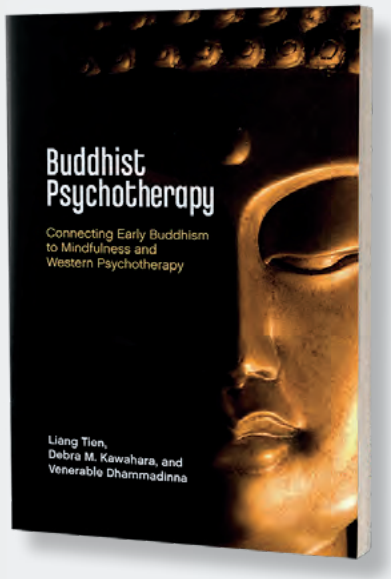
AMERICAN PSYCHOLOGICAL ASSOCIATION

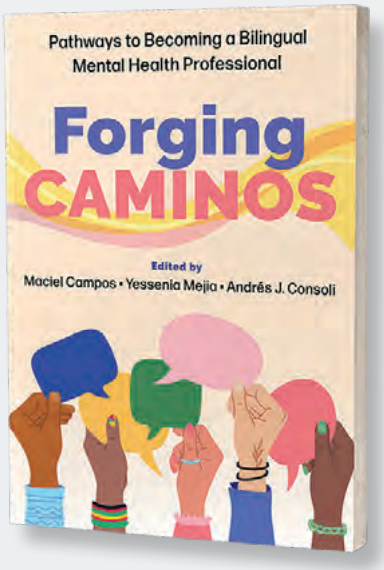
FALL 2025/WINTER 2026

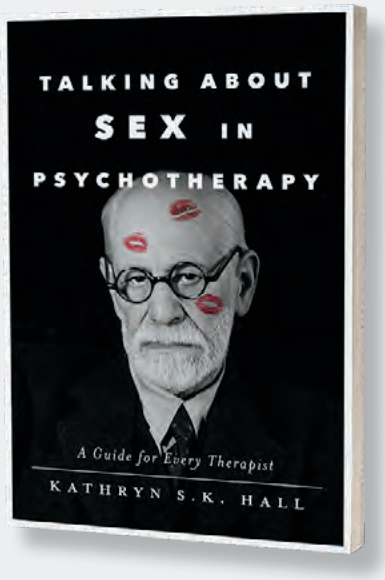
New Publications

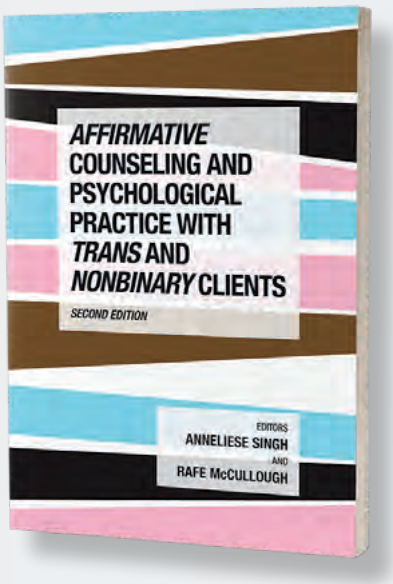
CATALOG

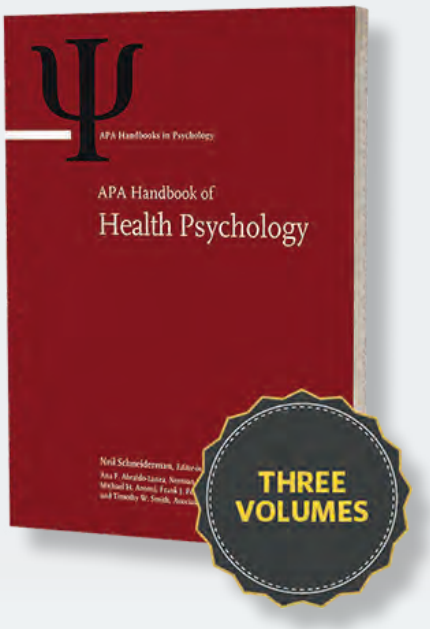
APA Books® | APA Videos® | APA STYLE

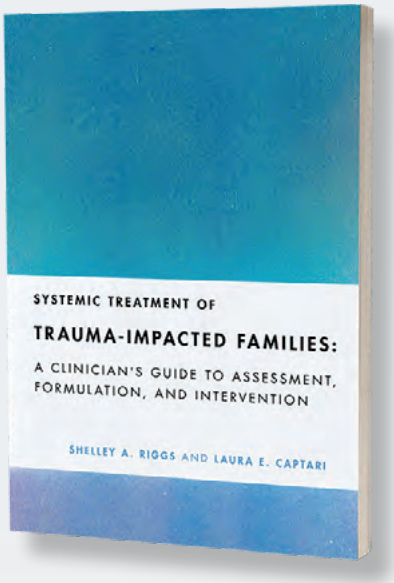




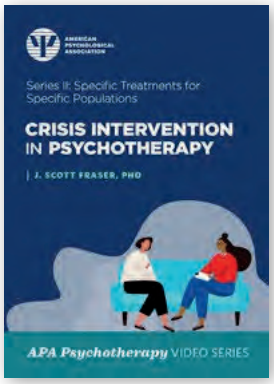


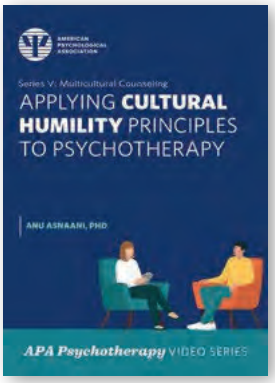






APA Videos





Personalizing Therapy

MICK COOPER

Helping clientsto establish goals and articulate preferences for psychotherapy are important methods for clinicians of all orientations. These evidence-based practices can help to establish and develop the alliance, facilitate client empowerment and insight, and optimize tailoring psychotherapy to the individual client. In *Personalizing Therapy*, Dr. Mick Cooper demonstrates how goals can be established in an intake session using a flexible, dialogical approach. Assessing and accommodating (where possible) client preferences is integral to the APA's definition of evidence-based practice, and is associated with reduced drop out and improved alliance and outcomes.

September 2025 • DVD • ISBN 978-1-4338-4428-7 • **APA Member Price: $82.49** • Nonmember Price: $109.99

Crisis Intervention in Psychotherapy

J. SCOTT FRASER

Theprocess ofchange is a model for understanding crises in their context, engaging with all parties involved (e.g., client, friends, and family) using their values, culture, and language, honoring their goals, and shifting vicious cycles to move everyone forward. In *Crisis Intervention in Psychotherapy*, J. Scott Fraser, PhD, works with a suicidal client—portrayed by an actor—who is facing several personal conflicts, including job loss, separation from his wife, and an unsupportive family system. In contrast to traditional crisis intervention based on risk assessment and safety planning, Dr. Fraser's approach views crises as time-limited windows of opportunity for clinicians to tip vicious cycles of problem maintenance in new and positive directions through often counterintuitive interventions. His approach to crisis intervention draws on systemic and social constructivist ideas to inform a process of finding and using such tipping points to effect lasting change. This is demonstrated in the video as the therapy session ends with the client reengaged in life rather than being hospitalized. This powerful demonstration is framed by an interview and discussion with Dr. Fraser, hosted by Michael Rohrbaugh, PhD.

October 2025 • DVD • ISBN 978-1-4338-4450-8 • **APA Member Price: $82.49** • Nonmember Price: $109.99

Applying Cultural Humility Principles to Psychotherapy

ANUASNAANI

In *ApplyingCultural Humility Principles to Psychotherapy*, Anu Asnaani, PhD, aims to highlight some foundational principles of engaging in cultural humility within the context of evidence-based therapy approaches. The intent is to make the practice of cultural humility, which encourages therapists (of all experience levels) to recognize and account for their own lived experiences, biases, and power/privilege within the therapy context, as salient and integrated into their active treatment strategies as possible. Specifically, in the therapy demonstration provided in this video, Dr. Asnaani identifies practical guidelines that have been derived from the empirical and theoretical psychological literature on integrating issues of identity and related constructs into clinical practice, with concrete demonstration around how such techniques can be used while adhering to a range of evidence-based psychological therapies. In her explanation of these core concepts, she draws from the multicultural psychology literature generated by a number of cultural clinical psychologists in the field, to draw attention to how constructs such as intersectionality, power, privilege, discrimination/microaggressions, social justice and broad life stressors can be addressed during psychotherapy. Importantly, Dr. Asnaani strives to exemplify how clients of all backgrounds can serve to benefit from the integration of such concepts and how a therapist can be culturally humble while doing so to maximize impact of psychotherapy on therapeutic targets. This demonstration, hosted by Katherine Helm, PhD, will also aim to show how these practical guidelines for integrating cultural humility can be utilized both during assessment and intervention phases of treatment.

October 2025 • DVD • ISBN 978-1-4338-4493-5 • **APA Member: $82.49** • Nonmember Price: $109.99

American Psychological Association
9781433843327
Pub Date: 8/12/2025
$34.99
Discount Code: ACP
Trade Paperback

433 Pages
Psychology / Emotions
9 in H | 6 in W

On Becoming Emotion Focused

Leslie S. Greenberg

Summary

A therapy pioneer draws connections between his life and his transformational approach to psychotherapy.

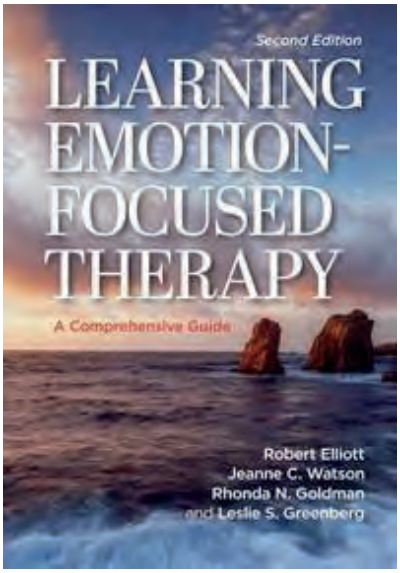
The question of whether emotion-focused skills is an inborn talent or can be acquired through learning is an intriguing one. *On Becoming Emotion Focused* attempts to answer that question - whether such attunement is a product of nature (implicit learning) or nurture (explicit learning) while also illustrating, through the unraveling of author Les Greenberg's personal experiences, how people can best learn to become emotion focused.

For Les Greenberg, becoming emotion focused was a theoretical, scientific, and personal journey. The development of a therapeutic manner and skill was far more subjective than the conceptual development of the theory, and involved many individual threads of experience, some explicit, some implicit. In this book, he delves into the core aspects of how he became an emotion-focused psychotherapist, with attempts to make visible what threads informed the development of this approach to theory and practice.

The evolution of the theory and practice of emotion-focused therapy (EFT) has been interwoven with Les' life context and personal development, and it has been a delicate balance to give appropriate weight to each. This book is a unique contribution to the field in revealing the contribution of the theorist's life to the development of a major theory and practice in psychology. EFT, perhaps more than any other approach, best exemplifies how the implicit and explicit forces blend together to create holistic understanding.

Contributor Bio

Leslie S. Greenberg, PhD, is Distinguished Research Professor Emeritus of psychology at York University in Toronto, Canada and the primary developer of emotion-focused therapy. He has authored many books, the most recent being *Changing Emotion with Emotion* (2021). He has received the Distinguished Research Career Award of the International Society for Psychotherapy Research, as well as the Distinguished Professional Contribution to Applied Research from the American Psychology Association. Dr. Greenberg has also received the Canadian Psychological Association Professional Award for Distinguished Contributions to Psychology as a Profession. He is a past president of the Society for Psychotherapy Research. Although retired, Dr. Greenberg is still currently training and supervising people internationally in emotion-focused approaches.



American Psychological Association
9781433838323
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$65.99
Discount Code: ACP
Trade Paperback

601 Pages
Psychology / Psychotherapy
10 in H | 7 in W

Learning Emotion-Focused Therapy *(2nd Edition)*

A Comprehensive Guide

Robert Kingwill Elliott, Jr., Jeanne C. Watson, Rhonda N. Goldman, Leslie S. Greenberg

Summary

Updates a classic emotion-focused therapy reference with over 20 years of research and theory.

The first edition of this book became the standard reference and training work for a generation of emotion-focused therapy (EFT) practitioners. This second edition aims to inspire a new generation of emotion-focused therapists by offering fully updated coverage of EFT theory and practice, alongside the most exciting theoretical, practical, and organizational developments of the past 20 years.

Updates to this new edition include:

- New integrated models of emotional deepening and EFT case formulation,
- New questions and activities for self-reflection,
- Deepened theoretical formulations of the nature and functions of emotions such as anger and shame,
- A comprehensive review of the existing research base in EFT, and
- A supplemental website with an editable sample syllabus to enhance teaching and training (see https://www.apa.org/pubs/books/learning-emotion-focused-therapy-second-edition).

In EFT, therapists cultivate a deeply empathic, caring presence. They follow their client's lead while delivering gentle, flexible guidance. The goal is to facilitate a process of emotional deepening in clients as they progress from global distress to an acceptance of core pain, enabling them to emerge with a new perspective through useful, adaptive emotions.

