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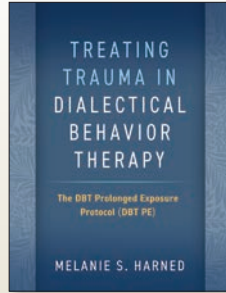
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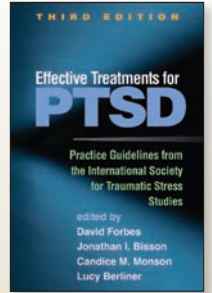
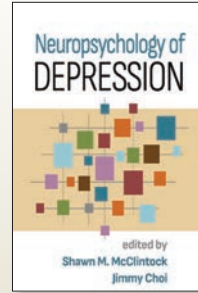
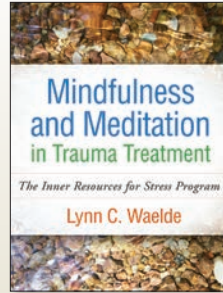
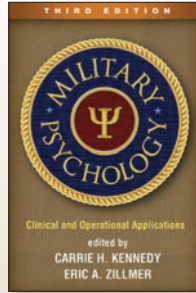
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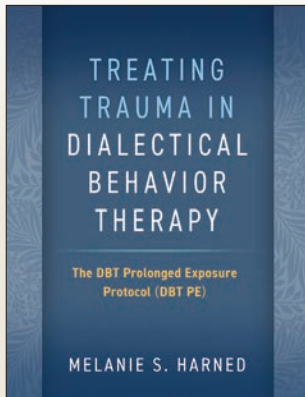
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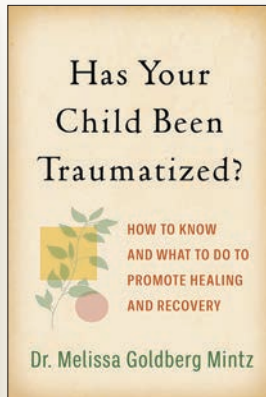
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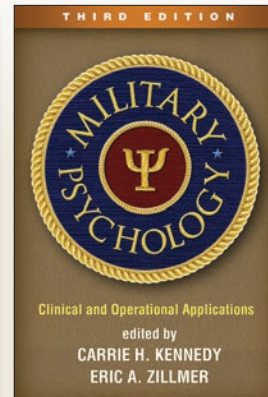
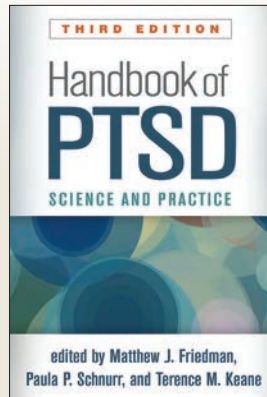
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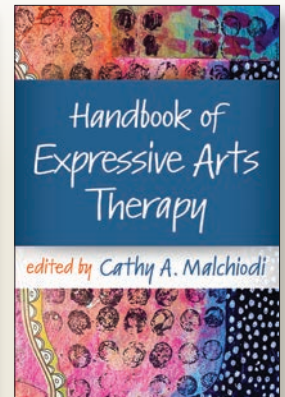
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# Treating Trauma in Dialectical Behavior Therapy

*The DBT Prolonged Exposure Protocol (DBT PE)*

Melanie S. Harned, PhD

Many DBT clients suffer from PTSD, but until now the field has lacked a formal, tested protocol for exactly when and how to treat trauma within DBT. Combining the power of two leading evidence-based therapies—and designed to meet the needs of high-risk, severely impaired clients—this groundbreaking manual integrates DBT with an adapted version of prolonged exposure (PE) therapy for PTSD. Melanie S. Harned shows how to implement the DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma-focused treatment. In a convenient large-size format, the book includes session-by-session guidelines, rich case examples, clinical tips, and 35 reproducible handouts and forms that can be downloaded and printed for repeated use.

## CRITICAL ACCLAIM

“This comprehensive, eagerly awaited manual provides the details and logistics of DBT PE, with all necessary worksheets and session guidelines....Harned does an excellent job of synthesizing the complexities of caring for these patients with validation, support, effective intervention, and empathy.”

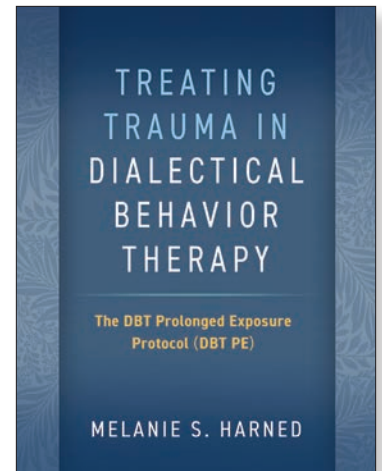
—Sheila A. M. Rauch, PhD

“On rare occasions, a work comes along that expands our basic assumptions, elevates our practice, improves client outcomes, and advances the field substantively. Harned’s DBT PE manual is just that work....A brilliant addition to the field.”

—Jill H. Rathus, PhD

“Harned seamlessly integrates principles and protocols of PE into standard DBT. Every psychotherapist working with traumatized, difficult-to-treat populations should consider applying DBT PE to help their patients find lives of freedom and meaning.”

—Charles R. Swenson, MD



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## ABOUT THE AUTHOR



Melanie S. Harned, PhD, ABPP, is Coordinator of the DBT Program at the VA Puget Sound Health Care System and Associate Professor in the Department of Psychiatry and Behavioral Science and Adjunct Associate Professor in the Department of Psychology at the University of Washington.

## CONTENTS

### I. Background

1. The Development and Foundations of DBT PE
2. The Target Population

### II. Stabilization and Preparation

3. Setting the Stage for DBT PE in Pretreatment
4. Achieving Safety, Stability, and Skills in Stage 1
5. Building Motivation for DBT PE
6. Determining Readiness for DBT PE
7. Preparing to Start DBT PE

### III. The DBT PE Protocol

8. Session 1
9. Session 2
10. Joint and Family Sessions
11. Session 3

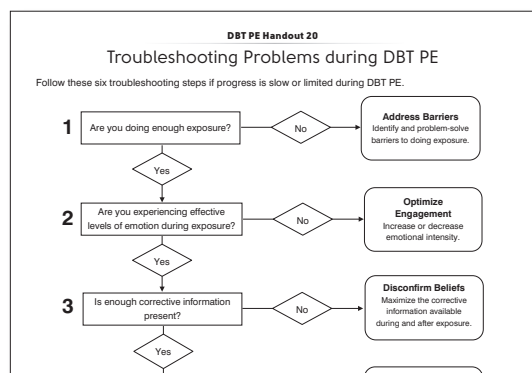
12. Intermediate Sessions (Sessions 4+)
13. The Final Sessions

### IV. Troubleshooting and Tailoring Treatment

14. Troubleshooting Problems
15. Targeting Specific Trauma-Related Emotions
16. Working with Different Trauma Types
17. Treating Diverse Populations

### V. Next Steps

18. Stage 3 and Beyond
- Appendix A. Client Handouts
- Appendix B. Therapist Forms
- Appendix C. Session Checklists
- Appendix D. Measures



**DBT PE Handout 8**  
Exposure Recording Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Time started: \_\_\_\_\_ Time stopped: \_\_\_\_\_  
Situation practiced: \_\_\_\_\_  
Exposure type (circle one): Imaginal / In vivo Location (circle one): In session / Homework

**Probability and Cost Estimates**

What is the worst that could happen in this situation? (Be as specific as possible.)	How likely is it that this will happen? (0-100)		How bad would it be if this happened? (0-100)		Did this happen? Y or N
	Before	After	Before	After	
1.					
2.					
3.					

