Mental Health Resource Catalogue 2020

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Hello everyone. Welcome to our 13th consecutive springtime catalogue of featured titles. This is the third installment of our luscious biannual habit. Thank you for reading and for shopping with us. Our year has been marvelous so far and we are pleased to present you with a whole slew of fantastic readable plucked from the hot-off-the-press pile as well as the proven-in-the-field-over-the-years pile. A smorgasbord of irresistible forces in book form. This treasure contains 152 titles that span many of our glorious areas of interest.

I saw a video of an aerial view of the Toronto Harbourfront. It was much like the view from a helicopter. Think of this catalogue as your helicopter’s eye view of a bunch of awesome mental health resources. You will be spared the inconvenience of having to land a chopper every time a book interests you. You should turn the pages and peruse at your own leisurely pace in the comfort of your own airspace.

Then there was this television show I watched when I was slightly younger. A bird on the show had a friend that nobody believed he had. His friend strongly resembled a woolly mammoth. I love those two. This catalogue of featured titles is real. Go on then. Sail the vast sea of exceptional reading! We appreciate your attention.

I will now take care of some business:

Our flat-rate shipping charge is currently $6 within most of Canada (some exceptions must apply, and the rate is subject to change). Domestic shipping will continue to be free on orders with pre-tax totals of $100 or more (with a few exceptions). International shipping will continue to be priced competitively on a case-by-case basis.

All listed prices are in Canadian dollars and are subject to change, driven by the usual external forces.

We do offer discounts on multiple copies; we specially price (discount) course texts. Please request quotes!

Visit our store if and when you can, and browse through our extensive stock of over 9,000 titles — browse and search online, where we’ve another 65,000 titles listed as available to order. Come by our book tables at 130 or so days annually of seminars, workshops and conferences where we tailor our offerings to the topic and presenters.

So glad to have gotten that off my chest. — Newsletter Neil
PSYCHOTHERAPY TECHNIQUES AND PRACTICE

Reaching Through Resistance: Advanced Psychotherapy Techniques  [2015]
Allan Abbass  $73.95 $66.56 Seven Leaves  9780988378865
Written for therapists of all experience levels, this title will help to rapidly assess resistance and provide emotionally engaged psychotherapy to treatment-resistant and complex patients. By outlining clear, systematic steps for assessment and intervention Abbass teaches therapists how to get through to clients with long-held treatment-defeating behaviors.

Anxiety Solutions: 50 ways to calm your mind and soothe your body  [2018]
Selina Byrne  $77.95 $70.16 Innovative Resources  9781925657104
Anxiety is one of the most common mental health issues in the western world, and these cards provide 50 simple, fun, clinically-proven strategies for managing anxious thoughts. Strategies are based on Byrne's work in mindfulness, neuroscience, positive psychology, CBT and solution focused brief therapy. Great for client use alone or with a therapist.

Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More  [2018]
Vicki Enns (Edt)  $24.95 $22.46 Achieve Publishing  9781988617039
This book offers practical strategies for supporting people of all ages who have a variety of issues, whether psychological, circumstantial, or due to harmful coping mechanisms. Each chapter covers a different issue, and illustrates the methodology with case examples. This book is written for clinical counsellors, frontline workers, and any who identify as care providers.

Turning Failure Upside Down: To Make Visible What Matters  [2019]
Jane Hutton | Illustrated By Gela Marie Williams  $87.50 $70.00 Twigseeds  X15692
This narrative therapy kit—with 31 illustrated cards, instructions, and a book—explores how understanding our failure to be normal can show our values. The whimsical pictures can launch conversations, while the corresponding questions draw from the "failure map" described in the booklet. The kit will appeal to anyone wanting to explore the meaning of failure, either at home or with a therapist.

The Science and Practice of Wellness: Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO)  [2020]
Rakesh Jain & Saundra Jain  $47.90 $31.96 Norton  9780393713657
Starting with an introduction to wellness interventions in various clinical settings and the science behind them, the authors offer advice on such beneficial practices as exercise, mindfulness, nutrition, and more. Interventions aim to improve upon HERO traits—Happiness, Enthusiasm, Resilience & Optimism. A resource section provides wellness scales and forms developed by the authors.

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The MDPAC psychotherapy training program is a year-long training course for physicians wishing to develop a focused practice in psychotherapy or to increase their skills in providing psychotherapy in the context of a comprehensive family practice setting. While there are many models of therapy, it has become more apparent and empirically researched that the most important factor in healing is the therapeutic alliance or relationship. This program will focus on the basic core skills required to foster, manage ruptures of, and create safety within this relationship, while also learning ways to care for ourselves while caring for others.

Each residential weekend will consist of both didactic and experiential components with adequate opportunities for feedback and interaction with presenters and colleagues. Participants are expected to attend each weekend and five online group supervision sessions throughout the year.

**MDPAC Psychotherapy Training Program**
September 2020 to June 2021

**Five Experiential Weekends & Five Supervision Group Sessions**

The MDPAC psychotherapy training program is a year-long training course for physicians wishing to develop a focused practice in psychotherapy or to increase their skills in providing psychotherapy in the context of a comprehensive family practice setting. While there are many models of therapy, it has become more apparent and empirically researched that the most important factor in healing is the therapeutic alliance or relationship. This program will focus on the basic core skills required to foster, manage ruptures of, and create safety within this relationship, while also learning ways to care for ourselves while caring for others.

Each residential weekend will consist of both didactic and experiential components with adequate opportunities for feedback and interaction with presenters and colleagues. Participants are expected to attend each weekend and five online group supervision sessions throughout the year.

**September 11-13, 2020 at Geneva Park (Orillia)**
Initial Assessment and Intake & the Therapeutic Alliance;

**November 14-16, 2020 at BMO Institute for Learning (Scarborough)**
Therapeutic Presence & Providing Patient Safety;

**February 5-7, 2021 at BMO Institute for Learning (Scarborough)**
Ethics, Record Keeping, Medical/Legal Issues & Psychopharmacology

**April 16-18, 2021 at Geneva Park (Orillia)**
Boundaries, Transference, and Countertransference;

**June 18-20, 2021 at Geneva Park (Orillia)**
Trauma, Self Care, and Burnout Prevention

**TESTIMONIALS**

“More aware of my own responses in therapy and impact of transference both directions.”

“Building community within the participants.”

“It gave me core “soft skills” outside of the specific therapeutic techniques that I need to practice competently, safely, effectively.”

For more details or to register, visit MDPAC.CA

**REGISTRATION**

Registration Fee Includes
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$4200 includes meals, accommodation and supervision

A deposit of $500 is required at time of registration.

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Delivering Effective College Mental Health Services  [2019]
Lee Keyes  $52.95  $50.30  Johns Hopkins  9781421428857
Psychologist Lee Keyes aims to ease the burden of overwhelmed and underfunded campus counseling services. He offers sound advice for creating a cross-division, service-oriented counseling practice that best fits a school's culture and students. This useful handbook for administering services offers practical advice, structural suggestions, training activities for counselors and much more.

ADD-Friendly Ways to Organize Your Life: Strategies That Work from a Professional Organizer and a Renowned ADD Clinician, 2nd Ed.  [2016]
Judith Kolberg & Kathleen Nadeau  $41.90  $35.66  Routledge  9781138190740
The authors offer solutions for adults who want to get and stay organized. Readers will enjoy new content on organizing digital information and finances, managing distractions, and coping with the "black hole" of the internet. This exciting resource offers three levels of intervention strategies—self-help, support of family & friends, or professionals—so the reader can determine their own needs.

How to Talk to a Narcissist, 2nd Ed.  [2019]
Joan Jutta Lachkar  $51.95  $44.16  Routledge  9780815382065
This practical guide focuses specifically on communicating with patients with severe narcissistic personality pathology and those with BPD. Lachkar provides an overview of the types of these high-conflict personalities, analyzing and explaining possible defenses patients may use. Updated treatment techniques are included with their historical and theoretical underpinnings.

Philosophy of Expressive Arts Therapy: Poiesis and the Therapeutic Imagination  [2019]
Stephen Levine  $45.95  $41.36  Jessica Kingsley  9781787750050
Examining the philosophical foundations of expressive arts therapy and bringing together different schools of thought in unexpected ways, Levine shows how the principles underlying expressive arts therapy have relevance to ethics, politics and social change. It includes chapters on Taoism, improvisation, and the importance of creativity in understanding human existence.

Essentials of Treatment Planning, 2nd Ed.  [2019]
Mark Maruish  $48.00  $43.20  Wiley  9781119533306
This updated and easy-to-use book explores how to develop and use treatment plans to strengthen the entire treatment process. It covers material such as the role and benefits of treatment planning in a clinical setting, approaches for conducting comprehensive patient assessments, the use of assessment information in developing individual treatment plans, and strategies for ongoing evaluations and revisions of these plans.

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Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process, 2nd Ed. [paperback 2020]

Nancy McWilliams $56.95 $48.56 Guilford 9781462543694

Now in paperback, this acclaimed clinical guide makes psychoanalytic personality theory and its implications accessible for practitioners both new and seasoned. McWilliams explains major character types and demonstrates ways that understanding the patient’s individual personality structure can influence the therapist’s focus and style of intervention. The book includes a wealth of case examples.