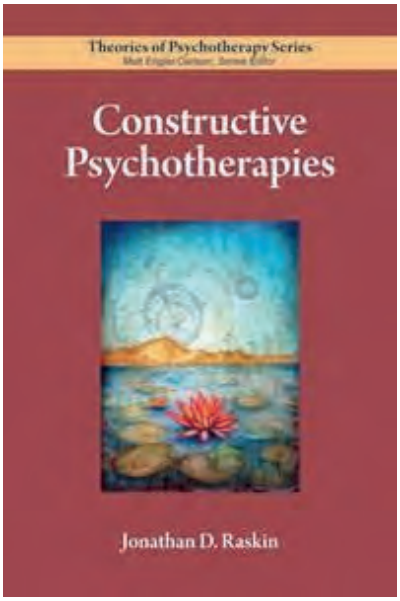
Contributor Bio

Robert Elliott, PhD (preferred pronouns: they/them), is Emeritus Professor of Counselling at the University of Strathclyde (Scotland). Their main interests are training and research on emotion-focused therapy.

Jeanne C. Watson, PhD, is a professor in the counselling and clinical psychology program at Ontario Institute for Studies in Education, the University of Toronto, Canada. A major exponent of humanistic-experiential psychotherapy, she has helped develop emotion-focused psychotherapy, the process experiential approach.

Rhonda N. Goldman, PhD, is a co-developer of emotion-focused therapy (EFT) for individuals and couples. She is a professor of clinical psychology, based at the Chicago School, and founder of the Emotion-Focused Therapy Institute in Chicago.

Leslie S. Greenberg, PhD, is distinguished research professor Emeritus of Psychology at York University in Toronto. He has authored the major texts on emotion-focused approaches to treatment.



American Psychological Association
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Discount Code: ACP
Trade Paperback

161 Pages

Psychology / Psychotherapy
Series: Theories of Psychotherapy Series®
9 in H | 6 in W

Constructive Psychotherapies

Jonathan D. Raskin

Summary

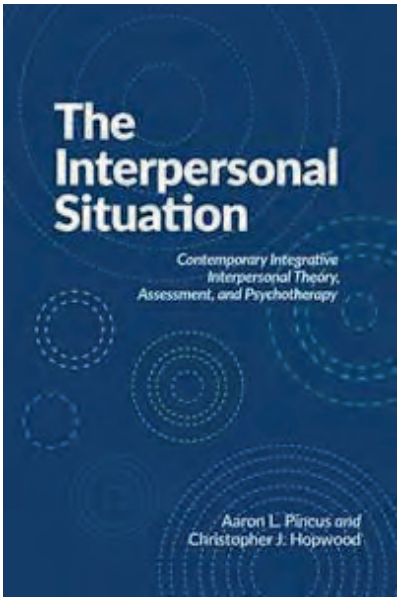
This book examines the history, theory, practice, and empirical evidence for constructive psychotherapy.

Human beings exist within a context that is constructed by our language, worldview, and the stories we tell. Alone and in concert with one another, we construct meaningful understandings of the world. Because the invented nature of our reality is so often forgotten or overlooked, we can easily find ourselves trapped in prisons of our own making. Constructive theories are therefore useful to psychotherapists, who work with clients at the intersection between constructed meaning and experiential reality. Constructive therapies enable therapists to disrupt and reinterpret the meanings clients assign to their experience, and then initiate reconstruction processes that can open clients up to new possibilities.

Chapters in this volume describe the history and theory of constructivism and constructive psychotherapy, examine the key therapeutic aims and techniques of constructive therapy, provide a nuts-and-bolts description of the therapy process, and summarize the empirical evidence for the effectiveness of this therapy.

Contributor Bio

Jonathan D. Raskin, PhD earned his BA from Vassar College and his PhD in counseling psychology from the University of Florida. He is a professor of psychology and counselor education at the State University of New York at New Paltz, where he currently serves as interim associate provost for academic advising. In addition to his many journal articles and book chapters on constructive therapies, Raskin is author of *Psychopathology and Mental Distress: Contrasting Perspectives* (2nd ed., Bloomsbury). In 2020-21, Raskin served as president of the Society for Humanistic Psychology (Division 32 of the American Psychological Association). He previously served as co-editor of the *Journal of Constructivist Psychology*. Dr. Raskin is a licensed psychologist with an active private practice.



American Psychological Association
9781433843471
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Discount Code: ACP
Trade Paperback
265 Pages
Psychology / Clinical Psychology
9 in H | 6 in W

The Interpersonal Situation

Contemporary Integrative Interpersonal Theory, Assessment, and Psychotherapy

Aaron L. Pincus, Christopher J Hopwood

Summary

A flexible, evidence-based framework that bridges therapeutic approaches to empower clinicians in understanding and treating diverse clients with diverse problems.

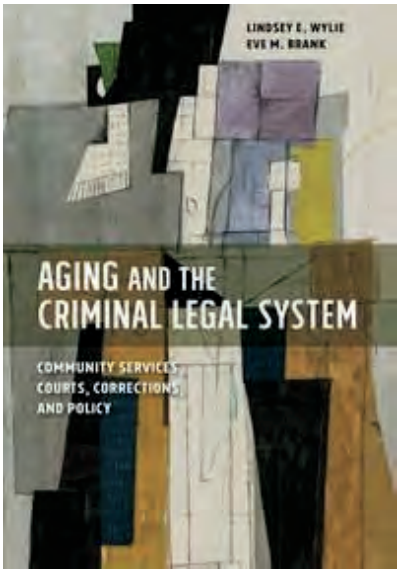
Contemporary integrative interpersonal theory (CIIT) uses interpersonal principles in a way that is evidence-based, practical, and ecumenical. It does not offer one particular type of therapy focused on one type of disorder, but rather a heuristic model for clinicians, who may operate from different theoretical orientations, to conceptualize the client and the problem at hand.

The interpersonal situation provides a flexible framework for conceptualizing psychotherapy clients, their problems in terms of thoughts, feelings and behaviors, and their interactions with psychotherapists. This book explores how psychopathology and psychotherapy are understood within the CIIT framework, and examines how therapists can implement the principles and techniques of CIIT for assessment, diagnosis, and treatment. Chapters explain the CIIT conception of psychopathology, describe how common mental health problems can be conceptualized in terms of interpersonal mapping, and provide detailed, practical, step-by-step guidance for clinical interventions.

Contributor Bio

Aaron Pincus is a professor of clinical psychology at the Pennsylvania State University. He has published hundreds of research articles and chapters, established the Contemporary Integrative Interpersonal Theory upon which this book is based, and is widely considered the foremost expert in interpersonal assessment, theory, and psychotherapy. He is a founding member and former President of the Society for Interpersonal Theory and Research, fellow of the Society for Personality Assessment, and former editor-in-chief of *Assessment*, in addition to several other editorial roles. He has won numerous awards, including the American Psychological Association Theodore Millon Award for contributions to Personality Psychology and the Society for Personality Assessment Bruno Klopfer Award for contributions to Personality Assessment. He has also been in active clinical practice and supervision for more than 30 years.

Christopher J. Hopwood is a professor of personality psychology at the University of Zurich. He has published hundreds of research articles, edited books, and chapters on personality assessment, personality disorders, and interpersonal processes. He is the former president of the Society for Interpersonal Theory and Research and board member and fellow of the Society for Personality Assessment. He has been associate editor at *Assessment*, *Journal of Personality Assessment*, *Journal of Personality Disorders*, *Journal of Personality and Social Psychology*, and *Journal of Psychopathology and Clinical Science*. He has won numerous awards, including the American Psychological Association Theodore Millon Award for contributions to Personality Psychology and the Society for Personality Assessment Beck, Exner, and Mid-Career Awards for contributions to Personality Assessment. He has more than 10 years of experience in clinical practice and supervision.



American Psychological Association
9781433843006
Pub Date: 8/26/2025
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Discount Code: ACP
Trade Paperback

283 Pages

Psychology / Forensic Psychology
Series: American Psychology-Law Series
10 in H | 7 in W

Aging and the Criminal Legal System

CommunityServices, Courts,Corrections,andPolicy

Lindsey E. Wylie, Eve M. Brank

Summary

This book examines issues specific to older adults within the criminal legal system.

As the population of older adults continues to grow, so does the need to address the unique legal and psychological challenges related to this demographic. This book brings the latest behavioral science research to bear in examining the issues specific to the developmental aging process and older adults across the criminal legal system as a whole. Topics covered include:

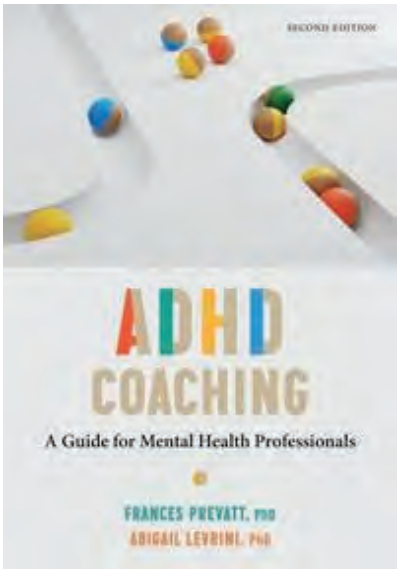
- stereotypes and misconceptions about older age
- prevention and intervention with older populations at various intercepts of the legal system
- older adults as victims of, eyewitnesses to, or perpetrators of crime
- assessing older adults in the court system and in correctional facilities
- issues in sentencing
- reentry into the community, and
- conducting research with older adults within the criminal legal system.

This timely volume presents a call to researchers and scholars across disciplines (law, psychology, gerontology, sociology, social work, and related fields) to work together to improve understanding of, treatment for, and care for this population.

Contributor Bio

Lindsey E. Wylie, JD, PhD, is a senior court research associate at the National Center for State Courts and adjunct faculty at the University of Nebraska Omaha. Her research evaluates the consequences of legal system involvement for special populations, to inform state courts in developing practical and innovative evidence-informed practices, processes, and policies.

Eve M. Brank, JD, PhD, is the Aaron Douglas Professor of Psychology, Courtesy Professor of Law, and Director of the Center on Children, Families, and the Law at the University of Nebraska–Lincoln. Her research primarily focuses on the way the law intervenes (and sometimes interferes) in family and personal decision making.



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$69.99
Discount Code: ACP
Trade Paperback

285 Pages

Psychology / Clinical Psychology
9 in H | 6 in W

ADHD Coaching *(2nd Edition)*

AGuide forMentalHealthProfessionals

Frances Prevatt, Abigail L. Levrini

Summary

This updated edition of *ADHD Coaching: A Guide for Mental Health Professionals* describes the foundational principles as well as step-by-step guidance for teaching adults, college students, and adolescents how to survive and thrive with ADHD.

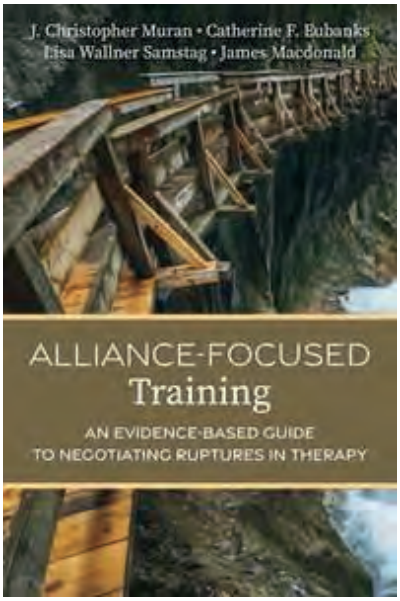
Coaching specifically targets the core impairments of ADHD, such as planning, time management, goal setting, organization, and problem solving, as well as academic, vocational, emotional, and interpersonal life difficulties. Chapters offer concrete advice for gathering information, conducting the initial intake, establishing goals and objectives, and working through all stages of coaching, along with helpful forms and a wide range of additional resources. The authors also discuss the business side of coaching, and how to develop one's practice.

Richly detailed case studies illustrate how to help clients who present with a variety of ADHD symptoms. Each case study highlights different aspects of the coaching process and includes a description and background history of the client, and selected session dialogue interwoven with discussion of the case material. The book is designed to help facilitate skill building and work with clients to improve outcomes.

Contributor Bio

Frances Prevatt, PhD, was a member of the educational psychology faculty at Texas A&M University and then Florida State University (FSU), where she is currently a professor emeritus. At FSU, she was executive director at the Assessment, Learning Evaluation, and Counseling Center (ALEC) and developed their ADHD coaching program. She has published over 75 research articles and coauthored two other books. Dr. Prevatt served on the advisory board of the National Resource Center on ADHD and has been a member of the American Professional Society of ADHD and Related Disorders (APSARD) and Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD).

Abigail Levrini, PhD, is a licensed clinical psychologist, an ADHD specialist, and the owner and clinical director of Psych Ed Connections, a private practice based out of Jacksonville, FL. She earned her doctorate in counseling and school psychology at Florida State University in 2008, where she was part of a team that spearheaded a now nationally recognized ADHD coaching intervention. Dr. Levrini has published numerous scientific articles on ADHD and presents her coaching model in professional settings throughout the country. She is also the author of *Succeeding with Adult ADHD: Daily Strategies to Help you Achieve Your Goals and Manage Your Life*.



American Psychological Association
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$43.99
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Trade Paperback

236 Pages
Psychology / Psychotherapy
9 in H | 6 in W

Alliance-Focused Training

AnEvidence-Based Guideto Negotiating Ruptures in Therapy

J.Christopher Muran, Catherine F. Eubanks, Lisa Wallner Samstag, James Macdonald

Summary

This book presents alliance-focused training (AFT), which helps therapists better anticipate, recognize, and repair ruptures in the therapeutic alliance.

