



SPRING 2021

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Foreign Rights List

**GUILFORD PRESS**

PSYCHOLOGY • PARENTING • HEALTH • RELATIONSHIPS



## FOREIGN RIGHTS LIST SPRING 2021

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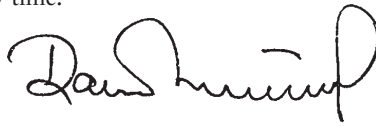

### Dear Friends,

We are excited to present to you our Spring 2021 Rights List, which includes a wide range of new and forthcoming titles for psychotherapists, counselors, healthcare professionals, and general readers.

This year, we are featuring several new titles for general readers, including *Coping with Cancer*, a compassionate guide for patients and survivors, which applies DBT skills to the unique challenges of cancer. Also on our general reader list is *The Lost Art of Listening, Third Edition*, one of Guilford's bestselling titles, with over 150,000 copies in print, now revised and updated for the digital age.

New and upcoming highlights from our professional list include *Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions*, the latest work by pioneering expert and the founder of cognitive therapy, Aaron T. Beck. With more than 250,000 copies in print, Guilford has also recently released the new edition of the bestselling clinical guide, *Cognitive Behavior Therapy, Third Edition: Basics and Beyond*.

If you would like more detailed information or reading copies for these, or any of our titles, please feel free to contact us at any time.



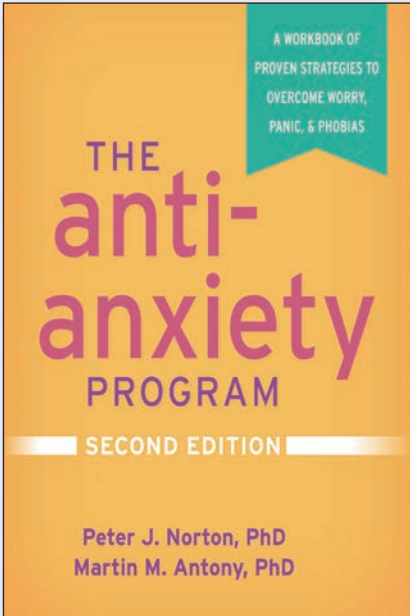
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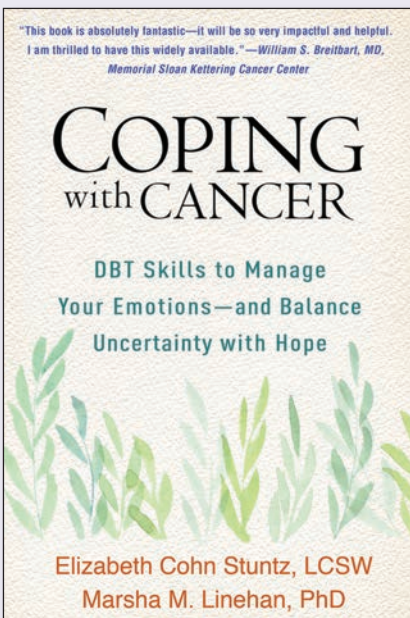
## Anti-Anxiety Program

SECOND EDITION

*A Workbook of Proven Strategies to Overcome Worry, Panic, and Phobias*

Norton • 246 • January 2021

- Based in cognitive-behavioral therapy (CBT), this step by step, the guide provides skills for changing ways of thinking that provoke anxiety.
- Structured to make it easy to use as self-help.
- Includes instructions for customizing the program, extra support for staying motivated, and new chapters on relaxation and mindfulness.



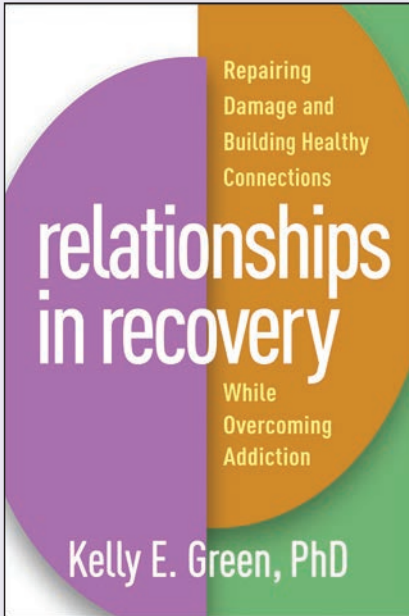
## Coping with Cancer

*DBT Skills to Manage Your Emotions—and Balance Uncertainty with Hope*

Stuntz • 167 • January 2021

► **Rights Sold:** *Russian*

Written for cancer patients and survivors by a cancer survivor herself (Dr. Stuntz), this compassionate guide offers powerful skills for making difficult treatment decisions, managing overwhelming emotions, speaking up for your needs, tolerating distress, and living meaningfully, even during the darkest days. The authors apply dialectical behavior therapy (DBT), a proven psychological intervention developed specifically for the impossible situations of life, to the unique challenges of cancer for the first time. Dr. Linehan's works have been translated widely.