Leaving It at the Office: A Guide to Psychotherapist Self-Care, 2nd Ed. [2018]

John Norcross & Gary VandenBos $42.90 $38.66 Guilford 9781462535927

This highly practical guide helps busy psychotherapists balance their personal and professional lives. The book presents 13 research-based self-care strategies and methods for clinicians to use daily. Infused with a positive message of renewal and growth, clinicians are shown how to leave distress at work and tend to their physical, emotional, and spiritual needs.

Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies [2018]

Stephen Porges & Deb Dana (Eds) $50.00 $40.00 Norton Professional Books 9781324000501

This cogent collection on the range of applications and benefits of the polyvagal theory brings to life its practical use. Chapters cover a range of topics and situations, including working with abused children, the restorative value of movement for trauma survivors, how the theory can be used to understand the neurology of various therapies, and many other applications.

Rethinking Adult ADHD: Helping Clients Turn Intentions Into Actions [2020]

J. Russell Ramsay $63.95 $57.56 APA 9781433831508

Research shows that cognitive strategies play a key role in ADHD symptoms. Dr. Ramsay explores the common self-limiting beliefs that underlie and reinforce ADHD in adults, and offers a blueprint to help clients overcome symptoms using CBT. Case illustrations show traditional cognitive change tactics can be adapted to treat adult ADHD and foster the implementation of coping strategies and skills.

Understanding Ericksonian Hypnotherapy: Selected Writings of Sidney Rosen [2019]

Sidney Rosen | Edited by Victor Kiarsis $64.95 $51.96 Routledge 9780367338848

This book is a collection of selected writings aiming to demystify Erickson's work and dispel preconceptions about hypnosis. The book clarifies the fundamentals of Erickson's approach, stressing the importance of trance and hypnosis in therapy. Providing guidelines for individual and group therapy, this book is an excellent guide to Ericksonian hypnotherapy.

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MENTAL HEALTH AND WELLNESS SERVICES

About Dalton Associates

We provide specialized mental health and wellness services that are culturally sensitive, safe, accessible, and timely, within communities throughout Ontario.

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Mindful Movement in Psychotherapy  [2019]
Paul Salmon $42.95 $38.66 Guilford 9781462541829
Salmon provides accessible tools to use mindful movement with clients. He shows how simple practices like breathing, walking, and stretching can centre clients’ attention in the present moment. He summarizes research on the benefits of movement for specific mental and physical health conditions. Includes case examples, scripts and access to a website with downloadable audio of 29 guided practices.

Unlearn Your Anxiety and Depression  [2016]
Howard Schubiner $37.95 Mind Body Publishing 9780984336753
Dr. Schubiner has developed a unique program to help clients understand if previously helpful survival responses have become a long-term detriment, and guide them to reverse those patterns. The program in this book will guide readers through a step-by-step recovery and gain a new understanding of their symptoms. Techniques include behavioral interventions, emotional processing, writing, meditation, and more.

Sexual Attraction in Therapy: Managing Feelings of Desire in Clinical Practice  [2020]
Michael Shelton $57.95 $52.16 Routledge 9780367205966
This is a teaching guide to give professionals an effective protocol for engaging in better sexual decision-making in clinical practice. It includes advice on how to recognize personal risk factors, identify counterproductive behaviors, and exit sexual situations. Chapters guide therapists in monitoring progress along the 'sexual decision cycle,' and help supervisors to create organizations resistant to poor sexual decision-making.

Mastering the Clinical Conversation: Language as Intervention  [2019]
Matthieu Villatte, Jennifer Villatte & Steven Hayes $42.95 $38.66 Guilford 9781462542161
Grounded in Relational Frame Theory, the authors share how harnessing the power of language can free clients from negative patterns. Includes techniques for activating and shaping behavior change, building a flexible sense of self, fostering meaning, creating metaphors, and more. User-friendly features include 80+ case vignettes with commentary, plus a guide full of sample phrases and questions.

The Unconscious: Theory, Research, and Clinical Implications  [2019]
Joel Weinberger & Valentina Stoycheva $63.95 $57.56 Guilford 9781462541058
Using research, theory, and clinical insight, this book provides a new understanding of the unconscious and its centrality to human function. The authors integrate reviews of varied theories with cognitive neuroscience to create an empirically supported model of the unconscious. Arguing that psychotherapies have not kept pace with science, they identify promising new directions for clinical practice.
Exposure Therapy for Anxiety: Principles and Practice, 2nd Ed. [2019]
Jonathan Abramowitz, Brett Deacon & Stephen Whiteside
$49.95 $44.96 Guilford 9781462539529
This new edition is updated with cutting-edge ACT techniques and a focus on inhibitory learning. Abramowitz helps clinicians gain skills in using exposure and tailoring interventions to clients. He reviews the theoretical and empirical bases of exposure and describes specialized assessment and treatment planning techniques. Includes illustrative examples, treatment plans, and downloadable handouts and forms.

The Decider: A Skills Manual [2012]
Michelle Ayres & Carol Vivyan $77.95 The Decider X17521
This manual contains 32 CBT- and DBT-informed interventions and skills based on the 4 core skills of distress tolerance, mindfulness, emotion regulation and interpersonal effectiveness. Each skill has its own reproducible handout and corresponding clinician's page, providing a detailed explanation of how to teach and present the skills for the client to best understand the applications. Also see the new Decider Life Skills Trainer Manual, now available!

Cognitive-Behavioral Therapy for OCD and Its Subtypes, 2nd Ed. [2019]
David A. Clark $49.95 $44.96 Guilford 9781462541010
Combining scientific rigor and clinical acumen, the book illustrates an effective approach to assessment, case formulation, psychoeducation, and cognitive and behavioral intervention. Includes 26 reproducible forms and handouts which can easily be downloaded and printed for clients. Updated with 80% new content from 15 years of advances.

Cognitive-Behavioral Treatment of Perfectionism [2016]
Sarah Egan, Tracey Wade, Roz Shafran & Martin Antony $41.50 $37.35 Guilford 9781462527649
This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether on its own or in conjunction with another disorder. The authors draw on their extensive experience to present specific techniques and interventions spanning treatment planning, relapse prevention, and new research on the subject. Includes reproducible assessment scales and 36 patient handouts.

Debra Hope, Richard Heimberg & Cynthia Turk $49.50 Oxford 9780190247638
Now in its third edition, this workbook is full of user-friendly forms and worksheets, providing essential information on the nature of social anxiety and the scientifically supported cognitive-behavioural techniques used to treat it. Updated with current science and clinical findings, readers may use it as part of therapy with a professional or on their own.

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The Dialectical Behavior Therapy Skills Card Deck: 52 Practices to Balance Your Emotions Every Day  [2019]
Matthew McKay & Jeffrey Wood  $24.95 New Harbinger  9781684033980
Based on McKay's best-selling DBT Skills Workbook, this powerful and portable card deck presents 52 practices to help individuals balance their emotions. On each card, therapists and clients will find powerful mindfulness exercises, tips for improving relationships, and skills for emotion regulation and distress tolerance. This deck offers daily wisdom and evidence-based practices for lasting wellbeing.

Christine Padesky with Dennis Greenberger  $56.95  $51.26 Guilford  9781462542574
The long-awaited authoritative companion to the classic workbook has finally arrived! Updated with 90% new material, all in an accessible step-by-step format that guides the user in the best application of each corresponding workbook chapter for individual, group or couple therapy. Therapy tips, case examples and troubleshooting guides make this an essential companion for both novice and experienced therapists.

The workbook, Mind Over Mood, 2nd Ed, is always in stock and also available for bulk purchases. French and Spanish versions available too!
Chain Analysis in Dialectical Behavior Therapy  [2019]
Shireen Rizvi  $42.95  $38.66  Guilford  9781462538904

Filled with clinical examples, this book breaks down the process of behavioral chain analysis—the critical foundation for assessment and problem solving in DBT. Rizvi presents questions to ask, strategies for engaging clients, addressing difficult-to-assess problems, and ways to avoid common mistakes. Explains how to conduct chains in the context of individual therapy, group skills training, phone coaching, and the consultation team.

Leslie Sokol & Marci Fox  $48.95  $46.50  PESI  9781683732556

Written for mental health professionals, students, trainers, supervisors and teachers, this workbook is filled with practical, easy-to-understand tools to help put CBT theory into practice. This accessible guide contains worksheets, coping cards, step-by-step plans and activities to help teach clients effective coping skills, build their confidence and eliminate self-doubt.

CBT with Justice-Involved Clients: Interventions for Antisocial and Self-Destructive Behaviors  [2018]
Raymond Chip Tafrate, Damon Mitchell & David Simourd  $49.95  $44.96  Guilford  9781462534906

With a focus on reducing recidivism, the book demonstrates ways to enhance clients’ motivation for change and elicit prosocial values and life priorities. Practitioner-friendly features include case examples, recommended assessment instruments, over 35 sample scripts, and 27 reproducible forms and worksheets, which can be either photocopied or downloaded.

The Heart of ACT: Developing a Flexible, Process-Based, and Client-Centered Practice Using Acceptance and Commitment Therapy  [2019]
Robyn Walser  $69.95  $55.96  New Harbinger  9781684030392

In this guide, therapists will find both intra- and interpersonal tools to take their ACT delivery to a new, exciting level. With a wealth of engaging scenarios, insights, and supervision dialogues, Walser provides the tools to apply ACT concepts, as well as tips for adopting a flexible approach.