Decades of clinical research and experience have proven the essential contribution of the therapeutic alliance to psychological change and positive outcomes in therapy. A key element of a successful alliance is the ability to anticipate and navigate the inevitable misunderstandings and miscommunications that can lead to ruptures in the therapeutic relationship if unaddressed. But many therapists lack this ability, and they require training to fully address ruptures and repair therapeutic relationships with their clients.

In this book, authors J. Christopher Muran, Catherine F. Eubanks, Lisa Wallner Samstag, and James Macdonald present alliance focused training (AFT), an empirically-supported, transtheoretical protocol which has been shown to increase patients' expressiveness, which is a key component in positive outcomes in therapy, as well as therapists' ability to recognize and tolerate their own negative reactions to clients. In AFT, therapists are given the opportunity to experiment with metacommunication, by which they can better explore their own internal experience and recognize conflicts as they emerge during alliance ruptures. Chapters first describe the background and research that led to the development of the protocol; next, the protocol itself is presented, with chapters on rupture recognition and rupture repair, via didactic instruction and experiential exercises. Then, rich and extensive case examples demonstrate how therapists can successfully use the protocol to identify and repair real ruptures with clients, and lead to long-lasting therapeutic change.

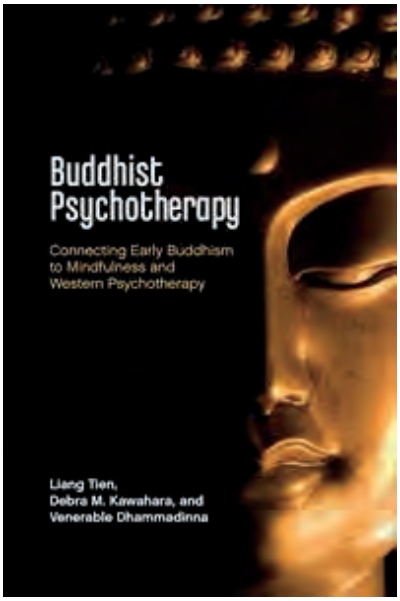
Contributor Bio

J. Christopher Muran, PhD is dean and professor at the Gordon F. Derner School of Psychology, Adelphi University, and codirector of the Center for Alliance-Focused Training.

Catherine F. Eubanks, PhD is professor in the Gordon F. Derner School of Psychology, Adelphi University and codirector of the Center for Alliance-Focused Training.

Lisa Wallner Samstag, PhD is full professor in the Clinical Psychology Doctoral Program and the Department of Psychology at Long Island University (Brooklyn Campus) where she is the director of Psychotherapy Research and a clinical supervisor in the Psychological Services Center.

James Macdonald, PhD, DClinPsych, MSt MBCT, is a clinical psychologist in private practice at Headington Psychotherapy, Oxford, UK. He has had extensive training in various treatment and training models, including Experiential Dynamic Therapy (EDT), Mindfulness-Based Cognitive Therapy (MBCT), Emotion-Focused Therapy (EFT) and Alliance-Focused Training (AFT).



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388 Pages
Psychology / Psychotherapy
9 in H | 6 in W

Buddhist Psychotherapy

Connecting Early Buddhism to Mindfulness and Western Psychotherapy

Liang Tien, Debra M. Kawahara, Venerable Dhammadinna

Summary

A rich resource enabling therapists to bring Buddhist philosophy to modern psychotherapy.

Mindfulness-based interventions have become popular mental health treatments in recent years, but these interventions are typically applied by practitioners who lack knowledge of the interventions' Buddhist origins. The historical, religious, and philosophical foundations of mindfulness offer essential insights for clinicians and researchers alike.

This book, a collaboration between two practicing psychologists and an ordained Buddhist nun, examines the early Buddhist philosophical roots of mindfulness and provides a model for modern psychotherapy. In Buddhist psychotherapy, the therapist listens to a client discuss their concerns, considers how the client's suffering can be conceptualized from a Buddhist worldview, and uses mindfulness and other techniques taught by the Buddha to address the source of their suffering. This framework does not rely on any specific spiritual belief, but instead seeks to alleviate client suffering in a world where everything is ultimately impermanent and impersonal.

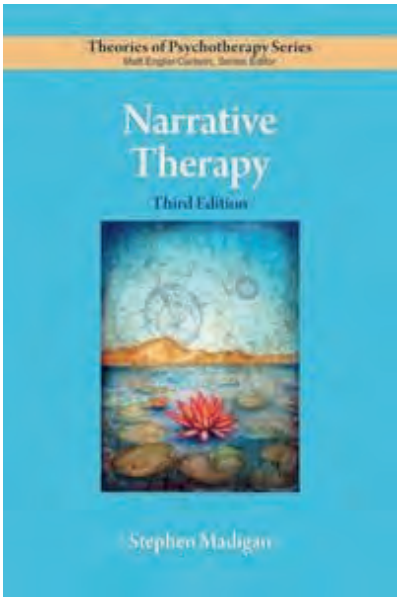
Amply illustrated with quotes from early Buddhist literature as well as modern clinical examples, this rich volume will help modern psychotherapists deepen their understanding of mindfulness and enrich their practice.

Contributor Bio

Dr. Liang Tien (Tien) is a retired Professor from the California School of Professional Psychology PsyD Program – Hong Kong. Since retirement, she has earned a PhD in Buddhist Studies at the University of Kelaniya, Sri Lanka, and is a co-founder of the Illumination of Mindfulness Institute at Alliant International University. She is a long-time meditator. As a licensed clinical psychologist, her independent practice focuses on individuals with ancestry from Asian Buddhist-based countries and woman with histories of abuse. Her research interest has been in ethics and immigrant acculturation.

Dr. Debra M. Kawahara is the Associate Dean of Academic Affairs and Distinguished Professor at the California School of Professional Psychology, Alliant International University. She is the 2025 American Psychological Association President. As a licensed clinical psychologist, her independent practice focuses on psychotherapy with individuals, couples, and families, as well as consulting and conducting trainings to organizations. Further, Dr. Kawahara is a multicultural feminist scholar whose work centers on intersectionality, Buddhist psychotherapy, women's issues, leadership, and the application of multicultural, feminist, and social justice principles in practice. She is widely published and has presented nationally and globally.

Ven. Dhammadinna took robes in 1983 at the age of 25. From 1985 until 2006 she studied under several esteemed meditation teachers in Southeast Asia and India, namely Ven. U Pandita Sayadaw, Dipama Barua, Ajahn Buddhadasa, Ajahn Sumedho, and His Holiness the Dalai Lama. She began teaching retreats in 1989. In 2006 she accepted an invitation to return to the States and is a resident teacher at Bodhiheart Sangha Buddhist Meditation Center. Visit https://bodhiheart.wpcomstaging.com.



American Psychological Association
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Trade Paperback

217 Pages

Psychology / Psychotherapy
Series: Theories of Psychotherapy Series®
9 in H | 6 in W

Narrative Therapy *(3rd Edition)*

Stephen Madigan

Summary

A third edition of this classic guide to understanding narrative therapy.

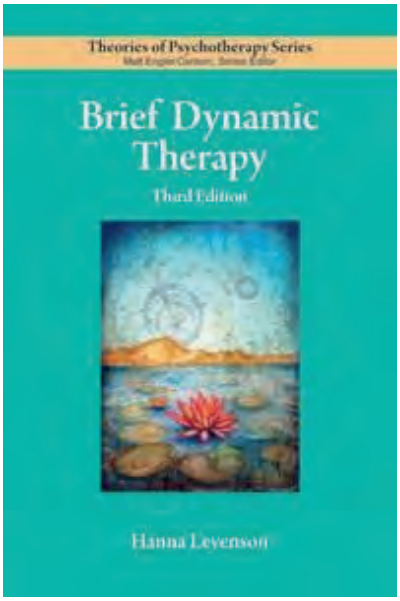
Narrative therapy is founded on the idea that the mental health issues we bring to therapy are not restricted to or located solely within ourselves. We experience ourselves as deeply *relational* (not individual), and we are shaped by and imbedded within prevailing historical and socio-economic contexts, dominant cultural understandings, and normative expectations of what constitutes a 'healthy' individual.

This third edition of *Narrative Therapy* introduces psychologists, next generation practitioners, and veteran narrative therapists to a broad range of foundational ideas alongside the latest state-of-the-art narrative theoretical ideas and practices. The book provides a wide range of up-close demonstrations, session transcripts, remarkable therapeutic questions, and numerous updated clinical examples to provide a coherent balance between narrative therapy's theoretical complexities, and the nuts-and-bolts of therapeutic practice. Readers receive step-by-step guidance in:

- Relational responses to trauma, abuse, and the body
- Working with highly conflicted couple relationships
- Narrative practice and psychedelic medicines
- Updated relational practice approaches to grief, loss, and death
- Collective ethics for suicide prevention
- Disordered eating
- New innovations in therapeutic letter writing
- Gender violence and complex trauma
- Narrative therapy with trans youth and families
- Narrative therapy with children and families

Contributor Bio

Stephen Madigan, PhD, holds an MSW and MSc in couple and family therapy along with his doctorate. He supervises high conflict couple therapy teams and teaches narrative therapy workshops across five continents. Dr. Madigan is an award-winning narrative therapist, best-selling therapy author, Training Director of the Vancouver School for Narrative Therapy, content manager of the online learning platform VSNT.live, and long-time supervisor to numerous international high couple conflict teams. He wrote the first ever doctoral dissertation on narrative therapy and his therapy work is studied in graduate university programs across the world through various media forms such as the American Psychological Association's production of a set of six professional learning videos filming his live narrative practice. He wrote the best-selling first and second editions of the book *Narrative Therapy*, published in 2011 and 2019. Dr. Madigan is the proud father of 29-year-old twin daughters and a 'retired' member of Canada's National Ultimate Frisbee Team.



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187 Pages

Psychology / Psychotherapy
Series: Theories of Psychotherapy Series®
9 in H | 6 in W

Brief Dynamic Therapy *(3rd Edition)*

Hanna Levenson

Summary

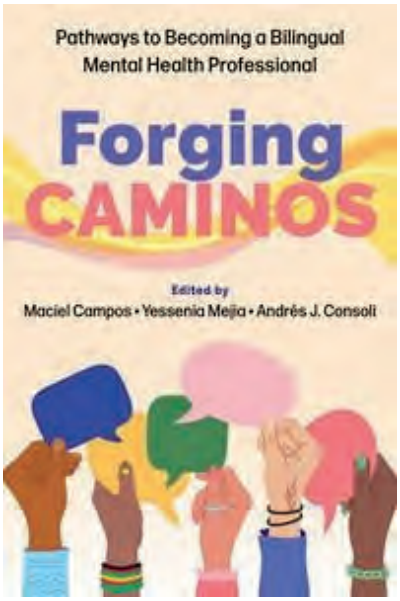
A comprehensively revised edition of this essential guide to brief dynamic therapy, an integrative, culturally-sensitive, time-efficient model of psychotherapy.

In this third edition, Hannah Levenson provides the history and theoretical basis of time-limited dynamic psychotherapy (TLDP). In the years since the earlier editions, new research findings, including process-outcome studies, have affirmed the effectiveness of this treatment, while also detailing the process by which alliance ruptures are repaired in TLDP. New clinical research also helps illuminate the "reconsolidation process" in which sudden, dramatic change happens in brief dynamic therapy.

TLDP is an integrative approach that uses techniques from attachment theory, interpersonal neurobiology, affective-experiential learning, and systems orientations to help clients with long-standing, dysfunctional ways of relating to others. The author explores this integrative, culturally-sensitive approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments.

Contributor Bio

Hanna Levenson, PhD, is the author of over 75 papers; two books, the *Concise Guide to Brief Dynamic and Interpersonal Psychotherapy* (2002) and *Time-Limited Dynamic Psychotherapy: A Guide to Clinical Practice* (1995); and four professional videos. A professor of psychology at the Wright Institute in Berkeley, California, she also maintains a private practice in Oakland, California. She is a member of APA and a fellow of Division 29 (Society for the Advancement of Psychotherapy), the California Psychological Association, the Society for Psychotherapy Research, the Society for the Exploration of Psychotherapy Integration, and the International Centre for Excellence in Emotionally Focused Therapy.



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277 Pages

Psychology / Education, Training & Supervision

9 in H | 6 in W

Forging Caminos

PathwaystoBecoming aBilingual Mental Health Professional

Maciel Campos, Yessenia Mejia, Andrés J. Consoli

Summary

This book is your roadmap to a career as a bilingual mental health provider, with guidance on training programs, conducting research, and building your practice.

Today over 60 million Latine individuals live in the US, more than 70 percent of whom are fluent in languages besides English. Disparities in health care are significant among this population, and there is a great need for qualified mental health providers to assess, diagnose, and treat both significant and everyday mental health concerns. Yet, less than 8 percent of psychologists are Latinx, with only 5.5 percent identifying as Spanish-speaking, and current standards of training, accreditation and competence for bilingual providers is woefully unstandardized.

This book aims to chart a new path forward for bilingual mental health in the United States. Editors Maciel Campos, Yessenia Mejia, and Andrés J. Consoli have gathered a prestigious group of scholar-practitioners who describe the current lay of the land in bilingual mental health care, with a focus on the graduate student and early career professional who is seeking a career as a bilingual mental health provider. Chapters describe the process of identifying and navigating graduate programs with an emphasis on bilingual approaches to training and care, conducting and publishing bilingual research, internship and postdoctoral training, and building a bilingual mental health practice. The unique experiences of Black and Indigenous Latine are given particular emphasis throughout.