**SUDS, Urges, and Dissociation**

SUDS (0-100)	Urge to kill myself (0-5)	Urge to self-harm (0-5)	Urge to quit therapy (0-5)	Urge to use substances (0-5)	Dissociation (0-100)

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New

## Mindfulness and Meditation in Trauma Treatment

*The Inner Resources for Stress Program*

Lynn C. Waelde, PhD

“Written by a noted leader in the field, this book provides a skillfully structured, manualized group intervention for those suffering posttraumatic stress and other effects of adversity. Waelde deftly integrates a deep understanding of the spiritual and philosophical roots of meditation and mindfulness with the clear-eyed pragmatism of a trauma-focused scientist-practitioner.” —John Briere, PhD

This complete therapist guide presents an evidence-based group program developed over two decades to support resilience and recovery in people who have experienced trauma. Inner Resources for Stress (IR) weaves mindfulness, mantra repetition, and other meditative practices into nine structured yet flexible sessions. IR is a developmentally informed, culturally responsive approach grounded in cognitive-behavioral conceptualizations of trauma. In a convenient large-size format, the book includes assessment guidelines, session agendas, scripts for meditation practices, and a reproducible session-by-session Participant Guide for clients. Purchasers get access to a companion website where they can download printable copies of the reproducible materials, as well as audio tracks of the guided practices.

### CONTENTS

#### I. Background for Using Mindfulness and Meditation for Stress and Trauma

1. Mindfulness and Meditation: Modern Uses of an Ancient Practice
2. Mindfulness and Meditation for Stress and Trauma
3. Overview of IR
4. Session Structure and Process
5. Client Assessment and Match for Treatment

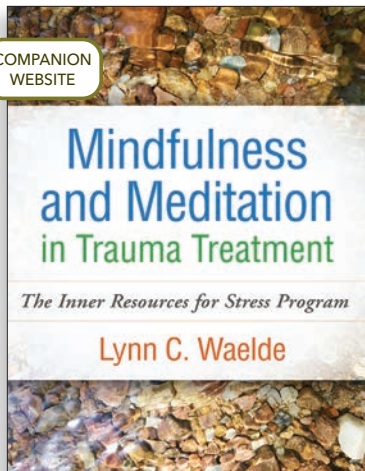
#### II. IR Therapist Guide

Sessions 1–9:

- Introduction to IR • Attention Regulation
- Emotion Regulation • Cognitive Regulation
- Awareness of Positive and Negative Emotions
- Active Self-Mastery • Mindfulness Skills in Action • Consolidating Treatment Gains and Keeping the Practice Going • Booster Session

Appendix: IR Participant Guide

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### ABOUT THE AUTHOR



Lynn C. Waelde, PhD, is Professor in the Psychology Department and Director of the Meditation and Psychology Area of Emphasis in the clinical psychology PhD program at Palo Alto University; Adjunct Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine; and founder and Director of the Inner Resources Center.

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

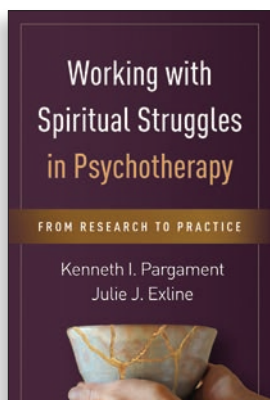
“Pargament and Exline provide a wealth of information, guidance, and case examples—and they do so with great compassion. The authors widen our clinical lens and open our eyes to an often-neglected life domain. Clinicians of all orientations and levels of experience will benefit from raising their awareness 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.

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New—Ideal for Parent Recommendation

## Has Your Child Been Traumatized?

How to Know and What to Do to Promote Healing and Recovery

Melissa Goldberg Mintz, PsyD

Foreword by Jon G. Allen, PhD

This book provides vital guidance for parents struggling to help a child or teen heal from a traumatic experience. Psychologist Melissa Goldberg Mintz explains what trauma looks like at different ages and why kids exposed to the same event may react very differently. Readers learn skills and strategies for recognizing trauma triggers and solving common problems on the path to recovery, such as emotional volatility, withdrawal and avoidance, and acting out. Sensitive examples illustrate the importance of strong, warm parenting as a key to getting development back on track. The book also offers specific advice on when and how to seek professional help.

### CRITICAL ACCLAIM

“In this era of exposure to violence of all types, this book represents a critical step forward in equipping parents to recognize the signs and symptoms of trauma. It also guides parents to develop a step-by-step approach for helping their child recover. A welcome, important contribution.”

—Terence M. Keane, PhD

“Goldberg-Mintz uses her years of training, experience, and clinical wisdom to teach parents how to support their child’s healing process. Her concrete examples and recommendations provide readers with skills they can use right away. This is a book that will soon have many dog-eared pages, and one that I will recommend to clients and colleagues alike!”

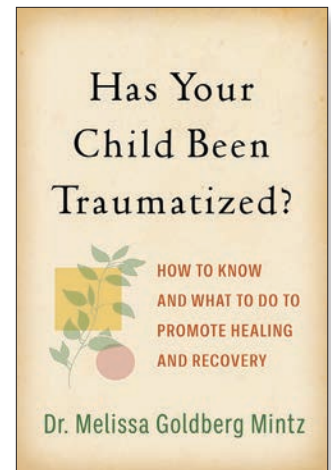
—Jennifer B. Hughes, PhD

“This needed parent guide allows us to complete the provider-patient-parent triad in reducing harm from childhood trauma....Goldberg Mintz draws on years of treating traumatized children to educate readers to become strong advocates for their child’s mental health. We will use this book in our practice, and know it will be a tremendous tool for our clients.”

—Mollie Gordon, MD

“An extraordinarily accessible book for parents, without sacrificing the science....Trauma happens, and it happens to children, and by connection to those who love them. In guiding parents to support their children, this book may well help the entire family.”

—Ron Acierno, PhD



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### ABOUT THE AUTHOR



**Melissa Goldberg Mintz, PsyD**, is a clinical psychologist in private practice in Houston, Texas, and Clinical Assistant Professor at Baylor College of Medicine.