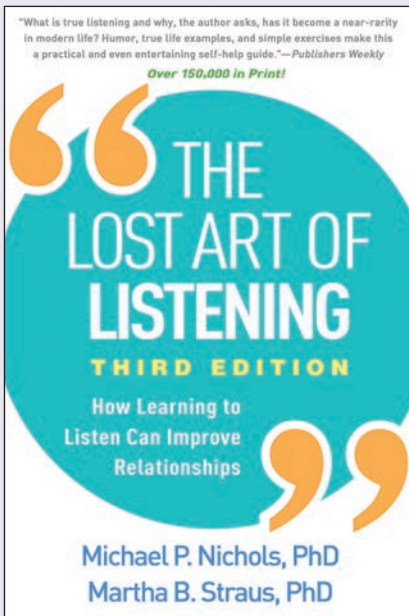


## Relationships in Recovery

*Repairing Damage and Building Healthy Connections While Overcoming Addiction*

Green • 196 • July 2021

- Addiction causes interpersonal problems—destroying trust and damaging bonds with family, friends, and colleagues—but it can also become a method of trying to cope with these problems.
- Maintaining healthy relationships is key to the recovery process; this book offers tool for setting and maintaining boundaries, communicating feelings, and ending harmful relationships.
- Includes inspiring personal stories, self-assessment worksheets, and exercises to help clients reestablish healthy, emotional intimacy.



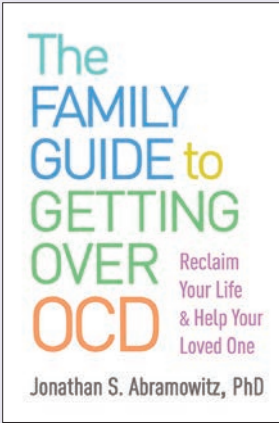
## Lost Art of Listening

THIRD EDITION

*How Learning to Listen Can Improve Relationships*

Nichols • 368 • March 2021

- Best seller with over 150,000 copies in print, now revised and updated for the digital age.
- Shows techniques for using listening to resolve conflicts and transform personal and professional relationships.
- Analyzes how any conversation can go off the rails and provides essential skills for building mutual understanding.
- New edition reflects the huge impact of technology and social media on relationships, and gives advice for talking to loved ones across social and political divides.

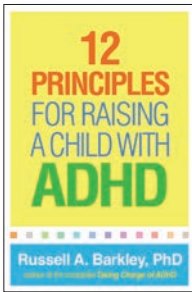


## Family Guide to Getting Over OCD

*Reclaim Your Life and Help Your Loved One*

Abramowitz • 238 • April 2021

- OCD causes difficulties for the whole family, but spouses, parents, and others' attempts to accommodate OCD behavior often reinforce these behaviors.
- Encourages OCD sufferers to face their fears, so family members can stop being controlled by the disorder.
- Includes strategies for getting family life back on track with practical examples, sample dialogues, and practical tools.

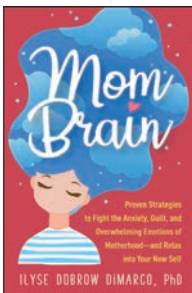


## 12 Principles for Raising a Child with ADHD

Barkley • 205 • October 2020

► **Rights Sold:** *Chinese-Simplified, Dutch, Japanese*

- This unique book presents 12 key principles that address the most common problems that ADHD poses, such as family conflicts, difficult behavior, school problems, and parental stress.
- Concise, inspiring, and filled with quick-reference lists and tips.

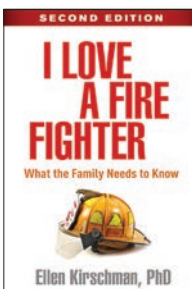


## Mom Brain

*Proven Strategies to Fight the Anxiety, Guilt, and Overwhelming Emotions of Motherhood—and Relax into Your New Self*

Dobrow DiMarco • 274 • May 2021

- Compassionate guide for mothers of children aged 0–5, particularly first-time moms.
- Grounded in CBT, DBT, and ACT techniques, this book provides practical guidance from a foundation of clinical knowledge

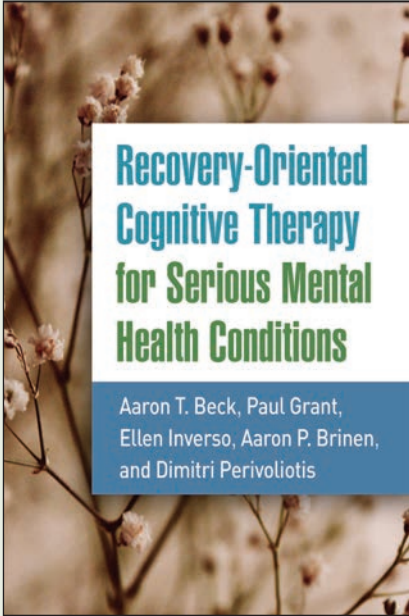


## I Love a Fire Fighter, SECOND EDITION

*What the Family Needs to Know*

Kirschman • 322 • June 2021

- Compassionate advice and practical strategies for mental health concerns of fire fighters and their loved ones.
- Includes how to deal with occupational hazards like trauma, marital stress, and substance use problems.

