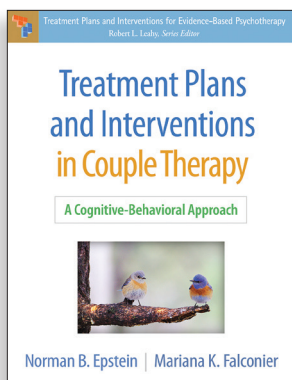
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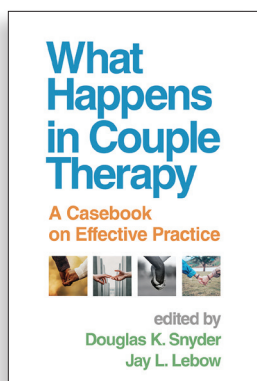
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**New**

## Treatment Plans and Interventions in Couple Therapy

*A Cognitive-Behavioral Approach*

**Norman B. Epstein, PhD,**

University of Maryland, College Park (Emeritus)

**Mariana K. Falconier, PhD,** University of Maryland, College Park

Filled with rich case examples, this pragmatic book provides a complete toolkit for couple-focused CBT. The book presents guidelines for planning and implementing evidence-based treatment for diverse couples. It explains how to assess relationship functioning as well as the strengths and needs of each partner and the sociocultural factors that shape their experiences. Drawing on decades of clinical experience and research, the authors demonstrate ways to tailor CBT for couples struggling with partner aggression; infidelity; sexual problems; financial issues; parenting conflicts; depression, anxiety, and other individual problems; and more.

"Epstein and Falconier concisely present immediately applicable interventions that can be used by therapists from a wide variety of theoretical orientations....A 'must read' for anyone wishing to be more effective as a couple therapist." —**Katherine M. Hertlein, PhD**

**New**

## What Happens in Couple Therapy

*A Casebook on Effective Practice*

Edited by **Douglas K. Snyder, PhD, LMFT,**

Texas A&M University

**Jay L. Lebow, PhD, ABPP, LMFT,**

The Family Institute at Northwestern University

Bringing contemporary couple therapy to life, this casebook candidly illustrates the "whats," "whys," and "how-tos" of leading clinical approaches. Well-known contributors provide a window into their work with couples seeking help for a variety of relationship challenges. Cases depict the moment-by-moment process of therapy, from the initial assessment and case formulation through the beginning, intermediate, and concluding phases. Themes addressed include working across cultural divides; helping couples living with psychological or medical disorders; and treating interfaith couples, military couples, and same-sex and queer couples. Enhancing the book's utility for course use, the expert editors concisely introduce each case and describe how the approach fits into the broader field.

"Therapists get to see how master clinicians confront common dilemmas in helping couples. This book is a great teaching tool."

—**John M. Gottman, PhD**

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New

## Family-Based Therapy for Latine Adolescents

*The CIFFTA Model*

**Daniel A. Santisteban, PhD**, Training and Implementation Associates; University of Miami (Emeritus)

**Maite P. Mena, PsyD**, University of Miami

**David Santisteban, PhD**, Training and Implementation Associates

Filling a key need for clinicians working with at-risk Latine adolescents, this book bridges the gap between evidence-based and culturally informed adolescent and family therapy. The authors explore the unique challenges facing Latine youth and families, as well as culturally based sources of resilience. They present Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA), which combines manualized family and individual interventions with psychoeducational modules, and can be used in treatment of a range of mental health and substance use problems. The book includes vivid case examples and provides information about comprehensive CIFFTA training.

"CIFFTA's brilliance lies in its emphasis on culture and its adaptability for addressing the unique dynamics of adolescents and their families.... This is an essential resource for graduate students, new clinicians, and seasoned practitioners across the mental health fields. Having followed the literature for decades, I can say this book's release is a landmark moment in family therapy."

—Luis H. Zayas, PhD

**CONTENTS:** Preface **I. Foundations of Latine Youth and Family Treatment** 1. The Treatment of Latine Youth and Families 2. The Latine Experience, with *Richard C. Cervantes* 3. Foundations of Effective Treatment of Latine Youth and Families **II. CIFFTA Practice Guide** 4. Preparing the Ground for CIFFTA Implementation 5. CIFFTA Individual Therapy with the Adolescent 6. CIFFTA Therapy with the Entire Family 7. CIFFTA's Psychoeducational and Modular Component 8. Case Examples Showing CIFFTA in Action **III. Broader Clinical Considerations** 9. Training, Implementation, and Sustainability, with *Alejandra C. Santisteban* 10. Extensions to New Populations, Unique Applications, and Future Directions for CIFFTA **Appendix**

New

## Racial Trauma in Black Clients

*Effective Practice for Clinicians*

**Jennifer R. Jones-Damis, PsyD, LPC** and **Kelly N. Moore, PsyD**

Foreword by **Nancy Boyd-Franklin, PhD**

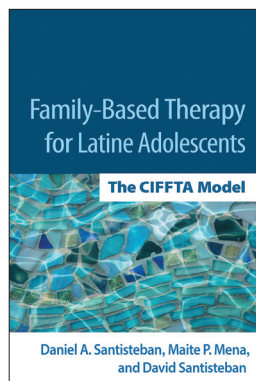
This book explores how racial stressors affect all aspects of Black clients' lives and offers powerful ways to support healing. Therapists and counselors will gain tools for approaching—rather than avoiding—the topic of race in individual therapy and in family, school, and community contexts.