TRAUMA, PTSD AND ATTACHMENT

Transgenerational Trauma and Therapy: The Transgenerational Atmosphere  [2020]
Tihamér Bakó & Katalin Zana  $46.50  $41.85  Routledge  9780367859312

This title explores the psychological effects of collective, societal traumas on whole groups of individuals and provides new ways of understanding the serious after-effects of man-made suffering. Rich in clinical material and methodological suggestions, it deals particularly with the role of the social environment in the processing of trauma, as well as its hereditary transmission.
The Institute for the Advancement of Self Psychology in Toronto is a community for ongoing education and support for clinical psychotherapists.

We believe that every clinical therapist, regardless of orientation, needs and benefits from joining with colleagues in a community that provides for ongoing case discussion and learning.

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Carla Leone, Ph.D
presents:
Patients and Their Significant Others:
Helping Patients Improve Their Relating and Relationships Through Individual and Couple Treatment

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Behavioral Activation for PTSD: A Workbook for Men: Reduce Anxiety and Take Charge of Your Life  [2018]

Lisa Campbell with Karie Kermath  $25.99 $23.39  Althea Press  9781641520751

Using action-oriented exercises, this workbook for men helps clients overcome triggers and avoidance behaviors by reintroducing positive, mood-boosting activities. The self-paced program is designed to tackle the challenges specific to men with PTSD. This resource offers real, results-driven strategies for recovery through targeted exercises that address home, work, social life, and recreation.

Treating Trauma and Traumatic Grief in Children and Adolescents, 2nd Ed.  [2016]

Cohen, Judith A., Anthony P. Mannarion, and Esther Deblinger  $63.95 $54.36  Guilford  9781462528400

Trauma-Focused CBT is a leading evidence-based treatment for traumatized children and their caregivers. In this second edition the authors provide a framework for assessing and treating PTSD, trauma symptoms, and traumatic grief in 3- to 18-year-olds. Implementation is facilitated by sample scripts, case examples, troubleshooting tips, and downloadable client handouts.

Treating Complex Traumatic Stress Disorders in Adults: Scientific Foundations and Therapeutic Models, 2nd Ed.  [2020]

Julian Ford & Christine Courtois (Eds)  $63.95 $57.56  Guilford  9781462543625

Leading experts present cutting-edge theory and research on assessment and treatment of complex traumatic stress disorders, diagnostic controversies, and the core elements of culturally responsive treatment. Established and emerging therapies are illustrated with vivid case examples. Other highlights are chapters on transtheoretical treatment, and on recognizing and managing vicarious traumatization.

Trauma-Informed Mindfulness for Teens: A Guide for Mental Health Professionals  [2019]

Sam Himelstein  $33.95 $30.56  Norton  9780393713442

A must-have for therapists wanting to share mindfulness with trauma-impacted youth, this book presents guidelines for teaching mindfulness within a relationship-based framework for building the therapeutic alliance and aiding other therapy interventions. Case examples illustrate common experiences that arise with trauma-impacted youth. Detailed descriptions of exercises and curricula are provided.

The PTSD Behavioral Activation Workbook: Activities to Help You Rebuild Your Life from Post-Traumatic Stress Disorder  [2020]

Matthew Jakupacak, Amy Wagner & Christopher Martell  $35.95 $32.36  New Harbinger  9781684033072

With this breakthrough workbook, clients will learn to replace unproductive coping strategies such as avoidance with activities they find pleasant and meaningful. The workbook includes an overview of behavioral activation: what it is, why it works, and how it can be implemented it into daily life to begin healing past wounds.

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**Ester Leutenberg & John Liptak**  $42.95  $38.66  Whole Person  9781570253584

This clinical guide provides information and tools that can be used either in the order presented, or as decided by the clinician directing treatment. Designed to be used by a trained clinician, the workbook will help to teach clients effective methods to manage their thoughts, feelings, and behaviors related to the complex issues of suicidal ideation and self-harm.

The Gaslighting Recovery Workbook: Healing From Emotional Abuse  [2020]

**Amy Marlow-MaCoy**  $22.99  Rockridge Press  9781646112692

Through a process of explanation, advice, positive affirmations, daily logs and visualizations, individuals will come to understand the stages of recovery from gaslighting and how to heal. The workbook contains effective, evidence-based strategies for conquering gaslighting at work, with friends and family, and partners. This is a comprehensive resource for anyone who has been a victim of this form of abuse.

Sensorimotor Psychotherapy: Interventions for Trauma and Attachment  [2015]

**Pat Ogden & Janina Fisher**  $65.95  $56.06  Norton  9780393706130

This book, designed for therapists and clients to explore together, is both psychoeducational and practical. It will help therapists and clients alike use their own somatic intelligence to reclaim the body and engage it in the therapy process. Worksheets are provided to help clients integrate the material.


**Arielle Schwartz**  $36.50  $32.85  PESI  9781683732679

This book invites the reader on a quest for wholeness after trauma (a "hero's journey"), and includes journaling and self-reflection, with practices that help in discovering a sense of meaning and purpose after trauma. This healing guide provides a step-by-step approach to trauma recovery that integrates mindfulness, yoga and somatic psychology, EMDR, parts work and relational therapy.

Doing Psychotherapy: A Trauma and Attachment-Informed Approach  [2020]

**Robin Shapiro**  $33.95  $30.56  Norton  9780393713336

Seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma- and attachment- informed approach that is not tied to any one model or method. This book teaches assessment, treatment planning, enhancing the therapeutic relationship, and ethics and boundary issues, all within a general framework of attachment theory and trauma.
BECOME A MEMBER OF IAPSP IN 2020!
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**Washington, DC**

October 15 – 18, 2020

[https://iapsp.org/conference/](https://iapsp.org/conference/)

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**Canadian Institute for Child & Adolescent Psychoanalytic Psychotherapy (CICAPP)**

provides training in the theory and technique of psychotherapy for professionals working with children and adolescents. Our program is a recognized education and training program with the College of Registered Psychotherapists of Ontario (CRPO). The next class begins in **FALL 2020**; applications are due by **June 30, 2020**.

Please visit [www.cicapp.ca](http://www.cicapp.ca) for all registration and program information

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CICAPP is a registered Private Career College and as such abides by all Regulations pertaining to the PCC Act 2005
Reducing Compassion Fatigue, Secondary Traumatic Stress, and Burnout: A Trauma-Sensitive Workbook  [2019]

William Steele  $57.95 $52.18 Routledge  9780367144098

Packed with activities, worksheets, and interactive learning tools, this text provides neuro-based and trauma-sensitive recommendations for improving clinicians' self-care. Each session helps in identifying personal self-care needs to arrive at an effective plan for promoting resilience in the face of daily exposure to trauma-inducing situations, reducing compassion fatigue and burnout.

Child Abuse and Neglect in Canada: A Guide for Mandatory Reporters  [2019]

Lea Tufford  $54.95 Oxford  9780190083472

As an introduction to mandatory reporting, this concise guide offers a comprehensive framework for fulfilling professional, fiduciary obligations in practice. Covering provincial and territorial jurisdictions with specific attention to the unique context of Northern Canada, Tufford also provides educators with accessible tools to further the students' understanding of this complex subject.

Cognitive-Behavioral Therapy for PTSD: A Case Formulation Approach, 2nd Ed.  [2019]

Claudia Zayfert & Carolyn Black Becker  $45.50 $40.95 Guilford  9781462541171

Updated with 50% new material, this book shows how the case formulation approach helps practitioners adapt CBT for clients with different trauma histories, co-occurring problems, and life circumstances. Vivid clinical material illustrates the use of exposure therapy, cognitive restructuring, and other interventions, with attention to overcoming obstacles. Includes 22 reproducible handouts.

Addiction

Treating Adolescents with Substance Use Disorders  [2019]

Oscar Bukstein  $49.95 $44.96 Guilford  9781462537860

A leading addiction specialist describes best practices for enhancing youths’ motivation for change, teaching recovery skills, implementing parent management training and parent–adolescent problem solving. Bukstein covers ways to foster a prosocial peer network and address mental health problems that co-occur with substance use disorders. Includes downloadable, reproducible handouts and worksheets.

Clinical Manual of Youth Addictive Disorders  [2019]

Yifrah Kaminer & Ken Winters (Eds)  $106.50 $101.18 American Psychiatric Press  9781615372362

Written for a broad spectrum of clinicians, readers will find this-long awaited update a clinically compelling and well researched resource. Covering the latest research on substance use in adolescents and emerging adults, clinicians will find details on prevention, diagnosis, substance-specific interventions, co-occurring disorders, the disease course, and issues related to special populations.

Call Caversham Booksellers at 1-800-361-6120 or 416-944-0962
William Miller, Alyssa Forcehimes & Allen Zweben
$85.50 $72.68 Guilford 9781462540440

Using clear and accessible language, the authors have added a wide variety of treatment approaches to this updated edition, including mindfulness, contingency management, new MI frameworks, pharmacology, and many more. The authors guide professionals in the use of evidence-based treatments by providing detailed explanations of assessment and treatment planning, as well as stressing the importance of the therapeutic relationship.