Contributor Bio

Maciel Campos, PsyD, is the program director for the New York City Health and Hospitals Kings County Behavioral Health Child and Adolescent Outpatient Psychiatry Department in Brooklyn, NY.

Yessenia Mejia, PsyD, is a bilingual-bicultural clinical assistant professor in the Department of Child and Adolescent Psychiatry at New York University's Grossman School of Medicine and program manager at the Family Health Centers of NYU Langone in Sunset Park, Brooklyn.

Andrés Consoli, PhD, is a professor in the Department of Counseling, Clinical, and School Psychology at the University of California Santa Barbara (UCSB) and a licensed psychologist in California. Dr. Consoli was professor and associate chair of the Department of Counseling at San Francisco State University.

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Psychology / Psychotherapy
9 in H | 6 in W

Shared Decision Making and Serious Mental Illness

Patrick W. Corrigan

Summary

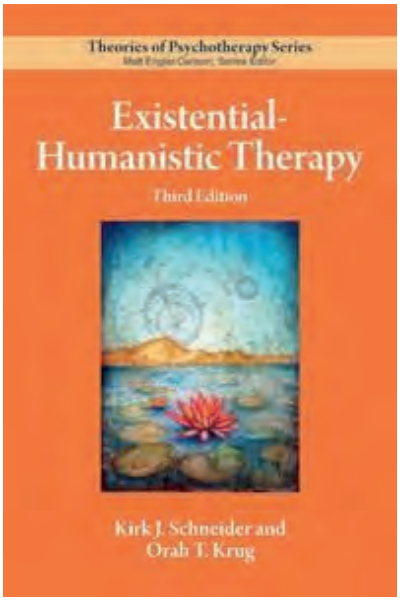
Empower self-determination through inclusion, equity, and community collaboration with this invaluable resource on shared decision making.

This book is a comprehensive guide to shared decision making (SDM), which is both a treatment philosophy and a well-developed clinical approach that clarifies responsibilities and tasks between patients with serious mental illness, providers, families, and other stakeholders, framing a person's pursuit of health and life goals in terms of partnership. Patrick Corrigan weaves together general concepts of self-determination with the details of actually doing SDM. The chapters outline basic SDM principles within social and psychological contexts, taking into consideration variances related to diversity, equity, inclusion, and accessibility and examining the unique intersections of the individual identity, with an emphasis on race and ethnicity, culture, age, and poverty. These principles are then put into action with concrete, step-by-step guidance on doing SDM, complete with worksheets and case examples.

Shared Decision Making and Serious Mental Illness examines SDM's place in the evolution of a recovery-oriented care system from resistance and compliance to self-determination. It reviews principles and practices of community-based participatory research that are relevant to SDM, looking ahead to the future of SDM and serious mental illness.

Contributor Bio

Patrick W. Corrigan, PsyD, is distinguished professor of psychology at the Illinois Institute of Technology. He is currently principal investigator of the Center for Health Equity, Education, and Research, a consolidated group of four grant-funded programs on disability and health. Among other things, he is principal investigator of projects examining integrated primary and behavioral health care in a health disparities framework currently funded by NIMHD and PCORI. Corrigan has written more than 450 peer-reviewed articles, is editor emeritus of the *American Journal of Psychiatric Rehabilitation*, and editor of a journal published by the American Psychological Association (APA) called *Stigma and Health*. Corrigan has coauthored or coedited more than twenty books including several for APA: "Person-Centered Care for Mental Illness" (in 2015) and "Recovery in Mental Illness" in 2005. He is 2016 recipient of the APF Alexander Gralnick award for his research on services for people with serious mental illness as well as the APA 2022 Award for Distinguished Contribution to Psychology in the Public Interest.



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211 Pages

Psychology / Psychotherapy
Series: Theories of Psychotherapy Series®
9 in H | 6 in W

Existential–Humanistic Therapy *(3rd Edition)*

Kirk J. Schneider, Orah T. Krug

Summary

This third edition offers an updated primer to the theory, history, research, and practice of existential–humanistic (EH) therapy, which merges existential philosophy with humanistic psychotherapy.

EH therapy blends the European heritage of self-inquiry, struggle, and responsibility with the American tradition of spontaneity, optimism, and practicality. This book helps therapists and trainees understand how to help people address critical life questions and attune to how clients relate to themselves and to others, appropriately reflecting back aspects of themselves that are evident but unnoticed.

New to this edition are significant updates to research and theory, including the work of Otto Rank, an often-overlooked pioneer in EH therapy, and new concepts like existential unconsciousness and life-enhancing anxiety. The cultivation of presence as a central component of the therapeutic relationship is also emphasized.

Contributor Bio

Kirk J. Schneider, PhD, is president of the Existential–Humanistic Institute and adjunct faculty at Saybrook University and Teachers College, Columbia University. He is also past president of the American Psychological Association's Society for Humanistic Psychology (Division 32). Dr. Schneider has published more than 200 articles and chapters and has authored/edited 15 books, including *The Psychology of Existence* (with Rollo May) and *Life-Enhancing Anxiety*. He received the Rollo May Award from Division 32 and the Cultural Innovator award from The Living Institute, Toronto, Canada. He delivered keynote addresses at all three World Congresses for Existential Therapy. Visit https://www.youtube.com/@CorpsofDepthHealers-ws9nq and http://www.kirkjschneider.com.

Orah T. Krug, PhD, is a licensed psychotherapist and owner of Krug Counseling, Inc., in Oakland, CA. She was also the first clinical director and founding member of the Existential-Humanistic Institute. Dr. Krug has published numerous articles and chapters and coauthored *Supervision Essentials of Existential-Humanistic Therapy* with Kirk Schneider. She has presented at numerous American Psychological Association conferences, Division 32 conferences, and at the World Congress of Existential Therapy. Dr. Krug recorded training videos and interviews with Victor Yalom, along with other videos, available at https://www.psychotherapy.net/videos. Visit https://www.krugcounseling.com.

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Psychology / Psychopathology
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11 in H | 8.5 in W

APA Handbook of Depression

Volume 1: Classification,Co-OccurringConditions, and Etiological Processes; Volume 2: Minoritized Populations, Lifespan Development, Assessment, and Treatment

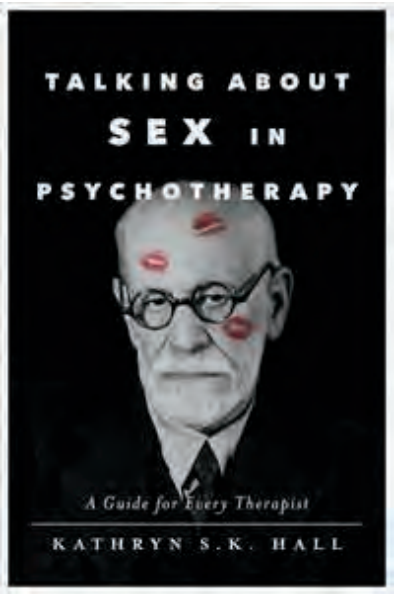
Jeremy W. Pettit, Thomas M. Olino, Rhonda C. Boyd, Brian C. Chu, P. Elizabeth Hayden, Diego A. Pizzagalli

Summary

This comprehensive two-volume handbook provides an authoritative, robust examination of current information on depression.

Depression is a leading cause of disability, a major contributor to global disease burden, and one of the most commonly presenting problems in mental health and primary care settings. Its pervasive impact on individuals, families, and communities underscores the urgency of advancing understanding and treatment of this complex mental health condition. The *APA Handbook of Depression* reflects the critical need for a comprehensive resource that highlights advancements, presents up-to-date knowledge, and provides mental health professionals with a robust foundation for clinical practice, research, and education. The 75 chapters in the handbook represent the collective efforts of leaders in the field, spanning diverse disciplines and perspectives, and reflecting a rich tapestry of expertise within depression research and practice. Chapter contributors synthesized the latest research findings and clinical insights into a compendium that contextualizes the breadth and depth of basic and applied research on depression within diverse populations and developmental periods, while also identifying critical directions for future research.

Volume 1 contains four parts focusing on classification, epidemiology, co-occurring conditions, and etiological processes of depression. Part 1 delves into the historical context of depression, diagnostic classification, epidemiological trends, and the burden of co-occurring conditions such as anxiety disorders, substance use disorders, and trauma-related disorders, among others. Part 2 explores multiple biological contributors to depression, from molecular genetics to brain structure and function to psychophysiology and neuroimmune interactions. Part 2 further delves into behavioral genetics, animal models of depression, and the role of sleep and circadian rhythms in depression. Part 3 examines individual differences and psychological processes, including temperament, attachment, stress reactivity, self-regulation, and reward processing. Part 3 also considers learning and cognition in depression, including attention, interpretation, cognitive control, and memory. Finally, Part 4 covers social and cultural processes in depression, including interpersonal relationships, community, and cultural processes. Part 4 also addresses depression-related stigma and the increasing relevance of technology to depression. In Volume 2, the focus shifts to depression in historically marginalized populations, depression across the lifespan, and assessment, prevention, and treatment of depression. Part 1 highlights the unique challenges faced by diverse populations and minoritized groups. Part 2 addresses depression across different developmental stages, from early childhood to late life depression, and depression in the peripartum period. Part 3 covers ethical issues in research and practice with depression and also focus...



Talking About Sex in Psychotherapy

AGuide for EveryTherapist

Kathryn S. K. Hall

American Psychological Association
9781433844102
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Trade Paperback

291 Pages

Psychology / Psychotherapy
9 in H | 6 in W

Summary

Unlocking the Therapeutic Potential of Sexuality

Sexuality is intricately woven into every facet of a person's life, often presenting unique challenges and amplifying other psychological issues. Despite its significance, many therapists shy away from addressing sexual topics in sessions, opting instead to refer patients to specialized sex therapists.

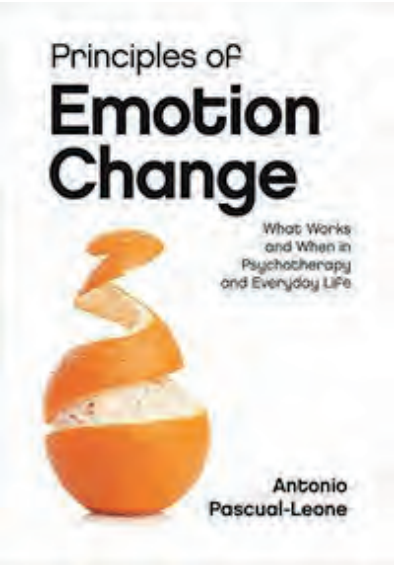
This indispensable guide empowers mental health clinicians to seamlessly integrate discussions of sexuality into their therapeutic practice, dismantling the barriers that often leave this vital aspect of patients' lives unaddressed.

Through compelling case studies, Kathryn S. K. Hall illustrates how core therapeutic skills such as empathy and active listening can be effectively employed to navigate sexual topics with confidence and sensitivity. Clinicians will learn how to introduce and respond to discussions about sex, maintain professional boundaries, and address common issues such as shame, desire discrepancies, sexual trauma, and atypical sexual interests.

Whether the therapy is for individuals or couples, this book equips practitioners with the foundational knowledge and practical strategies necessary to incorporate sexuality into ongoing treatment. By doing so, clinicians can enhance patient outcomes and cultivate deeper, more meaningful therapeutic relationships.

Contributor Bio

Kathryn S. K. Hall, PhD, is a licensed psychologist with over four decades of experience in sex therapy. She has co-edited three influential books, including two editions of *Principles and Practice of Sex Therapy* and *The Cultural Context of Sexual Pleasure and Problems: Psychotherapy with Diverse Clients*. Dr. Hall has lectured widely and written extensively about human sexuality and has provided training in sex therapy to graduate students and professionals. She is the book review editor for the *Journal of Sex and Marital Therapy* and is a past president of the Society for Sex Therapy and Research. Visit drkathrynhall.com.



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658 Pages
Psychology / Psychotherapy
10 in H | 7 in W

Principles of Emotion Change

What WorksandWheninPsychotherapyand Everyday Life

Antonio Pascual-Leone

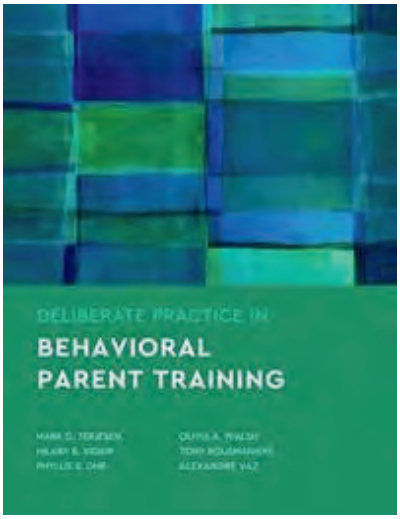
Summary

This book of theory and practice offers an unprecedented exploration of the nature of emotion and the process by which it changes.

Written for mental health providers and psychotherapy researchers, this innovative and unique volume offers an extraordinary synthesis of psychotherapy research, neuroscience, and practical observations to propose a new paradigm of emotion change. The book presents a general theory of how a difficult emotional state changes. Integrating findings across treatment approaches, it resolves contradictions found in different lines of research and reconciles existing theories that have seemed at odds. It explains the different kinds of emotional change, the hypothesized mechanisms driving that change, and when each type of change is most applicable. Dr. Pascual-Leone demonstrates that having a clearer understanding of how emotion change happens enables clinicians to apply more impactful and effective interventions. Chapters explore everything from moment-by-moment work (through engagement, labeling, and expression) to broader process formulations (such as narrative, re-framing, and purpose in life). Extensive clinical examples help therapists get a better grip on what each kind of processing really means.