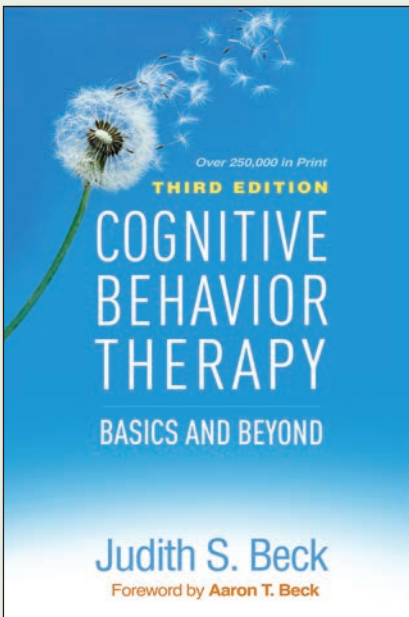


## Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions

Beck • 282 • December 2020

► **Rights Sold:** Dutch, Japanese, Portuguese, Russian

A practical manual for “Recovery-Oriented Cognitive Therapy” (CT-R), which is a treatment for chronic and severe mental health disorders. Beck is the founder of cognitive therapy, and this is his most recent major contribution to the field. Can be used in a wide variety of settings by psychologists, psychiatrists, clinical social workers, and psychiatric nurses.



## Cognitive Behavior Therapy

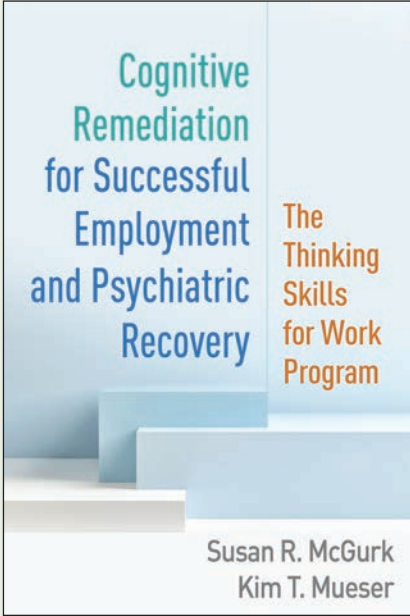
THIRD EDITION

*Basics and Beyond*

Beck • 412 • September 2020

► **Rights Sold:** Chinese- Simplified, Danish, Dutch, Japanese, Korean, Portuguese, Russian

- Major update to the leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT).
- Highly accessible, step-by-step guide to engaging patients, developing a sound case conceptualization and treatment plan.
- Core cognitive, behavioral, and experiential techniques are explained and strategies are presented for troubleshooting difficulties and preventing relapse.

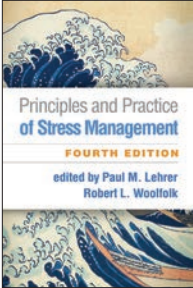


## Cognitive Remediation for Successful Employment and Psychiatric Recovery

*The Thinking Skills for Work Program*

McGurk • 372 • April 2021

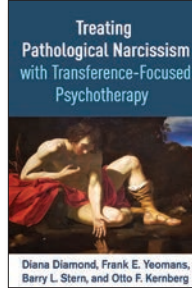
- Research-based program, Thinking Skills for Work (TSW), proven to help people with severe mental illness acquire and sustain meaningful employment.
- TSW integrates self-management strategies and computer-based cognitive training exercises to enhance clients' capacities in key areas of attention, memory, planning, and organization.
- Individualized Action Plans offer targeted support for getting a job, performing optimally on the job, mastering specific tasks and routines, and overcoming interpersonal challenges.



## Principles and Practice of Stress Management

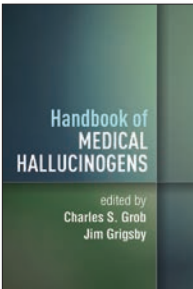
FOURTH EDITION

Lehrer • 656 pages  
March 2021



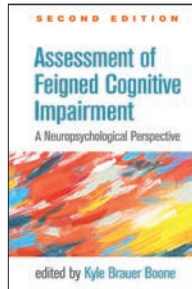
## Treating Pathological Narcissism with Transference-Focused Psychotherapy

Diamond • 446 pages  
July 2021



## Handbook of Medical Hallucinations

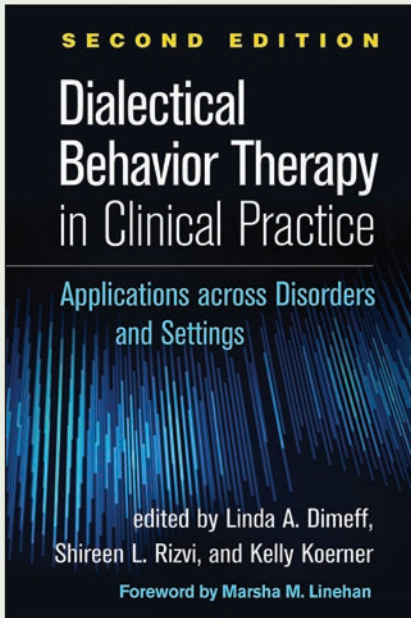
Grob • 556 pages  
February 2021



## Assessment of Feigned Cognitive Impairment

SECOND EDITION  
*A Neuropsychological Perspective*

Boone • 694 pages  
May 2021



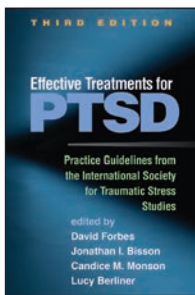
## Dialectical Behavior Therapy in Clinical Practice

SECOND EDITION

*Applications across Disorders and Settings*

Dimeff • 450 • November 2020

- Leading experts describe innovative ways to use dialectical behavior therapy (DBT) in a wide range of real-world clinical and community settings.
- Provides wise guidance on setting up, running, and evaluating a comprehensive DBT program, including adaptations designed to meet the needs of particular client populations.
- Influential work, now substantially revised with over 60% new material.