### CONTENTS

Foreword, *Allen*

Introduction

#### I. Understanding Trauma

1. What Is Trauma?
2. Has Your Child Been Traumatized?
3. You Are the Key to Helping Your Child Heal

#### II. Knowing What to Expect

4. Understanding Changes in Your Child’s Behavior
5. Recognizing and Responding to Trauma Triggers

#### III. Responding to Behavioral Changes

6. What to Do When Your Child Becomes More Emotional and Less Mature
7. How to Respond to Minor Misbehavior
8. Handling Withdrawal and Avoidance
9. Dealing with Major Misbehavior
10. Responding to Self-Harm and Impulsive Behaviors

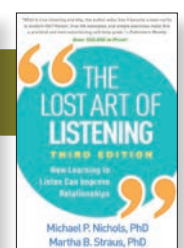
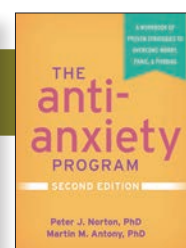
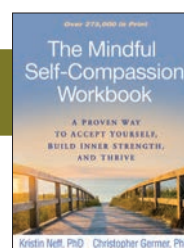
#### IV. Parenting Plus

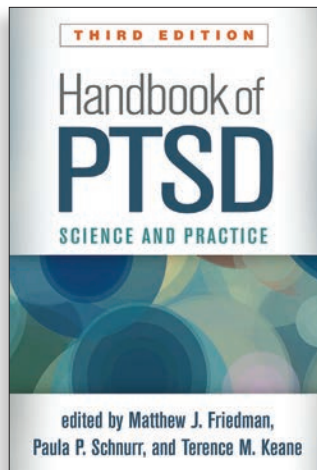
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#### ABOUT THE EDITORS

**Matthew J. Friedman, MD, PhD**, is Senior Advisor to the National Center for PTSD, where he served for 24 years as Executive Director; founder and Director of the National PTSD Brain Bank; and Professor and Vice Chair for Research in the Department of Psychiatry at the Geisel School of Medicine at Dartmouth.

**Paula P. Schnurr, PhD**, is cofounder and Executive Director of the National Center for PTSD and Professor of Psychiatry at the Geisel School of Medicine at Dartmouth.

**Terence M. Keane, PhD**, is Director of the Behavioral Sciences Division of the National Center for PTSD, Associate Chief of Staff for Research at the VA Boston Healthcare System, and Professor of Psychiatry and Assistant Dean for Research at Boston University School of Medicine.

#### New Edition—A Major Revision!

## Handbook of PTSD

### THIRD EDITION

#### Science and Practice

Edited by **Matthew J. Friedman, MD, PhD, Paula P. Schnurr, PhD,**  
and **Terence M. Keane, PhD**

**N**ow in an extensively revised third edition with 65% new material, this is the authoritative reference on PTSD. Contributors examine the breadth of current knowledge on the mechanisms by which stressful events can alter psychological processes, brain function, and individual behavior. Risk and protective factors across development and in specific populations are explored. Reviewing the state of the science of assessment and treatment, the volume covers early intervention and evidence-based individual, couple/family, and group therapies. Conceptual and diagnostic issues are addressed and key questions for the next generation of researchers are identified.

**NEW TO THIS EDITION:** ✓ Thoroughly revised to reflect the accelerating pace of scientific and clinical progress; includes a range of new authors. ✓ Chapters on new topics: treatment of PTSD with comorbid disorders, and postmortem brain banking. ✓ New chapters on previously covered topics, including DSM-5 and ICD-11 diagnostic criteria, the psychoneurobiology of resilience, and challenges in implementing clinical best practices. ✓ New or updated discussions of such timely issues as treatment of refugees, telemental health, and technology-based interventions.

#### CRITICAL ACCLAIM

“Should be on the bookshelf of every clinician who treats PTSD, every graduate student who wants to do so, and every trauma researcher. The editors are the rock stars of PTSD. Comprehensive yet accessible, this work is a testament to all the scientific and clinical progress that has been achieved in the field.”  
—**Barbara Olasov Rothbaum, PhD**

“Once again, the *Handbook* meets its lofty goal of advancing our understanding of PTSD. This volume fully updates the field and is a cornucopia of synthesis, integration, and review of the cradle-to-grave issues involving PTSD.”  
—**Stevan E. Hobfoll, PhD**

#### CONTENTS

##### I. Historical Overview

1. PTSD from DSM-III to DSM-5, *Friedman et al.*
2. DSM-5 Criteria for PTSD, *Friedman et al.*
3. Historical Roots of the PTSD Construct, *McFarlane & Kilpatrick*

##### II. Scientific Foundations and Theoretical Perspectives

4. Epidemiology of Trauma and PTSD in Adults, *Korte et al.*
5. Epidemiology of Trauma and PTSD in Childhood and Adolescence, *Copeland & McGinnis*
6. Psychological Models of PTSD, *Bryant*
7. Alterations in Memory and Other Neurocognitive Processes, *Brewin & Vasterling*
8. Trauma-Induced Dissociation, *DePrince et al.*
9. Examining Neurocircuitry and Neuroplasticity in PTSD, *Averill et al.*
10. Neurochemistry, Neuroendocrinology, and Neuroimmunology of PTSD, *Rasmussen et al.*
11. Genetics of PTSD, *Bustamante et al.*
12. What Brain Tissue Can Tell Us, *Girgenti et al.*

13. Gender Issues in PTSD, *Kimerling et al.*
14. A Developmental Perspective on Childhood Traumatic Stress, *Brown et al.*
15. Trauma and PTSD in Older Adults, *Cook & Simiola*

##### III. Clinical Practice: Evidence-Based State of the Art

16. Assessment of PTSD and Its Comorbidities in Adults, *Livingston et al.*
17. Assessment of PTSD in Children and Adolescents, *Briggs et al.*
18. Early Intervention Following Trauma, *Azad et al.*
19. Psychosocial Treatments for Adults with PTSD, *Galovski et al.*
20. Psychosocial Treatments for Children and Adolescents with PTSD, *Cohen & Mannarino*
21. Empirically Supported Couple and Family Therapies for PTSD, *Monson et al.*
22. Group Treatments for PTSD, *Beck & Sloan*
23. Pharmacotherapy for PTSD, *Davis et al.*

24. Treating PTSD When Common Comorbid Disorders Are Present, *Norman et al.*
25. Trauma Exposure, PTSD, and Physical Health, *Schnurr et al.*

##### IV. Emerging Territory

26. Culture, Trauma, and Traumatic Stress among Refugees, Asylum Seekers, and Postconflict Populations, *Silove & Klein*
27. PTSD and the Law, *Kilpatrick et al.*
28. Technology-Based Interventions for PTSD, *Ruzek*
29. Treating PTSD Using Telemental Health Technology, *Morland et al.*
30. Psychoneurobiology of Resilience, *Averill et al.*
31. Public Mental Health Interventions Following Disasters, *Morganstein et al.*
32. Dissemination and Implementation of Best Practices in Prevention and Treatment of PTSD, *Stirman*
33. Key Questions and an Agenda for Future Research, *Friedman et al.*

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Edited by **Carrie H. Kennedy, PhD** and **Eric A. Zillmer, PsyD**

“This is an extraordinary resource for early-career military psychologists, psychologists contemplating a military career, and forensic psychologists conducting evaluations of national security personnel and military veterans. The expansive case illustrations provide rich detail and context. The book is a model of clarity, organization, and transparency.”