Addiction, Attachment, Trauma and Recovery: The Power of Connection [2019]
Oliver Morgan $53.95 $45.86 Norton 9780393713176

Morgan presents a new model of addiction that incorporates neurobiology, relationships, and ecological systems. This new focus calls for change in the established ways of thinking about addiction and recovery. It reorients understanding and clinical practice for mental health and addiction counselors, psychologists, and social workers, as well as for addicts and those who love them. Norton Series on Interpersonal Neurobiology

Rewiring the Addicted Brain with EMDR-Based Treatment [2019]
Laurel Parnell $33.95 $30.56 Norton 9780393714234

Writing for both EMDR therapists and substance abuse counselors, Parnell provides user-friendly tools to help support clients in recovery with EMDR-based techniques that can be easily integrated into all levels of addiction treatment. This book discusses topics such as treating trauma and supporting resilience, tools for affect regulation, and rewiring the motivation-reward circuits.

PSYCHIATRY AND PSYCHOPHARMACOLOGY

Fish's Clinical Psychopathology: Signs and Symptoms in Psychiatry, 4th Ed. [2019]
Patricia Casey & Brendan Kelly $37.95 RCPsych 9781108456340

Clinical descriptions and psychopathological insights are presented and discussed in the fourth edition of this modern classic. It includes recent revisions of diagnostic classification, and a discussion of the controversies thereof. Clear, readable and designed for clinical use, Fish’s provides clear descriptions of the symptoms of mental illness and the varied manifestations of disordered function.

The American Psychiatric Publishing Textbook of Suicide Assessment and Management, 3rd Ed. [2020]
Liza Gold & Richard Frierson (Eds)
$170.50 $161.98 American Psychiatric Press 9781615372232

This revised text makes the intersection of suicide with mental health and psychosocial issues its organizing principle. It explores risk assessment and epidemiology in special populations, such as the elderly, college students and patients with a variety of psychological disorders. The book discusses treatment options (such as CBT, DBT, and pharmacotherapy) with clinical cases to provide context.

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Transformational Processes in Clinical Psychoanalysis: Dreaming, Emotions and the Present Moment  [2018]
Lawrence Brown  $61.95  $52.66  Routledge  9781138323926
Brown offers a contemporary perspective on how the mind transforms and gives meaning to emotional experiences that arise unconsciously in therapy. He casts a wide theoretical net in his exploration of these processes, building on the contributions of analysts past. Brown's writing is clear and aims to describe the various theories as plainly as possible.
IPA Psychoanalytic Ideas series

A Short Introduction to Psychoanalysis  [2020]
Giuseppe Civitarese & Antonino Ferro  $37.50  $33.75  Routledge  9780367415501
Over the past century, psychoanalysis has been established as the instrument offering the most profound understanding of the mind, and is an effective tool for treating psychic suffering. In seeking to give a broad idea of what psychoanalysis is, what it has become, and the direction it may take in the future, this book will appeal to all those curious about this fascinating discipline.
The Psychoanalytic Field Theory Book Series

Rediscovering Pierre Janet: Trauma, Dissociation, and a New Context for Psychoanalysis  [2019]
Giuseppe Craparo, Francesca Ortu & Onno Van der Hart (Eds)  $64.95  $48.71  Routledge  9780367193560
Rediscovering Pierre Janet explores the legacy left by the pioneering French psychologist, philosopher and psychotherapist. Providing an integrative approach that offers contemporary perspectives on Janet’s work—from his relationship with Freud, to the influence of his dissociation theory on contemporary traumatology—this will be of interest to psychoanalysts, psychiatrists and psychotherapists.
Jacques Lacan | Edited by Jacques-Alain Miller  
$54.00  $40.50 Polity  9781509500277  
Lacan's discussion of desire takes multiple directions. First, that it isn't biological, but rather is a force of inspiration that drives invention. Also, being specific to the individual, desire sets us apart from each other. As society advanced to greater equality, so too did the wants of each person accelerate the change. Last, Lacan postulates that "perversions" are really rebellions to social norms.

The Cure for Psychoanalysis  [2019]
Adam Phillips with Edward Corrigan  $33.95 Wrong Way  9780578479491  
Adam Phillips presents two brilliant essays and a reflective discussion with fellow analyst Edward Corrigan. In his first essay, The Magic of Winnicott, Phillips delves into the subtlety and wisdom of Winnicott's theory of play. In the title work, he examines theories about cure, instructing us to prioritize those that free both analyst and patient to take pleasure in the unknowable future.

Reading Bion  [2018]
Rudi Vermote  $60.50  $51.43 Routledge  9780415413336  
Rudi Vermote integrates a chronological close reading and discussion of Bion's texts with a comprehensive detailing of his major concepts. The content is framed within the biographical, scientific and philosophical influences on Bion's work. With its complete coverage of his work, this book will appeal to those new to Bion while also providing detailed, meaningful context for seasoned analysts.  
*The New Library of Psychoanalysis Teaching Series*

**CHILD AND ADOLESCENT THERAPY**

ADHD in Adolescents: Development, Assessment, and Treatment  [2020]
Stephen Becker (Edt)  $56.95  $51.26 The Guilford Press  9781462541836  
This important volume synthesizes current knowledge about the nature, impact, and treatment of ADHD in the developmental period of adolescence. Chapters on treatment—and best practices for assessment—review interventions targeting motivation, executive functions and homework, as well as applications of CBT and mindfulness. The book also covers medication issues specific to this age group.

Betsy de Thierry | Illustrated by Emma Reeves  
$21.95  $19.76 Jessica Kingsley  9781785926396  
An essential read for any adult caring for a child who has experienced attachment difficulties, this is much more than just a simple introduction to attachment. In tackling challenging issues and explaining how having an understanding of attachment is only part of the picture when it comes to caring for traumatized children, it is also a practical guide, full of advice.  
*Simple Guides series*

Susan Epstein $44.50 $40.05 PESI 9781683732471

Working on behavioral changes can be fun—if you have the right tools. Susan Epstein brings her fun and innovative style to her latest book, providing ready-to-use ideas and activities. Created for both parents and professionals, the book is separated into sections of activities and worksheets on various topics; anxiety, explosive behaviors, trauma, independence, technology use and much more.

Mindfulness & Nature-Based Therapeutic Techniques for Children: Creative Activities for Emotion Regulation, Resilience and Connectedness [2019]

Cheryl Fisher $36.50 $32.85 PESI 9781683732105

Using nature-based activities with children is possible in any setting, whether urban or rural. By integrating these activities with mindfulness, therapists and educators can help children become calm, alert and happy human beings. Cheryl Fisher provides evidence-based, practical, accessible and fun activities to promote regulation, creativity, empathy, resilience and more!

Acceptance and Mindfulness Toolbox for Children and Adolescents: 75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More [2019]

Timothy Gordon & Jessica Borushok $44.50 $40.05 PESI 9781683732235

The authors have put together over 75 evidence-based worksheets, activities, exercises, and scripts to engage kids and keep therapy moving forward. Every page is dedicated to helping children, adolescents, and caregivers practice acceptance, mindfulness, values and commitment to build a variety of coping skills for trauma, depression, ODD, life transitions, substance abuse and many other issues.

Be You Card Deck for Teens: 60 Mindfulness Practices to Manage Anxiety, Build Confidence and Be the True You [2019]

Brian Leaf & Matthew Oestreicher $26.95 $24.26 PESI 9781683732587

The Be You Card Deck has 60 beautiful cards with practices to ease stress, reduce anxiety, deal with anger and depression, boost self-confidence and help teens realize their full potential. Using daily mindfulness, relaxation and empowerment practices will help teens to be their most authentic selves with bravery, compassion and confidence.

Theraplay: The Practitioner’s Guide [2020]

Vivien Norris & Dafna Lender $48.95 $44.06 Jessica Kingsley 9781785922107

Theraplay is an intervention that focuses on enhancing the connection between a child and a parent using interactive, playful activities. This comprehensive guide outlines the practical theory and skill development of the practitioner with a wealth of examples and interventions. Includes useful resources, checklists, and handouts.

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This one-year program provides an excellent introduction to psychoanalysis and combines teaching of concepts of psychoanalysis with presentation of clinical cases and explanation of therapy technique. Seminars are taught by experienced teachers. Although it is not a training program, it could certainly lead to one.

Extension Programs

These programs make psychoanalytic knowledge available to the general public. Attendees come from a broad spectrum of health care services and institutions, social agencies, private therapy, community therapy and counselling settings. As the program has broadened, there has also been a keen interest from people in disciplines outside the mental health field such as education, academia, business, media, clergy, law and “retirees”.

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Think Good, Feel Good: A Cognitive Behavioural Therapy Workbook For Children and Young People, 2nd Ed. [2019]

Paul Stallard  $60.00 $54.00 Wiley  9781119395287
This new edition provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core CBT elements, it incorporates ideas from the third-wave therapies of mindfulness, compassion focused therapy and ACT. Chapters include elements such as identifying thinking traps, core beliefs, controlling feelings, and more.

PARENTING


Raphael Bernier, Geraldine Dawson & Joel Nigg  $24.50 $22.05 Guilford  9781462536078
From leading autism researchers, this accessible book guides clients through the latest advances. Separating fact from fiction about causes, treatments, and prevention, the book informs on lifestyle choices that support the developing brain. From home health interventions to which type of professional help might be the right fit, clients will be informed with expertise and compassion.


Pier Bryden & Peter Szatmari  $22.99 $20.69 Simon & Schuster  9781508257929
Bryden and Szatmari, top Canadian child and adolescent psychiatrists, use their six decades of combined experience working with families and kids to break down the stigma of mental illness. The doctors provide support for parents by walking them through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges.

Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls  [2020]

Lisa Damour  $23.00 $20.70 Ballantine  9780399180071
An urgently needed guide to the alarming increase in anxiety and stress experienced by girls from elementary school through college. Starting with the sources of anxiety—and possible benefits—before expanding into toxic cultural stresses at home, school and online, Damour uses her engaging style to explain how best to address the growing anxiety epidemic.

Rethinking Your Teenager: Shifting from Control and Conflict to Structure and Nurture to Raise Accountable Young Adults  [2020]

Darby Fox  $19.95 Oxford  9780190054519
In this book, family therapist Darby Fox challenges parents to redefine the goals of adolescence by reorienting their focus from what, to who they want their child to be. Offering a new model for parent-child relationships based on mutual respect and cooperation, Fox debunks myths around adolescence using both research and experience.

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What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers  [2020]
Adele Lafrance & Ashley Miller  $34.95 $31.46 Routledge 9781138344631
The authors offer caregivers an effective, accessible resource and step-by-step guide to some of the most common struggles for kids aged 5-12. Written by mental health professionals with over 30 years’ experience listening to kids’ thoughts and feelings, this book provides a framework to explore ways of responding to children that will calm them faster and boost their resilience.

Daniel Siegel & Tina Payne Bryson  $36.00 $30.60 Ballantine 9781524797713
Based on the latest brain and attachment research, the authors share stories, scripts, strategies, and tips for "showing up" for kids—whether one is consoling, disciplining, arguing with, or even apologizing to them. Demonstrating that mistakes and missteps are reparable, this book is a powerful guide to help parents cultivate a healthy emotional landscape for their children.

BOOKS FOR TEENS

Life Sucks: How to Deal with the Way Life Is, Was, and Always Will Be Unfair  [2019]
Michael Bennett & Sarah Bennett  $23.99 $21.59 Harmony 9781524787905
With their open and honest approach, father-daughter team Michael and Sarah Bennett will show teens that they aren't alone in dealing with life; be it fake friends, "hip" parents, or the expectations of high school. Young readers—and their parents—are sure to find this no-nonsense guide useful, and will help them realize that it's okay to talk about uncomfortable issues.

Take in the Good: Skills for Staying Positive and Living Your Best Life  [2020]
Gina Biegel | Illustrated by Breanna Chambers
$23.95 $21.56 Shambhala 9781611807714
This activity journal contains 50 fun and focused art projects, writing prompts, and exercises to help teens find ways to feel more calm, confident, resilient and able to manage their emotions. This journal will also be an invaluable resource for teachers, guidance counselors, and therapists to use with young people in a group or academic setting.

ADHD in Teens & Young Adults: A Mindfulness Workbook to Keep You ANCHORED  [2019]
Melissa Springstead Cahill  $36.50 $32.85 PESI 9781683732075
Every day struggles get a little easier when using Dr Cahill’s mindfulness-based ANCHORED approach. With a focus on common teen trials like homework, organization, planning and emotional awareness, Cahill guides teens through mindful exercises and meditations to improve their executive functions. Includes reproducible worksheets and sample meditation scripts.

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Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias  [2019]

Tabatha Chansard  $23.99 $21.59  Callisto Media  9781641524018
Using the latest strategies from CBT and mindfulness therapies, teens will learn how to control their thoughts, emotions, and behaviors so that they don’t trigger anxiety. With real scenarios they might face at school, home, or with friends, this book breaks down anxiety from multiple angles. It includes mind-body exercises and information on healthy coping mechanisms.


Jennifer Lang  $19.99  Althea Press  9781641522809
Lang breaks down confusing concepts into factual and clear guidance. She outlines not only what consent looks and sounds like, but the importance of recognizing when a person has the capacity to give consent, and when they don’t. Written for all teens, and inclusive of all sexual identities and orientations, Consent is a reference guide to healthy sexual expression and relationships.

The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic, and Live Confidently  [2019]

Megan MacCutcheon  $20.99  Althea Press  9781641526104
By using the practical tools in this workbook, teens will learn to build and maintain self esteem. The workbook includes plenty of true stories, so teens feel less alone, and over 50 exercises—quizzes, journal prompts, checklists and more—so teens will be able to manage stressors and live confidently. There are references and a resource list of supportive sites and organisations.

Dark Agents Book One: Violet and the Trial of Trauma  [2020]

Janina Scarlet | Illustrated by Vince Alvendia  $27.95 $25.16  Instant Help  9781684031740
Dark Agents presents the core skills of ACT in a fun, narrative format to appeal to teen readers. This graphic novel follows the adventures of Violet—a young witch whose parents were murdered when she was a child. As she wages war against necromancers and demons, Violet learns to overcome her internal monsters using mindfulness, defusion, self-compassion, and values-based living.


Vanessa Green Allen  $13.99  Althea Press  9781641524964
This book shows kids how to stay in control—by breathing deeply, using positive self-talk, encouraging discussion, and more. Kids aged 7-10 will learn that feelings are normal, and empathy is important using positive coping strategies and fun exercises.
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Ontario Association of Social Workers
Social Skills Activities for Kids: 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules  [2019]
Natasha Daniels  $20.99  Callisto Media  9781641522960
This fun exercise book provides kids with the skills and confidence to navigate social situations at home, school and in the rest of their lives. They will learn to communicate with their peers and adults, to make friends, read social cues, body language and much more. 50 interactive activities including games, fill-in-the-blanks and reflective exercises will keep them engaged in learning.

What Does It Mean to Be Safe?: A Thoughtful Discussion for Readers of All Ages About Drawing Healthy Boundaries and Making Safe Choices  [2019]
Rana DiOrio | Pictures by Zhen Liu  $25.50 $21.68  Little Pickle Press  9781492680833
This updated edition will spark discussion and encourage children aged 4-8 to develop healthy boundaries they can apply in any environment. With an emphasis on resilience and knowing when to ask for help, kids will be able to apply the lessons in real life, and online.
What Does It Mean To Be...? series.

Thank You Body, Thank You Heart: A Gratitude and Self-Compassion Practice for Bedtime  [2019]
Jennifer Cohen Harper | Illustrated by Karen Gilmour  $24.95 $22.46  PESI  9781683732600
With a focus on gratitude for their bodies, this bedtime guide to body-scan promotes great self awareness and self compassion in children. The author has included helpful notes for caregivers, explaining how the practices are powerful tools that can increase well-being, quality of sleep, resilience and better mornings for all involved.

The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect  [2019]
Patrice Karst & Dana Wyss | Illustrated by Joanne Lew-Vriethoff  $16.99  Little, Brown  9780316524919
With a focus on gratitude for their bodies, this bedtime guide to body-scan promotes great self awareness and self compassion in children. The author has included helpful notes for caregivers, explaining how the practices are powerful tools that can increase well-being, quality of sleep, resilience and better mornings for all involved.
The Invisible String series

Yoga for Littles: 50 Easy-to-Follow Guided Flows for You & Your Little Yogi  [2019]
Lana Katsaros | Illustrated by Alison Oliver  $20.99  Sounds True  9781683642398
Parents, caretakers, teachers, and children alike will love the simple and fun poses in Yoga for Littles. The 50 cards can be used as standalone poses or combined in endless customizations. The deck also includes an insert with 50 flows that will help children manage anger and anxiety, connect to nature, use up excess energy and much more.

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Calm – Mindfulness Flash Cards for Kids: 40 Activities to Help You Learn to Live in the Moment  [2020]

Wynne Kinder  $16.99  DK  9781465491565

The perfect introduction to mindfulness, these 40 cards show that supporting a child’s positive mental health doesn’t need to be expensive, time-consuming, or difficult. Each card is a complete activity which can be chosen randomly, or with intention. Through crafts, exercises, and practices like mindful eating or breathwork, kids can learn practical mindfulness for a calmer, more centered life.

COUPLES AND FAMILIES

The Attachment-Based Focused Genogram Workbook: Expanding the Realms of Attachment Theory  [2019]

Rita Demaria, Briana Bogue & Veronica Haggerty  $57.95  $49.26  Routledge  9781138038547

Therapists will benefit from a practical guide to integrating attachment research and family systems theory into their practice, focusing on intergenerational transmission processes. Using genograms as an essential tool in family practice, this workbook will help to apply and strengthen systemic considerations. Exercises are included throughout to encourage reflection and consolidate key concepts.

Intimacy from the Inside Out: Courage and Compassion in Couple Therapy  [2015]

Toni Herbine-Blank, Donna Kerpelman & Martha Sweezy  $61.95  $52.66  Routledge  9780415708258

With a combination of clear instruction and case illustrations, this book explains how to work with the parts of the human mind in a dyad, guiding and supporting couples to understand their reactions in context. With a focus on generating internal attachment stability, individuals in Intimacy Focused Therapy reconnect with their needs, change their conversations, and learn to move forward together.

The Practice of Emotionally Focused Couple Therapy: Creating Connection, 3rd Ed.  [2019]

Sue Johnson  $63.50  $53.98  Routledge  9780815348016

This cutting-edge third edition addresses recent changes in the field of couple therapy. It includes updated research results relating to clinical interventions, an expanded understanding of emotion regulation, adult attachment and neuroscience, and dynamic EFT applications for a range of issues such as depression, anxiety, sexual disorders, and PTSD.