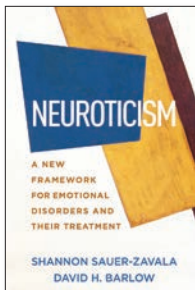
## Effective Treatments for PTSD, THIRD EDITION

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

Forbes • 558 • September 2020

► **Rights Sold:** Japanese

- Grounded in the updated PTSD Prevention and Treatment Guidelines of the International Society for Traumatic Stress Studies (ISTSS).
- Describes PTSD assessment and provides practical implementation guidance.
- Addresses the complexities of trauma treatment in diverse clinical contexts.



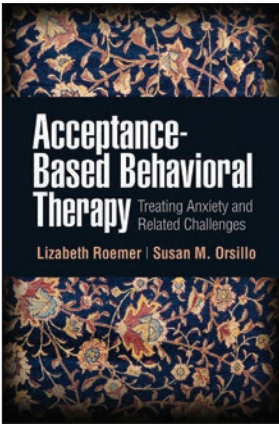
## Neuroticism

*A New Framework for Emotional Disorders and Their Treatment*

Sauer-Zavala • 256 • July 2021

- Neuroticism is the perception that the world is filled with stressful, unmanageable challenges, and is strongly associated with anxiety, depression, and other common mental health conditions.
- Shows how targeting this trait in psychotherapy can benefit a broad range of clients and reduce the need for disorder-specific interventions.





## Acceptance-Based Behavioral Therapy

### *Treating Anxiety and Related Challenges*

Roemer • 342 • August 2020

- Acceptance-based behavioral therapy (ABBT) is a flexible framework for treating anxiety disorders and co-occurring problems.
- This guide provides a complete overview of ABBT along with practical guidelines for assessment, case formulation, and individualized intervention.

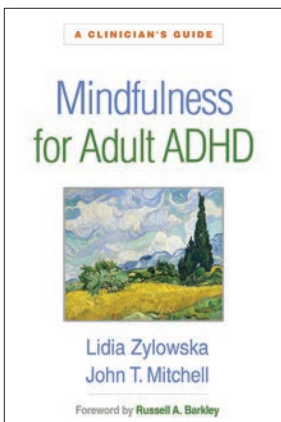
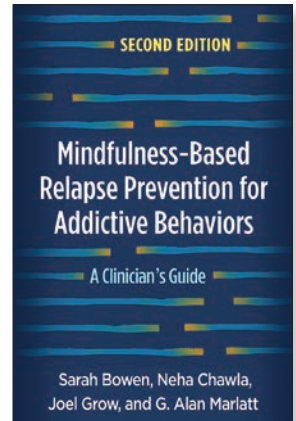
## Mindfulness-Based Relapse Prevention for Addictive Behaviors

SECOND EDITION

*A Clinician's Guide*

Bowen • 216 • February 2021

- Presents a proven approach for helping people meet the day-to-day challenges of recovery from addiction.
- Mindfulness-based relapse prevention (MBRP) integrates meditation practices with cognitive and behavioral skills building.

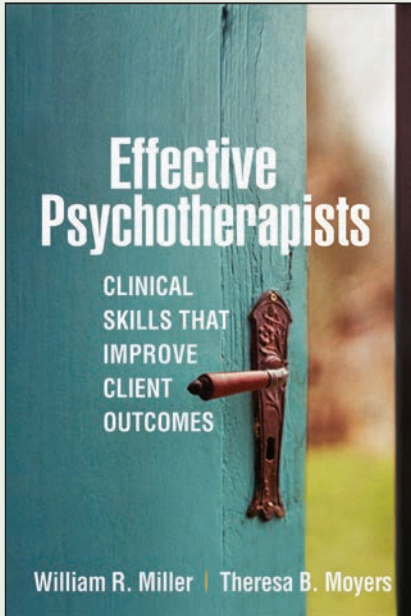


## Mindfulness for Adult ADHD

*A Clinician's Guide*

Zylovska • 207 • December 2020

- Manual for providing Mindful Awareness Practices for ADHD (MAPs), in an 8-session, mindfulness-based treatment program.
- Modeled after Jon Kabat-Zinn's Mindfulness-Based Stress Reduction and Zindel V. Segal's Mindfulness-Based Cognitive Therapy, with adaptations pertinent to treating people with ADHD.