—David M. Corey, PhD

“The third edition of this now-classic work... is sure to be one of the most useful sources for informing evidence-based psychology applications in military contexts, and understanding how they have evolved. Highly recommended.”

—Kirk Heilbrun, PhD

With more than 60% new material reflecting advances in evidence-based treatments and the evolving roles of military mental health providers, the authoritative resource in the field is now in a significantly revised third edition. The volume provides research-based roadmaps for prevention and intervention with service members and veterans in a wide range of settings. Up-to-date information about military procedures and guidelines is included throughout. Grounded in current knowledge about stress and resilience, chapters describe best practices in treating such challenges as depression, anxiety disorders, posttraumatic stress disorder, and substance use disorders. Also addressed are operational functions of psychologists in personnel assessment and selection, counter-intelligence, and other areas.

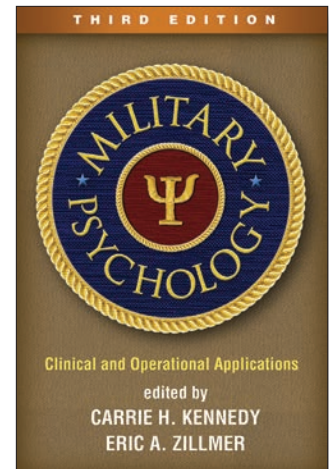
**NEW TO THIS EDITION:** ✓ Chapters on new topics: the spectrum of military stress reactions, concussion management, military sexual assault, embedded/expeditionary psychological practice, and security clearance evaluations. ✓ Fully rewritten chapters on evidence-based treatments, behavioral health in primary care, and disaster mental health. ✓ Incorporates major shifts in how and where military mental health services are delivered.

### CONTENTS

List of Cases

1. A History of Military Psychology, *McCauley, Zillmer, & Kennedy*
2. Military Fitness-for-Duty Evaluations, *Keener, Merchant, & Morrow*
3. Military Stress Reactions, *VanSickle, Arthur, & LaCroix*
4. Evidence-Based Treatments of Common Psychological Health Disorders in the Military, *Gramlich, Skopp, & Reger*
5. Behavioral Health Services within Primary-Care Clinics, *Wilfong, Goodie, McGeary, & Peterson*
6. Managing Military-Specific Concussion for the General Practitioner, *Belanger, Armistead-Jehle, Parker, Lippa, & Yao*
7. Substance Use Disorder Services and Gambling Treatment in the Military, *Hoyt, Spevak, Hodgson, McDonald, & Grayson*
8. Military Sexual Assault, *Lucas, Schuyler, Kintzle, Wails, Nordwall, & Castro*
9. Suicide Prevention and the Military Psychologist, *Werbel, Rariden, Razuri, & Long*
10. Embedded and Expeditionary Mental Health Practice in the Military, *Lippy, Pagano, Patterson, & Ogle*
11. Military Applications of Disaster Mental Health, *Anderson, Finley, & Combs*
12. Introduction to Operational Psychology, *Williams, Picano, Roland, & Banks*
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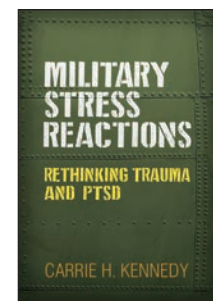


**Carrie H. Kennedy, PhD, ABPP**, is a Captain in the Medical Service Corps of the U.S. Navy and Assistant Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia.



**Eric A. Zillmer, PsyD**, a clinical psychologist, is the Carl R. Pacifico Professor of Neuropsychology at Drexel University in Philadelphia.

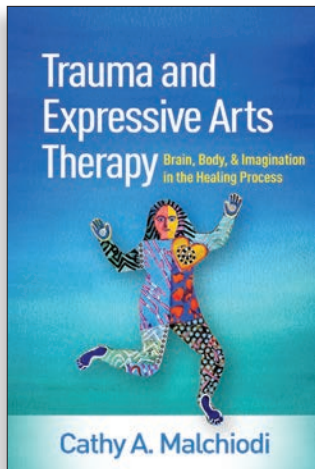
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*Brain, Body, and Imagination in the Healing Process*

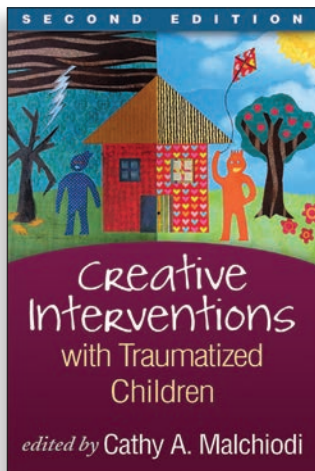
**Cathy A. Malchiodi, PhD, ATR-BC, LPAT, LPCC, REAT,**

Trauma-Informed Practices and Expressive Arts Therapy Institute, Louisville, KY

“This book is at once encyclopedic in scope and profoundly poetic, meticulously observed and heartfelt—as scientific as it is creative....Malchiodi masterfully demonstrates how the expressive arts can mobilize the body and fire the imagination, and thereby help to restore vitality, self-efficacy, mastery, and self-expression.”  
—**Bessel A. van der Kolk, MD**

“A systematic, rigorous, highly informative approach to exploring how therapies that lean on the human ability to create and depict experience can take an individual beyond a history of adversity and trauma. This is the best introduction to expressive arts therapies for trauma that I’ve seen; it will be of immense value to anyone who is engaged in learning about these interventions or who just wants to find out how and why they can be so very effective.” —**Peter Fonagy, OBE, FMedSci, FBA, FAcSS**

This book synthesizes the breadth of research on trauma and the brain and presents an innovative framework for treating trauma through the expressive arts. The volume describes powerful ways to tap into deeply felt bodily and sensory experiences as a foundation for safely exploring emotions, memories, and personal narratives. Clinical examples illustrate the use of movement, sound, play, art, and drama with children and adults. Cathy A. Malchiodi’s approach also helps survivors to transform and integrate the trauma, regain a sense of aliveness, and imagine a new future. **Purchasers can download reproducible tools from the book, as well as full-color versions of 26 figures.**



2021, 6" x 9" Paperback, 364 Pages  
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★ **Bestseller—New in Paperback**

## Creative Interventions with Traumatized Children

SECOND EDITION

Edited by **Cathy A. Malchiodi, PhD**

Foreword by **Bruce D. Perry, MD, PhD**

“Malchiodi and her colleagues understand the needs of traumatized children and how to respond to them. In this book of wide-ranging creative therapeutic interventions, contributors report on techniques grounded in the latest psychophysiological and developmental research....Among the many strengths of this book are its focus on flexibly adapting the various strategies to the specific needs and context of each child and its emphasis on strengths and resiliency.” —**Christine A. Courtois, PhD**

“Another exceptional book from a highly regarded clinician, author, and speaker! Malchiodi has assembled a group of experts to present the beautifully written and illustrated second edition of this important volume.”  
—**Sue C. Bratton, PhD**

A trusted, comprehensive resource, this volume demonstrates a range of creative approaches for facilitating children’s emotional reparation and recovery from trauma. Experts in play, art, music, movement, and drama therapy, as well as bibliotherapy, describe step-by-step strategies for working with children, families, and groups. Rich with case material and artwork, the book is both practical and user-friendly. Specific types of stressful experiences discussed include parental loss, child abuse, family violence, bullying, and mass trauma. The second edition features updated and expanded discussions of trauma and the neurobiological basis for creative interventions; plus chapters on art therapy and EMDR, body maps and dissociation, sandtray play, resiliency-based movement therapy, work with clay, mindfulness, and stress reduction with music therapy. It also highlights important developments in knowledge about self-regulation, resilience, and posttraumatic growth.

