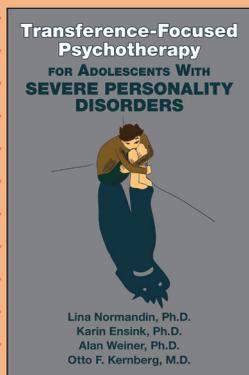
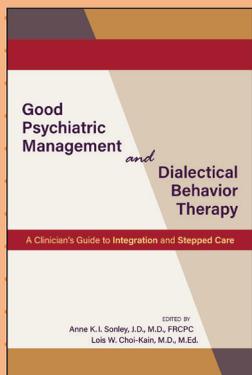
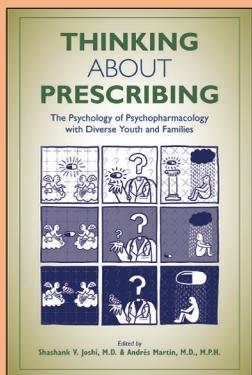
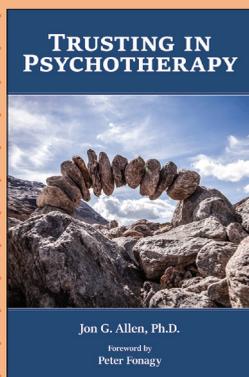
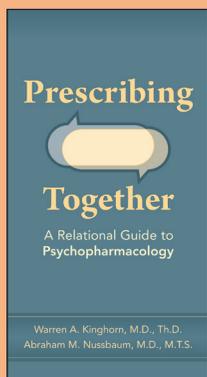
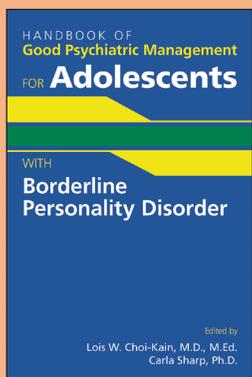


PSYCHOTHERAPY RESOURCES

FROM AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING

NEW!



AMERICAN
PSYCHIATRIC
ASSOCIATION
PUBLISHING



www.appi.org

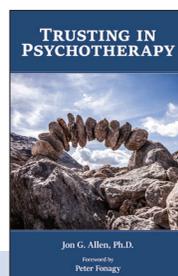
Trusting in Psychotherapy

Jon G. Allen, Ph.D.

The author posits that cultivating trusting psychotherapy bonds is complex, challenging, and a critically important topic for examination. The author argues that trusting cannot be understood apart from trustworthiness and that therapists should give equal attention to the task of becoming trustworthy to their patients.

2022 • 256 pages • ISBN 978-1-61537-391-8 • Paperback • \$49.00 • Item #37391
2022 • 256 pages • ISBN 978-1-61537-392-5 • eBook • \$39.00 • Item #37392

Coming
July 2021!



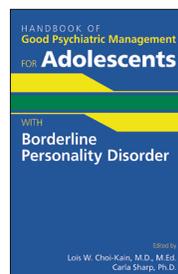
Handbook of Good Psychiatric Management for Adolescents With Borderline Personality Disorder

Edited by Lois W. Choi-Kain, M.D., M.Ed., and Carla Sharp, Ph.D.

This manual demystifies borderline personality disorder in young people by using the principles of good psychiatric management. The authors outline common problems that arise during each phase or aspect of treatment and discuss how to address them. Readers will find case vignettes that propose and discuss alternative interventions, as well as suggested scripts for communicating with adolescent patients.

2022 • 352 pages • ISBN 978-1-61537-393-2 • Paperback • \$63.00 • Item #37393
2022 • 352 pages • ISBN 978-1-61537-394-9 • eBook • \$50.00 • Item #37394

Coming
June 2021!



Good Psychiatric Management and Dialectical Behavior Therapy

A Clinician's Guide to Integration and Stepped Care

Edited by Anne Sonley, M.D., J.D., and Lois W. Choi-Kain, M.D., M.Ed.

This guide presents a unique approach to treating borderline personality disorder (BPD). Good psychiatric management (GPM) requires minimal training, is flexible, and is feasible for generalists to learn and use. The guide also draws upon the essential concepts and tools of dialectical behavior therapy (DBT), which is considered a gold standard for BPD treatment. This combination of GPM and the fundamental techniques of DBT constitutes an accessible, useful, and evidence-based model that clinicians can use to deliver quality care.