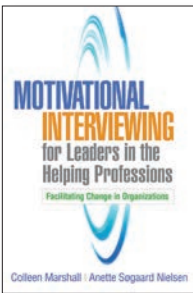


## Effective Psychotherapists

*Clinical Skills That Improve Client Outcomes*

Miller • 214 • January 2021

- Identifies specific interpersonal skills and attitudes that facilitate better client outcomes across a broad range of treatment methods and contexts.
- Shows that empathy, acceptance, warmth, focus, and other characteristics of effective therapists are both measurable and teachable.
- Gives practitioners and students a blueprint for learning, practicing, and self-monitoring these crucial clinical skills.



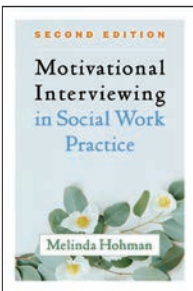
## Motivational Interviewing for Leaders in the Helping Professions

*Facilitating Change in Organizations*

Marshall • 250 • August 2020

► **Rights Sold:** Japanese, Swedish

- For leaders in health care and the social services, this book shows how motivational interviewing (MI) can transform conversations about change within an organization.
- Demonstrates ways to use MI to generate solutions, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures and programs.

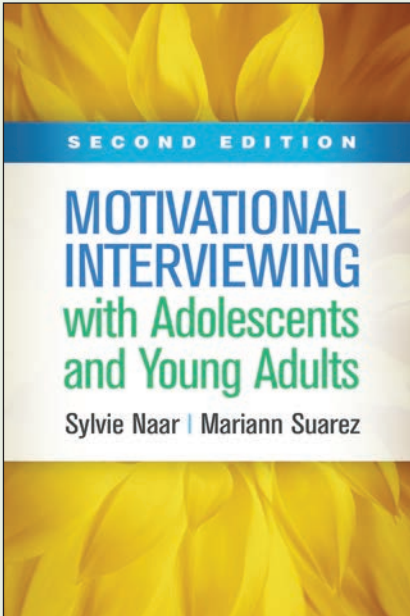


## Motivational Interviewing in Social Work Practice

SECOND EDITION

Hohman • 284 • March 2021

- Demonstrates what MI looks like in practice, how it transforms conversations with clients, and how to integrate it into social work practice in a wide range of settings.
- New edition with 60% new material, including extensive new examples to help readers build their own repertoires of MI skills.

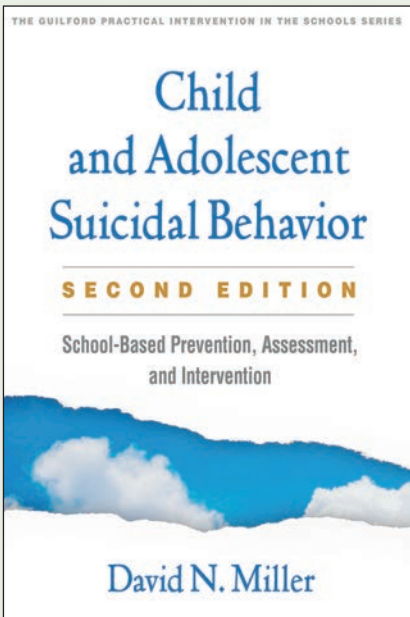


## Motivational Interviewing with Adolescents and Young Adults

SECOND EDITION

Naar • 224 • July 2021

- Shows how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context.
- Provides tools for helping young people discuss their struggles, explore alternatives, and make healthier choices around such concerns as substance use, smoking, anxiety, medication adherence, and obesity.
- Incorporates the rapidly growing research base on MI with youth.
- Significantly revised new edition of this unique practitioner guide, with 65% new material.



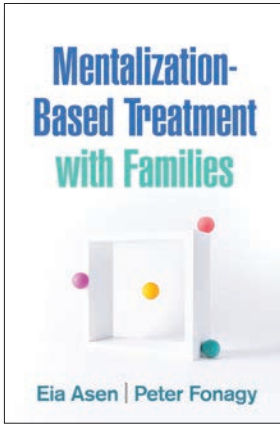
## Child and Adolescent Suicidal Behavior

SECOND EDITION

*School-Based Prevention, Assessment, and Intervention*

Miller • 214 • June 2021

- Guide for understanding, screening, and assessing suicide risk in students ages 5 to 17.
- Provides school practitioners with a framework for preventing and responding to youth suicidal behavior.
- Shows how to develop a coordinated plan in the aftermath of a suicide, offering specific tools for supporting students, parents, and school personnel.
- Presents strategies for intervening appropriately within a multi-tiered system of support.



## Mentalization-Based Treatment with Families

Asen • 226 • April 2021

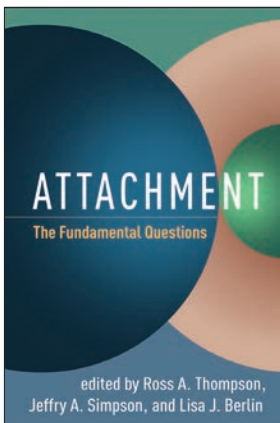
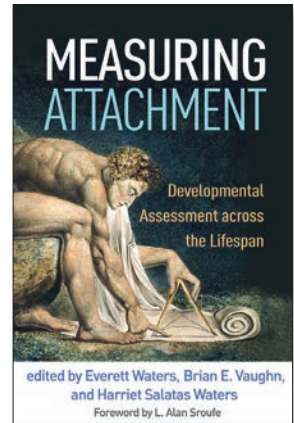
- Practical therapeutic strategies that use a mentalizing lens to examine clinical practice with families.
- Draws on mentalization-based treatment (MBT) model and interweaves it with interventions.
- Focuses on ways to help parents, children, and adolescents overcome blocks in how they relate to one another by gaining a deeper understanding of each other's experiences and points of view.