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New

## Handbook of Expressive Arts Therapy

Edited by **Cathy A. Malchiodi, PhD**

This authoritative and comprehensive volume explains how to integrate movement, sound, art, play, imagery, drama, and other multisensory practices into psychotherapy. Cathy A. Malchiodi and other leading experts demonstrate ways to combine a wide range of expressive approaches to help clients explore feelings and thoughts that are often difficult to access verbally. Rich case examples illustrate what these modalities look like in action, providing readers with strategies they can readily apply in work with individuals of all ages. The book interweaves theory and research with practical recommendations for implementing expressive arts therapy to enhance communication and to support regulation, attachment, trauma recovery, and sensory integration.

### CRITICAL ACCLAIM

“[A] powerfully informative handbook...Filled with real-world implementation strategies, best-practice principles, case examples, and important consideration of individual, group, and family contexts.”

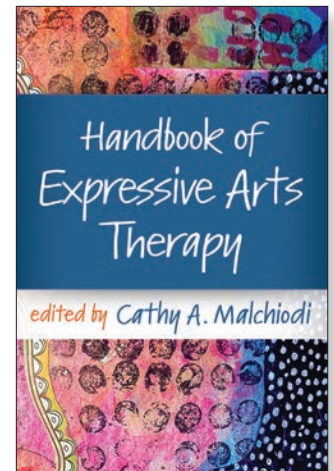
—Raphael Travis Jr., LCSW, DrPH

“Malchiodi and colleagues elegantly describe how expressive arts therapy can facilitate healing of brain, mind, and body, by fostering social connection, emotion regulation, rhythm, and play... A ‘must read!’”

—Ruth A. Lanius, MD, PhD

“A comprehensive guide...Contributors give particular attention to current issues related to interpersonal neurobiology, social justice, and trauma.”

—Dee C. Ray, PhD



November 30, 2022

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### ABOUT THE EDITOR



**Cathy A. Malchiodi, PhD, ATR-BC, LPCC, LPAT, REAT,** is a psychologist, expressive arts therapist, and art therapist specializing in trauma recovery. Since the 1990s, Dr. Malchiodi has worked with traumatized children, adolescents, adults, and families, expanding the range of understanding of nonverbal, sensory-based concepts and methods.

### CONTENTS

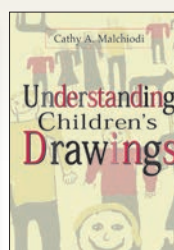
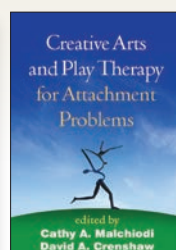
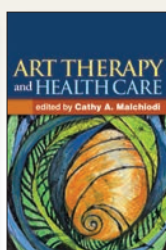
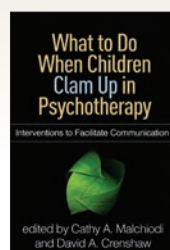
#### I. Foundations of Expressive Arts Therapy

1. What Is Expressive Arts Therapy?,  
*Cathy A. Malchiodi*
2. Frameworks for Expressive Arts Therapy,  
*Cathy A. Malchiodi*
3. Attunement in Expressive Arts: Attachment, Rhythm, Resonance, and Embodied Empathy,  
*Mitchell Kossak*
4. Bridging Arts and Science in Expressive Arts Therapy,  
*Patricia Leavy*
5. The Integrative Process of Expressive Arts Therapy,  
*Karen Estrella*
6. Person-Centered Expressive Arts Therapy,  
*Sue Ann Herron*
7. Focusing-Oriented Expressive Arts Therapy,  
*Laury Rappaport*
8. Trauma-Informed Expressive Arts Therapy,  
*Cathy A. Malchiodi*
9. Playing through an Expressive Lens,  
*Renee Turner*
10. Narrative Expressive Arts Therapy,  
*Shoshana Simons*
11. Expressive Arts Therapy and Mindfulness,  
*Karin von Daler*

#### III. Integrating the Expressive Arts in Therapy

12. Sandtray and Expressive Arts in Child Psychotherapy: Using Play as a Neural Exercise,  
*Theresa Kestly*
13. Bilateral Body Mapping with Guided Drawing,  
*Cornelia Elbrecht*
14. Meeting the Moment: Music Therapy as Part of Arts-Focused Hospice Care,  
*Laura E. Beer*
15. Polyvagal Dance/Movement Therapy: Dance and Music on the Creative Continuum with Survivors of Trauma,  
*Amber Elizabeth L. Gray*
16. The Dancing Mindfulness Approach to Expressive Arts Therapy: Trauma-Focused Solutions for Group and Individual Settings,  
*Jamie Marich*
17. Integrative Drama Therapy in the Treatment of Trauma: Matching Aesthetic Properties to Patient Needs,  
*Craig Haen*
18. Integrating Creative Writing and Expressive Arts,  
*Suzan Lemont*

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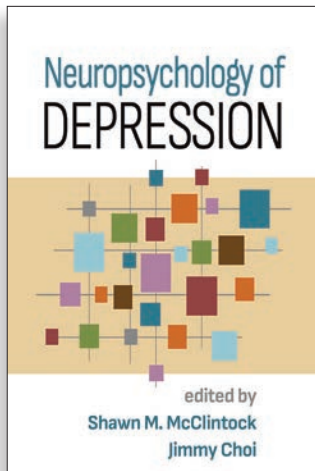
### Discover Cathy Malchiodi's Books on Art Therapy and Trauma Treatment

“The expressive arts can rekindle a sense of aliveness, giving us back the pleasure and experience of play that trauma often robs from us. They also are a uniquely human source of imagination that can be harnessed to manifest new healing narratives to replace trauma stories that have overtaken mind and body.”

—Cathy Malchiodi, PhD

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## New

# Neuropsychology of Depression

Edited by

**Shawn M. McClintock, PhD, MSCS**, University of Texas Southwestern Medical Center  
**Jimmy Choi, PsyD**, Hartford Healthcare Behavioral Network

“This is a tour-de-force....The book is unique in providing a sophisticated, in-depth view of the most recent neurobiological and clinical findings on depression with a clarity that makes them accessible to investigators and clinicians. Beyond dissecting the neurocognitive origins of depression, the book offers a comprehensive account of psychosocial and biological treatments that makes it an exceptional guide for students and for physicians, psychologists, and other professionals encountering depression.”