"A highly valuable and practically applicable tool for mental health clinicians.... I have no doubt that clinicians will greatly benefit from this volume, and, in turn, the Black clients they work with will gain from the wisdom and healing found in these pages."

—Alex L. Pieterse, PhD

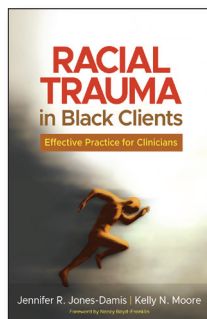
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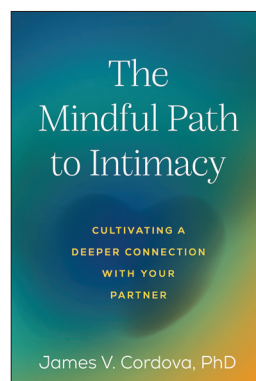
**New—Ideal for Client Recommendation****The Mindful Path to Intimacy***Cultivating a Deeper Connection with Your Partner***James V. Cordova, PhD**, Clark University

In this empathic guide, psychologist James Cordova reveals how the transformative power of mindfulness can support stronger, more intimate relationships. Through guided exercises, journaling prompts, and heartfelt stories, readers learn how to be truly present with their partners, communicate more openly, and connect on a deeper level—both physically and emotionally.

“Provides wise, accessible, actionable guidance for navigating challenges in relationships and deepening connection and satisfaction in our partnerships.”

—Lizabeth Roemer, PhD

**CONTENTS:** I. **Preparing for the Journey** 1. Paying Mindful Attention 2. Turning Toward Vulnerability II. **Walking the Intimate Path** 3. Being and Seeking a Safe Harbor 4. Acting Intentionally 5. Listening Deeply 6. Waking Up to Interconnectedness 7. Loving Your Partner Skillfully 8. The Red Thread III. **Overcoming Obstacles on the Path** 9. Burning Intimacy Bridges 10. Awakening to Relationship Patterns 11. Encountering the Arising of Conflict 12. Repairing Ruptures 13. Facing Impermanence 14. Walking the Intimate Path



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★ **Bestseller****Internal Family Systems Therapy for Shame and Guilt****Martha Sweezy, PhD**Foreword by **Richard C. Schwartz, PhD**

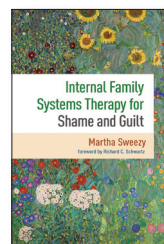
This book offers a fresh perspective on the roles of shame and guilt in psychological distress and presents a step-by-step framework for treatment.

“Sweezy applies internal family systems theory and practice in exquisite detail, with illuminating clinical vignettes.”

—Peter Fraenkel, PhD

2023, 6" x 9" Paperback, 294 Pages, ISBN 978-1-4625-5246-7, \$44.00

**See also** *Internal Family Systems Therapy, Second Edition*, by Richard C. Schwartz and Martha Sweezy, the authoritative presentation of IFS: [www.guilford.com/p/schwartz3](http://www.guilford.com/p/schwartz3)

★ **Bestselling Clinical Guide and Text****Clinical Handbook of Couple Therapy, SIXTH EDITION**Edited by **Jay L. Lebow, PhD, ABPP, LMFT****Douglas K. Snyder, PhD, LMFT**

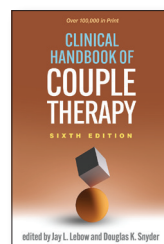
Prominent experts present effective ways to reduce couple distress, improve overall relationship satisfaction, and address specific relational or individual problems.

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—William J. Doherty, PhD

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**Raising Loving Siblings***How to Stop the Fighting and Help Your Kids Connect***Jonathan Caspi, PhD, LCSW**

This refreshing guide takes a deep dive into why siblings fight and what to do about it. Featuring clear principles, dos and don'ts, and loads of stories, the book focuses on improving family dynamics rather than simply trying to change kids' behavior. Caspi offers research-based insights and highly practical advice.

2025, 6" x 9" Paperback, 192 Pages, ISBN 978-1-4625-3888-1, \$18.95



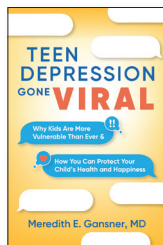
## New

**Teen Depression Gone Viral***Why Kids Are More Vulnerable Than Ever and How You Can Protect Your Child's Health and Happiness***Meredith E. Gansner, MD, ABPN**

Psychiatrist Meredith E. Gansner provides the latest information about depression in teens, with a special focus on digital media use. Vivid stories help parents recognize depression symptoms; work with teens to develop healthier habits, aided by downloadable practical tools; and get effective professional help.