## Measuring Attachment

*Developmental Assessment across the Lifespan*

Waters • 488 • May 2021

- Examines traditional and emerging measures of attachment behavior from infancy to adulthood.
- For researchers and practitioners who use attachment assessments in their work.
- Clarifies conceptual and empirical foundations of various measures and shows how they fit into a framework.

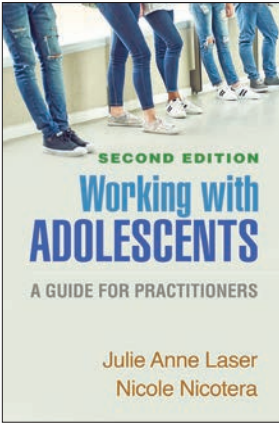


## Attachment

*The Fundamental Questions*

Thompson • 450 • April 2021

- Identifies nine central questions facing the field of attachment and invites leading authorities to address them in 46 succinct essays.
- Multiple perspectives are presented on what constitutes an attachment relationship, the best ways to measure attachment security, and more.
- Includes discussions on the challenges in cross-cultural research.



## Working with Adolescents

SECOND EDITION

### *A Guide for Practitioners*

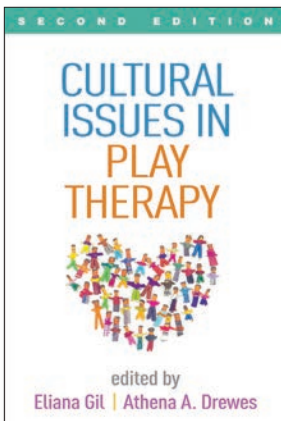
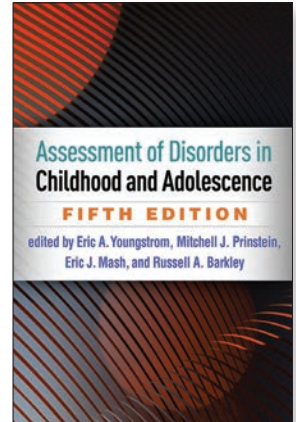
Laser • 362 • May 2021

- Accessible textbook and practitioner resource that provides an overview of adolescent development.
- Explores effective ways to support teens who are having difficulties.
- Incorporates current research on brain development, resilience, gender diversity, and mental health care.

## Assessment of Disorders in Childhood and Adolescence, FIFTH EDITION

Youngstrom • 730 • August 2020

- Leading course text and practitioner reference; provides an overview of a variety of child and adolescent problems.
- Shows comprehensive framework for assessment of a range of treatments.
- Updated for DSM-5 and ICD-11.

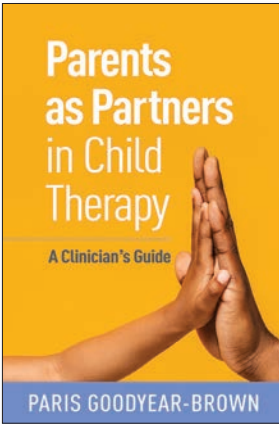


## Cultural Issues in Play Therapy

SECOND EDITION

Gil • 214 • July 2021

- Explores how children's cultural identities shape the challenges they bring to therapy.
- Guides therapists in working across different dimensions of diversity, including race and ethnicity, gender identity, sexual orientation, and disability.
- Revised second edition with more than 90% new material.



## Parents as Partners in Child Therapy

### *A Clinician's Guide*

Goodyear-Brown • 254 • December 2020

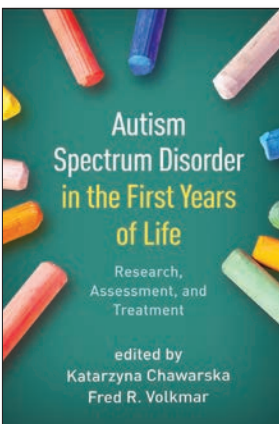
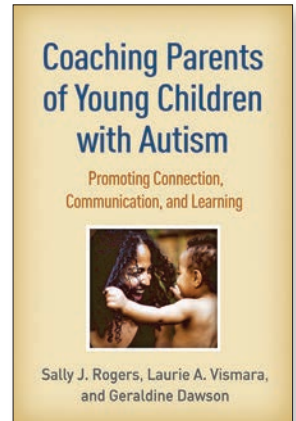
- Provides creative, concrete intervention strategies for working with parents dealing with challenging family issues.
- Part of the author's TraumaPlay model for working with trauma and attachment disturbances
- Full of practical resources.

## Coaching Parents of Young Children with Autism

*Promoting Connection, Communication, and Learning*

Rogers • 320 • April 2021

- For clinicians coaching parents in building social and communication skills in 0- to 5-year-olds with autism spectrum disorder (ASD).
- Incorporate learning opportunities into daily routines at home.
- Handouts and forms include the P-ESDM Infant–Toddler Curriculum Checklist, ideal for use in telehealth assessments.