—George S. Alexopoulos, MD

“A masterpiece—I anticipate that this book will quickly be adopted as an authoritative, comprehensive, and essential resource for behavioral health clinicians and scientists. The book is well written, highly informed, and accessible.”

—Kathleen A. Welsh-Bohmer, PhD

Timely and authoritative, this unique volume focuses on neurocognitive aspects of depression and their implications for assessment, evaluation, clinical management, and research. Experts in the field explore the impact of depression on executive function, learning and memory, working memory, and other critical capacities, and present cutting-edge assessment tools and procedures. The neurocognitive effects of widely used antidepressant treatments are reviewed, from psychotropic medications and evidence-based psychotherapies to established and emerging neuromodulation technologies. Practical aspects of working with adults across the lifespan with depression are addressed, including ways to strengthen treatment engagement and adherence, and to incorporate cultural considerations.

## Principles and Practice of Stress Management FOURTH EDITION

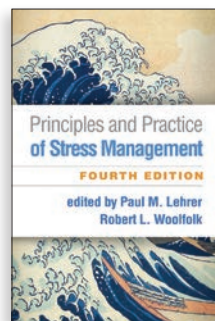
Edited by **Paul M. Lehrer, PhD**  
**Robert L. Woolfolk, PhD**

Foreword by **Omer Van den Bergh, PhD**

“It seems that everyone is stressed—by global health threats, by politics, by a legion of challenges that confront humankind....For years, this handbook, edited by highly respected scholar-clinicians, has been a welcome resource....The fourth edition doesn't disappoint—Lehrer and Woolfolk have once again produced an inestimably valuable work for professionals and students.”

—Gerald C. Davison, PhD

Foremost experts review the “whats,” “whys,” and “how-tos” of progressive relaxation, biofeedback, meditation, hypnosis, cognitive methods, and other therapies. The fourth edition has been updated with chapters on new topics and a greatly expanded evidence base—every method is now supported by controlled clinical research. Advances in knowledge about stress and the brain are integrated throughout.



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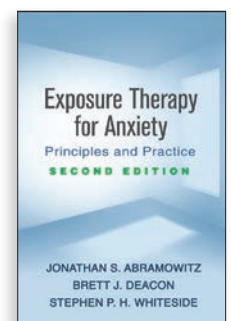
## Exposure Therapy for Anxiety SECOND EDITION

Principles and Practice  
**Jonathan S. Abramowitz, PhD**  
**Brett J. Deacon, PhD**  
**Stephen P. H. Whiteside, PhD**

“The authors do an excellent job of dispelling therapists' common fears about implementing exposure therapy.... Clinicians treating trauma may have concerns about retraumatizing patients; instead of dismissing these concerns, the authors validate them and provide solutions. I recommend this book as a ‘must read’ for clinicians at all levels of practice.”

—Johanna Kaplan, PhD

This is the leading guide to therapeutic exposure, a crucial element of evidence-based psychological treatments for anxiety. The book helps the clinician gain skills and confidence for implementing exposure successfully and tailoring interventions to each client's needs, regardless of diagnosis. The theoretical and empirical bases of exposure are reviewed and specialized assessment and treatment planning techniques are described.



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## Treating PTSD in Military Personnel

SECOND EDITION

*A Clinical Handbook*

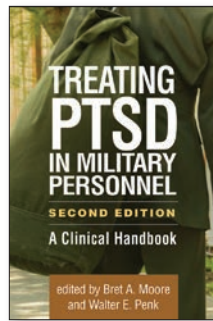
Edited by **Bret A. Moore, PsyD**  
**Walter E. Penk, PhD**

Foreword by **Matthew J. Friedman, MD, PhD**

“This volume covers every key topic related to helping those suffering from PTSD after military trauma....Clinicians and researchers in the field cannot afford to miss this volume, which boasts many of the world’s foremost experts in both PTSD and military psychiatry....The gold-standard reference.”

—Richard A. Bryant, PhD

Leading authorities review available evidence-based treatments, including individual, group, and couple and family therapy approaches. Knowledge about military culture, the stressors experienced by service members, and common challenges for both military and civilian practitioners is woven through the volume and reflected in the vivid case examples. Chapters on specific clinical issues delve into co-occurring affective, anxiety, substance use, and sleep disorders; treatment of particular types of trauma; suicide prevention; and more.



2019 • 462 Pages  
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## Treating Impulsive, Addictive, and Self-Destructive Behaviors

*Mindfulness and Modification Therapy*

**Peggielee Wupperman, PhD**

Foreword by **Robert L. Leahy, PhD**

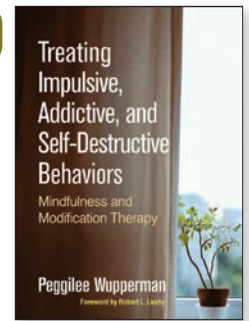
“The book does an excellent job of helping therapists provide the consistent, highly structured sessions needed to help clients with dysregulated behavior develop a new positive therapeutic routine.”

—Journal of Contemporary Psychotherapy

This accessible book presents time- and cost-effective strategies for helping clients break free of dysregulated behaviors—such as substance abuse, binge eating, compulsive spending, and aggression—and build more fulfilling, meaningful lives. Mindfulness and modification therapy (MMT) integrates mindfulness practices with elements of motivational interviewing, dialectical behavior therapy, acceptance and commitment therapy, and other evidence-based approaches.

■ Winner (Second Place)—*American Journal of Nursing Book of the Year Award*, Psychiatric and Mental Health Nursing Category

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### ★ Bestseller

## Managing Suicidal Risk

SECOND EDITION

*A Collaborative Approach*

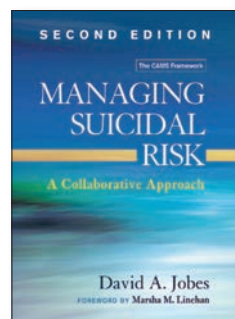
**David A. Jobes, PhD**

Foreword by **Marsha M. Linehan, PhD**

“There are few books that I recommend hands-down as ‘must reads’ for all behavioral health clinicians—this is one of them....The evidence-based Collaborative Assessment and Management of Suicidality (CAMS) approach in this book has saved lives and will continue to save the lives of patients at high risk for suicide.”

—Alan L. Peterson, PhD

This extensively revised manual provides a proven therapeutic framework for evaluating suicidal risk and developing and implementing a suicide-specific treatment plan that is respectful, empathic, and empowering. In addition to their clinical utility, the procedures used for assessment, treatment, and progress monitoring within CAMS can help reduce the risk of malpractice liability.