2021 • 193 pages • ISBN 978-1-61537-341-3 • Paperback • \$55.00 • Item #37341
2021 • 193 pages • ISBN 978-1-61537-372-7 • eBook • \$44.00 • Item #37372

NEW!



Learning Acceptance and Commitment Therapy

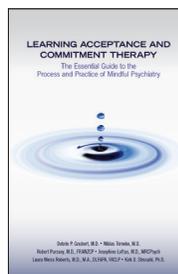
The Essential Guide to the Process and Practice of Mindful Psychiatry

Debrin P. Goubert, M.D., Niklas Törneke, M.D.,
Robert Purssey, M.D., FRANZCP, Josephine Loftus, M.D., MRCPsych,
Laura Weiss Roberts, M.D., M.A., and Kirk D. Strosahl, Ph.D.

Readers will learn the principles and practices of Acceptance and Commitment Therapy (ACT). The book explains how to conduct a streamlined assessment of the patient's symptoms as they are nested in the patient's life context, how to detect and intervene with the patient's unworkable emotional and behavioral avoidance strategies, and how to blend the use of pharmacotherapy and behavioral interventions in a way that augments the benefits of both approaches.

2020 • 358 pages • ISBN 978-1-61537-173-0 • Paperback • \$65.00 • Item #37173
2020 • 358 pages • ISBN 978-1-61537-355-0 • eBook • \$52.00 • Item #37355

Video
Illustrated



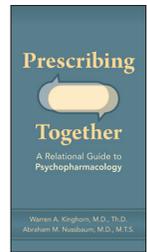
Prescribing Together

A Relational Guide to Psychopharmacology

Coming
June 2021!

Warren A. Kinghorn, M.D., Th.D., and Abraham M. Nussbaum, M.D., M.T.S.

Readers will find practical introductions to key concepts, from cultural formation and structural competency to collaborative deprescribing, and profiles, enlivened by personal anecdotes, of a diverse group of accomplished clinicians that offer evidence-based strategies for building strong alliances in the context of 13 mental disorder categories. By focusing on how, rather than what, to prescribe, this book makes room for patients' lived experiences and interpersonal and social contexts, returning to them a sense of agency and empowering them to set meaningful goals.



2021 • 235 pages • ISBN 978-1-61537-288-1 • Paperback • \$59.00 • Item #37288
2021 • 235 pages • ISBN 978-1-61537-289-8 • eBook • \$47.00 • Item #37289

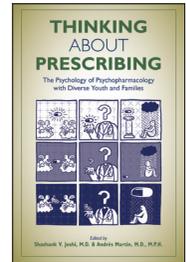
Thinking About Prescribing

The Psychology of Psychopharmacology with Diverse Youth and Families

Coming
August 2021!

Edited by Shashank V. Joshi, M.D., FAAP, DFAACAP, and
Andrés S. Martin, M.D., M.P.H.

In chapters that tackle issues ranging from the psychodynamics of medication use in adolescents with serious mental illness and the role of primary care providers in psychotherapy to engaging in psychoeducation with patients and prescribing via telemedicine, readers will pick up the foundational knowledge they need to develop a partnership with their patients based on trust and candid communication—rather than just the effectiveness of a given medication.



2022 • 384 pages • ISBN 978-1-61537-388-8 • Paperback • \$65.00 • Item #37388
2022 • 384 pages • ISBN 978-1-61537-389-5 • eBook • \$52.00 • Item #37389

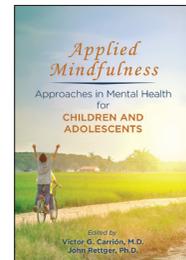
Applied Mindfulness

Approaches in Mental Health for Children and Adolescents

Video
Illustrated

Edited by Victor G. Carrión, M.D., and John Rettger, Ph.D.

Divided into four parts, the book begins with an introduction to clinical mindfulness that addresses the current state of the field and provides an essential knowledge foundation for working with youth. The next part offers mindfulness strategies and protocols directed toward specific clinical scenarios, and in the following two parts, the authors consider how mindfulness can help specific patient populations who struggle with traumatic events. The final part offers examples of how to integrate mindfulness into a variety of settings.