Emotion-Focused Family Therapy: A Transdiagnostic Model for Caregiver-Focused Interventions  [2019]

Adele Lafrance, Katherine Henderson & Shari Mayman  $70.95  $60.31  APA  9781433830853

This book describes how to teach caregivers advanced skills for supporting their loved ones through emotion and behavior coaching. Also includes strategies for strengthening the caregiving relationship to optimize supportive efforts. Techniques for processing caregivers’ emotional blocks are explored, as are methods for clinicians to work through their own blocks via supervision.

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Emotionally Focused Therapy (EFT) research demonstrates the best outcomes in the couple therapy field.

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**NEW BOOKS!**

- Attachment Theory in Practice
  by Sue Johnson

- Emotionally Focused Family Therapy
  by James Furrow, Gail Palmer, Sue Johnson, George Faller & Lisa Palmer-Olsen

- The Practice of Emotionally Focused Couple Therapy, 3rd Edition
  by Sue Johnson

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- EFIT — Creating Core Change in Emotionally Focused Individual Therapy
  with Dr. Sue Johnson & Dr. Leanne Campbell
  Approx. 4 hours, 50 minutes

- Emotionally Focused Individual Therapy (EFIT)
  — Working with Anxiety and Depression
  with Dr. Sue Johnson
  Approx. 3 hours, 20 minutes

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RELATIONSHIPS

**Buddha's Bedroom: The Mindful Loving Path to Sexual Passion and Lifelong Intimacy**  [2019]

*Cheryl Fraser*  $24.95  New Harbinger  9781684031184

With this book, couples can break free from the monotony of familiar routines and bring a little nirvana back to the bedroom for a more exciting, loving, and fulfilling connection. By exploring their deepest desires and expectations, and also learning to see their partner as they really are without the need for them to change, they will be able to create a deep and mindfully loving connection.

**The Seven Principles for Making Marriage Work Couples Guide for a Better Relationship**  [2019]

*Dave Penner, Laura Heck, Etana Kunovsky & Megan Pedersen*  $22.95  Gottman Institute  X50237

This guide provides couples with interactive step-by-step exercises corresponding to each chapter of the book. Use this workbook to record answers to relationship questions, journal, interact with key concepts, and incorporate tools to build connection, intimacy, and respectful partnerships.

**The Ethical Slut: A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love**, 3rd Ed.  [2017]

*Janet Hardy*  $24.99  Ten Speed  9780399579660

For 20 years The Ethical Slut has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, honesty, and safer sex practices. Now including interviews with poly millennials and new sidebars on topics like asexuality, sex work, nontraditional relationships and reconciling divergent sexual styles. This edition is written using nonbinary, inclusive language.

**The Power of Attachment: How to Create Deep and Lasting Intimate Relationships**  [2019]

*Diane Poole Heller*  $23.50  $21.15  Sounds True  9781622038251

Diane Heller, a pioneer in attachment theory and trauma resolution, shows how overwhelming experiences can break our vital connections internally—with others, with the physical world around us, and even with our spiritual foundations. Through key insights and many practical exercises, this book invites us to begin the journey to greater vulnerability, intimacy, wholeness, and resilience.

**The Come as You Are Workbook: A Practical Guide to the Science of Sex**  [2019]

*Emily Nagoski*  $20.90  Simon & Schuster  9781982107321

This workbook is a practical companion to the original bestseller Come as You Are, filled with new activities, prompts, and thought-provoking examples. This collection of worksheets, journaling prompts, illustrations, and diagrams is an engaging companion for any who want to further their understanding of their own bodies and sex lives.

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After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, Revised and Updated Ed. [2012]
Janis Abrahms Spring  $21.00  HarperCollins  9780062122704
This revised and updated version brings the groundbreaking classic into the 21st century, and includes a new section dealing with online affairs. For people struggling in their marriage—and for clinicians, psychology academics and readers fascinated by popular psychology—this new edition of After the Affair is essential reading.

ADULT CLIENT RESOURCES

The Depression and Bipolar Workbook: 30 Ways to Lift Your Mood & Strengthen the Brain  [2020]
Chris Aiken  $44.50  $40.05  PESI  9781683732358
Learn how to recognize unique symptoms of depression and bipolar and match them with the latest advances in CBT. Written for therapists and clients alike, other interventions include light and dark therapy; diet and sleep techniques; and strategies to fix out-of-sync biological clocks. Includes 30 techniques to change the body and the brain in ways that medications can't.

Dementia Together: How to Communicate to Connect  [2020]
Pati Bielak-Smith  $23.95  PuddleDancer  9781934336182
With imagination, compassion, empathy, and quiet humour, the real-life stories in Dementia Together show you how to build a healthy dementia relationship. This book is for family members and friends, for partners, caregivers, and those who simply care. It outlines a path to a life with dementia that includes more life and less illness.

Outsmart Your Anxious Brain: Ten Simple Ways to Beat the Worry Trick  [2020]
David Carbonell  $24.95  $22.46  New Harbinger  9781684031993
Based on Carbonell's previous popular book, The Worry Trick, this helpful and humorous guide identifies the “trick” of chronic anxiety, and provides the ten most powerful techniques based in ACT and CBT to help individuals respond differently to anxiety, worry, phobias, and panic.

Freedom from Your Inner Critic: A Self-Therapy Approach  [2013]
Jay Earley & Bonnie Weiss  $23.99  Sounds True  9781604079425
This book presents a self-therapy approach for uncovering the psychological roots of our self-sabotaging inner voices and restoring our sense of worthiness. It is filled with insights, case studies, and practical self-therapy exercises, and shows you how to connect with your Inner Critic through the groundbreaking approach of Internal Family Systems (IFS) Therapy.
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Unmasking Narcissism: A Guide to Understanding the Narcissist in Your Life [2016]

Mark Ettensohn  $16.95 Althea Press / Callisto Media  9781623156428

Whether the narcissist in your life is a boss, coworker, relative, or romantic partner, the exercises and advice in Unmasking Narcissism will help you set healthy boundaries and make sense of this complex and often painful issue. This book will help you clarify your own values and goals for the relationship, whether that means immediate separation or long-term relationship management.

Recovering from Emotionally Immature Parents: Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy [2019]

Lindsay Gibson  $24.95 $22.46 New Harbinger  9781684032525

This essential resource will give clients powerful tools to protect themselves, establish boundaries, recognize coercive behaviors in their upbringing (and present), and avoid repeating the cycle in all their relationships. Gibson gives readers actionable tools and tips on how to reconnect with their own needs, increasing their emotional autonomy and self-awareness.


Faith Harper  $19.99 Microcosm  9781621061007

Harper offers a full—and socially irreverent—understanding of the issues of boundaries and consent, how to communicate and listen more effectively, and surviving and moving on from situations where boundaries are violated. Along the way, readers will learn when and how to effectively enforce boundaries, troubleshoot conflict, recognize abuse, and respect the boundaries of others.

The Illustrated Happiness Trap: How to Stop Struggling and Start Living [2014]

Russ Harris & Bev Aisbett  $17.95 Shambhala  9781611801576

This user-friendly ACT resource makes the applied mindfulness concepts even more accessible for clients. Using entertaining cartoons to illustrate the concepts and practices that can increase happiness, readers will find more meaning and joy in life by reducing stress, effectively handling tough emotions, breaking bad habits, and increasing resilience.

How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety [2019]

Ellen Hendriksen  $22.50 St Martins  9781250122223

Weaving together science, concrete tips, and compelling stories of real people with social anxiety, Dr. Hendriksen proposes a groundbreaking idea: clients already have everything they need to succeed in an unfamiliar social situation. With familiarity, humour, and authority, Dr. Hendriksen explains how we can rewire our brains, develop confidence, and feel comfortable in any situation.

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Unattended Sorrow: Recovering from Loss and Reviving the Heart [2019]

Stephen Levine $25.50 $22.95 Monkfish 9781939681904 | orig 2005

Levine tells us that, long after initial loss, some sorrow lingers, accounting for a host of physical, emotional and spiritual maladies. This can lead those affected to self-defeating behaviors, causing further anguish. While Levine does address fresh loss, he attends primarily to unresolved grief. He notes that sorrows can be confronted to put us on a path to wholeness.

When Your Mother Has Borderline Personality Disorder: A Guide for Adult Children [2019]

Daniel Lobel $19.99 Callisto Media 9781641527231

Lobel wrote this research-based guide for adult children wanting to maintain a functional relationship with a Borderline mother. Clients will learn about why those with BPD behave the way they do, and how to maintain healthy boundaries. Lobel provides self-care and healing strategies to help adult children rebuild their self-esteem, cope with anxiety, assert and protect themselves.

May We Have Your Attention Please?: A Springboard Clinic Workbook for Living—and Thriving—with Adult ADHD [2019]

Laura MacNiven, & J. Anne Bailey with Ainslie Gray $24.95 Springboard Clinic 97819999571900

This practical and engaging workbook from Springboard Clinic will help readers conquer their adult ADHD. Readers share the journey with four named characters, representing resilience, growth, optimism, and strength, as they embark on different journeys through ADHD. This book will inspire readers to see past their symptoms and boldly take ownership of their personal wellbeing.