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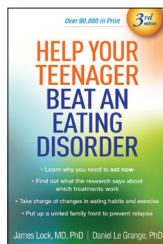
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★ **New Edition of a Bestseller****Help Your Teenager Beat an Eating Disorder****THIRD EDITION****James Lock, MD, PhD and Daniel Le Grange, PhD**

The authors of this accessible guide are leading proponents of family-based treatment, and the book provides a thorough orientation to this model, along with describing other treatment strategies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and avoidant/restrictive food intake disorder (ARFID). The third edition incorporates key research advances, updated treatment recommendations, new vignettes, and expanded coverage of ARFID.

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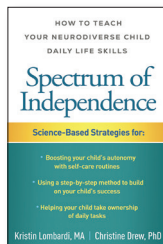
**Spectrum of Independence***How to Teach Your Neurodiverse Child Daily Life Skills***Kristin Lombardi, MA, BCBA and Christine Drew, PhD, BCBA-D**

Foreword by **Peter F. Gerhardt, EdD**

This motivating, practical book gives worried parents concrete strategies for maximizing the independence of their child or teen with autism, intellectual disabilities, or other forms of neurodiversity.

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## Motivational Interviewing with Families

Douglas C. Smith, PhD, LCSW

While motivational interviewing (MI) was developed as a counseling approach for individuals, it also has tremendous utility for helping families change and grow. This book offers the first comprehensive guide to adapting MI skills to engage families—including reluctant members—in therapy and mobilize family-level change processes. Extensive annotated sample dialogues show how MI can be integrated with any therapy approach for families struggling with mental health problems, addictions, relationship challenges, difficult life transitions, or other concerns.

“A tour de force that combines compassion and sophisticated clinical wisdom with a review of relevant scholarship, and points to the way to future research....The clear and easy writing makes the book a pleasure to read.”

—Barbara S. McCrady, PhD

“This book can be readily used in foundation and advanced practice courses for graduate students, and is well worth reading for practitioners who want to improve their clinical work with families.”

—Allen Zweben, LCSW, PhD

“A joy to read. Smith skillfully describes MI with families while vividly capturing the ‘music’ of MI conversations. He provides clear guidance on helping families face challenges, detailing what to say and how to say it in a way that honors reluctance while inviting change.”

—Christopher C. Wagner, PhD

### CONTENTS

Preface

#### I. The Basics

1. Introduction
2. Overview of MI
3. The Spirit of MI
4. ROARS Skills
5. Working with Ambivalence

#### II. Using MI with Families

6. Moving toward Integration of MI and Family Work
7. Advanced Issues in Using ROARS with Families

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9. Engaging Families with MI

10. Focusing, Evoking, and Planning in Family Work

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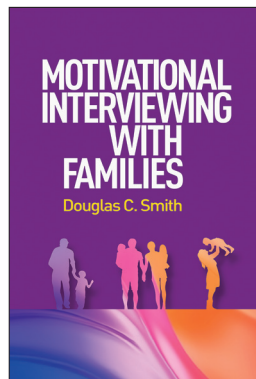
#### III. Family-Centered MI Research

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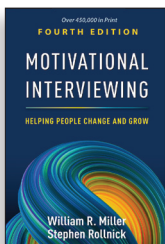
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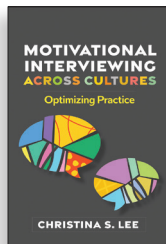
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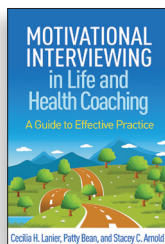
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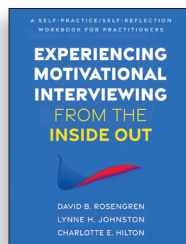
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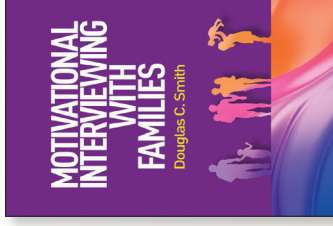
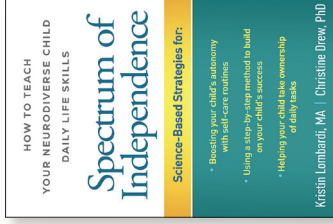
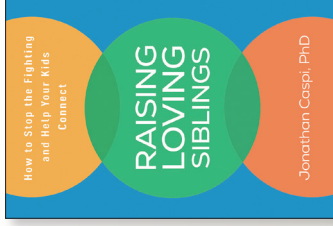
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### New—Ideal for Parent Recommendation



### New