Contributor Bio

Antonio Pascual-Leone, PhD, CPsych, is a professor in psychology at the University of Windsor, Canada and is an honorary professor of psychiatry at the University of Lausanne, Switzerland. Dr. Pascual-Leone runs the Emotion Change Lab at the University of Windsor and supervises research on the processes of emotional change as they occur in psychotherapy and in everyday life. Dr. Pascual-Leone usually teaches courses on psychotherapy interventions and has co-authored a book on *Emotion-Focused Therapy* with Dr. Sandra C. Paivio. He has published seminal contributions to the theory and research of emotion-focused therapy and is regarded as a world expert in emotional processing. His work is recognized by career awards from international societies as well as distinguished publication awards.



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Trade Paperback

241 Pages

Psychology / Education, Training & Supervision
Series: Essentials of Deliberate Practice Series

11 in H | 8.5 in W

Deliberate Practice in Behavioral Parent Training

Mark D. Terjesen, Hilary B. Vidair, Phyllis S. Ohr, Olivia A. Walsh, Tony Rousmaniere, Alexandre Vaz

Summary

Deliberate practice exercises provide trainees and students an opportunity to build competence in essential behavioral parent training skills while developing their own personal therapeutic style.

These exercises present role-playing scenarios in which two trainees act as a client and a clinician, switching back and forth under the guidance of a supervisor. The clinician improvises appropriate and authentic responses to client statements organized into three difficulty levels—beginner, intermediate, and advanced—that reflect common client questions and concerns.

Trainees will learn how to collaborate with parents to help them build positive relationships with their children as a foundation for creating behavioral change. They will learn how to teach parenting skills like praise to encourage positive behaviors, planned ignoring, establishing consequences that are respectful and developmentally appropriate, and strategies for parents to manage their own strong emotions.

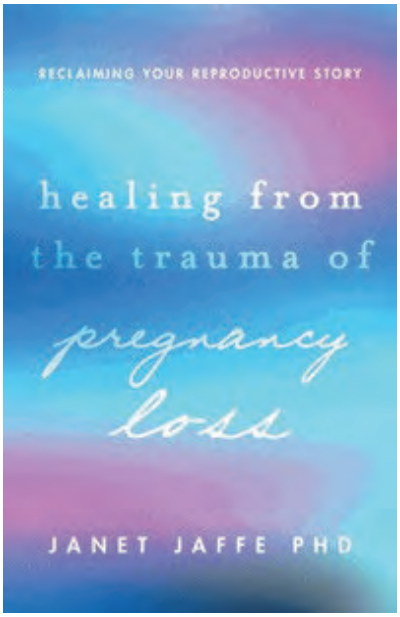
Step-by-step instructions guide participants through the exercises, identify criteria for mastering each skill, and explain how to monitor and adjust difficulty. Guidelines to help trainers and trainees get the most out of training are also provided.

Contributor Bio

Mark D. Terjesen, PhD, is professor of psychology at St. John's University in Queens, NY, where he also serves as director of clinical training and program director of the school psychology PsyD program. He has studied, published, presented, and trained internationally in assessment and clinical work with children, adolescents, and families. Dr. Terjesen is the coeditor of the *Handbook of Behavioral Parent Training*. He was president for multiple organizations, including the School Division and the Cognitive Behavioral Therapy Division of the New York State Psychological Association and Division 52 (the Society for Global Psychology) of the American Psychological Association.

Hilary B. Vidair, PhD, is associate professor of psychology and former director in the Clinical Psychology Doctoral Program at Long Island University Post. For over 15 years, she has trained and supervised doctoral students in cognitive behavioral therapy and behavioral parent training. Dr. Vidair has published and presented on evidence-based treatments for children and adolescents, behavioral parent training, and methods for training students in clinical work and research. She authored the book *Navigating Research Projects in an Applied Graduate Program*. She also serves as the director of program development at Cognitive Behavioral Associates in Great Neck, New York.

Phyllis S. Ohr, PhD, is associate professor of psychology at Hofstra University in Long Island, NY, where she serves as assistant director of clinical training for the clinical psychology PhD program. She is also clinical director of the Child and Parent Psychological Services Clinic, a training and research program. She is a certified trainer of parent–child interaction therapy and, with her mentees, has published and presented yearly at conferences on parent–child relationships, selective mutism and social anxiety, and treating disordered eating in young children. In 2010, she received the American Psychological Association's student-nominated mentorship award.



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Trade Paperback

257 Pages

Self-Help / Death, Grief, Bereavement

8.5 in H | 5.5 in W

Healing From the Trauma of Pregnancy Loss

Reclaiming YourReproductive Story

Janet Jaffe

Summary

This book aims to help would-be parents and their supporters better understand how pregnancy loss happens, why it is so uniquely traumatic, how experiences of grief and coping can vary, and how sufferers can move forward after these devastating events.

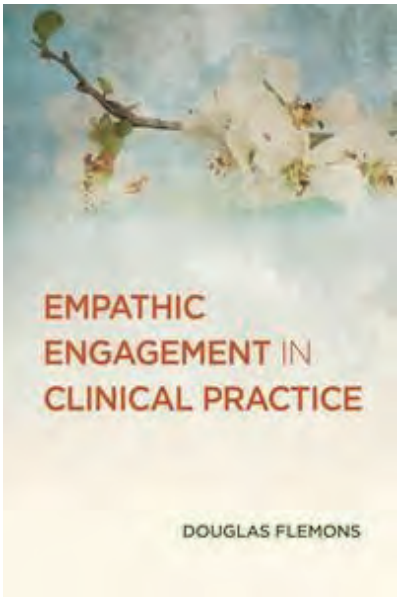
Anyone who has faced the trauma of pregnancy loss—be it a miscarriage, stillbirth, or other experience of heartbreak—knows how lonely, frightening, and overwhelming it can be. These losses, although tragically common, are rarely spoken about, and can leave bereaved would-be parents feeling guilty, shunned, and full of shame. Their friends and family may also feel helpless and unsure of how to react.

Based on personal and clinical experience and a deep understanding of the research on pregnancy loss, Dr. Jaffe offers a personable, supportive, and caring voice to serve as a companion in those long hours of grief. The book aims to help readers reflect on pregnancy loss and grief, and to find ways of coping and a path to healing and change.

Dr. Jaffe focuses on the concept of the reproductive story: the sometimes conscious, but often unconscious hopes and dreams people internalize about becoming a parent. She shows readers how to uncover and recognize their story—as well as their power to edit that story, write new endings, and continue their journey.

Contributor Bio

Janet Jaffe, PhD, clinical psychologist, has devoted her career to helping others navigate the pitfalls and anguish that can occur on the road to parenthood. She works with patients in private practice, has trained mental health professionals, and has written and lectured extensively on the topic. She is the coauthor of *Unsung Lullabies* and the author of *Reproductive Trauma, Second Edition.* Dr. Jaffe is informed by years of academic scholarship and also her personal experience. She knows what it means to want to build a family, what happens when those dreams come crashing down, and what it takes to rebuild.



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195 Pages

Psychology / Psychotherapy
9 in H | 6 in W

Empathic Engagement in Clinical Practice

Douglas Flemons

Summary

This guide for mental health professionals offers an insightful, conversational approach to mastering empathic communication with clients.

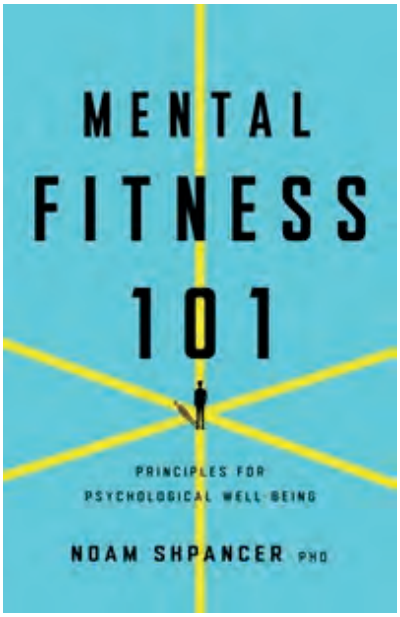
Douglas Flemons invites readers to join him in a dialogue that incorporates voices from clinical research and practice, philosophy (both Eastern and Western), neuroscience, and the arts.

He explains the nuts and bolts of empathy, and offers guidelines for how readers can make sense of the client's thoughts, feelings, and choices from inside their worldview. He also shows how the clinician, with compassion, curiosity, and an empathic imagination, can create a heartfelt connection that allows the client to feel respected and understood and that opens the way for collaboration and therapeutic change.

Innovative strategies for therapist self-care are thoroughly explored. Practitioners learn how to effectively engage in and safely disengage from close empathic relationships, even with clients who are deeply suffering or who present complex emotional challenges.

Contributor Bio

Douglas Flemons, PhD, is professor emeritus at Nova Southeastern University (NSU). He is an American Association for Marriage and Family Therapy clinical fellow and approved supervisor. He directed a family therapy training clinic for 5 years and created and directed the NSU Student Counseling Center for another 6 years. Douglas has authored five other books, and 60 articles and book chapters that develop and illuminate systemic approaches to learning and practicing brief therapy, clinical hypnosis, supervision, suicide assessment, academic writing, and qualitative research. He and his wife, with whom he coedited a handbook on brief sex therapy, live in Asheville, NC.



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319 Pages
Self-Help / Emotions
8.5 in H | 5.5 in W

Mental Fitness 101

Principlesfor Psychological Well-Being

Noam Shpancer

Summary

This book uses insights from psychological science along with illuminating anecdotes to present a framework for understanding our inner architecture and helping readers discover how to live their best lives.

Author Noam Shpancer explores humans' fundamental psychological need for connection and need for autonomy and details how the fulfillment of these needs underpins robust mental health. In brief, accessible chapters, he offers ten guiding principles for achieving this fulfillment based on proven psychological findings. These principles--including trusting evidence, honoring your own experiences, being flexible, facing your fears, and trying to love--help readers develop new ways to think about themselves and others and to cope with life's challenges.

Through engaging stories and explanations of human psychology, the book provides a path along which readers can explore their emotions, relationships, and ultimately what a meaningful life means to them.

Contributor Bio

Noam Shpancer, PhD, is professor of psychology at Otterbein University in Westerville, OH, and a practicing clinician with the Center for Cognitive and Behavioral Psychology in Columbus, OH. He received his PhD in clinical psychology from Purdue University. He teaches introductory psychology, child development, personality, abnormal psychology, human sexuality, assessment, advanced research, and health psychology. He is the author of the novel *The Good Psychologist* and writes about psychology for *Psychology Today*'s Insight Therapy blog.

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381 Pages
Psychology / Ethics
9 in H | 6 in W

Ethical Challenges for Mental Health Professionals

Your Questions Answered

Jack P. Haynes, James Windell

Summary

A practical, hands-on guide to understanding and resolving common ethical issues that arise in mental health practice.

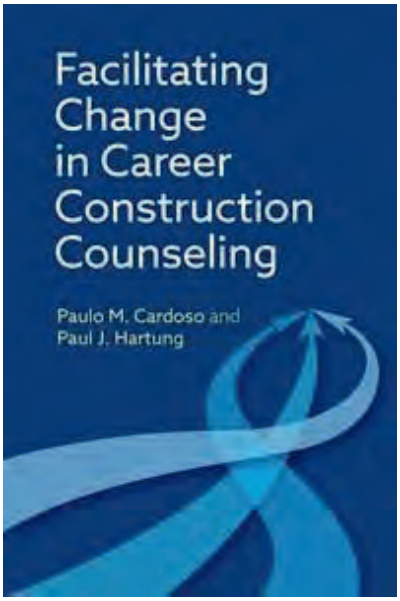
This book, intended for a broad range of professionals, is a practical, handy guide to ethical decision-making in one's daily work. Each chapter outlines key ethical issues that arise in mental health practice, cites relevant ethics code principles and standards, and illustrates the dilemmas with vignettes drawn from real life, followed by questions and answers to promote critical thinking.

Common ethical challenges described by the authors include maintaining confidentiality, practicing within one's area of competence, and providing informed consent. Chapters cover work with special populations--including children, older adults, and individuals exploring their gender identity--as well as work in specialized areas such as assessment and forensic settings. This book provides readers with the framework they need to think through ethical challenges flexibly and make decisions that benefit and protect their clients and themselves.

Contributor Bio

Jack P. Haynes, PhD is a licensed psychologist in private practice in Michigan. He has served as chair of the American Psychological Association Ethics Committee. He also served for eight years on the Michigan Licensing Board for Psychology, including as chair. He is past president of the Michigan Psychological Association and was president of a statewide forensic psychology association. He has been director of research, training, and clinical services for a family court. Dr. Haynes has performed hundreds of court ordered child custody and parenting time evaluations as well as many other evaluations, both civil and criminal, adult and juvenile.

James Windell, MA is a limited license psychologist, college instructor, and author. As a court psychologist, he specialized in work with families and children. Since 1991, he has published more than 40 books in the areas of parenting, divorce, postpartum depression, healing for widows, and criminal justice. He has been a weekly newspaper columnist, the editor of *The Michigan Psychologist* for the past 20 years, and he has taught criminal justice courses at Wayne State University and Oakland University for 25 years.