Overcoming Body-Focused Repetitive Behaviors: A Comprehensive Behavioral Treatment for Hair Pulling and Skin Picking [2020]

Charles Mansueto, Sherrie Mansfield Vavricheck & Ruth Golomb $26.95 New Harbinger 9781684033645

Clients with body-focused repetitive behaviors (BFRB) such as hair-pulling (trichotillomania) or skin-picking (dermatillomania) may feel embarrassed about seeking help. In this evidence-based resource, three renowned experts and clinicians offer powerful CBT skills to help clients move past BFRB, learning why people engage in these behaviors, and how to identify sensory “triggers”.

How to Be Miserable in Your Twenties: 40 Strategies to Fail at Adulting [2020]

Randy Paterson $24.95 New Harbinger 9781684034710

In this snarky follow-up to his positive psychology hit, Randy Paterson provides 40 strategies to help 20-somethings cultivate a life of abject misery. Alternatively, readers can try precisely the opposite and go on to be happy, well-adjusted people in the process. Paterson applies his clinical knowledge to the world of self-help, appealing to clients’ humourous nature.
Triggers: How We Can Stop Reacting and Start Healing  [2019]
David Richo  $22.95 Shambhala 9781611807653
Richo examines the science of triggers and reactions of fear, anger, and sadness. By looking closely at the provocations—words, actions, and sensory elements like smell—clients will better understand their triggers and train their bodies to remain calm in the face of painful memories. The book offers exercises for processing emotions, physical responses, and healing.

Perfectly Hidden Depression: How to Break Free from the Perfectionism That Masks Your Depression  [2019]
Margaret Robinson Rutherford  $24.95 New Harbinger 9781684033584
If you were raised to believe that painful emotions are a sign of weakness, but are filled with self-criticism and shame, and you can't allow yourself to express your emotions, you may have perfectly hidden depression. With this compassionate guide, you'll begin the process of understanding your perfectionism. You'll learn that asking for help isn't a sign of weakness, but a sign of strength.

Brain Lock: Free Yourself from Obsessive-Compulsive Behavior, 20th Anniversary Ed.  [2016]
Jeffrey Schwartz  $21.00 HarperCollins 9780062561435
Dr Schwartz presents a simple, internationally recognized, four-step method for overcoming OCD. Without relying on drugs, patients use cognitive self-therapy and behaviour modification to develop new patterns in response to their obsessions. With patients' true stories, Brain Lock explains this revolutionary method, providing readers with the inspiration and tools to take control of their lives.

There's a Part of Me...  [2013]
Jon Schwartz & Bill Brennan  $23.95 Trailheads / IFS Institute 9781467597548
By eloquently and engagingly translating the IFS model for general use, Schwartz has created a resource sure to please clients and their therapists. This slim, concise book breaks down the model to help clients heal themselves and their relationships under different circumstances, be it parenting, partnership, the workplace, abuse, or finding emotional balance.

Jodie Skillicorn  $23.95 North Atlantic Books 9781623173548
In this book, Skillicorn explores the roots of depression, like adverse childhood experiences and poorly managed day-to-day stress. It introduces evidence-based holistic methods for beating depression, including nutrition, exercise, sleep, nature, breathwork, mindfulness, and fostering meaningful connections—and empowers readers to become agents of their own wholeness and healing.
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June 12: It’s the Law: What You Need to Know about Consent, Negligence, Confidentiality and more!
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Acceptance: The Defining Voice of Validation  [2019]
**Evelyn Sommers**  $19.99  Evelyn Sommers  9780464624004
This book explores the impact of ordinary, but invalidating, exchanges between individuals and the pain that can result. Sommers shows how such communications occur and how they can be changed for the mutual benefit of people who suffer from invalidation as well as those who seek to validate but fall short of their wish to help.

Learning to Thrive: An Acceptance and Commitment Therapy Workbook  [2019]
**Giulia Suro**  $22.99  Rockridge Press / Callisto Media  9781641525633
Filled with straightforward and intuitive exercises, this book helps you stop thinking of your thoughts, feelings, and emotions as negative and start learning to understand and relate to them in a new way - so you can make meaningful changes to your life. Learning to Thrive simplifies ACT and helps you apply its action-oriented principles directly to different aspects of your life.

I’m Working On It in Therapy: How to Get the Most Out of Psychotherapy  [2015]
**Gary Trosclair**  $19.99  Skyhorse Publishing  9781632204486
The latest research has proven that effective client participation is the most important factor in a successful therapy. What can one do to get the most out of their sessions to create lasting positive changes in their lives? What does it look like to “work on it” in therapy? Trosclair combines research with years of fascinating anecdotes to create a guide that is as compelling as it is indispensable.

MINDFULNESS

Mindfulness in a Busy World: Lowering Barriers for Adults and Youth to Cultivate Focus, Emotional Peace, and Gratefulness  [2020]
**Marie-Nathalie Beaudoin & Kelsey Maki**
$51.00  $45.90  Rowman & Littlefield  9781538135136
Combining knowledge from neurobiology with practical clinical experience, this book offers mindfulness exercises for every client, no matter how difficult it is for them to focus. After an introduction to the neurobiology behind mindfulness, each chapter contains activities with complete transcripts for clinicians to easily incorporate in individual and group therapy, for both adults and children.

Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN  [2020]
**Tara Brach**  $37.00  $33.30  Viking Penguin  9780525522812
In this heartfelt and practical book, Tara Brach offers an antidote to our daily stresses: a four-step meditation that dispels difficult emotions and limiting beliefs. Each step in the RAIN meditation (Recognize, Allow, Investigate, Nurture) allows us to short-circuit the anxiety of daily living, placing us firmly in the present, and leaving us ready to heal and connect.

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Pema Chodron’s Compassion Cards: Teachings for Awakening the Heart in Everyday Life  [2016]

Pema Chödrön  $22.99  Shambhala  9781611803648

Lojong is a classic set of Buddhist teachings or slogans from the Tibetan tradition for cultivating positive qualities in one’s life, such as compassion, fearlessness, altruism, and happiness. This set contains 59 beautifully designed cards on lojong for everyday inspiration and contemplation—with instructive commentaries by Pema Chödrön to make the teachings accessible and applicable to contemporary life.

Everyday Peace Cards: 108 Mindfulness Meditations  [2019]

Thich Nhat Hanh  $24.95  Shambhala  9781611807721

Inspiriting, joyful, and deeply insightful, this deck of cards offers 108 contemplations from Thich Nhat Hanh. His powerful and transformative words of wisdom bring you accessible teachings and daily opportunities to make peace with yourself, those around you, and the earth. These cards show us that when we stay grounded in the present moment, we can handle even the most challenging of situations.

Good Morning, I Love You: Mindfulness and Self-Compassion Practices to Rewire Your Brain for Calm, Clarity, and Joy  [2020]

Shauna Shapiro  $32.50  $29.25  Sounds True  9781683643432

In this book, Shapiro brings alive the brain science behind why we feel the way we do—about ourselves, each other, and the world—and explains that we get stuck in thinking that doesn’t serve us because we are hardwired to be self-critical and negative. With her roadmap to guide you, you can change your brain’s circuitry and steady yourself in feelings of deep calm, clarity, and joy.


Caroline Welch  $35.00  $31.50  Perigee  9780593086803

This book guides readers in developing four innate capacities we all possess: Presence, Purpose, Pivoting, and Pacing. These will allow us to become more resilient and centered in our lives—even when life is throwing all that it has at us. Co-founder and CEO of the Mindsight Institute, Welch takes readers on a mindfulness journey to help them de-stress and cultivate inner peace.

SELF CARE AND WELLBEING

Be With: Cards for Self-Care  [2017]

Barbara Erochina  $49.95  $38.96  Be With  X73018

This is a beautifully designed deck of cards to help you give yourself the love and time you give everyone else. Based on research in self-compassion, mindfulness and positive psychology, the deck contains 36 cards divided into six categories, suggesting simple prompts to help you Be With yourself in the moment by slowing down, paying mindful attention, and offering yourself tender loving care.

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Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness  [2020]

Rick Hanson  $22.00  Harmony  9780451498861

Warm and encouraging, this practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. Using a blend of positive psychology, neuroscience and mindfulness, Hanson explains how to develop twelve vital inner strengths hardwired into your own nervous system for a calm, centred, resilient life.

The Self-Care Handbook: Connect with Yourself and Boost Your Wellbeing  [2019]

Gill Hasson  $26.00  Capstone  9780857088123

Bestselling author Gill Hasson shows you how to develop the mindset, routines and habits that can protect, maintain and improve your health and wellbeing. The book presents straightforward approaches that can help you feel good about yourself, manage stress and anxiety, achieve a work-life balance, increase your physical health and much more.

Natural Woman: Herbal Remedies for Radiant Health at Every Age and Stage of Life  [2019]

Leslie Korn  $33.95 $30.56  Shambhala  9781611806717

Organized by disease or discomfort, this book is an essential guide to help women find the herbal support they need. Treatments for sleep disorders, menstrual issues, autoimmune conditions, anxiety, fertility, postpartum recovery, and more, can be found and prepared with ease. Korn brings over 40 years of experience in numerous herbal traditions and healing modalities to this book, offering timeless wisdom for the modern age.