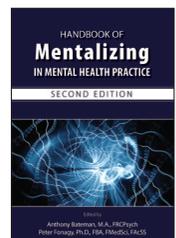


2019 • 394 pages • ISBN 978-1-61537-212-6 • Paperback • \$59.00 • Item #37212
2019 • 394 pages • ISBN 978-1-61537-246-1 • eBook • \$47.00 • Item #37246

Handbook of Mentalizing in Mental Health Practice, Second Edition

Edited by Anthony Bateman, M.A., FRCPsych, and
Peter Fonagy, Ph.D., F.B.A., FMedSci, FAcSS

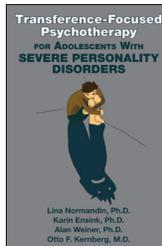
This pioneering model helps clinicians to understand the social processes embedded in relationships between parents and children, the experience of childhood adversity, and the nature of learning within interpersonal communication. This an indispensable guide to the current state of clinical work and research on mentalization-based approaches in mental health practice.



2019 • 470 pages • ISBN 978-1-61537-140-2 • Paperback • \$82.00 • Item #37140
2019 • 470 pages • ISBN 978-1-61537-250-8 • eBook • \$66.00 • Item #37250

Transference-Focused Psychotherapy for Adolescents With Severe Personality Disorders

NEW!



Lina Normandin, Ph.D., Karin Ensink, Ph.D., Alan Weiner, Ph.D., and Otto F. Kernberg, M.D.

This manual is for clinicians who wish to learn an effective psychodynamic treatment for young people with personality disorders (PDs). Despite converging evidence that PDs emerge in childhood and are clearly evident in adolescence, research on effective treatments has been limited. The editors have therefore created a book that details treatment models with strong theoretical foundations and examines systematic interventions designed to explore and resolve the conflicts and behaviors, common to PDs, that impede normal adolescent development.

2021 • 275 pages • ISBN 978-1-61537-314-7 • Paperback • \$58.00 • Item #37314

2021 • 275 pages • ISBN 978-1-61537-354-3 • eBook • \$46.00 • Item #37354

Problem-Focused Psychodynamic Psychotherapy

Coming
October 2021!

Fredric N. Busch, M.D.

Drawing on a wealth of case vignettes, the book describes how to apply Problem-Focused Psychodynamic Psychotherapy (PrFPP) to symptoms, personality issues, behavioral problems, and relationship difficulties. It provides novice and experienced clinicians alike with the tools they need to help patients identify problem areas and understand how specific dynamics emerge in different contexts and overlap in contributing to issues.

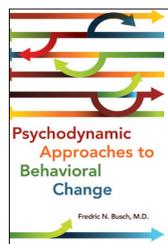
2022 • 192 pages • ISBN 978-1-61537-324-6 • Paperback • \$47.00 • Item #37324

2022 • 192 pages • ISBN 978-1-61537-385-7 • eBook • \$37.95 • Item #37385

Psychodynamic Approaches to Behavioral Change

Fredric N. Busch, M.D.

Readers will find in this guide a practical framework not only for identifying and understanding problematic behaviors and conceiving alternative behaviors, but also for anticipating potential pitfalls in efforts to change behaviors and choosing interventions for helping patients sustain new behavior. Throughout, vignettes illustrate how to apply these psychodynamic techniques in the clinical setting as clinician and patient collaborate to make practical changes in the patient's life.



2019 • 174 pages • ISBN 978-1-61537-130-3 • Paperback • \$49.00 • Item #37130

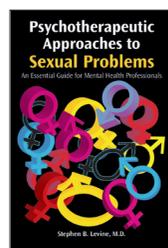
2019 • 174 pages • ISBN 978-1-61537-204-1 • eBook • \$39.00 • Item #37204

Psychotherapeutic Approaches to Sexual Problems

An Essential Guide for Mental Health Professionals

Stephen B. Levine, M.D.

The author aims to increase the comfort of both mental health trainees and advanced practitioners in assisting patients with their sexual concerns. In easily digestible chapters, this guide provides a concise clinical perspective on topics that include premature ejaculation, anorgasmia, erectile dysfunction, sexual pain, sexual identity, paraphilia, and betrayal. Its personal, supervisory tone makes it an accessible primer on this educationally overlooked arena for professionals from a variety of backgrounds.