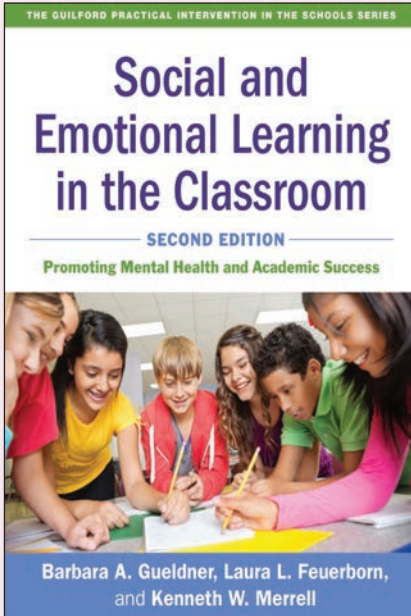
## Autism Spectrum Disorder in the First Years of Life

*Research, Assessment, and Treatment*

Chawarska • 400 • July 2020

► **Rights Sold:** *Italian, Russian*

- Presents the many new advances in understanding and treating autism spectrum disorder (ASD) in children ages 0 to 5.
- Describes tools and methods to effectively identify children with the disorder and those at risk for related problems.



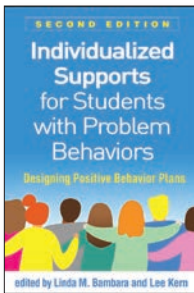
## Social and Emotional Learning in the Classroom

SECOND EDITION

*Promoting Mental Health and Academic Success*

Gueldner • 268 • August 2020

- Trusted resource that provides a best-practice guide to planning and implementing social and emotional learning (SEL) in K-12 classrooms and schools.
- For practitioners, guide to programs and strategies to integrate SEL with academics and mental health interventions.
- Timely topics and themes include culturally responsive and trauma-informed practices, teacher-family-community partnerships, and relationships as a foundation to SEL success.



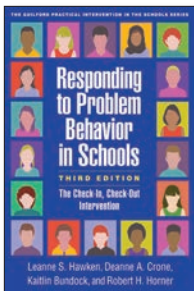
## Individualized Supports for Students with Problem Behaviors

SECOND EDITION

*Designing Positive Behavior Plans*

Bambara • 462 • March 2021

- Provides tools for developing individualized positive behavior support (PBS) plans for students with pervasive behavioral challenges.
- Guides practitioners through the PBS process, presenting assessment procedures and intervention strategies.



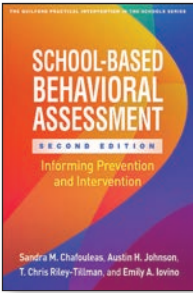
## Responding to Problem Behavior in Schools, THIRD EDITION

*The Check-In, Check-Out Intervention*

Hawken • 269 • November 2020

► **Rights Sold:** Chinese- Complex

- Foundational guide to Check-In, Check-Out (CICO), designed for the approximately 10–15% of students who fail to meet schoolwide behavioral expectations but who do not require intensive, individualized supports.
- Includes step-by-step procedures and tools for planning and implementation.



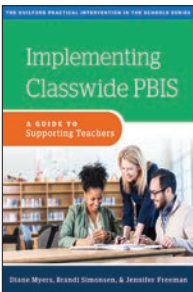
## School-Based Behavioral Assessment

SECOND EDITION

*Informing Prevention and Intervention*

Chafouleas • 168 • January 2021

- Concise guidance for effectively conducting social, emotional, and behavioral assessments in today's K–12 schools.
- Includes current knowledge about the defensibility, usability, repeatability, and flexibility of each method.



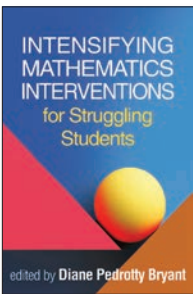
## Implementing Classwide PBIS

*A Guide to Supporting Teachers*

Myers • 146 • July 2020

- Comprehensive guide to supporting K–12 teachers in effective implementation of classwide positive behavioral interventions and supports (CWPBIS).
- Procedures are outlined for providing data-driven CWPBIS training and coaching that is responsive to the needs of each teacher.

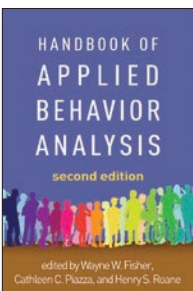
## EDUCATION



## Intensifying Mathematics Interventions for Struggling Students

Bryant • 220 • May 2021

- Guide to delivering math interventions for K–12 educators.
- Explains critical math areas in which many students have difficulty and shows how to use data-based individualization to plan, monitor, and intensify instruction in each area.



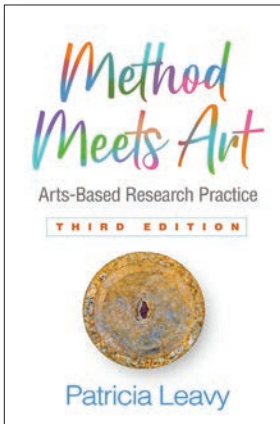
## Handbook of Applied Behavior Analysis

SECOND EDITION

Fisher • 640 • April 2021

- Complete reference on the principles and practice of applied behavior analysis (ABA).
- Includes procedures for supporting positive behaviors and reducing problem behaviors with children and adults in diverse contexts.