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170 Pages

Psychology / Career Counseling
9 in H | 6 in W

Facilitating Change in Career Construction Counseling

Paulo M. Cardoso, Paul J. Hartung

Summary

A guide that teaches practitioners how to facilitate meaningful client change through the three stages of career construction counseling.

This practical book blends career counseling theory with theoretical approaches to the narrative construction of the self, to support clients who are adapting to new career tasks and job transitions. Chapters explore why people experience difficulty making career decisions, and how their self-narratives can impede change. The authors emphasize narrative-based interventions that help clients author their own significant and coherent career stories. By developing these stories, clients connect self-concepts to work roles, discover how work fits into their lives, and make meaning through their work.

The authors emphasize the importance of tailoring intervention approaches to clients' needs. They include dialogue excerpts from real career construction counseling sessions, to give readers a moment-to-moment understanding of the counselor's decision-making. These dialogues also include practical comments that clarify the counselor's intentions, or describe performance errors that put therapeutic collaboration at risk.

Contributor Bio

Paulo M. Cardoso, PhD, is an associate professor in the Department of Psychology, University of Évora, Portugal, where he teaches vocational psychology and career counseling in the educational psychology master's program, and in the psychology doctoral program. Dr. Cardoso has published extensively on the process and outcome of career counseling. He serves as a member of the editorial boards of several journals concerned with vocational behavior and career development. He also serves on the executive boards of the European Society for Vocational Designing and Career Counseling, and the Portuguese Society of Psychology.

Paul J. Hartung, PhD, is professor of behavioral sciences and interim co-chair of the Department of Family and Community Medicine, Northeast Ohio Medical University (NEOMED). He maintains an international reputation of excellence for his work in the areas of career development and vocational psychology, and has published numerous articles, chapters, and edited books. Dr. Hartung is a 2024-2025 University Hospitals-NEOMED Faculty Scholar and is listed in Elsevier's 2023 World's Top 2% of Scientists for career and single-year publication citations. Dr. Hartung also currently serves as past president, Division 16 (Counseling, 2022-26) of the International Association of Applied Psychology (IAAP).

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Psychology / Psychotherapy
Series: APA Handbooks in Psychology® Series
11 in H | 8.5 in W

APA Handbook of Humanistic and Existential Psychology

Volume1:History,Research,Philosophy, andTheory;Volume2: Clinical and Social Applications

Louis Hoffman , L. Xochitl Vallejos, Dan Hocoy, Pratyusha Tummala-Narra, Eugene DeRobertis

Summary

The 2-volume*APA Handbook of Humanistic and Existential Psychology* provides a comprehensive overview of the rich history, diverse theoretical perspectives, clinical and social applications, and important emerging issues and directions in the field.

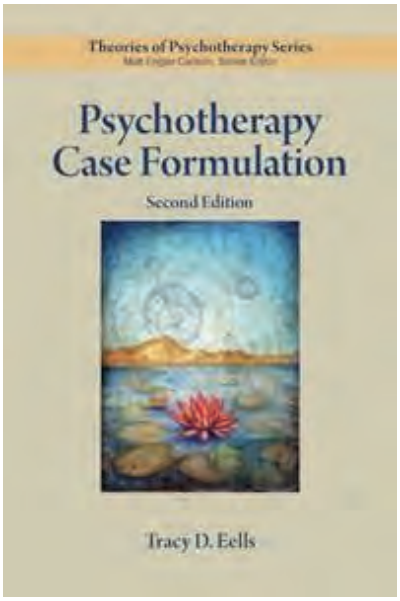
The 61 chapters in this Handbook comprise a broad spectrum of coverage from the earliest foundations of humanistic and existential psychology to exciting future developments, including in-depth discussion of:

- important theorists upon whose work the field was built and developed;
- aspects of human nature and existence, including creativity, freedom, social connectedness, authenticity, meaning making, and self-actualization;
- the relationship of humanistic and existential psychology to other approaches, such as positive psychology, community psychology, and liberation psychology; and
- multiculturalism, diversity, and social justice in relation to practice, research, and theoretical development within humanistic and existential psychology

This Handbook is both a map of the current landscape of humanistic and existential psychology and a guide to where the field is headed. Researchers, practitioners, and students in psychology and related fields will learn how to incorporate a broad array of theoretical approaches; use quantitative, qualitative, and participatory methodologies; and apply the principles of humanistic and existential psychology to their practice, scholarship, and social advocacy.

Contributor Bio

Louis Hoffman, PhD, is executive director of the Rocky Mountain Humanistic Counseling and Psychological Association (www.rmhcpa.org) and a licensed psychologist in private practice. He serves on the editorial boards of the *Journal of Humanistic Psychology*, *The Humanistic Psychologist*, and the *Journal of Constructivist Psychology*. He has been recognized as a fellow of the American Psychological Association (APA) and is the 2020/2021 recipient of the Rollo May Award of the Society for Humanistic Psychology (APA Division 32). His interests include multicultural and social justice psychology, existential-humanistic therapy and evidence-based practice, and increasing access to psychotherapy and counseling. Visit him at www.louis-hoffman.com



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247 Pages

Psychology / Clinical Psychology
Series: Theories of Psychotherapy Series®
9 in H | 6 in W

Psychotherapy Case Formulation *(2nd Edition)*

Tracy D. Eells

Summary

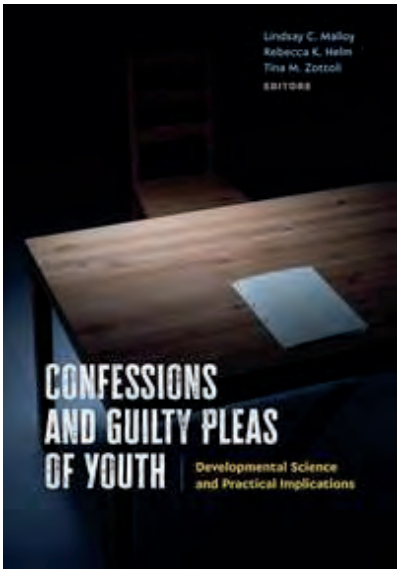
The psychotherapy case formulation model is integrative, and takes an evidence-based approach to treatment by mental health practitioners.

Formulating cases is an essential component of psychotherapy training and practice, yet beginning therapists often struggle to organize their ideas about the client and apply theory to the case. The model presented in this volume is designed to adapt to any theory of therapy, any treatment manual, and any component of a theory. The author emphasizes case formulation inferences that are based on theories with supporting evidence, expert knowledge about formulation, and steps to enhance sound reasoning in case formulation.

This book incorporates a focus on culturally responsive therapy by presenting a cultural perspective, including consideration of race and ethnicity, sex and gender, socioeconomic status, and religion and spiritual orientation, on case formulation and providing guidance on incorporating culture into a case conceptualization. It draws heavily upon cognitive science research to support evidence-based practice in case formulation, and includes a case example and checklist to illustrate the principles and steps of formulation. Topics investigated include the slippery definitions of mental disorders, approaches to assessing behavior and selecting a treatment approach, and treatment planning. The book also explores the role psychiatric diagnosis plays in psychotherapy, its limitations, its societal impacts, and what it contributes uniquely to case formulation.

Contributor Bio

Tracy D. Eells, PhD, is a clinical psychologist and professor in the Department of Psychiatry and Behavioral Sciences at the University of Louisville. He has taught and conducted research on psychotherapy case formulation for more than 30 years, supervised clinical psychology graduate students and psychiatry residents, and more recently has researched the role of computer-assisted cognitive–behavioral therapy for treatment of depression. He is a fellow of Division 29 (Psychotherapy) of the American Psychological Association. In addition to authoring numerous journal articles and book chapters, he also serves as the editor of the *Handbook of Psychotherapy Case Formulation*, currently in its third edition.



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358 Pages

Psychology / Forensic Psychology
Series: American Psychology-Law Series
10 in H | 7 in W

Confessions and Guilty Pleas of Youth

Developmental Science and Practical Implications

Lindsay C. Malloy, Rebecca K. Helm, Tina M. Zottoli

Summary

This timely volume provides authoritative, integrated coverage of the developmental science relevant to youth who self-incriminate, with implications for practice and policy.

In recent years there has been a surge in empirical research on confessions and pleas in general, and among youth specifically. Reforms have been proposed, and some have been adopted. However, in many ways youth continue to be treated either the same as adults or with well-intended but misguided procedures based on "common sense" rather than robust developmental science. Growing interest in this topic, coupled with a high volume of scholarship that is not yet reflected in policy, makes the time ripe for this book.

Chapters in the volume demonstrate that developmental science should be front and center when it comes to confessions and guilty pleas of youth, how the legal contexts surrounding confessions and guilty pleas are fraught with risk for youth overall—but especially for those facing systemic disparities—and that there are ways to improve outcomes for youth suspects and defendants. An international group of renowned experts review research and theory, examine current practice and procedure, and provide suggestions for empirically-based reform. A comprehensive, first-of-its kind work, the book links developmental science with applied scholarship and analysis to help inform practice, and to facilitate the development of empirically supported policy and law that takes appropriate account of the developmental capabilities and limitations of youth suspects and defendants.

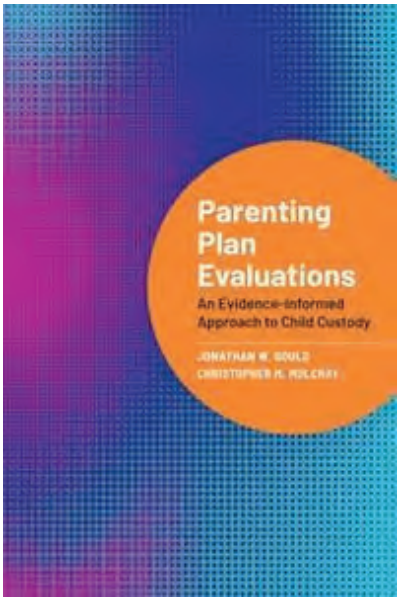
Intended for researchers, practitioners, and students across a range of fields, including psychology, law, criminal justice, social work, and law enforcement, this book will be a must-read for all who are interested in understanding youth self-incrimination.

Contributor Bio

Lindsay C. Malloy, PhD, is a professor of forensic psychology and Research Excellence Chair at Ontario Tech University. Her research addresses questions concerning interrogations, confessions, and eyewitness testimony, especially among vulnerable people; investigative interviewing techniques; and the disclosure of negative or traumatic experiences.

Rebecca K. Helm, PhD, is a professor of law and empirical legal studies, and is director of the Evidence Based Justice Lab at the University of Exeter. She is a qualified lawyer in England and Wales, and in New York. Dr. Helm serves as an academic cochair of the Plea Bargaining Institute and runs the United Kingdom Miscarriages of Justice Registry.

Tina M. Zottoli, PhD, is an associate professor of psychology and director of the Legal Decision Making Lab at Montclair State University. She is a licensed clinical psychologist in New York and serves as cochair of a working group of the Plea Bargaining Institute. Dr. Zottoli's scholarship focuses on decision making in legal contexts, with emphasis on the legal capacities of adolescent defendants and guilty plea decision making.



American Psychological Association
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561 Pages
Psychology / Forensic Psychology
10 in H | 7 in W

Parenting Plan Evaluations

AnEvidence-InformedApproach toChild Custody

Jonathan W. Gould, Christopher M. Mulchay

Summary

Unlock the science behind child custody evaluations.

Psychologists today play a crucial role in providing court assessments for child custody cases. But, gone are the days of relying solely on clinical judgment—courts now demand a more scientific approach.

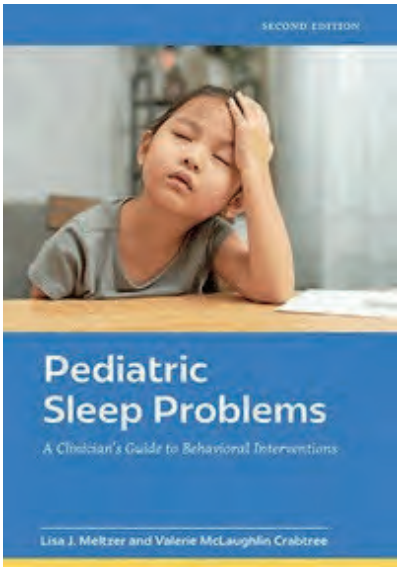
This guide offers an evidence-informed framework for conducting child custody evaluations. It reviews critical components such as forensic interviewing, parent-child observation, document review, and accounting for one's own personal biases. The authors explore the strengths and limitations of psychological testing and assessment, and demonstrate how custody evaluations require a dimensional approach that emphasizes behaviors over diagnoses. Extensive research is synthesized on all these critical topics, as well as more specific issues such as alienation, parent-child contact problems, domestic violence, and parental relocation requests.

Whether you're a seasoned professional or new to the field, this book is an indispensable resource for conducting scientifically sound, legally defensible evaluations.

Contributor Bio

Jonathan W. Gould, PhD, is a board-certified forensic psychologist specializing in psychological aspects of family law matters, including child custody and child maltreatment. He has authored or coauthored seven books and several dozen peer-reviewed articles and book chapters addressing child custody matters. He has presented at national and international conferences to mental health professionals, attorneys, and judges for more than three decades. This book represents an update and conceptual extension of his previous books, *Conducting Scientifically Crafted Child Custody Evaluations* and *The Art and Science of Child Custody Evaluations* (with David Martindale).