2020 • 157 pages • ISBN 978-1-61537-283-6 • Paperback • \$39.00 • Item #37283

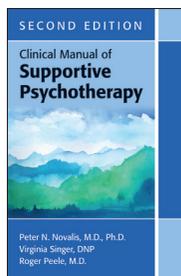
2020 • 157 pages • ISBN 978-1-61537-285-0 • eBook • \$31.00 • Item #37285

20% Discount for American Psychiatric Association Members
25% Discount for APA Resident-Fellow Members (RFMs)

Clinical Manual of Supportive Psychotherapy, Second Edition

Peter N. Novalis, M.D., Ph.D., Virginia Singer, DNP, and Roger Peele, M.D.

Readers will find an introduction to the principles and techniques of supportive psychotherapy, as well a description of its application to specific mental disorders. This updated and greatly expanded edition also features supportive therapy with medically ill and older patients, as well as discussion of practicing in correctional and detention centers and the special needs of therapists in public institutions, community and family involvement, and medication adherence and therapy interactions.



2020 • 469 pages • ISBN 978-1-61537-165-5 • Paperback • \$77.00 • Item #37165
2020 • 469 pages • ISBN 978-1-61537-273-7 • eBook • \$62.00 • Item #37273

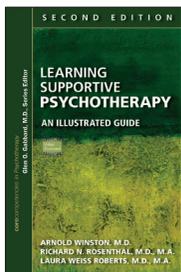
Learning Supportive Psychotherapy

An Illustrated Guide, Second Edition



Arnold Winston, M.D., Richard N. Rosenthal, M.D., and
Laura Weiss Roberts, M.D., M.A

The book provides a time-tested text accompanied by case vignette videos designed to help beginning therapists learn how to build a relationship and establish rapport with psychotherapy patients. The authors provide clear guidelines for practicing supportive psychotherapy, including how to establish and maintain a positive therapeutic alliance, how to understand and formulate patients' problems, how to set realistic treatment goals, and how to effectively use supportive psychotherapy interventions.

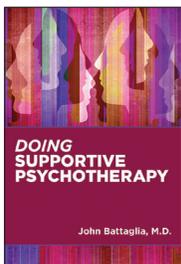


2020 • 232 pages • ISBN 978-1-61537-234-8 • Paperback • \$70.00 • Item #37234
2020 • 232 pages • ISBN 978-1-61537-287-4 • eBook • \$56.00 • Item #37287

Doing Supportive Psychotherapy

John Battaglia, M.D.

Intended as a primer for doing supportive therapy using psychodynamic principles, this book offers a solid foundation for the basic strategies and techniques of psychotherapy of any type. The many, real-life case examples mimic the range of therapeutic interactions, and the dialogue between therapist and patient is conversational and realistic. At the same time, the book is grounded in the latest evidence-based research, which is cited throughout the text where relevant. This approach yields a book that is authoritative and practical, yet fun and easy to read.

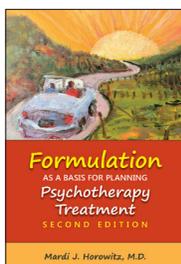


2020 • 152 pages • ISBN 978-1-61537-262-1 • Paperback • \$39.00 • Item #37262
2020 • 152 pages • ISBN 978-1-61537-268-3 • eBook • \$31.00 • Item #37268

Formulation as a Basis for Planning Psychotherapy Treatment, Second Edition

Mardi J. Horowitz, M.D.

This book provides clinicians with a theoretical framework that helps them identify a patient's most salient problems and then devise objectives for addressing these problems over progressive phases of treatment. Based on the premise that therapists treat people, not diagnoses, the book presents a formulation system that combines concepts derived from psychodynamic, interpersonal, cognitive-behavioral, and family system approaches to fill the gap between diagnosis and treatment planning.



2019 • 118 pages • ISBN 978-1-61537-218-8 • Paperback • \$49.00 • Item #37218
2019 • 118 pages • ISBN 978-1-61537-244-7 • eBook • \$39.00 • Item #37244