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### ★ Bestseller

## Brief Cognitive-Behavioral Therapy for Suicide Prevention

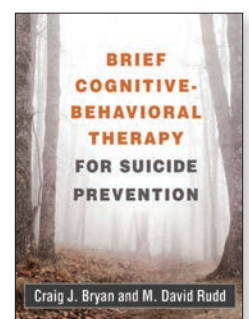
**Craig J. Bryan, PsyD**

**M. David Rudd, PhD**

“An exceptionally detailed book that provides a step-by-step guide for the care of individuals at risk for suicide. Why should you learn brief cognitive-behavioral therapy for suicide prevention? Because you will become equipped with specific CBT strategies that will make you not only more confident as a clinician, but also more effective in helping your suicidal patients regain their desire to live and thrive.”

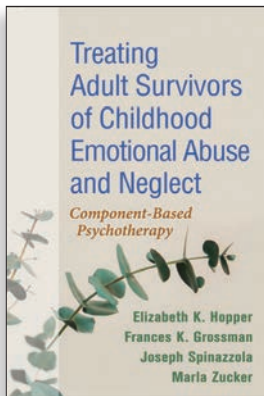
—Marjan G. Holloway, PhD

Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient’s suicidal belief system. The book includes case examples, sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools.

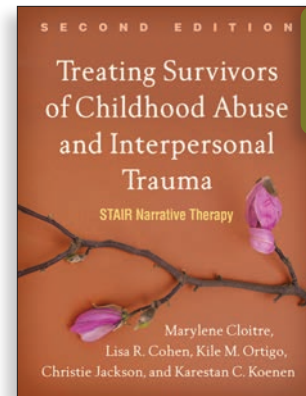
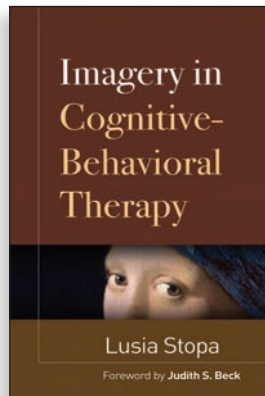


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Framework



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Session  
Approach

## Treating Adult Survivors of Childhood Emotional Abuse and Neglect

*Component-Based Psychotherapy*

**Elizabeth K. Hopper, PhD**,  
Justice Resource Institute, Boston, MA  
**Frances K. Grossman, PhD**,  
Boston University  
**Joseph Spinazzola, PhD**,  
private practice, Brookline, MA  
**Marla Zucker, PhD**,  
private practice, Brookline, MA  
Foreword by **Bessel A. van der Kolk, MD**  
Introduction by **Christine A. Courtois, PhD**

“This excellent book is pivotal in helping therapists reach out to their traumatized clients’ profound sense of annihilation and facilitate healing from emotional abuse and neglect....A ‘must read’ for novice and experienced therapists alike, as well as students.” —**Onno van der Hart, PhD**

Grounded in 40 years of clinical practice and research, this book provides a systematic yet flexible evidence-informed framework for treating adult survivors of complex trauma, particularly those exposed to chronic emotional abuse or neglect. Component-based psychotherapy addresses four primary treatment components that can be tailored to each client’s unique needs—relationship, regulation, dissociative parts, and narrative.

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## Imagery in Cognitive-Behavioral Therapy

**Lusía Stopa, DPhil**, University of Southampton, UK (Emeritus)

Foreword by **Judith S. Beck, PhD**

“From an internationally recognized expert who is a pioneer in applying imagery in CBT, this manual includes a rich array of techniques that can be useful across many clinical disorders.... This book will be a go-to source for anyone who wants to enrich their clinical practice by incorporating the power of imagery, and it will be a useful addition in graduate-level coursework and clinical training.” —**Adele M. Hayes, PhD**

Richly illustrated with clinical material, this book presents specific techniques for working with multisensory imagery in CBT. Leading researcher-clinician Lusía Stopa explores how mental images—similarly to verbal cognitions—can trigger distress and drive maladaptive behavior. She guides the therapist to assess imagery and help clients to recognize and explore it. A range of interventions are described, including imaginal exposure, imaginal reliving, rescripting, working with self-images, and using positive imagery to improve well-being.

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► [Watch Lusía Stopa discuss what imagery is and how to work with it therapeutically:](#)  
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## Treating Survivors of Childhood Abuse and Interpersonal Trauma

SECOND EDITION

*STAIR Narrative Therapy*

**Marylene Cloitre, PhD**,  
National Center for PTSD Dissemination and Training Division, Menlo Park, CA;  
Stanford University  
**Lisa R. Cohen, PhD**,  
private practice, New York, NY  
**Kile M. Ortigo, PhD**,  
National Center for PTSD,  
VA Palo Alto Health Care System  
**Christie Jackson, PhD**,  
New York Harbor Health Care System  
**Karestan C. Koenen, PhD**,  
Harvard T. H. Chan School of Public Health;  
Massachusetts General Hospital

“This book is a gem. The session outlines and client exercises are systematic and amazingly thorough.”

—**Susan M. Johnson, EdD**

This manual presents a widely used evidence-based therapy approach for adult survivors of chronic trauma. Skills Training in Affective and Interpersonal Regulation (STAIR) Narrative Therapy helps clients to build crucial social and emotional resources for living in the present and to break the hold of traumatic memories. Highly clinician friendly, the book provides everything needed to implement STAIR and explains the approach’s theoretical and empirical bases.



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## Effective Treatments for PTSD

THIRD EDITION

*Practice Guidelines from the  
International Society for Traumatic Stress Studies*

Edited by **David Forbes, PhD**, University of Melbourne, Parkville;  
Phoenix Australia Centre for Posttraumatic Mental Health

**Jonathan I. Bisson, DM, FRCPsych**, Cardiff University School of Medicine, UK

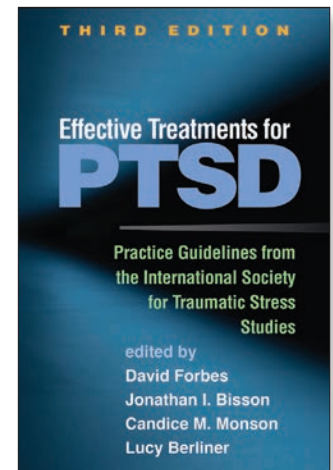
**Candice M. Monson, PhD**, Toronto Metropolitan University

**Lucy Berliner, MSW**, University of Washington, Seattle

“The third edition builds on the extraordinary contributions of the two prior editions....This is a scientifically grounded, visionary book that is an essential resource for clinicians, researchers, and advanced graduate students.”

—Patricia J. Watson, PhD

Grounded in the updated *Posttraumatic Stress Disorder Prevention and Treatment Guidelines* of the International Society for Traumatic Stress Studies (ISTSS), **the third edition of this definitive work has more than 90% new content.** Chapters describe PTSD assessment and intervention practices that have been shown to work and provide practical, real-world implementation guidance. Foremost authorities address the complexities of trauma treatment with adults, adolescents, and children in diverse clinical contexts. The book delves into common obstacles and ways to overcome them, when to stop trying a particular approach with a client, and what to do next. Special topics include transdiagnostic interventions for PTSD and co-occurring problems, dissemination challenges, and analyzing the cost-effectiveness of treatments.