## Method Meets Art, THIRD EDITION *Arts-Based Research Practice*

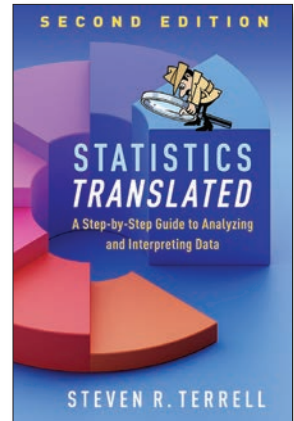
Leavy • 344 • August 2020

- New edition of this award-winning text, now revised and updated with new topics, examples, and guiding questions.
- Presents a practical guide to the full range of arts-based research genres—narrative inquiry, fiction-based research, poetry, music, dance, theatre, film, and visual art.

## Statistics Translated, SECOND EDITION *A Step-by-Step Guide to Analyzing and Interpreting Data*

Terrell • 440 • February 2021

- Prepares students and practitioners to become informed consumers of statistics so that they can make decisions based on data.
- Uses practical examples for understanding decisions others have made in a range of fields, such as business, information systems, and medical sciences, along with education and psychology.

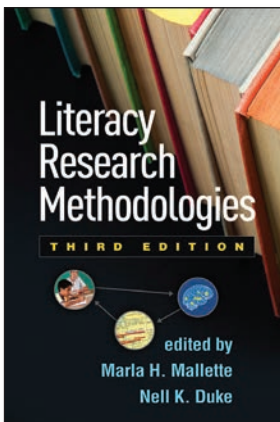


## Literacy Research Methodologies

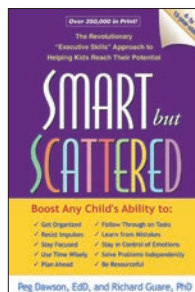
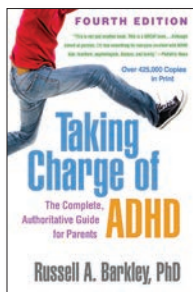
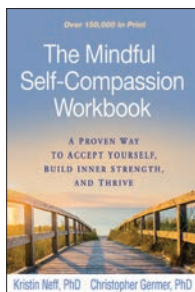
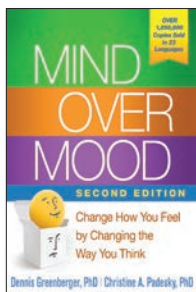
THIRD EDITION

Mallette • 470 • November 2020

- Presents a range of widely used methods that can yield unique insights into literacy learning and teaching.
- Provides students and researchers with a clear understanding of when, how, and why they are applied.
- Fully revised and updated with 50% new material.



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**The Mindful Self-Compassion Workbook**

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**The Anxiety and Worry Workbook**

CLARK • September 2011 • RIGHTS SOLD IN 12 languages

**Smart but Scattered**

DAWSON • January 2009 • RIGHTS SOLD IN 16 languages

**Taking Charge of ADHD, FOURTH EDITION**

BARKLEY • June 2020 • RIGHTS SOLD IN Chinese (simplified), German, Portuguese, Ukrainian

**Overcoming Binge Eating, SECOND EDITION**

FAIRBURN • July 2013 • RIGHTS SOLD IN 14 languages

**Smart but Scattered Teens**

GUARE • December 2012 • RIGHTS SOLD IN 7 languages

**The Bipolar Disorder Survival Guide, THIRD EDITION**

MIKLOWITZ • February 2019 • RIGHTS SOLD IN Chinese (world) and Italian

**Raising a Secure Child**

HOFFMAN • February 2017 • RIGHTS SOLD IN 10 languages

**Loving Someone with Borderline Personality Disorder**

MANNING • June 2011 • RIGHTS SOLD IN Chinese (simplified), German, Japanese, Turkish

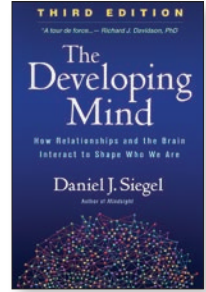
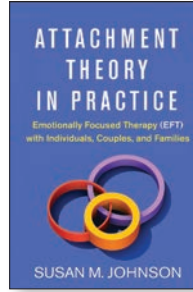
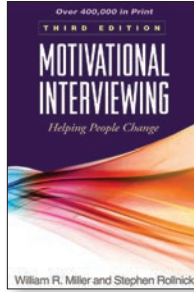
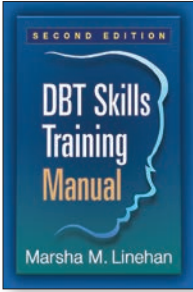
**The Mindful Way Workbook**

TEASDALE • January 2014 • RIGHTS SOLD IN 16 languages

**The Mindful Way through Depression**

WILLIAMS • June 2007 • RIGHTS SOLD IN 25 languages

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NAJAVITS • December 2001 • RIGHTS SOLD IN 6 languages

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RESICK • December 2016 • RIGHTS SOLD IN Chinese (simplified), Japanese, Korean, Polish

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