Rebekkah LaDyne  $25.95  New  Harbinger  9781684034277

In this practical and accessible guide, you'll find powerful and effective tools for calming stress in both mind and body. Based on the innovative Mind-Body Reset program, you'll learn simple somatic exercises to stop stress in its tracks. You'll also discover how you can "reset" your nervous system, alleviate stress flare-ups, and boost your overall health and happiness.

Ten Arguments for Deleting Your Social Media Accounts Right Now  [2019]

Jaron Lanier  $17.50  Picador  9781250239082

Lanier's reasons for freeing ourselves from social media's poisonous grip include its tendency to bring out the worst in us, to twist our relationship with the truth, and to disconnect us from other people—even as we are more "connected" than ever. He remains a tech optimist, also envisioning a humanistic setting for social networking that can direct us toward a richer and fuller way of living and connecting.
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Digital Minimalism: Choosing a Focused Life in a Noisy World  [2019]
Cal Newport  $35.00 $29.75  Portfolio  9780525536512
In this timely book, Newport shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He shares strategies for integrating these practices into your life, starting with a thirty-day “digital declutter” process.

How to Live a Good Life: A Guide to Choosing Your Personal Philosophy  [2020]
Massimo Pigliucci, Skye Cleary & Daniel Kaufman (Eds)  $22.95  Vintage  9780525566144
This thought-provoking, wide-ranging collection brings together essays by fifteen leading philosophers reflecting on what it means to live according to a philosophy of life. Including Eastern and Western philosophies, the four major religions, as well as contemporary ideas, each contributor offers a lively account of how they find meaning in the practice of their chosen tradition.

The Brain Health Book: Using the Power of Neuroscience to Improve Your Life  [2019]
John Randolph  $33.95 $30.56  Norton  9780393712872
Randolph translates evidence-based science in an engaging and accessible way. He includes the brain-boosting effects of exercise, social activity, task management, nutrition, and positive self-care. This book explains powerful and inexpensive lifestyle changes to promote brain health, interwoven with research in neuroscience, positive psychology, habit formation, and social and clinical psychology.

The Little Book of Resilience: Embracing life’s challenges in simple steps  [2019]
Cheryl Rickman  $9.99  Gaia  9781856753975
Life is full of twists and turns—some joyful, some downright awful and others utterly bizarre. Whatever you’re facing, this book provides a useful set of tools to help you deal with anything life throws your way. It contains exercises and tips that will encourage you to find purpose, have faith in your abilities, embrace change, establish goals and nurture yourself.
Also see the “Little Book of Mindfulness”, “Little Book of Self-Care”, “Little Book of Gratitude”...

How to Be Nice to Yourself: The Everyday Guide to Self Compassion: Effective Strategies to Increase Self-Love and Acceptance  [2019]
Laura Silberstein-Tirch  $19.99  Althea Press  9781641522618
Filled with easy-to-use advice drawn from a variety of sources—including meditation, mindfulness, and acceptance and commitment therapy—this book will help you find the right way to start feeling good about yourself. Includes meditations, writing exercises, and more.
The Pain Survival Guide: How to Become Resilient and Reclaim Your Life, 2nd Ed. [2020]

Dennis Turk & Frits Winter  $25.95 APA  9781433831829

The authors of this bestselling book are highly-respected experts on pain management who have successfully treated thousands of patients. Their 10-lesson self-management program offers clinically-proven strategies for making simple, gradual adjustments to daily patterns so one can cope with chronic pain and take charge of one’s life.

INDIGENOUS

Decolonizing Mental Health: Embracing Indigenous Multi-Dimensional Practice [2020]

John Charlton, Herman Michell & Sharon Acoose (Eds)

$49.00  JCharlton  9781926476216

This book advocates for embracing an Indigenous understanding of multidimensional balance toward decolonizing the predominantly bio-medically oriented mental health system. Discussed are the issues of Indigenous and Western understandings of mental health and illness, what culturally appropriate and accessible services look like, as well as the need for relationship building.


Bob Joseph with Cynthia Joseph  $19.95  Page Two  9781989025642

This book equips readers with the necessary knowledge to respectfully avoid missteps in work and daily life, and offers an eight-part process to help organizations work more effectively with Indigenous Peoples—benefitting workplace culture as well as the bottom line. This book is an invaluable tool for anyone who wants to improve their cultural competency and undo the legacy of the Indian Act.

Structures of Indifference: An Indigenous Life and Death in a Canadian City [2018]

Mary Jane McCallum & Adele Perry  $17.95  U of Manitoba  9780887558351

With Winnipeg as a backdrop, McCallum and Perry discuss the very real implications of colonial history on Canada’s Indigenous Peoples, and focus on the preventable death of Brian Sinclair in 2008 as the case in point. The systemic issues are made plain, as are the social attitudes which allowed Sinclair’s death first to occur, and then to be ignored.

SOCIAL ISSUES AND MEMOIRS

Out of My Mind: A Psychologist’s Descent into Madness and Back [2020]

Shalom Camenetzki  $24.95  U of Regina  9780889776890

With a beautiful family, a thriving practice, and supportive friends, Carmientzki seemed to have it all. But in reality, he lived a life of turmoil—obsessive daydreams of taking his life, flamboyant periods of mania, disturbing acts of violence against his family, and various episodes of psychosis. In a fascinating account of a “mentally disordered healer”, this book reveals the strengths and fallibilities of traditional psychotherapies.
The Skin We’re In: A Year of Black Resistance and Power  [2020]
Desmond Cole  $29.95 $26.96 Doubleday Canada  9780385686341
Puncturing the bubble of Canadian smugness, Cole chronicles one year—2017—in the struggle against racism in this country. Going month-by-month, Cole locates the deep cultural, historical and political roots of each racist event so that what emerges is a personal, painful and comprehensive picture of entrenched, systemic inequality. Urgent, controversial and unsparingly honest, this book is destined to become a vital text for anti-racist and social justice movements in Canada.

Andrea Daley, Lucy Costa & Peter Beresford (Eds)
$34.95 $31.46 U of Toronto  9781442629974
Drawing on both experiential and research knowledge, this book explores the impacts of systems and institutions that manage “abnormality” and creates space to explore the role of our own communities in perpetuating violence through justice, public policy, and political processes. It calls into question the idea that service users/survivors are more likely to enact or become victims of violence. Instead, it helps to broaden understandings of violence manifest in their diverse lives.

Homeless Youth and the Search for Stability  [2018]
Jeff Karabanow, Sean Kidd, Tyler Frederick & Jean Hughes
$29.99 Wilfrid Laurier U  9781771123334
This book relates the lived experiences of homeless youth as they negotiate the individual, sociocultural, and economic tensions of transitioning out of homeless and street contexts and cultures. Through interviews, the authors gained privileged entry into the lives of youth in Toronto and Halifax over a year-long period.

Building a Life Worth Living: A Memoir  [2020]
Marsha Linehan  $36.00 $32.40 Times Books  9780812994612
When she was 18, Linehan began an abrupt downward spiral from popular teenager to a suicidal young woman. After several miserable years in a psychiatric institute, Linehan made a vow: if she could get out of hell, she would find a way to help others get out, too. Putting herself through night school and university, living at the YWCA, Linehan went on to get her PhD in psychology. In the 80s, she established DBT, the first meaningful therapeutic treatment for suicidal clients and borderline personality disorder.

The Boy, the Mole, the Fox and the Horse  [2019]
Charlie Mackesy  $28.50 $24.23 HarperCollins  9780062976581
The gorgeous illustrations and messages of kindness in Charlie Mackesy’s first book offer inspiration and hope in these uncertain times. He blends handwritten narrative with dozens of drawings, including some of his best-loved illustrations, and new, never-before-seen material. An instant staff favourite in the store, this is sure to be a classic of our era.

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Life’s Journeys According to Mister Rogers: Things to Remember Along the Way [2019]
Fred Rogers $23.00 Little, Brown 9780316493291
For all the roads we choose to travel, and even those we don’t, Mr Rogers has an observation, a story, or insights to share. Whatever change you’re facing—expected or not—the wisdom offered in these pages can contribute to the grace with which you handle it. With a forward by his travelling companion, Joanne Rogers, Mr Rogers continues to delight and guide us through life’s journeys. See also, “The World According to Mister Rogers” and “Many Ways to Say I Love You”

The Death of a Butterfly: Mental Health Court Diaries [2019]
Hon. Richard Schneider $29.95 $26.96 Delve Books 9781552215111
The tales of life in the mental health court—which served as a vibrant setting for the award-winning CBC series This Is Wonderland—provide a compelling analysis of fitness to stand trial, what it means to be criminally responsible, and the influence of mental disorders. Schneider’s honest depictions offer insight into the mentally disordered accused and the factors that place these accused in the justice system.

Anneliese Singh $34.95 $31.46 New Harbinger 9781684032709
Healing from racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. This book offers practical tools to help navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. Social Justice Handbook series

The Collected Schizophrenias: Essays [2019]
Esmé Weijun Wang $21.00 Graywolf 9781555978273
This is an intimate book written with the immediacy and directness of one who still struggles with the effects of chronic mental illness. Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community’s own disagreement about labels and procedures for diagnosing those with mental illness, while examining the manifestations of schizophrenia in her life.

Becoming Myself: A Psychiatrist’s Memoir [2019]
Irvin Yalom $22.99 Basic Books 9781541698994
In this profound memoir, Yalom turns his writing and his therapeutic eye on himself. As Becoming Myself unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. Yalom’s reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.
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