Christopher M. Mulchay, PhD, ABPP, is the coauthor of *The Family Law Professional's Field Guide to High-Conflict Litigation: Dynamics, Not Diagnoses*. With Jonathan Gould, Dr. Mulchay has coauthored chapters on child custody in both *The Oxford Handbook of Psychology and Law* (2023) and *APA Handbook of Forensic Psychology* (2025). Dr. Mulchay has also reviewed tests for the *Journal of Pediatric Neuropsychology*. He has published four test reviews, and he has multiple currently under review. Dr. Mulchay is board-certified in forensic psychology by the American Board of Professional Psychology. He is a fellow in the American Academy of Forensic Psychologists.



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262 Pages
Psychology / Psychotherapy
10 in H | 7 in W

Pediatric Sleep Problems *(2nd Edition)*

AClinician's Guide toBehavioralInterventions

Lisa J Meltzer, Valerie McLaughlin Crabtree

Summary

A concise, hands-on guide to treating pediatric sleep problems.

This second edition includes updated research and practice recommendations, a new chapter on disorders of hypersomnolence, and downloadable handouts in both English and Spanish. It also incorporates new information on sleep health equity, considering such factors as individual child differences, family circumstances, school start times, home environment, neighborhood differences, and sociocultural beliefs and practices.

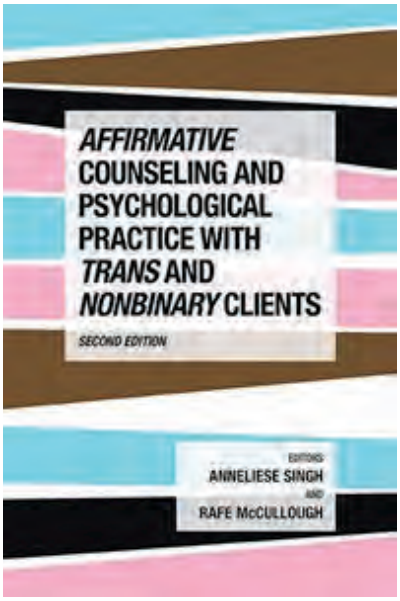
Sleep difficulties are very common in children, with 25-40% of youth experiencing them at some point during childhood or adolescence. Yet, most healthcare providers receive little if any training in pediatric sleep problems—and most training that does exist tends to emphasize medical, rather than behavioral interventions.

This book presents highly effective behavioral interventions for common pediatric sleep problems such as sleep-related anxiety, insomnia, frequent night wakings, delayed circadian rhythm, sleep terrors, and nocturnal enuresis. Step-by-step instructions provide readers with the tools to clinically assess and treat children with sleep problems, and case examples show clinicians how to apply the instructions to real-life scenarios. To facilitate implementation, authors Lisa Meltzer and Valerie McLaughlin Crabtree also provide more than 30 downloadable handouts and worksheets that practitioners can share with parents and children.

Contributor Bio

Lisa J. Meltzer, PhD, CBSM, DBSM, is the owner of Nyxeos Consulting (www.nyxeosconsulting.com), providing pediatric sleep solutions for researchers and clinical providers. She is a professor at National Jewish Health (Pediatrics) and the University of Colorado School of Medicine (Family Medicine). Dr. Meltzer is a licensed child psychologist, is board certified in behavioral sleep medicine by the American Board of Sleep Medicine, and is a diplomate of the Board of Behavioral Sleep Medicine. For 25 years, she has provided clinical treatment and education for sleep problems in children 6 months through college-aged and their families.

Valerie McLaughlin Crabtree, PhD, CBSM, DBSM, is the vice president of psychosocial services and a faculty member in the Department of Psychology and Biobehavioral Sciences at St. Jude Children's Research Hospital. She is a licensed psychologist and board certified in behavioral sleep medicine by the American Board of Sleep Medicine. She is also a diplomate of the Board of Behavioral Sleep Medicine. For over 25 years, Dr. Crabtree has provided clinical care for children and adolescents with sleep disorders. She also conducts research on sleep and fatigue in children with cancer. Visit www.stjude.org/crabtree or follow @drvcrabtree.



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390 Pages

Psychology / Psychotherapy
Series: Perspectives on Sexual Orientation and Gender Diversity Series

9 in H | 6 in W

Affirmative Counseling and Psychological Practice With Trans and Nonbinary Clients *(2nd Edition)*

Anneliese A. Singh, RafeMcCullough

Summary

This thoroughly revised edition uses an intersectional, social justice lens to teach practitioners how to competently and compassionately work with trans and nonbinary (TNB) clients and help them flourish.

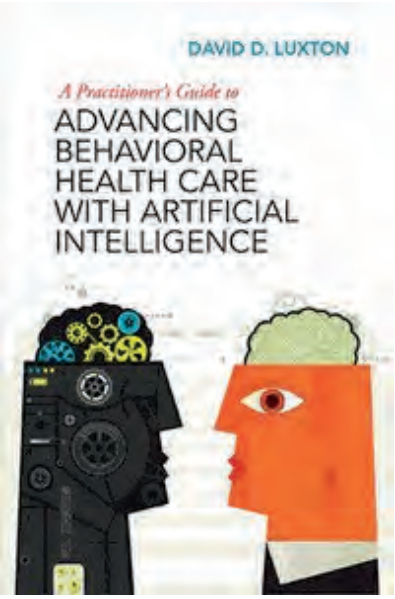
Research and clinical knowledge have been significantly updated to reflect emerging knowledge of gender diversity, including an expanded multicultural focus and the unique experiences of TNB people of color. New chapters debunk bad science on TNB people, discuss working with TNB clients in sports and other physical activities, and how to treat trauma and suicidality among TNB clients.

The book addresses challenges that TNB individuals and communities face, including ongoing legal assaults on their rights and identities, while resolutely promoting joy and thriving through affirmative practice. Chapters translate scientific knowledge into practical guidelines for therapists in multiple areas, including interdisciplinary collaborative care with other helping professionals, such as physicians and social services, as well as social and legal advocacy. They also offer guidelines for working with TNB clients across different racial and ethnic identities; religious and spiritual beliefs; and developmental stages, from gender-questioning youth to older adults.

Contributor Bio

Anneliese Singh, PhD, LPC (she/they), is associate provost for diversity and faculty development, chief diversity officer, and professor in the School of Social Work at Tulane University, where she also holds a joint appointment in the Department of Psychology. Their research explores racial healing, racial justice, and trans and queer liberation, with special attention to people of color and young people. Dr. Singh is the author of The Racial Healing Handbook and The Queer and Trans Resilience Workbook. Dr. Singh founded the Trans Resilience Project to translate their LGBTQ+ research findings into school and community-based change efforts. Find Dr. Singh on Instagram and LinkedIn.

Rafe McCullough, PhD, LPC, LMHC, NCC, is associate professor of professional mental health counseling in the Department of Counseling, Therapy, and School Psychology at Lewis & Clark College in Portland, Oregon. Dr. McCullough has counseling specializations in clinical mental health and professional school counseling. His writing, research, and advocacy efforts center on multicultural and social justice counseling and advocacy, disability and disability justice, clinical practice with youth and young adults, supporting trans educators, and affirming clinical practices for queer and trans clients. He believes in the power of joy, wonder, curiosity, and humor to help trans and nonbinary communities.



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Trade Paperback

266 Pages

Psychology / Practice Management

9 in H | 6 in W

A Practitioner's Guide to Advancing Behavioral Health Care With Artificial Intelligence

David D. Luxton

Summary

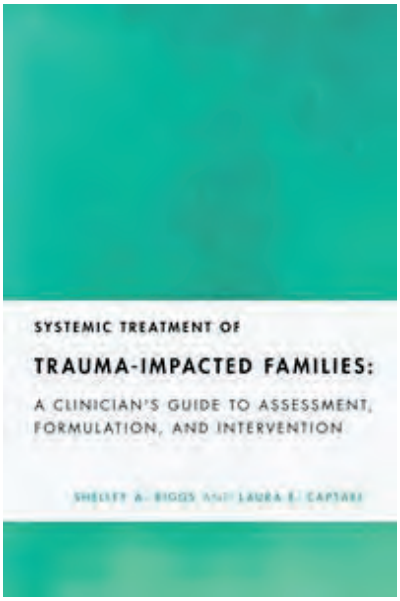
An essential, sensitive overview on the current and future use of AI tools in the behavioral health care context.

Advances in AI are making possible more personalized, precise, efficient, predictive, and portable behavioral health care. This overview offers an important resource for practitioners who want to understand how AI can be used to improve their practice and help clients monitor their health.

AI is revolutionizing the delivery of behavioral health care for mental health care professionals and their clients. This handbook offers an accessible guide to this transformation. It explains the ways that AI tools are currently used in varied behavioral-health contexts, including office administration, research, assessment and diagnosis, and direct clinical care, and it identifies critical applications for future usage. The guide also presents the current and potential value of AI technology in professional training programs and patient self-care, suggesting important pathways to further development. Research grounds each chapter, bolstering the identification of the many opportunities for implementing AI to augment behavioral health, improve behavioral health outcomes, lower the costs of behavioral health care delivery, and benefit population health. Relevant ethical issues and safety concerns are sensitively discussed throughout.

Contributor Bio

David D. Luxton, PhD, MS, is an affiliate professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine in Seattle. He has served as a research health scientist with the U.S. Navy and research psychologist and program manager with the U.S. Army. He has authored scientific and policy-level publications and books and has contributed to the U.S. Department of Defense, Department of Veterans Affairs, and Institute of Electrical and Electronics Engineers (IEEE), among others. He is a licensed clinical psychologist and U.S. Air Force veteran.



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318 Pages

Psychology / Trauma Psychology
Series: Fundamentals of Clinical Practice With Couples and Families Series

9 in H | 6 in W

Systemic Treatment of Trauma-Impacted Families

AClinician'sGuideto Assessment,Formulation,andIntervention

Shelley A. Riggs, Laura E. Captari

Summary

This book provides a holistic and nuanced metatheoretical perspective to working with trauma in the family system.

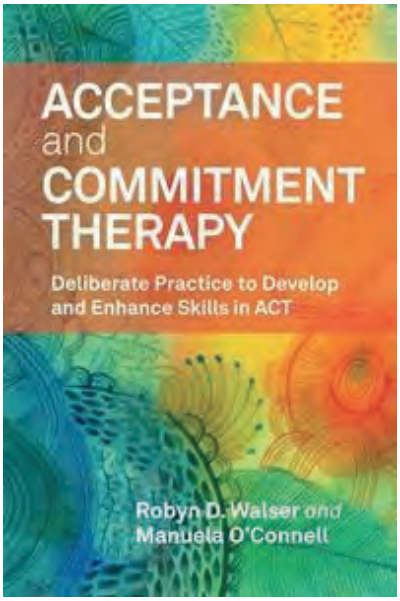
The authors use a systemic lens, conceptualizing mental health as inextricably intertwined with the dynamics of family relationships, environment, and social context. Here, the authors explore how these interactions can both contribute to trauma and be a vital source of healing. Drawing from almost 40 years of combined clinical work, research, teaching, and theorizing, the authors synthesize key systemic principles and practices relevant to clinical practice with children, couples, and families. Therapists and trainees will find practical guidance for conceptualizing and addressing relational patterns and family system processes to promote healing after trauma. Each chapter begins with a brief illustrative vignette that sets the stage for relevant theory and research, with a focus throughout the book on practical application to real-world clinical practice. The authors emphasize the mechanisms of change underlying diverse treatment approaches, and personalizing treatment in consideration of each client or family's culture and preferences. To enhance understanding and application of systemic concepts and strategies, they integrate a case study in detail across several chapters to show how systemic assessment, case formulation, treatment, and consultation might look in practice, inviting readers to consider how to creatively apply systemic principles and concepts in their own work.

Whether you primarily interact with a single member of a family, family subgroups, an entire family, or a larger milieu, gaining a comprehensive understanding of trauma and systems can elucidate important details that deepen understanding and change your approach to trauma intervention.

Contributor Bio

Shelley A. Riggs, PhD, LP, is a professor at Sam Houston State University, where she is director of clinical training for the master's program in clinical psychology. Dr. Riggs also provides therapeutic services and is a clinical trainer. Her research focuses on the roles of family systems, attachment relationships, and trauma in psychological functioning. She has authored numerous scholarly publications and serves on the two journal editorial boards. Dr. Riggs is the recipient of several awards for teaching excellence and contributions to the field and is active in the American Psychological Association's Society for Couple and Family Psychology (Division 43).

Laura E. Captari, PhD, LP, is a staff psychologist and academic researcher at The Albert and Jessie Danielsen Institute at Boston University and has served as adjunct faculty at multiple universities. She brings a holistic, depth-oriented, and systemic perspective to her roles as a psychotherapist, researcher, supervisor, and teacher. Dr. Captari's research explores developmental and relational impacts of trauma, disaster, and loss across the lifespan and family system. Her work also explores approaches to address clinicians' risks for vicarious trauma and build professional longevity. Dr. Captari has authored over 40 professional articles and chapters and serves on multiple editorial boards.



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296 Pages
Psychology / Psychotherapy
10 in H | 7 in W

Acceptance and Commitment Therapy

DeliberatePracticeto DevelopandEnhanceSkillsinACT

Robyn D. Walser, Manuela O'Connell

Summary

This book empowers both new and seasoned clinicians to enhance their proficiency in acceptance and commitment therapy.