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## Eye Movement Desensitization and Reprocessing (EMDR) Therapy

THIRD EDITION

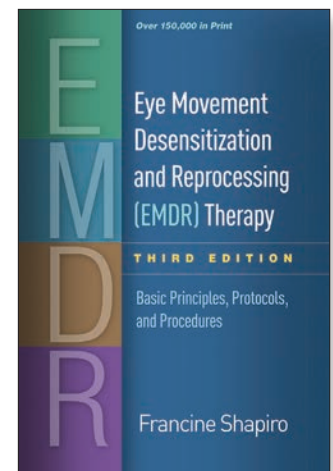
*Basic Principles, Protocols, and Procedures*

**Francine Shapiro, PhD**

“The strength of EMDR’s research base is now available in one easily accessible place, a testament to Shapiro’s decades of insistence that no matter how clinically useful EMDR therapy might be, it needs to be supported by empirical data. The book clearly describes applications to the range of posttraumatic responses as well as other clinical problems. It is truly a gift for clinicians—and our clients.”

—Laura S. Brown, PhD

The authoritative presentation of EMDR therapy, this groundbreaking clinical reference has been translated into 10 languages. Originally developed for treatment of PTSD, this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy’s theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. **Vivid vignettes, transcripts, and reproducible forms are included.** Purchasers get access to a **Web page** where they can download and print the reproducible materials in a convenient 8½" x 11" size.



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### Cultural Issues in Play Therapy SECOND EDITION

Edited by **Eliana Gil, PhD**, Gil Institute for Trauma Recovery and Education, Fairfax, VA; Starbright Training Institute for Child and Family Play Therapy

**Athena A. Drewes, PsyD, RPT-S**, New York Association for Play Therapy (Emeritus)

Foreword by **Robert Jason Grant, EdD**

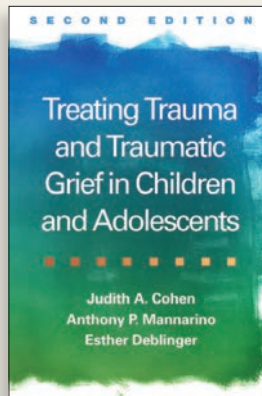
“Gil and Drewes have created a strikingly different second edition that positions cultural sensitivity as one of the most salient issues of our time.... The volume is rich in poignant case examples. I recommend this second edition as required reading in graduate-level play therapy and child/family psychotherapy courses. Be prepared for growth!”

—**Mary Anne Peabody, EdD, LCSW**

This unique resource is now in an extensively revised second edition with more than 90% new material and an expanded conceptual framework. Filled with rich case illustrations, the book explores how children’s cultural identities—as well as experiences of marginalization—shape the challenges they bring to therapy and the ways they express themselves. Expert practitioners guide therapists to build competence for working across different dimensions of diversity, including race and ethnicity, gender identity, sexual orientation, and disability.

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★ **Bestseller**

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### Treating Trauma and Traumatic Grief in Children and Adolescents

SECOND EDITION

**Judith A. Cohen, MD**,

Drexel University College of Medicine

**Anthony P. Mannarino, PhD**,

Allegheny General Hospital;  
Drexel University College of Medicine

**Esther Deblinger, PhD**,

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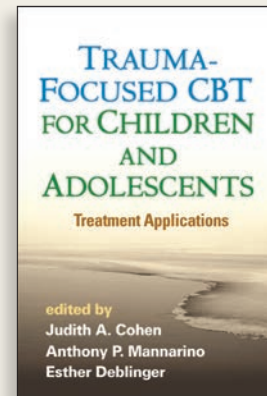
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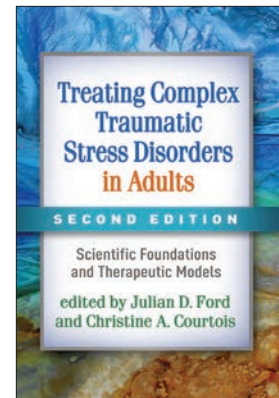
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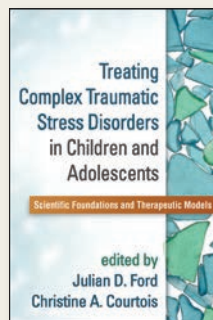
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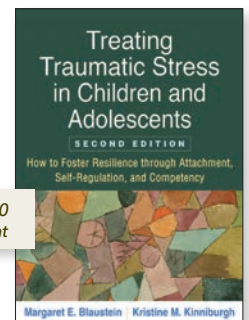
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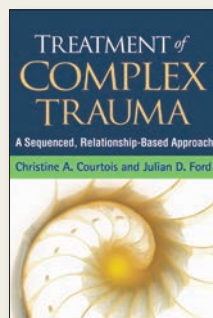
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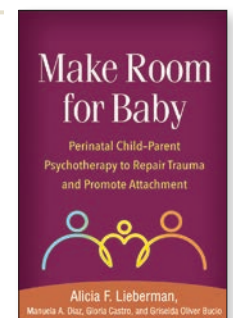
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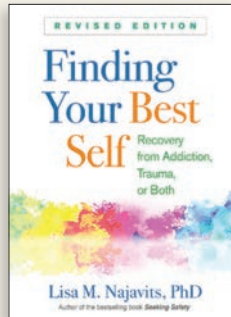
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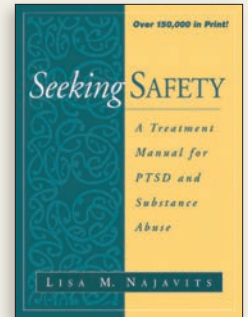
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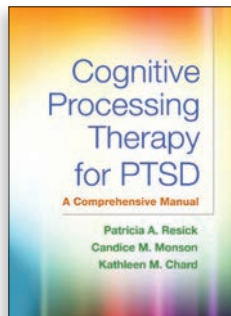
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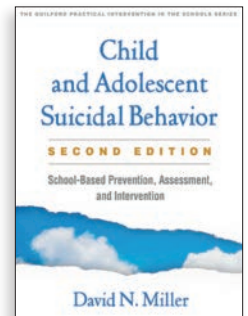
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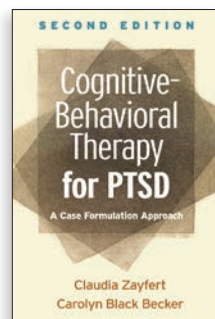
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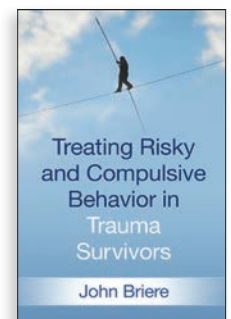
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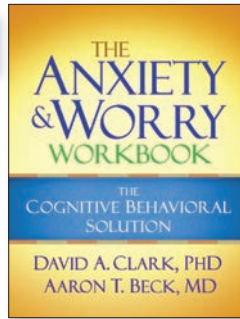
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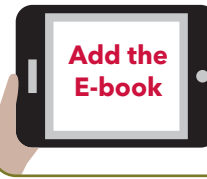


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