Acceptance and commitment therapy (ACT) is rooted in a behavioral and contextual understanding of human suffering, with language and cognition playing a central role. While the capacity for language enables creativity, planning, and connection, it also allows humans to engage in internal dialogue that can generate and prolong distress, increasing suffering. ACT is a psychological intervention that aims to increase psychological flexibility—the ability to stay present, open up to experience, and take action guided by deeply held values.

With their book, the authors aim to help newer and seasoned clinicians understand the underpinnings of ACT, and learn and develop skills in implementing ACT as an integrated therapy. Deliberate practice of ACT is designed to guide readers through learning ACT in a structured, step-by-step way—from core theory and model to applied clinical skills. The book is organized into a series of parts that build on one another, each laying the foundation for the next to support deep, integrated learning. Chapters address basic, intermediate, and advanced skills development, complemented with engaging personal and clinical practice exercises to help readers understand the process both conceptually and experientially. The book offers theory and skills building on a personal level by inviting readers to examine the impact of ACT concepts on their own experience before applying them in session, and to practice exploring the full model with feedback from students and other professionals interested in learning ACT.

Contributor Bio

Robyn D. Walser, PhD, is the director of Trauma and Life Consultation and Psychology Services, assistant professor at the University of California, Berkeley, and director of research at Bay Area Trauma Recovery Clinical Services. Dr. Walser has contributed significantly to the dissemination of Acceptance and Commitment Therapy (ACT) and holds a pivotal role in implementing ACT in one of the largest U.S. healthcare systems. She also works at the National Center for PTSD, where her focus is on trauma recovery, depression, and moral injury. Dr. Walser has coauthored nine influential books on ACT and has led ACT workshops worldwide.

Manuela O'Connell, Lic., is a licensed psychologist from Buenos Aires, Argentina, internationally recognized for her work in acceptance and commitment therapy (ACT), mindfulness, compassion, and functional analytic psychotherapy. She is a fellow of the Association for Contextual Behavioral Science (ACBS), she currently serves as president of ACBS and of the Awareness, Courage and Love Global Foundation.

Dr. O'Connell is a trainer, supervisor, and retreat leader, offering programs in Spanish and English for clinicians worldwide, and facilitating over 10 ongoing study groups for professionals across Spanish-speaking countries. She has published widely on ACT, and the therapeutic relationship, alliance, and rupture..

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732 Pages

Psychology / Developmental
Series: APA Handbooks in Psychology® Series
11 in H | 8.5 in W

APA Handbook of Adult Development and Aging

Margie Lachman, Avron Spiro, Susan Charles, Shevaun Neupert

Summary

The study of adult development and aging is a rapidly growing field, as the older adult population continues to increase. This handbook provides a comprehensive overview of adult development and aging, including theory and methods, biological factors and health, personality and individual differences, cognition, mental health and clinical issues, variability and diversity in development, and social and contextual factors.

Each chapter provides a state-of-the-art review of a different domain of adult development and aging and applies a lifespan developmental lens to the topic, addressing aspects of continuity and change in biopsychosocial processes across multiple aspects of adult development, with an emphasis on midlife and later adulthood. Distinguished scholars and researchers included in this handbook contribute a broad variety of perspectives, approaches, and methods, demonstrating the heterogeneity and diversity of adult development and aging. The volume provides foundational research and explication of theories as well as insight into current topics of growing importance within the field, such as alternative therapies including mindfulness and meditation; technology support for aging adults; the health of LGBTQ+ older adults; health inequities related to race, ethnicity, socioeconomic status, and other sociocultural factors; cultural variability in aging; and addressing ageism.

Contributor Bio

Margie E. Lachman, PhD, the Minnie and Harold Fierman Professor of Psychology at Brandeis University, is director of the Lifespan Developmental Psychology Lab and the Boston Roybal Center for Active Lifestyle Interventions. With funding from the National Institute on Aging, her current work focuses on identifying modifiable factors that can protect against, minimize, or compensate for declines in cognition and health. Lachman is a fellow of the Gerontological Society of America (GSA) and Division 20 on Adult Development and Aging of the American Psychological Association (APA). She received the Distinguished Research Achievement Award from APA Division 20 in 2003, the Distinguished Career Contribution to Gerontology Award in Behavioral and Social Sciences (BSS) from the GSA in 2015, and the Distinguished Mentorship in Gerontology Award from the GSA BSS in 2021.

Avron (Ron) Spiro III, PhD, is research professor of epidemiology at Boston University School of Public Health and of psychiatry at Boston University Chobanian & Avedisian School of Medicine. He is a research health scientist at Veterans Affairs Boston Healthcare System, where he serves as associate director of the Normative Aging Study at the Massachusetts Veterans Epidemiology and Research Information Center; study director at the Boston Cooperative Studies Coordinating Center; and codirector of the Stress, Health and Aging Research Program. Dr. Spiro is a Fellow of Divisions 5 and 20 of APA, and of the Gerontological Society of America.

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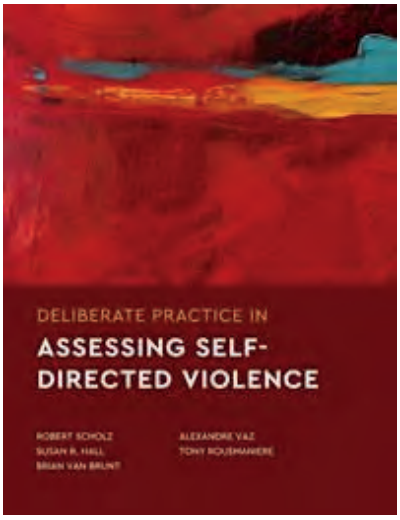

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Deliberate Practice in Assessing Self-Directed Violence

Robert Scholz, Susan R. Hall, Brian Van Brunt, Alexandre Vaz, Tony Rousmaniere

Summary

To help address the suicide public health crisis, this book presents deliberate practice exercises to reduce clinicians' fears of talking about suicide and self-injury with clients and assessing for risk with skill and empathy.

These exercises present role-playing scenarios in which two trainees act as a client and a therapist, switching back and forth under the guidance of a supervisor. The therapist improvises appropriate and authentic responses to client statements organized into three difficulty levels—beginner, intermediate, and advanced.

The first 10 exercises review skills that can be incorporated into any approach to assess self-directed violence (SDV), such as exploring the deeper meaning behind statements that indicate a desire to engage in SDV, asking scaling questions to assess the likelihood of acting on these desires, collaborative safety planning, and communicating with clients about the therapist's ethical and legal responsibilities. Two comprehensive exercises follow in which trainees integrate these skills into a transcribed session and mock therapy sessions.

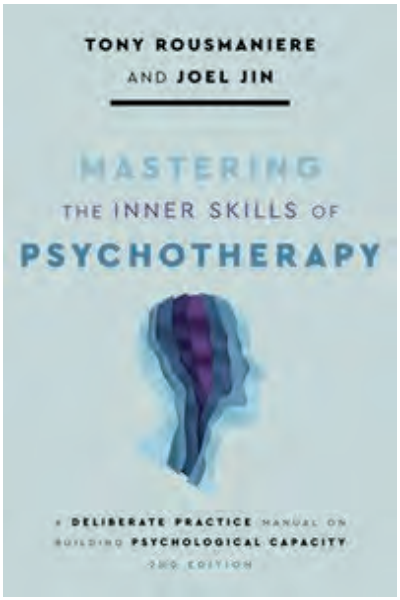
Step-by-step instructions guide participants through the exercises, identify criteria for mastering the skills, and explain how to monitor and adjust difficulty. Guidelines to help trainers and trainees get the most out of training are also provided.

Contributor Bio

Robert Scholz, MA,LMFT, LPCC, founder of The Change Place, Inc., is a marriage and family therapist and professional clinical counselor. He is well-known for his work as a trainer and consultant in assisting schools and communities prepare for and respond to major crisis events like wildfires, mass shootings, and suicides. A member of the Motivational Interviewing Network of Trainers, Robert has trained thousands in motivational interviewing skills and other evidence-based therapeutic approaches. He has authored publications on disaster mental health, addiction treatment, threat assessment, and men's mental health.

Susan R. Hall, JD, PhD, is a tenured associate professor of psychology at Pepperdine University's Graduate School of Education and Psychology. She has published and presented nationally on topics related to clinical/counseling practice and training; trauma and positive psychology; and psychology, public policy and law, including two APA books: *Courtroom Modifications for Child Witnesses* and *Laws Affecting Clinical Practice*. Dr. Hall served on the editorial board of the *Journal of Youth and Adolescence*, was treasurer for APA's Society for Child and Family Policy and Practice (Division 37), and received Pepperdine's Howard A. White Award for Excellence in Teaching.

Brian Van Brunt, EdD, is director of behavior and threat management for D-Prep Safety and the president of the Workplace Violence Prevention Association. Author of over a dozen books, Brian has worked as a child and family therapist, university professor, assistant deputy director of training at Secure Community Network, and president of the National Association for Behavioral Intervention and Threat Assessment. He is an internationally recognized expert in behavioral intervention, threat assessment, crisis preparedness, mental illness, and instructional design. Brian has provided consulting services to schools around the world on student mental health, counseling, campus violence, and behavioral intervention.



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Mastering the Inner Skills of Psychotherapy *(2nd Edition)*

ADeliberatePractice ManualonBuildingPsychologicalCapacity

Tony Rousmaniere, Joel Jin

Summary

Now in its second edition, this concise volume helps therapists develop the resilience and flexibility they need to deliver effective therapy.

Clients who are provocative, angry, shut down, or emotionally labile often arouse strong emotional responses in therapists. Without proper training and practice, these experiences can make it difficult for therapists to stay self-aware, attuned, and clinically flexible.

Founded on the principles of deliberate practice, this book presents a clear and concise training plan to help readers identify, develop, and master the inner skills necessary to be effective therapists. Authors Tony Rousmaniere and Joel Jin explain the theory and value of deliberate practice and guide readers through six experiential exercises to help them build psychological capacity. Readers select their own materials for exposure, ranging from movie clips to videotaped therapy sessions, and learn techniques to navigate their emotional reactions.

This second edition includes a new chapter for course instructors, extended and updated research, and expanded clinical resources.

Contributor Bio

Tony Rousmaniere, PsyD, is the program director of the Sentio Marriage and Family Therapy graduate program and the executive director of the Sentio Counseling Center. He has authored many books on deliberate practice and psychotherapy training and is coeditor of the APA book series *The Essentials of Deliberate Practice*. In 2017, Dr. Rousmaniere published the widely cited article in *The Atlantic Monthly*, "What Your Therapist Doesn't Know." Dr. Rousmaniere supports the open-data movement and publishes clinical outcome data at drtonyr.com. He is president of Division 29 of the American Psychological Association.

Joel Jin, PhD, is acting assistant professor at the University of Washington's School of Medicine, where he trains family medicine residents in behavioral health skills. He has also trained PhD clinical psychology students in alliance-building, clinical interviewing, experiential dynamic therapy, and attachment-based family therapy at Seattle Pacific University. Dr. Jin is an author of *Deliberate Practice in Multicultural Therapy* and has published on deliberate practice in the journals *Training and Education in Professional Psychology* and *Practice Innovations*. He is a licensed clinical psychologist in Washington. Visit joeljin.com to learn more.

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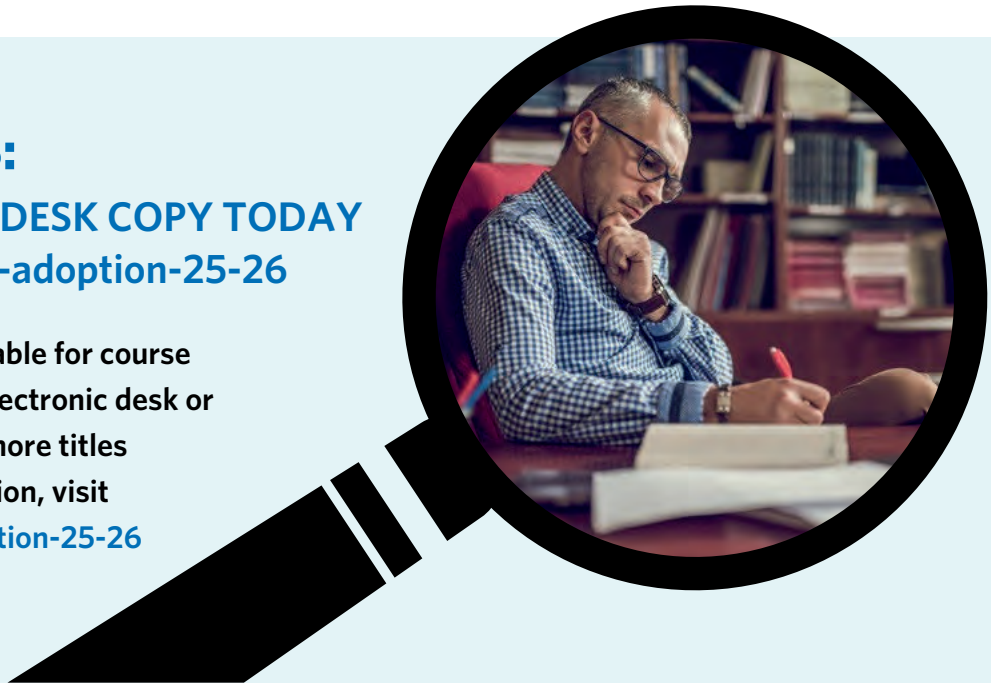
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